

NLU COUNSELING CONNECTIONS

SUMMER 2021 NEWSLETTER

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SUMMER 2021

WELCOME TO SUMMER EDITION OF NLU COUNSELING CONNECTIONS

COVID-19 VACCINATION

While the best place to obtain your COVID-19 vaccine is with your healthcare provider, the City of Chicago is operating multiple vaccination sites. All City of Chicago-operated sites accept walk-ins appointments are preferred but not required.

Chicagoans ages 12-18 are able to receive vaccinations at all City of Chicago sites offering Pfizer vaccine. Individuals under the age of 18 seeking vaccinations need to be accompanied by a parent or legal guardian.

Appointments can be scheduled through the City's call center at 312.746.4835 or through www.zoodoc.com/vaccine.

Get vaccinated at a Chicago Public School-Based site

CPS has opened three school-based vaccination sites specifically for its students and families at the schools listed below. The vaccine is free for all and walk-ins are welcome.

SITE	ADDRESS	DAYS AND HOURS OPERATION	ELIGIBILITY	TYPE OF VACCINE	REGISTRATION
Chicago Vocational Career Academy	2100 East 87 th St.	Tuesdays 9:00 am – 1:00 pm	Anyone 12+	Pfizer and Johnson & Johnson	Walk-ins welcome, appointments can be made online Additional information available on the CPS website
Theodore Roosevelt High School	3436 W. Wilson Ave	Wednesdays 9 am – 1 p.m.	Anyone 12+	Pfizer and Johnson & Johnson	Walk-ins welcome, appointments can be made online Additional information available on the CPS website
Michele Clark High School	5101 W. Harrison	Thursdays 9 am – 1 pm	Anyone 12+	Pfizer and Johnson & Johnson	Walk-ins welcome, appointments can be made online Additional information available on the CPS website

For vaccination sites throughout the State of Illinois, please visit dph.illinois.gov. Anyone 12 years of age and older is eligible for the COVID-19 vaccine. Find the nearest location in Illinois dph.illinois.gov or call (833) 621-1284

Vaccines Administered to Illinoisans as of 8/6/2021

Illinois Population 12+	Illinois Population 18+	Illinois Population 65+
Fully Vaccinated: 6,180,351 (57%)	Fully Vaccinated: 5,828,859 (59%)	Fully Vaccinated: 1,545,106 (75.6%)





Faculty Spotlight

Dr. Christine Brown Counseling Through a Pandemic

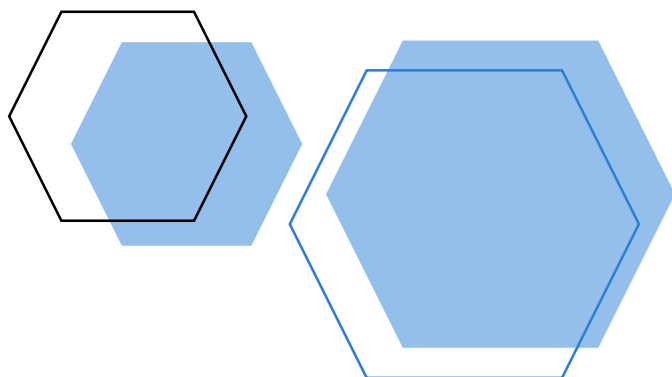
BY KIMBERLY CHO

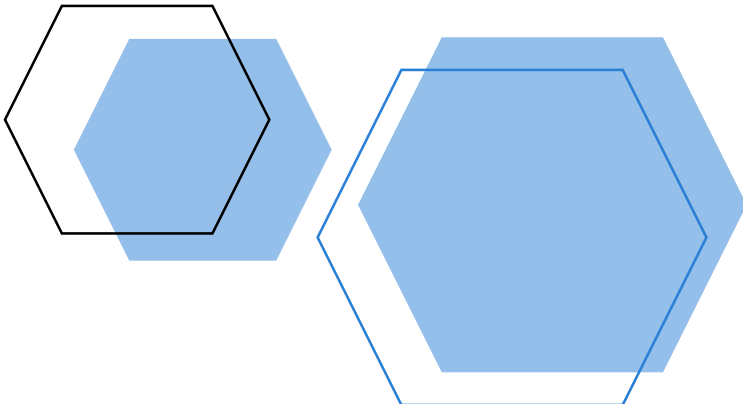
The COVID-19 Pandemic has been a challenging experience for all. While clients and mental health professionals have had to adapt to changes and become versatile, we thought that some individuals may be interested in knowing more about how the pandemic impacted the counseling field. As telehealth began to be the new normal for conducting counseling, clinicians and clients had to adapt to significant changes in the way they knew counseling pre-pandemic. Today, as we are halfway through 2021 and the culture of counseling is changing again, clinicians and clients are slowly transitioning back to in-person counseling sessions. A few questions have been considered: What does this mean for clients that became comfortable with meeting virtually rather than in-person? Are clinicians still seeing clients virtually if that is what their clients prefer? Are clinicians who are more comfortable with meeting in-person adjusting their practice to go fully in-person? How are clients feeling about the changes? To add some perspective to this topic, Dr. Christine Brown wanted to share her thoughts on practicing pre and post pandemic in the counseling field.



As a Counselor Educator and Supervisor at NLU and a licensed psychotherapist, Dr. Christine Brown gained a plethora of telehealth experience during the pandemic. When asked what kind of challenges were presented to her when the pandemic began, Dr. Brown shared that working from home was difficult, as she had never taught online, nor taken classes as a student online. In practicing therapy, she found it to be more challenging when working with the children and adolescent population, where establishing a therapeutic rapport takes more time and was more difficult to achieve virtually.

When asked to describe some differences that accompanied telehealth as opposed to practicing in-person, Dr. Brown shared that she found it beneficial and important to include family members in the process of creating safety plans; and weekly consultation/check-ins with parents while practicing virtually. It could be challenging to assess a client's mood/affect, feelings of safety and need for support virtually, involving more family members when practicing with minors was helpful. Dr. Brown shared that some clients wanted to have face-to-face sessions, however expressed fear of exposure to COVID-19. For example, clients diagnosed with an anxiety disorder found attending counseling virtually to be beneficial, as they learned new strategies to cope with the stressors associated with the pandemic (i.e. exposure, grief/loss, remote learning, and isolation).





While many counseling professionals have their own thoughts on practicing in-person versus practicing virtually, Dr. Brown shared that though it was challenging, there were some positive aspects that accompanied virtual counseling. She stated that clients shared that they felt safer with telehealth, as it diminished the risks of COVID-19 exposure. Telehealth also helped people make the decision to participate in counseling for the first time, as persons who would not have participated in counseling now have access and are benefiting. Dr. Brown also shared that there was a significant increase in requests for counseling through the pandemic. As clients were isolated at home, they were unable to seek support from their natural supports such as church, family, and community. Individuals were impacted tremendously by substance abuse as well, due to the increased isolation, leaving persons without access to treatment and in person AA/NA meetings during the pandemic. There was also an increase in clients of color that were distressed by the racial violence and social injustice across the United States. Another disadvantage that was present while virtually counseling individuals was that it was challenging to observe non-verbal messages and engaging the young population in play therapy, which contributed to a need for children to participate in therapy verbally. Dr. Brown shared that this was a disadvantage because children should not be pressured to participate in talk therapy, but instead given the options of play and art therapy techniques to express their experiences.

When asked how the counseling profession has been shaped by the pandemic, Dr. Brown shared that she has become more structured, intentional, and organized in her daily practice as a counselor and educator. Professionally, she has created an excellent work-home balance and has learned that self-care is more than candles and bubble baths. Dr. Brown found herself during the pandemic spending time in caring more herself, which was a change. As a Black woman, pre-pandemic, Dr. Brown spent much of her time caring for her family, friends, community, and clients. The pandemic allowed her to spend time self-reflecting, as she developed healthier nutritional habits, began exercising and overall focused on improving her quality of life. From a multicultural perspective, Dr. Brown said that the pandemic has increased our awareness of the social injustices that have plagued our communities for hundreds of years. In addition, the pandemic called for counselors to assess the ways in which racism, discrimination and social injustice contributes to the psychological distress of more vulnerable populations.

On the topic of the challenges that may accompany clients as they return to in-person counseling, Dr. Brown shared that she will be flexible with her clients who may struggle to attend in-person counseling sessions, and she will allow clients to gradually transition from virtual to in-person once again.

We'd like to thank Dr. Brown for sharing her thoughts with GA's for this newsletter piece!



INTERSHIP TIPS AND TRICKS

BY RYAN MUIR COURTESY OF CAROL BRIGGS

For us newbies, beginning the practicum/internship experience can be an overwhelming experience. We have just started to dabble in the life of a counselor. Being placed in practicum/internship settings to serve clients can bring upon some anxiety. Not to mention the challenge of finding a new balance to our already busy lives. Carol Briggs has some constructive insight into many frequently asked questions posed by inexperienced counseling students.

Throughout the counseling program, many students begin to learn the true importance of maintaining self-care. Of course, that brings up the question of, "How do you find time for self-care while juggling an internship, classes, homework, possibly another job, and relationships in your life?" Carol responded, "Self-care is so important, especially during an internship. You'll feel pulled in a million directions. Be honest with yourself about what you need and ask for it. Get support from friends and family. Schedule breaks and time for yourself, even if it's just 5 or 10 minutes at a time. If you struggle with self-care, don't be too hard on yourself about it. Acknowledge that it's hard to balance so many things, then listen to what your body, mind, and soul need most. Do what you can when you can, and be kind to yourself!" Self-compassion is something that Carol suggests we have more of when we begin this process. She reminds us that this is a learning experience and that it is essential for us to show ourselves the same unconditional positive regard and compassion we offer to our clients. She reminds us that we will have both good and bad days and that it is crucial to embrace the whole process.

Many of us want to be successful in everything we do. We can experience a lot of pride when things go well, and we can be hard on ourselves when things do not go well. Carol provides some insights into being successful during our practicum/internship. "Remember, an internship is just one



Have a positive attitude and an open mind.

Express your expectations and program requirements.

Learn about your site and its student needs. Then set goals.

Remember that you are new and learning.

Tips for School Counseling INTERNS

Be willing to take risks and leave your comfort zone.

Seek out and be open to feedback.

Express when you're ready for new responsibilities.

Laugh, love, learn, and have fun!

Confident
counselors

MUSIC CITY
COUNSELOR



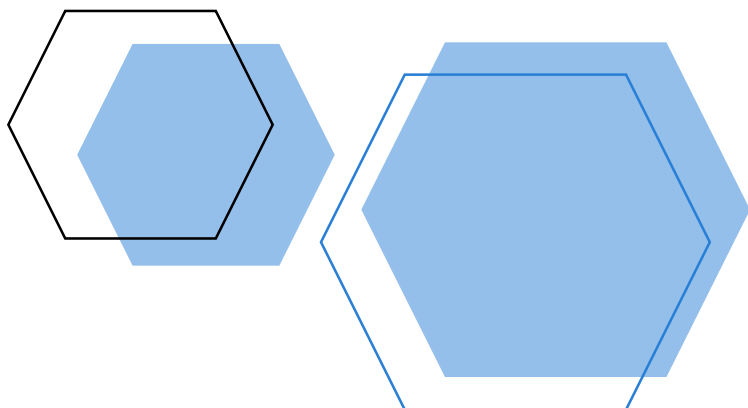
step in a lifelong process of learning and growth we must commit to as counselors.”

It might be helpful to take time before the internship starts to reflect on and identify what you want and need from this experience. What does a successful experience look like to you? How will you measure that success?”

To continue with the idea that it is essential for us to self-reflect and explore what we want from our experience, Carol suggests some helpful ways to gain the most value from our experience. I think it is important to remember that we are in control of our experiences. "I created an agenda and prioritized things I wanted to discuss and process in weekly supervision and sent that to my supervisor beforehand. I found it helpful for getting the most out of supervision. When I felt I needed more supervision, I asked for it. Taking time to do regular personal reflections also helped me identify areas where I was struggling and felt stuck with clients and process countertransference. Also, utilize the support you have from your cohort and carry each other through the tough weeks."



It is important to remember we are all in this together and can turn to each other for support. I also think it is important to remember we are here to learn and embark on a new journey. Yes, it will be challenging, but we can all find success. Keeping in mind the importance of balancing self-care by listening to what we need, learning to be compassionate with ourselves in the same way we are with clients, and having a voice to reach out for support when needed are all critical elements for a successful practicum/internship.



PROGRAM ASSESSMENT

The National Louis Counseling Association (NLUCA) meeting that is scheduled for Saturday, October 2, 2021, will provide you with an opportunity to share your feedback and ask questions about the program assessment for the M.S. in Counseling Program. During that meeting, you will provide the faculty with feedback on the counseling program goals and program learning outcomes. You can use the link to the counseling program webpage to access the program goals and program learning outcomes along with the Executive Summary Assessment Outcomes Report.

If you are unable to attend the NLUCA meeting, you can use the link to the survey to submit your feedback on the program goals and program learning outcomes. The survey will be available until Saturday, October 2, 2021. Feel free to contact Professor Tara Bryant-Edwards at tbedwards@nl.edu or (312) 261-3416 if you have any questions.

M.S. in Counseling Program Webpage:

<https://nl.edu/college-of-psychology-and-behavioral-sciences/programs/ms-in-counseling-illinois/program-outcomes/>

Survey – Feedback on Program Goals and Learning Outcomes:

<https://www.surveymonkey.com/r/VGLDSJM>

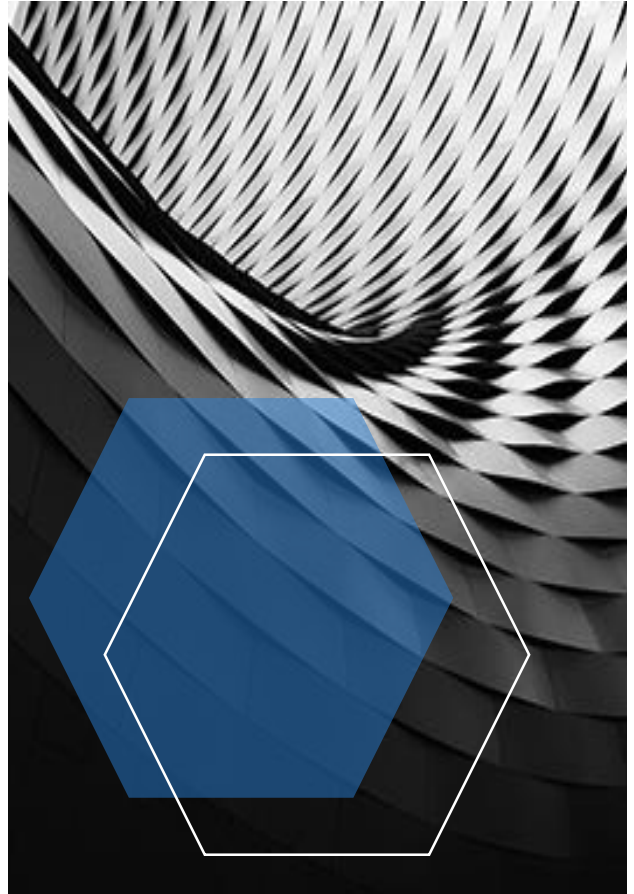
NLUCA Meeting:

Saturday, October 2, 2021

3:00-4:00 PM

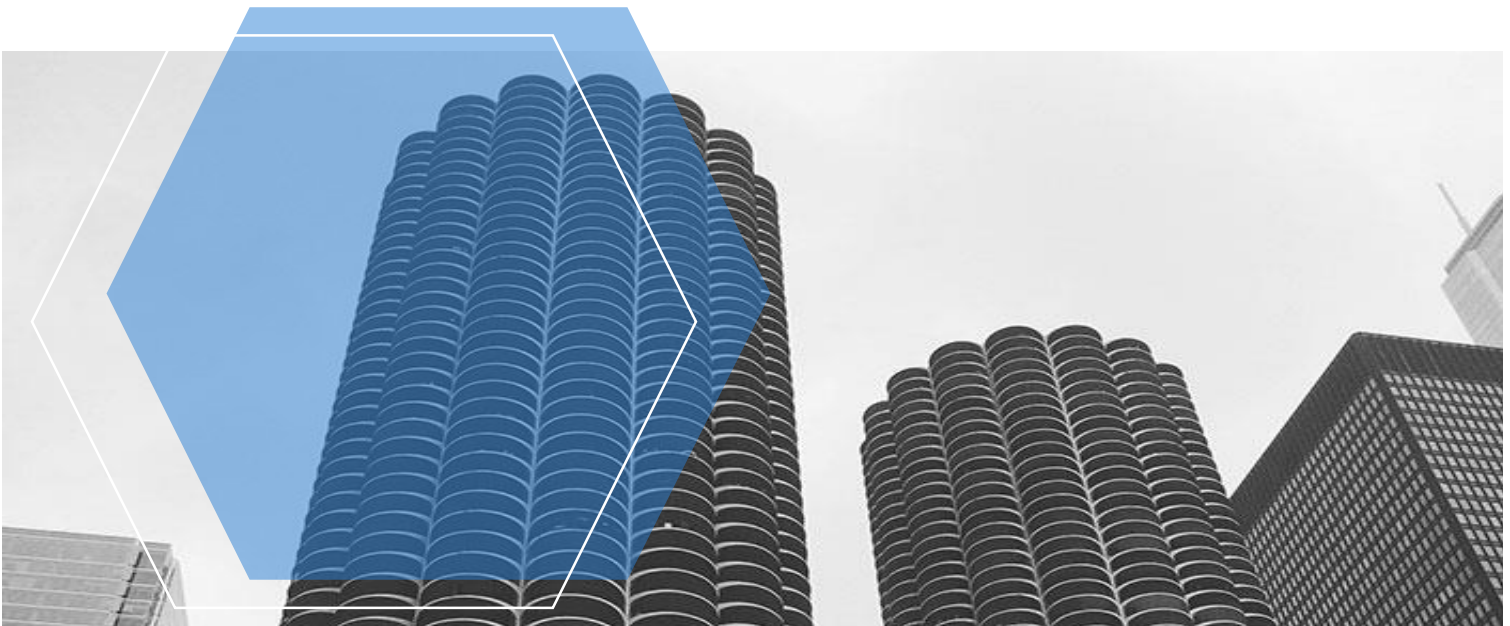
Zoom Link - <https://nl.zoom.us/j/92658499293>

Zoom Meeting ID - 926 5849 9293



HAVE A WONDERFUL SUMMER TERM!

YOUR GRADUATE ASSISTANTS: ALISON, KIMBERLY, AND RYAN



ACA Calendar of Events

Check out this month's highlights and upcoming events with ICA and our Divisions!

ICA Virtual Day on the Hill: Advocacy & Me: What Counselors in Illinois Should Know is the next installment of the ICA Lunch & Learn Series. This is an adaptation of the annual CICO Advocacy Day on the Hill event. Join us to review the “how to’s” of advocacy and the ACA Advocacy Toolkit. Learn how exactly a bill becomes a law. Get updates regarding new Illinois laws and pending Federal legislation. We will let you know what to watch for and how we keep you up to date. We will end our webinar with a call to action and expanded networking hour. [REGISTER TODAY!](#)

ICA ANNUAL CONFERENCE - SAVE THE DATE: The 73rd Annual ICA Conference will be held October 28-30, 2021 either in person at the DoubleTree by Hilton Hotel in Lisle, IL or online/hybrid, as the state regulations require at the time. The theme for this year's conference is *Fostering Hope & Healing Through Counseling & Social Justice*. We hope to see you there!

Recorded Webinars: Additional Webinars for purchase on the ICA website from many of our divisions. [BROWSE AND REGISTER TODAY!](#)

Tuesday, January 25, 2022

[IMHCA: 2 Day Workshop Presentation: Starting, Maintaining, and Expanding a Private Practice](#)

12/3/2021 » 12/4/2021

Time: 9:00 AM - 3:00PM



Tuesday, January 25, 2022

[IASGW](#) [Monthly](#) [Peer](#) [Support](#) [Group](#)

1/25/2022

Time: 6:00pm



Tuesday, February 22, 2022

[IASGW](#) [Monthly](#) [Peer](#) [Support](#) [Group](#)

2/22/2022

Time: 6:00pm



Friday, March 18, 2022

[12th](#) [Annual](#) [ICA](#) [Southern](#) [Spring](#) [Conference](#)

3/18/2022

Location: Collinsville, Illinois **Time:** 8:45AM-4:30PM



Saturday, April 2, 2022

[ICA](#) [Executive](#) [Committee](#) [Meeting](#) - [Virtual](#) [Format](#)

4/2/2022

Time: 10:00am



Saturday, April 23, 2022

[ICA](#) [Governing](#) [Council](#) [Meeting](#)

4/23/2022

Time: 9:00am



Saturday, June 4, 2022

ICA Executive Committee Meeting - Virtual Format
6/4/2022
Time: 10:00am



Saturday, June 25, 2022

ICA Governing Council Meeting
6/25/2022
Location: Schaumburg, Illinois **Time:** 9:00am



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