



Western Michigan University  
ScholarWorks at WMU

---

Counselor Education and Counseling  
Psychology News

Counselor Education and Counseling  
Psychology

---

2015

## Counselor Education and Counseling Psychology 2015 News

College of Education and Human Development

Follow this and additional works at: <https://scholarworks.wmich.edu/cecp-news>



Part of the Counselor Education Commons

---

### WMU ScholarWorks Citation

College of Education and Human Development, "Counselor Education and Counseling Psychology 2015 News" (2015). *Counselor Education and Counseling Psychology News*. 5.  
<https://scholarworks.wmich.edu/cecp-news/5>

This Article is brought to you for free and open access by the Counselor Education and Counseling Psychology at ScholarWorks at WMU. It has been accepted for inclusion in Counselor Education and Counseling Psychology News by an authorized administrator of ScholarWorks at WMU. For more information, please contact [wmu-scholarworks@wmich.edu](mailto:wmu-scholarworks@wmich.edu).



# **Counselor Education and Counseling Psychology**

## **2015 News**

### **Associate Professor has Article Published in National Journal**

Oct. 21, 2015

Dr. Glinda Rawls, associate professor of counselor education and counseling psychology, recently had her article, "Listening to our voices: Experiences of Black faculty at predominantly White research universities with microaggression," published in the Journal of Black Studies.

The article discusses research done by using a Scholarly Personal Narrative (SPN) approach to exploring the lived experience of four Black tenured-track and tenured faculty at three large public universities, which are predominately white institutions. Through data analysis, researchers uncovered the following four themes: 1) microaggressions were common occurrences, 2) futile to approach the aggressors, 3) stress, and 4) resiliency while in a white dominated field. The article then discusses ways that black faculty and academic administrators could address these issues.



Dr. Rawls co-authored the article with Dave Louis, Dimitra Jackson-Smith, Glenn Chambers, LaTricia Phillips, and Sarah Louis.

### **Assistant Professor has Journal Article Published**

Oct. 7, 2015

Dr. Stephanie Burns, assistant professor in the Department of Counselor Education and Counseling Psychology, has published a new journal article, "Neurofeedback in Hereditary Angioedema: A Single Case Study of Symptom Reduction" in the journal "Applied Psychophysiology and Biofeedback."

Neurofeedback training was performed consisting of rewarding and encouraging 12-15 Hz brainwaves (SMR), while simultaneously discouraging 4-7 Hz brainwaves (theta) and 22-30 Hz brainwaves (high beta) in the right dorsal posterior quadrant of the brain (T4, P4) for 20 half-hour NFB sessions to determine the impact on cortisol levels, DHEA-S levels, scores on the

Symptom Checklist-90-R (SCL-90-R), the quality of life inventory, and acute attack medication usage for a Hereditary Angioedema (HAE) patient.

This study mirrored the benefits found using neurofeedback with other chronic physical conditions in the literature. Specifically, it raises the question about focusing on specific quadrants of the brain and using specific training frequencies to target stress triggers for HAE patients. As stress triggers are a large part of HAE as well as the chemical nature of HAE creating a stress feedback loop for patients, neurofeedback may be one tool to help individuals experiencing HAE regain resiliency to stress without causing HAE attacks or other unwanted side effects. Further research is needed to develop and validate this neurofeedback protocol for HAE patients as well as explore the efficacy of other neurofeedback protocols for HAE in order to generalize the findings.

## **Associate Professor Presents at Three National Conferences Summer 2015**

Sept. 30, 2015

Dr. Mary L. Anderson, associate professor of counselor education and counseling psychology, presented at three national conferences during the summer of 2015. These presentations included two at the National Career Development Association (NCDA) Global Conference in Denver, CO, and one at The Association for Humanistic Counseling in Cleveland.

Anderson's presentations at NCDA featured one on veterans that was co-presented with three military leaders in veteran affairs. This was a featured session at the NCDA conference and was titled "Contributions of NCDA to improve veterans' transition to civilian career: What have we learned? What can we do next?" Anderson's second presentation at NCDA was titled, "Transitioning through the life span: Facilitating resilience and coping and well-being." Counselor education doctoral student, Stephanie Goodman, was a co-presenter for this presentation.



# Three WMU professors Awarded U.S. Department of Health and Human Services Grant

August 26, 2015

Western Michigan University assistant professor from the specialty program in alcohol and drug abuse in the College of Health in Human Services, Dr. Tiffany Lee, and co-investigators Dr. Stephen E. Craig, associate professor in the Department of Counselor Education and Counseling Psychology in the College of Education and Human Development and Denise Bowen, M.A., PA-C, assistant professor from the physician assistant program in the College of Health and Human Services have been awarded a \$526,192 U.S. Department of Health and Human Services grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) to conduct a three-year research study related to alcohol screening, brief intervention, and referral to treatment (SBIRT).



*Denise Brown*

Their research project entitled, SBIRT Training with Students and Community Organizations in the Health Professions in West Michigan, has a mission to drastically increase the competency of health care providers regarding substance use screening, intervention, and referral to treatment. Over 100 students in the Physician Assistant (PA), Clinical Mental Health Counseling (CMHC), and Counseling Psychology (CP) programs at WMU will be provided SBIRT-related didactic and experiential learning activities throughout their two years of studies.



*Stephen Craig*

These students will learn how to identify and use empirically based screening tools (e.g., AUDIT and MAST), as well as understand the importance of Motivational Interviewing (MI) and be capable of using methods of MI, such as the Readiness Ruler. The investigators will collect data regarding the competency level and use of SBIRT during the students' clinical experiences and then again one year after graduation. In addition to the training of graduate students, workshops will be given to hundreds of health care professionals within the community of west Michigan. In an effort to reach professionals around the United States, a 4-hour online SBIRT training will be delivered to 300 medical and mental health



*Tiffany Lee*

professionals within the first year of funding. Systemic transformation will begin with the training activities by increasing the knowledge and skills of hundreds of current and future practitioners, but it will also continue for years to come as a result of the permanent incorporation of the SBIRT Training into the curricula for the PA, CMHC, and CP programs at WMU.

## **Dr. Janee Steele and Dr. Glinda Rawls publish in Counselor Education and Supervision**

July 1, 2015

Dr. Janee M. Steele and Dr. Glinda J. Rawls have an article published in the June 2015 issue of *Counselor Education and Supervision* published by the American Counseling Association. The article is titled “Quantitative Research Attitudes and Research Training Perceptions among Master’s Level Students”. Since research is a fundamental aspect of counselor training and practice, Drs. Steele and Rawls surveyed 804 master's-level counseling student members of the American Counseling Association to explore their perceptions of training in the Council for



*Dr. Janee M. Steele (left) and Dr. Glinda J. Rawls.*

Accreditation of Counseling and Related Educational Program (2009) Research and Program Evaluation standards and their attitudes toward quantitative research. They pursued this line of research because limited empirical evidence has documented master's-level counseling students' attitudes toward research or their perceptions about research training. Much of the literature on research training and students in counseling programs exists at the doctoral level. Drs. Steele and Rawls' research revealed the following:

1. Counseling students held low to moderate perceptions about their research training and attitudes towards research,
2. There is a relationship between counseling students' attitudes towards research and their perceptions about the degree of preparedness they had in the Research and Program Evaluation standards, and
3. There were no statistical differences in attitudes towards research or degree of preparedness in the Research and Program Evaluation standards across program accreditation status like whether the program was accredited, nor were there any differences found within specialty areas like clinical mental health counseling versus school counseling.

In the article, Drs. Steele and Rawls explored the implications their research has for counselor training and discussed areas for future research.

# Faculty Member Gives Keynote Address for Induction Ceremony for Honor Society

April 30, 2015

Department faculty member and unit director of the counselor education program, Dr. Stephen E. Craig, was recently invited to provide the keynote address for the induction ceremony for Chicago State University's chapter of Chi Sigma Iota Counseling Academic and Professional Honor Society International. The trip also included an information session for prospective students for the CACREP-accredited Ph.D. counselor education program at WMU.



*Dr. Stephen Craig (middle)*

Counselor education program faculty are attempting to strengthen the relationship that exists between Chicago State University and WMU in order to continue the strong history of recruitment and matriculation of doctoral students from racial and ethnic minorities. Dr. La Shonda Fuller, Assistant Professor in the Department of Psychology at Chicago State University is a graduate of the Ph.D. Counselor Education program at WMU (December 2011). Dr. Joseph R. Morris, Professor in CECP, served as her major advisor.

# Faculty Member has two Articles Accepted for Publication

April 27, 2015

Dr. Carla Adkison-Johnson has had two articles accepted for publication. One article with J. Terpstra, J. Burgos, and D. Payne is titled: "African American child discipline: Differences between mothers and fathers"; and is in press in Family Court Review. Family Court Review is an international interdisciplinary family law journal. The second paper is titled: "Child Discipline and African American parents with adolescent children: A psycho-educational approach to clinical mental health counseling" is in press in the Journal of Mental Health Counseling, the flagship journal for the American Mental Health Counseling Association.



*Dr. Carla Adkison-Johnson*

# 2015 Awards Reception



April 16, 2015

Western Michigan University counselor education and counseling psychology students honored during an awards reception Thursday, April 16, at the Bernhard Center included the following:

## **Counselor Education and Counseling Psychology Graduate Teaching Effectiveness Award**

Sarah E. Coulter - Doctoral Level  
Ellen K. Hallgren - Masters Level

## **Counselor Education and Counseling Psychology Graduate Research and Creative Scholars Award**

Baochun Zhou - Doctoral Level  
Carolyn R. Doerr - Masters Level

## **Counselor Education and Counseling Psychology Alumni Scholarship**

Shelee-Ann Flemmings - Doctoral student  
Shernita R. McIntosh - Master's student

## **Robert & Diane Betz Award for Doctoral Studies in Counselor Education and Counseling Psychology**

Andrew D. Clay - Doctoral Studies in Counselor Education  
Laura Pacheco del Castillo - Doctoral Studies in Counseling Psychology

**Kenneth Bullmer Scholarship for Doctoral Students in Counseling Psychology**

Kyrai E. Antares

**Alan and Kristin Hovestadt Outstanding Student in Marriage and Family Therapy Award**

Melanie J. Szucs

**Arthur & Margaret Manske Outstanding Master's Student in School Counseling**

Ellie A. Messinger

**Outstanding Master's Student in Counselor Education & Counseling Psychology**

Jennifer S. Cameron

**Thelma M. Urbick Outstanding Doctoral Student in Counselor Education Award**

Christopher D. Bozell

**Outstanding Doctoral Student in Counseling Psychology**

Brian C. Doane

**Outstanding Alumni Awards**

Jeremy M. Linton and Kenneth W. Schmidt

**Congratulations to our 2015 award recipients!**



# Assistant Professor has Article Published in National Journal

April 1, 2015

Dr. Stephanie Burns, an assistant professor in the Department of Counselor Education and Counseling Psychology, had an article published in the *Journal of Counselor Leadership and Advocacy*. Her article is titled “Perspectives on Membership in a State Counseling Association.”

This Q-Methodology study offers a practical understanding of members’ perspectives when joining or renewing state counseling association membership. Counseling association memberships at the national, state and local levels are voluntary, as they are not required for licensure (Markova, Ford, Dickson, & Bohn, 2013). Professional associations offer members opportunities to receive specialized information, journals, newsletters, continuing education credits, professional development, networking, advocacy for the profession, and a venue to uphold professional codes of ethics (Hager, 2014; Markova et al., 2013; Phillips & Leahy, 2012). Markova et al. (2013) found that voluntary association members who were satisfied with membership benefits, were active in the association, and were pleased with the association’s customer service reported higher levels of membership satisfaction and intent to renew. Therefore understanding state counseling association members’ perspectives of membership could help in growing membership based on satisfying perceived needs, getting members involved in the association in ways that inspire them, and promoting professional counselor identity. Four statistically significant views of state association members were suggested by the data and include members valuing active commitment, the latest information, establishment as a professional, and building a community of professionals.



*Dr. Stephanie Burns*

# Clinical Mental Health Counseling Student Wins Fellowship from National Board

Jan. 26, 2015

Department of Counselor Education and Counseling Psychology clinical mental health counseling student, Princilla Ursery, won the National Board of Certified Counselors (NBCC) Minority Fellowship for Substance Abuse and Addiction. The fellowship provides her with assistance with tuition and training. Ursery has committed to two years post-graduation to working with youth in transition with substance abuse and possible mental illness.



The NBCC Minority Fellowship Program (NBCC MFP) strengthens the infrastructure that engages diverse individuals in the counseling profession and increases the number of professional counselors skilled in providing effective services to underserved populations. The fellows obtain additional training in mental health and substance abuse, with specialty training in culturally competent service delivery. Fellows will provide leadership to the profession through education, research and practice benefiting vulnerable underserved consumers.

The fellowship program will further increase system capacity by providing online and conference-based training to practicing professional counselors. The program is funded by a Minority Fellowship Program (MFP) grant of \$1.6 million from the Substance Abuse and Mental Health Services Administration (SAMHSA). The federally funded MFP was created 40 years ago to increase access to culturally and clinically appropriate care for underserved minority populations with mental health or substance abuse disorders through fellowships.

## Assistant Professor Receives Inaugural Fellowship

January 15, 2015

Dr. Stephanie Burns, Assistant Professor in the Department of Counselor Education and Counseling Psychology, has been chosen to receive the inaugural Edwin L. Herr Fellowship for Excellence in Counseling Leadership and Scholarship Award. The honor, awarded by Chi Sigma Iota, the International Counseling Academic and Professional Honor Society, will be presented at Chi Sigma Iota's CSI Day at the American Counseling Association's 2015 Annual Conference and Expo on March 13 in Orlando, Florida.

The Herr Fellowship was created to recognize and honor the career contributions of Dr. Edwin L. Herr to Chi Sigma Iota and to the counseling profession as a whole. Dr. Herr's career as a counselor and counselor educator spanned more than 50 years. He served as President of the American



Counseling Association, the Association for Counselor Education and Supervision, the National Career Development Association, and Chi Sigma Iota. A past editor of several journals, including the Journal of Counseling & Development, Dr. Herr is widely recognized globally as one of if not the preeminent scholar in career counseling. He also is widely acclaimed as our profession's most eloquent and respected global ambassador for counseling.

The Herr Fellowship is awarded annually to a full-time counselor educator in the early stages of his or her career (3-5 years) whose professional goals include career development or international issues in counseling. Dr. Burns is a Licensed Professional Counselor in Ohio and Michigan. She currently serves as the Chapter Faculty Advisor for the Mu Beta Chapter of Chi Sigma Iota at Western Michigan University. Dr. Burns' research and scholarship focus on counselor professional identity and career interest assessment and psychometric scoring methodologies. In 2013 Dr. Burns was selected as an Emerging Leader Fellow by the Association of Counselor Education and Supervision (ACES).