

F A L L 2 0 1 0

# CSO

Counseling Student Organization



## Who We Are

The Counseling Student Organization's purpose is to promote excellence, professionalism, and a strong counselor identity in the counseling profession through engagement, opportunities, and education.

Membership is free, and is open to any counseling student currently enrolled in the CPS masters programs at NSU or alumni of the program.

To become a member, log on to WebCT and then click on Counseling Student Organization to sign the Member Agreement.

## A Message from the CSO President

I just wanted to take a moment to extend a warm welcome to all of the new Mental Health Counseling, Counseling, and School Counseling Master's students in Fort Lauderdale, at our Educational Centers, and Online Program. The first semester in a new program (and school) can sometimes be challenging, but we are here to help! I hope that you will take the time to join the CSO and become involved with organization.

I would also like to welcome back all of the returning students. I hope you all had a great summer and found some time to relax and have fun in between classes.

I am looking forward to a great semester and I hope to see you all at some of the CSO events over the next year!

- Pia Smal, CSO President

## Save the Date!

### Tampa

**Date TBA**

The Tampa Campus will hold its 1<sup>st</sup> CSO meeting in September. Look for more info from your VP – Shaima Elsedoudi!

### Fort Lauderdale

**9/7/10 @ 6pm**

**9/9/10 @ 7pm**

Find out how to get involved and let us know what you'd like to see happen. (Maltz Building, Room TBD)

### All Campuses

**October 2010**

Elections for the 2011 school year will be held in October. Keep an eye out for more information!



## Meet our Three New CSO Board Members!

### Shaima Elsedoudi – Vice President for the Tampa Campus



Entering college was nothing less than exciting for me. My first year, I won the respect of my professors and by my sophomore year, my psychology professor suggested that I take on the role of supplemental instructor for the course of psychology. I proudly accepted. This position involved me serving a role of educating, assisting and preparing students with vital information for class. I facilitated weekly sessions reviewing and explaining psychology lessons with students. It started off being two, maybe three students attending, and by the end of the year, I had over thirty people attending sessions. Being a SI instructor taught me something new everyday. At the end of my sophomore year in college, I was presented with an award of: Supplemental Instructor Leader of the Year award. Having gone through this experience, my eagerness to work towards fulfilling a future in mental health counseling has soared. After completing two years at N.C. Wesleyan College, I transferred to the University of Tampa, where I obtained a B.A. in Psychology. Soon after graduation, I began the Master's program in Mental Health Counseling at Nova Southeastern University. Being a part of the Counseling Student Organization will be a great honor. I look forward to promoting this wonderful organization and increasing people's awareness of the field.

### Rosalyn Johnson – School Counseling Representative

My name is Rosalyn (Roz) Johnson. I am from Pittsburgh, PA. I have a Bachelor's Degree (B.A.) in Human Services from Beacon College in Leesburg, FL. I am in my last semester in my Master's program in School Counseling. In addition to completing the required courses for my master's program, I am also taking courses in the mental health counseling program so that I can be eligible to register as a mental health counselor intern after completing the master's program in school counseling and will have acquired over sixty credits.

While a student here at Nova, I have managed to be an active member of the Student Organization for the Advocacy of Psychology and the American Psychological Association of Graduate Students. I am also a member as well as served on the executive board of two other graduate student organizations thus far. I was elected treasurer for the Ethnic Minority Association of Graduate Students for the 2009-2010 school year and currently service as the School Counseling Representative of the Counseling Student Organization for the 2010-2011 school year. In my spare time, I enjoy working with at-risk children and adolescents and children with disabilities, volunteering, going on Facebook, sleeping, shopping, going to the movies, working out at the gym, and clubbing.





## Melissa Miller – Mental Health Counseling Representative



The Counseling Student Organization (CSO) values the promotion of student development, social connectivity, and professionalism. As your current MHC representative, my job is to ensure that CSO fosters opportunities and experiences to promote professional development for Master-level MHC students. I am currently entering my second year in the MHC program at Nova's main campus.

I am academically eclectic earning a B.A. in English/Creative Writing from Florida State University and an M.B.A. specializing in Sports Administration from Saint Thomas University. I am a current student-member of ACA and member of the Dean's Leadership Team. My love for helping people was born out of my work as a Personal Trainer. My professional goals are diverse though my ultimate motivation to counsel is to instill hope and foster a brighter, more adaptive approach to life.

In my free time, I love running, endurance races, reading, yoga, writing, and spending time with my friends and family. I am a huge sports fan especially Florida State and Miami Dolphins Football! I am looking forward to the upcoming school year and the exciting opportunities CSO will bring to CPS and all counseling students. I encourage you to email me at [mm1974@nova.edu](mailto:mm1974@nova.edu) with your ideas and suggestions.

## Student Spotlight

### Cassey LaForge – Mental Health Counseling Program



When considering my career path, I've always known that I wanted to work in a setting that would bring about a sense of satisfaction in helping others. I attended the University of Florida and earned a BA in sociology. During my years there, I was given the opportunity to take part in numerous opportunities in the mental health field.

Growing up participating in competitive cheerleading and becoming an athlete and member of the UF cheer team, I was exposed to disordered eating habits and the dangers of eating disorders. I knew that any career path I chose would be with a specialization in eating disorders. I was also a research assistant for a health psychology study focusing on the development of a weight loss and support group program accessible to populations in rural communities. To become more familiar with mental illness, I worked two summers on an inpatient unit in the Florida Keys as a behavioral health technician.

I have just completed my first year in the mental health counseling program and have enjoyed every moment here. I am looking forward to beginning my internship and developing my professional career.

Knowing how important it is to maintain a healthy and balanced lifestyle, especially within this field, I make time for the things that bring joy into my life: going to the beach, participating in any outdoor activities, relaxing with friends, working on art projects, watching football, and visiting with my family.



# The Novice Therapist and the Aging Client: The Experiential Bridge to Professional Development

By Melissa A. Miller, Mental Health Counseling Program

Practicum and internships are the realistic, experiential learning opportunities we will use to begin our journey into the role of professional counselor. Inherent within the experience of our first client is the overwhelming fear of unknown. The fear that our inexperience will serve as an impediment to fostering a therapeutic relationship that promotes change, growth, and reduction of present clinical symptoms.

The demand for mental health services is expected to rise due to the growing increase of the 65 and older population given the Baby Boomers' entrance into older adulthood. Moreover, Baby Boomers have shown increased rates of mental health disease and greater receptivity to use of mental health services compared to the current cohort of older adults (Karel, Knight, Duffy, Hinrichsen, & Zeiss, 2010); therefore, as prudent students we must refine our clinical competence within this growing specialized population.

The fear returns: "How am I ever going to manage to appear competent to someone with considerably more life experience?"

Older adult populations show greater satisfaction with therapists perceived as effectively dealing with comparable life crises as the client (Robiner & Storandt, 1983). However, researchers confirm that the perceived level of therapist maturity is more important than chronological age. Moreover, extenuating factors related to style of interviewing and communication of facilitative skills (empathy, congruence, etc.) play an important role in client perceptions of therapist (Robiner & Storandt).

The task of the student now becomes managing the stresses innate in our novice status and learning how we can improve our therapeutic skill set to emerge both mature and competent.

We will become both our greatest enemy and most resilient ally through the course of our professional development. Clinicians, regardless of experience, wrestle with feelings of self-doubt, insecurity, and uncertainty of therapeutic effectiveness (Thériault, Gazzola, & Richardson, 2009). Novice therapists, in particular, are highly vulnerable to feelings of incompetence and when left undiscovered lead to burnout, impairment, and early career abandonment (Thériault et al.).

The unrealistic expectations we young therapists carry with us into our first session is the firewood to our burning fears. Client and counselor responsibilities for therapeutic change and growth are among the most prevalent sources of anxiety. Novice therapists mistakenly take on too much responsibility for therapeutic change (Thériault et al., 2009). Furthermore, counselors who readjust their own expectations of client change and learn to share the responsibility of change with the client experience decreased feelings of incompetence. Novice therapists have a dangerous tendency to link their value as a professional to

realized client improvement (Skovholt & Ronnestad, 2003); veteran clinicians embrace the intricacies of change through realistic, pragmatic expectations while accepting the uncertainty of client readiness.

The ability to recognize and cope with feelings of ineptitude will strengthen the positive impact of the novice therapist. Novice therapists who take the initiative to learn about specific issues within the older adult population may counteract lack of developmental experience and increase therapeutic empathy. For example, the 65 and over population tend to deal with issues related to end-of-life decisions, dementia, and chronic illness (Karel, et al., 2010); issues that typical novice counselors lack experience within, therefore, additional preparation and research will reinforce the therapeutic skill set.

The novice therapist's search for perfection becomes her professional demise. We are venturing into a profession painted in the gray hue of ambiguity and our greatest tool is awareness. In reality, a 25-year old therapist and a 65-year client will experience a vast degree in life-appropriate, developmental experiences; however, therapeutic effectiveness, goodness-of-fit, and client growth are obtainable. We rely on our honest representation of skill level, open and frank dialogue with our clients, and personal confidence in our skills and abilities. We remain present within our session and openly address problematic differences of lifespan.

As we meet our first client, the novice therapist becomes the developing therapist through experience. We lean on our education, insight, supervision, and training to build our conceptual maps; we accept our human limitations and embrace the lessons that come with our inevitable errors. We practice patience with the fact that we have just begun building the wisdom of intuitive knowledge. Though we pine for linear, logical evidence of our treatment effectiveness, acceptance of uncertainty just might be our greatest asset.

## References

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# Ethnicity: The Elephant in the Counseling Room

By Jessica Gonzalez, Mental Health Counseling Program

Ethnicity is often the elephant in the room in counseling; a topic that is hard to discuss for fear of offending others because of our own conditioned stereotypes and biases. However, as mental health counselors it is an important matter to address because we will be exposed to a variety of clients from different cultures and ethnicities. Mental health counselors receive training in becoming more aware of their thoughts and feelings towards others, but it is not enough. Even with training, some counselors may not be aware that they are exhibiting discriminatory or racist characteristics. It is important to recognize how our own ethnic stereotypes are developed; as Middleton et al. (2005) points out, therapists who exhibit [characteristics of racial or ethnic bias] are often viewed by the client as having discomfort within the therapeutic relationship, trouble relating to the client's worldview, and are unconvincing when they seek to be empathetic.

Cultural sensitivity is especially important when our client's worldview differs from our own. The genuine attitude and empathy a counselor develops can be beneficial in developing a positive therapeutic relationship. One of the most effective ways in improving self-awareness is through knowledge. Culturally skilled counselors understand how race, culture, ethnicity, and so forth impact personality formation, vocational choices, manifestation of psychological disorders, help-seeking behaviors, and appropriateness or inappropriateness of counseling approaches (Association for Multicultural Counseling and Development, 1992).

The following are a list of things we can do in our daily lives as counselors to increase our cross-cultural competence:

1. Talk to individuals from different cultures that you encounter in work or school.
2. Stay informed on current world issues by reading the newspaper and counseling articles.
3. Advocate on cultural issues you feel passionate about.
4. Attend local events from others cultures different from your own.

## References

Association for Multicultural Counseling and Development (1992). *Cross-Cultural competencies and objectives*. Retrieved from [http://www.counseling.org/Resources/Competencies/Cross-Cultural\\_Competencies\\_and\\_Objectives.pdf](http://www.counseling.org/Resources/Competencies/Cross-Cultural_Competencies_and_Objectives.pdf)  
Middleton, R. A., Stadler, H. A., Simpson, C., Guo, Y., Brown, M. J., Crow, G., ... Lazarte, A. A. (2005). Mental health reported multicultural counseling competencies. *Journal of Counseling and Development, 83*, 444-456.



Want to get published?

Why not start by writing for the CSO Newsletter?

Articles can be submitted to [ps617@nova.edu](mailto:ps617@nova.edu) for consideration in the next edition of the CSO Newsletter!



## Summer CSO Events



**Honoring the Graduates Pizza Party**



**Cosponsoring a Luncheon to Benefit the United Way**



**Lecture on Bipolar Disorder with Dr. Shaw at the Miami Campus**



**“Suited For Work” Clothing Drive at the Miami Campus**



# Attending Your First Professional Counseling Conference

By Kevin Glavin, Ph.D., PC, Assistant Professor – Mental Health Counseling

This article is intended to assist graduate students who would like to become actively involved with local and/or national counseling associations such as the American Counseling Association (ACA) <http://www.counseling.org/>, and the Florida Counseling Association (FCA) <http://www.flacounseling.org/>. First and foremost, I strongly encourage you to attend one, or both, of these conferences. The 2011 ACA conference will be held in New Orleans from March 23-27. FCA will be hosting their 2010 conference in Miami from October 9 – 12. It is here that you will meet ACA and FCA leaders, mentors and other graduate students. In addition, you will find opportunities are abound and you may only be limited by time and energy. One thing most graduate students have in common is the fact that they will all be looking for employment upon completion of their studies. Conferences such as ACA and FCA provide excellent opportunities to network with potential employers.

This article will explain ways in which you can become actively involved in ACA/FCA. In addition, it will provide you with tips for reducing conference expenditures. I hope you will use the information presented herein to pursue your interest in ACA/FCA.

## **Attend consecutive conferences, and network, network, network.**

Now that you have decided to attend a conference, what next? When you arrive be prepared to network. Networking is probably the single most important activity you should engage in regardless of your profession. Unfortunately, networking is also one of the toughest professional skills. It takes time, effort, and involves putting yourself 'out there'. It can be mentally challenging and physically exhausting. However, the rewards are always worth the effort. During a previous ACA conference a lady, unbeknown to me, approached a group of colleagues I was having coffee with. Eloquently, she introduced herself stating that she knew no one at the conference, and was trying to make new friends. Instantly, she made five new contacts, and gained my utmost respect. Networking involves not only introducing oneself, but also putting time and energy into developing relationships and keeping in contact over time. Remember, friendships are rarely cultivated in one off meetings, hence the importance of attending consecutive conferences. You only have so much time and energy, so who should you network with? Get to know the:

- Current president: (<http://www.counseling.org>)
- President elect

- Past presidents
- ACA/FCA board members
- ACA/FCA Volunteer Contact
- ACA/FCA Graduate Student Representative

ACA also organizes social events for first timers and graduate students. These events provide excellent opportunities to socialize with other students and meet ACA representatives. Remember, networking can take place anytime, anywhere, and with anyone. Consider creating professional business cards to hand out so that people get to know you. Do not limit yourself to the above-mentioned individuals. Venture out of your comfort zone and introduce yourself to as many people as possible. You never know the hidden gifts of friendship and opportunity that await you.

## **Attending Conferences on a Budget**

Conferences are not cheap. However, there are a number of opportunities students can take advantage of to reduce their costs:

- Volunteer at the conference. This may help to cut your registration fee in half. It will also help you network.
- Register early to get the 'Early Bird' rate.
- Use a website such as Priceline to search for cheap hotels. However, it is often better to stay at the conference hotel for convenience and networking purposes.
- Use websites such as Expedia and Orbitz to search for cheap flights (<http://www.expedia.com>, <http://www.orbitz.com>). Join their email list for airfare specials. Also, generally speaking, the earlier you book, the cheaper your flight will be.
- Share a room with other conference attendees.

Getting started is not always easy. Sometimes all you need is a gentle nudge in the right direction, or some words of advice and encouragement. I have lost count of the number of conferences I have attended. Some have proved more beneficial than others. However, in general, they all provided me with the opportunities I needed to grow as a professional. Get the ball rolling by attending your first conference and then watch it gain speed as you take flight!



# Addiction: Predictors of Treatment Outcome

By Erik Lieux – Mental Health Counseling Program

As addiction is one of the most pervasive problems (along with anxiety and depression) presenting in therapy today, understanding the factors that lead to successful treatment outcome is of great value. The director of the National Institute on Drug Abuse (NIDA), Nora D. Volkow, M.D. states that, “addiction is similar to other chronic diseases such as type II diabetes, hypertension, cardiovascular disease, and many forms of cancer with respect to its onset, course, and response to treatment” (2004). Like these other chronic conditions, addiction can be effectively treated and managed over its course. Treating the chronic condition of addictive behaviors requires therapeutic treatment.

So what are some of the variables that are helpful in treating addiction? A new set of treatment prediction variables show some insight. Based on a recent meta-analysis of more than 60 research papers by Adamson, Sellman, and Frampton (2009), several reliable predictors of treatment outcome have been identified. Following a rigid set of statistical guidelines, the findings include the following factors:

- Self-efficacy, i.e. a confidence in one’s ability to do well in treatment. This is the most consistent predictor found, and it is imperative that counselors scaffold confidence-building where it is lacking, so clients can achieve and maintain faith in their ability to complete treatment, as well as achieve successful recovery results. The use of small, very manageable steps or goals in the counseling setting, establishes the foundational confidence for progressively taking bigger steps.
- Motivation. The success of the treatment outcome coincides with the level of enthusiasm and motivation of the client. The traditional reinforcement theories that reward positive and healthy behavior; consequence undesirable behavior; as well as model desirable behaviors are the best available directives. Depending on the level of willingness for change, Motivational Enhancement Therapy may also prove effective.
- Treatment goal(s) or the specified recovery plan being achieved during treatment. Those who achieved their recovery goals experienced a more positive outcome.
- Dependence severity, i.e., those clients displaying more severe substance dependence (defined by duration and intensity) the poorer the treatment outcome.
- Psychopathology ratings, or the levels of co-morbid psychopathology. The higher the levels of co-morbid psychopathology (e.g., depression, anxiety), the poorer the outcome.

With so many varied tools for therapeutic success, working with addictive behavior conditions can be therapeutically challenging, however, there is reason to be optimistic. Whether the therapy goal is to increase confidence and self-accountability, increase healthy behaviors and reduce undesirable behaviors, or reduce the impact of co-morbid psychopathologies, the mental health counselor’s job is to get creative. The therapist must create and implement a multi-faceted treatment plan that motivates the individual client toward the desired treatment outcome.

## References

- Adamson, S. J., Sellman, J. D., & Frampton, C. M. A. (2009). Patient predictors of alcohol treatment outcome: A systematic review. *Journal of Substance Abuse Treatment, 36*, 75–86
- National Institute on Drug Abuse. (2004). *Director's report to the national advisory council on drug abuse - May, 2004*. Retrieved from <http://archives.drugabuse.gov/DirReports/DirRep504/DirectorReport11.html>.

## Save the Date! Beach BBQ on 9/19/10

The Student Government Association (SGA) is organizing a Beach BBQ on September 19 for CPS students (in S. Fla).

They would love a strong showing from the Master’s students and it will be a great way to make new friends, relax, and most importantly, *have some fun!*

(Be on the lookout for more details from the SGA in the next couple of weeks).



## News From ACA

### Advocacy Matters: Federal School Counseling Program Faces Critical Challenge \*

In pre-recess action, the U.S. Senate appropriations panel has voted to increase funding for the Elementary and Secondary School Counseling Program (ESSCP) by \$2 million for Fiscal Year 2011, raising the federal program expenditure to \$57 million. This would be the program's highest funding level---ever. That's the good news.

The bad news is that many in Congress are trying to eliminate ESSCP programs, as proposed by the administration, to help pay for other priorities. And those lawmakers may be successful---unless school counselors and school counseling advocates seize this opportunity to build on the Senate panel's momentum.

Visit <http://capwiz.com/counseling/home/> to tell your two Senators and Representative to increase funding for the school counseling program. The August and September recess period will put these elected officials back in their home districts and states. When the opportunity affords itself, approach them and members of their staffs personally with your support message.

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American Counseling Association. (August 10, 2010). Advocacy matters: Federal school counseling program faces critical challenge. *ACA enews*, 12(15).

### Marrying Out: Dramatic Rise in Interracial, Interethnic Unions \*

Pew Research Center analysis of recent U.S. Census data has found that a record 14.6% of all new marriages in the country in 2008 were unions of spouses of a different race or ethnicity. The new figure is an estimated six times the intermarriage rate among newlyweds in 1960 and more than double the rate in 1980.

Pew also found that one-third of adults (35%) state they have a family member who is married to someone of a different race. They believe the increase is being driven in part by a weakening of longstanding cultural taboos against intermarriage and in part by a large, multi-decade wave of immigrants from Latin America and Asia.

\* Reprinted with Permission

American Counseling Association. (July 27, 2010). Marrying out: Dramatic rise in interracial, interethnic unions. *ACA enews*, 12(14).



## Some Thoughts After Graduation

By: Myro Rosky, M.S., Mental Health Counseling

Several weeks ago I finished all the requirements necessary for the conferral of my Master of Science degree in Mental Health Counseling. The icing on that accomplishment is that during that last week of classes and practicum, I somehow managed to get a job offer as a therapist in a local hospital as well, quite something in this economic environment. I am 58 years old, and after 25 plus years of referring to myself in a very different vocational context (commercial photographer), wrapping my head and spirit around a new professional job description is more than a little disorienting.

Equally disorienting was how I felt several years ago when I got the letter congratulating me on my acceptance into the MS in MHC program at CPS at NSU. (Behold a New World of capitalized designations: CACREP, NCMHCE, NBCC, LMHC, NCC, CAP, perhaps a future PSYD with a good GRE?)

The most piercing question I asked myself after “you’re fifty-something, what are you doing?” was, “what will [everyone else] think I’m doing?”

With every class completed and new acquaintance and/or friendship made with fellow students and instructors, those primal, self-conscious concerns attenuated.. For me, with the right professor and mix of students, going to class was often like going to the movies. Studying all things psychological, my academic excursions incorporated areas of philosophy, history, sociology, art, and politics that I may have never explored. I fell in love with learning all over again.

I have had my fair share of personal adversity. Throughout my life I continued to discover that there is power in humility and in asking for help. I’ve known for a while now that as I approached maturity in body and spirit that the helping vocation was a part of my destiny; an opportunity to give back the compassionate guidance and support that on several occasions saved my life.

So, let me start getting used to this: “So, Myro, what do you do?” “Well, I’m a therapist at...” Not too shabby, I can get used to that!

New students in MHC: you’re here because somehow you know that this is the path on which you belong in spite of the details of where you’ve been or how long you’ve been around. Walk through your fears, they’ll pass, and if that’s hard, never pass up an opportunity to ask for help. Keep your hearts and minds open, never stop exploring, and I assure you that will make these coming years a wonderful adventure.

### Ongoing - Vietnam Veterans of America Clothing Drive



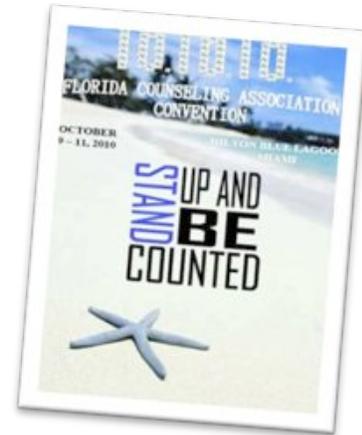
The donations for the Vietnam Veterans of America just kept pouring in, so we are going to keep collecting items. Boxes are located in the lobby of the Maltz building!



## Upcoming Conferences

### Florida Counseling Association

The theme for this year's FCA conference is "Stand Up and Be Counted." The conference will be held October 9 -11 at the Hilton Miami Airport in Miami, FL. To register for the conference, or for rates and more information, please go to: [www.flacounseling.org](http://www.flacounseling.org)!



### Florida School Counselor Association

This year's FSCA conference will be held November 4-6 at the Hyatt Pier 66 in Ft. Lauderdale, FL. This keynote speaker this year is award-winning author Trevor Romain. To register for the conference, or for rates and more information, please go to: [www.flaschoolcounselor.org](http://www.flaschoolcounselor.org)!



### American Counseling Association

The 2011 ACA conference will be held in New Orleans, LA from March 23-27. They are currently accepting graduate student volunteers, which is a great way to get 50% off of your registration! To register for the conference, or for rates and more information, please go to: [www.counseling.org](http://www.counseling.org)! Early registration rates end August 31 – so book now!



# Have Ideas or Want to Get Involved?

Then we want to hear from you! We're always looking for great ideas and passionate people! Contact one of the CSO Executive Board Members below with your suggestions or for more information!



## Contact Us

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