

The William & Mary Counseling Chronicle

Keeping you connected to your counseling program.

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Dear William & Mary Counseling Community,

Welcome to the third volume of the 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.

As we move into the Fall 2022 semester, we will be entering the SOE with a new cohort of students and a few new members of the faculty. We are so excited about this program's growth and are thrilled to see it thrive. With the program flourishing, it's essential to recognize the growth we experience in this community. Like author Robert Tew said, "Be patient with yourself. You are growing stronger every day. The weight of the world will become lighter...and you will begin to shine brighter. Don't give up." Good luck to each of you, and have a successful fall semester!

Best Regards,

Omega Mu President Rebecca Dougherty

From Dr. Johnston Brendel

By Dr. Brendel, Foreword by Allison Dukes



Dr. Brendel entered the William & Mary counseling community as a doctoral student in 1991 and has continued to shape the program ever since. After serving as Chapter Faculty Advisor of Omega Mu and Clinical Associate Professor, we want to thank him immensely for his service to the profession and dedication to the generations of counselors who've had the privilege of being taught by him. After 26 years as a counselor educator, we congratulate him on his (well-deserved!) retirement.



For whatever reason, I've long been fascinated with the concept and metaphor of 'roads'. Perhaps rooted in the 8th grade poem about the Road Less Traveled (Robert Frost) and continuing to the song lyric 'What a long strange trip it's been' (Grateful Dead), the idea of a path that takes someone somewhere has always spoken to me. My mother reports that at 3 years old I would stand at the dining room window watching the elderly lady next door drive out of her driveway and say "I wonder where [Mrs.] Hodges is going today". I turned 61 years old this summer and my road is changing course as I exit my 26 years as a full-time counselor educator. Here are a couple of ideas/reminders I'd like to share from my journey.

For everything there is a season... that's a favorite Bible verse and awesome song by The Byrds. Over the last couple of years when I've pondered taking early retirement, I've periodically gone to the place in my Ego that says, "But if you do, the whole thing will fall apart" (the "whole thing" equals my personal/professional identity, the counseling program, and the overall field of counselor education; having a small sense of importance has never been one of my issues ☺). The lesson I've learned (and relearned ad nauseam) is that everything has seasons. When it's right for us to step forward and answer the call, do it! And when it's time to step back, that creates a space for someone else to be able to step up. None of us are solely responsible for anything (other than ourselves) and so we share the load. When I'm strong and passionate, it's time to lead and inspire; when I'm tired and in need of respite, it's my turn to step back and let someone else engage (and ultimately grow from that experience).

There's a saying in the recovery movement that God gives us what we need on a daily basis or one day at a time. Not being very religious, I prefer the lyrics from The Rolling Stones, "You can't always get what you want But if you try sometimes, well, you just might find You get what you need" It's laughable how many hours of my life I've spent worrying under the false impression that I had any control at all in the outcome. Squandered hours, days and weekends of my life. I can (somewhat) control how I react to things, but investing my finite energy in other areas was a complete waste of time. Ultimately, it turns out the way it's supposed to and that often doesn't make sense until we see it in the rearview mirror. Better to follow the teaching of Dave Matthews: "Eat drink and be merry for tomorrow we die." Yes, I know it's from Ecclesiastes but "Tripping Billies" by DMB speaks to my life force.

From Dr. Johnston Brendel

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In 2013, I found myself bored, restless, and experiencing compassion fatigue (it's a real thing and something to watch for in our field). I took, what for me was an outrageous step, and went to Spain to walk the Camino de Santiago for five weeks (491 miles and through the Pyrenees mountains). That was five weeks of wearing the one same pair of clothes, having only what I could carry in my backpack and speaking little Spanish (though 'café con leche por favor' and 'donde esta el baño' can take a guy far). On the Camino everything is a metaphor for life. None of us know what the other person is carrying in their backpack. We get lost. We find our way. We get tired. We take a break. Just when you think you can't take another step, you do it. No matter how fast you walk, there will always be someone ahead of you and someone behind you. Everyone on the Camino (life journey) does it their own way. Sometimes you offer help and sometimes you ask for help. During the course of my walk, I ended up with an infected blister that ultimately put me in the hospital one Saturday evening, hooked up to IV meds in the room with all the patients with cancer getting their transfusions. I was very scared and even though they couldn't speak English to me, people were so very kind. I came back to the U.S. with heightened courage and a renewed appreciation for empathy. We all struggle... no one gets out alive.

"Regardless of what theoretical orientations, advanced trainings, and techniques..."

Creating a human bond with someone, offering love, kindness, and the chance to be heard, is the 'special sauce.'"

The last thing I've found to be true is that the important things in life come down to communication, connection, and love. They're interconnected and integral to the human experience. Each of us on a daily basis has the opportunity to be givers and receivers of all three. Each person we meet on the path or road is an opportunity for us to validate and affirm. And each time we make the offering to another, we ultimately receive a blessing in return. Regardless of what theoretical orientation, advanced trainings, and techniques... creating a human bond with someone, offering love, kindness, and the chance to be heard, is the "special sauce." The Dalai Lama sets his day with the daily intention that the day should be meaningful. Meaningful means to serve and help others when possible, and at the very least not to harm others.

After 26 years on the road as a counselor educator, it's time for me to hit the rest stop and then exit to a different road (animals, plants, part-time private practice). We remain fellow journeyers on the same life path. I admire and applaud you for taking this road less traveled.

Your life will be filled with all sorts of riches (regardless of what your bank balance may suggest). I wish you a Buen Camino (good journey).

Counselor Educator: 1996-2022

Counselor: 1990-forever

First Annual Summer Symposium: Serving Those Who Served.

Dr. Elizabeth Burgin

Interview by: Zaria Hardy and Rebecca Dougherty

Annual Summer Symposium

The first annual summer symposium was a two-day virtual event, occurring on June 27-28th, that featured experts, provided training seminars, and space for advocacy to improve the way we serve members of the military community in mental health, medical, and occupational settings. Dr. Burgin, the program coordinator for the Military and Veteran program here at W&M, helped establish the symposium in collaboration with the University of Central Florida (UCF) and the Center for Deployment Psychology (CDP). This conference was the first to provide a unique approach: presenters and attendees consisted of both practitioners, researchers, and the population of active-duty service members and veterans.

1ST ANNUAL SUMMER SYMPOSIUM:
SERVING THOSE WHO SERVED (4S)



June 27-28, 2022



UNIVERSITY OF
CENTRAL FLORIDA



WILLIAM & MARY
CHARTERED 1693



USU
United States University



CDP
Center for Deployment Psychology

What was the inspiration to start this annual symposium?



One of the main driving forces for Dr. Burgin starting the symposium was to encourage the military and veterans counseling students to collaborate with helping professionals in other disciplines. Dr. Burgin is passionate about creating, “a space where we’re all hearing from each other” because it “can be really helpful [for us to] be more responsive to other systems”. Her vision for the symposium also involves increasing (a) students’ access to licensed professional counselors, and (b) the networks of care for military-connected personnel. When planning this event, Dr. Burgin was also considerate of the secondary benefits: students can network with people in the field, find mentorship, and envision different career paths to pursue after graduation. Dr. Burgin seeks to break systemic barriers to mental health care in military populations, and she wants William & Mary to be a model for other institutions to follow.

First Annual Summer Symposium: Serving Those Who Served.

Dr. Elizabeth Burgin

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How did the partnership with University of Central Florida and Center for Deployment Psychology play a role in establishing the symposium?

UCF & CDP's involvement with establishing the symposium was imperative for its success. Dr. Burgin was able to work with a familiar professional from this field, Dr. Bryce Hagedorn from UCF, and expressed how his collaboration was vital to creating a successful symposium. "He can kind of see the vision, and I appreciate that, because in the work that we're doing, we're in many ways envisioning things that don't exist, and trying to find a way for it to serve the military population in a culturally responsive way. And so, Dr. Hagedorn really has been an excellent collaborator in being able to actualize some of those things." Additionally, Dr. Burgin expressed her excitement about the inclusion of CDP. As a result of increased suicide rates in military-connected people, especially service members, Dr. Burgin expressed her appreciation of the CDP collaboration; together, they were able to provide continuing education (CE) opportunities about suicide prevention, intervention, and post-intervention. Dr. Burgin believes the opportunity for CEs at the conference contributed to the overall attendance rates and helped to further the mission of the symposium. She is overjoyed to provide this CE opportunity in a specialty population that is not well represented in our profession. Dr. Burgin also appreciated the CDP's involvement because it allowed helping professionals from different disciplines to work together to accomplish a common goal of coming "together around some shared knowledge, and a foundation for what we think is working and what research is telling us, then we can move closer towards actually implementing evidence-based practice in the community."

What was Dr. Burgin's favorite part of the symposium?

Dr. Burgin's favorite part of the symposium was "really getting to communicate with a lot of the attendees and getting to see the enthusiasm people had." She expressed her excitement when she popped in and out of the breakout rooms and she saw the joy on the attendees' faces. Dr. Burgin was thrilled to be around a plethora of people who were just as invested as she was. Building relationships with the attendees was a true highlight for her. She was also excited to see familiar faces and former colleagues who also want to see this work continue.

"We still want this to be a space where members of the military community are most welcome and that their voices are being included and amplified."

What are Dr. Burgin's hopes for future symposiums?

"One of the things that I envision in the future is trying to find ways to expand the conference to have both virtual and in-person offerings, and to create opportunities for more advanced clinical learning. So we can bring in folks from nonprofit organizations who can do a three-day intensive training in Acceptance and Commitment Therapy. We can bring in some advanced practitioners to talk about some of the deeper clinical issues and provide more consultation; I think that would be incredible. And then, at the same time, kind of bounce the community's needs. We still want this to be a space where members of the military community are most welcome and that their voices are being included and amplified." ~

Introducing our new faculty members!

Welcome to W&M!

By Talia Coleman-Chatman



Dr. Bianca Augustine, Clinical Assistant Professor

What inspires you?

My greatest inspirations are my family and my community. As a first-generation college graduate, the sacrifices, hard work, and love that my family poured into me so that I could have the opportunities I've had are not lost on me. Without them, I wouldn't be me, to put it simply. Furthermore, I am passionate about paving a way for others, lifting the voices of oppressed individuals, and improving the mental health of those from oppressed identities. This is my "why."

Dr. Stephanie Dorais, Clinical Assistant Professor

If you could go back to your master's/ doctoral program and tell yourself something you wish you knew then, what would it be?

Every upcoming painful challenge in life will help you be a better counselor if you let it and when you start doing it for the publications or curriculum vitae, you've gone too far. Taka a U-turn and reroute yourself quickly.



Dr. Amber Pope, Assistant Professor

What accomplishment filled you with pride this past year?

My first publication in the Journal of Counseling & Development in which I was the first author. The article described a qualitative study exploring the training experiences of bi/multi-lingual counselors, which was a project that took over 4 years to complete. I am proud I saw the project through and was able to mentor three doctoral students (2nd-4th authors) as part of the research team.



Dr. Jaimie Stickl Haugen, Assistant Professor, Online Program

Is there a quote or saying you live your life by?

One of my favorite quotes is by Brené Brown which is a great reminder of the importance of being our authentic selves. "Daring greatly means the courage to be vulnerable. It means to show up and be seen. To ask for what you need. To talk about how you're feeling. To have the hard conversations."



CSI Board Updates



Give an Hour

This fall semester, the 2022-2023 Executive Board is excited to announce the launch of our fundraising project! **Give an Hour** is a nonprofit organization that provides no-cost counseling through a network of volunteer mental health professionals. It aims to empower the community through collaborative programs, peer support, and educational opportunities that benefit both clients and providers. This organization focuses on people impacted by military service, mass violence, the opioid epidemic, and interpersonal violence. For more information or to donate, please check out our Facebook page @omegamucsi. We aim to raise **\$2,022 by October 10th, 2022**, in honor of National Mental Health Awareness Day!



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
- Outstanding Doctoral Student
- Outstanding Practitioner

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 W&M website with the required materials. If you have any questions or concerns, please reach out to chisigmaiota@email.wm.edu

The deadline for submissions is October 21st, 2022

We are excited to announce that we are looking for current CSI members to join our newsletter team! If you are interested in contributing, editing, or reviewing the *William & Mary Counseling Chronicle*, please email chisigmaiota@email.wm.edu for more information!



Mark your Calendars!

On **September 24th**, we will be participating in the "Our Fallen Hero 5k Run/Walk." This event will be in honor of PFC Aaron Toppen and the proceeds will benefit the USO of Illinois. More information will be distributed soon!



Stay connected!

If you haven't already done so, please follow us on social media Instagram and Facebook (see page 1 for handles). There, you will find consistent updates from the board regarding upcoming events and initiatives for all W&M counseling students!



We would like to extend our best wishes to each of you at the start of this fall semester. If there is anything we can do to support your time here in this program, please feel free to reach out to us.

Thank you for being a member in the William & Mary Counseling Community!

Have a fantastic fall semester!

Rebecca Dougherty & the Executive Board

Meet your 2022-2023 Executive Board!

We asked our board members about their advice for incoming students.



Rebecca Dougherty, President

Be yourself! Your authentic self is valued, respected, and needed in this program. Additionally, remember that you all are here for a reason! So, utilize your voice, presence, and space to uplift yourselves and make your mark. And lastly, don't forget to have fun! Create friendships, professional relationships, and memories that will last a lifetime.



Shontell White, Co-Chair of Professional Development

Remain true to what makes you spark. Not everyone will get it or provide you with the support that you deserve. Instead of receiving that as a failure, it may just be time to pivot and build a support system that aligns with your interests and believes in the impact that you want to make.



Diamond Torres, Co-Chair of Professional Development

With so many changes and moving pieces, it's easy to forget the outside world and those who care about you. Write their names down and carve out time for little pick-me-ups and laughs with them!



Brett Bracy, Chair of Community Engagement

Lean into your discomforts and allow for a lot of space & grace for personal growth. Be sure to leave space for wiggle room!



Zaria Hardy, Secretary

Remember why you started! This program can be challenging. There may come a time when you question why you are here and you may even want to quit. Stay grounded in your purpose and never lose sight of the goal.



Talia Coleman-Chatman, Historian

Online students need to connect to all their professors even if that means just popping in during office hours to say hello. That's how your community will grow and through that you will be able to network with your peers.

Meet your 2022-2023 Executive Board!

Thomas Griffin Carter, Treasurer

Just be yourself, don't be afraid to ask questions, and most importantly, have fun!



Jessica Canales, Online Liaison

My advice for incoming students is to connect with other students in the program. Building a community of others is helpful because it allows us to make connections with those who are going through the same experiences and challenges as us. The community I have created within the program has reduced my stress levels and helped me to create valuable friendships.



Leigh Anne Woodside, Online Liaison

Find a rhythm that works for you. William & Mary provides many great "extra" opportunities: online webinars, Student Ambassadors, CSI, skills labs, faculty case conceptualizations, etc. Pick two or three things you want to be invested in outside of regular classes to enhance your experience, and don't worry about saying no to the rest of it! Balance is so crucial to our work as students and future counselors!



Allison Dukes, Doctoral-Faculty Liaison

Know that the program wants to support you to be the counselor and counselor educator they know you can be. While it can be easy to compare your journey to someone else's, stick to your path and know that everything in the program has a purpose. Make this experience yours, and don't be afraid to ask for help!



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



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 2022-2023 editions or join the newsletter committee, please email chisigmaiota@email.wm.edu for more information.

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Zaria Hardy

Talia Coleman-Chatman

Rebecca Dougherty

Allison Fears

Allison Dukes

Spencer G. Niles

HAVE A GREAT FALL SEMESTER!