

Fall 2021



Dear Department of Counseling,

First, let me introduce myself, in case we have not yet had the opportunity to meet. I joined the Department in January 2018 as a full-time faculty member, and I stepped into the department chair position in July 2021. My background is in mental health and addiction counseling, and I have been a counselor educator for more than a decade. I love being a counselor educator and witnessing students' growth as they evolve into professional counselors- one class, one skill, one challenge at a time. I believe that becoming a counselor changes you on a level unparalleled by any other profession. The knowledge gained, skills attained, and striving for self-awareness result in students being able to uphold the responsibility required to provide effective counseling services to diverse clients. This profession feels like home to me, and I hope each of you feel as though you are able to develop a sense of community and belonging here in the department.

In the few short months I have had the privilege of serving as the chair of the department, I have been struck by the accomplishments and momentum within the Department. In regard to accomplishments, students have persisted through the challenges posed by the ongoing pandemic, graduated, and transcended into alumni. Faculty continue to elevate their teaching to meet the needs of the times, both in content and in delivery. This Fall semester began with the Department having a CACREP-accredited Clinical Mental Health Counseling concentration for the first time- a testament to the diligent work of all involved in the program. Momentum is carrying us forward as we continue to seek and use data to make program improvements, connect with our communities, and provide effective services. It is a joy and an honor to witness and be part of such a dynamic counseling community here at Nova Southeastern University.

Overall, I am grateful for this opportunity to serve as your chair, and I believe the future of the Department is very bright. In the midst of accomplishment and momentum, please be sure you make the time to rest, rejuvenate, and ultimately take very good care of yourself. As we say in practicum, "You cannot pour from an empty cup!"

All my best,

Melanie Larussi, Ph.D., LMHC, LPC-S, NCC  
Chair and Associate Professor

Elda Kanzki-Veloso, Ph.D.



Elda Kanzki-Veloso, Ph.D., is an Associate Professor at Nova Southeastern University's College of Psychology. Previously, she was an Associate Professor at the Abraham S. Fischler College of Education for 12 years and is currently an at the College of Psychology's Department of Counseling. Her main responsibility in the department includes, but is not limited to, coordinating the practicum and internship placement process for the department. Dr. Kanzki-Veloso received her Ph.D. in Counseling, with an emphasis in Family Therapy from Barry University, a M.S. in Counseling with a specialization in Special Educational from Florida International University, and a B.S. in Psychology from Hofstra University. Her research interests include veterans, adolescent substance abuse, and effective integration of technology for learning in any context (online, hybrid, face to face). She has a wealth of experience in the field of evidence-based research with adolescent substance abusers and their families. In her tenure at NSU, she led the Center for Assessment and Intervention at the Fischler School of Education and Human Services (currently Fischler College of Education), and was in integral part of the applied research center where she oversaw the dissertation process for all doctoral students.



## CSO BOARD MEMBERS 2021-2022

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Orlando VP, and Palm Beach VP positions are still available. Email LD1429@mynsu.nova.edu if interested.

If interested in joining CSO, please sign up through SharkHub.

SIGN UP

LIKE US

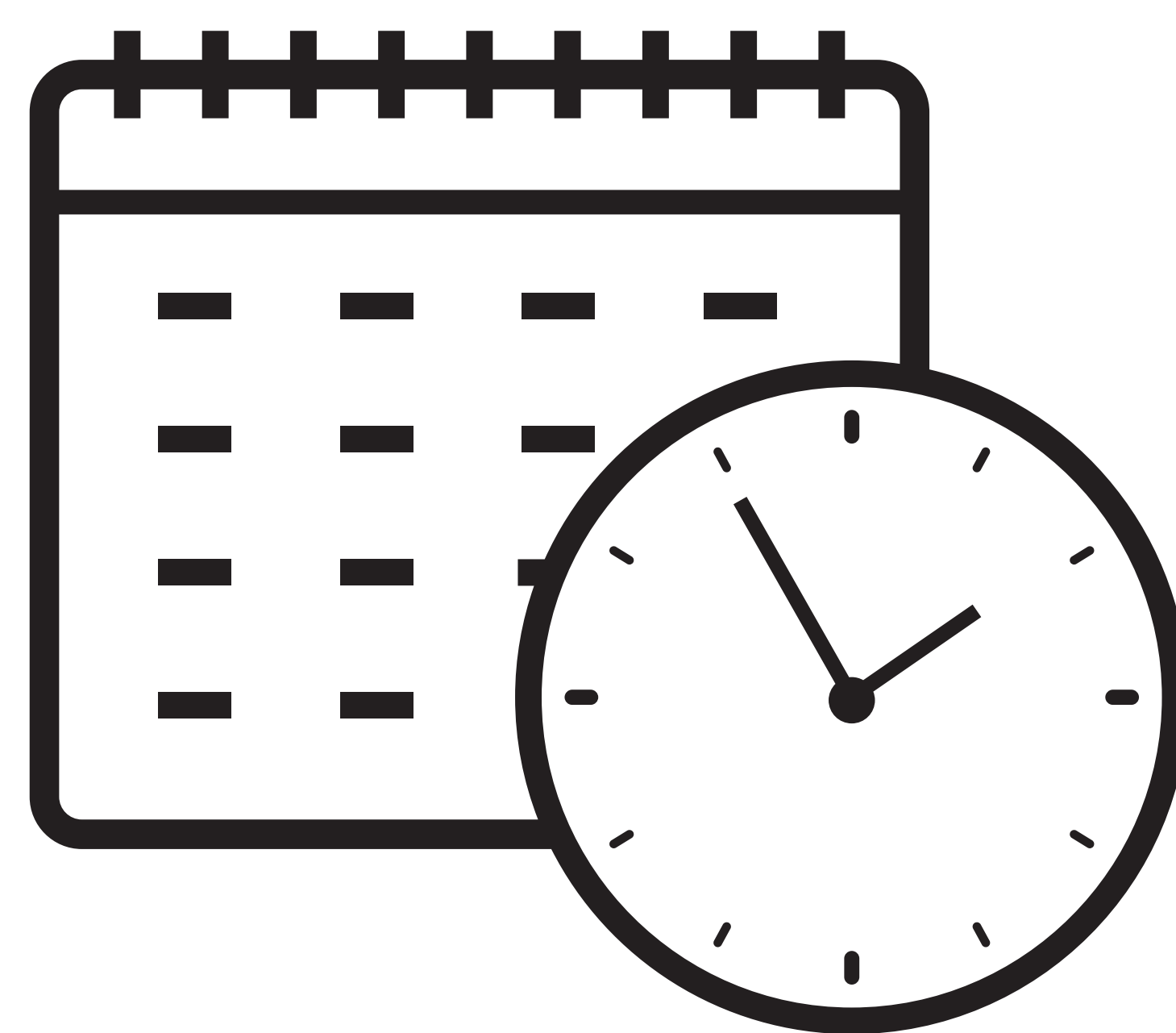
FOLLOW

Social Media

Instagram: NSU\_CS0

Facebook: NSU Counseling Student Organization - CSO

## REMINDERS



Please subscribe to receive announcements from the Canvas Student Center for important program updates!

**Practicum Application Deadlines:**  
January 15 for Summer start  
April 15 for Fall start  
September 15 for Winter start

**Counselor Preparation Comprehensive Examination (CPCE)**  
**Application Deadline:**  
First day of each term

### Meet our new Program Coordinator/Advisor!

My name is Daiana D. Castro and I am pleased to be your new Program Coordinator/Advisor. I will be serving the MS in Counseling main campus students, Tampa and Orlando regional campuses and the MS in Counseling: School Counseling concentration students. I received my BS in Psychology and MS in Leadership from NSU and have over 14 years of experience working in various positions within NSU. I look forward to assisting you through your educational journey and any academic needs you might have. I can be reached by e-mail at daiana@nova.edu or by phone at 954-262-5891.



## CACREP OFFICIAL!

The Council for Accreditation of Counseling and Related Educational Programs (CACREP), a specialized accrediting body recognized by the Council for Higher Education Accreditation (CHEA), has granted 8-year accreditation to the M.S. in Counseling, Clinical Mental Health Counseling (CMHC) concentration (Links to an external site.) at Nova Southeastern University.

CACREP accreditation of the CMHC concentration includes the online delivery format, the traditional format offered at the Fort Lauderdale/Davie campus, and the weekend intensive/hybrid format offered at the Miami, Orlando, Palm Beach, and Tampa Bay regional campuses.

M.S. in Counseling, Clinical Mental Health Counseling concentration students will be considered graduates of a CACREP-accredited specialty area if they completed the accredited program of study, including KPI assignments, AND if they received their degree on or after January 10, 2019

<https://psychology.nova.edu/academics/masters/counseling/index.html>



CLINICAL  
MENTAL HEALTH  
COUNSELING  
CONCENTRATION



# Mindfulness Mondays

Join Dr. Thompson on Mondays at 11:30am as he leads a 15 minute mindfulness session.



**Zoom Meeting ID:  
953 8771 8011**

## Community Events



**NATIONAL ALLIANCE ON MENTAL ILLNESS  
COMMUNITY WALK**



*Fort  
Lauderdale*

**AMERICAN FOUNDATION FOR SUICIDE PREVENTION  
OUT OF THE DARKNESS WALK**



*Tampa*



## Listen, watch, read!

Recommendations related to the counseling field

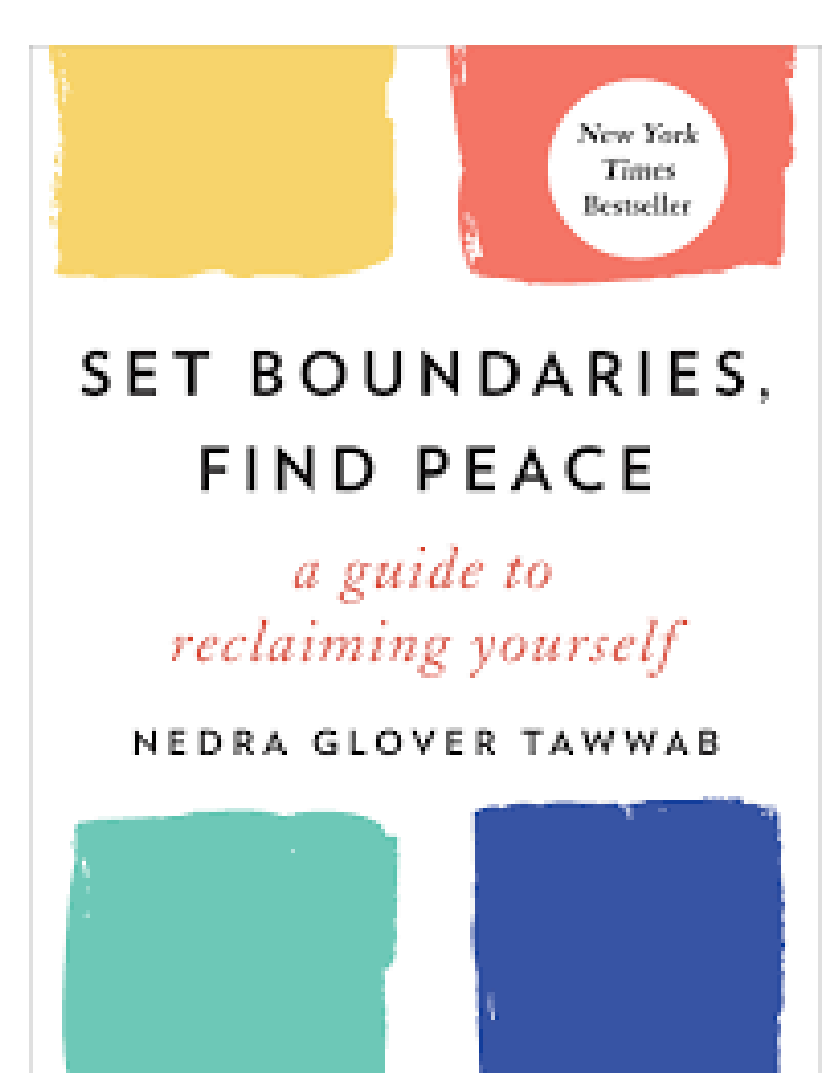


### PODCAST/SHOW: THE SHRINK NEXT DOOR

BASED ON A TRUE STORY, THE SHRINK NEXT DOOR DEPICTS THE EXPLOITIVE RELATIONSHIP BETWEEN A PSYCHIATRIST AND HIS CLIENT. THE 2019 PODCAST WAS CREATED INTO AN EIGHT-EPISODE MINISERIES ON APPLE TV+ STARRING WILL FERRELL AND PAUL RUDD.

### BOOK: SET BOUNDARIES, FIND PEACE

LICENSED THERAPIST, NEDRA GLOVER TAWWAB, WROTE SET BOUNDARIES, FIND PEACE TO TEACH OTHERS HOW TO IMPLEMENT BOUNDARIES TO PROMOTE HEALTHY RELATIONSHIPS. THE ACCOMPANYING WORKBOOK WILL BE RELEASED IN DECEMBER!



## STUDENT SPOTLIGHT



*Christine Perkins*

My name is Christine Perkins, and I'm part of the TP20 Cohort (Tampa Campus/Hybrid Program). I am originally from Boston and currently reside in St. Petersburg. During my undergraduate academic career, I attended the University of Tampa, University of Massachusetts at Boston, and the University of South Florida (USF), where I studied Exercise Science, Sports Management, and Psychology. After graduating from undergrad, I decided to continue my studies at USF and obtained my Master's in Physical Education, concentrating my studies in sports psychology and contemporary issues in sport. I have spent the majority of my professional career working with the realms of professional and endurance sport, primarily in event operations, athlete services, corporate partnership management, and community relations. I've been blessed to work in the NHL, MLB, and NFL, as well as for some of the world's largest endurance event production companies producing triathlons and road running races all over North America. Growing up I was a competitive figure skater and started playing recreational ice hockey two years ago. I also enjoy participating in short-course triathlons, duathlons, running half marathons, and doing yoga. I currently also volunteer with Suncoast Hospice providing support and assistance to patients, caregivers, and their families. My clinical interests are within the realms of psychotherapy for athletes, eating disorder prevention and treatment, as well as grief/bereavement counseling. My ultimate goals are to work with the United States Olympic and Paralympic Committee on their mental health initiatives and provide therapeutic services to current and retired Team USA athletes, as well as provide consulting services to professional sports teams/players associations and unions.

## Professional Development

American School Counselor Association  
ASCA Virtual Conference December 2-3, 2021

FMHCA - 2022 Annual Conference  
February 4-5, 2022 Lake Mary, Florida

ACA Conference & Expo  
April 7-10, 2022 Atlanta, Georgia

Mental Health Counselor's Association of Palm Beach  
Monthly Events - <https://www.mhcapbc.org/events>