



VITERBO UNIVERSITY

MENTAL HEALTH COUNSELING

Special points of interest:

- Community Involvement is a key factor in the advancement of our future mental health professionals
- Chi Sigma Iota



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Letter from the Director

Hello and thank you for your involvement in the Counselor Education Department at Viterbo University. In 2018 the Masters of Science in Mental Health Counseling received approval from the Higher Learning Commission to add an Educational Doctorate in Counselor Education and Supervision. The Ed.D. accepted the first eight students for this program spring of 2019. This newsletter provides a brief overview of faculty and student activities and accomplishments in 2018. As you can see this is a department that embodies the Franciscan traditions of providing quality service to the underserved. I hope you find the stories inspiring. I continue to be amazed by the students who enter the program with the desire to become the best mental health professional possible. I am grateful for the ongoing commitment of the core and adjunct professors who contribute to the next generation of licensed professional counselors. I am inspired by the graduates of the program who practice with integrity and provide outstanding service to the underserved.

-Smiles, Debra



Chi Sigma Iota - Delta Lambda Chapter

Chi Sigma Iota is the international honor society of professional counseling and for professional counselors. It was established in 1985 through the efforts of leaders in the profession of counseling whose desire was to provide recognition for outstanding achievement as well as outstanding service within the profession. CSI was created for counselors-in-training, counselor educators, and professional counselors whose career commitment is to research and service through professional counseling.

The mission of CSI is to promote scholarship, research, professionalism, leadership and excellence in counseling, and to recognize high attainment in the pursuit of academic and clinical excellence in the profession of counseling. CSI membership is worldwide. There are currently over 117,000 initiated members. This makes CSI one of the largest single member organizations of professional counselors in the world. 396 chapters have been chartered, and new chapters are being developed in the U.S and other countries as counselor education programs commit to meeting national accreditation preparation standards.

CSI is a member of the Association of College Honor Societies Certified Honor Society (ACHS). ACHS was founded in 1925, it is the nation's only certifying agency for college and university honor societies. ACHS has created standards for organizational excellence and for scholastic eligibility, and not all organizations calling themselves "honor societies" subscribe to the standards of ACHS. Members and the society-at-large are protected by the standards of excellence set by ACHS. Candidates for membership in CSI can be assured that our society meets the rigorous standards of ACHS.

The VU Delta Lambda Chapter of Chi Sigma Iota (CSI) collaborated with MSMHC graduate students to provide meals for the La Crosse Warming Center. CSI members and MSMHC students prepared and delivered meals on November 29, 2018 and January 28th, 2019.

Delta Lambda Chapter
Viterbo University, La Crosse, Wisconsin
Established in 2017

Our chapter has over 35 active members including current students, alumni, and faculty. We focus on promoting excellence in the profession of counseling and hope to get members more involved in professional development, community engagement, wellness, and more.



CSI Spring 2018 Initiation



CSI Fall 2018 Initiation

“What a gift it has been to be invited to the healing camp and build relationships to promote healing with both elders and the children.”- Tara Allert

“The trip to Pine Ridge was a life changing experience, and we are excited for our next opportunity to return to the Pine Ridge Reservation.” - Mary Runnoe & Megan Baker

Pine Ridge/Global Partners Summer Healing Camp

“During our last trip to Pine Ridge, we were able to share in many learning experiences with the elders who offered an abundance of knowledge about the Lakota culture and traditions. This was a true honor. In addition, most of my memories involve playing with the children. The healing power of play and relationship building is real, and we see it during the healing camp. I recall playing a 1:1 game of basketball with a young girl who otherwise would not interact with volunteers. I remember giving many piggyback rides, braiding hair, learning new songs and games, and spending hours canoeing in the beautiful Black Hills. What a gift it has been to be invited to the healing camp and build relationships to promote healing with both elders and the children.”- Tara Allert

“Walking down to the lake and starting to talk with the children about the things that worry them or they feel they wanted to be able to let go. Allowing each of them to talk about a fear or worry and holding onto the pine cones until they were ready to release that by throwing the pine cone into the lake. Seeing the relief and hearing the children tell myself and Deb how it felt to let it go will be something I will never forget “ - Jessica



Pine Ridge/Global Partners Fall Screenings

GUNDERSEN GLOBAL PARTNERS



“In September 2018, we traveled to Pine Ridge, South Dakota to work with the Lakota Oglala tribe. Our goal while at Pine Ridge was to administer depression screenings to adults and adolescents at Wanblee Clinic and Crazy Horse School. We were given the opportunity to collaborate in an integrative care setting, allowing us to provide care alongside physicians, nursing staff, licensed clinical social workers, and school counselors. In addition, our team was able to experience several landmarks significant to the Lakota culture. The trip to Pine Ridge was a life changing experience, and we are excited for our next opportunity to return to the Pine Ridge Reservation.” - Mary Runnoe & Megan Baker

Community Involvement

The Masters of Science in Mental Health Counseling program has been servicing Salvation Army residents from July 2016 to the present.

During this time we have supervised nine practicum students at the site, and 625 residents have participated in the Life Skills Group which meets every Monday 6:00 - 7:00pm at the Salvation Army.

Coulee Council– Four students, two semesters, and provide 6-10 group sessions annually for those recovering.

Salvation Army

Dr. Latten is Site supervisor for MSMHC practicum/intern students at the Salvation Army Downtown, La Crosse. This site serves culturally diverse patients and their families dealing with issues of homelessness, substance abuse, and severe mental illness. From 6/29/15 to date, our program has served 699 Salvation Army residents (and non-residents) who attended our Life Skills Group or individual counseling by MSMHC students under my supervision. June/1/16 - Present

The Master of Science in Mental Health Counseling (MSMHC) program of Viterbo University has been providing mental health services to residence of the La Crosse Salvation Army since June 29, 2016. Recently, we have worked with the Collaborative Care Clinic (CCC) which includes the director Dr. Trannel (Psychiatry), Viterbo’s Nursing students, and MSMCH practicum and intern students.



Photo: Jessie Latten, Ph.D., LPC

The MSMCH Life Skills Group meets on Mondays from 6 PM to 7 PM. Following group, Individual Counseling is provided (7PM – 8PM) for residents who have signed up. To date, we have served 923 residents in group and individual counseling. Seventeen practicum and 2 intern students have been supervised.

Educational Doctorate in Counselor Education and Supervision

A FIRST!

The Counselor Education department at Viterbo has launched the first the doctoral degree in Counselor Education and Supervision in the state of Wisconsin. The program is designed to meet the growing need for advanced counselor practitioners, educators, and supervisors. Designed for the working mental health professional, and tailored to accommodate MHC alumni, the faculty have designed a relevant doctoral degree, exceeding national standards, that highlight active learning within a counselor education curriculum, a multicultural emphasis, a science-practitioner research model, a competency-based rubric, and a focus on a scope of practice consistent with a doctoral level counselor educator and supervisor.

The initial cohort within the 60 credit-hour, evening and weekend, and year-round program, began spring semester 2019. Under the leadership of Dr. Murray and Dr. Ward, with faculty support from Dr. Jessie Latten and Dr. Stephanie Thorson-Olesen, the program will integrate best practices in counseling, teaching, and supervision, with an emphasis on professional leadership and advocacy. As Dr. Ward noted, "...this program is designed to meet the gap by providing the region with well-trained, ethical, and passionate counselor educators".

Applications for the second cohort are now

being accepted. For more information, visit <http://www4.viterbo.edu/programs/edd-counselor-education-and-supervision>



Super Saturday Advanced Training Experiences

The faculty of the Master of Science in Mental Health Counseling periodically offers a unique counselor training experience that combines hands-on clinical training with live supervision, peer support, and collegiality while sharing the joy of learning. It is open to all interested students, alumni, and community mental health professionals. With a brief topical overview, the application of interview guides, and utilization of reflective teams, the learning is experiential and provides exposure to best clinical practices within a community of professionals. With past

trainings focused on resilience enhancement, upcoming topics include; motivational interviewing, conflict resolution, healing narratives in recovery, and strength centered counseling. Finally, in the tradition of hospitality at Viterbo University, food and refreshments are always provided.



Strategies for Managing Conflict—Fall 2018:

Managing conflict in professional relationships is consistent with the field of counseling and challenges us, based on our training, to be better at it. This brief training will assist participants in recognizing their triggers of interpersonal conflict and engage in a meaningful process for resolving it. All conflict is a shared responsibility that provides windows for learning and growth to all parties involved. Understanding the skills associated with leaning into con-

Research & Presentations

Examining Resilience, Emotional Intelligence and Connectedness to Nature

- Debra A. Murray, Stephanie J. Thorson-Olesen, and Adam Frei; American Counseling Association Annual Conference, 2018

Better Minds, Better Health: A Neurobiological Map for Optimal Health

- Colin C. Ward, & Debra A. Murray; Wisconsin Counseling Association, 2018

What are the Ethical Competencies for Counseling Supervisors?

- Colin C. Ward; Wisconsin Counseling Association, 2018

Advocacy in Action

- Stephanie Thorson-Olesen, & Debra A. Murray; Wisconsin Counseling Association, 2018

Youth Mental Health First Aid: Supporting Early Intervention for Students

- Tara Allert; Wisconsin Counseling Association, 2018
 - *Received first place for a research poster*

Alcohol and Drug Competencies for LPC's

- LeeAnn Van Vreede; Wisconsin Counseling Association, 2018



Debra Murray and Adam Frei presenting at the American Counseling Association 2018 conference in Atlanta, GA. *Examining Resilience, Emotional Intelligence and Connectedness to Nature.* (Not pictured: Stephanie Thorson-Olesen)



Stephanie Thorson-Olesen and mental health counseling graduate students at the Wisconsin Counseling Association Conference 2018

Ed. D. Pathway

MSMHC students may enroll in a maximum of 4 doctorate level courses (12 credits) that will meet the requirements of the M.S in Mental Health Counseling while also satisfying coursework requirements for the Educational Doctorate in Counseling Education and Supervision. Students will be approved the graduate faculty to enroll in doctorate level graduate course(s). The following coursework is available to approved MSMHC graduate students:

Educational Doctorate Courses	MSMHC Equivalent Courses	Credits
COUN 720 Clinical Trauma Informed	Substitutes for COUN 580 Trauma and Crisis	3
COUN 750 Brain, Behavior, & Psy-	Substitutes for COUN 650 Psychopharmacol-	3
COUN 772 Health Care Promotion, Policy, & Ethics COUN 715 Supervision Foundations	Substitutes for MSMHC Concentration Area: ♦ Wellness and Integrative Health Care ♦ Substance Abuse Counseling ♦ Child & Adolescent Counseling	6

Awards and Noteworthy

William Bakalars: "Professional Counselor of the Year" from the Wisconsin Counseling Association

Debra A. Murray: "Outstanding Counselor Educator Award" from the Wisconsin Counseling Association

Stephanie J. Thorson-Olesen: "Teacher of the Year Award" at Viterbo University's Spring 2018 Rose Awards

Gizelle Macapugay— served on the WCA committee

Megan Baker— served on ACA bylaws committee

Youth Mental Health First Aid: Supporting Early Intervention for Students

- **Tara Allert:** First Place Research Poster from the Wisconsin Counseling



Mrs. Court with Donations!



Alumni Updates

ACEs Training

A Viterbo alumni, Angela Mensink, gave her presentation on adverse childhood experiences (ACEs). This presentation was to 48 students and community members to inform them on trauma care. She informed us on what is needed to care for people who have experienced trauma in their childhood and made it known that it is common in all communities. Symptoms of traumatic childhood experiences can take up to 13 years to show, so it is important to learn about how to manage them. This training is something that would be beneficial for entire communities to hear and use in their practices.

Inside Story Headline

Association The Viterbo University Delta Lambda Chapter of Chi Sigma Iota (CSI) collaborated with MSMHC graduate students to provide meals for the La Crosse Warming Center. CSI members and MSMHC students prepared and delivered meals on Spring and Fall 2018 students prepared and delivered meals on Spring and Fall 2018



Angela Mensink provided a training on "Examining the Effects of Childhood Trauma in the Study of Adverse Childhood Experiences (ACEs)".

Congratulations Graduates!



A Tribute

Colin C. Ward, Ph.D.

Graduating with a masters degree in Counseling is a significant milestone. It represents years of dedicated study, inquiry, and commitment. A Commitment to the art and science of helping....to the Idea that professional growth often demands personal reflection....to the Inherent ambiguity of the counseling process and complexity of the human condition...and to the Vision that the sacrifices made by yourself and loved ones is necessary when seeking transformational change in your clients, your community, and yourself as a counseling professional.

Like the alumni before you, the walk across the stage is a walk into a profession we



share. I welcome you with pride...and give to you the following challenges:

- *Being bold demonstrates the very thing clients and communities ask of themselves and reflect the reason that change is both necessary and possible. Stand courageously with honesty and integrity to the conflict associated with discovery...and others around you will do likewise.*
- *We find in others what you believe to be true for ourselves. If you have faith in the unique and surprising resources of people as they confront the often-insurmountable odds to a better life, you will find such...together.*
- *Finally, use you're training and natural gifts to push your work with others, and the counseling field, in ways often only visible to you.*

From all your MHC faculty at VU, trust your training and congratulations!



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