

The William & Mary Counseling Chronicle

Keeping you connected to your counseling program.

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The 2022 Fall semester was filled with many beautiful moments, beginning at the very first moment the first-year students entered the School of Education to embark on their clinical journey all the way to the program-wide night out at the movie theater. Witnessing the growth of relationships between cohort members has been truly remarkable and has established unity amongst program members.

As we move into Winter Break, I hope that each of you will take the time to practice self-care, reflect on this past semester, and acknowledge the success each of you had over the last 16 weeks. And, like Vince Lombardi once said, "Perfection is not attainable. But if we chase perfection, we can catch excellence." To all my colleagues in the W&M program, I am proud of you and I am so appreciative of the memories we have shared together. I look forward to the Spring 2023 semester, and I look forward to the continued growth we will encounter together.

Best Regards,

Omega Mu President Rebecca Dougherty

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"OUR FALLEN HERO 5K"

By: *Rebecca Dougherty*

PFC Aaron
Toppin



*September 28th,
1994 - June 9th
2014*



On September 25th, 2022, the Omega Mu chapter of Chi Sigma Iota (CSI), The Graduate Education Association (GEA), and The Office of Student Veteran Engagement (OSVE) collaborated to host the “Our Fallen Hero 5K Event” at the School of Education’s courtyard. This event was established in honor of PFC Aaron Toppin, a U.S. Army service member that made the ultimate sacrifice for his country, losing his life during a joint operation of Afghan and NATO forces in the Arghandab District of southern Zabul province. Moreover, this story has a special connection to the counseling program: Dr. Burgin, the Military and Veterans program coordinator, and her husband have personal ties to the Toppin family. Therefore, this personal connection influenced CSI, GEA, and OSVE to collaborate to honor PFC Toppin, his family, and their newly established scholarship specifically for Veterans enrolled in the MVC program. The first group of scholarship recipients includes second-year MVC students Anna Carpenter, Kedeisha Dougherty, and Franklin “Ben” Benabise.

On the day of the event, we honored PFC Aaron Toppin and the scholarship recipients, and congratulated our top five runners in the event. We hope this event will continue to grow in the years to come and are proud to have the opportunity to host such a memorable event at the SOE.

From the CSI Executive Board, thank you to everyone who came out to support this event, and thank you for providing the space to honor PFC Aaron Toppin and other veterans that have served our country.

ONLINE STUDENT SPOTLIGHT

BY: LEIGH ANNE WOODSIDE AND JESSICA CANALES



Sasha Kusno (she/her) '24

Clinical Mental Health Counseling

Sasha Kusno, a clinical mental health counseling online student, goes above and beyond in service to the community through her work as a facilitator in the child sexual abuse prevention organization Darkness to Light. The Darkness to Light organization offers Stewards of Children training, which teaches adults how to prevent, recognize, and react responsibly to child sexual abuse. Sasha is a facilitator who provides grant-supported trainings at no cost to participants in Williamsburg and surrounding communities. As mandatory reporters, mental health professionals and teachers should be attuned to the signs of grooming behavior and sexual abuse. Using the first-hand accounts of survivors and interactive dialogue in the workshop, this introduction will equip you to act if this arises in your personal or professional life. Be on the lookout for information regarding a virtual presentation from Sasha this spring.



Will Daddario, Ph.D. (he/him) '23

Clinical Mental Health Counseling/Military and Veterans Counseling

When asked why he wants to be a counselor, Will shared: “I come to counseling from a career in academia where I hold a Ph.D. in Theatre Historiography. With one foot in that field, I continue publishing books and articles. I have recently completed two major book projects. The first is *Pitch and Revelation*, the first book-length study of the poetry, prose, and dramatic literature of the African American poet Jay Wright (1934–)... The second book project is a 3-volume set dedicated primarily to the previously unpublished plays of Wright...”

In addition to this work, I'm also a lead administrator of the international research network Performance Philosophy, as well as an editor of the group's book series (which contains over 20 titles) and the online, peer-reviewed journal.

Closer to mental health counseling, I am a grief worker through Inviting Abundance, a business I started with my wife in Asheville, NC. We facilitate online workshops and classes. You can learn more at invitingabundance.net.”

- NEW BOOK: *Pitch and Revelation*
- Editor, *Performance Philosophy Journal*
- Editor, *Performance Philosophy Book Series*
- Grief Worker and Educator, Inviting Abundance



Gwen La Belle (she/her) '23

Clinical Mental Health Counseling/Military and Veterans Counseling

When asked about her passion for social justice, Gwen shared that she "applied to become a Social Justice and Diversity Graduate Research Fellow because I aspire to increase awareness, inclusivity, and accessibility to appropriate services, resources, and support and to establish alliances that amplify the voices of misunderstood and underserved populations. I also desire to understand the needs of historically minoritized and marginalized individuals and groups to increase responsive and equitable care and enrich my transformative research competencies through interpersonal relationships in diverse communities. Currently, one of my research partners and peer, Miyah Ford (School Counseling 23), and I are in the process of preparing a manuscript with other Fellows under the guidance of our faculty advisor, Dr. Janise Parker. Earlier this year, our research team gathered and interpreted qualitative data from undergraduate mentors about their experiences as facilitators of STEM campers' progress in identifying their strengths, reflecting on their values, setting goals, and building confidence through the DREAM Program, a social-emotional curriculum focused on developing these skills. This Social Justice and Diversity Graduate Research Fellowship has provided me the opportunity to collaborate with interdisciplinary master's and doctoral students, engage in invigorating conversations, and receive mentorship from faculty as experts in their respective fields. Through this experience, I am broadening my worldview, making meaningful connections with like-minded individuals in pursuit of a common goal, and learning to apply analytic skills developed in social justice research to advance equity through advocacy—competencies I intend to infuse into my future practice as a Clinical Mental Health Counselor and community stakeholder."

Doctoral Student Accolades

This semester, our doctoral students and candidates made some waves in Counselor Education. Please join us in celebrating them!

Jennifer Niles, Ph.D '23

Past-co-chair of Professional Development Jenny Niles represented William & Mary through the grants and awards (yes, plural!) she received. This year, Jenny received the Association for Creativity in Counseling Graduate Research Grant to fund her dissertation, titled, "Measuring the Impact of a School-Based Contemplative Practice for Adolescents." Additionally, Niles was the recipient of the Association for Assessment of Research in Counseling's (AARC) Doctoral Level Exemplary Research & Assessment Award (received on 9/10/2022) and of the Southern Association for Counselor Education and Supervision's (SACES) Outstanding Doctoral Student Award (received on 11/5/2022). Way to go Jenny!

Aishwarya Nambiar, Ph.D '23

Past doctoral-faculty liaison Aishwarya Nambiar also represented William & Mary at the SACES Conference in November! She was the recipient of the 2022 SACES Research and Best Practice Grant, which was awarded at the November Conference in Baltimore. Way to go Aishwarya!

Allison Fears, Ph.D '24

Allison Fears also had a busy fall this year. Fears presented at numerous conferences this semester: she participated in the Graduate Student 3-Minute Thesis event at the SACES Conference in November; presented her educational session titled, "Understanding the Experience of the Rural School Counselor: An Ecological Approach" at the Virginia Counselors' Association (VCA) Conference in November; and presented an additional presentation titled, "Reimagining MTSS: A Trauma-Informed Approach to Supporting Students Post-Pandemic" at the Virginia Mental Health in Schools Conference in August. As if that weren't enough, Fears also recently celebrated the publication of her solo-authored article titled, "Supervision for Rural School Counselors" in the Fall 2022 SACES Newsletter. Keep up the good work Fears, and good luck with prepping for comps!

Jonathan Adams, Ph.D '25

First-year doctoral student Jonathan Adams came out of the gate running this fall! Adams co-presented at the Virginia School Counselors Association (VSCA) an educational session titled, "Mindful Career Exploration: The Application of Contemplative Practice to K-12 and College Career Development" with Jennifer Niles in October. Additionally, Adams was the lead presenter on an educational session with Niles at VCA titled, "Mindfulness-Based Career Interventions for K-12 and College Students." Keep up the great work, Jonathan!

Fall 2022 Professional Development Grant Recipients

By: Thomas Carter



We wanted to take the time to congratulate the following CSI-Omega Mu Professional Development grant recipients!

- *Zaria Hardy*-grant for the European Branch of the American Counseling Association (EB-ACA) 63rd Annual Conference in Athens, Greece
- *Tamika Jackson*-grant for the European Branch of the American Counseling Association (EB-ACA) 63rd Annual Conference in Athens, Greece
- *Allison Fears*-grant for Southern Association for Counselor Education and Supervision (SACES)
- *Jenny Niles*-Doctoral Level Exemplary Research and Assessment Award

*** Please reach out to the CSI president for an application to apply for the Omega Mu Spring professional development grants at rldougherty@wm.edu.

Mentor-Mentee Events from 2022

By: Brett Bracy

On September 20th, participants in the counseling cohort's Mentor/Mentee program got together in the courtyard at the School of Education to meet one another, play lawn games, and snack on refreshments, including cookies donated by our new neighbors at Midtown Row, Insomnia Cookies. The event was the perfect opportunity for first-year students to spend quality time with their classmates and future colleagues, as well as bond with the second-year students and their recently paired mentors.



In November, for our first community event of the year, CSI rented a theater at Movie Tavern in Williamsburg for a private screening of DC's *Black Adam*. With the semester well underway, classmates took some time to practice self-care by kicking back and relaxing with their colleagues outside of the SOE. What better way to take off some of the pressure of counseling than to watch The Rock save the day?

Play Therapy with Dr. Burgin

By: Diamond Torres

With a high demand for Play Therapy by parents and professional referrals, on November 14, Dr. Elizabeth Burgin, a Certified Child-Centered Play Therapy Supervisor and 2022 Recipient of the Association for Play Therapy's (APT) Research Award, led a hybrid session for graduate students. Dr. Burgin is a William & Mary Professor and the Military and Veterans Counseling Program Coordinator. Play therapists are counselors, social workers, psychologists, and psychiatrists. Graduate students from in-person and online programs attended this anticipated hybrid Counselor Chat speaker series. A couple of local licensed counselors also attended the session to learn more about play therapy as the demand increases.

Students interested in attaining their certification for play therapy are encouraged/can attend training facilitated by the APT or Center for Play Therapy (CPT). Currently, CPT offers four certifications: Certified Child-Centered Play Therapist, Certified Child-Centered Play Therapist-Supervisor, Certified Child-Parent Relationship Therapist, and Certified Child-Parent Relationship Therapist Supervisor. CPT is in the process of collaborating with teachers for classroom management through the lens of play therapy.

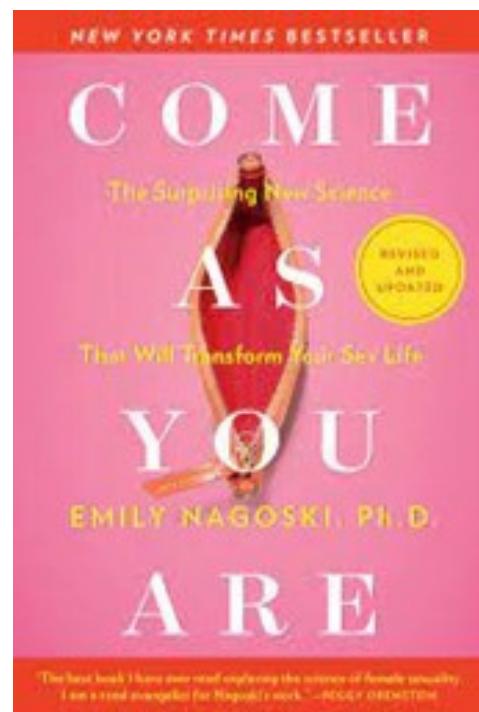
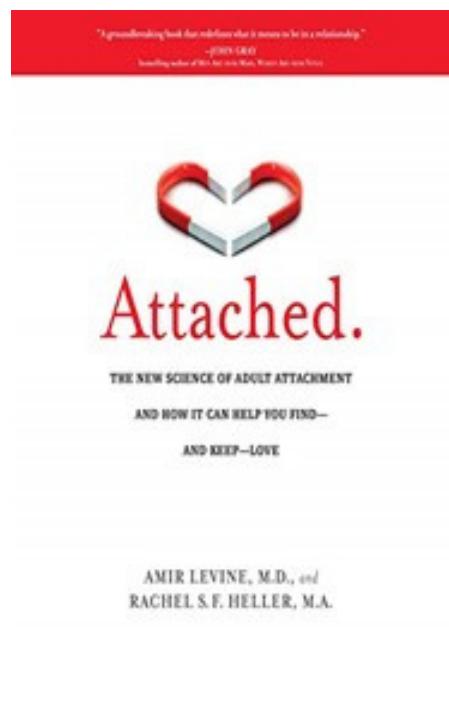
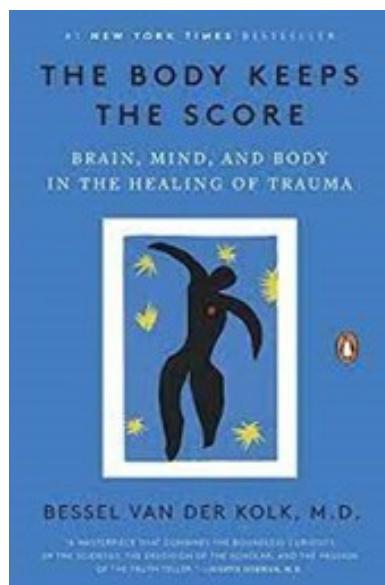
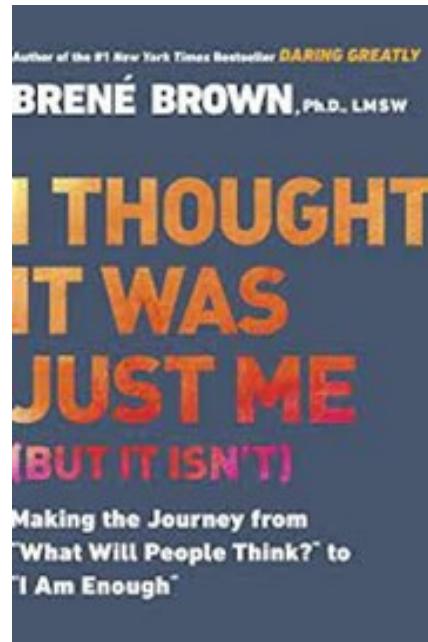
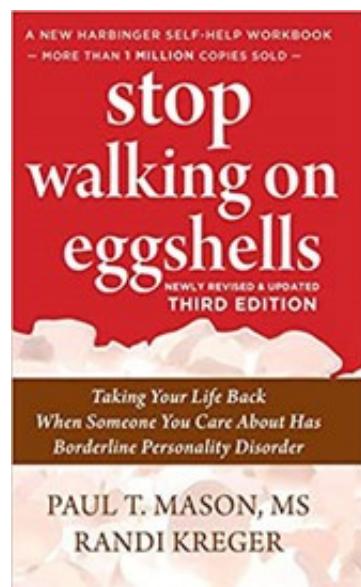
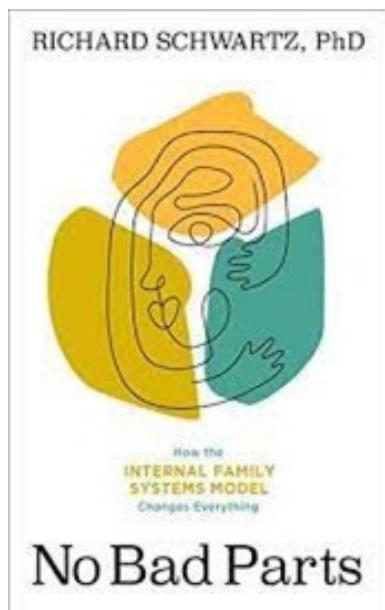
Upcoming CSI Professional Development

Keep an eye out for the following events this upcoming Spring semester! More to come from our Counselor Chats speaker series. Dr. Bianca Augustine, a Clinical Assistant Professor with a background in Racialized & Intergenerational Trauma, Sex and Sexuality Counseling, Counseling Individuals of Affectional and Gender-Expansive Identities, and more, will be the first in our speaker series to kick off the new year. We will hear more from our William & Mary Counseling Faculty throughout the upcoming semester. Be on the lookout for the following events!

- Networking Mixer with Doctoral Students
- Counselor Chats: Counseling Sexology
- Sex Education and Adolescents
- Speed Networking
- VACES 2023 President's Reception
- Counselor Chats: LPC Panel

Mental Health Must Haves: *Books Clinicians should have on their bookshelf*

By: Zaria Hardy



Always Use Your Resources!

Diversity Equity and Inclusion Resources

By: Diamond Torres

Books that Address Diversity



- Black Fatigue: How Racism Erodes the Mind, Body, and Spirit by Mary-Frances Winters
- Valley of Shadows by Rudy Ruiz
- I Take My Coffee Black: Reflections on Tupac, Musical Theater, Faith, and Being Black in America by Tyler Merrit
- For Brown Girls with Sharp Edges and Tender Hearts: A Love Letter to Women of Color by Prisca Dorcas Mojica Rodríguez



Podcasts that Address Diversity

- NPR: Code Switch Podcast
- Latinatolina.com
- The Fearless Mujer with Micaela Deegan
- Heroine - Episode: Healing Intergenerational Trauma Through Story with Mary H.K. Choi



Always Use Your Resources!

Diversity Equity and Inclusion Resources

By: Diamond Torres



Diversity Training.

- Diversity in the Therapy Room (Recording) by Dr. Meag-gan O'Reilly



Websites

- TheSteveFund.org - Youth of Color Resource
- The Trevor Project - LGBTQ Youth Resource
- Glaad.org - LGBTQIA Resource Listing
- TheSafeZoneProject.com - LGBTQIA Resource Listing
- AmericanSocietyHispanicPsychiatry.com
- NAMI.org -Compartiendo-Esperanza-Mental-Wellness-in-the-Latinx-Communitymhanational.org
- Latinxtherapy.com
- Cultureamp.com - Microaggressions at work: Recognizing & overcoming our biases



Omega Mu Event Photos!

Thank you to everyone who was able to participate! Follow our social media accounts for news regarding spring events!



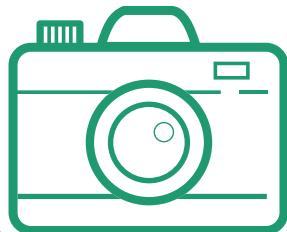
Fall 2022!



5K Top 5!



Orientation Day!



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FIND US ON FACEBOOK
@OMEGAMUCSI
AND INSTAGRAM
@WMCOUNSELINGPROGRAM
EDUCATION.WM.EDU/CURRENTS
TUDENTS/STUDORG/CSI/

Thank you!

Thank you to everyone who contributed articles
to the second 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 2022-2023 editions or join the newsletter committee, please email chisigmaiota@email.wm.edu for more information.

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