

NLU STUDENT COUNSELING CONNECTIONS

Issue 11



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Dates to Know: Trainings, CEUs, and More!

- National Louis University Counseling Association (NLUCA) Meeting
- February 4, 2020, 3-4 pm
- Wheeling room 310
- Zoom option available
- All NLU students welcome

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- Focusing on Emotions (1.5 CEUs)
- Transdiagnostic Approach to Treating Eating Disorders Workshop
- January 29, 2020
- 5:30 – 7:30 pm
- NLU North Shore Room 479
- Led by Elizabeth Black, LCPC, Site Director of the Renfrew Center of Chicago

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- NCE/LPC Test Prep
- January 31-February 1, 2020
- 9am-4pm
- NLU Chicago 2nd Floor Atrium
- Register at <https://www.imhca.org/event-3475010>
- Cost: \$20
- Open to students in their 3rd year

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- NLU CARE Fair
- February 8, 2019
- 9am-1pm
- NLU Wheeling Campus
- Network with different agencies, private practices, hospitals, schools
- Equine Therapy Presentation
- Coffee, Refreshments, and Lunch Provided

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- Illinois Counseling Association Day on the Hill
- March 12, 2020
- IL State Capitol Building
- Springfield, IL
- Link for information: <https://bit.ly/2Me6Loa>

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- NLU Counseling Symposium
- Keynote: Dr. Samuel Gladding
- March 14, 2020
- 9am-1:30pm
- NLU Lisle Campus
- Coffee, Refreshments, and Lunch Provided

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National Counselor Exam (NCE) Review Sessions

The DVD NCE Review sessions will go through items and strategies that cover the entire exam. The same DVD format will be used on each date listed.

Please choose the date and location that is most convenient for you.

Students are allowed to attend more than one session.

Please feel free to bring snacks and/or a lunch as no formal breaks will be scheduled.

You may find purchasing the book Study Guide for the National Counselor Examination and CPCE, 8th edition (2018), by Andrew A. Helwig, helpful though it is not required.

There is no charge for the review sessions.

Please contact Jason Landrum for more information.

Dates, Times and Locations of DVD Test Prep:

Saturday February 15, 2020

9am-4pm

Lisle Campus Room 221

Saturday March 7, 2020

8:30am-3pm

Wheeling Campus Room 354

Saturday March 28, 2020

9:00am-5pm

Chicago Campus Room 5036

Friday April 3, 2020

8:30am-3pm

North Shore Campus Room 469

IMHCA NCE/LPC Test Prep

Open ONLY to students currently in practicum or internship

Friday January 31 & Saturday February 1

9am-4pm (both days)

Chicago Campus 2nd floor atrium

\$20 registration fee for materials

<https://www.imhca.org/event-3475010>



Council for Accreditation of Counseling & Related Educational Programs

NLU's Fall CACREP Visit

- From September 29 through October 2, 2019, The Council for Accreditation of Counseling and Related Educational Programs (CACREP) conducted an on-site review of the NLU Counseling programs at the Chicago, Elgin, Lisle, North Shore, and Wheeling locations. The on-site visit represented the final step in the re-accreditation process for the clinical mental health and school counseling programs.
- Site team reviewers were counseling professors from Stephen F. Austin State University, George Mason University, St. Mary's University in Wisconsin, and Texas Tech University. The site team members interviewed NLU full time faculty, administration, alumni, current counseling students, adjunct faculty, and practicum/internship site supervisors. The site team members visited all program locations and several internship sites for both school and clinical. The team also reviewed all written materials documenting that programs have met the core, clinical, and school standards set forth by CACREP.
- The site visit went well and the program received positive feedback from the review team. A strength of the counseling program highlighted by site reviewers was that current students and alumni feel well prepared academically and clinically to enter the field. Students noted that assignments are relevant and have real-world application. Further, students and alumni reported a high level of demand with supporting faculty to assist in meeting the program expectations.
- Strengths of the clinical mental health counseling program expressed were that faculty remain active clinicians, which is beneficial to student learning. Additionally, the counseling course sequencing lends itself to strong development over time. Site supervisors reported students are well prepared and demonstrate comparable skills to other CACREP accredited programs.
- The school counseling program was noted as having faculty who are experienced counselors and who remain engaged in the field, which benefits students. The school counselor curriculum engages students in real-world and experiential projects that are relevant to their future careers.
- The NLU counseling programs, community and school counseling were initially accredited in January 2011. The community counseling degree program met new standards and was converted to a clinical mental health counseling program in January 2016. Both counseling master's programs meet the current 60-hour degree requirement for CACREP accreditation.
- The CACREP board will convene in mid-January 2020, to review all submitted written materials and the site visit review team report on the clinical mental health and school counseling programs to determine accreditation status for the NLU counseling programs. The Counseling Department expresses sincere gratitude to all individuals who were interviewed and participated in the accreditation process.

NLUCA

Pronounced: "En – Luke – Ah"

National Louis University Counseling Association

A Chapter of the Illinois Counseling Association (ICA)

Regularly scheduled meetings are held on the first Tuesday of every month from **3 to 4 PM** –in person at the **NLU Wheeling campus Room 310** or via **ZOOM** at **nl.zoom.us/j/662315314**

Why be involved in NLUCA? Two students share their perspectives:

"Being a part of NLUCA gave me the opportunity to feel connected to other counseling students at other campuses. I also enjoyed learning from the speakers at the Care Fair and from alumni on the internship panel. NLUCA's events helped me feel more prepared for interviewing for internship opportunities. I ended up getting a fantastic internship opportunity and staying on afterwards as a staff member." - Suzie H., Alumna

"NLUCA has provided me with a chance to get involved and truly feel part of the counseling community. As someone new to the mental health field, I have found NLUCA events to be instrumental in helping me get connected with other professionals who have mentored me through the program and beginning my internship." – Regina V, North Shore, Class of 2020

How to Attend a ZOOM Meeting

NLUCA offers a ZOOM option for monthly meetings and events so you can attend from anywhere! Follow these steps to log on to the meeting:

1. On a phone or computer, open up the ZOOM link, nl.zoom.us/j/662315314.
2. If you have not used ZOOM before, you will be prompted to enter a name and email address.
3. Select "join with video" or "join without video."
4. You are now ready to participate in the meeting!



Meet Dr. Samuel Gladding

Keynote Speaker at NLU Counseling Symposium



Event Details:

Date: Saturday, March 14, 2020

Time: 9 am – 1:30 pm

Location: NLU Lisle Campus

- NLUCA is thrilled to welcome Dr. Samuel Gladding to National Louis University for our annual Counseling Symposium on March 14, 2020! Dr. Gladding is proof that a counselor can do just about anything. Some of us recognize him as the author of *Groups: A Counseling Specialty*, his highly entertaining and informative group counseling textbook. Dr. Gladding holds a bachelor's in history and master's in counseling from Wake Forest, as well as a master's in religion from Yale and a Ph.D. from the University of North Carolina at Greensboro in human development and family studies with cognates in counselor education and psychology. Currently, Dr. Gladding maintains his position as professor of counseling at Wake Forest. During his tenure at Wake Forest, Dr. Gladding has held a wide variety of positions in different departments including admissions, financial aid, public radio station, and eventually chaired the department of counseling. His prolific body of work includes 45 books, 80 articles in counseling journals, 22 book chapters, and even 45 poems in counseling journals. Dr. Gladding's passion for creativity and humor in counseling comes across in his work and reflections on his career shared on his website. For more information on Dr. Gladding, visit his website at: <https://faculty.sites.wfu.edu/sam-gladding/counseling>, and don't miss your chance to meet him at the Counseling Symposium!

ICA ANNUAL Conference



Pre-Conference • November 7, 2019
Main Conference • November 8 & 9, 2019

Holiday Inn • Skokie, IL

First Year Experience at ICA Conference

Written by Carol
Briggs, Chicago
Campus, Class of
2021

Top 5 Reasons to Volunteer at Next Year's Illinois Counseling Association Conference

1. Volunteering for just a few hours gets you **free access to the conference!**
2. **Networking!** You will meet other students from other programs.
3. **Professional Development and Learning!** Workshops on a variety of topics in the field of counseling. (My 2 favorites- Introduction to Emotion-Focused Therapy and Using Imagery and Metaphor with Clients)
4. **Possible internship opportunities!** You could find a possible internship site from one of the many organizations with a booth at the conference.
5. Did we mention you get to **attend the conference for FREE** if you volunteer a few hours?

I'm glad I volunteered. It was a great way to attend the conference as a graduate student. If you're interested in volunteering next year, be aware that positions are limited, and spots fill up fast. Sign up quickly once they announce opportunities (typically in July or August-Look for an email from Jason with the details!). **The 2020 ICA conference will take place November 12-14th.** Mark your calendar!

ICA ANNUAL Conference



Pre-Conference • November 7, 2019
Main Conference • November 8 & 9, 2019

Holiday Inn • Skokie, IL

Poster Sessions at Illinois Counseling Association (ICA) Conference

Written by April
Atwood, Lisle
Campus, Class of
2020

- At the 69th annual ICA conference this November, I had the opportunity to collaborate with Dr. Michael Guglielmo and Professor Laurie Siegel to present a poster session. The ICA conference offered ample opportunities to learn about the profession and art of counseling as well as allowing for professional and personal connections to be formed. At ICA, there were two keynote addresses on Friday and Saturday, several breakout sessions each day, exhibitor tables and poster sessions. Poster sessions are a quick and attractive way to get research-based information communicated to a large group of people. A poster session is what it sounds like: information presented on a stand up poster that is easy to read and access.
- The poster session that Professor Siegel, Dr. Guglielmo and I presented was on using vision boards to help clients achieve happiness and reach their goals. Approximately fifteen hours of research went into the poster session in the form of reading books and peer reviewed research articles. Once all the information had been reviewed, I was able to assemble the poster. This was no easy task and took almost ten hours. Assembling the poster included making mock examples of vision boards, writing the research in a way that was easy to see, read and utilize, and, of course, making the poster look visually appealing. At the conference, the poster was available to over 600 counselors, social workers, professors and students who attended. Together with Professor Siegel and Dr. G, we were physically available to answer conference goer's questions about what vision boards are and how to use them in counseling. In the end, all the hard work paid off as NLU's poster won most popular poster on Friday as determined by the votes of those who attended the sessions!

ICA ANNUAL Conference



Pre-Conference • November 7, 2019
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Holiday Inn • Skokie, IL

Governing Council Meeting at ICA Conference

Written by Regina
Verhelst, North
Shore Campus,
Class of 2020

- This November, I had the opportunity to represent NLUCA at the fall quarter Illinois Counseling Association Governing Council meeting. The Governing Council consists of representatives from each division, region, and chapter of ICA as well as the executive board of ICA overall. NLUCA is considered to be a chapter of ICA, providing NLU students, faculty, alumni, and site supervisors with the opportunity to be directly represented within ICA! At the quarterly meeting, representatives discuss and vote on initiatives to promote professional development and advance the counseling profession. At this meeting, updates were provided on upcoming conferences and representatives voted on changes to the ICA by-laws, the ICA strategic plan, and the new ICA secretary appointment. As a student attending the Governing Council meeting, I was struck by the diversity of experience levels and specialties of all the counselors in the room. As a counselor-in-training just starting out, it was encouraging to see how many individuals are involved in advocating for our profession and making positive change happen.
- While it initially may sound intimidating (it did to me!), participating in the Governing Council as a student is actually a very accessible way to begin building one's leadership skills and also a way to network with other counselors. ICA has plenty of volunteer opportunities that require no previous experience and welcome students with open arms. There are 11 different committees and task forces to volunteer on from topics including Human Rights, Diversity in Leadership, Ethics, and Professional Development. If you are interested in getting involved, you can email ilcounseling.org@gmail.com for information on how to sign up. I met so many professionals at the Governing Council meeting, both new and experienced, and everyone I spoke with was open to sharing their knowledge and welcoming me into the profession!
- Check out a detailed list of volunteer opportunities [here](#).

Finding Your Own Counselor

Finding a counselor is a personal and individual experience. Often what matters most is that the client and clinician have a good therapeutic rapport. However, there are some things you can do to get started to find a counselor.

1. **Find agencies close to your home or work.** You may be seeing your counselor once every week or two and don't want the time it takes to travel to the office to be a barrier to receiving treatment
2. **Find out about payment.** A lot of insurance companies cover counseling sessions. Find out which agencies near you accept your insurance. Find out how much the co-pay will be. Is there a sliding scale if your insurance isn't accepted and you have to pay out of pocket? Often if cost is an issue there are interns who can offer services at a reduced rate.
3. **Call the agency and ask specific questions.** Find out if there are therapists there who have more experience with your presenting problem. If you've already picked out a therapist online based on profiles, find out if that therapist has openings. Many times there are multiple therapists at a location that have similar clinical experiences and can help you. The person answering the phone may be able to recommend someone else if your chosen therapist isn't available.

Ultimately the most important thing is feeling connected to your counselor and trusting them. You will be able to better gauge this at a first session. However, the above tips are a great way to get you started!

FREE Counseling Sessions for NLU Students:

Did you know that NLU has partnered with Skylight Counseling to offer a variety of counseling resources? NLU students will receive up to six (6) sessions at no charge. Contact counseling@nl.edu to schedule an appointment.

NLU Travels Abroad to Address Trauma

On Friday, March 15, 2019, a gunman entered two different mosques in Christchurch, New Zealand. Fifty-one people were killed, and 49 others injured. In the aftermath of the shooting, Dr. Baheia Ahmad-Derweesh was called by Muslims for Humanity: Helping Hand for Relief and Development to Christchurch to work with those impacted by the violence. Dr. Ahmad-Derweesh is an Assistant Professor at National Louis University, Chicago campus. She has been a Licensed Clinical Professional Counselor since 1997 and has a Doctorate in Counselor Education and Supervision from Argosy University. Additionally, she has decades of experience working with survivors of trauma.

Her work overseas sparked her interest in crisis intervention and trauma. In the early 2000's she was hired to develop and run a domestic violence and human trafficking shelter, in Dubai in the United Arab Emirates. She started the program from scratch, training clinicians and working with clients from all over the world. She also taught in the United Arab Emirates for ten years and spent summers working with Jordanian and Syrian refugees. In 2006, she traveled to the Gaza Strip and worked with survivors of war there. Her understanding of trauma is influenced by her personal experience of living through war in Palestine as a child. "I went through it myself and I think that is my way of taking care of myself. Supporting other people and understanding their feelings and helping them go through what they have to go through."

In September 2019, Dr. Ahmad-Derweesh spoke about her experience in New Zealand at the Global Muslim Mental Health Conference, held at the University of Cambridge in the United Kingdom. Her presentations discussed overcoming the stigma of mental health in the Arab Muslim community and Islam as a healing factor for victims of terrorist attacks. Her work in New Zealand also led to a research project currently underway. Dr. Ahmad-Derweesh and colleagues will explore how the use of Islam as a religion affects the healing process, specifically in women. They are conducting interviews with women who were impacted by the terrorist attack in Christchurch. Research is in the beginning stages. Dr. Ahmad-Derweesh hopes that it will provide mental health clinicians with information on how religion and prayers in Islam can support those who experience trauma. In working with survivors in Christchurch, Dr. Ahmad-Derweesh noted that many families were comforted by the belief that their loved ones who died were *Shahid*. In Islam, if a person dies fighting for peace or is killed unfairly, they automatically go to heaven and are *Shahid*. Recognizing how this belief impacted the healing process for those in Christchurch, encouraged Dr. Ahmad-Derweesh to research the subject further. We look forward to hearing about what her research says!



Professor Bryant-Edwards Faculty Spotlight



- Tara Bryant-Edwards is an Assistant Professor of Counseling at the Chicago campus. She is also the Assessment Lead for the Counseling program. As Assessment Lead, she manages program assessments while working with campus chairs, coordinators, and CACREP coordinators to establish learning outcomes and goals for the program. Her background includes a bachelor's in psychology and sociology from Ohio University, a Masters in Marriage and Family Therapy from Northwestern, an MBA in Integrated Marketing Communications, and she is currently working on her Doctorate in Counselor Education and Supervision from Governor's State. Her dissertation is focused on predicting resilience based on social media posting behaviors, specifically selfies on Instagram. "I'm currently interested in how social media affects our relationships and how we grow and develop as we interface with technology." She hopes her research will help prepare and encourage counselors to integrate information from social media platforms and inform client treatment. She believes it's important for counselors to "look for resilience and indicators of health, not just pathology" on social media.
- Professor Bryant-Edwards has been teaching at NLU for eight years. Her regular classes include Theory and Practice of Group Therapy, Family Therapy, Multicultural Counseling, and Clinical Mental Health. Sometimes she also teaches Theories of Counseling and Career Counseling. Her work in the field, prior to teaching, involved family and couple's therapy in the child welfare system. Clients included children removed from the home and in the foster care system, foster parents, biological parents, and couples separated or divorced but co-parenting.
- Her passions outside of counseling include traveling and eating. Once she completes her dissertation, she looks forward to traveling more. Her favorite places to visit are Brazil, India, Egypt, Vietnam, and China. She loves trying street foods while traveling and enjoys getting a feel for what it's like to live in the places she travels. She likes cooking but notes that "going out and just eating yummy food in Chicago trumps the cleaning up after."
- She has several pieces of advice for counselors in training. First, understand and familiarize yourself with the bigger administrative picture of counseling as a student. "There's a business side to this. You need to understand that part of it and speak the language." She notes that it's important to understand the systems our clients encounter through the process. She also emphasizes that it will help you better advocate for your clients as well. Second, she has this piece of advice for students considering a doctorate degree in counseling; "Be clear about what is inspiring you to do it because it's a lot of work. You need something that's going to drive you to finish it." Specifically, what will keep you motivated all the way to completing your dissertation? Lastly, Professor Bryant-Edwards urges students to take advantage of opportunities as a student. "Utilize all the resources that are available on campus and within us as faculty." This includes learning about the various projects faculty are working on outside of school, getting involved in campus organizations like NLUCA, and staying informed of your options for professional development. "Don't be afraid to approach faculty from all campuses." She notes that by doing so, you can learn more about specific areas of interest you might have.

Student Spotlight: Queen Ashle’ Danielle Anderson



Queen Ashle’ Danielle Anderson is a second-year student in counseling at the Chicago campus, on the clinical mental health track. She is currently working at Christian Community Health Centers as a housing case manager. She received her bachelor’s in psychology at the University of Illinois at Chicago.

As an undergrad, she began studying pharmacy and then nursing. She eventually decided a career in those fields was not a good fit for her. A friend and her mother encouraged her to explore a career in counseling, citing her communication skills, patience and genuine care for everyone around her. So, she sought work in the field and was inspired to pursue a degree in counseling after working with children experiencing trauma and realizing her passion for helping people.

Ashle’ is interested in counseling in the criminal justice system. She would like to work with incarcerated individuals. “There seems to be a high need. People are neglected because they’ve committed crimes.” She is also interested in family and marriage counseling and finding a way to incorporate her spirituality into her practice. One day she would like to have her own practice and go into business with her best friend, running her own rehabilitation centers for survivors of domestic violence as well as centers to help incarcerated individuals through the process of reentry.

As a single mother of three children she acknowledges that at times it has been a challenge to balance life with school. Her advice to students just entering the program is to have patience, self-care, and adequate support. “Have your support lined up. Don’t be afraid to ask for help. Put your pride to the side and utilize your support.” Noting the importance of self-care, she says, “If you can’t take care of yourself, how can you help anybody else?” Ashle’ also encourages fellow students to not give up if you become discouraged and to have patience in the process. She also encourages making connections with professors and members of your cohort. One thing she wishes she had done in her first year was to take advantage of more professional development opportunities. She’s also a big fan of utilizing the university’s drop-in counseling center if you need to talk through any difficulties. “It’s free!” Ashle’ will graduate in June of 2021.

WINTER 2019

CPSA Faculty



Co-Chair

Professor Siegel



Co-Chair & Campus Coordinator

Dr. Guglielmo



Dr. Brown



Campus Coordinator

Professor Schnell



Dr. Yates

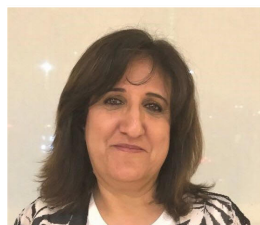


Professor Bryant-Edwards



Campus Coordinator

Dr. Stewart



Dr. Derweesh



Dr. Kirkpatrick-Pinson



Dr. VanderSchaaf



Professor Zavala

Reflections on Practicum Experience

April Atwood and Regina Verhelst are third year clinical mental health counseling students. Both completed their practicum over the Fall quarter and have begun internship. Regina attends the North Shore campus, and interns at The Renfrew Center of Chicago, an eating disorder treatment center. April attends the Lisle campus and interns at LSC Therapy Group, a small private practice located in Frankfort, IL.

• Finding a Site

- **April:** Finding a site was a daunting and somewhat stressful experience. The biggest help was using the NLU counseling program site guide provided by my campus coordinators. I was interested mostly in private practices because I was looking for hour flexibility, general training in many different mental health concerns, and sites within a reasonable travel distance,
- Once I had picked several sites to apply to, I utilized NLU's career services center. I had several phone conversations with one of the specialists who helped me write and polish my resume and cover letter. Most of the sites I contacted did not respond for several weeks. I sent follow up emails thanking them for considering me and offering to provide any additional information. I got responses from several sites but only needed to go on one interview. I was offered a position at my first interview and accepted it.
- **Regina:** In looking for a site, I cast a wide net that encompassed several of my clinical interests such as eating disorders, trauma, and community mental health. While I hadn't yet decided on a specific niche, I did know I wanted to intern at a site where I could experience many types of counseling including groups, individual, and family therapy. Another priority was a site at which I would receive specific training in one therapeutic approach. Identifying these parameters helped me select the site that best matched my professional goals.
- One of the most useful resources for me in finding and selecting my site was speaking with current staff members to understand more about their experience and to determine if the site would be a fit for me. Through LinkedIn, the ICA conference, and even Facebook groups, I was able to connect with counselors in the field that were happy to speak with me. Networking in this way has also been helpful in starting to build a referral network that I can further use to help clients.

• Work Life Balance/Self Care

- **April:** Working at practicum the past several months has been more gratifying than I thought possible. I feel a sense of accomplishment, competency, and purpose in my work. After not working for over a decade, it has been a challenge to balance work and personal life. Several things have gotten me through. First, I have focused on knowing that this particular time is finite. Once it's over, I will have more freedom to pick hours and days that work for my family and me. The second thing that has helped is letting go of what isn't important. I am keeping the "first things first". The most important thing right now is maintaining balance, spending time with my family, and completing my hours. I have had to make sacrifices and say no to things that aren't essential. I have learned to accept that there are limitations to my time and energy. Keeping the end in sight helps me get through the difficult times.
- **Regina:** The internship/practicum year is certainly a challenging one with many commitments to balance. As counselors, we know the importance of self-care and can also find it difficult to actually practice. Throughout practicum, I found it helpful to schedule a weekly check-in with myself to reflect on what was working well and what things I may want to adjust. Assessing this on a weekly basis helped balancing internship, class, and work feel more manageable. Taking a cue from mindfulness practice, I also developed a few short self-care rituals to help me quickly reconnect with myself and recharge before or after working with clients. A short stretch or mindfully applying hand lotion doesn't take much time and still feels restorative.

Contributors



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