

## **OFFICIAL NEWSLETTER OF THE COUNSELOR EDUCATION PROGRAM**

### **ANNOUNCEMENTS**

- Serena Marro is the new CSCA school counseling representative
- Suzie Creech is the new CCA CACES graduate representative
- Annette Andronaco and Francesca Pulice are the new Counselor Education GA's

### **EVENTS**

- Counselor's Corner Fall Gathering: November 21, 2024 at 5:00PM (On campus)
- Resiliency Training September – November 2024 (See page 7 for details.)

### **CONFERENCES**

- NYSSCA 2024 Conference  
November 21-23, 2024  
(Albany, NY)
- CCA Fall Conference:  
November 22, 2024  
(Wallingford, CT)
- ACA Conference:  
March 27-29, 2025  
(Orlando, FL)
- ASCA Conference:  
July 12-15, 2025  
(Long Beach, CA)
- ACES Conference:  
October 7-12, 2025  
(Philadelphia, PA)

# NEW PROFESSOR ALERT!

## Introducing Dr. Hyemi Jang!

Dr. Hyemi Jang, PhD, joins WCSU as an Assistant Professor in the M.S. Counselor Education program. Dr. Jang began her career as a high school English teacher in South Korea. Realizing that she preferred student communication over the classroom, she decided to pursue her master's in counseling education. She graduated from Seoul National University with her M.A. in Educational Counseling in 2017. While initially planning to go into career counseling, she soon discovered a new direction, clinical mental health. After graduation, she worked for the Korea Youth Counseling and Welfare Institute where she both developed programs and trained counselors to work with adolescent survivors of sexual violence along with at-risk youth.



Dr. Jang graduated from North Carolina State University in 2024 with her PhD in Counselor Education. She has spent her career focused on social justice and multicultural issues. When reflecting on her international experience, she describes moving to the diverse country of the United States, after having lived in a more homogenous society, as an “awakening” regarding the impacts that marginalization and privilege have on us as individuals and as a community. Currently, Dr. Jang is focused on researching the diversification of the counseling field including the experiences of BIPOC counselors in the field. She has a strong educational philosophy, rooted in constructivism. She looks forward to preparing future counselors who have both practical knowledge and are culturally competent by providing her students with interactive and problem-solving experiences. According to her philosophy, she looks to be both an educator and facilitator for the classroom, or as she calls it, the “community of learning.”

Dr. Jang chose WCSU based on her love of New England, which began after a trip to Boston. She is excited for the fall season and to experience nature through hiking and running, maybe even through the New Hampshire mountains. During the colder months, she looks forward to catching up on her favorite Korean dramas on Netflix. As a side note, while she has not yet picked up the regional game of pickleball, come springtime she may be looking for a tennis partner! Dr. Jang is most excited about the next chapter in her counseling journey. She is enthusiastic about joining WCSU as a first-year professor and looks forward to getting to know her students as they navigate new and unexpected adventures side-by-side.

# WHAT ARE YOUR PROFESSORS UP TO?

## DR. MONTE

- Presented poster at NACADA Conference
  - Fields, S. & Monte, L. (2024, October 27-30). I'm being positive and I don't even know it [Poster Presentation] NACADA, Pittsburgh, PA.
- Presented at NARACES Regional Conference:
  - Gutheil, J., Monte, L., Naddeo, D. (2024, September 26-29). Simulating success: enhancing counselor education through integrated simulation experiences [Conference Presentation]. North Atlantic Region Association for Counselor Education and Supervision Conference, Atlantic City, NJ. <https://naraces.org/conferences/>
- Leading CACREP team to prepare for reaccreditation visit

## DR. NADDEO

- Presented at NARACES Regional Conference
  - Gutheil, J., Monte, L., Naddeo, D. (2024, September 26-29). Simulating success: enhancing counselor education through integrated simulation experiences [Conference Presentation]. North Atlantic Region Association for Counselor Education and Supervision Conference, Atlantic City, NJ. <https://naraces.org/conferences/>
- Interviewed for September issue of Connecticut Magazine: "Gentle parenting and more: CT experts on trendy child rearing styles"

## DR. GUTHEIL

- Presented at NARACES Regional Conference
  - Gutheil, J., Monte, L., Naddeo, D. (2024, September 26-29). Simulating success: enhancing counselor education through integrated simulation experiences [Conference Presentation]. North Atlantic Region Association for Counselor Education and Supervision Conference, Atlantic City, NJ. <https://naraces.org/conferences/>
- Accepted to attend NARACES Emerging Leaders Workshop at NARACES Conference September, 2024
- Presented at American Mental Health Counselors Association Conference
  - Gutheil, J. (2024, June 10-12). Self-efficacy, acculturative stress, and trauma in Latine immigrants [Conference Presentation] American Mental Health Counselors Association Conference, Charlotte, NC. <https://www.amhca.org/conference>
- Recently elected President-Elect of the Connecticut Association for Counselor Education and Supervision (CACES)

## DR. JANG

- Published an article: Kim, I., Jang, H., Kim, S., & Choi, J. (2024). Adverse childhood experiences, racial discrimination, and internalizing problems among Asian youth. Journal of Child & Adolescent Trauma, 1-12. <https://doi.org/10.1007/s40653-024-00652-3>



# HRSA GRANT UPDATE

Activities of the 2021-2025 HRSA grant continue for year four (July '24-June '25) of the four-year grant. Use of a simulation program with a counseling focus continues in the monthly on-campus clinical skills labs. Actors ("Simulated Patients" or SPs) are recruited primarily from social work, nursing, and psychology departments to portray patient/clients during monthly clinical skills labs. Using SPs allows counseling students to practice skills in a safe environment.

Professors Monte, Gutheil, and Naddeo attended the NARACES 2024 Conference in Atlantic City, September 26-29th where they shared their experience integrating simulations in a counselor education program, including recruitment, preparation, feedback and outcomes, and discussed the impact on students and simulated patients.

The vast majority of HRSA grant funding goes to third-year Counseling Education students who receive stipends during their fall and spring semester internships to ease the financial burden of completing 600 or 700-hour unpaid internships over the two semesters.

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## **ELECTIVES** **INTERSESSION / SPRING**

### **INTERSESSION (WINTER) 2025**

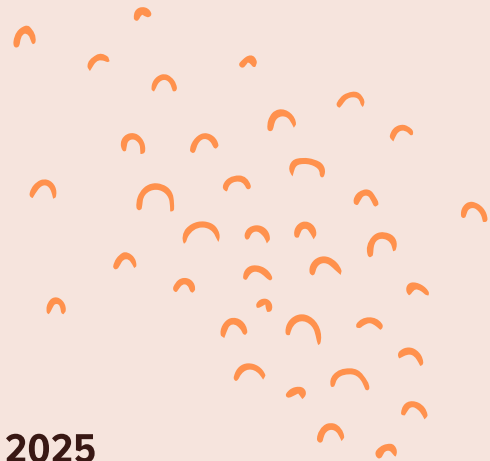
**PSY 581 – DEV & EVAL OF SUD INTERVENTION PROGRAMS**

**12/16/24 - 1/17/25 - T - 6:00-7:30 PM - SYNCH**

### **SPRING 2025**

**EPY 606 – ADVANCED GROUP FOR CMHC**

**1/22/25 - 5/18/25 - T – 7:00-9:30 PM - SYNCH**





# INTERVIEWS SC & CMH

*plus more*



I am currently doing my internship at Norwalk High School located in Norwalk, CT. Norwalk High is home to 1,900 students, a majority Hispanic, and a majority of students are economically disadvantaged. Norwalk High has an abundance of resources for students including an after-school program, a Teen Talk staff member for students in crisis, as well as eight school counselors.

I think the most difficult part of the program was learning to be a student again after taking a few years off post undergrad. Not only how to be a student, but how to be a student virtually. The excitement of my professors as well as the genuine care and support from my cohort, really made this transition easier.

Balancing school and work and a personal life can be extremely difficult and I have been able to handle it all by being patient with myself and being surrounded by my loved ones. My friends and family are so supportive and I am grateful for their love and encouragement these past three years. I have learned to be patient with myself and give myself grace when needed. Sometimes you just need to take a “mental health day” and let yourself just be. I also show myself self-care by going for walks around the neighborhood and reading fiction. There’s nothing like diving into your favorite character’s world for a little while!

**-MADDY FLADER SC & CMH '25**



My internship site is Bethlehem Elementary School, under supervision of Lisa Sizer. The school is Pre-K through 5th grade and home to about 280 students. My site is helping to prepare me for work as a school counselor by pushing me outside of my comfort zone. I am creating content, co-teaching classroom lessons, calling parents, talking with staff, meeting with small groups and individuals. I do not have experience in schools, so I am pushing myself to learn and execute as much as possible over this school year. I also have a great supervisor who is willing to answer all my questions. She will talk me through situations and wants to get me experience in a variety of situations with a diverse group of students.

Some tips for getting through the third year of the counselor education program: don't let your motivation for this degree fade and avoid burnout by taking breaks between semesters to allow yourself to relax and recharge.

**-SERENA MARRO SC '25**

# Continued...

The Center for Child and Adolescent Treatment Services (CCATS) Intensive Outpatient Program offers group therapy sessions Monday-Friday, 1-4 pm. Patients receive two open group therapy sessions, one daily skill session, a biweekly medication consultation, and individualized family therapy. Case management and referral services are also provided.

The program utilizes dialectical behavior therapy (DBT) skills training to help patients build a life worth living. While challenging, my internship at CCATS has been deeply rewarding due to the hands-on experience with a diverse population of adolescents. Our patients' varied experiences, symptoms, and diagnoses provide dynamic exposure to a wide range of cases.

I value being seen as an upcoming clinician and advocating for our patients. My supervisor and staff encourage my personal insights into cases. For example, I was proud to identify symptoms of Post Traumatic Stress Disorder (PTSD) in an adolescent patient.

Advice for first-year students: take electives early! This allows for greater focus on internships in your third year. This advice from Patrice Moncuse, now an LPC-A at CCATS, has been invaluable.

**-CHRIS SKENNION CMH '25**



We're thrilled to highlight an interview with one of our valued School Counseling Site Supervisors

## **LILLI MURILLO, SCHOOL COUNSELOR, THE CENTER FOR GLOBAL STUDIES (CGS) IN NORWALK, CT**

I was born and raised in Norwalk and am lucky enough to work in the district I grew up in. I wanted to work in a school with children in some capacity that did not include teaching. My best friend from high school recommended school counseling since I love scheduling and working with students. I enjoy traveling and CGS was the perfect mesh that has allowed me to travel with the school. I have traveled to Costa Rica and Taiwan to study ecosystems and the Chinese language.

My favorite part about my job is all of my students and my co-workers. If I did not become a counselor I would have become a nurse -- if I wasn't so queasy with blood. For those who are considering becoming a school counselor, even if the job feels stressful at times, counseling is worth it because you get to see the success in students. You experience instant gratification immediately.

We're excited to feature an interview with **Sarah Heines, Curriculum Development Specialist at Silver Hill Hospital**. With over a decade of experience, Sarah offers valuable insights into the field of mental health and counseling. In this interview, she shares Silver Hill's approach to supporting individuals and communities, and provides advice for students entering the field.



Common mental health concerns like burnout, anxiety, and being overwhelmed are addressed at Silver Hill Hospital. They provide individuals with the tools and support they need to take control of their mental well-being and find effective coping strategies.

Silver Hill believes in a collaborative approach to young peoples' mental health. By working closely with schools and school counselors, social workers, teachers, etc. they offer in-class workshops, after-school programs, and professional development opportunities. Their goal is to equip students with the tools they need to thrive, while also supporting school staff in managing their own mental health and preventing burnout.

Silver Hill Hospital focuses on providing practical tools and support to help people achieve a healthy work-life balance, empowering them to succeed both professionally and personally. SHH is providing resiliency training to Counselor Education students during the Fall 2024 semester as part of its community outreach program.

For someone in/going into the mental health or counseling field, it's essential to prioritize your own well-being. Self-care is not selfish; it's necessary for effective professional practice. By setting boundaries and taking care of yourself, you'll be better equipped to support others.



*Check this out!*

CMHC 2024 graduate Christine Powers and former WCSU professor Dr. Mariotti presented on "Domestic Violence and Sexual Assault Counseling" at the International Association for Counseling Conference in Naples, Italy, 28- 30 June, 2024. They discussed counseling both survivors and offenders using a decolonizing approach.