

NSU Department of Counseling Newsletter

Winter 2021

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



NSU

Florida

NOVA SOUTHEASTERN
UNIVERSITY

Volume 3: Issue 2 Winter 2021

HAPPY NEW YEAR



Dr. Tara Jungersen

Dear NSU Department of Counseling:

Sending warm wishes for a happy, healthy, and safe New Year to our NSU Counseling Community!

We know that COVID-19 has given new meaning to the term, "it's a marathon, not a sprint." As we continue our forward progress, it's important that we maintain our own strength as we keep our vision firmly on our goals. Additionally, recent national events have likely added to the stresses and strains that have compounded across time, and spotlighted the critical role of equity and anti-racism efforts and the role of counselors in these conversations.

I hope that students have found the resources in the Department of Counseling Student Center helpful during these times. As you review the announcements and modules there, here are a few things to check out:

- The American Counseling Association has released a statement related to the violence in Washington D.C.
- The counseling faculty are hosting monthly, drop-in discussion groups for students on the topic of Systemic Racism, cultural competence, and inclusion efforts called "The Growth Zone"
- The NSU Center for Student Counseling & Wellbeing is hosting "Breaking Barriers" student psychoeducational groups about stress, coping, and loneliness during the pandemic
- Dean Grosby and I are conducting student town halls to address questions and gather feedback about the program and student needs
- Links and information about NSU's COVID response and plans, including updates related to vaccines, are provided

I remain honored to be a part of this Shark family as we power on and push through.

Keep those Fins Up!
Dr. J

Department and Counseling Concentration Updates

Applied Behavior Analysis

The BACB is excited to introduce the new *Ethics Code for Behavior Analysts*. This updated Code for BCBA's and BCaBA's will go into effect on **January 1, 2022**. Listen to this podcast to get an introduction to the updated Code!
<https://www.bacb.com/bacb-podcasts/>

Clinical Mental Health Counseling

As of July 1, 2020, students no longer have the option to take the CPCE on-campus. Students must schedule to take the CPCE-Computer-Based Testing/CBT at a Pearson VUE Testing Center. The cost of the exam is \$150 per attempt.

School Counseling

The school counseling concentration had a **100% pass rate** on the School Counseling Pre-K through 12 Subject Area Exam for 2017-2018; 2018-2019; and 2019-2020!

Congratulations on three consecutive years of excellence!

Substance Abuse

The Association for Addiction Professionals releases two **FREE** webinars per month. You can watch them live or through their on-demand library. <https://www.naadac.org/>

Hello, Sharks!

My name is Julie Lillis and I graduated from Nova in 2008 after completing the master's program in mental health counseling. I did my internship at Children's Home Society, a group home for runaway teens. During my time there, I was responsible for holding daily group therapy sessions, completing intakes, and providing individual counseling. I learned a lot from that experience and really enjoyed working with the kids. Upon graduating, I began working as a mental health counselor at an agency that I was already employed with as a case manager. This agency offered in home services, which was interesting, but not sustainable for me long term due to travel time and demand. After that, I took a job at a juvenile correctional facility and had a caseload of 14 adolescent boys. The paperwork was extensive, which helped sharpen my clinical documentation skills. I also got the chance to build strong alliances with my clients because I was seeing them every day. Eventually I made the leap to private practice. I worked for a group practice for a short time and I now run my own group practice with eight contract employees. Private practice has given me the freedom and flexibility to hone my skills and expand my education. I have become certified in CBT through the Beck Institute's online program. I have also completed all three levels of Gottman Method Couples Therapy clinical training.

For new graduates, I would recommend working in an agency to start. The structured environment offers support and resources for new therapists. There is always a supervisor on site and you can build relationships with colleagues that have different levels of experience. The pitfalls are the extensive and mundane paperwork, the hours, and lack of flexibility in your schedule. I have found private practice to be an amazing experience for me because you can be more selective in the clients you work with. However, if you are not a business minded person, I would highly recommend working for a group practice. I learned the hard way that the time and money you will spend running your business is equivalent to the percentage you would pay to a group practice. Private practice can also be lonely, so I would recommend joining a supervision group online or locally. I'm wishing you success!

~ Julie Lillis, LMHC, QS
www.soulambitionfl.com

Advice
from
Alumni



Julie Lillis, LMHC, QS

Faculty Spotlight



Dr. Cierra Davis

Dear NSU Counseling Students, Faculty/Staff,

My name is Dr. Cierra Davis and I am in my second-year at Nova Southeastern University (NSU) as a full time Assistant Professor. I proudly hail from Baltimore, MD. (Go Ravens!!) and proudly wear my purple and gold while eating my crab cakes and crabs! I recently moved from Virginia before heading to sunny South Florida. I was attracted to NSU due to the rich diversity, emphasis on building community, community engagement, well-rounded student-centered faculty and commitment to providing access to quality education through various teaching formats.

My passion is teaching students beyond theory towards practical clinical application that they can utilize in real world situations. I aim to make seemingly complex concepts understandable and applicable. I am always excited when I receive student feedback indicating new found comprehension and confidence. Of utmost importance to me is that my students understand and embrace their individuality and honor their unique strengths as this will allow them to trust themselves and their ability to enact change within the lives of others.

In addition to my counseling interests of mentorship, self-care and spirituality, to name a few, I embrace holistic wellness in its many forms. I am certified as a Mindfulness-Based Transformational Life Coach, Yoga Nidra Master Teacher, Meditation Teacher, Reiki Master and Certified Sound Healing Professional. I also enjoy reading as well as practicing mindful meditation and wellness activities in my spare time. I can often be found at the beach doing yoga or taking my singing bowls out for sound healing sessions, walking my two Yorkie-Poo/Bichons as well as spending time with my partner of 13 years. I travel a lot in my spare time, enjoy crafting and eating my favorite food, sushi!

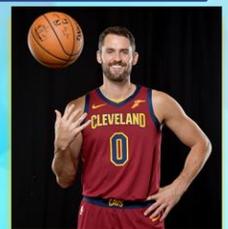
~Cierra Davis, Ph.D., NCC, LPC

Mainstream Mental Health

Highlighting people and movements that impact others and help eradicate the stigma related to mental health.

- * Mental health is becoming a more popular topic in the media. Celebrities and the like are opening up about their personal experiences to help normalize mental health.
- * Kevin Love, a professional basketball player for the Cleveland Cavaliers, shared his experience with depression, anxiety, and panic attacks. His story was well-received and encouraging to others with similar experiences.
- * Love wrote letters to express himself via The Players' Tribune, a platform allowing professional athletes to use their own words to connect with their fans.
 - o First letter: <https://www.theplayerstribune.com/articles/kevin-love-everyone-is-going-through-something>
 - o Second letter: <https://www.theplayerstribune.com/articles/kevin-love-mental-health>
- * Recently, he became an investor in Coa (short for coalescence which means "growing together"), a therapist-led community created to work on emotional fitness. They offer live classes. Check them out at <https://www.joincoa.com/>

**"Everyone is going through something that we can't see."
-Kevin Love**



Which person or movement would you like to see featured?

Email Lisa at: LD1429@mynsu.nova.edu

Student Updates



Counseling Student Organization

President: Samantha LoForte
Main Campus VP & Secretary: Nicole Torek
Online VP: Megan McInerney
Orlando VP: Kaitlyn Belen
Tampa VP: Cynthia Johnson
Treasurer: Hailey Fitzpatrick
School Counseling Representative: Drew Grissell
Communications & Outreach Chair: Lisa Davis
Alumni Liaison: Yekaterina (Katya) Sorsher
Advisor: Dr. Carly Paro-Tompkins

To **join CSO**, go to the Counseling Student Organization in SharkHub. Make sure to 'like and follow us' on Instagram & Facebook!

Destigmatizing Therapy for Therapists

March 5, 2021 @ 5:00pm

Zoom ID: 99179774149 Passcode: CSO

Join us for a presentation hosted by CSO's Hailey Fitzpatrick, on behalf of the Center for Student Counseling and Wellbeing, to learn more about stigma and how it relates to being a therapist. Also, we will discuss resources available to NSU students!

Professional Development Virtual Counseling Conferences

Florida Mental Health Counselors Association (FMHCA)
2021 Virtual Summit: Feb. 1st – 26th

Association for Behavior Analysis International (ABAI)
15th Annual Autism Conference: Feb. 28th – March 2nd

American Counseling Association (ACA)
2021 Virtual Conference Experience: April 5th – 30th

Mental Health Counselor's Association of Palm Beach (MHCAPB)

Feb. 12th – "Fearless Love: Relationship Sanity"
March 12th – "Bottomless: The Marchman Act and Other Radical Approaches to Addiction"
April 16th – "The Happiness Trap: Spirituality, Psychotherapy and Holistic Health"

If interested in joining MHCAPB, email the chapter president, our very own Dr. Owens at aowens1@nova.edu

Greetings, fellow Sharks!



Student Spotlight



Chalow Austin

I am in my second year of the CMHC program and I am enthusiastic about what lies ahead at Nova and beyond as I pursue a career of becoming an LMHC. I live in Jacksonville, Florida outside of my small hometown of Yulee with my hubby. We enjoy entrepreneurship and when we have free time, we love to travel and explore new places. I personally enjoy and love the beach, nature, DIY crafts and projects, reading educational and inspirational books, spending time with loved ones and being an Aunt. I earned my bachelor's in psychology and a minor in sociology from University of North Florida (UNF). During my time at UNF, I participated in an invaluable practicum experience at Florida Psychological Associates located in Amelia Island, Florida. The experience provided the unique opportunity to observe many facets and functionality of a private practice while observing individual and group counseling sessions. I also took part in partnered research that was presented on our local news. These experiences led me to pursue my master's degree in counseling at Nova. My favorite experience so far was the Residential Institute weekend and I am looking forward to more hands-on experience with my practicum and internship. I am member of FMHCA, AMHCA and Psi Chi. My future aspirations are to work with adults on an individual, couples, and group counseling capacity. I truly want to help others on their journey to self-discovery and healing while implementing practical and positive techniques that foster hope and wellness. I am truly grateful to have experienced a life-changing journey of self-discovery that led to my desire to help others.

"I believe when your personal experience and your passion unite, it will lead to an aligned purpose!" ~ Chalow Austin, CMHC Student