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CCAPS Newsletter

March 2009

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FEATURED ARTICLES

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Elizabeth A. Maynard

A School Psychologist in a College Counseling Center
Susan Swank

2009 Convention:
Welcome to the Washington DC Metro Area!

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From the Editors

CCAPS Newsletter
March 2009



Hello CCAPS Members,

Welcome to the 2009 Pre-Convention Issue of the CCAPS Newsletter! Time has certainly brought change since our last issue which was posted in September. Our country has faced financial turmoil, which has impacted us all. Most of us are being asked to do more with fewer resources, and the context of the financial strain is creating a layer of chronic stress which is impacting our students and their families. At the same time, we are seeing positive markers of change in our country with the election of the first African-American president of the United

States. Regardless of political leanings, it is an exciting time for those of us who are able to attend the ACPA Convention in D.C. to visit our nations' capital at this historic time. The Convention will also serve an important restorative role as we are able to connect with colleagues who are sharing similar struggles and to find creative solutions. We hope you are able to attend! For those of us who are not able, the newsletter committee will convey convention highlights in the next issue of the newsletter to help keep us all connected to the valuable work of CCAPS.

In this Pre-Convention Issue, you will find Chanda Corbett's "Letter from CCAPS Chair," which includes welcomes to new directorate members and the newsletter's very own Jane Bost as CCAPS Chair Elect. The "Letter from the Chair" also includes information about exciting CCAPS offerings and events at this year's convention.

Our two feature articles address timely and relevant issues for counseling centers. Our first, "Clinical Issues in Online Sexual Activity: An Introduction," by Elizabeth Maynard, allows us explore the spectrum of online sexual behaviors of our clients and provides helpful guidelines on how to approach intervention, when necessary.

Even in these dire economic times, many counseling centers are expanding their staffing and functional roles. Our second feature article is "A School Psychologist in a College Counseling Center: Issues and Reflections" by Susan Swank. The article challenges us to explore the potential of filling our clinical positions with School Psychologists, a discipline that has not been strongly represented in college and university counseling centers to date and a discipline which could fill particular needs.

To keep abreast of developments in other organizations related to most of our work, please take a moment to read "Liaison Reports: NASPA, ACPA Foundation, and ACCCCS." The "CCAPS Committee Chair Reports" will also keep you informed about ways to get involved and connected at the upcoming convention. If you are able to attend the convention, please also check out "Welcome to DC." In this piece, Jonathan Kandell has been gracious enough to provide pointers on local attractions and dining options.

In closing, it is time for this year's Newsletter Co-Chairs, Jane Bost and Vivian Yamada, to cycle out of this role after this issue. A message from Jane and Vivian: We have really appreciated the opportunity to provide service to CCAPS in this capacity. Our work has allowed us to meet and interact with wonderful professionals across the country, both inside and outside of CCAPS. We would like to send out a big thank you to all of you who have contributed to the CCAPS newsletter in general, but particularly to

those of you who participated in the past three years!

We hope to see you in at the ACPA Convention. If you are not able to attend, please take other steps to rejuvenate yourselves and practice self care during that same time.

- *Jane Bost, Co-Chair Newsletter*
- *Vivian Yamada, Co-Chair Newsletter*
- *Leena Batra, Editor*
- *Eric Klingensmith, Editor*
- *Matt Torres, Editor*

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From the Chair

CCAPS Newsletter
March 2009



Dear CCAPS:

I would like to first extend my thoughts and prayers to members of our college counseling center community at Virginia Tech. Keep us posted on what we can do to support you.

I would also like to inform you about our election process this year. Our Elections committee, under the leadership of Mark Fleming, worked tirelessly. A formal election was not necessary due to receiving equal nominations for the number of vacant slots. Consequently, it is my pleasure to introduce our new Chair-Elect and CCAPS

Directorate members. Jane Bost is no stranger to any of us. She has served CCAPS for years and is currently serving as the Awards Chair and Newsletter Co-Chair. Jane was nominated for Chair-Elect and is excited to be accepting the position as our 2009-2010 Chair-Elect. We are privileged to continue to benefit from her leadership and willingness to continue to serve CCAPS. I am looking forward to working with her in this new role.

I would also like to welcome and welcome back the following 2009-2012 directorate members:

- Jocelyn Buhain, University of North Carolina at Wilmington
- Diana Damer, University of Texas at Austin
- Jim Dolan, University of North Carolina at Wilmington
- Christopher Edwards, Tennessee Tech University
- Wayne Griffin, University of Florida (Welcome back to the Directorate Wayne!)
- Emily Russell, Loyola University New Orleans

Thank you for stepping up to lead! We all are looking forward to working with you! And, thank you again Elections Committee for a job well done!

The 85th ACPA Convention is quickly upon us and CCAPS' Committees are in full swing with planning for our upcoming convention. I would like to extend a special invitation to you to come visit us in the Baltimore-DC Metro area, and to enjoy the exciting convention that is only one month away!

This year's CCAPS convention highlights are:

- Over 30 hours of continuing education credits for psychologists, social workers, and counselors will once again be offered at no additional expense for convention attendees.
- CCAPS is excited that Linda Young is back by popular demand! She will be delivering our 3-hour CEU workshop on "Counseling On the Grid: Student Online Habits and Therapeutic Interventions." Linda has presented at ACPA before in this area, and works with Qwest Communications to educate about [digital technological influences on relationships](#). Linda is a counseling psychologist licensed in Washington and California, and she has worked in counseling

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centers at Seattle University and UC San Diego. We invite you to join us for this workshop on Sunday, March 30, 2009 from 1:30-4:30 pm.

- CCAPS will also offer 5 Sponsored Programs and 6 roundtable sessions throughout the convention.
- CCAPS is also excited and looking forward to the Innovations in College Counseling program sponsored by CCAPS and the University of Maryland.
- Our famous Networking luncheon hosted by our Membership Committee will take place at Potbelly's on Sunday from 11:30 am - 1:00 pm immediately after our Open meeting and before our CEU workshop.
- CCAPS is the 2009 recipient of the ACPA Strategic Partnerships Award for Excellence! This award will be received at the ACPA awards ceremony during the convention. I would like to thank Melissa Bartsch, Kelly Simonson, and Marilia Marien for their assistance with completing ACPA award applications.

I would also like to thank the Awards Committee, under the leadership of Jane Bost, for their hard work! The awardees' awards will be announced at the ACPA Awards ceremony and presented during the CCAPS Social on Tuesday, March 28, 2009. Our 2009 CCAPS Awardees are:

Early Career Achievement Award

Joceylyn Buhain

Mid Career Achievement Award

Sue Stock

Lifetime Outstanding Achievement Award

Steve Brown

Joan Dallum Research Award

Adaptation of International Students in the U.S.

Seda Sumer

Thomas Magoon Excellence in Counseling Award

San Jose State University's Mental Health Ambassadors Program

Congratulations!

I would like to extend a heart felt thank you to our Past Chair Jonathan Kandell. Jonathan has only been a phone call away and a constant support for me during my first year as Chair. Thanks Jonathan!

Thank you is also in order for Directorate members who will be cycling off of the directorate after convention. We are happy to not lose Jane Bost from our leadership team; however, Kelly Simonson, Mark Fleming, Mariela Marien, Grace Chen, and Vivian Yamada will be retiring their current Directorate positions. Thank you for your leadership and dedicated years of service. We look forward to continue to work with you on CCAPS committees.

And thank you to all of our CCAPS committees: Awards, Continuing Education, Elections, Newsletter, Job Search, Membership, Publicity, and Web-page for their hard work during the year and at convention. We accomplish a lot and would not be able to succeed without your leadership, energy, and support.

In closing, I encourage us all to embrace the "power to imagine and the courage to act" as our convention theme beckons. I wish you the best this semester and look forward to seeing you during the 85th ACPA Convention in Washington, DC. I invite you to attend all of CCAPS events, and our Opening and Business meetings to become aware of how you can become more involved with CCAPS. More information about the convention can be found at: <http://convention.myacpa.org/>. Understanding that these economic times are challenging many of us to make difficult and hard decisions regarding travel, CCAPS will do what we can to inform those unable to join us at convention this year about events on our web page.

Your CCAPS Chair,

Chanda C. Corbett, PhD
Commission for Counseling and Psychological Services
Assistant Director for the Preventive Programs, Loyola College of Maryland

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Committee Chair Reports

CCAPS Newsletter
March 2009

MEMBERSHIP (Melissa Bartsch)

Convention Showcase

This year's [Convention Showcase](#) (formerly Carnival) will be on Monday, March 30 at 6:30. Your membership committee has been working very hard to plan one of our fantastic tables with games and give-aways to promote CCAPS!

We are also asking all new, current and past directorate members to approach their institutions to participate in our give-away drive for Showcase Prizes. Please solicit donations from your institutions and/ or bring give-aways from your counseling centers. In order to be more sustainable, we are doing a raffle with larger giveaways (baskets filled with our donations) instead of lots of small prizes. You can bring item to the Directorate meeting on Saturday, March 28, or the Open meeting on Sunday, March 29.

Networking Luncheon

The Networking Luncheon is a great way to meet and greet each other and make great connections with counseling center professionals. The luncheon will take place on Sunday, March 29th immediately following the Business meeting at 12:00. The planning for this event is currently in process- we are working to ensure that this will be a reasonably-priced meal. Please plan to attend!

Each One Bring One Campaign

Don't forget about the **EACH ONE BRING ONE** campaign. Basically, you bring as many colleagues as you can to the Convention!

Even bringing one other person makes a HUGE difference in raising awareness of CCAPS and the important and noteworthy work we do. Imagine if each of our over 300 CCAPS members attended the Convention and brought one other person! Over 600 college and university Counseling Center professionals would be in one place – that's A LOT of processing!

AND, the person bringing the most colleagues to the convention will win a FANTASTIC

PROGRAMS (Kelly Simonson)

Look for the list of programs that CCAPS will be sponsoring (to be sent by Marilia). Kelly will post the CCAPS programs list to the CCAPS listserv. The Innovations program will be a separate program in conjunction with CCAPS. Program time is to be determined.

PUBLICITY (Grace Chen)

Open call for CCAPS members to join the Publicity Committee! You do not have to be on the directorate to join a CCAPS committee! Please consider joining the Publicity Committee to help spread the word about CCAPS and the annual ACPA convention. This committee requires minimal time and is a

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wonderful way to get more involved in CCAPS. If you are interested in joining this committee, please contact the Publicity Committee Chair – Grace Chen, Ph.D. via [email](#).

CONTINUING EDUCATION (Marilia Marien)

In the spirit of our new era of service and volunteerism, **please consider signing up to volunteer at the upcoming ACPA Convention!** CCAPS volunteers are needed to guide the audience through the CE process during the CCAPS-sponsored programs. In March, the CE Committee will send out an email seeking volunteers for these programs. Volunteers will be given a packet with all the necessary forms and detailed instructions on what to do. If you are interested in volunteering at the Convention, please contact Marilia Marien via [email](#).

NEWSLETTER (Jane Bost and Vivian Yamada)

Please consider joining the newsletter committee. The incoming co-chairs Eric Klingensmith and Matt Torres are CCAPS Directorate members, but any CCAPS member is welcome to participate on this committee. Please contact Eric Klingensmith via [email](#) if you are interested.

INTERNSHIP AND JOB SEARCH WORKSHOPS (Vivian Yamada)

The Internship and Job Search Workshop for College and University Counseling Centers will be held at the ACPA Convention on Tuesday, March 31, at 12:00 PM. Please encourage any Counseling Center internship or job candidates, who are attending the convention, to come to the workshop. Employers frequently attend and make the workshop a great venue for networking.

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Liaison reports: NASPA, ACPA Foundation and ACCCS

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NATIONAL ASSOCIATION OF STUDENT PERSONNEL ADMINISTRATION (NASPA) REPORT

Although NASPA does not have a Knowledge Community that is “home” for mental health providers, for several years they have sponsored an annual conference focused on mental health issues in higher education. I attended and presented at the most recent of these conferences held in Boston, January 22 – 24, 2009. This gathering, held concurrently with the NASPA conference focused on substance abuse and its prevention, provided an excellent showcase for current thinking and programming addressing mental health issues on campus. Concerns about best practices in threat assessment and suicide prevention were certainly dominant issues discussed throughout. In a shift from the first years of the NASPA Mental Health Conference, NASPA is now arranging for CE credits for mental health providers (including psychologists) by way of co-sponsorship from AUCCCD. This added incentive should continue drawing participation from CCAPS membership.

This spring the NASPA National Conference will be hosted in Seattle, March 7 – 11, with preconference workshops beginning a couple of days earlier (<http://www.naspa.org/conference/index.cfm>). I am planning to meet with the Health in Higher Education Knowledge Community (HHEKC) during their meetings. My agenda there will be to explore whether that group might expand to better welcome and serve those of us who work in college counseling, or whether we should consider developing a separate Knowledge Community (the rough equivalent of the ACPA Commissions). I have already raised the issue of a NASPA “home” for counseling services staff with the HHEKC leadership, with the NASPA Executive Director, and with the president-elect. All are supportive of this exploration.

If any of the CCAPS membership plans to attend the Seattle NASPA conference and would like to be a part of the discussions about our roles in NASPA, please get in touch with me so we can collaborate. If you have perspectives or opinions about the value of a group similar to CCAPS being represented in NASPA, please let me know.

Best wishes to all.

Submitted by:
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ACPA FOUNDATION REPORT

Hello from the ACPA Foundation! It is our hope that a number of you will be able to attend the Annual Convention and recognition of the 85th Anniversary of the Association. However, we are sensitive to the tremendous budgetary constraints currently experienced by the Association’s membership. As helping

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professionals, please engage in the type of professional and personal self care that you often encourage of others.

New Officers and Strategic Plan

As of January 2009, the Foundation Board has new leadership. **Dr. Connie Foley**, VP of Student Life at Slippery Rock University (PA), is the new Foundation President. **Dr. Bonita Jacobs**, VP for Student Development at the University of North Texas, is the new Vice President. **Andy McDade** of On Campus Marketing is now the Secretary and **Doug Fraser** of Student Voice is the Treasurer. The new officers will continue the efforts of the immediate past Executive Board (**Drs. Jean Paratore, Paul Oliaro, Lynn Willett and Leila Moore**) to broaden the work of the Foundation as well as to increase engagement with ACPA constituent groups. Also, in process is a new Strategic Plan to be updated annually which will guide the work of the Foundation Board.

Grants Update 2008

As noted in the last Newsletter, the Foundation offers a grants program which consists of small awards totaling \$10,000. These grants support research proposals that enhance the student affairs profession and disseminate knowledge about college students. The Fall 2008 award cycle included grants ranging from \$1,000-1,500 for a variety of projects including:

- Developing a student affairs learning and development instrument.
- Examining attitudes toward requesting accommodations and academic achievement among college students with disabilities.
- Researching student affairs professionals as leaders for social justice and community equity.
- Researching retention and access issues affecting African-American women at PWI's.
- Developing a measure for multicultural competence in student affairs organizations.
- Researching college outcomes of required high school service-learning experiences.
- Researching how college women excel in science, technology, engineering and math majors.
- Researching the factors that motivate first-generation students of color to pursue a college education.

Be sure to prepare for next year's award cycle which will have a deadline usually scheduled for early-to-mid October. Mark your calendars now!

Support the Diamond Honoree Celebration. Consider nominating someone next spring for consideration for the 2010 class. The names of the next diamond Honoree class which will be formally celebrated at the 2009 Metro DC Convention is available at: <http://www.my-elf.org/diamond.html>

Support the Silent Auction and Speaker Auction. The Silent Auctions will be in Exhibits again this year with some really exciting items! In addition, efforts are underway to move some of the items to an on-line auction process. Stay tuned! If you would like to discuss donating an item for the Silent Auction or offering your services as a speaker, contact: reederl@uncw.edu .

On behalf of the ACPA Foundation, thank you for all that you do to support the educational mission of your university, to engage in professionally rewarding activities and to enrich the lives of students.

Submitted by:
B. Lynne Reeder

ASSOCIATION FOR THE COORDINATION OF COUNSELING CENTER CLINICAL SERVICES (ACCCS) UPDATE

This is the season for conferences! While ACPA is preparing to convene in Washington D.C. this spring, ACCCS is also planning a spring conference in Knoxville. Since we are preparing for the conference and there is nothing very exciting to report, I will just remind you who we are and what we do and make a plug for membership. ACCCS membership is open to any staff member in a college or university counseling center who is directly responsible for coordinating the clinical service aspect of the agency's services, including the day-to-day coordination and implementation of those clinical services. The aim of the association is to be inclusive and welcoming of all persons in counseling centers with responsibility for coordination of clinical services. If this describes you, then you would definitely benefit from joining us! The annual membership fee is relatively small and provides you with

access to a vast array of professionals around the country with many years of collective wisdom. The listserv is very active, as people share ideas and seek feedback in dealing with the many challenges that come up in counseling centers. The annual conference provides opportunities to learn about best practices and challenges, and allows many networking opportunities. From clinical issues to leadership or management issues, every program is worth attending. Visit our website to find out more about the group and membership. Details about the upcoming conference which will be held May 13 - 16 in beautiful, downtown Knoxville, Tennessee are also on the website. <http://accs.appstate.edu/>

Submitted by:

Cindy Cook

ACCCS/CCAPS Liaison

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Clinical Issues in Online Sexual Activity: An Introduction

CCAPS Newsletter
March 2009



Elizabeth A. Maynard
*The University of St. Thomas
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The Internet has revolutionized our lives. For many, the computer has become the primary source of entertainment and most constant companion, often replacing other familiar media (TV, radio) and face-to-face interaction (Lillie, 2002). Sexual topics are the most searched for topics on the Internet (Cooper, Scherer Boies & Gordan, 1999), and up to one-third of Internet users access some type of sexual content online (Cooper, Delmonico & Burg, 2000). Authors like Cooper, Boies, Maheu, & Greenfield (1999) suggest that the impact of the Internet on sexuality has been so profound that cybersex may be fueling a new sexual revolution.

The Internet is unprecedented in its ability to allow some forms of physical and emotional fulfillment to occur with a distant or mostly unknown partner in a way that has been limited in the past. The Internet has become a marketplace for finding partners who share our sexual fantasies in a way that is "unmatched in its scope, unlimited by geography, time, or numbers" (Ross, 2005, p. 344). This medium also offers the user the opportunity to experiment with sexual behaviors that might be difficult to do in real-time, either because partners are unavailable, or the individual is limited by his or her self-consciousness. The Internet, then, offers a venue to experiment with behavior with another person without actually "doing it" (Ross, 2005).

Online Sexual Activity: A Variety of Sexual Experiences

To begin a meaningful discussion of the uses and implications of Online Sexual Activity (OSA), one must first understand the range and nature of sexually-related activities available through the computer. These behaviors may include viewing pictures (pornography/erotica), chatting with others about sex in chatrooms, sending or receiving sexually explicit e-mails, sharing fantasies, or participating in real-time cybersex in chatrooms, using the chatrooms as either starting places for offline relationships

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or online sex without any pursuit of off-line, “real”, contacts with partners (see Griffiths, 2001, for an extensive list of Internet sexual behaviors).

Among those who report use of or preference for on-line pornography, the most commonly cited reasons for preferring this venue are ease of Internet use, ease of access for those who are shy, lonely, or have limited social skills, anonymity and the attendant sense of safety to experiment on-line, ability to avoid interpersonal contact, and ability to control visuals and the overall environment (Ross, Rosser, McCurdy & Feldman, 2007).

Studies of online sexual behavior consistently reveal gender differences. Population studies have suggested that the use of Internet pornography is a predominantly male phenomenon, with 25% of American males reporting use of Internet pornography compared to 4% of females (Buzzell, 2005). Gay-identified men may be up to four times more likely to use OSA than straight-identified men, and OSA may play an important role for some in the coming out process. More men than women report that online sexual behavior has become problematic for them, though women are overrepresented among problematic users (Cooper et al, 2004; Ferree, 2003).

Women appear to seek online sexual activities that involve a romantic or relational component, and women strongly prefer chatrooms that allow relational experiences with others over solitary activities like viewing pornography (Ferree, 2003). Women are also more likely than men to pursue real-life meetings with those that they meet on-line (Ferree, 2003; Schneider, 2000). In contrast, men appear to be more interested in solitary online pursuits, usually visual activities (Ferree, 2003). According to Ferree (2003), women may also be more likely to use free sexual materials, while men are more likely to pay for sexual images.

Cyberporn, Personality Characteristics, and Mental Health: Mostly Good News

Many clinicians have been concerned about possible relationships between OSA and sexual aggression or violence against partners. Some research suggests that egalitarian attitudes towards women have been positively related with viewing sexually explicit movies or videos (Fisher & Barak, 2001). Barak et al (1999) found no relationship between self-regulated exposure to sexually explicit Internet sites and later measures of rape myth acceptance or negative attitudes towards women. Ybarra and Mitchell (2005) also found no relationship between pornography exposure, even at very frequent levels, and sexual aggression. However, a study by Burns (2001) suggested that men who are frequently exposed to Internet pornography were more likely to describe women in sexual terms, and embrace stereotypically feminine gender roles, while also perceiving women positively.

Problematic OSA

Cooper et al (2004) define Online Sexual Compulsivity as a condition that exists when ongoing use of online sexual activity interferes with occupational, social, or recreational functioning. Those who

experience such problems often report the inability to manage or stop the activity or to reduce the impact of these activities on overall functioning. OSA is believed by some to be more addictive than other, traditional forms of pornography (e.g. print, films) due to the Triple-A Engine (Cooper & Sportolari, 1997): the Accessibility, Anonymity, and Affordability of sexually explicit Internet material.

Cooper, Scherer, Boies, & Gordon (1999) concluded that the majority of individuals who used the Internet for sexual purposes did not show measurable concerns or problems, but for a smaller percentage (about 8%) of users, cybersex posed significant problems (Cooper, Delmonico, Griffin-Shelley & Mathy, 2004). Cooper et al (1999) suggested three categories of cybersex users: recreational, sexually compulsive, and at-risk. Among at-risk users, they identified two subtypes: those who use Internet materials most during times of high stress, and those who seek relief from depression or other emotional difficulties by accessing online sexual materials. According to Cooper et al (2004), no single behavior accurately predicts whether an individual will become compulsive in his or her use of online sexual materials.

Studies exploring comorbidity of problematic OSA with other types of distress have shown relationships between problematic OSA and other forms of sexual addiction, mood and anxiety disorders, past history of sexual abuse, chemical dependency (men) and eating disorders (women) (Schneider, 2000, Schwartz & Southern, 2000). For some individuals the computer offers a new venue for the expression of an existing disorder, while for others the access to sexual material on the Internet appears to rapidly produce new and problematic symptoms.

Individuals may experience relational, occupational, legal, financial, and personal distress as a result of OSA. These problems may result from one-time use or from ongoing use of sexually explicit materials. Common consequences of compulsive Internet sexual behavior include client reports of depression, social isolation, worsening of the sexual relationship with a spouse or partner, damage done to the marriage or primary relationship, exposure of children to masturbation or sexually explicit materials, impaired job performance or job loss, financial losses and legal consequences (Schneider, 2000).

Assessment

First, as with other concerns that our clients bring to us, we must begin by assessing the nature and the scope of the difficulty the client is having with OSA. As previously mentioned, most use of OSA is non-problematic, and wise clinicians avoid overreaction to reports of OSA while focusing on the behaviors that are causing problems. Two helpful tools in assessment are Delmonico's Internet Sex Screening Test (www.sexhelp.com/isst.cfm) and Weiss's CyberSex Addiction Checklist (<http://sash.net>). If one is not already doing so, adding assessment of computer use to one's intake is a good first step, as it allows one to assess total time spent on the computer for academic and recreational tasks and both problematic and adaptive uses of the computer. This type of exploration can also help identify additional

problems the student/client may be having with online gambling or gaming (such as the Massive Multiplayer Online Games, e.g. World of Warcraft and similar games) or excessive time spent in social networking sites such as MySpace and Facebook.

Client and therapist may also find it helpful to identify motivators and reinforcers for problematic OSA, including both physical motivators like excitement/arousal, comfort (tension reduction), and escape (trance, mood regulation) and psychological motivators like affirmation, overcoming feelings of helplessness or powerlessness, and the desires for power and revenge. It is also helpful with many clients to discuss the ways in which problematic OSA has led to negative consequences in the following areas: relationships, occupational problems, legal problems, financial problems, emotional distress, religious/spiritual problems and medical conditions. Because many clients feel premature comfort and familiarity with partners met on-line and may not take precautions when having sexual contact with them, the therapist may also want to encourage the client to pursue STD/STI testing.

Treatment

Treatment may include both inpatient and outpatient interventions. Because the majority of those who seek treatment for addiction to online sex also have more pervasive sexual and chemical addictions, depression, and other disorders, inpatient treatment may be particularly effective with many addicts (Orzack & Ross, 2000). Outpatient treatment, such as what we offer in college and university counseling centers, may include individual, couples, and group psychotherapy, as well as participation in 12-step and similar peer-support groups.

Once treatment begins, several strategies may be helpful:

- 1) Negotiate a specific treatment plan that includes incremental goals and reasonable expectations.
- 2) Impose time limits on cybersex and other computer use. For most students, complete abstinence from all online activities is unfeasible, but the student may find it helpful to create a schedule of computer use and types of online activities that s/he finds acceptable.
- 3) Enlist the help of an accountability partner (preferably not one's romantic/sexual partner) in maintaining boundaries.
- 4) Purchase and install blocking software or sign up for an internet service provider that includes this feature.
- 5) Limit computer use to public spaces (e.g. move computers with internet access into common living or study areas).
- 6) Learn mindfulness techniques to increase awareness of sexual behaviors and feelings, both while on-line and off-line.

- 7) Reduce anonymity while online by using one's real name and real contact information in online interactions.
- 8) Reduce objectification of others encountered online by imagining realistic scenarios (e.g. in addition to appearing naked on the screen, the person being viewed is also someone's child, a student, etc.).
- 9) Increase overall support by helping clients connect to supportive peer networks.
- 10) Encourage the use of rewards and consequences (e.g. a reward for each day of OSA-free computer use, sending money to charity each time the person engages in OSA).
- 11) Help the client identify coping strategies that don't involve OSA for use when bored, angry, anxious, lonely, and tired (e.g. exercise).
- 12) Help the client grieve the loss of cybersex and the important needs that it addressed.
- 13) Help the client grieve the relationship, occupational, legal, financial, medical, other losses associated with OSA use.
- 14) Help the client identify ways to use the internet that support the client's needs while reducing the risk of encountering OSA-related problems (e.g. increasing social, non-sexual contact with others in social networking sites may be a good first step as the client moves away from contact with others in OSA).

Conclusion

While many individuals do not report negative emotional or relational consequences from the use of OSA, a portion of those who use internet pornography and other online sexual materials do so compulsively and experience painful disruptions across multiple areas of functioning. Fortunately, effective treatments strategies are available for clients motivated to reduce or eliminate OSA use.

Helpful Websites for Clinicians and Clients

www.sash.net

www.addictionresearch.com

www.cybersexualaddiction.com

www.sexhelp.com

www.sexaddict.com

www.hazeldon.org

Online Support Groups

www.sexaa.org: Sex Addicts Anonymous

www.sa.org: Sexaholics Anonymous

www.sca-recovery.org: Sexual Compulsives Anonymous

www.recovering-couples.org: Recovering Couples

www.slaafws.org: Sex and Love Addicts Anonymous

www.sexualrecovery.org: Sexual Recovery Anonymous

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A School Psychologist in a College Counseling Center: Issues and Reflections

CCAPS Newsletter
March 2009

Susan Swank, M.Ed.

Pre-doctoral intern University of Central Florida 2007-2008

Susan Swank was a pre-doctoral Intern at University of Central Florida's Counseling Center. The strengths she brought to her intern position because of her school psychologist background were quite evident, so Vivian Yamada, CCAPS Newsletter Co-Chair, invited her to write a reflection piece for this issue.

Given the current pressures on college counseling centers to provide services to more students and the reality that students present with increasingly serious mental health concerns, recruiting and keeping highly qualified mental health professionals for your college counseling center is crucial. Your center may already include clinical and counseling psychologists, mental health counselors, and social workers, but have you ever considered including a school psychologist on your team? While only a small percentage of school psychologists are currently employed in college settings, these professionals could be a promising personnel pool you might want to consider when hiring new staff members.

As a master's level licensed school psychologist with experience working with students from preschool through high school, I have always been most passionate about my work with at-risk adolescents and young adults in traditional or alternative high schools. After deciding to pursue a doctorate in clinical psychology to expand my knowledge, skills, and professional opportunities, I chose to complete my pre-doctoral internship at the University of Central Florida Counseling Center. During my internship experience I had many opportunities to use my skills as a school psychologist as well as build upon my new knowledge and skills in clinical psychology.

A little background about school psychology is in order. Currently specialist-level training including at least 60 semester credit hours of graduate work is the minimum standard for licensure as a school psychologist. Doctoral-level training is increasingly chosen by students entering the profession, with some in the field advocating for establishing doctoral study as the minimum entry level training in the future. The National Association of School Psychologists (NASP) is the key professional organization for school psychologists and works to define standards for the practice of school psychology. The training of a school psychologist includes graduate coursework, several semesters of supervised practica and a year-long internship. Most school psychologists are employed in public school settings.

Strengths of a School Psychologist for a University Counseling Center

A school psychologist is well trained in a broad range of psychological issues relevant to the university setting including life span development, psychological assessment, psychopathology, behavioral, mental health, and educational consultation and collaboration, crisis intervention, data-based decision-making, school and systems organization, educational policy development, research and program evaluation. In addition, school psychologists are likely to have fairly extensive experience with developmental disorders, such as ADHD, Autism Spectrum Disorders, and Asperger's, which have a presence among college students. School psychologists are trained to function as part of a

What is this?

multidisciplinary team and to work with educators, social workers, speech, physical and occupational therapists, parents, community mental health providers, and social service agencies. This collaborative focus helps the school psychologist conceptualize presenting student concerns within a systems perspective and connect students to needed resources outside of the campus counseling center.

In the past a school psychologist's role tended to focus on identifying learning and emotional disabilities as defined by special education law, as well as developing intervention plans to address how these disabilities are affecting the student's learning and well-being. This role has been considerably expanded in recent years, and today you can expect a school psychologist to be trained in a wide range of psychological assessment instruments and interviewing approaches as well as to have strong intervention skills. The current best practice model for assessing students in public school settings is a "Response to Intervention" model that relies upon a student's response to evidence-based interventions to help determine learning or emotional disabilities and guide the intervention process. As a school psychologist in an alternative high school in recent years, I spend most of my time seeing students for individual crisis or ongoing counseling, conducting a variety of groups, and collaborating and consulting with parents, teachers, and students around mental health issues.

Training in school psychology emphasizes prevention and advocacy for the positive mental health of students. In many public school settings, the school psychologist is both advocate and trainer for other educators about mental health topics and issues. This means that your school psychologist candidate will likely bring strong outreach and psychoeducation skills. If you are seeking a team member who can provide education and prevention programming to the larger campus community, a school psychologist might be a good fit. The well-trained school psychologist is also trained to provide consultation services and should be comfortable consulting with university faculty, staff and parents.

The most critical skill area to explore may be the fit between the candidate's individual and group therapy skills and the expectations of the center's position. All school psychologists are trained in group and individual counseling and many will have practicum and internship experience in this area. Many school psychologists will likely be comfortable working within the brief therapy model used by many college counseling centers due to the public school norm of psychoeducational counseling. Frequently a school psychologist will refer students to community providers for more intensive therapy services. Thus it would be important to consider whether this type of experience would be adequate, if you are considering a school psychologist for a role involving long-term, intensive psychotherapy.

Crisis intervention may be an area of strength for a school psychologist candidate. School psychologists frequently have opportunities to work with students and families in crisis as well as respond to critical events that affect a school, district or community. Some may be trained in a specific crisis response model. State laws vary on whether a school psychologist can make involuntary commitment decisions for a student needing hospitalization, so explore local statutes and practices if you would like your candidate to serve in this capacity.

Areas to Evaluate for Compatibility of a School Psychologist Candidate

Given their backgrounds, school psychologists could be an excellent fit for university counseling center positions, especially those that are specialized (e.g., those involving primarily triage, initial assessments, psychological/educational assessment, crisis intervention, or outreach programming). As mentioned they may be a good fit for positions involving brief therapy, but should be evaluated more closely if long-term, intensive therapy is expected. Furthermore, school psychologists exposure to and experience using the Diagnostic and Statistical Manual of Mental Disorders-Fourth Edition (DSM-IV) diagnostic criteria may vary considerably since providing services in the public school setting is generally not linked to a DSM diagnosis. This may be an area to consider and explore with a candidate if you use the DSM-IV regularly in your setting.

Another area for consideration is a candidate's experience with and desire to work with adults. One of the most exciting aspects of being a school psychologist for many professionals is the opportunity to work with students from infancy through young adulthood. Throughout my career, I have had the privilege to work with infants and preschoolers with developmental delays, gifted, college-bound high-school students, and students with serious mental illness or substance abuse problems. This diversity in experience can be both an asset and a liability when shifting to a college setting. Had I not had fairly extensive experience with high school students and a preference for working with older adolescents and young adults, my transition to a college counseling center might have been more challenging.

Licensure and supervision are other issues to consider when adding a school psychologist to your team. School psychologists are licensed through state departments of education and/or mental health regulatory agencies for practice within and outside of educational settings. Before hiring a school psychologist, consider relevant licensure issues for your location and how they might affect the school psychologist candidate's supervision needs and their ability to provide supervision to other staff members and trainees.

Conclusion

Creating a team of diverse mental health professionals with a wide range of professional skills can be an effective strategy to meeting the growing needs of your college student population. When you next begin the recruitment and hiring process for new staff members, consider what a school psychologist might bring to your team. I had a wonderful professional and personal experience working in a college counseling center during my pre-doctoral internship and hope to have the opportunity to again work in this setting. Maybe one of your future staff members is a school psychologist ready to transition into work with college students.

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Welcome to the Washington DC Metro Area!

This year's ACPA convention will be held at the new National Harbor Complex near Washington, DC. As I'm sure you know, the nation's capital is an exciting, historic, and vital part of the country, even more exciting this year as it played host to the recent Inauguration of President Obama.



While the Inauguration only occurs once every four years, we are fortunate that one of DC's premiere celebrations, the annual Cherry Blossom Festival, will be occurring at the same time as the convention.

Starting on Saturday, March 28th, the Cherry Blossom Festival provides a series of food tastings, concerts, art exhibits, and many other activities, and most importantly the beauty of the cherry blossoms themselves! The cherry trees, a gift from the government of Japan in 1912, are located in the area of the Tidal Basin. While there, make sure to visit nearby memorials.

Washington also has many interesting and diverse neighborhoods. Capitol Hill, of course, contains many of the government buildings, but it is also home to many restaurants, and a swinging nightlife. Georgetown is probably the city's best known social center, with many high quality restaurants, shops and clubs. The Adams-Morgan area is highly diverse, with much ethnic restaurants and music. The heart of the GLBTQ community is located in the area around Dupont Circle.

Below are listed many of the major attractions in Washington, DC, including monuments and memorials, government buildings, museums and galleries, among other sites. Also presented, courtesy of Fodor's guide to DC, are a series of restaurants organized by type of cuisine. For those interested in Chinese food, DC has a good-sized Chinatown with many deserving restaurants.

Enjoy your trip to DC!

MONUMENTS/MEMORIALS

Arlington National Cemetery

West end of Memorial Bridge, Arlington, VA, 22211

Phone: 707/607-8000 www.arlingtoncemetery.org

Jefferson Memorial

Tidal Basin, south bank The Mall, Washington, DC

Phone: 202/426-6821 www.nps.gov/thje

Korean War Veterans Memorial

West end of Mall at Daniel French Dr. and Independence Ave., The Mall, Washington, DC

Phone: 202/426-6841 www.nps.gov/kwvm

Lincoln Memorial

West side of Mall, The Mall, Washington, DC

Phone: 202/426-6895 www.nps.gov/linc

National World War II Memorial

17th St., east of Washington Monument, The Mall, Washington, DC
www.wwiimemorial.com

Franklin Delano Roosevelt Memorial

West side of Tidal Basin, Washington, DC
Phone: 202/426-6841 www.nps.gov/fdrm

Vietnam Veterans Memorial

Constitution Gardens, 23rd St. and Constitution Ave. NW, The Mall, Washington, DC
Phone: 202/634-1568 www.nps.gov/vive

Washington Monument

Constitution Ave. and 15th St. NW, The Mall, Washington, DC
Phone: 202/426-6841 www.nps.gov/wamo

GOVERNMENT BUILDINGS

Bureau of Engraving and Printing

14th and C Sts. SW, The Mall, Washington, DC
Phone: 202/874-3019; 202/874-2330; 866/874-2330 tour information www.moneyfactory.gov

Capitol

East end of Mall, Capitol Hill, Washington, DC
Phone: 202/224-3121 www.aoc.gov

Library of Congress

Jefferson Bldg., 1st St. and Independence Ave. SE, Capitol Hill, Washington, DC
Phone: 202/707-4604; 202/707-5000; 202/707-6400 www.loc.gov

Pentagon

I-395 at Columbia Pike and Rte. 27
Phone: 703/697-1776 <http://pentagon.afis.osd.mil>

Supreme Court

1 1st St. NE, Capitol Hill, Washington, DC
Phone: 202/479-3000 www.supremecourtus.gov

Treasury Building

15th St. and Pennsylvania Ave. NW, White House area, Washington, DC
Phone: 202/622-0896

White House

1600 Pennsylvania Ave. NW, White House area, Washington, DC
Phone: 202/208-1631; 202/456-7041 24-hr info line www.whitehouse.gov

MUSEUMS/GALLERIES

Corcoran Gallery of Art

500 17th St NW, White House area, Washington, DC
Phone: 202/639-1700 www.corcoran.org

Ford's Theatre

511 10th St. NW, East End, Washington, DC
Phone: 202/426-6924 www.nps.gov/foth

Freer Gallery of Art

12th St. and Jefferson Dr. SW, The Mall, Washington, DC
Phone: 202/633-1000 www.asia.si.edu

Hirshhorn Museum and Sculpture Garden

Independence Ave. and 7th St. SW, The Mall, Washington, DC
Phone: 202/633-1000 www.hirshhorn.si.edu

International Spy Museum

800 F St. NW, East End, Washington, DC
Phone: 202/393-7798 www.spymuseum.org

National Air and Space Museum

Independence Ave. and 6th St. SW, The Mall, Washington, DC
Phone: 202/357-1729; 202/357-1686 for movie information www.nasm.si.edu

National Archives

Constitution Ave. between 7th and 9th Sts. NW, The Mall, Washington, DC
Phone: 202/501-5000; 202/501-5205 tours www.nara.gov

National Building Museum

401 F St. NW, between 4th and 5th Sts., East End, Washington, DC
Phone: 202/272-2448 www.nbm.org

National Gallery of Art, East Building

Constitution Ave. between 3rd and 4th Sts. NW, The Mall, Washington, DC
Phone: 202/737-4215 www.nga.gov

National Gallery of Art, West Building

The Mall, Washington, DC
Phone: 202/737-4215 www.nga.gov

National Geographic Society

17th and M Sts. NW, Dupont Circle, Washington, DC
Phone: 202/857-7588; 202/857-7689 group tours www.nationalgeographic.com

National Museum of African Art

950 Independence Ave. SW, The Mall, Washington, DC
Phone: 202/633-1000 www.nmafa.si.edu

National Museum of American History

Constitution Ave. and 14th St. NW, The Mall, Washington, DC
Phone: 202/633-1000 www.americanhistory.si.edu

National Museum of Natural History

Constitution Ave. and 10th St. NW, The Mall, Washington, DC
Phone: 202/633-1000 www.mnh.si.edu

National Museum of the American Indian

4th St. and Independence Ave. SW, The Mall, Washington, DC
Phone: 202/633-1000 www.americanindian.si.edu

Newseum

555 Pennsylvania Ave. NW, East End, Washington, DC
Phone: 888/639-7386 www.newseum.org

Smithsonian Institution Building

1000 Jefferson Dr. SW, The Mall, Washington, DC
Phone: 202/633-1000 www.si.edu

United States Holocaust Memorial Museum

100 Raoul Wallenberg Pl. SW, Washington, DC
Phone: 202/488-0400; 800/400-9373 tickets.com www.ushmm.org

OTHER

Folger Shakespeare Library

201 E. Capitol St. SE, Capitol Hill, Washington, DC

Phone: 202/544-4600 www.folger.edu

Mount Vernon

Southern end of George Washington Pkwy., Mount Vernon, VA

Phone: 703/780-2000 www.mountvernon.org

Washington National Cathedral

Wisconsin and Massachusetts Aves. NW, Upper Connecticut, Washington, DC

Phone: 202/537-6200; 202/537-6207 tour information www.cathedral.org/cathedral

Torpedo Factory Art Center

105 N. Union St., Old Town, Alexandria, VA

Phone: 703/838-4565 www.torpedofactory.org

RESTAURANTS

African

Bukom Café

2442 18th St. NW, Adams-Morgan, Washington, DC

Phone: 202/265-4600 Price range: ¢-\$

Café Nema

1334 U St. NW, U Street corridor, Washington, DC

Phone: 202/667-3215 Price range: ¢-\$

Etete

1942 9th St. NW, U Street corridor, Washington, DC

Phone: 202/232-7600 Price range: \$

Asian

Burma

740 6th St. NW, 2nd fl., Downtown, Washington, DC

Phone: 202/638-1280 Price range: ¢

Café MoZU

Mandarin Oriental, 1330 Maryland Ave. SW, Downtown, Washington, DC

Phone: 202/787-6868 Price range: \$\$\$-\$\$\$\$

Nooshi

1120 19th St. NW, Dupont Circle, Washington, DC

Phone: 202/293-3138 Price range: ¢-\$

TenPenh

10th St. and Pennsylvania Ave. NW, Downtown, Washington, DC

Phone: 202/393-4500 Price range: \$\$-\$\$\$

Zengo

781 7th St. NW, Chinatown, Washington, DC

Phone: 202/393-2929 Price range: \$\$

Indian

Bombay Club

815 Connecticut Ave. NW, Downtown, Washington, DC

Phone: 202/659-3727 Price range: \$-\$\$

Heritage India

2400 Wisconsin Ave. NW, Glover Park, Washington, DC

Phone: 202/333-3120 Price range: \$-\$\$

Rasika

633 D St. NW, Chinatown, Washington, DC
Phone: 202/637-1222 Price range: \$\$-\$\$\$

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Japanese

Kaz Sushi Bistro

1915 I St. NW, Downtown, Washington, DC
Phone: 202/530-5500 Price range: \$\$

Sushi-Ko

2309 Wisconsin Ave. NW, Georgetown, Washington, DC
Phone: 202/333-4187 Price range: \$-\$\$

Teaism

400 8th St. NW, Downtown, Washington, DC
Phone: 202/638-7740 Price range: ¢

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Latin American

Café Atlantico

405 8th St. NW, Downtown, Washington, DC
Phone: 202/393-0812 Price range: \$-\$\$

Ceiba

701 14th St. NW, Downtown, Washington, DC
Phone: 202/393-3983 Price range: \$\$-\$\$\$

Lauriol Plaza

1835 18th St. NW, Adams-Morgan, Washington, DC
Phone: 202/387-0035 Price range: ¢-\$

Middle Eastern/Moroccan

Lebanese Taverna

2641 Connecticut Ave. NW, Woodley Park, Washington, DC
Phone: 202/265-8681 Price range: \$

Mama Ayesha's Restaurant

1967 Calvert St. NW, Adams-Morgan, Washington, DC
Phone: 202/232-5431 Price range: \$

Marrakesh

617 New York Ave. NW, Downtown, Washington, DC
Phone: 202/393-9393 Price range: \$\$\$

Zaytinya

701 9th St. NW, Downtown, Washington, DC
Phone: 202/638-0800 Price range: \$\$

Seafood

Johnny's Half Shell

400 N. Capitol St. NW, Capitol Hill, Washington, DC
Phone: 202/737-0400 Price range: \$\$

Kinthead's

2000 Pennsylvania Ave. NW, Foggy Bottom, Washington, DC
Phone: 202/296-7700 Price range: \$\$-\$\$\$

Oceanaire Seafood Room

1201 F St. NW, Downtown, Washington, DC
Phone: 202/347-2277 Price range: \$\$-\$\$\$

Thai/Vietnamese

Sala Thai

2016 P St. NW, Dupont Circle, Washington, DC

Phone: 202/872-1144 Price range: ¢-\$

Miss Saigon

3057 M St. NW, Georgetown, Washington, DC

Phone: 202/333-5545 Price range: ¢-\$

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