

The William & Mary Counseling Chronicle

Keeping you connected to your counseling program.

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Welcome!

Welcome to the newly redesigned Omega Mu Newsletter: **The William & Mary Counseling Chronicle!** We hope our newsletter helps you stay up-to-date about the current events and activities in the William & Mary counseling program.

During the pandemic, we have felt the absence of the SOE in our daily lives. Despite this, our W&M community is flourishing with new faculty members, a new SOE dean, the launch of a new track, and the incoming of new students. We hope that this redesign will make you feel welcome as you learn the ropes - we know you'll love it here!

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Introducing

The Flanagan Counselor Education Clinic

Interview with Dr. Rebecca Sheffield by Briana Sinden

I've heard talk about a name change. Can you tell me what the new clinic name is?

We're actually keeping New Leaf and New Horizons but we're going to be considered one entity. So the new name is the Flanagan Counselor Education Clinic. That was based on private funding we received from a retired professor from William & Mary, Stuart Flanagan, who gave us an incredible gift, making this possible.

What are the main structural changes within the clinic?

We've got the New Leaf organization and the New Horizons organization, but we're going to combine forces. We're going to be one agency. In the past, we've just shared the space but we really haven't had a lot of communication between the two clinics, and now we're going to be one clinic. We've still got our respective identities, and that's based on what we do, and also based on funding each clinic receives from outside sources. We just want to have one organizational structure with one focused, day-to-day operations person, and that will be me as the new director. It is still a student-run clinic so it is still really in the hands of students, and they have a lot of say when it comes to the day-to-day operations and being able to innovate and streamline and serve the community. But, we'll now have one go-to person to focus and guide the clinic operation. In addition to that, we're going to have an advisory committee of faculty members. So I will be meeting with them frequently so they can help with guiding and shaping the identity of our organization. If we can streamline the leadership, with one faculty director, with a faculty advisory committee, then we can highly focus our student leadership as well. So now our New Leaf and New Horizons student directors can work together to streamline our services and commitment to the community.

What operation and service changes will current and incoming interns experience?

When we return in the fall, I'm conducting a training that's going to involve everybody. So it's going to be all of our New Leaf folks and all of our New Horizons folks together. We're going to do one focused clinic orientation. We will also provide more team-building and training opportunities for both tracks within the clinic. Through this, we can create unity within the single agency and collaboration as we expand what we can do for the community. I'm hopeful that this is going to provide opportunities, as one focused clinic, for community outreach. We're looking at the community, we're seeing what the needs are, and we'll be able to treat that under one agency. The other purpose that the clinic serves is to provide much-needed clinical and educational opportunities for our students-in-training.

So the hope is, because we now have more specialties under one umbrella, that we'll continue to attract high quality students to the clinic, and we'll be able to offer these wonderful educational opportunities so that they leave here very well prepared. They're going to know the day-to-day operations of what it's like to be in a community agency as a part of their education. In addition to that, we want to bring in additional grant funding for students to support their educational opportunities as well.



Introducing

The Flanagan Counselor Education Clinic continued from page 2

Interview with Dr. Rebecca Sheffield by Briana Sinden



Another exciting change is that the School of Education has purchased an EMR, or electronic medical records program, so we're going to go from paper and come into the 21st century by being able to use an EMR system. With telehealth, the clinic integration, and the community expansion, this is going to help us all by doing our records this way.

Tell me more about the expansion of community services.

As my new role solely prioritizes the clinic and its operations, I go out to community agency meetings. I meet with agency leaders in our community so I'm able to see what the needs are, firsthand, where there are gaps in mental health services in the community, and what we can do to fill that need.

What I would like to do coming in is expand and provide additional community services through New Leaf specifically, to be able to have more community clients. Rather than just serve students, which we'll continue to do, we have space for more: the actual physical space and the actual time in our schedules for counselors to see additional clients. Often, New Horizons' referred families need very focused, substance-related counseling; we've not been able to provide that, because it is a family counseling center, so there's not a lot of opportunity for additional individual counseling, unless it's focused on the family. So now we'll be able to make some internal referrals rather than having to refer clients out to other agencies where they may be asked to pay. Through internal referrals, it would be wonderful to have a one-stop shop for families and individuals to get all of their mental health services needs met. I'm also certain that as we have more community clients come through for New Leaf, that we'll be able to refer them to New Horizons for family services. I would like to expand our community group counseling services as well, and we've been looking to create more prevention-focused groups for community members. We have the ability to provide those services and I would love the ability to collaborate between New Leaf and New Horizons to work together so you all, as interns, have ownership over the space and the services it provides. This clinic and its mission belongs to the students: you are the people connecting with our community. ~



Dr. Becky Sheffield

Dr. Sheffield is the newly-appointed Faculty Director of the Flanagan Counselor Education Clinic. She has been with the Clinic for three years and is leading the Clinic's transition.

Alumna Spotlight

Alex Cromer, M.Ed '18

Congratulations to Alex Cromer (nee Bazdar) for getting licensed this year!

Interview by Stephen Barlow

How long did it take for you to get licensed?

22 months, the minimum time you can do it in is 21, so I would not recommend going as fast as I did! Like most William and Mary students, I am pretty self-motivated. I went from having 1-2 supervisions a week to 4 supervisions a week, which was pretty intense!

What do you think was the hardest part of licensure?

Getting it done so quickly. Showing up for multiple supervisions in a week was pretty intense. You don't get paid very well without a license so there was some pressure and incentive to get licensed much faster. Working in other settings and facilities, you typically get a fixed salary and getting licensed may boost you about 10% but in private practice definitely lets you charge more. So, getting licensed sooner had a lot of direct benefits for me in private practice.

What was the easiest part of licensure?

For me, direct client hours and communicating with the board. I emailed them about three or four times a month and they would respond to me within hours usually and they were really helpful with giving fine details. With client hours, we get a lot of referrals from local facilities so it was not difficult to have enough clients to work with.

What are your plans for the future now that you are licensed?

I am working at a Private Practice in Midlothian. (*How do you like that?*) I really like it a lot. I never thought I would end up in private practice, but I really like it because of the autonomy, which is one of the most important things to me. I was originally a bit skeptical of working in a private practice because I did not want to work with YAVIS populations (Young, Attractive, Verbal, Intelligent, and Successful), but I have found that I still get to see a really diverse group of clients, and some of them definitely are higher need.

What qualities do you think make the best counselors?

I'm very Rogerian, so very person-centered. I think that being flexible and being adaptable to whatever the clients throw at you are key qualities. But also use your own strengths and cultivate them too. Like I speak Spanish but I didn't first feel comfortable using it in therapy, but now I've cultivated it and it's a real asset for me in counseling. Just having the different language even brings different concepts that do not exist in the other language and that can be really helpful to bring to the clients and let them know about feelings that literally may not have words for them in their native tongue. I also grew up on a farm, so I might bring in animals or work in getting outside into therapy, which has definitely brought a lot of benefits for some clients. So, I would say the willingness to try new things makes all the difference and cultivating your own unique strengths can also be really useful. ~

Alex's advice to students?

Never be afraid to ask for help. Counseling is not something that is designed to be done alone. Reach out to others and allow yourself to be supported. It's easy to feel like you need to be independent once you have a degree, but allow yourself to keep learning and relying on others. I once went into my supervisor's office and asked him a bunch of questions and then I asked him if this made him think less of me, and he said that it actually made him think more of me because it showed that I was still willing to learn from others and explore new perspectives, which are key aspects of counseling.





Faculty Spotlight

Dr. Rick Gressard

Dr. Rick Gressard is a Chancellor Professor in the Counselor Education Program at William & Mary and was coordinator of the addictions emphasis for the Clinical Mental Health Counseling specialty. His clinical and research interests include addiction counseling and prevention, counseling ethics, and transpersonal counseling.

Interview by Allison Dukes & Ryan Leger

How has the program changed during your time at William & Mary?

When I came to W&M we were a relatively small program with one clinic and specialties in Marriage & Family Counseling, School Counseling, Community Counseling, and the doctoral program in Counselor Education. Our focus was more local, with most of our students coming from the Williamsburg area. The first change that happened was the specialty in Addictions Counseling. The next major change occurred when we became CACREP accredited. With accreditation came a more regional and national focus and a stronger doctoral program. With the success of our doctoral program, we began to achieve a national recognition. Now, with the addition of new outstanding faculty, the New Leaf Clinic, the online program, and the military program our program is now viewed as one of the best in the country as well as one of the most progressive and innovative. We have come a long way since 1993 and it has been exciting to be a part of something that has been so successful!

Where do you want the program to go in the future? How do you picture the program in 10-15 years?

We've made so many changes in the last three years that it's hard to imagine what else could change. I would see great growth and expansion of the online program, the addition of even more faculty members to support that growth, an expansion of the military program, and perhaps some expansion of the doctoral program with the increased resources of the online program. I think we will also have the resources to evolve with changes in our profession and our culture. Our new faculty members are so outstanding at this point that I also believe we have an opportunity to be recognized as the absolute best program in the country. I really do expect big things.

Any research interests/important projects you are working on now?

Right now, my interest is mostly focused on the applications of transpersonal counseling. The current research on the use of meditation in counseling as well as the therapeutic use of psychedelic drugs is fascinating to me. I hope to continue research on these areas after I retire.

What advice would you give to incoming graduate students to help them succeed in the program and as professionals?

I think the best advice I would give them is to be open, curious, and learn as much as you can during these important two to three years of your life. You will never have an experience like this again. Learning to become a counselor is a transformative experience and you will encounter challenges that you could never have anticipated. It will be essential to be open to change both as a person and as a professional.

Finally, what is the most rewarding part of counselor education?

The rewards are way too numerous to list, but I think one of the greatest parts of the job is to play a role in the transformation that occurs during the time that students are in the program. The change that occurs is incredible and it's a privilege to be a part of that process. It's also rewarding to work with the doctoral students and to be a part of their growth. It's a great feeling to play a role in developing the future leaders in our profession. Lastly, I've loved the amazing opportunities open to counselor educators. From promoting our profession and teaching in many countries and cultures to playing a role in shaping the profession through leadership roles with NBCC and CACREP, I've had experiences I had never dreamed of and I've worked with amazing people. It has been a wild and wonderful journey! ~



Part-Time Faculty Spotlight Dr. Esther Benoit

Interview by Ryan Leger

Dr. Esther Benoit, M.Ed., '06, Ph.D., '09, teaches online for numerous counseling programs. She is currently a full-time faculty member at Southern New Hampshire University and an adjunct faculty member at William & Mary. She opened her private practice in Newport News last year, which she loves; when asked what she loves most, Dr. Benoit immediately stated "it's mine" before breaking into laughter.

Can you tell me a bit about your private practice?

I created it and I wanted a space that felt like home. I wanted an office space that was inviting, a place where people could come in and let their guard down and feel safe. I'm proud that I've created something that people have really seemed to respond to. I love being connected to the community in this way and that I can help people sort through whatever is weighing on them. I love being able to work with relationships and just hold space for people in a really intentional way. I just love it!

My favorite thing is actually not a course itself, but the dynamic that's created in the classroom.

It doesn't really matter what I'm teaching, if I have students who are engaged, curious, and excited about learning, I could be teaching people how to fry an egg and it would be fun. I enjoy helping students connect dots between theory and practice. I also really like exploring the piece of counselor development that is how we learn to be counselors by more fully inhabiting our own humanity and recognizing all that comes with that. Essentially how broken we are. Part of this process is recognizing that you and I are no better than anyone we will ever see, we just have our own unique set of issues. I think exploring that human element together is just really cool and is one of my favorite things.

What is your favorite part about being a counselor educator?

I don't know, it's a funky job. Everyone comes into it wanting to help, stars in their eyes, 'I'm going to save the world.' I think one of my favorite parts is when people realize they are connecting human-to-human. To me, I love seeing when it clicks. When a student is trying to grasp something, like techniques. You're so in your head, worrying if you're doing it, and then it just clicks that you're people and you're just talking to a person. Although it is in a really different way and in a language that is foreign to students, we are connecting human-to-human. And when that clicks, to just watch people come into their own and use who they are as unique people to help other people emerge as who they are as unique people, that's the stuff right there!

If you were going to give advice to an incoming student in the graduate counseling program, what would that be?

Don't forget to be a person. I think sometimes when we learn new things and take on new roles, we lose sight of ourselves. And when we lose sight of ourselves, we can't really bring ourselves to that role. That integration process happens in time, but it is slowed down when we lose sight of who we are and what we enjoy. So, for people starting out, some people call it self-care, but I think it's more about just living and enjoying your life. Yeah, you're going to school and learning to take on this new role to become this professional, but none of that is worth it if you don't have a life. I feel like I'm a better counselor because I love to bake, cook, and grow orchids. I feel like that keeps me grounded and connects me with my humanity, which helps me connect with other people. Don't forget to be a person and don't let the role consume you because if that happens then you get weird and nobody wants a weird counselor. If you don't have a hobby, get one! ~

CSI Board Updates

Continued from page 1

The Loveland Foundation

Our 2020-2021 Executive Board members are excited to launch our fundraising project for the fall semester! We hope to raise **\$2020 by October 10th, World Mental Health Day, for the Loveland Foundation**. The Loveland Foundation, established in 2018 by Rachel Cargle, works to create equal access to mental health services for Black women and girls. We are eager to host some exciting events in hopes of hitting our goal, and hope that you will help us **raise \$2020 by 10/10!**

To donate: please visit our Facebook @wmcounselingprogram

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Call for Awards

This year, we are making a call for **awards nominations!** Nominations are welcome for the following categories:

- Outstanding Entry-Level Master's Student Award
- Outstanding Doctoral Student Award
- Outstanding Research Award

Please go to our website to find the criteria for each award and its specific nomination packet requirements. Winners will be selected and endorsed by the chapter for the national CSI awards. Those interested will submit the nomination form on our website with the required materials. If you have any questions or concerns, please email awards.csi.wm@gmail.com.

The deadline for nominations is 5 pm on Friday, October 30, 2020.



We are *thrilled* to also announce that we are seeking contributors, writers, and editors to the William & Mary Counseling Chronicle! If you are a CSI member and would like more information, please email us at [chisigmaiota@email.wm.edu!](mailto:chisigmaiota@email.wm.edu)

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Stay connected!

If you haven't already done so, please **follow us** on Instagram and Facebook @wmcounselingprogram! There, you will find consistent updates from the board regarding upcoming events and initiatives for all W&M counseling students!

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Did a friend or colleague earn an achievement?

Let us know so we can give them a shoutout in the **accolades** section of the newsletter editions! Please email chisigmaiota@email.wm.edu with the information!

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Thank you all for being part of the W&M Counseling program! If there is anything I or the board can do to further enrich your experience here, please let us know.

Have a great fall semester!

Allison Dukes and the Executive Board

New Faculty Snapshots

by Kiley Overstreet & Morgan Tyree

Dr. Elizabeth Burgin

Military & Veterans Counseling

1. What are you looking forward to this semester?

This semester I am most looking forward to working with students. I love clinical work and my specialty area is in military populations. I will have the chance to share both of those passions with students in my courses this fall, and I'm really excited! I learn so much from others and look forward to the ways that will happen in class

2. A hobby or fun fact about you that surprises most people.

Fun fact: I am a triplet - I have a brother and sister. Hobby: weight lifting

3. Office number (so hopefully students can visit once things open back up).

Office #3090 - please come visit!

Dr. Craig Cashwell

Clinical Mental Health Counseling

1. What are you looking forward to this semester?

I look forward to getting to know my new colleagues better and the privilege of working with a new group of students. And, right now, some cooler weather!!

2. A hobby or fun fact about you that surprises most people.

I'm torn between two, so I'll share both! I like (love, really) mud runs of all ilks but especially Spartan Races AND I love singing in choral groups....so, as we emerge from this pandemic, I will be looking for opportunities to do both in the area

Dr. Pamela Harris

Online School Counseling

1. What are you looking forward to this semester?

For the upcoming semester, I'm most looking forward to two things: 1. Engaging with my new colleagues and students, and 2. The arrival of my second child. Needless to say, I won't be bored anytime soon!

2. A hobby or fun fact about you that surprises most people.

A fun fact is that in addition to counseling, I have a love for creative writing. In fact, my debut novel comes out on January 5th, 2021 with HarperCollins/Quill Tree Books. It's called WHEN YOU LOOK LIKE US and it's a Young Adult (YA) mystery featuring Black characters from a low-income neighborhood in Newport News--similar to where I lived when I was in high school!

New Faculty Snapshots

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by Kiley Overstreet & Morgan Tyree

Dr. Jessica Martin

Online Clinical Mental Health Counseling

1. What are you looking forward to this semester?

I am looking forward to adjusting into my new role here at William and Mary. I am also excited to meet the students and my new colleagues. This will be a semester of new "firsts" so I am looking forward to what those firsts will look like.

2. A hobby or fun fact about you that surprises most people.

I love hula hooping! It's one of my favorite pastimes.

3. Office number (so hopefully students can visit once things open back up).

I will be teaching in the online Clinical Mental Health program so I don't have an office on campus but my virtual office (email) is always open!

Dr. LoriAnn Stretch

*Clinical Mental Health Counseling &
Online Counseling Program Coordinator*

1. What are you looking forward to this semester?

I am most excited about getting to know the students in the Counselor Education department. We are implementing more virtual, synchronous events and opportunities that will enhance our community and connection to one another.

2. A hobby or fun fact about you that surprises most people.

I love to stand-up paddleboard. I lived in Hawaii for a few years and fell in love with yoga paddleboard. I'd paddleboard every day if I had time.

3. Office number (so hopefully students can visit once things open back up).

Since I work remote and on campus, the best number is my work cell number: 312-619-1359.

Welcome to William & Mary!

**If you aren't on-campus, please feel free to email them
and introduce yourselves!**

Dr. Elizabeth Burgin | eeburgin@wm.edu

Dr. Craig Cashwell | cscashwell@wm.edu

Dr. Pamela Harris | pnharris@wm.edu

Dr. Jessica Martin | jlmartin@wm.edu

Dr. LoriAnn Stretch | lsstretch@wm.edu



Student Spotlight

Meet Anaiz Kendrix

By S. Cecelia Baum

The first cohort of online students started nearly two years ago in Fall, 2018. Today, the group recently finished their practicum amid the pandemic, and are moving towards internship and graduation. I checked in with **Anaiz Kendrix**, a Clinical Mental Health Counseling (CMHC) student in the first online cohort and recent recipient of the W&M Women of Influence Award for 2019-2020 about her experience.

Since she was an undergraduate student at the University of Florida, Anaiz has worked with survivors of domestic violence, particularly the Latinx/Hispanic population and those with especially limited access to resources. Working as a Victim Advocate in the North Charleston Police Department, Anaiz realized how difficult it can be for vulnerable populations to access care after experiencing a traumatic event due to barriers like documentation, language, insurance, and long waiting lists for accessible mental health care. Some women in the community were waiting for months for services. This experience motivated Anaiz to become a counselor. When thinking of her future, Anaiz wants to provide “trauma-informed, culturally competent care” to her clients. Along with her practicum (and soon internship) supervisor, she feels that William & Mary's program leaders are providing her with the resources to do so.

When looking for a counseling program, Anaiz was searching for a program that allowed her to continue working and flexibility in terms of location, as her husband is an officer in the United States Navy. When she saw that William & Mary was starting an online clinical mental health counseling program, she was excited. W&M felt like a good fit due to their focus on social justice, the reputation of the program and school, and the flexibility that the online program offered. She found the admissions counselors to be helpful through the process. Anaiz thought that W&M was such a good fit that it was her only application.

As an online student myself, I know that it can feel lonely out there in cyberspace. Anaiz said that was true at first for her as well. The transition from in-person learning to online learning was difficult. She and her husband had just relocated to Norfolk, Virginia which made the lack of in-person community feel even stronger. For her, the first residency changed everything. Meeting her classmates in person and working together for those few days has changed how they interact online and their understanding of one another. The remaining CMHC and school counseling students from the inaugural group have felt like guinea pigs during these two years. Anaiz joked that this has been good and bad; the good has outweighed the bad as she's felt they have been able to help shape the program, which would have been more difficult if the program were more established. She also complimented the professors and other staff in how they have helped and worked to make the experience a positive one.

The first cohort has just finished their practicums and is moving into their internships this fall. Anaiz completed her practicum with Coastal Virginia Counseling and Mediation, a private practice in Virginia Beach offering counseling, mediation, therapy, play therapy and life coaching. She found support from Noelle St. Germain-Sehr at W&M, and her practicum supervisor, Erica Sartwell, to be instrumental in allowing her to complete her practicum during the pandemic. While the coronavirus meant that most of her counseling experience was virtual, overall it was an impactful experience filled with learning and growth. She'll be staying with Coastal Virginia Counseling and Mediation for her internship. Anaiz mentioned that the COVID-19 pandemic has highlighted the essential role of mental health counselors as front line workers and has demonstrated the importance of accessible mental health care for all.

When asked for advice for new online students, she said don't be afraid to reach out to classmates and professors. "It can feel lonely, but we're all one community." Online learning can be challenging, as we're all learning, but there are many benefits of being a non-traditional student. "Look for support from your cohort and lean into each other and the material!" ~

Student Spotlight

Meet Jessica Wilcox

Interview with Stephen Barlow



What are your favorite aspects of school counseling?

I love, love, love working with the students. By far my favorite part is being with the students. When you get to be my age, people usually tend to know what their life looks like, but with the students they have so much ahead of them and I love helping them put together their future. I also love the teamwork, being part of a group with the staff and administration, I like that there are a lot of us trying to solve these problems together. Finally, having the summers off is huge!

What are you most excited for in school counseling?

This sounds so cheesy, but I really looking forward to building a practice in the school and becoming a reliable place in the school where students can feel comfortable and safe to join in. I really want to create an environment where we can work together to help the students with whatever they are struggling with.

How did you like your practicum experience?

I loved it! I didn't think I would at first, because it was a high school, but the students had such a great energy. A great part of it was that I felt like I was directly working to the betterment of the community of the school. I really fed off of the energy of the students and other staff and it was so great to be there.

What are you most nervous about with school counseling?

Everything. I am really nervous about designing any programs. Being on my own and having to design my own program is really intimidating. And also, crisis counseling. Which is strange because I probably have the most training there, but obviously it is a really intense situation and can be really dangerous. It can be really scary to realize that sometimes you will be the only adult in the room to help with an issue, but that's what makes it so important to be part of a team.

What are your goals for the future? Short-term/long-term?

I don't really know. I want to incorporate some virtual counseling into my practice, that's important especially right now. We just don't know what might happen in the future. I also want to work on my skills with working with people from other countries, because we might go overseas at some point again and that would be really great to have those skills. Eventually, my long-term goal is to develop for counseling in colleges.

Any tips for incoming and current students?

Get a good study group, figure out who has similar study habits and team up with them, and be willing to learn from others.

Any recommendations for any books or media?

Brene Brown's Podcast "Unlocking Us", she does her research so you know she knows what she is talking about, and it is so soothing and it is almost like she's talking to me directly. She talks about how we can come to terms with trials that we are facing, and we can understand that it is okay to not be 100% on our game, and it's okay to let things go a little bit. Especially in the times of Covid. It's like a reminder to us that we can make mistakes and still be kind capable human beings. It feels so great, for counselors especially, to remind us that we are human beings. It's self-care for me, it's like taking a (big sigh) for a few minutes in the day. Credit goes to Aiesha for recommending this to me last semester!

I also love play therapy and art therapy, especially for working with kids who are having trouble expressing themselves. I definitely recommend looking into these and finding some good empirically supported elements just to add them to your toolbox. ~

Serving the Underserved: A Priority for W&M Counseling Students

By Paige Goodloe and Allison Dukes

This spring, three students in the School of Education were chosen as members of the 2020 National Boards of Certified Counselors Minority Fellowship Program (NBCC MFP). As fellows, CSI members Hillary Reed and Conor Yeomans, and doctoral student Stephanie Dorais, will receive funding, professional development, and mentorship to support their education and service with minority groups. The NBCC grants these fellowships to support development of culturally competent counselors focused on reducing disparities in the behavioral health system.

Reed and Yeomans, both rising second-year students in the Clinical Mental Health and Addictions Counseling program, and Dorais, third-year doctoral student in the Counselor Education program, were selected this spring and will serve out their fellowships through the 2021 NBCC fall conference. To apply for the fellowship, applicants must outline a specific plan to enact within their fellowship year.

Yeomans has chosen to focus on formerly incarcerated men in recovery from substance abuse, conducting a multi-dimensional recovery support and skill-building group. “It can be a big barrier to employment, so we find them felon-friendly employers,” he notes is a challenge the group will help the men move through. Ultimately, the goal is to support them in building healthy and well lives. “Just trying to help them be successful, and be the best versions of themselves they can be.”

Reed chose to develop a support group for children of military families. Military life, especially the social challenges that accompany it, can have potentially overlooked side effects for kids. As a military child, she knows the challenges firsthand. “Kids kind of get pushed aside with this topic. People typically think of military spouses needing help first.” The loneliness of frequent moving can isolate children from friends, extended family, and sometimes parents in cases of deployment. To Reed, the connection of the group is key. “It’s great to talk to people who actually know what you’re going through.”

(cont'd on next page)



Hillary Reed



Conor Yeomans



Stephanie Dorais

Serving the Underserved: A Priority for W&M Counseling Students

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By Paige Goodloe and Allison Dukes

Dorais's focus is building mental health resources for Asian American college students through community-engaged research in Silicon Valley. "The suicide rate is alarming in this community, and the mental health resources are not necessarily geared for Asian Americans, though they make up the largest ethnic group. A common ground for many Asian Americans is the college experience; my goal is to partner with the colleges there and connect them with each other to strengthen their approach on mental health."

Throughout the fellowship, Reed, Yeomans, and Dorais will attend seminars, online conferences, and periodically report on their budgets. Fulfilling the requirements, however, is all a part of the greater mission. NBCC MFP fellows commit to providing substance abuse services to minority communities for at least two years after graduation. "I want to work with people who have PTSD, primarily veterans with PTSD. I also want to volunteer to work with minority children who have PTSD," Reed says, noting that Black children are frequently exposed to traumas their White counterparts are not. Yeomans has aspirations of directing and eventually opening his own addictions treatment facility, though not before getting his feet wet professionally. "That's the ten-year plus goal," he jokes.

For Reed, Yeomans, and Dorais, their focus on minority communities is a core value of their work as beginning counselors and beyond. "Minority communities are inherently underserved when it comes to mental health and addictions counseling," says Yeomans. "I just feel drawn or called to work with people who need it the most and it's not as readily available. For me, it's a no brainer: serve the people who need it the most." Reed agrees. "I'm going to try to uplift my community." ~



NATIONAL BOARD FOR
CERTIFIED COUNSELORS®

If you, a friend, or colleague has won an award or recognition, we want to hear about it! Please email chisigmaiota@email.wm.edu!

Meet your 2020-2021 Executive Board!

Allison Dukes

President

Allison is a first-year doctoral student in the Counselor Education program at William & Mary. Her role in Omega Mu is to support the board's efforts to create events that foster community engagement and professional development for all W&M counseling students. Allison also works to ensure collaboration between students and executive board members. She is interested in working with incarcerated citizens and the LGBTQ+ community.

Paige Goodloe

Co-chair of Professional Development

Paige Goodloe is a second-year Master's student in the Clinical Mental Health & Addictions Counseling program, and an intern in the New Leaf Clinic. As a VP of Professional Development, her goal is to provide students with informative experiences beyond those of the classroom, focusing on areas that are not specifically covered in the curriculum. Paige hopes to design panel discussions, information sessions, and continuing education events that cater to the wide array of disciplines and interests of Chi Sig members. She plans to work in community mental health after graduation, and is particularly passionate about helping women struggling with substance use, and people who are currently or were recently incarcerated.

Conor Yeomans

Co-chair of Professional Development

Conor is a second-year master's student in the Clinical Mental Health & Addictions Counseling program. Alongside Paige, he works to create and plan professional development events for counseling students in the program. His personal and professional experiences have inspired him to further his education in order to be able to better serve those struggling with substance use disorders.

Kiley Overstreet

Chair of Community Engagement

Kiley is a second-year master's student in the Couples, Marriage, & Family Counseling program. As VP of Community Engagement, she is responsible for finding and collaborating with organizations in the community to broaden CSI's reach and make more of an impact in the community we live in! Kiley will be working closely with the rest of the executive board to provide a wide variety of events for all members, that both bring us closer together and prepare us to make a difference in the communities we serve after we leave this program.

Stephen Barlow

Secretary

Stephen is a second-year master's student in the Clinical Mental Health program. As secretary on the CSI board, Stephen keeps minutes for the meeting as well as organizes and writes the CSI newsletters with the CSI historian, Briana Sinden. Stephen is interested in working in addictions counseling, counseling adults with serious mental illnesses, and crisis intervention work.

Meet your 2020-2021 Executive Board!

Briana Sinden

Historian

Briana is a second-year master's student in the Clinical Mental Health & Addictions program. Her primary Historian responsibilities include taking pictures at CSI events, running the WM Counseling Instagram, and contributing to the WM Counseling Facebook page. She also assists Stephen with creating the quarterly newsletter by providing photographs of our wonderful students and various CSI programming. Briana is particularly interested in advocacy work for marginalized populations and in serving women's and LGBTQ+ clients' specific mental health needs.



Morgan Tyree

Treasurer

Morgan is a second-year master's student in the School Counseling program. As treasurer, she is responsible for all chapter funds. She collaborates with the executive board to ensure funding for planned events. Morgan also works to host fundraisers and monitors the chapter's local dues, reimbursements, and events. Upon graduation, she hopes to serve rural high school students so that she can be the resource for them if there are not opportunities and services readily available within the community.



Cecelia Baum

Online Liaison

Cecelia is starting year two of three in the online M.Ed. in Clinical Mental Health Counseling program. She's excited to be serving as one of two online liaisons to the board. In this newly created position, Ryan and Cecelia will help to bridge the gap between the online and in-person community, working to create one counseling community.



Ryan Leger

Online Liaison

Ryan is nearing the end of his second year in the online graduate counseling program in the school counseling track. His role as an online liaison is to bridge the gap between the online students and the on-campus community. He wants to find creative ways to get online students more involved in CSI events and ensure they are being heard. After graduation, Ryan hopes to work as a professional school counselor at a site with a diverse student population in Greenville, SC.



Aiesha Lee

Doctoral-Faculty Liaison

Aiesha is a second-year doctoral student (Ph.D. in Counselor Education & Supervision) at William & Mary. She is a licensed associate counselor in New Jersey and a national certified counselor. Aiesha earned her Bachelors in Psychology from Montclair State University and completed her master's in Counseling, with a concentration in marriage and family therapy at The College of New Jersey. Aiesha's clinical experiences include working with children, families, and adults in a community clinic. Her research interests include social justice, cultural considerations in counseling and trauma-informed care. Aiesha is excited to be a part of the executive board of Chi Sigma Iota's Omega Mu chapter and looks forward to serving and supporting her fellow executive board members.



Please email chisigmaiota@email.wm.edu with any questions, comments, or concerns!

Advice for Incoming and Current Students

By the CSI board

Don't be afraid to ask questions to the professors, either in class or out of class. In my experience, they have been really friendly, wise, and caring. I have talked to them about long term career aspirations as well as smaller questions about the material, and in every case they have helped illuminate things for me further and I was glad that I took the time to talk with them. Similarly, don't be afraid to ask for help from your fellow classmates and try to work together on things (unless it's a test or something you're specifically forbidden from getting help on). I have found that my classmates always have very different and insightful analyses on the material and that has really helped me understand it in new ways. It is also just great to make friends in this program because everyone is here for similar reasons and usually has a high degree of empathy and concern for other people, and often great senses of humor.

-Stephen Barlow, second year master's student, Clinical Mental Health Counseling

You are here for a reason. Don't question yourself or doubt your abilities and potential, this program is competitive and you were admitted for a reason! Don't be afraid to ask questions, as there are no ridiculous questions, but it is ridiculous to be afraid to ask a question. Don't hesitate to be yourself and share your experiences, as this is a part of who you are and your counseling identity. Make an effort to get to know your classmates, as these are your future colleagues and will be valuable resources for you in the future if you need to consult or network. Make an effort to interact with your professors as much as possible. They are here to help you and you should try and absorb as much knowledge as possible! Finally, find an organization method that works for you and develop a self-care plan. Burnout is real and the stress will have an impact on you if you don't take care of yourself both physically and emotionally.

-Ryan Leger, online master's student, School Counseling

The beauty of becoming a counselor is figuring out what works best with you and who you are. Just because your equally wonderful classmate is set on one way of counseling does not mean it's the only way! Comparison is detrimental--especially in a program that encourages us to be our most authentic selves. So trust yourself. And allow yourself breaks to do things that bring you joy throughout this whirlwind of your first semester. And drink lots of water!

-Briana Sinden, second year master's student, Clinical Mental Health & Addictions Counseling

For those entering internship, don't let the numbers scare you! Tracking hours can be both tedious and intimidating. If you're scared that you may not make it, faculty will be there to support you through--don't worry! Also, take advantage of every opportunity for hours. You can never have too many hours. If you hope to apply to be a resident in counseling after graduation, the extra hours will go towards your required hours for licensure! And while this may seem counterintuitive, take every opportunity for self-care and time with your friends! The year goes by fast, and you need to take care of yourself.

-Allison Dukes, first year doctoral student, Counselor Education and Supervision

Keep Perspective--although it may feel like school is your life, it's not...it's only a part of who you are. Find Balance--grad school can get overwhelming, especially if it is all you do. Exercise, find a hobby, read a book. Prioritize your mental and physical well being. It's not a competition- you are at William & Mary because you are smart, dedicated and focused....you are in good company. Find a way to uplift and enhance your classmates' lives, their success is yours and vice versa. It's a marathon- remember to come out of the gates strong but grad school is not a sprint, it's a marathon, approach it that way.

-Conor Yeomans, second year master's student, Clinical Mental Health & Addictions Counseling

You're here for a reason. Be kind to yourself as you grow through this process. While this a collaborative community, this is your journey, don't be afraid to stay on your own path. And if you need help, ask!

-Aiesha Lee, second year doctoral student, Counselor Education and Supervision

Thank you!

Thank you to everyone who contributed articles to the first issue of the W&M Counseling Chronicle!

The Counseling Chronicle is student-run by members of William & Mary's Omega Mu chapter of Chi Sigma Iota. If you would like to contribute to the 2020-2021 editions, please go to education.wm.edu/currentstudents/studorgs/csi/newsletters to complete the form, or email chisigmaiota@email.wm.edu for more information.

Newsletter Editorial Team

Briana Sinden
Stephen Barlow
Aiesha Lee
Allison Dukes
Patrick R. Mullen

HAVE A GREAT FALL SEMESTER!