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Upsilon Chi Chapter of Chi Sigma Iota

Letter from the President

Dear UCF Counselor Education Students, Faculty and Staff:

As I reflect on the completion of the Fall semester for all of us, the words “endurance” and “resilience” come to mind. The arrival of Hurricane Irma to Central Florida resulted in classes being cancelled, some of us evacuating, and all of us wondering if the storm was going to be as bad as the news was reporting. Even those of us who are Florida natives were worried during this time.

The impact from Hurricane Irma are still being felt within the Academy, our family, our friends, and our neighbors here in Florida. Residents of Puerto Rico whose homes were destroyed and left without power have had no other choice but to relocate to Central Florida and other parts of the mainland. We empathize with their distress as they try to transition to an area where securing employment and housing is a challenge and children are enrolling in K-12 schools already operating at capacity. Although the degrees of distress have varied for us all, we are feeling the impact of something we could not control.

In CSI, our Mission statement 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.” Throughout this semester, we have exhibited both great endurance and resilience as we have continued to live out and pursue this mission:

1. Students and faculty have continued to present at state, regional, national and international conferences.
2. Central Florida schools, agencies and private practices were greatly served with counseling services from UCF faculty, counseling students and alumni.
3. CSI Upsilon Chi Chapter brought comfort by preparing and serving meals to families whose children were being treated at the Ronald McDonald House.
4. CSI Upsilon Chi Chapter welcomed 60 new inductees which demonstrates high student academic achievement.

I believe that we have been able to endure a challenging semester and experience resilience because of our shared value for high standards of professional competence and service. But as counselors, we also recognize the importance of personal wellness and part of that wellness involves community. I challenge us to continue to build community and grow in our encouragement for one another. I’m convinced that as we improve in that area, our togetherness will become an even greater source of our strength, no matter what weather comes our way.

Sincerely,
Rob Rogers, MA



Prior to pursuing the Marriage and Family Therapy program at UCF, Rob served as Dean of Student Services at Beacon College. He is currently President of CSI Upsilon Chi Chapter and the Greater Orlando Organization Development (GOOD) Network.

Dr. Edward “Mike” Robinson committed decades to the counseling field through service, research, and teaching. As he prepares to retire at the end of the fall semester, it is valuable to hear the reflections he has on his experience, and glean from what he shares. I offer this interview to both honor and celebrate his long and successful career as a Counselor Educator.

-Interview by Amanda DiLorenzo

Faculty Spotlight: Dr. Robinson

Do you have a mantra for motivation and if so, what is it?

I always hear my parent’s voices saying, “Work hard and good things will happen. But do it for yourself. You don’t have to tell anyone about it. Just know that you did the best you could.”

How do to maintain your wellness?

I used to jog and run, but I walk a lot and work out. Right now, in the facilities, I try to walk two to five miles a day and ride my bike a couple miles a day as well. That’s how I keep my physical wellness. I think my spiritual wellness is hiking. I love to hike. I love to be out in the woods. When we ride our bikes we ride through the woods. So I think nature and the woods really keeps me in touch with the spiritual nature of the world. Also, I think relationships – I have a very long-term intimate relationship with my wife. We’ve been married for 48 years. As a child, my mother was one of 13, so I had 36 first cousins just on that side of the family. I have never felt like I was alone. It was a real luxury to feel like there was always someone there to talk to or would help me in a pinch. A lot of people don’t have that. It means a lot to wellness to have that kind of support. I think I was freer to experiment on my own because I knew there were people who were there that I could always turn to if I needed.

Having things to look forward to is also a part of wellness, I think. The hope and not looking back, but looking ahead. Carl Rogers had a chapter in *Becoming a Person* called “Growing Old: Older and Growing.” And I always liked the idea of older and growing.

How do you use your spare time?

I like to read. I like to meditate in nature. I like to be with people. I like to be with my granddaughter as much as I can. She’s my fishing partner. Whenever we are together at the lake we go fishing. I like to be in touch with family. I am on Facebook to stay in touch with my great nieces and nephews and see what they are doing. It’s kind of neat to see what’s going on in the world through family.

I always liked the idea of “older and growing”

What are your retirement plans?

When I retire, we are going to be about 40 yards off the Blue Ridge Parkway. There is a trail there that goes from the mountain to the sea. I am very much looking forward to hiking that. I’m looking forward to being free to travel, especially in summers with my granddaughter – showing her the U.S., national monuments and national parks. We can get in the RV and go see friends that we haven’t seen in a long time. We are also going to travel 6,000 miles to Alaska. We have time to go where we want and explore things we haven’t seen before.

What has been your most difficult challenge and how have you worked through it?

I guess there were a couple of them. When I was an undergraduate, I had pneumonia and ill with Acute Pericarditis. I wondered if this was a lifestyle issue – did I drink too much...

was I out too late, did I eat the wrong things... It gave me time to pause and think about what was important to me. I was in the hospital during Christmas time when I was a sophomore in college. I think that was a major turning point for me in deciding that I wanted a more academic life. I wanted to be serious about my studies and having direction. I wanted to make sure that I got to a point that I could be the teacher that I wanted to be. I was very fortunate to have good physicians to help me get through that time, as well as my parents and people from my undergraduate stopped by on the way from Pennsylvania to West Virginia. It was encouraging to know that there were people out there that were willing to do that kind of thing. I got through it with the help of those folks. That was the biggest challenge.

I think it is always a challenge becoming a PhD student. I will never forget standing in front of the Duke Chapel the week before classes started my first-year thinking, “What the hell was I thinking? I can’t do this. I must be crazy” And then once you get into it, you in it.

Then the same thing when I became an Assistant Professor. I was thinking, “Wait a minute, they’re giving me five years and I better be ready at the end of the five years or else?!” When it came up to the five years and going for tenure, my daughter was probably about eight years old. I remember she went running down the street to her friend’s house yelling, “We can stay! We don’t have to move! My dad got TEN YEARS!” – instead of tenure. Of course, all the neighbors wondered, “What did he do to get 10 Years?” *Continued on page 3*

... I had wonderful opportunities. Those were the two or three trial points in my life. I think some people come at the profession from having experienced some real challenges. I come at it from the standpoint of having seen what support and what nurturing actual means and hoping that I can share some of that.

What is your favorite song and quote?

My favorite quote comes from my great aunt, who was kind of the leader of the clan, I guess. It was, "If that's not the way it was, that's the way it should have been."

My favorite song: "Alice's Restaurant" by Arlo Guthrie.

What has been your most memorable experience?

Wow, that's hard... I think somewhere between being married and our children being born.

What advice do you have for Master students? Doctoral students?

Master Degree Students: I want them to really focus on being the best clinician they can be and on the relational skills as the foundation. This is an entry level program. You really want to master those entry level skills and then after you have your whole career to spread out from there. Don't be too fast to go to "techniques;" make sure you have the relational skills that are the foundation of where you are going to go. That's the beginning point for master students.

Doctoral Students: You are embarking on a different career. The skill set as a clinician will serve you well, but this is a different skill set. Looking at the research and the teaching piece from a very different lens. Really concentrate on being mentored into the profession of the professorate.



Counseling is a great calling. It keeps you alive because you're truly dealing with people. You must respect that you are who you are, and you are helping someone different from yourself.

As you prepare to retire, how do you want colleague and students to remember you by?

It's up to them... I certainly hope they remember me in a positive light, but I really learned a long time ago that institutions have short memories - people have long memories. I don't expect anything in terms of the institution, but I have life-long connections to people I have been close to in the program. We will all be in touch for a long time and, even when we are not, we will keep each other in our memories.

Any parting words that you would like to share?

Counseling is a great calling. It keeps you alive because you're truly dealing with people. You must respect that you are who you are, and you are helping someone different from yourself. Your path, your choices, your difficulties and your successes are not theirs. You must focus on what they need, not what you need. I think that's the key to success in counseling. It's a wonderful profession. It's a caring profession. There's great rewards. It may not be what your seeking in the profession, I hope it's not, but you'll definitely receive them. You truly help someone to become who they can be, you'll feel wonderful. There's no other feeling like that to know that you helped. There's a saying, it's my second favorite quote, "I didn't do it, but it wouldn't have happened without me." The client has to do it, but you facilitate that process. It's a wonderful feeling that you were a part of someone's recovery or someone's success. And if that's gift enough for you in life, it will be a very fulfilling life.

There are wonderful people in the field. Network and get to know as many people as you can. When you are at ACA, SACES, or ACES, go up to people and talk to them. They are there because they care about people. Talk to them and get to know who they are and they will want to get to know you.

Amanda DiLorenzo is a first year doctoral student. Her research interests include the internationalization of counseling (specifically the development of the counseling profession in Haiti) and counseling clients who have experienced disasters.

Doctoral Candidate Spotlight



An interview
with Yvette Salibia

by Giscard Petion



Please explain your path before deciding to pursue your Doctorate degree.

It was a bit windy. I got my Masters in Mental Health Counseling in 2007. I worked as an adult outpatient substance abuse counselor at the Center for Drug Free Living, which is now Aspire Health Partners. It was difficult with one income. I worked in the evening at the mall, doing retail. I also taught general psychology online. It was three sources of income, so I was really burning the candle at both ends. An opportunity came up to transition to Florida Hospital to manage their center for academic achievement. It was a hard decision, not because of finances, but because my identity as a counselor had been so deep at that point. I thought I was turning my back on my profession and on my identity. People would ask me what I'm doing, and I would say, "I'm a counselor". But I thought to myself, that's not what I'm doing. So that identity shift was difficult for me.

What made you decide to get your degree in counseling, opposed to teaching?

Well technically the degree here is in education, with an emphasis in counseling. I didn't want to do teaching because it seemed so limited. I started looking at Counseling Psychology and then from there I stumbled upon Counselor Education. I attended the information session here at UCF and thought to myself Counselor Ed seems like the most logical step. I got accepted and that's how I'm here.

What was it like practicing after you graduated with your Masters?

It was hard. In practicum and internship, I had the safety net of my supervisor. And even though I had a supervisor on site at my job, I just felt like I was out there on my own. Substance abuse is really hard. There was a lot of reading. I was naive to think that my education ended with my degree. The hardest part and my absolute favorite part was running groups.

They gave me a curriculum, and I had people who were in the pre-contemplative and the contemplative state of change. The curriculum was filled with worksheets. They called me "worksheet girl", but they didn't really want to do the worksheets. Then I found out that some of them struggled with reading. That was very embarrassing for me because I realized that I had made them feel unsafe. I had to revamp the whole curriculum. That was difficult as well because I didn't know if I was ready to create something on my own.

You talk about the difficulties of counseling, how important was self-care?

Super important. I started to notice that a lot of the counselors that I was working with had been there for a number of years. I started to notice that burnout didn't look the same for everyone. There was a continuum of burnout. So, self-care was very important for me.

When you were in your Master's program, what population interested you the most?

It was always substance abuse. I've always been very interested in addictions and the process of addictions.

What is your current research focus?

I am specifically looking at different factors that affect quality of life for aging adults. Completely different from substance abuse. There have been a number of studies that have shown different factors that have positively influenced quality of life. I'm looking at some factors that haven't been studied and one of them is the mindset of playfulness. Play is a behavior, but playfulness is the mindset.

Continued on page 5

Play is a behavior.
Playfulness is a
mindset.

How did you come about selecting your research focus?

I didn't start the program knowing what I wanted to do, I had a vague idea about what I wanted to do but I went in a total different direction. So, I was actually talking to a friend of mine over dinner one day, and I said, "I notice there seems to be individuals who are more playful than others" and she said, "why don't you research that?" I didn't think that playfulness was a thing, but it turns out its been studied since the 70's.

How has your identity shifted from Counselor to Doctoral candidate?

That's a good question. I think in a Master's program everything we did, we were steeped in this culture of counseling and the world of mental health. So that identity was really fine-tuned and that identity was me working with clients. As a counselor educator the identity is expanded. I'm working with students who want to be counselors, now it's me as a researcher and me as a supervisor. I am seeing a larger playing field when I am with a client.

How do you see the counseling field evolving in the future?

So much of it depends with what happens with psychology. I think counseling needs to make sure they stay very relevant and very current. Healthcare is huge, and a lot of hospitals and health care systems only want social workers. Counselors must diversify and find different niches. In Counselor Education we are taught to value the voice of client. We're also there to help clients fine tune, redirect, and change. Narrative and voice are huge in our field, however in Counselor Education, sometimes we push that aside in favor of quantitative research. I think we do a disservice to our field when we do that. We lose what makes us different.

How do you think Counselor Educators can influence social justice?

This is something that I think is very important. I think the biggest thing is awareness. Being open about the limitations of your awareness. Engage in conversations you feel are important. Help other people find their voices, and then bringing those voices into the forefront. Then on a continuum, those things lead to other action items. But I think we have to be honest and open with ourselves first and foremost.

What are your thoughts about a student going to get their Doctorate as soon as they graduate from their Master's program?

That's a great question but I don't think the answer is simple. I know people who went straight through and they did well because they maximized their practicum and internship experiences. Those who work prior to entering a PhD program have their own experience that they've gained. It really depends on the person.

What words do you have to offer Master's students?

For the students that are currently in the program, I would tell them to take risks and don't obsess about grades. For the students that are about to graduate and enter the field, find balance, and manage your own wellness, so you don't burnout.



Giscard Petion is a 5th semester Masters student on the Clinical Mental Health track. Currently, Giscard serves as a mentor with the SEC Mentoring Project, and is the newly appointed Vice President of the Multicultural Partnership of Organizers Working for Equity and Resilience (M-POWER). His clinical and research interest include African-American males, marginalized populations, and counselor education.

In Counselor Education, we are taught to value the voice of client. We're also there to help clients fine tune, redirect, and change.
-Yvette Salibia



On Being an International Student

By Jeonguen Park



Before coming here, it took a lot of time for me to even think of studying abroad. I was very aware of the fact that I am the kind of person who struggles with adjusting to a new environment. In that sense, I had to make sure I would be okay if I made the big decision to study abroad. As a counselor who knows various counseling theories and techniques, I have an ability to employ those when I plan. So, I focused on two simple things: 1) clarifying the reasons why I wanted to study abroad, and 2) forecasting possible hardships and how I could cope with those hardships.

My biggest motivation is my mindset to do my best. If I chose to stay in Korea and go the Ph.D. program in the same university I graduated from, I am certain that I would be accepted without a doubt. However, it didn't seem to be the best educational opportunity that I could get. It seemed more like a compromise to me because I could get that without a lot of effort. My biggest fear was counseling in English. A few years ago, my advisor recommended I study abroad. I began to have a change of heart when I worked as a counselor in the workplace. I had to do workshops in front of a large audience on topics that I was not confident about at all, which I usually avoided. Through that experience, I was able to learn how to accept myself as being less than perfect and recover from a bad performance. This was a big step for me. I also imagined a situation where I would see a counselor whose second language is Korean and asked myself whether I would still want to see the counselor. My answer was "yes" so as the counselor has good counseling skills.

Another fear was being lonely. When I was a college student, I vividly remember crying whenever I had to leave after a short visit to my parent's house. Although the university that I entered was my dream school, I was not able to enjoy the idea of going there knowing that I had to leave my family and my hometown behind. However, after living alone for more than 10 years, I learned that I can find enjoyment in hobbies and special moments. I also realized that intimate relationships don't necessarily require physical presence. For that reason, I brought my stereo and music CDs, external hard drive full of TV shows, movies and books when I came here. I also reminded my family and friends that although we are living in different countries, we can still reach each other and stay connected in other ways.

I am fully aware of the fact the decision of coming here was my complete choice. I spent time contemplating my decision to study abroad, which has allowed me to adjust to being here without too much distress. I appreciate that I have an opportunity to grow as a human being and a counselor.



Jeongeun is a first-year doctoral student in Counselor Education. She is a Certified Counselor in Korea. Her research interests include LGBTQ+ issues in counseling, counseling outcomes and effectiveness

Letters from Young Therapists: Reflection Series from Masters Students

Fall 2017, we joined the ranks of one of the best Counselor Education programs in the nation at the University of Central Florida. We came from all over the country, some coming from as far as New York, Ohio, and Illinois. During Orientation, we were given 30 minutes to decide on a name for our cohort. It took us 30 seconds to agree on "The Masterminds". This semester, most of us were enrolled in Ethics with Dr. Brand, Intro to Counseling with Dr. Young and Dr. Robinson, and Theories of personality with Dr. Decker. As we witnessed the devastation from Irma and the Las Vegas massacre, we recognized the need for counselors more than ever. We got to know each other over brunches, gamedays, and Friendsgiving's. As a cohort, we reflected on our first semester in the Counselor Education program at UCF, and this is our first installment in a series of reflections which we plan to submit to the newsletter each semester. Reflections are in no specific order.

Coordinated by Andrea Piazza

Featuring First Year Masters Students: Justin Hoeck, James Rodolf, Nicole Jarman, Krista Roelbig, Justin Martin, Evelyn Martinez, Jillian Pankow, Kaitlyn Shelp, Raquel Toro, Megan Ulrich, Christian Velez, Chelsea Vensel, Savannah Wheat, Anjelica Williams

"Fall semester has been an amazing new experience. I have learned a tremendous amount about myself and the counseling field in just a few months. Fall semester has made me very excited for the remainder of this amazing program and everything else I have left to learn in this program and as a future counselor!"

"My first semester in the program is best described as an emotional roller coaster; it's been exciting and overwhelming, amazing overall. I feel so close to my classmates, especially in my Cohort, already, and can't wait to see where spring takes us."

"After my first semester as a graduate student, I feel more inspired than ever to become a counselor. Thanks to the professors, doc students and our tight-knit cohort, I am even more motivated now to tackle the next two years in the program."

"I started this Fall somewhat terrified of what was to come. However, in just a few weeks I found myself surrounded by kind, compassionate, and supportive colleagues and a rich educational environment. I can already see and feel myself growing as a unique individual and professional thanks to this amazing program."

"It always seems like your falling behind but trust yourself, you got this far for a reason."

"#ITDEPENDS. The biggest thing I learned is that no matter the situation, it all depends on the client. There is no black and white answer when you're in the room."

"My first semester of this program has me convinced by the end of this I'm gonna be a rambling old man. I might need some real therapy after this draining semester."

"The most important lesson I learned in my first semester was the ethical codes and state statutes that govern counseling. Your choices are never just black and white, but rather based on ethically appropriate codes of conduct that provides the standard level of care to the client."

"This semester I learned to be comfortable with ambiguity."



"I've already noticed a huge difference between undergrad and graduate school- I find I actually want to come to class and learn instead of feeling obligated to. It's such an exciting feeling. The cohort system has been so helpful too! I've met so many new people and expect that I will only get to know them even better in the future!"

"I didn't expect for this semester to be such a rollercoaster of emotions. I learned to be open to being open and as cliché as it sounds to trust the process."

"My first semester of grad school was full of eating dinner in my car, learning to manage my time and practicing self-care like it's my (third) job. Grad school is truly an adjustment but one I am so happy that I have made. I know that I'm exactly where I'm supposed to be. I can't wait for more."



"I've learned a lot about human nature this semester. This certainly isn't the field for everyone. While the work I'm signing up for will be emotionally taxing, helping others is my passion."

"This first semester has been delightfully and deliciously uncomfortable. I've enjoyed expanding my worldview, examining my own beliefs, and feeling more confident as a future counselor. The connections I've made with others in the cohort and faculty has been transformative, and I'm excited to jump into next semester."



An Evening with Jeffrey Kottler by Sandra Aponte



Photo source: www.jeffreykottler.com

On July 13, 2017, I had the opportunity to attend a speaking event hosted by Renew Counseling in the Florida Hospital Church. As a first-year, first-generation Master's student, the words "professional development" were too long and foreign to me. I thought, "it's extra credit for and I need the points". We had been assigned to read *On Being a Therapist* throughout the semester. I assumed it would be just like any other "workshop": Go, meet people, get contact information, pretend like you learned something when you get home, and forget about it the next day.

On Being a Therapist is a really good book. It was inspiring and spoke about possible issues all therapists will one day go through or have gone through. While I enjoyed the reading, I pondered, "what could he possibly say that he didn't mention in his book?" I dodged every negative thought and made my way to the event, in the spirit of "professional development." When I arrived, I was ecstatic to see that a few of my classmates and Dr. Young! Once Kottler appeared, he completely dominated the stage. With just a PowerPoint, he was able to captivate the audience with background music and memes that were spot on. The music often added to the emotion, as he shared some very personal stories of his clients and his own professional experiences in the field. Like a sponge, I tried to absorb as much knowledge as I could—while I laughed, sighed, longed, and cried.

Then Kottler said, "We go to so many conferences and meetings... read so many books about techniques, interventions and theoretical orientations... but we're still left wondering—how exactly do we really help our clients?" At that moment, the room became quiet. I noticed many in the audience began taking out paper and pencil as if to take notes. I wondered, "could Kottler really know the answer to the question he just asked?" Then, just like that, Kottler states that the key to being a master therapist is "love." For the remainder of the presentation, Kottler focused on the therapeutic alliance and ways to build "positive relationships" through empathy, congruence, veracity and fidelity. I recall him mentioning, for instance, that you can get further with a client if you stop trying to understand them and instead, show them ways that you care about them: by validating their feelings and holding onto their sadness with them.

I reflected on what I had learned for many weeks after the event. I began to practice some of the things he had shared. My life changed that afternoon. Not only was I able to foster personal growth, but the event really helped my professional development. At the time of the event, I was struggling to find a job. But a few weeks after the event, I changed my approach. Instead of using scripted lines during job interviews, I began building positive relationships with the employers, borrowing from the counselor traits of empathy and congruence. Then, faster than I could see it coming—I was able to secure an internship in my dream office at UCF. I was stunned: not only had I gotten the position I'd always wanted, I also made a connection with the Director of the building. Looking back at all this now, it's funny to think that what I originally did it for extra credit points—and has given me extra life points.



Sandra N. Aponte is a graduate student in Clinical Mental Health Counseling at the UCF. In the future, she hopes to open a career counseling private practice, focusing on career exploration and life transitions.



International Counselor Education

Dr. Gulnora Hundley is an Associate Lecturer and Director of the Community Counseling and Research Center at UCF.

Dr. Gulnora Hundley, Director of the Community Counseling and Research Clinic, recently returned from an overseas trip to Russia, Uzbekistan and Slovakia where she presented to three different professional organizations. In Uzbekistan, before the Uzbek Society of Psychotherapists, her topic was “Treatment of Trauma” followed by a clinical demonstration of Eye Movement and Desensitization Reprocessing (EMDR) psychotherapy approach.

At the Congress of Professional Psychotherapists in Moscow, Russia Dr. Hundley made two presentations. The first topic was “Treatment of Infidelity in Couples” and the second was the “Impact of Divorce on Children.” Attendees at the Congress included therapists from Russia and the Commonwealth of Independent States (CIS).

As a result of these two presentations Dr. Hundley was asked to present at the International Congress of Psychologists in Kazakhstan which she did via Skype in November, 2017. Her topic in that instance was the “Status of Mental Health Counseling in the US” and an overview of the UCF Counseling and Research Clinic as a model for training counselors.

In Bratislava, Slovakia Dr. Hundley conducted a one day workshop with the primary topic being “An Introduction to Family Counseling.” There were 50 workshop participants consisting of Trnava University faculty and students along with Clinicians from the Bratislava area. Trnava University, located in nearby Trnava, has an active education counseling program under the leadership of Dr. Maria Smidova who last summer visited the UCF Counseling and Research Clinic. At that time she issued an invitation to Dr. Hundley to visit Slovakia. Trnava University is keen on developing an ongoing relationship with the UCF Counseling Program and, on behalf of the Slovakia Professional Association, has expressed interest in becoming an affiliate of the European Division of the American Counseling Association.

Before returning to the United States Dr. Hundley visited the Sigmund Freud museum in Vienna, Austria.

Photo (left): Uzbekistan. Photo (right): Slovakia.





Nur Has research and clinical interests include trauma, grief and relationship issues. During her internship she had a chance to work with individuals experiencing addiction and depression, and helped them to create new meaning out of their losses as well as en-



Mary Perleoni is a second year doctoral student. Her clinical background includes primarily working with children. Her research interests include counseling interventions for sexual assault survivors and children living in poverty



Conference Reflections

Attending the American Counseling Association (ACA) Conference in San Francisco, CA was a great opportunity for me to connect with professionals around the world, familiarize myself with the newest researches in the profession, and give what I learned back to my clients.

I am originally from Turkey, and my therapeutic interests shifted after a failed military coup where journalists, columnists, civilians and military personnel were taken into custody and jailed for their political views and written work. This unprecedented crackdown has caused me to pay attention to those who may suffer from an unknown. Over the past years, I have seen the importance of understanding my own clients' fear of unknown, anxiety of unpredictable future and change of their views of self and the world around them. At ACA, I connected with the presentation entitled "Counseling Interventions for Families of Inmate Parents". It is really significant, in our field, to be able to process shame, discomfort and fear that children of inmate parents might have to deal with as a result of trauma.

I believe that our work in the counseling room is an art of holding the client's pain in the moment. My personal experience is that it is a strange paradox; the more we sit with the feeling of hurt, the more we come to believe in that our needs matter in such a chaotic world. Using the language of our spirit/inner world is something that would connect us to outer beings as well as help us become "whole". My attempt to see a part of myself in my clients' eyes always helped me empathize with them, walk in their path, and lead a meaningful and peaceful life as a part of such inspiring journey.

Attending the Association for Counselor Education and Supervisors (ACES) conference provided me with so many incredible takeaways as a counselor educator in training. What I enjoyed most about attending the conference was networking and meeting other counselor educators. One session that stuck out to me was incorporating LGBTQ+ sexuality in human sexuality courses for counselors-in-training. These researchers assessed students competency prior to the course and following the course on their comfortability working with the LGBTQ+ population. The content lasted about thirty minutes and the remaining hour was spent having an open discussion with other individuals in the field. I left feeling energized and that I wanted to take what I learned and incorporate in it in my future classroom.

In addition to meeting great people, networking includes having dialogue about how we could best serve our field and continuously make it better for clients and counseling students. ACES is different than ACA in that it focuses less on clinical skills and more on classroom practices pertinent to counselor education. More specifically, how to best serve and prepare future counselors. I was also able to connect with counselor educator graduates from the UCF family and do fun things in Chicago with my cohort, including an incredible food tour! As a counselor and future counselor educator, I feel it is vital that I attend national, regional and international conferences to continue to learn and grow.



Teen Xpress

Teen Xpress is a mobile healthcare unit providing free medical, mental health, nutritional, and case management services to adolescents ages 11-18 in Orange County, Florida

Benefits of Interning with Teen Xpress:

- Teen Xpress supervisor, Susie Raskin, is a Licensed Mental Health Counselor and graduate of the UCF Counselor Education program.
- Teen Xpress is a unique two-person mental health team: the clinical supervisor, and you! This means that there is a 1:1 supervisor-supervisee ratio. Furthermore, individual supervision is quite plentiful, unlike other sites with more interns competing for individualized attention.
- The Teen Xpress healthcare team is composed of about 6 healthcare professionals. This makes for a close-knit, supportive environment that is conducive for both personal and professional growth as a budding mental health clinician.
- Teen Xpress is a grant-funded program under the Howard Phillips Center for Children and Families, which falls under the Arnold Palmer Hospital for Children and Orlando Health Hospital System. Teen Xpress mobile units meet the teens at school. As a Teen Xpress intern, you will get the opportunity to experience counseling from the hospital framework, while being in an office within school settings.

Ashlei Rabess is a Fall 2017 graduate of the UCF Counselor Education program. Her clinical and research interests include marginalized populations, transition-age youth, and emotional intelligence



Project 375

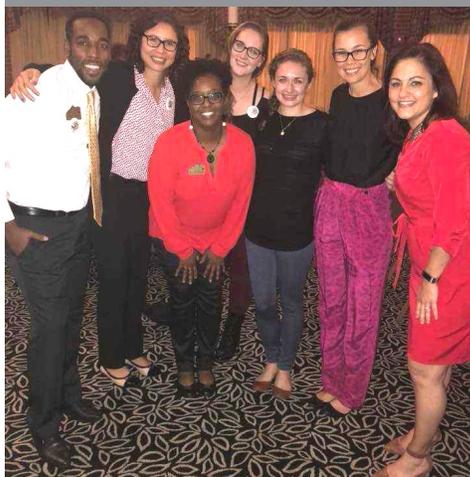
UCF College of Education and Human Performance announced their partnership with Project 375. Project 375 is a nonprofit organization created by NFL wide receiver Brandon Marshall and his wife Michi. The organization aims to destigmatize mental illness by training and providing the community with “psychological First-Aid”. The Community Counseling and Research Center painted the entry wall lime green, the color that represents mental health awareness, to demonstrate their support for Project 375.



HIV Awareness Sweeps UCF!



The HIV Education, Awareness, and Research Team (HEART) is a collaboration of faculty and students at the University of Central Florida who are dedicated to addressing the multiple and complex effects of the HIV/AIDS epidemic, both locally and nationally.



University of Central Florida faculty, staff and students from various departments united Nov. 27-Dec. 1 to bring awareness about HIV and AIDS to hundreds of students in the UCF campus community. Cross-discipline collaboration began months earlier with the common goal to educate and engage students, to increase awareness of HIV and AIDS, and to empower the students with knowledge about how to protect themselves.

Tuesday Nov. 28: The Multicultural Student Center, Lambda Sigma Upsilon and H.E.A.R.T., set up a table in the student union where they offered information and statistics on HIV, provided free condoms, demonstrated effective use of condoms, and answered questions.

FACT: One in eight people is HIV positive, but does not know their status. Free HIV testing is available on campus through Wellness and Health Promotion Services in the Recreation and Wellness Center Suite 111. Stop by or call 407-823-5841 (have your PID ready!).

Wednesday Nov. 29: LGBTQ+ Services and SGA Wellness and Health Promotion Services invited students to talk with each other in the Pride Commons about HIV awareness. Students talked about what they knew when they came to UCF, the systemic factors that influenced the access to knowledge growing up, and reacted to statistics and facts about HIV in Orlando. Wednesday evening, a banquet was held on campus featuring Hydeia Broadbent, a 33-year-old woman who is a member of the first generation to be born with HIV. She has been interviewed twice by Oprah Winfrey. Her family and faith were a huge support in her life and helped her stay healthy, she told the audience. Before her talk, attendees at the banquet were invited to engage in a conversation about how they would react if a friend revealed his or her positive HIV status.

FACT: In the most recent year for which statistics are available, Orlando ranked sixth among cities in the nation, and third in Florida, for new cases of HIV.

Thursday Nov. 30: UCF Counseling and Psychological Services tied red ribbons around trees on campus, and provided small red ribbons for students to pin on their shirts or backpacks.

FACT: According to the World Aids Day organization, the red ribbon is the universal symbol of awareness and support for people living with HIV.

Friday Dec. 1: M-POWER (Multicultural Partnership of Organizers Working for Equity and Resilience) hosted “Let’s Talk About Sex,” an open dialogue for students to explore their attitudes toward sex, relationships and HIV. With representatives of Equality Florida helping facilitate the conversation over pizza, participants talked about who taught them about sex and how they discuss sex safety with their partners. Attendees also played a Kahoot game to test their knowledge and learn facts about HIV and AIDS.

FACT: Barriers to getting care for HIV and AIDS can include social isolation, religious affiliation or

Written by Ella Shepherd

Ella is in her second year in UCF's Counselor Education Program. She has always felt a strong calling to serve, counsel, empower, and advocate for communities and individuals who are marginalized by the systemic, oppressive structures of our society.





(Re)presenting UCF

Presentations

Barden, S. M., Dillman Taylor, D., & Carlson, R. (October, 2017). Investigating the Impact of Relationship Education for Couples: A Randomized Controlled Trial. Paper presented at ACES Conference 2017, Chicago, IL.

Blount, A., Dillman Taylor, D., Martin, J., Wood, A., & Bjornsen, A. (October, 2017). Wellness Discrepancies in Helping Professionals: Wellness as a Superpower. Paper presented at ACES Conference 2017, Chicago, IL.

Parkin, S. B. (2017). Interpersonal violence within the LGBTQ community. Poster session at the UCF Counseling Conference, Orlando, FL. (Regional)

Parkin, S. B. & Nunes, M. (2017). Interpersonal violence and minority stress in the LGBTQ community. 60-minute presentation session at the 2017 Florida Collegiate Pride Coalition conference, Deland, FL. (State)

Publications

Ali, S., Lambie, G. W., Bloom, Z. D. (2017). An exploratory factor analysis of the Sexual Orientation Counselor Competency Scale: Examining the variable of experience. *The Professional Counselor*, 7(3), 223-237

Bloom, Z., & Dillman Taylor, D. (in press). The online dating intensity scale: Exploratory factor analysis in a sample of emerging adults. *Measurement and Evaluation in Counseling and Development*.

Bloom, Z., Gutierrez, D., & Lambie, G. W. (2017). An analysis of the factor structure and validity of the Attitudes towards Erotica Questionnaire with a sample of counseling professionals. *Measurement and Evaluation in Counseling and Development*, 50(1-2), 35-47

Blount, A. J., & Lambie, G. W. (in press). Development and factor structure of the Helping Professional Wellness Discrepancy Scale. *Measurement and Evaluation in Counseling and Development*.

Dillman Taylor, D., Gungor, A., Blount, A. J., & Mullen, P. (in press). Personality priorities and perceived wellness among counseling trainees. *Journal of Individual Psychology*.

Dillman Taylor, D., Bratton, S. C., & Henson, R. K. (in press). Confirming the constructs of the Adlerian Personality Priority Assessment (APPA). *Measurement and Evaluation in Counseling and Development*.

Lambie, G. W., Mullen, P. R., Swank, J. M., & Blount, A. J. (in press). The Counseling Competencies Scale: Validation and refinement. *Measurement and Evaluation in Counseling and Development*.

Lambie, G. W., Blount, A. W., & Mullen, P. R. (2017). Establishing content-oriented evidence for psychological assessments. *Measurement and Evaluation in Counseling and Development*, 4, 210-216.

Limberg, D. L., Lambie, G. W., & Robinson, E. H. (2017). The contribution of school counselors' altruism to their degree of burnout. *Professional School Counseling*, 20(1), 127-138.

McRae, L., Daire, A. P., Abel, E. M., & Lambie, G. W. (2017). A social learning perspective on childhood trauma and same-sex intimate partner violence. *Journal of Counseling and Development*, 95(3), 332-338.

Mullen, P. R., Blount, A. W., & Lambie, G. W. (in press). School counselors' stress, burnout, and job satisfaction. *Professional School Counseling*.



UCF Alumni at ACES Conference in Chicago, IL

Left to right: Jessica Martin, Naomi Wheeler, Dr. Barden, Jessica Gonzalez

Awards & Accomplishments

Lambie, G. W. (2017) - University of Central Florida Luminary Award. The UCF Luminary Award recognizes faculty members who have achieved notable accomplishments in research activity over the past three years, demonstrating significant impact that is recognized nationally and internationally.

Lambie, G. W. (2017) - University of Central Florida Scroll & Quill Society. The UCF Scroll & Quill Society recognizes faculty members who have demonstrated sustained scholarly contributions (over a period of at least 10 years at UCF), and have brought positive national and/or international attention to the institution through scholarly work.

Mackenzie Shmuck was awarded Staff of the Week twice separate at her internship site, Pasadena Villa.

Community Involvement & Announcements

Mary Norman is successfully integrating Pilates with clinical practice at her internship site, Women's Seminole Program-Aspire Health Partners. It's been a great way to build rapport with the clients and to encourage overall wellness.

Campbell, L. O., & Lambie, G. W. (Co-principal Investigator; September 2017 – September 2019). Reading assessment validity, program fidelity and teacher. The Imagination Station, \$756,251.00. (Research Contract Funding); Research Credit Split: Campbell (60%) and Lambie (40%); Indirect Funding: \$115,360.00

Parkin, S. B. (2017). Intersectionality and hidden meanings. Speaker at Pulse Remembered: An interfaith service of compassion reflection and Dialogue, Orlando, FL. (Local)

Sarah Parkin served as Treasurer for the Multicultural Partnership of Organizers Working for Equity and Resilience (M-POWER), is a member of The HIV Education, Awareness, Research Team (HEART). She also served as the Outreach Chair for the 2018 Florida Collegiate Pride Coalition conference.

Mackenzie Shmuck is looking forward to becoming a first-time aunt in March!

Sarah Parkin got engaged to Mei Qi Liu!

Chi Sigma Iota is seeking a new Social Media Chair to maintain the Chapter's Facebook page. Please contact Brittany Foster at brittany.foster@knights.ucf.edu.

Upcoming Conferences

UCF Counseling Conference

Orlando, FL

January 20-21, 2018

<http://education.ucf.edu/counselored/conference.cfm>

American Counseling Association Conference

Atlanta, GA

April 26-29, 2018

<https://www.counseling.org/conference/atlanta-2018>

Southern Association for Counselor Education and Supervision Conference

Mrytle Beach, SC

October 11-13, 2018

<http://www.saces.org/Conference-2018>

Sincerest thanks to all Newsletter contributors!