

The William & Mary Counseling Chronicle

Keeping you connected to your counseling program.

In This Issue

**Counselor Chats:
Sexology**

**VACES Presidential
Reception &
Conference**

**Stewards of
Children Training**

**Chi Sigma New
Members Initiation**

Graduate Spotlights

Board Farewell

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education.wm.edu/currentstudents/studorgs/csi/



The end of the 2023 spring semester is here! This semester was filled with many firsts for our program, such as hosting VACES and the Presidential Reception! Also, I am so proud of Drs. Patrick Mullen and Allison Dukes for being recognized for their work in the honor society by receiving the 2023 Outstanding Faculty Advisor and Doctoral Student CSI International Awards, respectively. While the Spring Semester went by quickly (for some, not quick enough!) I would also like to say that I am proud of each of you for making it this far. You all have put in so much time and effort and it's clearly shown in the way each of you show up at the SOE. Your dedication to meet your dreams and goals you have set for yourself is apparent and I admire each and every one of you for it. Keep the energy, motivation, and dedication up! Do not let anyone or anything stop you from meeting your goals and your dreams in life. You can do it, and you will accomplish all the dreams you have for yourself. And, do not let anyone tell you otherwise. Like the great alumnus Mike Tomlin '95, current head coach of the Pittsburgh Steelers, once said, "You continue to dream the wild dreams that you dream when you were young."

It has been a pleasure to serve as the President of the Omega Mu Chapter of Chi Sigma Iota here at William & Mary, and I wish each of you the best of luck.

Best Regards,

Omega Mu President Rebecca Dougherty

Counselor Chats: Sexology

February 28, 2023

By: Diamond Torres

Over 30 students from William & Mary's counseling program joined Dr. Bianca Augustine, W&M's Clinical Assistant Professor, on Zoom for a virtual workshop on sexology and exploring cultural and contextual influences in sexuality and sexual abuse & assault. The word "sexology" is often misused or mistaken for "sex therapy;" however, specializing in human sexuality does not equate to being a sex therapist which requires additional training and a Sex Therapist Certification from the American Association of Sexuality Educators, Counselors, and Therapists (AASECT). More information on requirements can be found at aasect.org.

Fostering Sex Positivity

Fostering sex positivity is based on a number of factors from an individual's past intimate relationships, social context, sexual identity, and emotional and mental health. This all comes together to form the client's conceptualization impacting the growth and development of one's sense of sexuality. To create a safe space that is sex-positive for clients, counselors should avoid language that is stigmatizing. For example, describing someone who does not have an STI as "clean" implies that if they do have an STI then they're "dirty." Reframing the question to ask if they have recently been tested for an STI puts a positive focus on STI testing that avoids shame and guilt.

Sexual Abuse and Assault

Counselors do not determine what sexual assault is for a client nor do counselors focus on the legal definition. The client determines what sexual assault is for them. If a client informs their counselor, they experienced a sexual assault or felt sexually violated, then the counselor will process this with their client, as a sexual assault trauma. Counselors will want to avoid asking the client questions on what could have been done differently while their intentions may be to focus on the locus of control, these questions add guilt and shame implying they may have caused the assault. Treatment modalities and interventions include fostering a support system, adaptive coping, family & relational counseling, avoiding romanticizing the assault, EMDR, narrative therapy, ACT, and the use of empowering and non-stigmatizing language



Dr. Bianca Augustine

RAINN
National Sexual Assault Hotline

800.656.HOPE
online.rainn.org
Free, Confidential, 24/7.

VACES Presidential Reception March 17th, 2023

By: Diamond Torres

In collaboration with the VACES Leadership Committee, the executive board for William & Mary's Chi Sigma Iota Omega Mu Chapter hosted the President's Reception on Friday, March 17th, 2023 at the McLeod Tyler Wellness Center. Students and faculty from all over Virginia gathered for a night of networking with professionals, counselors, and students across Virginia. Faculty and students mingled with light refreshments, games and prizes, and the opportunity to create their own business cards along with their professional headshots taken and shared with them.



VACES Conference

March 18th, 2023

By: Rebecca Dougherty

The Virginia Association for Counselor Education and Supervision held their Graduate Student conference here at The School of Education on March 18th, 2023. Attendees traveled from across Virginia, representing schools such as Old Dominion University, Liberty University, and Hampton University, to our beautiful campus to share their clinical interests with others. Further, our counseling program had many of our own students present at the conference! Listed below are the names and presentations of our current students that were selected to present at the conference:

Allison Fears

Preparing Rural Counselors: A Call for Change in Counselor Education
How are we going to make this work?: Rural School Counseling Post-Pandemic

Stefan Vasic

An Introduction to Moral Injury

Corde Mailman and Anna Carpenter

Spirituality and Mental Health in the U.S. Military: Implications for Counselors

Madison Gant

Veterans and the Justice System: Implications for Counselors

Rachel Mizrahi

The School Counselor's Role in Implementing a Preventative MTSS Model to Address Eating Disorders

Zaria Hardy, Shontell White & Tamika Jackson

Playing the Game: Navigating Counselor Education as a Person of Color

Mazie Doss

Unique Collaborations between Rural Virginian School Counselors and Community Partners

Young Kim

ADVOCATE: An Inpatient Hospital Counselor's Professional Identity

Shontell White

How School Counselors Can Utilize Womanist Principles to Support Black Adolescent Girls in Schools

Sasha Kusno

Peripartum Depression: Partnering with Pediatricians and OB/GYN Providers

Kayla Burton

Inequitable Healthcare: Exploring the Impact Underrepresented Racial and Ethnic Minority Clients

Pedro Alicea & Kord Basnight

Training Mental Health Counselors to Serve the Military/Veteran Associated Population

Darkness to Light: Stewards of Children Training

Hosted by Child Development Resources on April 15, 2023

By: Rebecca Dougherty

On April 15th and May 6th, W&M Counseling Students were invited to participate in a grant-funded training called “Darkness to Light: Stewards of Children.” The purpose of this training was to enhance our clinical skills to efficiently recognize signs of CSA in what our clients report.

Per the “Darkness of Light” website, they note that “1 in 10 children will experience sexual abuse before their 18th birthday. This creates a cascade of consequences, including mental health concerns.” Further, the “Darkness to Light Website” describes the training as follows: “Stewards of Children® uses real people and real stories to show you how to protect children. The framework of the training is built off the foundation of The 5 Steps to Protecting Children™. You’ll meet survivors who lived through child sexual abuse, experienced its immediate and long-term effects, and ultimately were able to find healing. You’ll meet experts who work with children and families, and confront abuse on a daily basis. Many of these survivors and experts are also parents themselves.”

The 2022-2023 Omega Mu Executive Board were pleased to host and collaborate with two facilitators, Sasha Kusno, and Nick Corsi. Sasha is currently an Online Clinical Mental Health Counseling student at W&M and Nick is a parent educator at Child Development Resources (CDR), a Williamsburg-based non-profit organization that supports families by providing early intervention services. With their dedication and knowledge, this training was a huge success! Each participant was awarded a certificate upon completion and are now able to seek out additional training to become a “Stewards of Children” facilitator.

The Omega Mu Chapter of Chi Sigma Iota would like to say thank you to all the organizations that made this training possible!

The W&M
Online Student
Ambassadors



GRADUATING STUDENTS SPOTLIGHT

Congrats to the class of 2023!

By: Rebecca Dougherty



Mabel Amara, She/Hers **Couples, Marriage, & Family Counseling**

My plan after graduation is to start completing my hours toward residency at a site in Northern Virginia. I would like to get a variety of experiences (sites and populations) before settling down on a counseling niche. I appreciate my time in the program for teaching me how to embrace myself wholly. I will continue to challenge myself to expand my empathy and advocate for holistic wellness and social justice.

Vicky Tatiana Arriola, She/Her/Hers **Clinical Mental Health Counseling**

Post graduation I plan to focus on learning as much as I can as I begin my career as a Resident in Counseling. I hope to specialize in trauma and working with Latin* and college-aged populations. Since being in this program I discovered that my thirst for knowledge is unquenchable. There is always room for edification, and I will continue to be in search of more. I learned the importance of holding space, connection, and inner work. To show up as our best selves we must be willing to look inward and I hope to continue to grow as an individual so I can succeed as a professional.



Syd Benedick, She/Hers **Clinical Mental Health and Addictions Counseling**

After graduation, I am moving to Richmond, VA to pursue a resident in counseling position. I will take with me a few important lessons that I have learned through my clinical experience thus far: Just be you; authenticity is important. Hope is both learned and contagious. Building trust takes time and this work is hard, but keep showing up. And make your support unconditional.



Jackie Korotiy, She/Hers **Clinical Mental Health & Military and Veterans Counseling**

After graduation I will be working at Sevita, a health care agency located in the Boston, MA area, as a Mental Health Therapist. One major takeaway from this program is the value of open-mindedness. In this field, it is so important to be open to new perspectives, interventions, populations, etc. as it will contribute to your development as a counselor and an individual, and instill a sense of confidence in your career interests.



GRADUATING STUDENTS SPOTLIGHT

Congrats to the class of 2023!

Continued from page 6



Isabella Young She/Her/Hers School Counseling

Hi! I am very excited and proud to be graduating. Beginning in the Fall I will be an elementary school counselor at a school in Fairfax County and I look forward to starting my career. One of my major takeaways from this program is that caring for myself is essential, and to me, self-care looks like doing pilates, reading, and seeing \$5 movies on Tuesdays. Although I am new to the field of school counseling, I can tell it is a very rewarding profession and caring for myself will always benefit my school and students.

Autum Nemes, She/Her/Hers

Clinical Mental Health Counseling & Military and Veterans-Online

The CMHC program allowed me to take all of the aspects that I loved from being in the military, such as working with others, teamwork, and problem solving, and transform them into a career that I am passionate and excited about. It feels like such an honor to be a collaborator in someone else's journey toward growth and healing. While this graduate program has been an incredibly informative experience, I do not plan on stopping here! I look forward to being a lifelong learner and building my skillset to better serve my clients.



Daiana Banales-Dorman, She/Her/Hers School Counseling-Online

As a passionate advocate for student success, Daiana is currently interviewing for a position as a high school counselor in Northern Virginia. Her dedication to helping students create and prepare their post-secondary plans is matched only by her commitment to supporting and fostering the dreams and ambitions of immigrant and migrant students. As she looks ahead to the next chapter in her career, Daiana remains committed to making a positive impact in the lives of students. Her passion, dedication, and hard work serve as a testament to the transformative power of education and the incredible potential of those who pursue it.



Congratulations to our new and soon-to-be doctors in Counselor Education!

Dr. Philippa Chin, LPC, LMFT, NCC (she/her)

Dr. Chin was involved in several service and leadership opportunities as a doctoral student. As a Holmes Scholar, she took part in the American Association of Colleges for Teacher Education (AACTE) Preconference in New Orleans (2022) and Indianapolis (2023), as well as the AACTE Summer Institute in Washington D.C (2022). Those events gave her the opportunity to be around like-minded educators in training, who understood the unique challenges experienced by students from marginalized backgrounds. The events provided training, resources, and networking opportunities that Dr. Chin stated, “fed [her] soul”. Her dissertation is titled a “Qualitative Investigation into Ethnic and Racial Identity Development of Counseling Students”. One major takeaway for Philippa from the last three years is to “find those who will support you; let go of those who do not”. After graduation, whatever Philippa ends up doing, she plans to prioritize her husband, children, and her personal wellness.



soon-to-be **Dr. Mary Kate Curry, NCC (they/she)**

MK is really grateful for the opportunity to supervise master’s level students during their practicum and internships, as it shaped their focus and interest in their future work as a counselor educator. "I had not really experienced meaningful or engaged supervision in the past, and the chance to grow a supervisory identity is something I cherish." Their dissertation is focusing on looking at the mental health of counseling graduate students, particularly the experiences of students with mental illness. One major takeaway has been: "It is not a race. Take your time if you need it. Those things you believe about the 'right' or 'only' way to do something limits all the other incredible ways you could do something." Future plans after May are... "Hanging with my babies this summer, finishing my dissertation in Fall 2023."



Dr. Allison Dukes, NCC (she/her)

When asked about the most influential experience at W&M, Allison described community partnerships. "During and after the pandemic, we had to figure out how to resume services that had to pause due to COVID. It taught me a lot about the need for advocacy within counseling and helped shape my counselor identity." Dr. Dukes' favorite experiences include connecting with students within the clinic and classroom, getting involved in the Omega Mu chapter of Chi Sigma Iota, and serving *Counselor Education and Supervision* as Editorial Assistant. Her dissertation, "The Effect of a Positive Story Intervention on Positivity, Stress, Hope, and Trauma Symptomatology: A Longitudinal Randomized Controlled Trial," examined the implementation of StoryCorps with college students in the US. Dr. Dukes will be joining St. Joseph's University in Philadelphia as an Assistant Professor this fall.



Congrats to our new and soon-to-be doctors!

(continued)

Dr. Aishwarya Nambiar, NCC (she/her)

There were a number of opportunities that were influential for Dr. Nambiar, but the one that stands out the most for her was supervising Master's-level students during her 1st and 2nd years as a doctoral student. "To be able to see them grow and build their counselor identity was truly rewarding and made me realize how much I enjoy being in the supervisory role." Her dissertation focused on colorism and how it impacts the mental health and well-being of South Asian women. "Doing research on a topic I feel passionate about and bringing awareness to a population that is under-researched in the field is something I am extremely proud of. The biggest takeaway for me is mentorship and how more than anything in this career, it plays a pivotal role in shaping the experiences you have and your identity as a counselor educator." After graduating in May, she plans to pursue clinical work and part-time teaching.



Dr. Jennifer Niles, NCC, NCSC (she/her)

When asked about the most influential experience of her training, Dr. Niles said, "the opportunity to work closely with school counseling students was incredibly influential to my emerging identity as a school counselor educator. It was such an honor to witness students' counselor identities unfold." Her dissertation, titled "Measuring the Impact of a School-Based Contemplative Practice with Adolescents," asked middle and high school students in an alternative education setting to practice a loving-kindness intervention daily for four weeks. Dr. Niles is most appreciative of the mentoring she received over the past three years, particularly from Dr. Patrick Mullen. "I aspire to serve my future master's and doctoral students in the way Dr. Mullen has served our community. I'm also grateful for the close connections I've made with faculty and fellow students, and know I'll carry those connections with me well into the future." Dr. Niles will be joining UNC-Greensboro as an Assistant Professor with a specialization in school counseling.



The 2023 doctoral cohort had the unique experience of starting their studies during the peak of the pandemic, spending the first year exclusively online.

Nearly three years later, we are proud to celebrate their well-earned accomplishments and ambitions.

Congratulations, docs!

Chi Sigma Iota International Honor Society Award Recipients



*Outstanding
Chapter Faculty
Advisor 2023
Dr. Patrick R.
Mullen*



Patrick Mullen and Allison Dukes



*Back Row: Rebecca Dougherty, Thomas Carter, Diamond
Torres, Zaria Hardy
Front Row: Allison Dukes, Dr. Patrick Mullen,
Dr. Spencer Niles*



*Outstanding
Doctoral
Student 2023
Allison Dukes*

Congrats to the new Members of the Omega Mu Chapter!



*New Member Initiation Ceremony
April 10th, 2023*



*Thank you to Drs. Mullen & Niles
for guest speaking at both initiation
ceremonies!*

Photo Dump!



*Congratulations to the
2023-2024
Omega Mu Executive Board!*

President:

Sentra Snowden-Gregg

Vice Presidents of Professional

Development:

Sasha Kusno

&

Michelle Los Arcos

Vice President of Community

Engagement:

Maize Doss

Secretary:

Kayla Burton

Treasurer:

Dhayla Wright

Historian:

Madeline Tanouye

Online Liaisons:

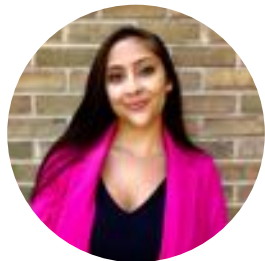
Natasha Backman & Josh Belcher

Doctoral-Faculty Liaison:

Young Kwon Kim

Farewell From the 2022-2023 Executive Board!

We asked our board members to share their final thoughts with the W&M Counseling Community



Rebecca Dougherty, President

It was truly an honor to serve as the President of the Omega Mu Chapter of Chi Sigma Iota. I will cherish this experience for the rest of my life and appreciate the opportunity to watch each of you grow into the clinicians you are today. Please reach out to me if you EVER need anything. I am here for you!



Diamond Torres, VP of Professional Development

“Always remember that you are braver than you believe, stronger than you seem, smarter than you think, and loved more than you know.”

-A. A Milne (Robin, Winnie Pooh)



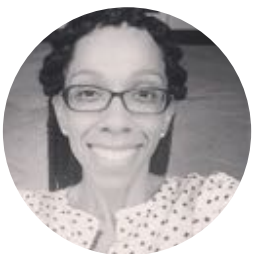
Brett Bracy, VP of Community Engagement

What a ride! Thanks to everyone for this experience - I've learned so much from each and every one of you. To my classmates and future colleagues, I look forward to working alongside you all as future counselors!



Zaria Hardy, Secretary

Thank you for the opportunity to serve as this board's secretary; It has been a pleasure. I wish everyone great success in their future endeavors.



Talia Coleman-Chatman, Historian

“You are where you are today because you stood on somebody’s shoulders. And wherever you are heading, you cannot get there by yourself. If you stand on the shoulders of others, you have a reciprocal responsibility to live your life so that others may stand on your shoulders. It’s the quid pro quo of life. We exist temporarily through what we take, but we live forever through what we give.”

-Vernon Jordan



Thomas Griffin Carter, Treasurer.

We wish only the best to our next CSI executive board and the community of W&M! It was an honor and pleasure to work for both the CSI and W&M communities:)

Farewell From the 2022-2023 Executive Board!

Continued from page 13

Jessica Canales, Online Liaison

It has been a pleasure serving the 2022-2023 CSI Executive Board and working along side the rest of the board! Congrats to 2023 Graduates!!!

"You are not lucky to be here. The world needs your perspective. They are lucky to have you."

— Antonio Tijerino



Leigh Anne Woodside, Online Liaison

It's been a great privilege to work with CSI this year, and I extend my heartfelt congratulations to all the upcoming graduates. As you embark on the next chapter of your career, I encourage you to have confidence in the significant impact you will make on your future clients and students. I wish you all the best in your future endeavors.



Allison Dukes, Doctoral-Faculty Liaison

What a busy year! It has been a privilege to work alongside the 2022-2023 CSI Executive Board. Good luck to the rest of the 2023 graduates, and best wishes to the incoming and continuing students. The road to becoming a counselor is a challenging yet rewarding time; (try to) have fun and enjoy the process!



Dr. Spencer G. Niles, Chapter Faculty Advisor

Approach your learning with humility and with the understanding that you can learn from everyone around you if you are open to it. And remember that you can take your work seriously and still have fun doing it.



Dr. Patrick R. Mullen, Chapter Faculty Advisor

"You miss 100% of the shots you don't take."

—Wayne Gretsky

—Michael Scott

-Patrick Mullen



Flanagan Counselor Education Clinic: *Thank you, Philippa & Tamika!*

Since Spring 2022, the students and faculty have navigated the clinic through significant transitions, including the shift in director leadership and the merging of the New Horizons and New Leaf Clinics into the Flanagan Counselor Education Clinic (FCEC). Two students in particular, second-year doctoral student Tamika Jackson (*pictured left*) and graduating student Philippa Chin (*pictured right*), were immense sources of support and consistency for all involved in the clinic. Dr. Patrick Mullen, who served as interim director of the FCEC in the summer and fall of 2022, said, "the crucial element in this process was the leadership of our clinic co-directors. Philippa and Tamika stepped up to help maintain the clinic's functioning, advance its operational procedures, and strengthen its services to the community. An element not as visible as the time they put into operating the clinic is their care and concern for the interns working there. Philippa and Tamika placed the interns at the forefront of their work, consistently advocating for and addressing their needs within the clinic. Overall, Philippa and Tamika have been the two most important people regarding the operation and maintenance of the clinic over the past year."



This hard work did not go unnoticed by the clinic interns this year. Mabel Amara shared, "Tamika and Philippa were critical for my success at the clinic. They supported me throughout all the crazy transitions that happened in the program. My confidence in my abilities as a counselor and any future work I do in family counseling is in large part due to them!" Lucas Bishop also added, "Tamika is one of the most intentional and kind people you will meet. She has a way of making you feel like you are the only person in the room when she asks how you are doing. Philippa was an incredible supervisor. She combined a high level of professional competence with emotional attunement, where she would give grace and help me grow at my pace. I have no doubt she will do great things for this field."

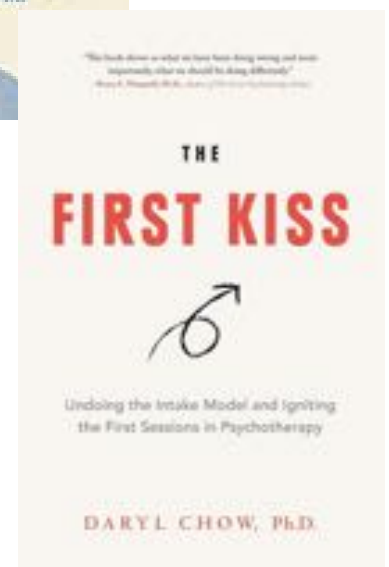
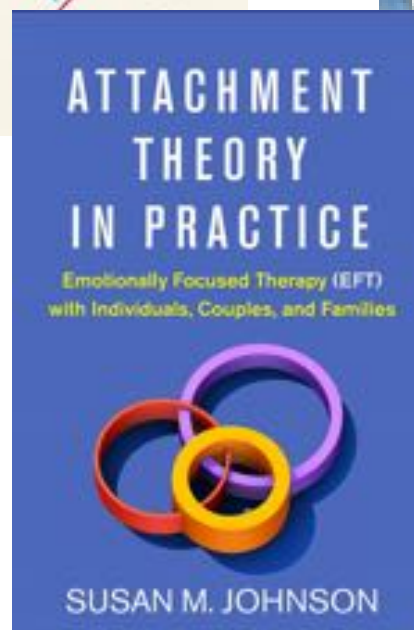
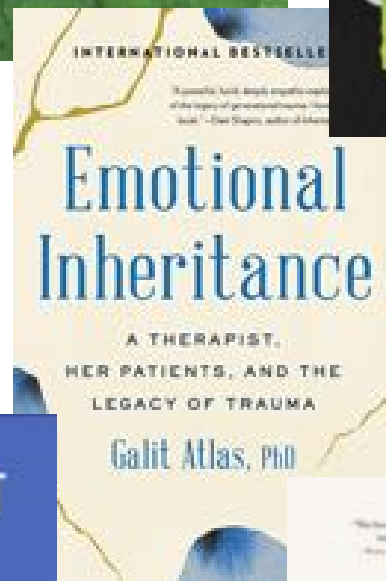
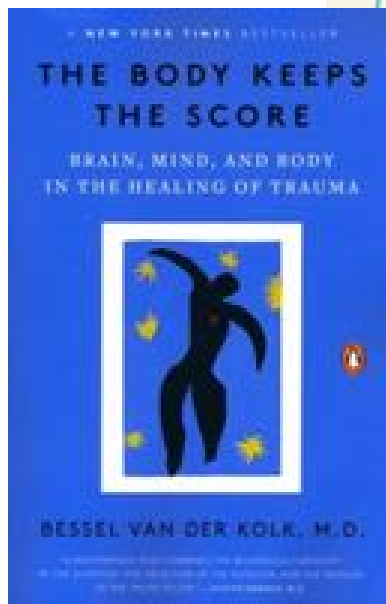
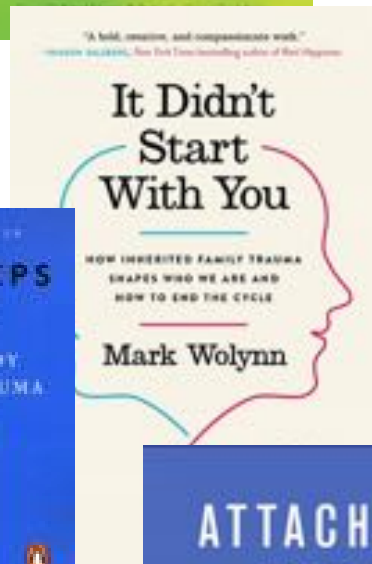
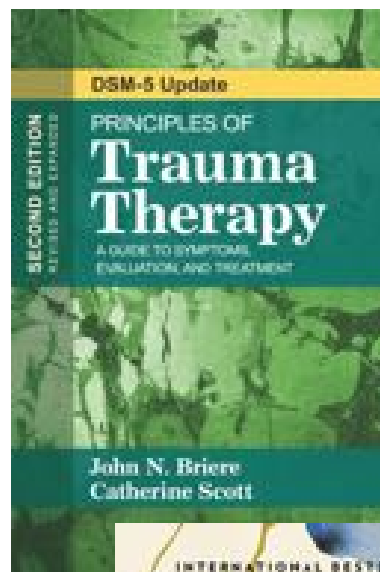
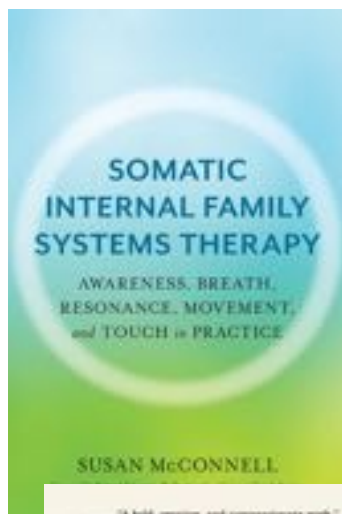
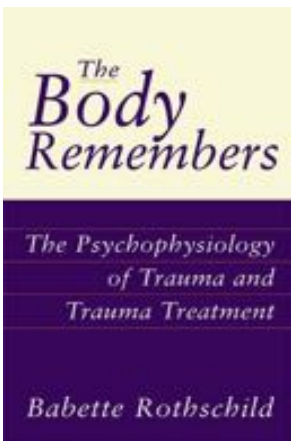
"My confidence in my abilities as a counselor and any future work I do in family counseling is in large part due to them!"

This year, the faculty also brought in more doctoral students to support the clinic's overall functioning and community outreach. MK Curry said, "Philippa and Tamika stepped into an enormously strange space, and provided a sense of stability for interns and students amidst a whole lot of change and uncertainty. Philippa and Tamika, both brilliant counselors and seasoned supervisors, made space for students to learn, grow, and be challenged in the encouraging environment that the two fostered." Shontell White added, "Tamika is such an inspiration to those around her! It's been so great to work alongside her and to witness her willingness to lead and serve in the clinic director role. Philippa, thank you for giving yourself and investing your time into all those who serve and are served within the clinic. The clinic is better because of them." Allison Dukes commented, "Philippa and Tamika managed to make the transition (from at least our perspective!) seamless. It was wonderful knowing we were all in good hands." This March, the clinic welcomed Dr. Erin Woods as its new clinic



director; she shared, "to say Philippa and Tamika have worked hard over the past year would be an understatement! Their passion for the clinic is clear, and their kindness, patience, and knowledge has been immeasurably valuable as I have stepped into this new role." **Thank you, Tamika & Philippa, for your dedication this year!** 🌸

MUST HAVE BOOKS FOR 2023



Thank you!

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

Newsletter Editorial Team

Zaria Hardy

Talia Coleman-Chatman

Rebecca Dougherty

Allison Fears

Allison Dukes

Spencer G. Niles

HAVE A GREAT SUMMER SEMESTER!