

NSU Department of Counseling Newsletter

Summer 2020

NSU DEPARTMENT OF COUNSELING

DEPARTMENTAL UPDATES FOR THE FORT LAUDERDALE/DAVIE,
MIAMI, PALM BEACH, TAMPA, & ORLANDO CAMPUSES,
AND THE ONLINE FORMAT

*Greetings from
the Chair*



Dear NSU Department of Counseling Community:

"The new normal." "Unprecedented." "These challenging times...." Words and phrases are inadequate to describe the personal, professional, academic, and social upheavals that our global and Shark community has experienced during the first half of 2020. The dual public health crises of COVID-19 and systemic racism have provided many opportunities for reflection, resilience, self-care, and action.

While we've shared a collective grief as we reflect on our pre-pandemic lives, we've also experienced solidarity. We've experienced a clear commitment to action to promote equity in our marginalized communities. The structural racism that plagues our society is being dismantled right before our eyes.

As counselors, I am proud of our profession's ethical mandate for advocacy to promote peace, justice, health and wellness. We're also trained in self-care strategies and in knowing our limits and boundaries when challenges arise. Let's not kid ourselves.... it's a difficult time right now. Students, staff, faculty, and our clients are juggling many competing responsibilities. Please know that we are here to support each other. We have opportunities to exercise patience, understanding, empathy, and creativity. We will persevere!

Stay strong, stay well, and have a great summer,
Go Sharks!

Tara S. Jungersen Ph.D., LMHC, CCMHC, NCC
Department Chair

NSU

Florida

NOVA SOUTHEASTERN UNIVERSITY

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Department and Faculty Updates

Introducing the Regional Campus Hybrid Format Starting Fall 2020 at the Tampa, Orlando, Miami, and Palm Beach Campuses

New Students: Are you interested in completing your M.S. Counseling degree, *Clinical Mental Health Counseling* or *School Counseling* concentration in a flexible, cohort-based format with the option to streamline your degree?

NSU is pleased to announce the new Hybrid Online/Intensive Weekend format beginning Fall 2020 for new students at the NSU Regional Campuses. Students will have the choice to complete their degrees in either a regular paced or accelerated sequence.

School Counseling accelerated pace:

1 2/3 years /5 semesters

Mental Health Counseling accelerated pace:

2 1/3 years /7 semesters

*Please contact the NSU Admissions Office for more information at (954) 262-7563 or gradschool@nova.edu.

COVID-19 Updates Fall 2020

President Hanbury's most recent update regarding Fall 2020 classes states that students and instructors are welcome to attend on-campus classes in all campuses for the Fall semester.

Students will have a choice to attend classes via synchronous online delivery if they cannot attend in person.

Instructors will use a Blended Flexible (Blendflex) model.

Please read the [Return of the Sharks Student Guide](#) for detailed information.

Monitor all university announcements related to COVID-19 at www.nova.edu/coronavirus.

Counseling Faculty



Dr. Robert Freund

Hello Sharks, and thanks for letting me be a part of your learning community!

Becoming a counselor was just one of many paths I could've taken in life, but it always made sense. I've had a passion for enriching the lives of others since I was a kid; as a child I was the comedic relief, the best friend giving out relationship advice as a teenager, and as an adult, the person who loved bringing people together.

I was educated at Florida Atlantic University (go Owls!) in psychology (bachelor's and master's in experimental psychology), clinical mental health counseling (master's) and counseling education (doctorate). I'm thankful to have learned from some of the best that this field has to offer, both in the classroom and in the community. As an educator myself, I love bringing the passion and knowledge of my mentors to the classroom and hope to help you find your own love for this work.

My specialties in counseling include working with spirituality and social justice issues, as well as working with couples; I am currently working towards certification in the Gottman Method for couples counseling. My research interests include quantitative exploration of the therapeutic relationship, wellness interventions, spirituality, and LGBTQ+ issues in counseling. I look forward to seeing you all around and working with you in the near future!

"Pursuing a career as a helping professional was a natural career path for me, and I consider it to be a true calling." — Dr. Robert Freund

Student Updates



Congrats Grads!

**The Department of Counseling congratulates
our counseling graduates!**

The 2020 College of Psychology
Graduate Virtual Commencement took
place on
June 19th at 10am.

We're so proud of you!



Professional Development

National Counselor Development Association Virtual Conference
Global Career Development Conference
July 14-16, 2020

The Association for Creativity in Counseling's Virtual Conference
September 10 - 12, 2020
Call for Proposals - July 8, 2020
Students are encouraged to apply!

SAIGE 2020 Virtual Conference
Society for Sexual, Affectional, Intersex, & Gender Expansive
Identities (formerly ALGBTIC)
October 10th & 11th, 2020

Student Experience with Telehealth

"I was able to have telehealth sessions with clients at my internship site while under quarantine for COVID-19. In that time, I was able to do individual and group therapy sessions as well as performing intake interviews. This experience required me to learn some new skills and learn how to build a therapeutic relationship through a screen. It also made me learn a different kind of patience because my clients were frustrated with the situation and with the medium we were using for the therapeutic session. Through this experience, I have had the opportunity to get training to use telehealth and experience to help me in the future should I decide to integrate this into my practice."

- Elizabeth Cooper.

Student Intern at Millennium Clinic