

Winter 2022

Dear Department of Counseling,

I hope this finds you in the midst of a productive winter semester. Please continue to take care of yourselves as we navigate the challenges of the times and exercise persistence and intentional rest.

The Department continues to buzz with progress and updates. At the close of the Fall 2021 semester, in conjunction with the Fischler College of Education and School of Criminal Justice, our School Counseling concentration completed a virtual site visit with the Council for the Accreditation of Educator Preparation (CAEP). The program received positive feedback and is awaiting the accreditation decision. In addition, the School Counseling concentration is pursuing a Specialized Professional Association (SPA) with the American School Counselor Association (ASCA) under CAEP. This national recognition requires CAEP accreditation and involves the program providing evidence that they meet each of the ASCA standards in a specified report. A huge shout-out to Drs. Eric Thompson and Tara Jungersen for their efforts in the pursuit of CAEP accreditation and ASCA recognition.

We are continuing to grow our full-time faculty in the CMHC concentration through active faculty searches this semester, and various department-wide participation has been greatly appreciated in the main-campus interviews. Moreover, we have welcomed several new adjunct faculty to our team this semester. We have been so fortunate to have such a wide breadth and depth of faculty expertise. The CMHC Student Annual Review will occur this semester. Students will be asked to complete their part of this required process in mid-February, so please check your email and the Canvas Student center announcements for additional information.

Finally, I want to encourage you to engage in the various professional development opportunities that are available to you. The Counseling Student Organization is continuing to host a variety of Lunch and Learn webinars this semester. Dr. ter Maat presented on ethical telehealth counseling and the recording is available on CSO's Facebook page. Every Monday at 11:30am, Dr. Eric Thompson provides us with an opportunity for 15 minutes of collective practice of mindfulness. If you haven't joined yet, I highly encourage you to give it a try – you won't regret it taking these 15 precious minutes for yourself. Details about these opportunities, including meeting links, are posted in the Canvas Student Center.

Beyond the professional development opportunities offered by the Department, we encourage you to engage in professional development opportunities provided by professional organizations. For example, members of the American Counseling Association are invited to register for the Human Rights Campaign's virtual Time to THRIVE Conference (TimeToTHRIVE.org) February 8-10th at no cost. The annual ACA Conference will be held April 7-9, 2022 in Atlanta, GA. There are many other opportunities to pursue, so please talk with your faculty and professional networks to get connected!

Yours in Wellness and Perseverance,
Dr. Melanie Iarussi



Vanessa Teixeira, EdD



I'm happy to share a bit more about myself with students for this semester's newsletter. This is my fourth year teaching at NSU and my favorite classes to teach are Career Counseling, Human Sexuality, and Child/Adolescent Psychopathology. I also really enjoy supervising Practicum and Internship classes. My career as a mental health counselor and counselor educator is very important to me, so I strive to have updated credentials, present at national counseling conferences, and work on publishing important counseling topics. Currently, I'm co-authoring a book with two fellow NSU faculty members on Peripartum Depression. It's an exciting project that we have been working on for over two years and I'm looking forward to seeing the final publication in the near future. On a personal note, I live in the central Florida area with my husband, 2-year-old daughter, and our chihuahua. I have numerous hobbies and enjoy activities such as hiking, kayaking, biking, skiing, singing Karaoke, playing board games, going to theme parks, and photography. I have really enjoyed being a counselor and counselor educator because it gives me the flexibility and freedom to pursue my career goals while also effectively balancing personal aspirations and family time. It might feel daunting to complete a Master's or Doctoral program right now, but the rewards after graduation and licensure are truly worth all the hard work and sacrifice! I'm happy to make myself available for all students who have questions or concerns about this career path. Email me anytime! vteixeira@nova.edu



CSO BOARD MEMBERS 2021-2022

President: Lisa Davis
Tampa/ Clearwater VP: Cindy (Cynthia) Johnson
Online VP: Grisell Vazquez
Miami VP: Sean McCray
Secretary: Ashley Edwards
Treasurer: Leah Armstrong
Mental Health Counseling Rep: Karolyna Cuesta
School Counseling Rep: Drew Grissell
Alumni Liaison: Samantha LoForte
Advisor: Carly Paro-Tompkins

Positions are still available. Email
LD1429@mynsu.nova.edu if interested.



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



Social Media

Instagram: NSU_CS0

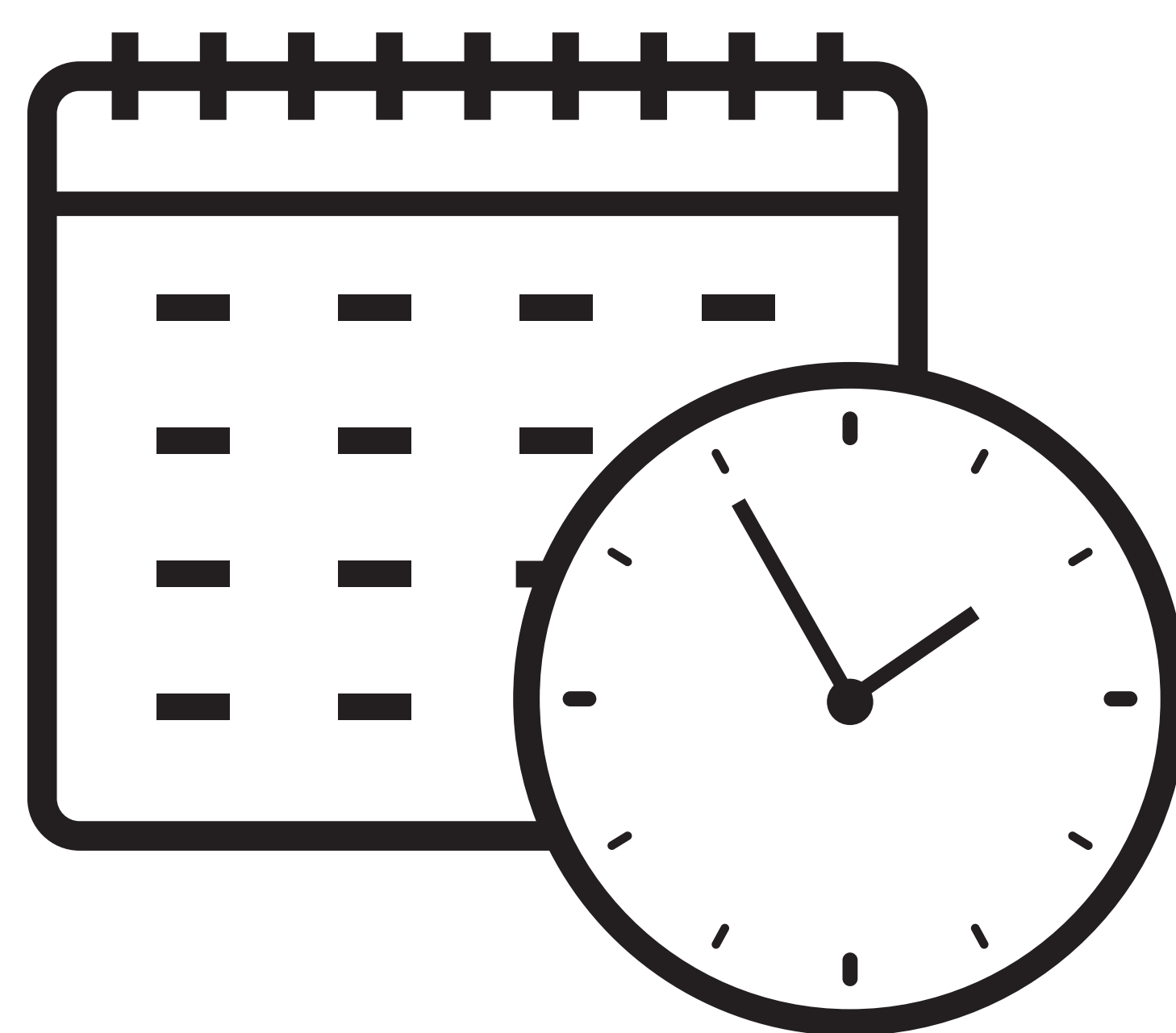
Facebook: NSU
Counseling Student
Organization – CSO

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



Upcoming Webinars from the College of Psychology

For more information, visit: <https://www.nova.edu/sharkchats/>

THE ROLE OF MENTAL
HEALTH
PROFESSIONALS IN
CANCER CARE

FEB. 4TH

SELF-CARE FOR COVID-
WEARY CLINICIANS:
WHAT WE ARE LEARNING
FROM THESE
CHALLENGING TIMES

FEB. 18TH

POSITIVE
PSYCHOLOGY AND
WELL BEING THERAPY

MARCH 11TH

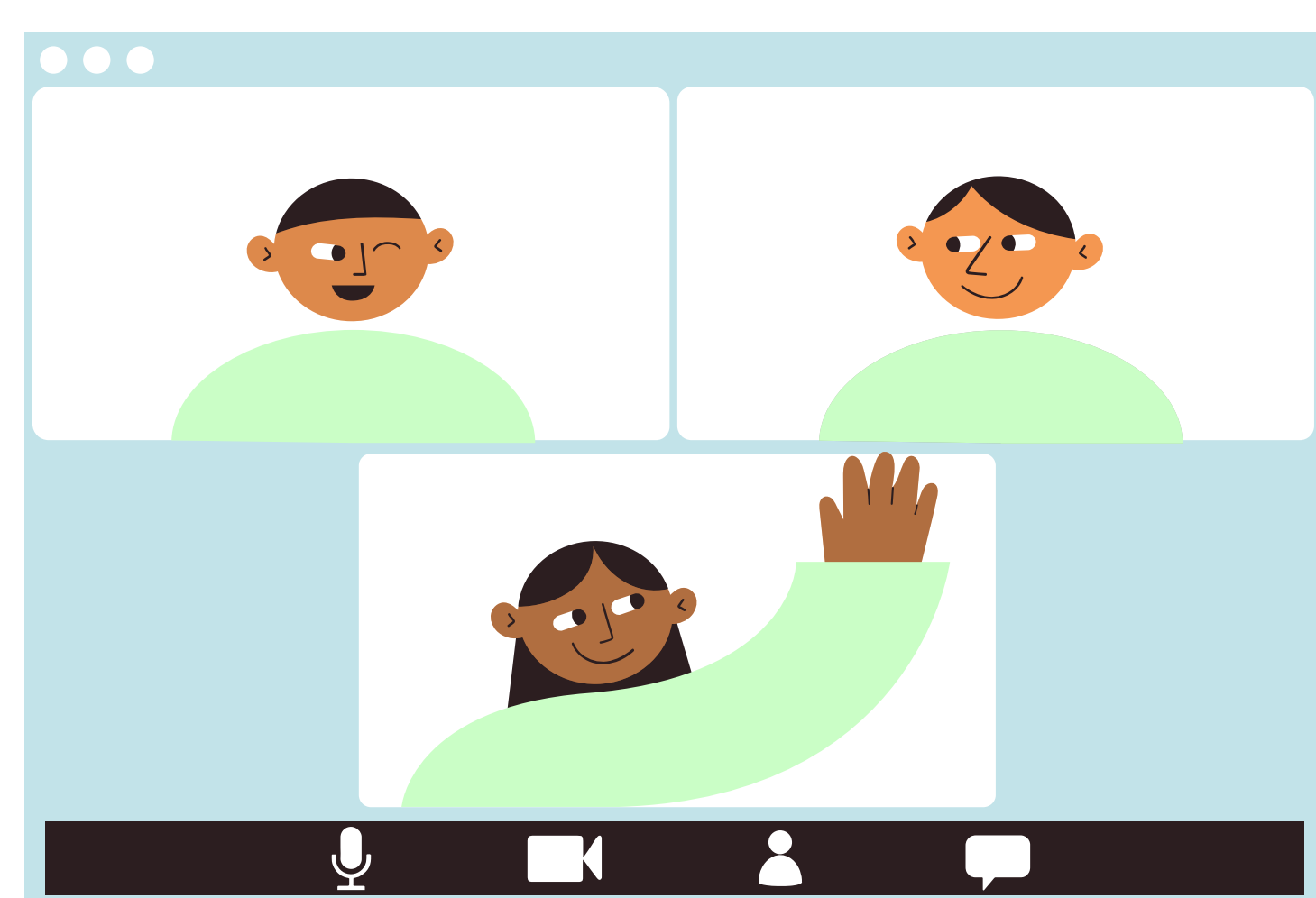
CSO Social

CSO Members!

PLEASE JOIN US ON ZOOM FOR A SOCIAL!

Friday, February 18, 2022

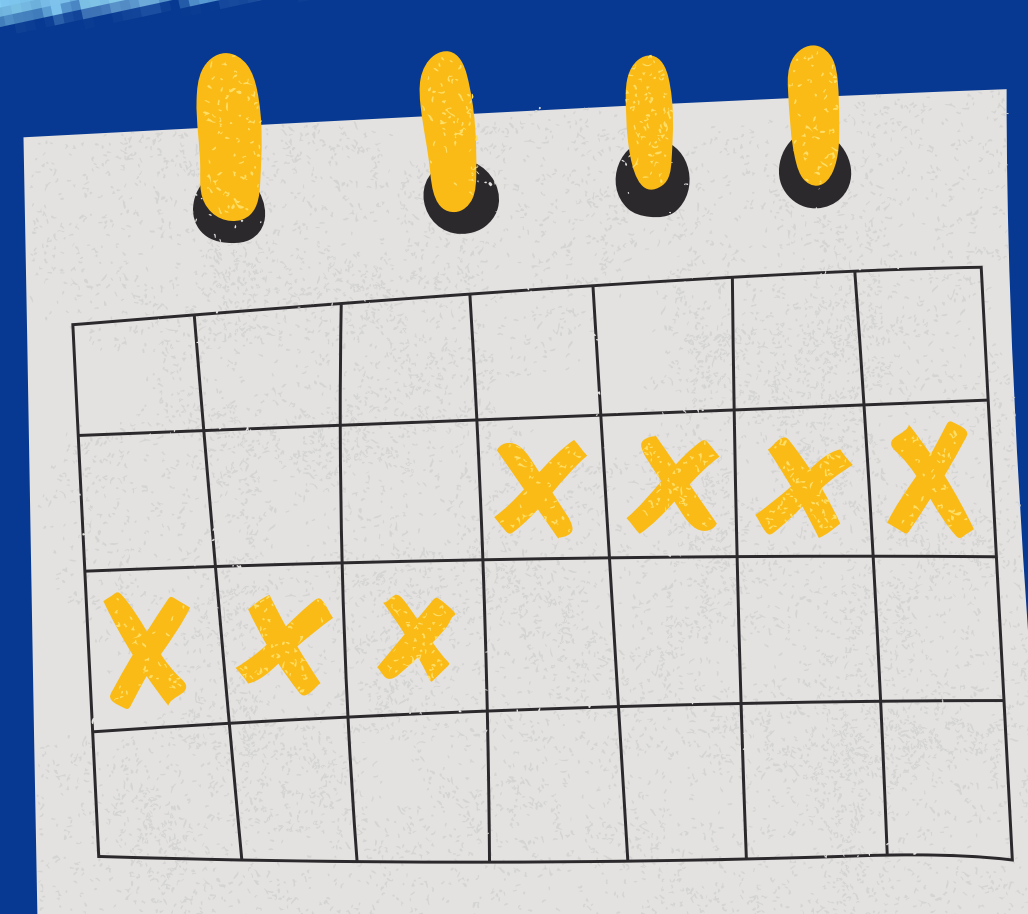
6:00pm



Zoom Meeting ID:
921 5199 3870

Passcode: CSO

MENTAL HEALTH AWARENESS



February

- BLACK HISTORY MONTH
- INTERNATIONAL BOOST SELF-ESTEEM MONTH
- NATIONAL SCHOOL COUNSELING WEEK (FEB 1-5)
- NATIONAL EATING DISORDERS AWARENESS WEEK (FEB. 23-29)

March

- SELF-HARM AWARENESS MONTH
- ZERO DISCRIMINATION DAY (MARCH 1)
- WORLD BIPOLAR DAY (MARCH 30)
- WORLD AUTISM AWARENESS WEEK (MAR. 30 - APR. 5)

April

- NATIONAL COUNSELING AWARENESS MONTH
- WORLD AUTISM DAY (APRIL 2)
- WORLD HEALTH DAY (APRIL 7)
- NATIONAL ALCOHOL SCREENING DAY (APRIL 7)
- NATIONAL STRESS AWARENESS DAY (APRIL 16)

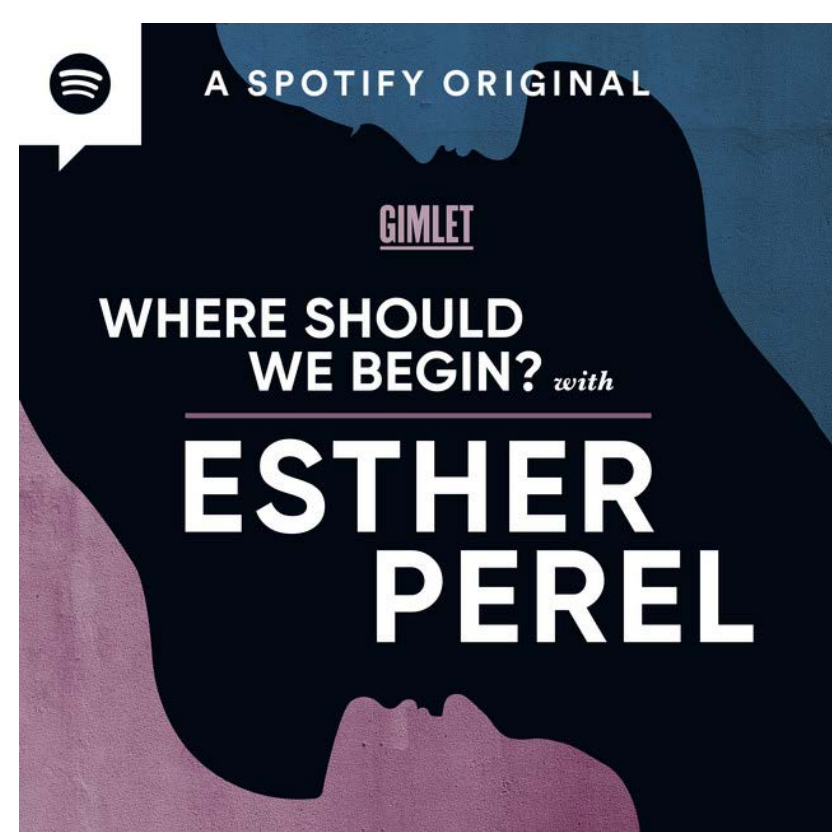
May

- MENTAL HEALTH AWARENESS MONTH
- NATIONAL MATERNAL DEPRESSION MONTH
- BORDERLINE PERSONALITY DISORDER AWARENESS MONTH

*Not all awareness days listed

Listen, watch, read!

Recommendations related to the counseling field

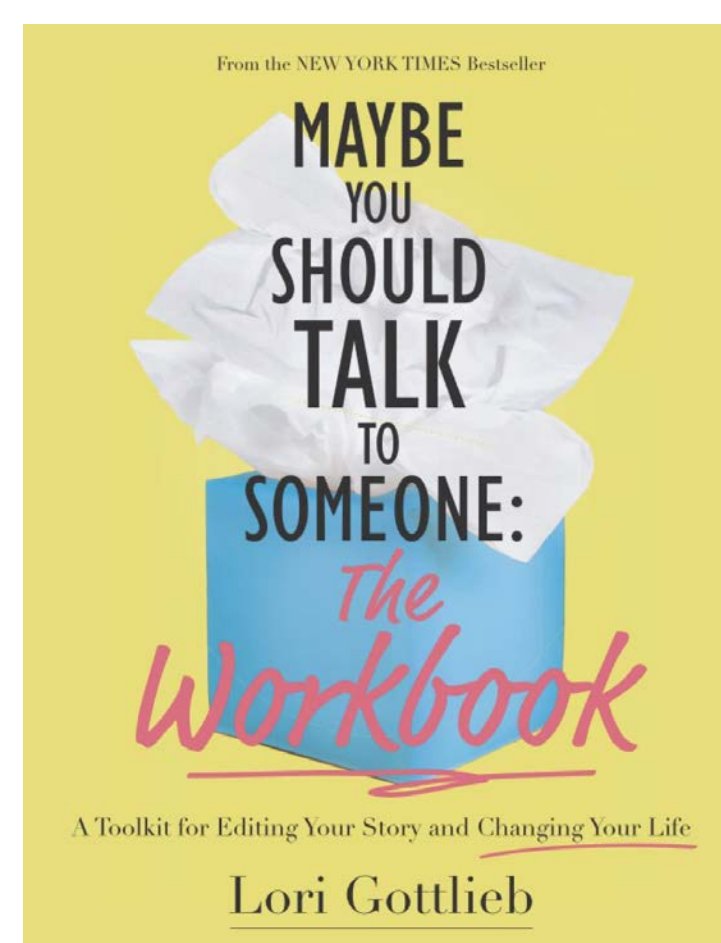
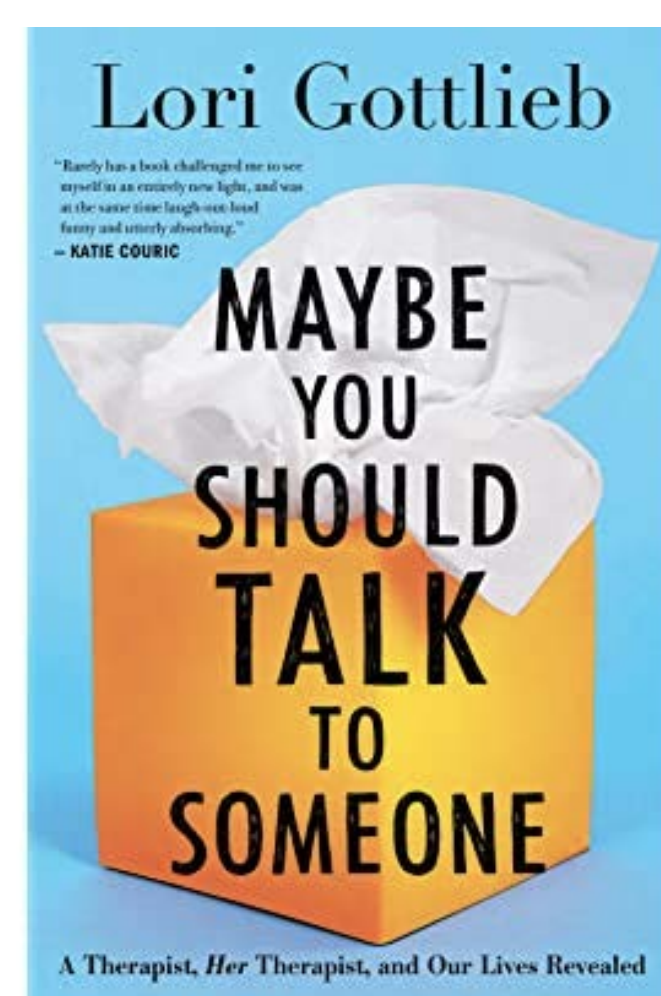


PODCAST: WHERE SHOULD WE BEGIN?

PSYCHOTHERAPIST, ESTHER PEREL, ALLOWS LISTENERS TO EXPERIENCE HER COUNSELING SKILLS AS SHE HELPS COUPLES NAVIGATE COMPLICATED ASPECTS OF THEIR RELATIONSHIP. WITHIN THIS PODCAST, SHE ALSO HAS SEPARATE SEASONS TITLED, "HOW'S WORK?" WHERE SHE FOCUSES ON WORKPLACE DYNAMICS WITH CLIENTS WHO ARE COLLEAGUES. ALSO, CHECK OUT HER NEW "GAME" CALLED "WHERE SHOULD WE BEGIN?"

BOOK: MAYBE YOU SHOULD TALK TO SOMEONE

LORI GOTTLIEB GIVES READERS A GLIMPSE INTO THE WORLD OF A THERAPIST BY SHARING HER OWN JOURNEY WITH THERAPY AS WELL AS SESSIONS WITH CLIENTS. SHE RECENTLY RELEASED A WORKBOOK TO HELP PROVIDE INDIVIDUALS WITH EXERCISES TO HELP LIVE THEIR MOST AUTHENTIC LIFE!



STUDENT SPOTLIGHT



Michael Zolondek

I decided to join NSU's online Clinical Mental Health Counseling program as a part of a years-long career transition. After I received my PhD in New Testament Language, Literature, and Theology from the University of Edinburgh in Scotland, I began teaching as an adjunct professor at Florida International University and publishing my academic research in this field. Although this work was personally fulfilling, I wanted to do more to help those in the sorts of underserved communities in which I grew up. So, I joined a Title I elementary school, first as a teacher and then as a behavior specialist. I fell in love with the work I was doing in the latter role, but I wanted to take it to a deeper level. After several conversations with our school therapists, I realized that a career in mental health counseling was exactly what I was looking for in my professional life. I especially hope to utilize what I have learned throughout my time at NSU to serve children, adolescents, and their families who live in underserved communities. Outside of my career as a mental health counselor, I hope to continue to teach at FIU and publish my academic research. I am also looking forward to completing my degree so that I have more free time to spend with my family and pets, listen to music, do art, and especially to train and teach Brazilian Jiu Jitsu. I wish all of you reading this the best in your lives and careers!

Professional Development

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

AMHCA Annual Conference
June 22-24, 2022 Las Vegas, Nevada

ASCA Annual Conference
July 9-12, 2022 Austin, Texas

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