

The Counseling Chronicle

Issue No. 1 | January 2022



Welcome to the 2022 edition of the Counseling Department Newsletter!



The mission of the Department of Counseling at Indiana University of Pennsylvania is to prepare culturally responsive school counselors, clinical mental health counselors, and counselor educators and supervisors who will facilitate holistic client/student improvement through exemplary individual and group counseling skills and sustained engagement in ethical practice, scholarship, and leadership.

IN THIS ISSUE:

- | | |
|-----------------------------------|----------|
| • Letter from the Chair | p. 2 |
| • Letter from the Assistant Chair | p. 3 |
| • Departmental News | p. 4 |
| • Faculty News | p. 5-9 |
| • Doc Student Corner | p. 10-12 |
| • Opportunities for Collaboration | p. 13 |
| • Chi Sigma Iota Honor Society | p. 14-15 |
| • Counselors for Social Justice | p. 16-17 |
| • Reminders & What's Ahead | p. 18 |
| • Contact | p. 19 |

Letter from the Chair

As I sit down to write this newsletter welcome, I am aware of the many changes in the Department. First and foremost, I must acknowledge the retirement of Dr. Claire Dandeneau. "Claire" started her career at IUP in 1995 and was beloved by faculty and students. She served as department chairperson from 1999-2020 and meaningfully shaped the development of generations of counselors. To honor her contributions, the department recently established the Dr. Claire J. Dandeneau Supervisor of the Year Award. This award is presented annually by the Iota Upsilon Pi chapter of Chi Sigma Iota, our counseling academic honor society. We are grateful for the contributions that Claire made to the Department and wish her all the best in this new chapter.

In addition to Claire's retirement, Faculty Emeritus, Dr. Laura Marshak retired in 2020 along with Dr. John McCarthy, or "JMac," in 2021. We greatly miss our colleagues and cherish their unwavering dedication to our department. We look forward to hearing about their newest adventures.

FACULTY PICTURED TOGETHER AT THE DECEMBER 2021 VIRTUAL GRADUATION CEREMONY



For decades, Professor Emeritus, Dr. Bob Witchel published our newsletter, helping to keep graduates abreast of changes in the department. I am one of those graduates who looked forward to receiving the hard copy of the newsletter in the mail. I am an alumna of the secondary school counseling program at IUP. It always brought a smile to my face and reminded me of the wonderful mentors I had at IUP. Here we are many moons later; I am now the Chairperson of the Department of Counseling, striving to honor the work of those who came before me. I began my role as chairperson in 2020 and have been a member of the IUP faculty since 2006. I am grateful to be serving in this role and look forward to the continued growth of the dept.

I am also pleased to announce that the Department of Counseling now has an Assistant Chairperson, Dr. Brittany Pollard-Kosidowski. "Dr. PK", as she is known to students, serves as the graduate coordinator for our master's programs and as our CACREP liaison. In addition, Dr. Holly Branthoover is now serving as the doctoral coordinator for our newly CACREP-accredited Counselor Education and Supervision program. We are fortunate to have these talented leaders serve the department.

In conclusion, this edition of the newsletter would not be possible without a dedicated group of graduate students. They found old editions of the newsletter while helping to update the departmental website and were committed to bringing back the tradition. I believe Bob, Claire, Laura, and JMac would be proud that faculty and students are committed to keeping the sense of community that they worked so hard to build over the years. A special thanks goes to this "group of dedicated students" including Gianna Viola, Amanda Harrison, and Kristen Ninosky.

On behalf of our current dedicated team of students and faculty, we wish you all the best in the upcoming year.

Warmly,

Dr. Desmond

Letter from the Assistant Chair

Hi everyone,

I hope you're all well as we head back from winter break and look ahead to what promises to be a tremendously busy spring semester!

While 2020 and 2021 brought many tough times, there have also been some highlights to celebrate along the way. As the department navigated several transitions over the past year and faculty responsibilities continued to increase, it became apparent that securing additional departmental leadership would be helpful. As a result, in Fall 2020, we were thrilled to be granted an Assistant Chairperson for the first time ever! This three-year position, renewable at the will of the Chairperson and departmental faculty, involves coordinating all master's-level admissions, serving as the department's CACREP liaison, overseeing our post-master's licensure and certification tracks, managing all departmental operations at Pittsburgh East, and endorsing MEd graduates for school counselor certification. Most importantly, this role allows our new Chairperson, Dr. Desmond, to dedicate more time to her myriad responsibilities and provides support for her leadership as needed.

I couldn't be prouder to have been elected by faculty as our first Assistant Chair and I am thoroughly enjoying serving in this new capacity. Connecting with potential applicants and showcasing all that the Department of Counseling has to offer is easily one of the best parts of my job. Taking on this role has allowed me to engage with the university in an entirely new way, develop a fresh perspective on higher education, tap into my personal creativity, and balance the things I love most about being a counselor educator – being in the classroom and actively engaging with our community.

A huge thank you to Dr. Desmond for the leadership she has modeled and for trusting me to help support the growth of our department. Lots of gratitude to the colleagues and students who have been patient with me as I've learned the ropes. And finally, a major shoutout to the GAs and Federal Work-Study students who put up with my scattered brain, wild ideas, and nitpicky editing on the daily. I am so fortunate to work with you all.

Best wishes for a restful winter break and here's to hoping that 2022 brings peace, gratitude, and a continued sense of community for us all!

Warmly,

DR. PK



Faculty News



Dr. Lorraine Guth (she/her/hers)

Dr. Guth is in her 24th year of serving in the IUP Counseling Department. Although she is the most senior member of our faculty, she hasn't slowed for a second in her commitment to publishing research & attending conferences. In 2021, Dr. Guth, Dr. Pollard-Kosidowski, current master's student Emily Pepper, alumna Jessica Garrow, and colleague Dr. Adam Stephens published "Ten tips for the facilitation of virtual groups" in the *Journal for Specialists in Group Work*. In addition, Dr. Guth co-authored two chapters in Dr. Mary Renck Jalongo's edited book, *Therapy dogs & facility dogs: Supporting well-being and Increasing student engagement: Roles for dogs in college courses*. In addition to publications, Dr. Guth has presented at several national conferences in 2020-2021 including the Association for Counselor Education and Supervision conference, the American Counseling Association Virtual Conference, and the Association for Specialists in Group Work Conference.

Dr. Guth is honored to be serving as the current President of the Association for Specialists in Group Work (ASGW). She is looking forward to the upcoming ASGW conference in February 2022 that has the theme, "Group Work Innovations in a Transforming World". IUP will be well represented with counseling faculty and students who will be attending, presenting, and engaging in the day of service project!

In addition to conducting presentations at the 2022 ASGW conference, you can look out for Dr. Guth's work at the 2022 American Counseling Association Conferences, too!

Dr. Guth's two children are attending IUP as undergraduate students. Her son and daughter play on IUP ice hockey teams. She is proud to be "Hockey Mom" once again and enjoys attending their games. Dr. Guth also loves spending time with her family and two dogs.

Dr. Nadene L'Amoreaux

Dr. L'Amoreaux is in her 23rd year of serving IUP's Counseling Department. Dr. L has recently attended conferences including both the Association for Death Education & Counseling (ADEC) and the Association for Counselor Education and Supervision (ACES). During Spring of 2021 Dr. L'Amoreaux took a sabbatical, working with her Doctoral graduate assistant, Grace Edwards, on research that included a content analysis of the television series, "Hoarders". Her research examined themes related to hoarding and counselor responses to clients who are the recipients of hoarding intervention. Future research will include a qualitative study of public perceptions of counseling and mental health disorders based on "Hoarders" episodes and interventions.

In Dr. L's personal life, she and her husband are newly established empty-nesters, both their daughters now in college. Dr. L'Amoreaux and her husband are looking forward to opportunities in the future to travel and reconnect with hobbies and activities they've previously practiced as they have more free time. Dr. L enjoys quilting, crocheting, and trying to teach herself how to play the ukulele.



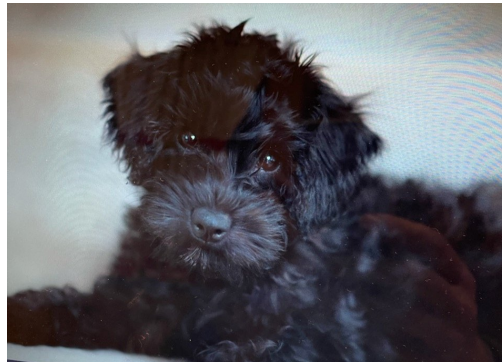
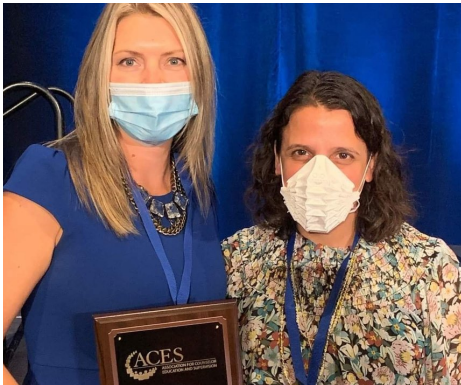


Dr. Holly Branthoover (she/her/hers)

Dr. Branthoover is currently in her 17th year of serving IUP's Counseling Department. On October 22nd, 2021, Dr. Branthoover received a notice of acceptance for a journal article co-authored by one of our doctoral program alumnus, Dr. Mike Verona. Dr. Verona is currently a faculty member at Central Michigan University. The article will be published in *Counseling & Values*, though we do not have an exact date, yet. The title is, "The effect of self-forgiveness on self-stigma in individuals diagnosed with substance use disorder," and is adapted from Dr. Verona's dissertation research.

Since 2015, Dr. Branthoover has served as the ACES Conference Coordinator. In October 2021, the ACES Conference was held in Atlanta, GA. There were almost 2000 attendees total in-person and virtual. Dr. B was responsible for all aspects of conference planning, including managing 16 conference committees. Dr. Branthoover was recognized for her outstanding service in the October 13 ACES Counselor's Corner. The bottom-left photo shows Dr. Branthoover with her award, as well as ACES President, Dr. Casey Barrio Minton.

As of November 19th, 2021, Dr. Branthoover and her husband, John, have adopted a new puppy - a 12 week old Schnoodle named Jester. They rehomed him after a failed adoption due to medical issues. Dr. Branthoover was even kind enough to send us some photos of Jester to include.



Dr. Kim Desmond

Dr. Desmond is currently in her 15th year as a member of the Department of Counseling faculty. Most recently, she partnered with IUP alumni, Dr. Stephanie McHugh and Doctoral Candidate, Kyle Bellinger, on a book chapter titled, "Individual Counseling in the Schools". This chapter will be in the forthcoming textbook, *Introduction and Foundations of Professional School Counseling* by Springer Publishing Company. She also worked collaboratively with counseling faculty to achieve CACREP accreditation for the doctoral program in Counselor Education and Supervision (CES). She recently presented at the New England Educational Research Organization Virtual Conference with Cohort 3 CES doctoral student Racheal Nuwagaba-K. The title of their presentation was, *The recipe for recruiting diverse students in CES doctoral programs*. Dr. Desmond is in her second year as Department Chairperson and feels fortunate to have support from such a strong group of faculty, students, and alumni.

Personally, Dr. Desmond's son is now 14 and her daughter is 11. Along with her husband, James, they enjoy spending time on the beach in NC and cheering on her son's football team. She also continues her yoga practice and crafting with her daughter.





Dr. Michelle Bruno (she/her/hers)

Dr. Bruno is in her 15th year serving the IUP Counseling Department. Dr. Bruno currently serves as one of the Co-Chapter Faculty Advisor's for IUP's chapter of Chi Sigma Iota in collaboration with Dr. Matthew Nice. She has published research recently with former faculty member Dr. John McCarthy and recent CMHC graduate, Emma Shannon. Their article, *Creative Question-Framing: 12 Ideas for counselors in training*, was published in the *Journal of Creativity in Mental Health*. Dr. Bruno has enjoyed attending multiple conferences recently, including presentations with current master's and doctoral students on *Creative Supervision and Self Care for Emerging adults* at the 2021 ACES & PCA conferences, respectively. Dr. Bruno in collaboration with Jessica Maga, Kimberly Sarnosky, Melissa Bonicky, and Lori Gress secured internal funding for a project on examining teacher burnout during the pandemic, demonstrating her commitment to keeping her research relevant & current.

She also became a certified KORU Mindfulness Teacher. In reference to what is coming up for Dr. Bruno, be sure to look out for her presentation at the upcoming ASGW conference in February 2022. She will be presenting with CES Doctoral Candidate, Brenda Cappy Gruhn: *Virtual Reality: Using Remote Learning to Cultivate Self-Compassion in Group Work for Adults*.

Dr. Stacy Carone

Dr. Carone is currently in her 16th year of serving the IUP Counseling Department. Dr. Carone currently serves as the Graduate Assistantship coordinator, as well as a member of the Diversity & Inclusion Standing Committee for the College of Education & Communications. In her committee work, Dr. C has helped develop a diversity challenge designed to encourage faculty in the college to infuse diversity into their courses.

She has recently presented at the American Counseling Association Conference on *Interventions for Mask Anxiety*, as well as at the Pennsylvania Counseling Association Conference on *Creative Supervision Strategies*.

In regard to what Dr. Carone has coming up, she is looking forward to presenting at the Association for Specialists in Group Work Conference in Florida, in February 2022. She will be presenting on *Creative Virtual Group Counseling with Children*. Dr. C has recently published work with IUP Doctoral Candidate, Kyle Bellinger, in the "Journal of Counselor Preparation and Supervision" on *Creative Supervision with the Integrated Developmental Model of Supervision*.

In Dr. Carone's personal life, she is happy to share that her daughter, Lily, started at IUP as an undergraduate in the Fall of 2020! Lily is enjoying IUP's science, music, and Spanish departments. Dr. Carone has been having fun having her daughter attend the same institution she has become such a crucial part of.





Dr. Sibyl West

Dr. West has been serving the IUP Counseling Department for 12 years. She has recently published writing in Routledge's 3rd edition of *A Guide to Practicum and Internship for School Counselors-in-training*, specifically, "Understanding How to Define our Comprehensive School Counseling program using the ASCA National Model and Developmental Issues of Students". Dr. West also recently presented at the 2021 ACES conference in Atlanta, GA, "Do Black Lives Matter in CES Programs at PWIs?".

Finally, Dr. West is looking forward to a project she has been working on coming to fruition, "Diversity and Inclusion in Counselor Education Research". This piece is currently in press, but be sure to keep an eye out for it in Taylor & Gibson's *Engaging Research, Data, and Program Evaluation in Counseling Practice*.

Dr. Brittany Pollard-Kosidowski (she/her/hers)

Dr. PK is in her 7th year of serving the IUP Counseling Department and stays quite busy with several ongoing endeavors in teaching, research, service, and leadership. She loves all things group work and has most recently published on topics related to the experiential training of future group counselors, the facilitation of virtual groups, and the use of group work in helping members to navigate difficult conversations and promote community. Dr. PK also has a few publications currently in press and under contract that address experiences of burnout among new clinical mental health counselors and how to best support marginalized identities in the counseling space.

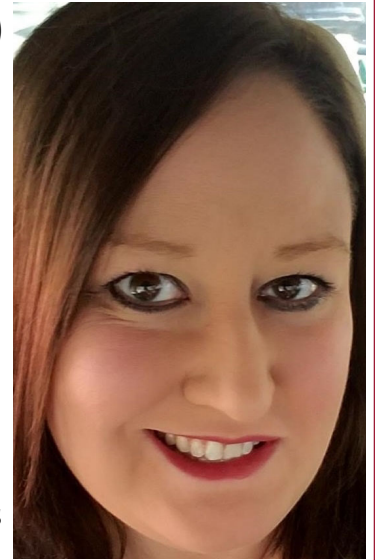
She currently serves as Co-Chair of ASGW's Special Initiatives Committee and in July 2021, was elected President of the Pennsylvania Association for Specialists in Group Work. Counselor Education and Supervision doctoral students.

She currently has several original research studies in the works, including two that are grant-funded. Her newest project has her collaborating with doctoral candidates Racheal Nuwagaba-K and Amanda Harrison and qualitatively explores the leadership and advocacy training of Counselor Education and Supervision doctoral students.

In February 2022, Dr. PK, along with ASGW's Special Initiatives Committee and current President Dr. Guth, will be partnering with JASMYN, a Jacksonville, FL service provider for LGBTQ+ youth. Volunteers will provide JASMYN staff with a day-long group work training symposium, which Dr. PK is very excited about! She will also be applying to present with master's students Ashley Cifone and Anne Ulizio at the Statewide CSI Conference in April, and she is currently running for ASGW Secretary. In 2020, Dr. PK was tenured and promoted to Associate Professor, as well as elected to serve as our department's first-ever Assistant Chairperson! She now manages all of our master's-level-admissions processes for both campuses and serves as our CACREP liaison.

On a personal note, Dr. PK shared: "The past year of my life has been filled with the highest of highs and the lowest of lows. As many of you know, In July 2020, my husband and I unexpectedly took custody of our nephew, Michael. Going from having no kids in the house to raising a 14-year old boy has been quite the journey - but today, we cannot imagine our life without him. In December of 2020, my mother passed away after a short battle with COVID-19. I have certainly struggled, as we all have this year, but have been so touched by the outpouring of support from my IUP Counseling community. Thank you, all.

<3" - Dr. PK





Dr. Matthew Nice

Dr. Nice is currently in his 2nd year serving the IUP Counseling Department. Dr. Nice has recently published research in collaboration with Drs. Kolbert, Crothers, Joseph, & Kratsa of Duquesne and Derron Hiltz, CES doctoral candidate at Syracuse University. Specifically, *Development of the School Counselor Efficacy for College Knowledge Questionnaire* in the Journal of Psychoeducational Assessment. Dr. Nice serves as one of the Co-Chapter Faculty Advisors to the IUP chapter of Chi Sigma Iota in collaboration with Dr. Michelle Bruno. Dr. Nice is no exception to the department's tendency to be active members of the counseling community; Dr. Nice is the current President-Elect of the Pennsylvania Counseling Association (PCA), and will enter Presidential duties of the organization this summer.

ASK THE PROFESSORS

I really love to travel and experience cultures around the world. The pandemic halted my international travel. I took some trips this year that included having magical experiences at Walt Disney World and Atlantic Beach, Florida. I also enjoy walking my dogs, watching shows on Netflix, participating in yoga, attending ice hockey games, and spending time with family.
- Dr. Guth

Practicing yoga, spending time at the beach, and laughing with friends & family.
- Dr. Desmond

I work out six days a week. I love to read, listen to music, and spend time with my husband, friends, and family. I appreciate a good glass of wine. The most important thing for me is having a boundary of when work ends, especially now that more time is spent working from home. Boundary setting is my current self improvement goal. It is a work in progress!
- Dr. Branthoover

Exercising a few times a week, reading, playing with my dog Daisy, and spending time with my family, including my daughter Lily, my father, who is now 92 years old, and my husband, Pat!
- Dr. Carone

how do you practice self-care?

For me self-care includes unplugging and putting some distance between me and email. I watch movies and listen to podcasts with my husband. We travel whenever we can.
- Dr. West

Exercise, Spend time with family and friends.
- Dr. Bruno

This has been a work in progress for me, but one aspect of my self-care is having realistic expectations of what I can reasonably accomplish, and accepting that I have limitations. I try to make sure that I take some time out each day to breath, savor my cup of coffee, spend time in nature and with my loved ones.
- Dr. L'Amoreaux

For me, self-care and wellness is maintained through quality time with others and exercise
- Dr. Nice

Good books, candles, Lionel Richie, and Taylor Swift! Lots of Adele and Matchbox Twenty, too. Getting away when I can for random little trips, finding time to reflect and just *be*, connecting with others, disconnecting from others, enjoying sporting events with my family. The beach is my happiest place. Finding purpose in my work and reminding myself, yet again, that I've hit the jackpot professionally, even when it's stressful.
- Dr. PK

Doctoral Student Corner



Cohort 5 Doctoral Students pictured with the program coordinator, Dr. Holly Branthoover (far right) and department chair, Dr. Kim Desmond (far left) at the Indiana campus.

CACREP-ACCREDITED

In July of 2021, The Council for Accreditation of Counseling and Related Educational Programs (CACREP), a specialized accrediting body recognized by the Council for Higher Education Accreditation (CHEA), granted accreditation to the Ph.D. program in Counselor Education and Supervision at IUP!

Thank you to Drs. Branthoover & Desmond, and the additional faculty who worked tirelessly to achieve this important recognition.

2021 ACES CONFERENCE

In October of 2021, Dr. Branthoover planned her final event as ACES Conference Coordinator in Atlanta, GA. Many IUP faculty, students, and alumni attended this event. Some student contributions worth noting include:



- Doctoral candidate Jennifer Kennedy volunteered at this conference and co-presented with Dr. Michael Verona, an IUP doctoral program alum. The presentation was titled, "The Effect of Self-Forgiveness on Self-Stigma in Individuals Diagnosed with Substance Use Disorders", and shared results he acquired during his dissertation research.
- Doctoral candidate Amanda Harrison collaborated with Dr. Pollard-Kosidowski and Dr. Adam Stephens for a presentation titled "Painting the Picture: Using Photovoice to Engage Counselors-in-Training in Entry-Level Advocacy."

Pictured from left to right: Drs. Nice, Bruno, & Branthoover

11 Counselors in Service: Johnstown Area School District



On November 12, 2021, Greater Johnstown School District's teachers gathered at the high school for an Act 80 day focused on mental and physical health and wellness. Doctoral students, Shannon Beaver Derrick, Justin McDonald, and Amy Siler agreed to volunteer and worked together to provide psychoeducation, support, demonstrations, role-play, and resources focused on the topics of self-care, wellness, de-escalation, mindfulness, and meditation. Teachers and school counselors left the workshops with practical tools and resources to seek supports if needed.

2021 PCA CONFERENCE



Many IUP faculty, doctoral students, and master's students attended the 2021 Annual PCA conference in King of Prussia, PA. Several students volunteered at the event and presented their current work.



Cohort 5 CES doctoral student Stephanie Onkst was recently awarded the George L. Spinelli Memorial Scholarship

Dr. Spinelli was the first chairperson of the Department of Counseling. The Spinelli scholarship is awarded in his name to a student who excels in leadership and scholarship.

Congratulations!

Cohort 3 CES doctoral candidate Racheal Nuwagaba-K was recently awarded the Dean's Scholarship for Outstanding Performance in the College of Education and Communications!

Racheal received her award at this year's Alumni, Faculty, & Student Scholars' Reception.



Alumni Spotlight

DR. REBECCA ANDREWS

(Cohort 1)



Q: Where are you currently working and how did IUP's doctoral program prepare you?

While my primary place of employment has not changed since beginning and completing IUP's doctoral program, my role in that position has expanded to include participation in various committee groups that are focused on program development. Specifically, trauma-informed care will be a primary tenet of a new program and as my dissertation research investigated the relationship between trauma and violent offenses among incarcerated males, my expertise in this area has been called upon. I have been able to be a contributing leader in these working groups because of the education I received through IUP's Counselor Education and Supervision doctoral program. I am also serving as a Remote Adjunct Professor in Counselor Education for two universities. I am currently teaching Assessment in Counseling synchronously and Prevention and Intervention of Crisis and Trauma asynchronously.

Q: What experience stood out to you the most during your time in the doctoral program?

Being named as one of the NARACES Emerging Leaders at the NARACES 2018 Conference in Burlington, Vermont was one of the most profound experiences during my doctoral program. This honor serves as concrete evidence of the IUP faculty's commitment to research and scholarship paired with their unwavering support and encouragement in this core competency area. To further illustrate this point, prior to starting the doctoral program, I had never participated in any conference presentations and at the end of this program, I had participated in a total of 10 at the state, regional, and national levels.

Q: Why should people choose IUP's doctoral program in Counselor Education & Supervision?

IUP's doctoral program in Counselor Education and Supervision was founded on the 2016 CACREP Standards. While I can personally attest to my growth and development in the five core competency areas of counseling, supervision, teaching, research and scholarship, and advocacy and leadership, I believe what sets IUP apart from other Counselor Education programs is the opportunity to teach and supervise counselors-in-training. As a doctoral student in CES at IUP, once you have reached your field experience in teaching and supervision, you will be co-teaching a graduate-level content course and co-supervising a practicum course within the Department of Counseling. This real-life teaching opportunity will provide experience in curriculum design, course instruction, assessment, and supervision. During this time, your growth in these areas will be fostered through weekly group supervision facilitated by a seasoned faculty member.

Thank you, Dr. Andrews

Upcoming Opportunities for Collaboration



Join the Counselor Education and Supervision Doctoral Peer Mentoring Program: This is a great way to seek support and guidance from someone who has “been through it.” Be on the lookout for more information to follow in early Spring.



Dr. Carone

Dr. Carone has 3-4 open spaces for both master's and doctoral students to hold a career development session for ARIN's family outreach program. If interested, please reach out to Dr. Carone to submit a proposal. Additional details below:

In the past, Armstrong Indiana Intermediate Unit's (ARIN) family outreach program held a Career Day for pregnant and parenting teens coordinated by Dr. Carone. On hold due to COVID, Dr. Carone would like to restart this event. She is seeking both master's and doctoral students to hold sessions for the teens in attendance. She will accept about 3-4 proposals and then coordinate, with the directors of the ARIN program, a 1/2-day workshop (8AM - 1:30 PM) at the IUP Hadley Union Building (HUB). About 20 teens would attend and rotate through the 40-minute workshops.

Dr. Nice

"Chi Sigma Iota, Iota Upsilon Pi Chapter is seeking assistance with the 2023 CSI-Statewide Conference, which will be hosted at main campus, Indiana!"



Dr. Branthoover



"As of 12/31/2021, I have resigned from my role as ACES conference coordinator. Part of the reason for leaving this service position is my desire to focus more on research and scholarship. I have interests in working with offenders, trauma, addiction, the experiences of first generation college students, children, and emotional intelligence."

Be sure to reach out to these professors if you are interested in any of these upcoming opportunities for collaboration!



Chi Sigma Iota

Iota Upsilon Pi Chapter

Chi Sigma Iota is an international honor society that values academic and professional excellence in counseling.

CSI Mission Statement:

"Our mission is to promote scholarship, research, professionalism, leadership, advocacy, and excellence in counseling, and to recognize high attainment in the pursuit of academic and clinical excellence in the profession of counseling."

Join Us For Our First Meeting!

Date: Tuesday, 1/25/22

Time: 7:30 PM

Location: Zoom

(Personal Room ID: 692 328 0552)

CSI will have biweekly general body meetings beginning on 1/25. Meetings are open for all students to attend and will occur over Zoom until further notice.

Upcoming Highlights:

- January 2022
 - Food Drive
- April 2022
 - Initiation Ceremony
 - Presentation of the Claire J. Dandeneau Supervision Award
- April 2023
 - Statewide CSI Conference, held at the Indiana Campus
 - Master's students are encouraged to attend and participate!



Chi Sigma Iota

Iota Upsilon Pi Chapter



Membership Requirements:

- Members must have at least 9 completed credits.
- Members must have a 3.5 GPA or higher.
- Members must promise to represent the best of professional counseling through appropriate professional behavior, ethical judgment, emotional maturity, and attitudes conducive to working to advocate for wellness and human dignity for all.

IUP Chapter Requirements:

- Visit <https://membership.csi-net.org/Application.aspx>
- Enter your personal and IUP information
- Pay \$50 New Member Dues
- Attend the spring induction ceremony

Benefits to Becoming a Member of CSI:

- Opportunities for leadership, professional development, training, networking, and more!
- Career development resources
- Honor cords to be worn with your regalia
- Ability to attend national and statewide conferences

Counselors for Social Justice: New IUP Chapter



Counselors for Social Justice is a division of the American Counseling Association that strives to infuse skills, knowledge, and passion for social justice in the field of counseling.

IUP Counseling students recently founded a CSJ chapter to instill and uphold these values within our department. The IUP chapter is advised by Drs. PK and West.

Be sure to check your email for information on upcoming events!

CSJ Mission Statement:

"Counselors for Social Justice works to promote social justice in our society through confronting oppressive systems of power and privilege that affect professional counselors and our clients and to assist in the positive change in our society through the professional development of counselors."

An exciting CSJ event to look forward to this semester, in addition to our general meetings, is our Social Justice Discussion Series. Comprised of discussions based on relevant resources and real world events, this series strives to heighten awareness, education, and action between the intersection of counseling and social justice.

Key Tenets of CSJ:

- **Increase awareness** and knowledge of social justice concerns.
- **Enhance ability** of counselors to engage in social justice action and advocacy.
- **Build a community** of counselors committed to social justice nationally and internationally.

Interested in learning more about how you can be involved with CSJ? Email IUP's chapter President, Leigh Hendrix, at nmscc@iup.edu for more information!

Counselors for Social Justice: Resource List




Being a counselor requires multicultural awareness and competence. **In light of recent events happening at the local, state, and federal levels regarding LGBTQ+ discrimination, IUP's chapter of CSJ presents the following resources to assist future and current counselors with information about affirming care for LGBTQ+ clients.** This list is not exhaustive - it is our duty as counselors and counselors-in-training to continually learn and grow!

Helpful Resources

- **Counselors for Social Justice** - <https://www.counseling-csj.org/membership.html>
- **Legislation Affecting LGBTQ+ Communities Across the Country, ACLU** - <https://www.aclu.org/legislation-affecting-lgbt-rights-across-country>
- **A Guide to Being an Ally to Transgender and Nonbinary Youth, The Trevor Project** - <https://www.thetrevorproject.org/resources/guide/a-guide-to-being-an-ally-to-transgender-and-nonbinary-youth/>
- **Moving From Affirmation to Liberation in Psychological Practice With Transgender and Gender Nonconforming Clients, Dr. Anneliese A. Singh (2016)** - research article available via IUP Library databases (PsycNet)
- **The Informed Consent Model of Transgender Care: An Alternative to the Diagnosis of Gender Dysphoria, Dr. Sarah L. Schulz (2018)** - research article available via IUP Library Databases (Sage)

REMINDERS & WHAT'S AHEAD



PASGW
Pennsylvania Association
for Specialists in Group Work

PRESENTS...

Graduate Student Peer Support Group

Run by Counseling Students, for Counseling Students


VIRTUAL MONTHLY MEETINGS:
FIRST THURSDAY OF EACH MONTH | 7-8 PM

The Pennsylvania Association for Specialists in Group Work brings you this unique opportunity to connect with peers across the state. In these monthly peer support group meetings, counseling students will have the opportunity to share their experiences, support one another, and gain valuable group insight. Each meeting will be facilitated by a graduate student member of the PASGW executive board.

Space is limited.

To sign up for for email reminders, fill out [this form](#).

PASGW membership is recommended, but not required.



Trans Tea Time

📅 Wednesday, January 26 at 4:00PM EST

📍 Elkin Hall Room 111

🏳️‍🌈 LGBTQIA Support



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Facebook

@IUPCounseling



FEB 17-20 | 2022
ATLANTIC BEACH, FLORIDA

**ARE YOUR
CLEARANCES UP TO
DATE?**

Whether you are a new student, or starting a practicum or field experience, we all need to keep our clearances up to date! For more information, click [here](#).

Chi Sigma Iota

PA Statewide Conference 2022

Hosted by the Alpha Beta Gamma Chapter of CSI at Villanova University

The conference will include educational sessions, roundtable discussions, and poster sessions. We invite innovative and quality proposals that address areas of counseling, counselor education and supervision, and specifically those that are both practical and research-based. We are particularly interested in proposals related to the following topics (a) the impact of COVID-19 on mental health and counseling, supervision, and teaching and (b) antiracism efforts within schools and communities. While we have special interest in these areas, other topics are welcome too.

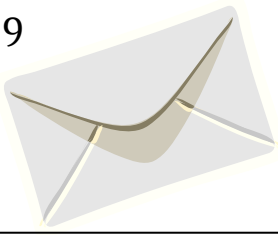
April 23rd, 2022

CLICK HERE

to view the call for
proposals form

Please send any questions to:
csi.pa.conference@gmail.com

Deadline: February 15th, 2022



Contact us



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Talk to us!

Have a suggestion? Want to participate in an alumni
spotlight? Any questions?
Email us: fyzcc@iup.edu

Upcoming Information Sessions

January 26, 2022
2:00 PM

Master's degree session (Indiana)

February 12, 2022
10:00 AM

Master's degree session (Zoom)

February 1, 2021
6:00 PM

Doctoral degree session (Zoom)

February 18, 2022
1:00 PM

Master's degree session (Zoom)

February 3, 2022
11:00 AM

Master's degree session (Zoom)

February 19, 2021
10:00 AM

Doctoral degree session (Zoom)

February 28, 2022
7:30 PM

Master's degree session (Pgh East)

This Newsletter has been created, edited, & published by:

Amanda Harrison
GA to Dr. PK

Gianna Viola
GA to Dr. Desmond

Kristen Ninosky
GA to Dr. Carone