

NLU STUDENT COUNSELING CONNECTIONS

Issue 10



Fall Issue
September 2019

Welcome to Fall 2019!

WELCOME...We are very excited about the 2019-2020 school year!

If you are just beginning the Counseling program, we welcome you to NLU and the wonderful profession of Counseling. If you are a continuing student, welcome back!

As you look forward to your goal of achieving your master's degree in Counseling, we would like to offer a few suggestions on how you can be successful as you begin or continue your journey:

- **Self-Care**; the people around you are not going to tell you to take care of yourself, so you need to do this for yourself.
- **Check** your NLU email on a regular basis.
- If you are struggling in any of your coursework, make sure you **reach out for support**. NLU offers many services to support you. Please check the NLU website for resources.
- **Communicate** with your instructors if you are having any issues that prevent you from attending class or completing your coursework.
- **Be on time** to class!
- **Have fun**, connect with your cohort, exchange phone numbers/email addresses etc., since they are now part of your family.

In closing, if we can be of any assistance, please feel free to reach out to us:

Professor Laurie Siegel laurie.siegel@nl.edu

Professor Michael Guglielmo Michael.guglielmo@nl.edu

Counseling Program Co-Chairs

Table of Contents

4. Starting Off Right: Tips for Success in the NLU Counseling Program
5. Dates to Know: Trainings, CEUs, and More!
6. All About CACREP
7. National Louis University Counseling Association
8. Focus on Self Care: Taking Care of Me Conference
9. Illinois Counseling Association Conference Spotlight
10. Illinois School Counselor Association: Call for Presenters
11. NLU Travels Abroad to Address Trauma
12. New Faculty Spotlight: Professor Hector Zavala
13. CPSA Faculty
14. Contributors



Starting Off Right: Tips for Success in the NLU Counseling Program

- September is a time for change and growth. Kids head back to school, a grade higher than when they finished in May. College students move into dorm rooms, leaving their childhood homes behind for the next nine months. Leaves change colors in one last burst of beauty before they slowly fall off trees, decorating the ground beneath. The cooler air replaces the heat and humidity of summer. And here at National Louis in the Masters in Counseling program, we get several new cohorts of students, spread out over five campuses, all looking forward to beginning their journey to become professional counselors.
- For some, this is the natural next step after getting a bachelor's degree. For others, it will be another Master's degree to add to their collection. Some of us have dreamed of this profession for years, while other students have only just begun to realize their desire to enter the helping profession. Whatever the time frame or reason, this season of life is one of change and growth. It can be overwhelming to enter a master's program, but hopefully the tips from current students in the M.S. Counseling program will help you to feel more confident and sure during this exciting time.
- "Think and act like counselors from day one...it's essential to understand ourselves before understanding others." -Waad H., Lisle Campus, Expected Graduation Aug 2020
- "Get started volunteering a few hours a week in a counseling or therapeutic setting to gain hands-on experience that will be needed once the internship and job search begins." – Caroline K, North Shore Campus, Expected Graduation June 2021
- "Always use self care" -Haley S., Lisle Campus, Expected Graduation June 2020
- "Take people at their word. When a professor offers to be a resource, listen and learn from them. The staff and university are here to support you. Take your learning into your own hands and utilize all of the resources offered." -Elizabeth H., Lisle Campus, Expected Graduation Aug 2020
- "As a school counseling student, make sure you know all the requirements and deadlines, especially what online classes and exams are needed." –Ozaz A., North Shore Campus, Expected Graduation June 2020
- "Make as many (positive) connections as you can. The counseling world is like a small, friendly town and you never know when your path will cross with someone else down the line. We have wonderful opportunities to help and accept help from others." -April A., Lisle Campus, Expected Graduation Aug 2020

Dates to Know: Trainings, CEUs, and More!

- National Louis University Counseling Association (NLUCA) Meeting
- October 1, 2019 3-4 pm
- Wheeling room 348
- Zoom option available
- All NLU students welcome

1

- Taking Care of Me Health and Wellness Conference
- October 12, 2019
- 9am-12pm
- Chicago Heights, IL
- www.clsservices.org/tcom19/

2

- Ethics in Social Work and Counseling: Updated Practices
- October 17, 2019
- 9am-12pm
- Skokie, IL
- www.imhca.org/event-3390746

3

- American School Counselors Association 4.0 + IL Model = What you need to know
- October 25, 2019
- 8am-11:30am
- Lisle, IL
- www.ilschoolcounselor.org

4

- Illinois Counseling Association Annual Conference
- November 7-9, 2019
- Skokie, IL
- www.ilcounseling.org/#

5

- MTSS from a Social-Emotional Perspective
- November 21, 2019
- 8am-3pm
- Lisle, IL
- www.ilschoolcounselor.org

6



Council for Accreditation of Counseling & Related Educational Programs

All About CACREP

- The MS in Counseling program at NLU is **CACREP accredited**
- What is CACREP?
 - CACREP is a specialized accreditor for counseling programs. The agency accredits counseling programs in a variety of specialization areas at the masters and doctoral levels in the United States and throughout the world. CACREP is recognized as an accreditor by the Council for Higher Education Accreditation (CHEA).
 - CACREP is the recognized training standard for counselors by the Institute of Medicine and the Veteran's Administration
- Benefits of attending a CACREP accredited program:
 - Be assured of the quality of your academic program.
 - Research shows CACREP graduates perform better on the National Counselor Examination for Licensure and Certification (NCE).
 - Streamlines the licensure application process.
 - CACREP programs have been reviewed against professionally approved standards.
- Source: www.cacrep.org

NLUCA

Pronounced: "En – Luke – Ah"

National Louis University Counseling Association

A Chapter of the Illinois Counseling Association (ICA)

- **Being a member of NLUCA provides many benefits:**
- 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 348** or via **ZOOM at nl.zoom.us/j/662315314**
- Affiliation with the Illinois Counseling Association (ICA)...NLUCA has a vote at ICA Governing Council meetings
- Professional development opportunities...the counseling profession requires licensure; professional counselors renew their licenses by attending professional development programs
- Networking time with professional counselors in the field...be among the first to hear of job openings.
- An avenue to hear about current legislation in the counseling field
- Leadership opportunities...and much more!
- Become an **ACTIVE** member of NLUCA. Attend monthly meetings....your voice and your vote counts!

SAVE THE DATES FOR UPCOMING NLUCA EVENTS:

February 8, 2020 NLUCA CARE Fair

Keynote speaker: Kit Bollinger Equine Therapist

March 14, 2020 Counseling Symposium

Keynote speaker: Dr. Samuel T. Gladding, author, professor, and international leader in the counseling profession

Focus on Self Care: Taking Care of Me Conference

Saturday, October 12

On Saturday October 12, 2019, the first annual "Taking Care of Me" conference will be held in Chicago Heights, IL at Prairie State College. It will run from 9am until 12pm. The cost to attend is \$50. Allen Bryson will be the keynote speaker. Mr. Bryson is a Chicago native and has a Communications Bachelor's degree and an Educational Masters degree both from the University of Illinois at Urbana-Champaign. He is the author of two books *Sleeping with My Eyes Open* (2004) and *The Ministry of Motivation* (2008). (<http://www.allenjbryson.com/>)

In addition to the keynote address, conference participants will be able to attend two sessions with such topics as taking care of finances, taking care of your body, taking care of your mind, reducing burnout and more.

The conference is hosted by Dr. Carla Stewart. Dr. Stewart is a professor at National Louis University. She is a Licensed Clinical Professional Counselor and CEO of CLS Comprehensive Services located in Flossmoor, IL. (<http://www.clsservices.org/>)

The poster features a purple and yellow color scheme. At the top left, there is a white silhouette of a man and a woman standing together. To the right, a photograph shows a person's legs and feet running on a path during a sunrise. The text on the poster includes the event title, date (Saturday, October 12, 2019), time (9AM-12PM), location (Prairie State College, 202 S. Halsted, Chicago Heights, IL 60411), contact information (info@clsservices.org, 708.481.4CLS), and registration details (Early Bird \$35, Late Registration \$50). It also lists presenters: Tasha Odunuyi, Safiya Omosanya, Tamara Dervin, Anthony Thomas, Javid Jenkins, and Khalid B. Scott. The keynote speaker, Allen Bryson, is highlighted in a yellow box. The CLS logo and 'Celebrating 10 Years' are also present.

1ST ANNUAL
**TAKING
Care
of
ME**
HEALTH & WELLNESS
CONFERENCE

2019

SATURDAY, OCTOBER 12, 2019
9AM-12PM
PRAIRIE STATE COLLEGE
202 S. HALSTED
CHICAGO HEIGHTS, IL 60411

FOR MORE INFORMATION, CONTACT
INFO@CLSSERVICES.ORG
708.481.4CLS (4257)

CEUs WILL BE PROVIDED

PRESENTERS

TASHA ODUNUYI SAFIYA OMOSANYA TAMARA DERVIN

ANTHONY THOMAS JAVID JENKINS KHALID B. SCOTT

HOSTED BY
DR. CARLA STEWART,
LCPC

CLIS Comprehensive Services
Professional Counseling &
Mental Health
Consulting Agency

**EARLY BIRD \$35
(UNTIL SEPT. 15)
LATE REGISTRATION \$50
(SEPT. 16-OCT. 5)**

REGISTER AT
WWW.CLSSERVICES.ORG/TCOM19/

ALLEN BRYSON
(KEYNOTE
SPEAKER)

CELEBRATING 10 YEARS

ICA ANNUAL Conference



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

Holiday Inn • Skokie, IL

Illinois Counseling Association (ICA) Conference Spotlight

- Attend the ICA Conference for **FREE** as a **grad student volunteer!**
 - An opportunity to meet other students and clinicians
 - Learn about current topics in the counseling profession
 - Work 1 short shift to attend 2 days of programming for FREE!
 - Note: You must be an ICA member to volunteer
- **When:** November 8-9, 2019
- **Where:** Holiday Inn, Skokie, IL
- Register to volunteer here:
<https://www.ilcounseling.org/events/EventDetails.aspx?id=1252238&group=>
- Sign up for your Student ICA membership here:
https://www.ilcounseling.org/general/register_member_type.asp?
- The theme of this year's conference is "The Dynamic of Shared Experiences In and Around the Counseling Profession".
- 35 different presentations to choose from including round table discussions.
- The breakout sessions cover a wide variety of topics ranging from trauma work, anxiety in clients, couples counseling, self-hypnosis, working with LGBTQ+ clients and so many more!
- In addition to the keynote speakers and break out sessions there will be poster sessions and information tables to visit.

Illinois School Counselors Association: Call for Presenters



Attend the Illinois School Counselor Association (ISCA) Conference!

When: April 16-17, 2020

Where: Tinley Park Convention Center

Calling all Presenters!

The Illinois School Counselor Association is soliciting proposals for presentations that showcase best practices, current research, or skills of value to counselors, pre-K to postsecondary, as well as district personnel, graduate students and counselor educators! Preference is given to sessions that relate directly to the work of school counselors. Presenters will be offered a discounted rate to attend the conference!

Deadline for presentation proposals: **December 15, 2019**

Click here for more information:

<https://ncyi.org/conferences/il-scac/il-sca-cfp/>

NLU Travels Abroad to Address Trauma

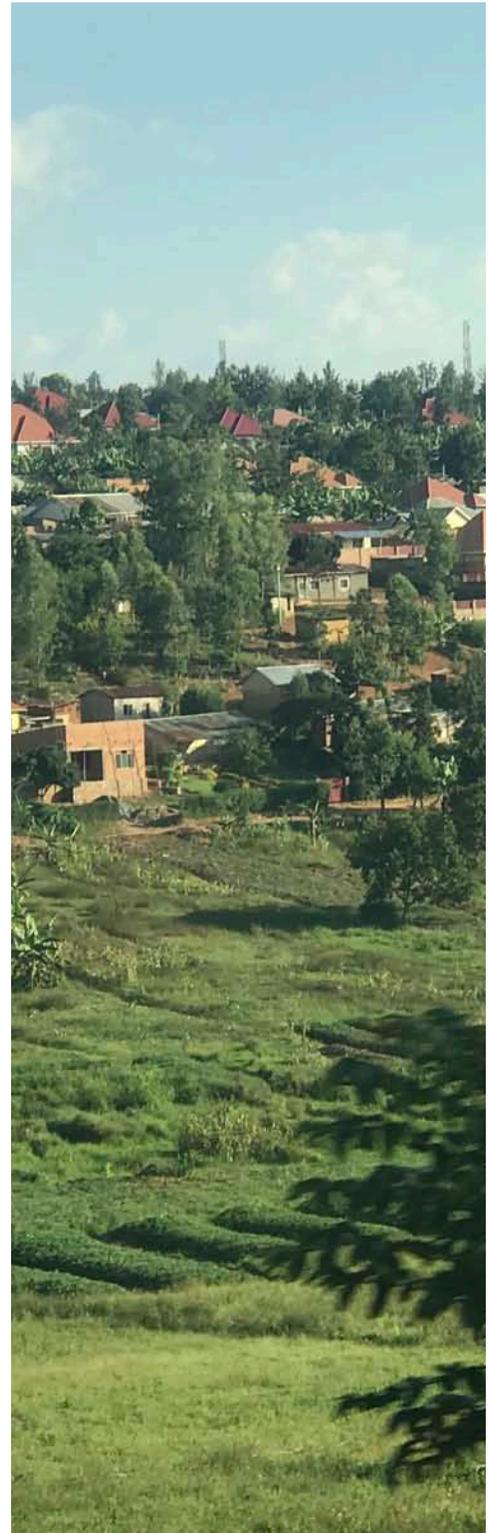
In June 2018, Dr. Christine Brown participated in the Multicultural Trauma Treatment Institute in Kigali, Rwanda; sponsored by National Board of Certified Counselors International, the University of Rwanda and the Global Engagement Institute (GEI).

Dr. Brown participated with a cohort of 12 international professionals and students interested in trauma treatment. The program is based on a collaborative effort between GEI, the University of Rwanda's College of Medicine & Health Sciences and the Integrative Trauma Treatment Center. The Integrative Trauma Treatment Center (ITTC) provides trauma treatment to survivors of physical, emotional and political trauma from a prism of honor, reverence and optimism. It works from the assumption of inherent goodness, health and capacity in all people. ITTC practitioners have various specialties in other arenas of mental health in addition to post-traumatic stress. Trauma is their specialty, which increases their ability to address other concerns with sensitivity, compassion and skill. Medication management, acupuncture/Chinese medicine and massage are offered in conjunction with psychotherapy as an integrative approach to mental health.

Participants were able to identify diagnostic criteria for trauma-related disorders, identified various types of traumatic exposure, including single-incident, developmental trauma, disaster/community-based trauma, genocide and vicarious trauma. In addition, the training helped practitioners with describing a stage-based approach to trauma resolution and an increased understanding of trauma treatment from a multicultural perspective. Lastly, participants received an introduction to various treatment modalities, including EMDR, and Trauma-Informed CBT. A rich conversation was given to clinicians in Rwanda who are also survivors.

Dr. Brown has dreamed of visiting Rwanda to learn about the country's miraculous recovery after the 1994 genocide and ongoing efforts in reconciliation, community building and trauma treatment. *Survivors of the Rwanda genocide have created a strong mental health community. I am inspired by their stories and experiences of this strength, resiliency, and community. Participating in this extraordinary training opportunity has advanced my professional goals and I am committed to continued training opportunities in Rwanda and providing mental health services in Rwanda.*

By: Dr. Christine Brown, Ed.D, NCC, LCPC



Professor Hector Zavala New Faculty Spotlight



Hector Zavala is our newest faculty member in the Master's in Counseling program and will begin teaching this term at the Wheeling Campus. After completing his BA in psychology at Elmhurst College, Hector began working in community mental health, and later received his MA in Community Counseling from Argosy University. He holds his LCPC in the state of Illinois, and has also practiced as a counselor in New Mexico. Hector has been running his own private practice for 5 years, and began teaching in higher education in 2013.

Over the past 13 years, Hector has worked in a variety of settings including schools, hospitals, DCFS, with incarcerated individuals, and with clients of all ages. Among his favorite populations to work with are children with autism as they bring a bright energy and a unique, pure view of the world.

Hector has demonstrated passion for being an advocate for multicultural issues as he pursues his doctorate in Counselor Education and Supervision at Adler University. At the core of his dissertation topic is developing interventions to help undergraduate minority males strengthen their identities and break free from the assumptions others hold about them based on race and oppressive stereotypes. His research is dynamic and lively, and hopes to show students how they can explore their own ideas through research, and that it doesn't have to be dry or something to fear.

Hector is also an enthusiastic proponent for involvement in professional organizations as a way to advocate for the profession and build connections with other counselors. He encourages all students to try volunteering at the ICA conference or attend an event by NLUCA to get started.

For self-care, Hector enjoys working with a personal trainer to stay strong and energized, playing video games, and spending time with his wife and pets: 2 dogs, Osiris and Athena, and a bearded dragon. Hector emphasized how crucial it is to recharge your batteries as a counselor so that you can connect with others in both professional and personal settings. He looks forward to connecting with students and is excited to learn from us as we learn from him. Hector wants students to know that he is an open book and encourages students to reach out. We are excited to have Hector on board!

FALL 2019

CPSA Faculty



Co-Chair

Professor Siegel



Co-Chair & Campus Coordinator

Dr. Guglielmo



Dr. Brown

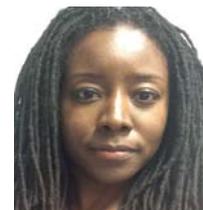


Campus Coordinator

Professor Schnell



Dr. Yates



Professor Bryant-Edwards



Campus Coordinator

Dr. Stewart



Dr. Derweesh

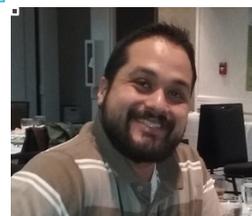


Campus Coordinator

Dr. Kirkpatrick-Pinson



Dr. VanderSchaaf



Professor Zavala

Contributors



- April Atwood
- 3rd Year CPSA Student
- agap@my.nl.edu



- Regina Verhelst
- 3rd Year CPSA Student
- rverhelst@my.nl.edu



- Jason Landrum
- CPSA Admin Assistant III
- Jason.landrum@nl.edu

Contact us with ideas or if you would like to be featured in an upcoming issue!