7th Annual Chi Sigma Iota
Pennsylvania Statewide Conference

CREATIVE STRATEGIES FOR COLLABORATION IN
COUNSELING, TRAINING, AND SUPERVISION

Keynote Speaker

Stephen D. Kennedy, PhD.

Saturday, April 8th, 2017
McGowan Hall
Marywood University
7th Annual Chi Sigma Iota Pennsylvania Statewide Conference

Conference Volunteers

Conference Co-Chairs
Kelly Clark
Sarah Davis

Event Conference Coordinator
Richard Joseph Behun

Review Committee
Stephanie Piccoletti
Abigail Heller
Dylan Metz
Deanna Filipkowski
Peyton Roberts
Ashley Hewlett
Mary Ellen McNeely
Stephanie Foote
Kathryn Alessandria
Patti Hoffman
Mikaela Weintraub
Isabella DiBileo

Program Committee
Stephanie Foote
Caroline C. Bush
Kathryn Alessandria
Amanda Grippo
Deanna Filipkowski
Tara Clifford
Thomas D. Pomenti
Sarah Davis

Thank you to all volunteers that helped with the event and made the day possible.

A special thank you to the Delta Tau Kappa Chapter of Chi Sigma Iota of West Chester University of Pennsylvania for their collaboration in the planning of this conference.

Save the Date!!!

April, 2018
Next year’s 8th Annual Chi Sigma Iota Pennsylvania Statewide Conference will be hosted by

Delta Tau Kappa Chapter of Chi Sigma Iota
of
West Chester University of Pennsylvania
Dr. Stephen D. Kennedy
Chief Operating Officer, Chi Sigma Iota Counseling
Academic & Professional Honor Society
International

Dr. Stephen D. Kennedy earned a master’s degree in school counseling at the University of North Carolina at Greensboro in 2008, and he worked as a professional school counselor at Northeast Guilford High School for three years. He received Chi Sigma Iota International’s Outstanding Practitioner Award in 2010 and the UNCG Department of Counseling and Educational Development’s Distinguished Practitioner Award in 2011.

He served as the North Carolina School Counselor Association’s Government Relations Chair for four years, and he advocated for a new state law that defined the duties of North Carolina’s school counselors in 2013. In 2014, Dr. Kennedy completed a Ph.D. in Counseling and Counselor Education at North Carolina State University, where he was the President of CSI’s Nu Sigma Chi chapter.

Dr. Kennedy started working for CSI International as a Social Networking Consultant in 2010. He also chaired the association’s Professional Member Task Force and Professional Member Committee. Currently Dr. Kennedy is CSI’s Chief Operating Officer. In that role, he serves as CSI’s volunteer coordinator, oversees the association’s committees and review panels, and supervises CSI’s professional development activities and annual programs.

Dr. Kennedy has presented at national and state counseling conferences on topics such as the relationship between technology use and wellness, using technology as a school counselor, career development, and professional advocacy. His publications include articles in Professional School Counseling and the Journal of Counselor Leadership and Advocacy.

Outside of the counseling profession, Dr. Kennedy has served as an Elder, Youth Advisor, Sunday School teacher, and Chair of Congregational Life at his church. He also volunteers for Sibshops, a monthly program for children who have siblings with disabilities.
# 7th Annual Chi Sigma Iota Pennsylvania Statewide Conference

## Overview of Education Sessions and Roundtable Discussions

<table>
<thead>
<tr>
<th>Room 2001</th>
<th>Room 2003</th>
<th>Room 2004</th>
<th>Room 2035</th>
<th>Room 2036</th>
<th>Room 1055</th>
<th>Room 1066</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>8:30-9:20</strong></td>
<td><strong>Registration and Poster Sessions</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>9:30-10:20</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nkenji Clarke</td>
<td>Alexis DiDomenico</td>
<td>Celeste Smith</td>
<td>Antoinette Cambria</td>
<td>Shake It Off: Using Dance/Movement Therapy with Adolescents Who Experience Bullying</td>
<td>Beth Gilfillan</td>
<td>School Counselors Go to College: Forging a Path to College Access and Success</td>
</tr>
<tr>
<td>Sprinkle of That: Use of Mindfulness When Counseling Elementary Students in Schools</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>10:30-11:20</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kristen Nadermann</td>
<td>Kevin Duquette</td>
<td>The Evolution of Work Values Across Generations</td>
<td>Dr. Sophia Park</td>
<td>Use of “Bodies” in Counseling Rooms: Implicit “Texts” for Inter-cultural Engagement</td>
<td>Dr. Jeff McLaughlin</td>
<td>Attitudes Toward Research and Statistics: A Comparison of Counselor Education Students and Practicing School and College Counselors</td>
</tr>
<tr>
<td><strong>11:35-12:45</strong></td>
<td><strong>Lunch and Keynote Address (Upper Dining)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>1:00-1:50</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brittany Caufman</td>
<td>Amanda Lara</td>
<td></td>
<td>Aubrey Daniels</td>
<td>Bagmi Das</td>
<td>Dr. Monir F. Morgan</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>2:00-2:50</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dr. Kristy A. Brumfield</td>
<td></td>
<td></td>
<td>Bagmi Das</td>
<td>Aubrey Daniels</td>
<td>Michelle Kim</td>
<td></td>
</tr>
</tbody>
</table>
### 7th Annual Chi Sigma Iota Pennsylvania Statewide Conference

<table>
<thead>
<tr>
<th>Time</th>
<th>Speaker(s)</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:00-3:50</td>
<td>Beth Gillilan, Aubrey Daniels, Kristen Nadermann</td>
<td>Support for First Generation Students on College Campuses</td>
</tr>
<tr>
<td>3:00-3:50</td>
<td>So Rin Kim, Tara Clifford</td>
<td>Improving International Students’ Wellness: Challenges and Strategies.</td>
</tr>
<tr>
<td>3:00-3:50</td>
<td>Dr. Bradley Janey, Boone</td>
<td>Male Victims of Sexual Assault: Our Clinical Blindspot</td>
</tr>
<tr>
<td>3:00-3:50</td>
<td>Dr. Erin E. Neuman-Boone, Kristi Kratsa, Derron Hilts, Dr. Jered B. Kolbert</td>
<td>Enhancing Multicultural Competence in the Context of Poverty through Student, Faculty, and Community Collaboration</td>
</tr>
<tr>
<td>3:00-3:50</td>
<td>Ross Capoccia, Angeline A. Felber</td>
<td>LGBTQ: Terminology &amp; Ethical Issues</td>
</tr>
<tr>
<td>4:00-4:50</td>
<td>Julia R. Araoz, Kalean E. Duffy, Dr. Brittany L. Pollard</td>
<td>We’re All Connected: Counselor Education and Training in the Digital Age</td>
</tr>
<tr>
<td>4:00-4:50</td>
<td>Dr. Kristy A. Brumfield</td>
<td>Using Media Portrayals of Counselors in Counselor Education</td>
</tr>
<tr>
<td>4:00-4:50</td>
<td>Kristi Kratsa, Dr. Jered Kolbert</td>
<td>School-based Parent Consultation using Solution-Focused and Structural Theories</td>
</tr>
<tr>
<td>4:00-4:50</td>
<td>Sarah E. Tansits</td>
<td>Why is Self-Care so Difficult? A guide to making yourself and self-care a priority.</td>
</tr>
<tr>
<td>4:00-4:50</td>
<td>Patricia A. Brenner</td>
<td>Becoming An Authentic Leader Using the Five C’s of Counselor Leadership; Merging Theory &amp; Practice</td>
</tr>
</tbody>
</table>

**Note:** The table provides a schedule of presentations and topics for the conference sessions.
<table>
<thead>
<tr>
<th>Room 2001</th>
<th>Room 2003</th>
<th>Room 2004</th>
<th>Room 2035</th>
<th>Room 2036</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>POSTER SESSIONS 8:30AM – 9:20AM</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| #1: **Heller & Canfield**  
Helpful Harmony: The Collaborative Relationship Between School Counselor and Music Educator | #6: **Dube**  
Being Denied the Right to Grieve: Disenfranchised Grief with a Mindfulness Intervention Among College Students | #12: **Johnston-Moschak & Sheahan**  
Teaching Social Justice through the Arts: A Model for Collaboration | #18: **Daily**  
Long Term Eating Disorder Recovery in Women: A Comparison of Individual Counseling and Support Group | #24: **Smith**  
Overcoming Obstacles to Achieve Self-Efficacy in Counselors in Training |
| #2: **Hamilton & O’Rourke Cummings**  
Implications of Recently Passed and Proposed State Laws Permitting Discrimination of LGBT Persons Based on Religious Beliefs as it Relates to the American Counseling Association’s 2014 Code of Ethics and the Counseling Profession. | #7: **Scafella & Gans**  
Advocacy for Staff and Adult members of Group Homes | #13: **Jones**  
Incorporating Animal-Assisted Therapy in an Autism-Based Setting | #19: **Piccoletti**  
Counselors Working with Terminally Ill Clients: Variables to Reduce Burnout | #25: **Birk**  
The Impact of Child Maltreatment on Academic Achievement in Adulthood: Social Support and Resiliency |
| #3: **Register**  
Understanding the Transition: A School Counselors Effectiveness when helping High School Seniors Transition into their Next Chapter | #9: **Bowes**  
Early Career Development in Diverse Learners | #14: **Mpofu, Cambria, & Wong**  
Did I Tweet That? Using Social Media for Good: Implications for Counselors Working in a Technological World | #20: **Grippo**  
The Impact of Social Media on Adolescents: Social Skills, Social Comparison and Social Connectedness | #26: **Steinhart**  
Physical Activity: A Graduate Student’s Struggle |
| #4: **Durham**  
Graduate Student’s Stress Level and the Importance of Self-Care during Training | #8: **Bows**  
Reducing Mental Health Stigma Among Health Care Providers | #15: **Bowers & Brickhouse-White**  
Exercise Addiction: A Review of Etiology and Effects of Current Treatment for Symptomatic Individuals | #21: **Gleason**  
A Comparison of Alcohols Anonymous (AA) and SMART Recovery in Substance Use Disorder Relapse Prevention | #27: **DiBileo**  
“You’re Hired!” A College and Career Readiness Course for At-Risk Middle School Students |
| #5: **DeFalco**  
Group Counseling to Facilitate Post Traumatic Growth (PTG) | #10: **DeBach**  
The Impact of Internalized Stigma, Work Satisfaction, Work Performance and Satisfaction of Life on Mental Healthcare Nurses | #16: **Casey**  
Anger Management in a Psychiatric Rehabilitation Setting | #22: **Clifford**  
The Introverted and Extroverted Counselor: What it Means for Empathy, Skill Display, and the Therapeutic Alliance | #28: **Weintraub**  
Master Plan for Participating in Self-Care for Graduate Students |
| #11: **Zimmerman, Campbell, & Whitaker**  
Clinical Mental Health Counselors as Advocates for the De-stigmatization and Early Intervention of Postpartum Depression | #17: **Watters & Cummiskey**  
Closing the Income Gap on the Bridge to Higher Learning: A School Counselor’s Perspective | #23: **Beamer**  
Factors Contributing to Counselor Burnout: Implications for Trainees | | |
Helpful Harmony: The Collaborative Relationship Between School Counselor and Music Educator

Abigail C. Heller, BA - West Chester University of Pennsylvania
Christopher D. Canfield, BA - West Chester University of Pennsylvania

The presenters explore ways in which school counselors can collaborate with music educators in developing and implementing music-based practices as part of a school counseling program. Attendees will learn the necessity of incorporating these practices so that students may express themselves and expand upon their knowledge of stress management. The presenters offer various methods by which school counselors can include music as well as music educators in program delivery.

Keywords: Creativity in Counseling, Evidence-Based Practices, School Counseling

Implications of Recently Passed and Proposed State Laws Permitting Discrimination of LGBT Persons Based on Religious Beliefs as it Relates to the American Counseling Association’s 2014 Code of Ethics and the Counseling Profession

Alison Hamilton - The University of Scranton
Patricia O’Rourke Cummings - The University of Scranton

The 2014 American Counseling Association (ACA) Code of Ethics specifically prohibits the discrimination of Lesbian, Gay, Bisexual and Transgender (LGBT) persons. Current and proposed legislation in multiple states would allow for counselors to use their religious beliefs as grounds to refuse to provide services to LGBT persons. This poster examines the implications of the laws on ACA, the counseling profession and the LGBT community, and provides options to reduce value conflicts in the counseling relationship.

Keyword: Ethics and Legal Issues, Human Rights, LGBTQ Issues
**Poster Session #3, Room 2001**

**Understanding the Transition: A School Counselors Effectiveness when helping High School Seniors Transition into their Next Chapter**

*Allison Register, B.A.- West Chester University of Pennsylvania*

Counselors devote a great deal of time helping students to stay on track and to achieve at their highest potential. As graduation approaches, counselors must remember that seniors are mainly familiar with home, friends, and primary school to this point. Attendees will gain perspective on what school counselors can do in order to make the transition out of high school progressive, regardless of the student’s path. Emerging Adulthood and the Ecological systems model are explored.

Keywords: Counselor Education, Evidence-Based Practices, School Counseling

---

**Poster Session #4, Room 2001**

**Graduate Student’s Stress Level and the Importance of Self-Care during Training**

*Bernard Durham Jr.- Waynesburg University*

Self-Care is one of the most important aspects of being a professional counselor and remaining a professional counselor. Collaborating with other counselors in training to practice self-care is important. It creates the communication that will be needed in future professional settings, while being beneficial to the training process right now. This session will focus on the importance of self-care, while using creative ways to collaborate with others.

Keywords: Graduate Student Issues, Group Work, Wellness

---

**Poster Session #5, Room 2001**

**Group Counseling to Facilitate Post Traumatic Growth (PTG)**

*Bridget J. DeFalco- Marywood University*

A Poster Presentation to demonstrate how individuals who have experienced Potentially Traumatic Events (PTEs) can be guided into experiencing Post Traumatic Growth (PTG) by delivery through Group Counseling.

Keywords: Clinical Mental Health, Creativity in Counseling, Group Work
Being Denied the Right to Grieve: Disenfranchised Grief with a Mindfulness Intervention Among College Students

Carissa Dube, B.S. - Marywood University

The current research will be providing a Mindfulness-Based Intervention for college students who are experiencing emotions associated with disenfranchised grief. Disenfranchised grief is often overlooked however its association with shame, guilt, and lack of social support is evident in research. The goal of Mindfulness-Based Intervention is to alleviate the shame, guilt, and negative emotions that are typically rejected when demonstrating grief emotions.

Keywords: Grief, Wellness

Advocacy for Staff and Adult members of Group Homes

Casey Scafella - The University of Scranton  
Courtney Gans - The University of Scranton

Adjusting advocacy for adults with mental disorders in group homes is necessary to include adequate training for staff, consideration of diagnoses prior to providing care, and individualized treatment based on client’s needs. Advocacy is needed both for individuals with special needs to discover their strengths, elevate personal motivation, and create goals that promote wellness; but also for the staff to decrease the rate or burnout and turnover and increase training to better suit residents’ needs.

Keywords: Evidence-Based Practices, Human Rights, Rehabilitation Counseling and Disability Issues
Early Career Development in Diverse Learners

Delaney Bowes, B.S. – West Chester University of Pennsylvania

This presentation reviews the literature regarding career development for diverse learners, specifically students with disabilities and ELL students. Ideally, career development is introduced in schools as part of the counseling curriculum in K-12 grades, as per ASCA Ethical Standards. However, counselors are not always cognizant of the cultural and educational accommodations diverse learners encounter at the beginning of their career development. Recommendations for school counselors regarding diverse learners struggling with early career development will be provided.

Keywords: Career Development and Employment Counseling, Multicultural and International Issues, School Counseling, Social Justice

Reducing Mental Health Stigma Among Health Care Providers

Gabrielle DeBach, B.A. - Marywood University

A program is developed for a hospital in order to reduce healthcare worker’s mental health stigma that patients encounter. The program will consist of information about psychological disorders and the multiple types of stigmas. The program will also allow all beginning healthcare providers to have an open discussion about their personal feelings and myths that surround psychological disorders. The end of the program will allow for individuals diagnosed with a disorder to share their story.

Keywords: Assessment, Testing, and Program Evaluation, Clinical Mental Health

The Impact of Internalized Stigma, Work Satisfaction, Work Performance and Satisfaction of Life on Mental Healthcare Nurses

Gabrielle DeBach, B.A. - Marywood University

Sigma is not only shared by society but also by mental healthcare nurses. The literature explains why mental healthcare nurses are not immune from stigma and how this stigma is impacting their life and career choices, and the potential impact on their patients. As such, suggestion for mental healthcare nurses in regards to internalized stigma, work satisfaction, work performance and satisfaction on life will be discussed.

Keywords: Clinical Mental Health, Professional Issues
Clinical Mental Health Counselors as Advocates for the De-stigmatization and Early Intervention of Postpartum Depression

Haley Zimmerman B.S. – The University of Scranton
Ashley Campbell B.S. – The University of Scranton
Kelsey Whittaker B.S. – The University of Scranton

According to the Center for Disease Control, over three million cases of major depression with postpartum onset are recorded each year in the United States; only of which a small fraction of women seek treatment. We focus on advocacy efforts for the underrepresented women who fall into this category. The goal is to inform counselors about the prevalence, stigmatization, effects, and need for advocacy within this specific population.

Keywords: Clinical Mental Health, Counselor Education, Professional Issues

Teaching Social Justice through the Arts: A Model for Collaboration

Kathryn Johnston-Moschak- Duquesne University
Dr. Patricia Sheahan, Ph.D- Duquesne University

This session will examine the recent collaboration between school counseling students and pre-service teachers as it relates to increasing knowledge of social justice, specifically relating to childhood grief. We will explore the arts as a means to helping teachers and counselors expand their world view and better understand the challenges facing students today and explore a model for collaboration between the teachers and school counselors.

Keywords: Creativity in Counseling, School Counseling, Social Justice

Incorporating Animal-Assisted Therapy in an Autism-Based Setting

Laura Jones- Marywood University

Animal-assisted therapy can produce benefits of increased social skills, compliance, and development of language, as well as decreased aggressive behaviors. An animal-assisted therapy program has been proposed for an autism-based setting outlining the requirements for an agency to host animal-assisted therapy, a description the goals of the program and the design of the program. To evaluate the program’s goals and the overall program, pre- and post-program interviews and measures have been chosen.

Keywords: Creativity in Counseling, Wellness
7th Annual Chi Sigma Iota Pennsylvania Statewide Conference

Poster Session # 14, Room 2004

Did I Tweet That? Using Social Media for Good: Implications for Counselors Working in a Technological World

Ngonidzashe Mpofu, B.S. - The Pennsylvania State University
Antoinette Cambria, M.Ed., NCC - The Pennsylvania State University
Elye Wong, B.S. - The Pennsylvania State University

Social media has been a platform for threats and other concerns. Individuals often post messages on various social media applications—such as Twitter, Facebook, and Instagram—that cannot be rescinded. If utilized properly, social media can be a powerful tool for counselors to incorporate within professional therapeutic practices and interventions.

Keywords: Ethics and Legal Issues, Professional Issues, Technology and Social Media in Counseling

Poster Session # 15, Room 2004

Exercise Addiction: A Review of Etiology and Effects of Current Treatment for Symptomatic Individuals

Ryan Bowers, LPC, NCC, CSOTP - Immaculata University
Theresa Brickhouse-White, MA - Immaculata University

Regular exercise has been noted to improve and maintain the quality and vitality of a person’s life, while reducing the risk of injury and preventing the onset of certain diseases. However, excessive exercise can produce unwanted consequences as well. This presentation aims to address the etiology, assessment, and treatment of individuals diagnosed with a behavioral addiction related to over-exercising. Particular emphasis will be placed on identification of symptoms and advocacy efforts for effective clinical treatment.

Keywords: Addictions, Offenders, and Correction Counseling, Diagnosis and Treatment

Poster Session # 16, Room 2004

Anger Management in a Psychiatric Rehabilitation Setting

Shannon C. Casey, B.S. - Marywood University

With mental illness comes frustration and anger. While anger is understandable and acceptable, outbursts of emotion and violence are not. This presentation provides evidence-based strategies of anger management to utilize with consumers participating in psychiatric rehabilitation programs. A discussion portion paired with a unique type of meditation allows consumers to step outside of their own shoes and view circumstances from a different point of view.

Keywords: Evidence-Based Practices, Group Work, Rehabilitation Counseling and Disability Issues
Closing the Income Gap on the Bridge to Higher Learning: A School Counselor’s Perspective

Zachary Watters- The University of Scranton
Jerika Cummiskey- The University of Scranton

Research shows that 44% of students are classified as low-income, and face significant opportunity and achievement gaps in academic, personal/social, and career areas (Rebell & Wolff, 2012; Jiang, Ekono, & Skinner, 2016). School counselors who work with low-income students are narrowing these gaps by focusing on early education, after-school programs, building meaningful relationships, and increasing parent outreach (Rebell & Wolff, 2012; Williams et al., 2015-16).

Keywords: Professional Issues, School Counseling

Long Term Eating Disorder Recovery in Women: A Comparison of Individual Counseling and Support Group

Megan Dailey- Marywood University

Long term eating disorder recovery in females, needs to be examined, as to understand what therapeutic modality best supports a longer length of recovery. Certain variables that are relevant to learning more about long term recovery are looked at in research including; 1) recovery itself; 2) therapeutic modality; 3) a recovering person’s perceived social support; and 4) locus of control. Counselors would implement suitable therapeutic modalities that may give sustenance in long term recovery.

Keywords: Clinical Mental Health, Counselor Education, Diagnosis and Treatment

Counselors Working with Terminally Ill Clients: Variables to Reduce Burnout

Stephanie Piccoletti, B.S. –Marywood University

Burnout is an important concept for counselors working in the field to be aware of, especially for counselors working with clients who are terminally ill and are providing end of life counseling. Counselors who have the characteristics of an effective counselor, spirituality characteristics, and lower levels of death anxiety, may have protective factors in helping reduce counselor burnout. Acknowledging and utilizing protective factors may help combat effects of counselor burnout while working with clients who have terminal illness.

Keywords: Spirituality and Religion, Wellness
The Impact of Social Media on Adolescents: Social Skills, Social Comparison and Social Connectedness

Amanda Grippo - Marywood University

The growth of social media usage is becoming more common among adolescents. To increase counselor awareness, the literature addresses the impact shown on adolescent’s usage with social media. Adolescents social skills are shown to be more withdrawn by the over consumption of social media. Further, adolescent’s development in social comparison with others can be influenced by social media usage. Finally, suggestions for how counselors can work better with adolescents as technology expands will be discussed.

Keywords: Child and Adolescent Counseling, Technology and Social Media in Counseling

A Comparison of Alcoholics Anonymous (AA) and SMART Recovery in Substance Use Disorder Relapse Prevention

Stephanie Kay Gleason - Marywood University

The purpose of Alcoholics Anonymous (AA) and SMART Recovery is to assist in relapse prevention; however, the methods employed to achieve this differ. The discussion will focus on AA’s and SMART Recovery’s perceptions of how effective the factors of individual locus of control and spirituality are in relapse prevention. By understanding and respecting individual needs in a recovery program, counselors are better equipped to determine proper treatment plans.

Keywords: Addictions, Offenders, and Correction Counseling, Clinical Mental Health, Group Work

The Introverted and Extroverted Counselor: What it Means for Empathy, Skill Display, and the Therapeutic Alliance

Tara L. Clifford, B.A. – Marywood University

The therapeutic alliance between a counselor and a client is a result of many differing factors, including counselor qualities. This literature review and research proposal looks at the possible correlation between introversion and extroversion on the ability to build a therapeutic alliance through skill use and the conveyance of empathy to the client.

Keywords: Clinical Mental Health, Research, The Counseling Relationship
Factors Contributing to Counselor Burnout: Implications for Trainees

Braden Beamer – Marywood University

Professional counselor burnout theory and research describes burnout as physical and emotional exhaustion, involving the development of negative self-concept, negative job attitudes and loss of concern and feelings for clients; and limited evolution to impairment from their own physical, mental, and emotional problems. Additionally, the literature provides professional counselors with mechanisms to acknowledge and remediate burnout indicators. Conversely, there is limited empirical research directed towards the preparation of trainees in an academic setting for burnout.

Keyword: Counselor Education, Graduate Student Issues, Wellness

Overcoming Obstacles to Achieve Self-Efficacy in Counselors in Training

Allyson N. Smith, B.A. – Marywood University

Counselor trainee self-efficacy is a concept to be looked at among counseling programs everywhere. The literature provides directions to better assist graduate counseling programs with examining self-efficacy in trainees through the constructs of perfectionism, tolerance of ambiguity, and anxiety. As such, counselors in training struggle with overcoming these personality traits in many instances. Therefore, perfectionism, tolerance of ambiguity, and anxiety will be discussed in the ways that it relates to self-efficacy in counselor trainees.

Keywords: Counselor Education, Graduate Student Issues, Professional Issues

The Impact of Child Maltreatment on Academic Achievement in Adulthood: Social Support and Resiliency

Megan Birk – Marywood University

The potential impact of child maltreatment on academic achievement in adulthood is a vital concept to be examined by the counseling profession. The literature provides the importance that social support and resiliency has towards heightened academic achievement in adulthood. Therefore, the importance of social support and resiliency will be discussed in relation to past child maltreatment and academic achievement in adulthood.

Keywords: Human Development Across the Lifespan, Research, Wellness
Post War Conference #26, Room 2036

Physical Activity: A Graduate Student’s Struggle

Marybeth Steinhart – Marywood University

Literature suggests that physical activity is mentally healthy in that it reduces anxiety, improves life satisfaction, and increases serotonin. Despite acknowledging these scientific facts, many graduate students report not engaging or very infrequently engaging in physical activity. A study of why this occurs could help identify problem areas that graduate students encounter in school and therefore lead to solutions for a healthier, more active lifestyle.

Keywords: Clinical Mental Health, College Counseling, Graduate Student Issues

---

Post War Conference #27, Room 2036

“You’re Hired!” A College and Career Readiness Course for At-Risk Middle School Students

Isabella DiBileo, B.S. – Marywood University

Schools must to provide students with opportunities to create and meet post-secondary goals. Middle school students must explore interests and gain assistance in making decisions that will impact their high school and post-high school educational and career options. The call for College and Career Readiness (CCR) is clear, but it remains uncertain how to execute it within the middle grades in order to meet developmental needs of all students. Suggestions will be provided for counselors.

Keywords: Career Development and Employment Counseling, Creativity in Counseling, School Counseling

---

Post War Conference #28, Room 2036

Master Plan for Participating in Self-Care for Graduate Students

Mikaela Kirin Weintraub – Marywood University

Self-care is an essential part of the counseling program, especially at the graduate level. We are taught from the beginning that we must be able to recognize our needs and be comfortable with ourselves before helping and tending to the needs of others. This theory is ingrained into our learning from the beginning, but it is not usually taught. Self-care is easy to forget when overwhelmed with schoolwork, working a job/multiple jobs, taking care of and spending time with family, and attending to other personal relationships. The effectiveness of self-care in a master’s program can be full of benefits and lead to a healthy and successful graduate career.

Keywords: Graduate Student Issues, Wellness
Sprinkle of That: Use of Mindfulness When Counseling Elementary Students in Schools

Nkenji Clarke - The Pennsylvania State University
Alexis DiDomenico - The Pennsylvania State University
Celeste Smith - The Pennsylvania State University

This session explains mindfulness as an effective tool that is useful in the school counseling profession. Presenters explain the benefits of mindfulness techniques used in elementary schools and methods of increasing the wellness of students of all backgrounds. We will describe the benefits of using mindfulness techniques and encourage early exposure. Our perspective is that the sooner students learn about mindfulness techniques, the more likely they will use them to stay calm and practice self-care.

Keywords: Multicultural and International Issues, School Counseling, Wellness

Shake It Off: Using Dance/Movement Therapy with Adolescents Who Experience Bullying

Antoinette Cambria, MEd, NCC - The Pennsylvania State University

Dance/Movement Therapy (DMT) is a creative intervention used to treat a variety of mental health concerns, including trauma. Bullying is typically defined as a separate construct, but has several psychological impacts that parallel trauma. Research support and guidelines for utilizing DMT with victims of bullying will be provided. The audience will have the chance to participate in a creative, immersive educational experience!

Keywords: Child and Adolescent Counseling, Creativity in Counseling
School Counselors Go to College: Forging a Path to College Access and Success

Beth Gilfillan MEd - The Pennsylvania State University

School counselors are identified as the best professionals to improve college access and enrollment, and often, the only source of college information for first generation students. Despite the critical role school counselors play, education in this area is not mandated, and training opportunities are rare. Steps can be taken to improve the availability of college readiness counseling by looking at student needs; the role, responsibility, and education of school counselors; and advocacy issues.

Keywords: Counselor Education, School Counseling

Between a Rock and a Hard…Working Place: Illuminating Career Directions for Undecided Students

Jane V. Hale, Ph.D, LPC – Slippery Rock University
Devan Zanaglio, M.Ed. - Slippery Rock University
Abby Herskovitz, M.Ed. – Slippery Rock University
Danielle Graham, M.Ed. - Slippery Rock University

The object of this presentation is to highlight a sophomore retreat workshop for undecided college students. The overarching goal of the workshop focuses on assisting students to generate a greater awareness and understanding of career exploration, preparedness, and personal interests. A variety of topics/strategies such as using career and personal interest inventories and assessments, professionalism, networking, and social media education were included in the workshop. Although this workshop was for college sophomores, it is relevant for undecided students in high school as well.

Keywords: Career Development and Employment Counseling, College Counseling, School Counseling
7th Annual Chi Sigma Iota Pennsylvania Statewide Conference

From Humdrum to Hogwarts—Fostering the Growth Mindset through a House System

Kevin Duquette, M.Ed.– The Pennsylvania State University
Chelsea Lenhart, B.A. -The Pennsylvania State University

Accio Growth Mindset! It has been well documented that adolescents in marginalized identity groups often experience alienation and isolation, and are at an increased risk for bullying and academic failure. This presentation details the motivation and processes behind creating a school-wide House System that promotes a Growth Mindset (Dweck, 2006), fosters positive relationships, and brings a little bit of magic back into middle school.

Keywords: Child and Adolescent Counseling, School Counseling

Roundtable Discussion, Room 2036

Building Successful Graduate Student-Faculty Research Partnerships

Stacey Havlik- Villanova University

Building successful partnerships between faculty members and graduate students can be mutually beneficial. Faculty members gain extra hands and support for their research, whereas, students expand their knowledge on new topics and research methodologies. During this session, we will discuss the benefits and challenges of such partnerships and how to build them to ensure their success. The presenter will discuss her experience developing research teams and will facilitate a discussion and sharing of ideas.

Keywords: Counselor Education, Graduate Student Issues, Research

10:30 AM – 11:20 AM

Educational Session, Room 2001

The Evolution of Work Values Across Generations

Kristen Nadermann, M.A., N.C.C., C.C.M.H.C.- The Pennsylvania State University
Kevin Duquette, M.Ed.- The Pennsylvania State University

Work values are an essential component of career decision-making, development, career satisfaction. Careers aligned with core values are a source of validation, pride, and joy. This presentation synthesizes the literature on work values, particularly those identified by Donald Super, and how these have evolved in relation to the culture of recent generations. This session synthesizes research, including the presenters’ preliminary research, on generational differences and highlights implications for career counselors and educators.

Keywords: Career Development and Employment Counseling

Educational Session, Room 2003
Use of “Bodies” in Counseling Rooms: Implicit “Texts” for Inter-cultural Engagement

Sophia Park, Th.D., LMFT- Neumann University

Bodies matter in the counseling room – both of the counselor and the counselee. As a nation of immigrants, counselors increasingly encounter counselees of different cultures and ethnicities. In the physical sense, counseling is an engagement of persons (counselor and counselee), embodied in different cultural, ethnic, and racial characteristics. As a method towards cultural competence, this workshop will focus on “unmasking” the cultured and racialized “bodies” as layered texts for intercultural engagement with potential for building greater therapeutic alliance.

Keywords: Clinical Mental Health, Couples, Marriage, and Family Counseling, Multicultural and International Issues

Educational Session, Room 2004

Attitudes Toward Research and Statistics: A Comparison of Counselor Education Students and Practicing School and College Counselors

Jeff McLaughlin, Ph.D. – West Chester University of Pennsylvania

This survey-based study explored differences in attitudes toward research among counselor education students and practicing counselors. The Attitudes Toward Research and Statistics survey was distributed among graduate students and practicing counselors from southeastern Pennsylvania. During this session, the survey will be shared and results of the study described, specifically as they address the following questions: What are counselor education students’ attitudes toward research and statistics? How do these attitudes compare with those of practicing counselors?

Keywords: Counselor Education, Professional Issues, Research

Educational Session, Room 2035
I Think, Therefore I Am: Integrating Acceptance and Cognitive Therapy

Joy Gray – The Pennsylvania State University

Most individuals find their sense of self inextricably linked to the way they think; their values, beliefs, and understanding of the world. Understanding how strong the link is between self-concept and cognitions can aid a counselor in choosing the interventions that are most beneficial for the client. A combination of Acceptance and Commitment Therapy (ACT) and Cognitive Behavioral Therapy (CBT) describe this approach to counseling and personal development.

Keywords: Clinical Mental Health, Counseling Theory, Wellness

Counselor Professional Identity Crisis: Who Are We?

Michelle Colarusso, MA, NCC – Duquesne University
Ryan Bowers, MA, LPC, NCC, CSOTP – Duquesne University

This presentation will outline the importance of developing the counseling professional identity in Master’s and doctoral programs as well as the key ways to integrate professional identity into the learning process. Presenters will facilitate and educate attendees on the significance of developing a professional identity through counseling, supervision, and leadership as well as provide examples and activities that act as vehicles to bring awareness to professional identity.

Keywords: Counselor Education, Graduate Student Issues, Professional Issues

Interpersonal Psychotherapy Group Treatment for Outpatient Clients Suffering from Drug & Alcohol Addiction

Ross Capoccia, MA – Marywood University

A focus on utilizing interpersonal psychotherapy (IPT) groups in drug and alcohol treatment in order to lower the rate of recidivism in drug and alcohol treatment, create a more positive therapeutic relationship with the counselor, and foster a feeling of greater cohesion with other members in a counseling group.

Keywords: Addictions, Offenders, and Correction Counseling, Counseling Theory, Diagnosis and Treatment
7th Annual Chi Sigma Iota Pennsylvania Statewide Conference

Lunch and Keynote Speaker

**1:00 PM – 1:50 PM**

Educational Session, Room 2001

**Prevention and Treatment of Binge Eating Disorder Among Racial and Ethnic Minorities**

*Brittany Caufman – The University of Scranton*
*Amanda Lara – The University of Scranton*

Binge eating disorder (BED) equally affects female racial and ethnic minorities as white females, but minorities are underrepresented in treatment due to sociocultural factors. Cognitive Behavioral Therapy (CBT) is often the chosen treatment for BED because it focuses on reconstructing the client’s thoughts associated with binge eating. In this presentation, participants will learn about how minorities with BED symptoms can benefit from culturally adaptive treatment and from increased awareness through advocacy and cultural-sensitivity training.

Keywords: Clinical Mental Health, Multicultural and International Issues

Educational Session, Room 2003

**Maintaining Engagement: Counseling Families who have Experienced Trauma**

*Aubrey Daniels, M.S.Ed, M.Phil.Ed – The Pennsylvania State University*
*Bagmi Das, M.Ed, LMFT – The Pennsylvania State University*

The session will offer creative strategies to maintain the engagement of families who have experienced complex trauma specifically. An overview will discuss how trauma has an impact on development, executive functioning, emotion regulation, co-caregiver alliance, and attachment within a family. Audience will learn how these areas can be barriers as well as bridges to the counseling process. Lastly, the use of trauma informed care models in counseling agencies for maintaining counselor engagement will be discussed.

Keywords: Creativity in Counseling, Couples, Marriage, and Family Counseling, Supervision
Creating Space for Mentoring in Clinical Supervision of Counselors-in-Training

Dr. Monir F. Morgan, LPC, NCC, ACS – Alvernia University

This presentation focuses on providing an overview of creating space for mentoring in clinical supervision of counselors-in-training. Participants will learn about how to create the mentoring space in their clinical supervision, differences between supervisors and mentors, mentor-mentee relationship, types of mentor-mentee relationship, mentoring strategies and activities, mentors and mentee roles, ways of contact between mentor and mentee, reflective assessment, and opportunities and challenges for mentoring programs.

Keywords: Counselor Education, Supervision

The Politicization of Intolerance: Responding to the Impact of Politics on Client Well-being

Timothy S. Hanna, PhD, LCPC – Neumann University

Political statements and proposals can fuel an atmosphere of division and intolerance impacting individuals in personal and concrete ways. This workshop will consider the impact of political trends and platforms on client well-being, and how we as counselors can be sensitive and responsive to that impact. Consideration will be given to concrete clinical skills, multicultural and diversity issues, and the ethical and advocacy duties of professionals in our field.

Keywords: Clinical Mental Health, Multicultural and International Issues, Social Justice

Whatever it Takes: Tips to Promote Excellence in Counseling, Education, and Supervision

Ericka S. Pinckney, MS, NCC, LPC – Walden University

This workshop will explore creative ways to engage clients in meaningful treatment. Participants explore the importance of ambiance and creating a healthy counseling atmosphere. Secondly, participants will discuss the importance of generalizing theory in practice. The role of scholar-practitioner, remediation, promoting academic and clinical excellence will be highlighted. Finally, participants will explore technology, and self-care as it relates to counseling, education, and supervisor.

Keywords: Counseling Theory, Counselor Education, Supervision
Collaboration Strategies for the Professional International Counselor

Deborah Duenyas – Kutztown University
Lauren Moss – Kutztown University

The purpose of this roundtable session is to facilitate discussion about how counselor education programs in the United States can better prepare and support professional counselors working internationally for clinical and scholarly collaboration across borders. This roundtable session would help international and domestic students, counselors, counselor educators, and supervisors identify strategies to support global collaboration.

Keywords: Career Development and Employment Counseling, Counselor Education, Multicultural and International Issues

Avoiding Compassion Fatigue for Counselors and Counselors in Training

Kristy A. Brumfield, PhD, LPC, NCC, RPT-S – Immaculata University

Stress, compassion fatigue, secondary traumatization, and burnout are all potential personal consequences in our professional roles. We may experience negative countertransference, self-doubt, symptoms of anxiety or depression, illness, or fatigue. Yet, we all have an ethical and professional responsibility to preserve and support our well-being and monitor ourselves for any personal impairment that may cause harm to our clients or supervisees. These negative experiences can be prevented through awareness, reflection, and other active, self-care methods.

Keywords: Professional Issues, Wellness
Multicultural Competency: From Theory to Integrative Lifestyle Change

Melva Hartzog – Liberty University

Multicultural competency is a critical component of professional counselor development. There is a need for multicultural training models that focus on microaggressions and racial/ethnic identity, and other aspects identified in the RESPECTFUL counseling cube. The Skillful Counselor Training Model incorporates both the RESPECTFUL cube and an evaluation tool to assess its effectiveness. The challenges associated with the inadequate multicultural counselor competency lead to ruptures in the supervisory working alliance, and the well-being of the clients.

Keywords: Multicultural and International Issues, Professional Issues, Supervision

Get your TIC Goggles On: Working Without Labels

Bagmi Das, M.S., LMFT – The Pennsylvania State University
Aubrey Daniels, M.S.Ed, M.Phil.Ed- The Pennsylvania State University
Michelle Kim, B.A. - The Pennsylvania State University

Trauma Informed Care (TIC) has been adopted into the framework for counseling providers across the country. TIC focuses on understanding that clients are affected by their adverse experiences and it is the provider’s duty to recognize this as a factor throughout treatment. The goal for this presentation is to develop trauma lenses through activity and discussion. Participants will be able to understand the power behind labels and practice understanding clients from a trauma informed perspective.

Keywords: Counselor Education, Individual Trauma and Disaster Mental Health
Diving Right In: Infusing Supervision and Basic Skills Training

Brittany L. Pollard, Ph.D.- Indiana University of Pennsylvania
Julia R. Araoz, B.A.- Indiana University of Pennsylvania
Kalean E. Duffy - Indiana University of Pennsylvania

While basic skills courses are designed to help students develop a foundation for clinical practice, they also provide a rich opportunity for introducing the concept of supervision. Course instructors who facilitate a process of group supervision help students to begin navigating both giving and receiving positive and constructive feedback. This interactive session presents one model for incorporating a collaborative supervision model into the Basic Skills curriculum, providing both instructor and student perspectives on its value.

Keyword: Counselor Education, Supervision

Mindfulness in Counseling and Clinical Supervision: Strategies for Integration

Janet L. Muse-Burke, Ph.D.- Marywood University
Melissa Gericke- Marywood University
Sarah L. Davis- Marywood University

Mindfulness is described as intentional, present moment awareness without judgement, and mindfulness has been found to have a positive relationship with both counseling and supervision outcome variables. As such, the purpose of this presentation is to discuss the current research related to mindfulness, counseling, and clinical supervision. Further, this presentation will provide mindfulness activities that might be effectively integrated into one’s practice as a counselor or clinical supervisor.

Keywords: Counselor Education, Supervision, Spirituality and Religion
Panel Discussion, Room 2036

The Long and Short of it: The road to “Dr.”.

Taylor Bigelow – The Pennsylvania State University
Beth Gilfillan - The Pennsylvania State University
Dogukan Ulupinar- The Pennsylvania State University
Kristen Nadermann, MA, NCC, CCMHC - The Pennsylvania State University

Panel discussion about graduate student issues related to entering and persisting in a graduate program from different perspectives and stages of life. Exploration of the panelist’s individual journeys and how their various identities influenced their graduate path. Topics including enrollment status (international/part time/full time), family status, age, previous experience, and the transition into graduate school will be explored.

Keywords: Counselor Education, Graduate Student Issues

———

School Counselor Educator Meeting, Room 1066

3:00 PM – 3:50 PM

Educational Session, Room 2001

Support for First Generation Students on College Campuses

Beth Gilfillan, MEd – The Pennsylvania State University
Aubrey Daniels, MSEd, MPhilEd – The Pennsylvania State University

Recent studies have found first generation college students are met with a variety of concerns that hinder their college experience: finances, mental preparedness, family, academic, and social barriers. Knowing these issues, it is important for professionals who work with these students to be able to provide them support and empathy. Additionally, counselors can advocate for programs and interventions that reduce these barriers and encourage more success for this population in college.

Keywords: College Counseling, Multicultural and International Issues, School Counseling
Improving International Students’ Wellness: Challenges and Strategies

So Rin Kim – The Pennsylvania State University
Kristen Nadermann, MA, NCC, CCMHC – The Pennsylvania State University

More than a million international students are enrolled in the US (Institute of International Education, 2016). Studies report that international students are more distressed than American students because of language barriers, cultural differences, and perceived prejudice (Araujo, 2011; Olivas & Li, 2006). It is crucial to provide international students with effective help for their successful adjustment. This presentation, therefore, will address challenges and interventions for international students in both mental health and career counseling settings.

Keywords: College Counseling, Multicultural and International Issues

Male Victims of Sexual Assault: Our Clinical Blindspot

Bradley Janey, Ph.D., LPC, NCC - Marywood University
Tara Clifford – Marywood University

This presentation explores a topic often ignored or neglected in training or clinical settings: Males that are sexually assaulted by females. This presentation will include a definition of sexual assault, contexts and diversity issues, including secondary schools and post-secondary educational settings. Specifically, objectives will be as follows: 1. Prevalence rates in educational settings, and common features of offenders. 2. Long and short term psychosocial consequences for men and boys across the lifespan. 3. Societal barriers preventing the recognition of the issue as a serious problem in need of attention by counselors and other mental health professionals. We will conclude with screening males for a sexual assault history, and other assessment issues. Also addressed will be advocacy, prevention and male-sensitive treatment options for both individual males, and groups.

Keywords: Clinical Mental Health
7th Annual Chi Sigma Iota Pennsylvania Statewide Conference

Educational Session, Room 2035

Enhancing Multicultural Competence in the Context of Poverty through Student, Faculty, and Community Collaboration

Erin E. Neuman-Boone, Ph.D. – Duquesne University
Kristi Kratsa, M.S.Ed -Duquesne University
Derron Hilts- Duquesne University
Jered B. Kolbert, Ph.D., LPC, NCC - Duquesne University

The presenters will describe the culture of poverty and teaching strategies to help students develop the competencies needed to work effectively with individuals living in poverty. The presenters will provide an overview of a poverty simulation; a creative, experiential learning activity used to enhance students' knowledge and understanding of those living in poverty. The presenters will outline the collaborative process between faculty, CSI, student organizations, and community agencies used to implement this program successfully.

Keywords: Counselor Education, Multicultural and International Issues, Social Justice

Educational Session, Room 1055

Using Bioecological Systems Theory for Case Formulation of Children and Adolescents: Moving Towards More Accurate Assessment

Angeline A. Felber, M.S., NCC – The Pennsylvania State University

In a time in which more and more youth are needing mental health services, it is imperative mental health counselors refine their skills in assessment and diagnosis. Fortunately, a model encompassing the biological, psychological, social, and cultural aspects of children and adolescents’ lives exists. You will learn about the usefulness and practicality of the Bioecological Systems Theory as well as how to apply the model to your clients.

Keywords: Child and Adolescent Counseling, Clinical Mental Health Counseling, Counselor Education

Roundtable Discussion, Room 2036

LGBTQ: Terminology & Ethical Issues

Ross Capoccia, MA – Marywood University

A look at appropriate terminology used to describe members of the LGBTQ population as well as ethical issues that may arise in counseling LGBTQ clients.

Keywords: Ethics and Legal Issues, LGBTQ Issues, Sexuality
We’re All Connected: Counselor Education and Training in the Digital Age

Julia R. Araoz, B.A.- Indiana University of Pennsylvania
Kalean E. Duffy - Indiana University of Pennsylvania
Brittany L. Pollard, Ph.D.- Indiana University of Pennsylvania

This presentation explores how counselor educators can enhance student learning by proactively integrating innovative technologies into the curriculum. As the counseling field continues to embrace virtually-based methods of assisting clients, the necessity of increasing counseling students’ technological competency becomes more apparent. By collaborating with students to explore technological resources and help them develop relevant capabilities, counselor educators can help ensure that future generations of counselors will have the knowledge and skills necessary for most effectively supporting the clients and students with whom they work.

Keywords: Counselor Education, Technology and Social Media in Counseling

Using Media Portrayals of Counselors in Counselor Education

Kristy A. Brumfield, PhD, LPC, NCC, RPT-S- Immaculata University

This session will focus on the portrayal of counselors in the media and the impact of these portrayals on both clients’ and emerging professionals’ (students’) perceptions of counseling. During this interactive presentation attendees will have the opportunity to view positive and negative examples of counselor portrayals in popular media.

Keywords: Counselor Education, Supervision, Technology and Social Media in Counseling
**7th Annual Chi Sigma Iota Pennsylvania Statewide Conference**

Educational Session, Room 2035

**School-based Parent Consultation using Solution-Focused and Structural Theories**

*Kristi Kratsa, M.S.Ed - Duquesne University*

*Derron Hillts - Duquesne University*

*Jered B. Kolbert, Ph.D., LPC, NCC - Duquesne University*

Participants will Structural Theory to assess parenting styles, and Solution-Focused Theory for conducting school-based parent consultation that draws upon the strengths of students and their families. The presenters will demonstrate the techniques.

Keywords: School Counseling

---

Educational Session, Room 1055

**Becoming An Authentic Leader Using the Five C’s of Counselor Leadership; Merging Theory & Practice**

*Patricia A. Brenner – Kutztown University*

What can humanistic counseling traditions teach us about dealing with uncertainty? How are humanistic traditions related to authentic leadership? This workshop will describe the concepts contained within the five C’s of counselor leadership and show how this model can be integrated on both personal and professional levels. The elements of counselor leadership (five C’s) are noted as communication, collaboration, creativity, commitment and continual learning. While research and theory will be presented to support the authors’ assumptions, the presentation will be given in the format of a personal narrative. The researcher who is a Ph.D. candidate will describe how her personal and professional leadership worlds have been sustained through the use of the five C’s. Parallels will also be drawn to how these humanistic and relational skills have assisted her in becoming a more authentic person and professional. Reflective practices for counselor educators to incorporate narrative and reflective elements in teaching the five C’s of counselor leadership will be discussed.

Keywords: Counseling Theory, Counselor Education, School Counseling

Sarah E. Tansits, B.A.– West Chester University of Pennsylvania

Take a minute to look at the week you’ve had; how much time have you spent actively participating in self-care? This session will look at a person’s life and how, even as little kids, everyone is over committed leaving no time for self-care. Let’s work together to create your action plan to make self-care and yourself a priority.

Keywords: Graduate Student Issues, Professional Issues, Wellness
Call for Papers:
Journal of the Pennsylvania Counseling Association

As one of this year’s conference presenters, we would like to invite you to develop your presentation into an article for submission to the Journal of the Pennsylvania Counseling Association (JPCA). The JPCA is a professional, refereed journal dedicated to the study and development of the counseling profession. The Editor invites scholarly articles based on existing literature that address the interest, theory, research, and innovative programs and practices of professional counselors. All submissions are blind peer reviewed and authors should expect a decision regarding a manuscript within three months of acknowledgement of receipt. Manuscripts may be submitted via email to Dr. Richard Joseph Behun, JPCA Editor, at pcajournal@gmail.com. Following are guidelines for developing and submitting a manuscript.

Specific Requirements

1. Manuscripts should not exceed 25 pages, including references.
2. Manuscripts should be typewritten, double-spaced (including references and extensive quotations) with 1” margins on all sides.
3. Title Page: Identify the title page with a running head. The title page should include title (not more than 80 characters), author, affiliation, and an author’s note with contact information. Author’s note should be formatted exactly as it appears in this example:

   Author Name, Department of _____________________, University Name [or Company affiliation].
   Correspondence concerning this article should be addressed to Author Name, Department of ____________,
   University, Street address, City, State, zip code (e-mail: xxxxx@xxxx.edu).

4. Abstract: Begin the abstract on a new page, and identify the abstract page with the running head and the number 2 typed in the upper right-hand header of the page. The abstract should not exceed 75 words.
5. Keywords: Keywords should follow the abstract on page 2 and are limited to 5 words.
6. Text: Begin the text on a page 3, and identify the text page with the running head and page number 3 typed in the upper right-hand header of the page. Type the title of the article centered at the top of the page and then type the text. Each subsequent page of the text should carry the running head and page number.
7. Tables and Figures: No more than 3 tables and 2 figures with each manuscript will be accepted. Do not embed tables or figures within the body of the manuscript. Each table or figure should be placed on a separate page following the reference list
8. References: References should follow the style detailed in the APA Publication Manual. Check all references for completeness, including the year, volume number, and pages for journal citations. Please be sure to include DOI numbers as necessary. Make sure that all references mentioned in the text are listed in the reference section and vice versa and that the spelling of author names and years are consistent.
9. Footnotes or endnotes: Do not use. Please incorporate any information within the body of the manuscript.
10. Other: Authors must also carefully follow APA Publication Manual guidelines for nondiscriminatory language regarding gender, sexual orientation, racial and ethnic identity, disabilities, and age. In addition, the terms counseling, counselor, and client are preferred, rather than their many synonyms.
11. In addition to the specific requirements of the JPCA, authors will adhere to all requirements of the Publication Manual of the American Psychological Association (6th ed.).
12. An electronic copy of the manuscript should be e-mailed to the editor: Dr. Richard Joseph Behun (pcajournal@gmail.com).

The Journal of the Pennsylvania Counseling Association (ISSN 1523-987X) is a biannual publication for professional counselors. It is an official, refereed branch journal of the American Counseling Association, Inc.
7th Annual Chi Sigma Iota Pennsylvania Statewide Conference

A special thank you to the Department of Psychology and Counseling at Marywood University for hosting this event!!!

Marywood University Counseling Program

The Marywood University Counseling Program is a nationally accredited counselor preparation and training program offering two 60-credit degree programs – School and Mental Health Counseling. Our rigorous curriculum is based on experimental learning, a strong emphasis on clinical skills, and a focus on leadership, diversity, advocacy, and collaboration.

Housed in a comprehensive regional institution steeped in the Catholic tradition, the Marywood counseling program, its faculty and curricular experiences, inspire and transform students to learn, lead and serve in a diverse and changing world. Within this context, the education of the whole person is paramount. The standards-based curriculum is rigorous; faculty expectations are high; and students are challenged to understand and apply the ethical dimensions of personal and professional life and to examine their own attitudes, values and beliefs.

A special thank you to the Pennsylvania Counseling Association for its assistance in marketing this event!!!

Membership in the Pennsylvania Counseling Association

PCA is one of the largest state branches of the American Counseling Association with over 500 members, 6 divisions, and two regional chapters. Not a member yet? Please consider joining this vibrant professional counseling organization. Becoming a member is easy, just click “join” at pacounseling.org! With your membership comes many benefits, including discounted rates on our high-quality conference, access to our professional peer-reviewed journal, advocacy services for a variety of issues, and a large network of counseling professionals including practitioners, educators, and students.

A special thank you to the Pennsylvania Mental Health Counselors Association for its assistance in marketing this event!!!

Membership in the Pennsylvania Mental Health Counselors Association

Your membership demonstrates a commitment and dedication to the Mental Health Counseling profession by joining a network of professional counselors and graduate students who recognize that being part of PAMHCA strengthens and enhances our profession through networking, education, licensing, advocacy and legislative efforts. PAMHCA is a state chapter of the American Mental Health Counseling Association (AMHCA). Please visit our website at http://www.pamhca.com
Chi Sigma Iota’s mission is “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.” CSI was founded in 1984 at Ohio State University and has over 100,000 members. Annually Chi Sigma Iota inducts 6,000 new members each year.

Thank you to the counseling department faculty and professors who made this conference at Marywood possible.

Psychology & Counseling Department
Clinical Mental Health Counseling
School Counseling
2300 Adams Avenue
Scranton, PA 18509