

# Counseling Kat



ISSUE I, VOLUME I  
SPRING 2016

## SHSU

### DEPARTMENT OF COUNSELOR EDUCATION

#### INSIDE THIS ISSUE:

CHI SIGMA IOTA CHAPTER UPDATE	2
FACULTY AND STUDENT PUBLICATIONS	3
TACES 2016 CONFERENCE	4
MEET THE NEW DOCTORAL STUDENTS	6
CONFERENCES & GRANTS	12
SUMMER & FALL GRADUATES	13

#### Newsletter Staff

Faculty Advisor:  
Dr. Amanda LaGuardia

Student Editor:  
Danielle Marks,  
Doctoral Student

Welcome to the Spring 2016 issue of the Counseling Kat Newsletter. In this issue we will cover the Texas Association for Counselor Education and Supervision's (TACES) 2016 Midwinter Conference, introduce you to the newest cohort of doctoral students, highlight some of the many recent publications completed by our faculty and students, update you on the Beta Tau chapter of Chi Sigma Iota, provide information about upcoming conferences, and finally congratulate our recent graduates!

This school year has been an exciting one for the Department of Counselor Education. **Recently our CACREP accreditation for the Clinical Mental Health Counseling Program, School Counseling Program, and the Doctoral Program in Counselor Education and Supervision has been extended until October 31, 2022.** Additionally the counseling faculty are in the process of applying for CACREP accreditation for the Marriage, Couples, and Family track.

Outside of our involvement in the TACES conference, our student and faculty have presented at multiple other conferences. Dr. Mary Nichter, doctoral student Heidi Henry, and others presented at and attended the School Counseling Association of Texas' Winter Conference. Multiple members of our faculty presented at and attended the Association of Counselor Education and Supervision Conference in Philadelphia, PA this fall and are headed to do the same at the American Counseling Association conference this spring in Montreal, Canada. Dr. Richard Watts and doctoral students Danielle Marks, Justyn Smyth, and Regina Gies attended the Texas Counseling Association Conference and presented on the ACA 2014 Code of Ethics, as Dr. Watts was a member of the committee that created this updated version of the Code of Ethics. More recently, doctoral students Justyn Smith, Angela Powell, and Andrea Ross presented at the Research Association for Minority Professors conference in Houston, TX.

Dr. Rebecca Robles-Piña was awarded with the Chair of the American Association of Hispanics in Higher Education and Education Testing Service Outstanding Dissertations Award. Dr. Robles-Piña also was part of a team that received the Developing Global-Ready Agriculturists through Experiential Learning Modules: Solving Problems of Food Insecurity and Human Suffering in Haiti (2015-2018). This \$95,000 grant was awarded to Texas A&M University, Auburn University, and Sam Houston State University. Additionally, doctoral student Angela Powell was awarded the Jamesanna Kirven Educational Endowment Fund award from the Texas Counseling Association.

As you can see these are just a few of the many accomplishments of the faculty and students in our department, and we look forward to achieving much more in the 2016-2017 school year!

## CSI Beta Kappa Tau Chapter Update

By: Christopher Missimo, Chapter President

Dear Counseling and Human Services community,

It is a great honor to be the president of the Beta Kappa Tau chapter of Chi Sigma Iota. I have the opportunity to assist with and work beside some incredible students and faculty members.

We have already come up with many great ideas thus far, including a terrific social event at the ropes course during the summer semester. In addition, we hosted Future Fest at the Huntsville campus and Dr. Henriksen was kind enough to allow us to join in on his SASSI workshop, which we are very thankful for.

We have a variety of events planned for this upcoming Spring semester as well, including a high ropes course in March, a potential 5k fundraising race (Time/Date TBA), t-shirt sales, an ethics workshop, and a variety of other activities. Our primary mission is to raise the necessary funds to put future officers and members in an excellent position to establish additional events going forward. Moreover, we would like to create a healthy and stimulating environment for our members to socialize, work together, and grow as both people and professionals. We hope that our members will join us for these events and others that will take place over the upcoming year!

I would like to thank all the excellent officers and chairpersons who have put in time and effort towards furthering the success of this chapter. They have shown great dedication and commitment to the goals of CSI and BKT. For this I am very grateful. Our list of excellent chapter leaders includes:

**President-Elect:** Dustin Ellis

**Treasurer:** Rosalin Lambey

**Secretary:** Sarah Benefiel

**Social:** Rosalin Lambey

**Workshop:** Heidi Henry

**Future Fest:** Jeri Whitaker

**Induction:** Marissa Conrow

**Awards:** Terry Hancock



Lastly, I would like to thank our faculty advisors, Dr. Richard Henriksen, Dr. Amanda LaGuardia, and our new advisor, Dr. Yvonne Garza for their support and guidance. I'm excited for what the future holds as we work together to advance Beta Kappa Tau.

If you are interested in joining, or would like to get involved, please contact me at [cdm074@shsu.edu](mailto:cdm074@shsu.edu).

## *Faculty and Student Publications*

Cullen, M., Polnick, B., **Robles-Pina, R.**, & Slate, J. R. (2015). Instructional expenditures and student achievement: A multiyear statewide analysis. *Educational Research for Policy and Practice*, Springer Science+Business Media Dordrecht, DOI 10.1007/s10671-014-9168-6

**Henderson, S. E., Henriksen, R. C., Jr., Liang, Y-W. M., & Marks, D.** (2016). Counselor licensure supervision across the United States: A comparative look. *American Counseling Association 2016 VISTAS*. Retrieved from [http://www.counseling.org/docs/defaultsource/vistas/article\\_09ccb24f16116603abcacff0000bee5e7.pdf?sfvrsn=4](http://www.counseling.org/docs/defaultsource/vistas/article_09ccb24f16116603abcacff0000bee5e7.pdf?sfvrsn=4)

**Henriksen, R. C. Jr.**, & Maxwell, M. J. (2016). Counseling the fastest growing population in America: Those with multiple heritage backgrounds. *Journal of Mental Health Counseling*, 38, 1-11. (Invited Feature Article).

**Henriksen, R. C., Jr.**, Polonyi, M., Boswell, J., Greger, R., & **Watts, R. E.** (2015). Counseling students' perceptions of religious/spiritual counseling training. *Journal of Counseling and Development*, 93, 59-69.

**Lertora, I., Liu, V., Robles-Pina, R.**, Starkey, J., & Roach, E. (2015). Experiential satisfaction predictors of the international student experience. *Tennessee Counseling Association Journal*, 7(1), 35-53.

Lewis, S. D., **Henriksen, Jr., R. C.**, & **Watts, R. E.** (2015). Intimate partner violence: The recovery experience. *Women & Therapy*, 38, 377-394.

Stroud, C.H., Cramer, R. J., **La Guardia, A. C.**, Crosby, J. W., & Henderson, C. E. (2015). Personality, spirituality, suicide and self-injury proneness among lesbian, gay, and bisexual adults. *Mental Health, Religion, and Culture*, 18(9), 777-788.

**Stulmaker, H.**, & Ray, D. C. (2015). Child-centered play therapy with young children who are anxious: A controlled trial. *Children and Youth Services Review*, 57, 127-133.

**Watts, R. E.**, & **Marks, D.** (2016). Reflecting as if: A brief, integrative Adlerian intervention. *Adlerian Yearbook: 2016*. London: Adlerian Society (UK) and Institute for Individual Psychology.

Wilson, A. D., **Henriksen, R. C., Jr.**, Bustamante, R., & Irby, B. (in press). Successful Black males from absent father homes and their resilient single mothers: A phenomenological study. *Journal of Multicultural Counseling and Development*.



**Angela Powell, Andrea Ross, & Justyn Smith presenting at the RAMP Conference**





## Texas Association for Counselor Education and Supervision MidWinter Conference 2016

Austin, TX



Andrea Ross, Dr. Henriksen, &  
Angela Powell



Justyn Smith, Jasandra Oeffinger,  
& Danielle Marks  
Members of Doctoral Cohort 13!

Sam Houston State University had a strong showing at the TACES MidWinter Conference 2016. In addition to the awards presented to our faculty and students (listed below) multiple individuals from the Department of Counselor Education were accepted to present. Andrea Ross, Angela Powell, and Dr. Richard Henriksen presented a poster on self-identity and the role it plays with African American students. Dr. Henriksen also presented on the beginner counselor's experience of transitioning from academic to clinical practice with student Chance Quoc D Tran. Dr. Hayley Stulmaker and doctoral student Jasandra Oeffinger presented on the topic of Integrating Research Into Practice for Educators and Supervisors. In their presentation Dr. Stulmaker also participated in the pre-conference ethics panel discussion, and presented on merging clinical practicum and research. Member of Cohort 11, Victoria Liu, presented on building and assessing a strong therapeutic relationship. Krystin Porter, Ian Letora, Dr. Chi-Sing Li, and Rena Greger, presented on experiential supervision techniques for counselor educators and supervisors. Doctoral student Naomi Timm, who also serves as a member of the TACES Board, presented with SHSU graduate Eboni Harris on strategies for engaging parents in child therapy. Danielle Marks and Justyn Smith discussed the importance of appropriate use of social media in their presentation on ethics in the digital age. Justyn also presented on the African American counselor education and supervision doctoral student experience, with two colleagues from Ohio. All of the content and poster sessions presented at the TACES conference showed the TACES community what SHSU has to offer!

By: Danielle Marks



## SHSU at the TACES 2016 Award Ceremony

**TACES Counselor Educator of the Year:**  
Dr. Amanda LaGuardia

**TACES Counselor Supervisor of the Year:**  
Dr. Chi-Sing Li

**Winner TACES 2016 Mid-Winter Poster Competition:**  
Victoria Liu (Cohort 11)

**Honorable Mention – TACES 2016 Mid-Winter Poster Competition:**  
Angela Powell (Cohort 13), Andrea Ross (Cohort 13),  
& Dr. Richard Henriksen Jr.

## Save the Date!

On April 30, 2016, the Beta Kappa Tau chapter of Chi Sigma Iota will be sponsoring an ethics workshop conducted by Dr. Watts.

More information to come!



## Meet the New Doctoral Students

Arielle Carrier received her B.A. in Psychology from Wayne State University in Detroit. She also holds a MPH (Public Health) from American Military University and a M.Ed. from University of Houston-Victoria. Arielle completed internships with Fort Bend County Behavioral Health and The Center for Stress Management. At Fort Bend County Behavioral Health, she worked with military clients involved with the criminal justice system on the mental health court docket, as well as inmates in Fort Bend County jail. While at the Center for Stress Management, she conducted stress screenings and stress management group counseling sessions with a focus on mindfulness and relaxation for clients with trauma, post-traumatic stress, pain management issues, or grief/loss. In addition, Arielle has a decade of experience as a children's advocate in the juvenile court system working with complex trauma, abuse, and neglect in 3 major inner city populations (Detroit, New Orleans, and Houston). Her main research interests include complex trauma, post-traumatic stress disorder, sand tray, trauma-informed expressive arts, multiculturalism, and the use of smartphone health apps in treatment.



**Arielle Carrier**



**Justyn D. Smith**

Justyn D. Smith is a first year doctoral student in the Counselor Education program at Sam Houston State University. Justyn received a B.A. in Psychology and M.S. in Clinical Mental Health Counseling from Wright State University in Dayton, Ohio. He is from the small city of Middletown, Ohio. After graduating in December 2014 with a M.S. degree he relocated to Houston, Texas in January 2015 to start his professional career as a therapist with hopes of being accepted into the doctoral program. He is licensed in the state of Texas as a LPC Intern and is supervised by Sydney Lucas, LPC-S. He currently works at Houston Behavioral Healthcare Hospital as a PRN therapist, in outpatient and inpatient treatment facilities. Also, he is a Graduate Assistant in the department where he helps faculty with various projects. His research interests include exploring factors such as school, family and socio-cultural aspects that affect the African American male. Justyn is also interested in multicultural training, ethical issues, and lesbian, gay, bisexual and transgender issues related to various aspects of counseling.



Naomi earned a Bachelors degree in Psychology from Minnesota State University, Mankato and earned a Master of Arts degree in Clinical Mental Health Counseling from Sam Houston State University. She is currently pursuing her Ph.D. in Counselor Education and Supervision at Sam Houston State University. Naomi is a Licensed Marriage and Family Therapist Associate, Licensed Professional Counselor, and is a practicing family therapist at [AchieveBalance.org](http://AchieveBalance.org) in The Woodlands, TX and at a residential treatment center for adolescent girls. As a trained Play Therapist, Naomi specializes in child and adolescent therapy, as well as parental and family concerns. She also serves as Adjunct Professor at Sam Houston State University and teaches undergraduate courses in human services and play therapy. Naomi's research areas include family play therapy, parenting, and affective neuroscience and sandtray therapy.



**Naomi Timm**



**Dustin Ellis**

Dustin Ellis, a native Houstonian, is committed to serving the community he loves. Having worked for many years with children and adolescents, Dustin feels a special calling to work with young people struggling to find identity and purpose. Using an integrative mixture of therapeutic processes, Dustin believes that an individualized approach should be developed to meet the unique needs of each client. Dustin earned a Master of Arts degree in Community Mental Health Counseling from Sam Houston State University, and is currently pursuing his Ph.D. in Counselor Education & Supervision. Dustin is a Licensed Professional Counselor Intern, specializing in child, adolescent and family counseling. Dustin has worked as a professional educator for ten years, and has enjoyed his transition from educator to counselor. His research interests are the wellness practices of therapists and students with children in graduate programs.





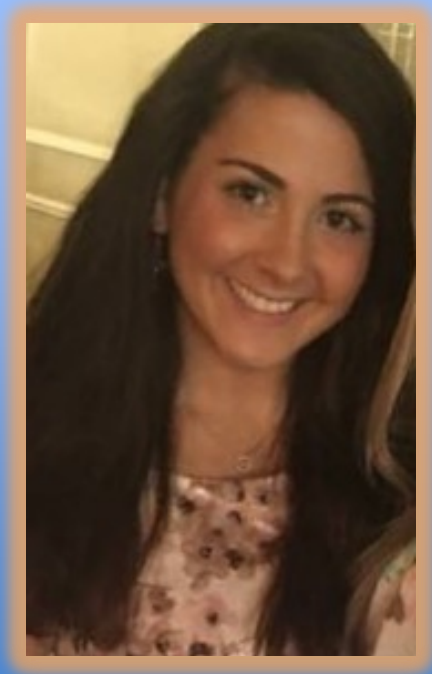
**Andrea T.J. Ross**

Andrea is originally from Houston, TX but moved to North Carolina after studying Education and Psychology for two years at Houston Baptist University. She attended Western Carolina University in the Smoky Mountains of North Carolina where she earned a Bachelor of Science degree in Sociology with an emphasis in Social Work. While at WCU, Andrea joined Alpha Kappa Alpha Sorority, Inc., became a member of the Student Government Association, and served as president of the National Pan-Hellenic Council. Later she was fortunate to study Counseling at Prairie View A & M University where she was initiated into the Epsilon chapter of Chi Sigma Iota. Andrea obtained a Master of Arts degree in Counseling from Prairie View A & M University in 2012. Since graduation, she has worked both a classroom teacher and counselor in the community.



**Angela M. Powell**

Angela M. Powell is a first year doctoral student in the Counselor Education program at Sam Houston State University. Angela received a B.S. in Psychology from the University of Houston – Downtown and an M.A. in Counseling from Prairie View A & M University. She has served as a school counselor in the Aldine Independent School district since 2005 and as a therapist for children and adolescents in a residential treatment center from 2009 - 2015. She also has experience as an Adjunct Lecturer at the University of Houston – Downtown since 2014. She has had the honor of being the Director of the Counseling Ministry at Abundant Faith Christian Center where she originally developed the counseling program. Prior to entering the education and counseling fields, Angela served in the United States Air Force receiving a National Defense Medal in 1991. Angela enjoys spending time with her husband and two children and volunteering with Alpha Kappa Alpha Sorority, Inc. where she served as the chapter president in 2013 – 2014. Her hobbies are watching basketball, football, photography, and simply having a good time with her family. She aspires to become full – time faculty upon completion of her Ph.D. and explore her research interests of youth trauma, school counseling, and multiculturalism.



**Jasandra Oeffinger**

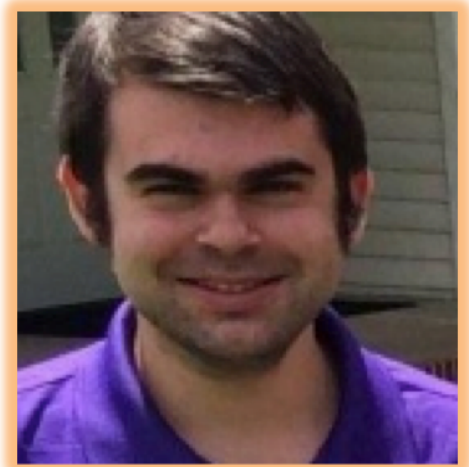
Jasandra Oeffinger is completing her first year as a doctoral student in the Counselor Education program at Sam Houston State University. She received a B.A in psychology, as well as a B.A. in communications from Texas A&M University. Jasandra completed her M.A. in clinical mental health counseling at Sam Houston State University. Since becoming a Licensed Professional Counselor Intern, Jasandra has worked at The Salvation Army counseling 18-25 year olds who are experiencing homelessness. She currently works at a partial hospitalization psychiatric hospital. She aspires to become a full-time professor and own a small private practice. Jasandra's research interests include trauma, play therapy, and self-concept.

Danielle is a doctoral student at Sam Houston State University studying Counselor Education. She is a LPC Intern, licensed in the state of Texas, and supervised by Mary Nichter, Ph.D, LPC-S, LMFT Board Approved Supervisor. Danielle received a M.Phil.Ed in Professional Counseling from the University of Pennsylvania's Graduate School of Education, and also holds a M.S.Ed from the same university in Counseling and Mental Health Services. She is a graduate of the University of Pittsburgh, where she received her B.S. in Applied Developmental Psychology and minored in Administration of Justice. She has a passion for working with children, adolescents, and adults in community mental health settings. She has experience counseling in community mental health clinics, as well as autism-focused settings. Her research interests included counseling ethics, supervision, transracial adoption, and Adlerian counseling interventions.



**Danielle Marks**

Jasper has been a Licensed Professional Counselor intern (LPC-intern supervised by Catalina Prebisch, M.Ed., LPC-S, CART, CCTP) since 2015. Jasper was born and raised in Houston, Texas. He moved out of Houston to get his M.A. in Clinical Mental Health Counseling at the University of Mary Hardin-Baylor. He is continuing his education as a doctoral student at in the Counselor Education program at Sam Houston State University. His specialties include working with individuals and adolescents dealing with stress, anxiety, and depression. He has worked with populations in a community counseling clinic and a maximum security all-male prison facility known as Alfred Hughes Unit. He is currently a member of Texas Counseling Association (TCA).



**Jasper Gates**



**Heidi Henry**

Heidi grew up an hour south of Pittsburgh, Pennsylvania where she lived her whole life until attending college in Grantham, PA, a small town in central Pennsylvania. Heidi graduated from Messiah College with a Bachelor's degree in Youth Ministry and a minor in Psychology. Upon graduating, she moved to Louisiana as a Teach For America 2008 corps member where she taught high school math in a rural parish outside of Baton Rouge for 2 years. After fulfilling her two-year commitment, Heidi attended graduate school at Louisiana State University (LSU). She graduated with a M.A. in Education with a concentration in community counseling. During her time at LSU, Heidi interned at a university counseling center, a non-profit family agency, and a partial hospitalization program. She worked mainly with adults. When she graduated, Heidi worked for an organization called Communities In Schools (CIS), where she provided individual and group counseling to high school students. Heidi also collaborated with community partners to provide programming and other services to students. After working for CIS for two years, she moved to Houston to begin attending Sam Houston State University's Counselor Education doctoral program. At around the same time, Heidi began working as a Student Support Counselor with YES Prep Public Schools. Her areas of focus are multicultural counseling and training and career counseling. Heidi hopes to transition into a job in the near future to gain more experience in these areas. In her spare time, Heidi enjoys spending time with her husband and two dogs and traveling whenever possible.



Elizabeth Webb received her B.A. in Psychology from Texas A&M University in 2010, and her M.A. in Community Mental Health Counseling from Sam Houston State University in 2014. Elizabeth completed her practicum and part of her LPC-Internship at MHMR of the Brazos valley, and gained valuable experience in crisis intervention and community mental health services. She also volunteered at Brazos Valley Counseling Services (BVCS) a non-profit, low cost, community counseling clinic serving the Brazos Valley until it closed last year. Her interests include working with children and adults who have experienced trauma, working with survivors of domestic violence and abusive relationships, as well as general "wellness focused" counseling for those who just want a little help moving along their journey. Elizabeth also worked as an academic advisor for Texas A&M for a year and enjoyed working with college students that are still trying to discover their career goals and making plans to merge their academic lives with the rest of their life. She currently works at A&M Christian Counseling Center with clients of all ages. Her main research interests include complex trauma, post-traumatic stress disorder in children, effects of psychological abuse, and neurobiology of trauma and interpersonal relationships.



**Elizabeth Webb**

Regina is a first year doctoral student at Sam Houston State University. She received her Master of Education in Counseling from Sam Houston State University in Huntsville and attended Angelo State University in San Angelo for her Bachelor of Arts degree. She has worked in education for 15 years and is in her 5th year at Magnolia Sixth Grade. She worked in Spring ISD for 10 years before moving to Magnolia. She loves working with 6th graders and believes that every child is unique. She lives in Pinehurst with her supportive husband, Steven, and her orange tabby cat, Tigger. They have two children, Jessica and Austin.



**Regina Gies**

### Upcoming Conferences

ACA Conference & Expo  
American Counseling Association  
March 31–April 3, 2016 – Montréal, QC, Canada

AADA National Conference  
Association for Adult Development and Aging (AADA)  
July 14-15, 2016 – New York, NY  
Proposal priority deadline: March 1, 2016; Final deadline: April 15, 2016

40th Anniversary Conference  
American Mental Health Counselors Association  
July 14-16, 2016 – New Orleans, LA

Empowering Through Unity Conference  
Association for Lesbian, Gay, Bisexual & Transgender Issues in Counseling  
September 16-17, 2016 – San Antonio, TX  
Proposals due February 29<sup>th</sup>, 2016

2016 NLPA Biennial Conferencia  
National Latina/o Psychological Association  
September 29<sup>th</sup> - October 2<sup>nd</sup>, 2016 – Orlando, FL

2016 Conference  
Southern Association for Counselor Education and Supervision  
October 6-8, 2016 – New Orleans, LA

9<sup>th</sup> Annual Mentoring Conference  
The Mentoring Institute at UNM  
October 24-28, 2016 – Albuquerque, NM  
Proposals due May 15<sup>th</sup> 2016

60th Annual Professional Growth Conference  
Texas Counseling Association  
November 2-5, 2016 – Dallas, TX

### Available Grants

Texas Counseling Association: Educational Endowment Fund  
Proposals due on or before April 1st, August 1st and December 1st of each year  
Up to \$500

Association for Assessment and Research in Counseling (AARC)  
Proposals due February 29<sup>th</sup> 2016  
Two \$3000 & Three \$1,000

# Department of Counselor Education Graduates

## Ph.D Summer 2015

Dowda, Reade L.  
Grubbs, Lisa G.  
Hendersen, Susan E.  
Hestand, Mary A.  
Liang, Ya-Wen M.  
McGough, Kimberly J.  
Mclean, Lauren L.  
Teixeira Da Silva, Maria A.  
Williams, Shannon L.

## M.A. Summer 2015

Bayes, Monica E.  
Cervantez, Amanda  
Croffie, Alexis L.  
Easton, Va-Shella  
Elvin, Elizabeth A.  
Getz, Raymond D.

Gutierrez, Susan A.  
Haworth, Katherine L.  
Henderson, Grace C.  
Himmel, Hanna C.  
Jones, Jessica R.  
Kiefaber, Susan V.  
Kirven, Jadon K.  
Koonce, Karina L.  
Norminton, Amanda K.  
Rhone, Erin E.  
Sanders, Melissa M.  
Selxer, Lauren B.  
Walker, Brett W.

## Ph.D. Fall 2015

Hodges, Laura I.  
Story, Christina A.

## M.Ed Fall 2015

Blum, Jennifer N.

Finnerty, Brian J.  
Kolkhorst, Carolyn E.

## M.A. Fall 2015

Alexander, Monica R.  
Benefiel, Sarah R.  
Bryant, Monalisa G.  
Del Moral, Kayleigh C.  
Hernandez, Byanca A.  
Jensen, Erik  
Murray, Rachel J.  
Paulette, Autumn M.  
Pena, Karlina M.  
Reddin, Heidi E.  
Ruiz, Yarely L.  
Salgado, Marisol  
Septelka, Rhonda M.  
Smith, Katherine R.  
Turner, Travis L.

