



Clinical and Counseling Psychology & School Counseling at Lehigh Valley

Welcome!

Program Director's Statement: Professor Mark E. Kenney, M.Ed., NCC, LPC



Newsletter Theme: New beginnings in our program, in your professional journeys, and for Licensed Professional Counselors!

New Beginnings for All!

In this issue of the newsletter, we are welcoming our newest students who started the program this fall along with wishing the very best to our graduating students who will be earning their degrees at the end of the semester.

For all students, I want to share that there is a possible new opportunity for all future licensed professional counselors. At the Pennsylvania Counseling Association Annual conference last month, their Government Relations Committee shared that they are actively lobbying (and seeking others to lobby their state legislators) for a significant legislative bill called the Counseling Compact. The passage of this bill could be potentially affecting your future practice. Here is the link that explains the compact: [Counseling Compact](#). In short, if Pennsylvania joins the Counseling Compact, then one would have the opportunity to have the privilege to practice via telehealth with clients in other states with only needing to meet the licensing requirements in Pennsylvania. There are seventeen states that have already passed this legislation and the Compact Commission has been formed. So, as future licensed professional counselors, it would be a great investment to become involved with PCA and to have your voices heard in Harrisburg since this would allow for another new beginning in your future counseling work!

In the link below, I briefly explain the structures of the American Counseling Association (ACA) and the Pennsylvania Counseling

AT LEHIGH VALLEY

School of Graduate Studies

Office of Graduate Admissions

Web: www.chc.edu/graduate

Application: www.chc.edu/apply

E-mail: gradadmissions@chc.edu

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Office Hours:

Mon. 9 am - 4 pm
Thurs. 12 pm – 7 pm
--Virtually--
Tues., Wed., Fri. 9 am – 4 pm

Appointments upon request.

Program Director's Statement (continued)
Professor Mark E. Kenney, M.Ed., NCC, LPC

Association (PCA) for all who may be new to these two organizations that represent LPCs in legislative matters!

Here is the video link that I made reference to in my message:

[!\[\]\(99f58673407353e96a019fbca558fd72_img.jpg\)Professional Counseling Associations Presentation-20221030_155231-Meeting Recording.mp4](#)

National: American Counseling Association (ACA)
<https://www.counseling.org/>

State: Pennsylvania Counseling Association (PCA)
http://www.pacounseling.org/aws/PACA/pt/sp/home_page

Welcome to our New Students, Fall 2022!

**Alistair Farrell
Lauran Gillow
Alizay Speight
Melennie Morales
Connie Palermo (*returning student*)**

Current Student Spotlight:

Tashem Jackson, B.S.

I currently work full-time as a home care nurse. I am changing careers because psychology has always been my passion. I am just switching to a different way of helping others. I enjoy crafting, baking, traveling, reading and spending time with my family.

I came to MCCP after much consideration and research on the correct fit. I chose this program because it had what I was looking for. This program is geared to help working individuals have an opportunity to further their education. I am on the generalist track. I will complete the program in Spring 2024. I have enjoyed all the classes, but my favorites were ethics, and counseling competencies for LGBTQ communities.

My advice to current and future students is to make sure to take care of yourself. We all have busy lives and forget ourselves. I would also recommend to have great time management skills. This have helped me tremendously thus far.

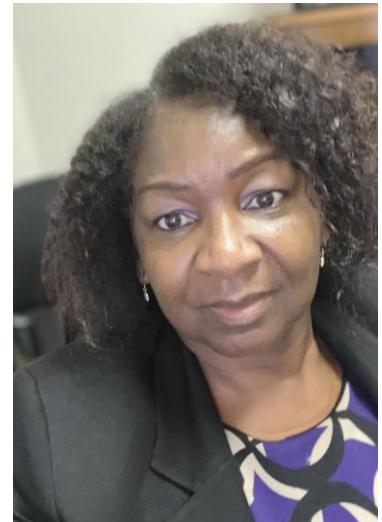
Kenneth Orrego, B.A., School Counseling

The main thing that drew me to School Counseling was the opportunity to make a change in the lives of students. I worked as a special education aide for a little over a year and thought I could be doing more to help the students because my answer to any serious student trouble was "go to the school counselor." I wanted to be part of the solution and help at-risk and troubled students, not just shirking responsibility to someone else. Considering how many times I went to the school counselor about students and then had to back off because I could not do more, I got frustrated and realized that being a school counselor could help me be more impactful in the lives of my students.

Alumni Spotlight: Odelee Wint, B.A., M.S., 2022

Chestnut Hill College Masters in Clinical and Counseling Psychology (MCCP) program has impacted my life on many levels. I recalled telling myself that if I did not work a day in my new profession that the program had trained me to, I would still be satisfied with the knowledge and experience garnered during my studies to self-understanding and compassion for humanity. This program has prepared me to be an effective counselor/therapist, advocate for the marginalized, and be a better person whose character and personality embody humility, patience, good intentions, showing up with full awareness, and purpose. While these attributes are a work in progress, the MCCP program brings them into complete focus daily.

As a bereavement coordinator for a hospice the integral part of my job is first to recognize that I am a member of a team of individuals that work collaboratively in the interest of the needs of our patients. Providing grief education and support to the hospice team and counseling patients and their loved ones was an unplanned path at the program's start. In my final year and during my research on multiple losses in my Bereavement Counseling course (PSYG 546), an interest in grief work was forged that was undeniable. Our society seldom speaks of death as if it will never happen and a topic to avoid, but the MCCP program course challenged me; hence, the start of a journey to counseling the bereaved or, as Alan Wolfelt puts it, "Companionship the Bereaved." Chestnut Hill College's MCCP program has prepared me for the straight path in counseling and the unexpected detours that have become my broad highway of grief counseling and therapy.



Hope Walks Here: Help Us Stop Suicide

No fundraising required to participate.

**Lehigh Valley Colleges & Sigma Nursing
Out of the Darkness Walk
April 1, 2023, 9 AM**

**For information, please contact: Professor Kenney
Email: kenneym@chc.edu**

Location of walk: 2700 Parkway Blvd., Cedar Creek Park, Allentown, PA

Instructor Spotlight: Ryan Gruber, M.Ed.

Please tell us a bit about yourself:

Professionally, I am a trained school counselor, having experienced all grade levels in some form, whether as a Director of School Counseling working as a school employee, or as a program coordinator as a contractor. I was fortunate to find mentorship early on in my career, giving me the advantage of networking, presenting, and leading at the state and national professional organizations. Some highlights include coordinating graduate student volunteers at ACA's annual conference, as well as President of Pennsylvania's PALGBTIC branch (now known as PS-SAIGE). I continue to work professionally to advocate for the needs of queer identifying communities, within and without the profession.

Personally, I find a lot of joy spending time with my family, including being an uncle to five beautiful people who teach me more than most about the world. I have created a warm home with my partner of 8 years, Geoff, and my scale baby, Jerome. I thoroughly enjoy reading fiction (currently in the middle of Stephen King's "Fairy Tale" and gearing up to read book four in Cassandra Claire's "The Mortal Instruments" series), with my favorite author being Terry Goodkind with his "Sword of Truth" series. When I can, I enjoy crafting, painting, and planting.

What brought you into the field of psychology? Furthermore, what brought you to Chestnut Hill College?

My original catalyst to enter the field was a conversation with a Superintendent of a local school district to find how I could strive toward managing social justice programming for youth. One of the suggestions that came out of that conversation was School Counseling. I immediately prepared myself to transition into graduate work focused on K-12 School Counseling which eventually brought me to private practice work. As life-long learner, it made a lot of sense to me that I would remain connected to the realm of education, narrowing my life-long career pursuits to social justice work, mental health, and eventually teaching. Eventually through my work on LGBT* affirmative care brought me the opportunity to teach at Chestnut Hill, and I was excited to accept the opportunity to connect with that third facet.

What drew you into your current work?

My experience working with youth and families helped lead to me to work in private practice. While different in a school setting, I was intrigued by the therapeutic relationship and eager to find out more about treatment in an outpatient setting. Simultaneously, through the colleague relationships I developed within the profession I was able to begin supervision for my professional license. Other factors were in place that enabled me to create a part time private practice, while also maintaining my role at the school. The gamble paid off, giving me a deeper understanding of outpatient services, and I found it worked for me. After transitioning from the school setting, I am now full time in private practice.

Professor Spotlight: Ryan Gruber, M. Ed. (continued)

Have you found your current work to be impacted by the pandemic? How so? How might students and new counselors entering the field navigate moving forward?

Telehealth has existed for a long period of time, but a lot of clinicians didn't embrace it until the pandemic, ultimately expanding access to clinical care by removing a lot of obstacles. However, it's important to recognize that most of my training has been focused on therapeutic skills in person.

While those skills are transferrable to the telehealth setting, I have returned to in-person services since Pennsylvania's waiver has expired, and I plan to complete training specific to providing telehealth services.

Further, the pandemic changed the way society operated overnight, quickly confining many of us to homes and a constant feeling of not knowing, an easy opportunity for previous people's coping to be affected simply because our daily lives were different. We mainly only interacted with people in and around our homes, or through smart device cameras. And while cameras have become very advanced, they do not provide the same human connection we were used to. I've heard folks talk about new symptomology in their personal lives, or an exasperation of current symptoms, or just struggling in a way that was different prior to the pandemic.

What are some self-care practices you have found particularly helpful? Also, how do you make time for yourself to implement these practices?

I have some daily practices: yoga, gratitude, walks outdoors, connecting with others, daily readings, and just being honest with myself. As a recovering work-a-holic, I learned long ago to prioritize taking care of myself over completing a project or meeting a deadline. One of the turning points to making that choice for me was hearing the zen saying "You should sit in meditation for 20 minutes a day, unless you're too busy; then you should sit for an hour." I find myself more capable, less encumbered, and more willing to take care of my work tasks when I first take care of myself. In some cases that means starting my day with a self-care practice. It also means, when I feel overwhelmed and frustrated, I seek out self-care. It can be paradigm shift to the ways we're programmed in school and work to give ourselves over to completing tasks no matter the self-sacrifice.

Do you have any words of wisdom or advice for current students in this program?

Keep an open mind and yourself as an explorer. As clinicians, we are walking with folks, sometimes through uncharted places often without the treasure map. This exploration first begins with self, in being aware of our own needs, familiar patterns, and motivators. As much as graduate work places an emphasis on external information, this internal process is just as valuable to bring our humanness to a therapeutic relationship. Because who are we as helpers in a human relationship if we do not also bring our own humanness. From there, we are able to be the passenger driver to support someone traveling through their best and darkest moments.

Faculty Presentation Spotlight: Carol Corbett, Ph.D., NCC, LPC

Abstract for PSCA December Conference – Self-Care through Compassionate Witnessing

As school counselors, it's more important than ever that we are able to stay grounded and aware of our own emotional and psychological distress in order to best help the students with whom we work, many of whom are struggling with their own reaction to and internalization of the world's problems.

Given the current state of our world, we are constantly being exposed to distressing and difficult matters - wars overseas, a world-wide pandemic, racial injustice, increased gun violence, civil and personal liberty concerns, to name a few. It seems that no matter how hard we might try to "unplug," turn away, or detach from what's happening around us, the stress of it all tends to find us. Sadly, without even realizing it, we become at grave risk for secondary trauma as a result of our exposure to violence and the other unsettling events of the world. The impact that witnessing violence or trauma can have on someone's life can be emotionally overwhelming.

When it feels like there is nothing we can do in response to world events, compassionate witnessing could be an effective anecdote and a practical and tangible way for school counselors to implement self-care. Simply stated, "compassionate witnessing" is when we can acknowledge the power of witnessing other people's experiences as part of a healing process. The difference between simply being a witness to the woes of the world and being a compassionate witness is that *inadvertent witnessing* results when there is no choice, leading to ultimate distress, versus *compassionate witnessing*, which is an act of choice.

Through implementing the tenants of compassionate witnessing, we can learn to implement self-care in a unique way during these most stressful times.

Small group discussion, handouts, a Power Point, and experiential learning will be utilized in this session.

This information session will align with the following section of the ASCA National Model:

Define: B.3(d). ***Responsibilities to Self***

School counselors will monitor their emotional and physical health and practice wellness to ensure optimal professional effectiveness. School counselors seek physical or mental health support when needed to ensure professional competence.

After attending the above session, attendees will be able to apply the concepts of compassionate witnessing to their own lives in response to exposure to violence and trauma. Attendees will also take away from this session the necessary tools and understanding to instruct students and colleagues on how to utilize compassionate witnessing.

Congratulating our Summer and Fall 2022 Graduates!

**Odelee Wint
Paul Insley
Jill Isaacson
Erica Panella
Gabriel Carrero**

**Andrea Policare
Sara Erb
Candice Girandola
Melanie Johnson
Paula Montore**

Graduating Students Spotlight:

Sara Erb, B.A., M.S. (anticipated)

I am so excited to share that I just accepted a position as a Mobile Mental Health Therapist. I will be visiting clients with severe and persistent mental illness in their homes and community. This position provides free supervision for me to begin working toward my LPC and I will also be preparing to take the NCC exam in the next few months. I look forward to continuing my journey in developing my career as a mental health counselor.

Jill Moriah Isaacson, B.S., M.S. (anticipated)

After graduation, I plan on working where I interned, Pinebrook Family Answers. I will be working with children and adults in the Lehigh Valley. My long-term professional goal is to work with child actors in a therapeutic setting and advocate for therapy on television and movie sets. Personally, I recently got engaged and my partner and I are looking forward to planning a wedding and moving to Arizona in the near future. 😊 Thank you to Chestnut Hill College for all the support throughout my graduate career. Getting my Masters in Clinical & Counseling Psychology has been a highlight of my life.

Erica Ann Panella, B.A., M.S. (anticipated)

St. Luke's University Health Network

While plans do not immediately include working in family-based therapy, expanding services within the network are on the radar for the future. It's important to identify needs and appropriate workflow to ensure the most successful outcomes.

Additionally, private practice is also in the plans for the near future.
Thanks, CHC



GPACA Trauma Symposium at PCOM!

(Save the Date & Proposals for Workshops)

7th Annual Trauma Symposium: Health, Hope, & Healing.

Focusing on the impact trauma has on health, both physical and mental, and the ways to facilitate healing and find hope in the aftermath of traumatic experience.

Symposium Date: Saturday, February 25th, 2023, 9 am – 4 pm

Location: Philadelphia College of Osteopathic Medicine (PCOM)

Cost includes lunch: \$60 GPACA Members; \$30 GPACA Student
\$75 NonMembers; \$35 Student NonMembers

We are currently accepting proposals for this symposium. Please submit proposals at this link:

<https://lnkd.in/epkQP7Za> PROPOSALS DUE: DECEMBER 21, 2022 at 5 PM

See Professor Kenney or Dr. Corbett if you are interested in submitting a proposal or attending this symposium.

ACA Conference 2023

The ACA 2023 Conference & Expo will be held in Toronto, Ontario on March 30 - April 2, 2023. All students, professional counselors, counselor educators, and other mental health professionals are welcome to attend sessions in all topic areas and session formats.

[ACA 2023 Conference Call for Proposals \(counseling.org\)](http://counseling.org)

MINORITY FELLOWSHIP PROGRAM

SERVICES FOR TRANSITION AGE YOUTH (STAY) FELLOWSHIP

Designed for master's level students providing services to ethnic/racial minority youth (ages 16 to 25) who anticipate entering the field after graduating, rather than immediately entering a doctoral program. **Application deadline: Jan. 15, 2023.**

[Services for Transition Age Youth Fellowship \(apa.org\)](http://apa.org)

See Professor Kenney for more information—a great opportunity!

Support the Mental Health Improvement Act (adding Counselors to Medicare):

US HR 432 and S 828

Two bills pending in the US House and Senate aim to solve this problem by adding LPCs to Medicare. S. 828 and H.R. 432 would add licensed counselors to Medicare. The Mental Health Improvement Act has gained bipartisan support and was passed through the Commerce Committee. *It is ready to go and needs your support!*

https://associationdatabase.com/aws/PACA/ebulletin/view_mail/215823/1145323