



# Commission for Counseling and Psychological Services

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## CCAPS Newsletter

May 2006



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## Letter from the Editors

CCAPS Newsletter  
May 2006

Welcome to the spring edition of the CCAPS newsletter. We hope that you have all had a chance to rest up after a great convention in Indianapolis, and are enjoying the spring end-of-year activities on your campuses. This newsletter will both reflect on some of the highlights of the past convention as well as look to the coming year.

Check out the bios of this past year's *CCAPS award winners* who received their honors in Indianapolis. Congratulations to Ellen Emerson, winner of the Mid-Level Career Achievement Award, Vivian Boyd, winner of the Lifetime Achievement Award, and the Counseling and Career Development Center at Georgia Southern University, winner of the agency Award of Excellence. Announcements and nomination information for next academic year's awards are also included. Please note the submission deadline, October 3, 2006.

The feature presentation of this edition is entitled *Diamonds in Our Backyard: Collective Wisdom*, edited by Jane Bost of the University of Texas at Austin. She shares wisdom collected from many in our field, and invites us all to take time to "chew on" the powerful words of others that motivate, inspire, and encourage.

Thank you to Jonathan Kandell for his *From the Chair* column that includes highlights of the Commission's work at the national convention. The *Roundtable Summaries* are also included to give you a brief look at the richness of conversations that happened in these formats at the convention. As we review these summaries, we all realize how exciting it is to join in the dialogues about our work and appreciate how much we can share with each other professionally.

Toward our ongoing goal of facilitating meaningful professional sharing in our work, *List-serves in college mental health: Opportunities for connection and communication* provides some information about how to join various groups in conversations about some specialty areas of practice, include group work, practicum training, and program development and outreach.

We are also excited about beginning a new aspect of the newsletter, an idea suggested by Don Rosen at Texas Women's University – please read the *Celebration of Service to the Profession* announcement to hear more about how we can acknowledge years of service and dedication to the college mental health profession.

Finally, we would like to thank the website committee for formatting and uploading this newsletter. They have done a fantastic job, as always, in reformatting and updating our website and appreciate their work in making us all look good!

Have a wonderful summer and we'll see you in the fall. Please remember the earlier registration dates (end of October) for the April joint meeting in Orlando, and be thinking about what programs you'd like to see at the meeting – who knows, it could be your own!

Andrea Greenwood, Ph.D.  
Counseling Services  
University at Buffalo

What is this?

*Jane Bost, Ph.D.*  
*Counseling and Mental Health Center*  
*The University of Texas at Austin*

*Vivian Yamada, Psy.D.*  
*Counseling Center*  
*University of Central Florida*

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## Letter from the Chair

CCAPS Newsletter  
May 2006



I wanted to get in touch with the Commission as a whole now that I've assumed the role of Chair. First off, I want to say that I am both humbled and honored in being elected to this position. My hope is that I prove worthy of your confidence in me.

For those of you who were at the Open Business Meeting in Indianapolis, you've heard some, but not all, of the following. For those of you who were not at the convention at all, you really missed something special!

I have to say that I've never seen the energy of the Commission as vital as it was at this year's Open Business Meeting and at the Social a few hours later. It was truly inspiring to see the investment and involvement people felt toward CCAPS as they nominated their friends and colleagues to positions on the Directorate. I've been to many of these meetings where the nominations barely trickled in. Not this time! I think, and hope, this shows a renewed interest in who we are and the work we do. The turnout at the Social was equally inspiring. Shortly after it began, the hotel people needed to bring in a whole lot more chairs, and still many people ended up standing (and even in the hall). After the Social was over I had to kick people out, and they remained in the hall talking for at least another half-hour. I feel grateful to be taking over as Chair at such an opportune time. Many thanks go to Stacey Pearson and her work as Chair for the last two years to bring the Commission to this point.

One of the main points of my platform when I ran for Chair was to involve more people in the work (and benefit) of the Commission. Whether they are new to CCAPS, hanging around the fringes, or past Directorate members, my desire is to help people find (or rediscover) their niche in the group. There are plenty of places in the Commission that can use good people for those interested in being involved. The CCAPS committees do a good deal of work during the year and at convention. Each of these subgroups can benefit from additional hands. While I prefer to keep the leadership of each subgroup on the Directorate, I invite all members to consider contributing to the committee work. If you are not sure how or where you can best get involved, please contact me ([email](#)) and we'll find a spot for you.

The second part of my platform was to involve CCAPS members, especially former Directorate members, in the leadership of ACPA. By getting our people in positions of influence within the larger organization, we can protect our Commission and strengthen our hand. The counseling perspective is one that is often forgotten, both in ACPA and on our campuses. We need to make sure that our voice is heard.

One example of our being overlooked occurred in meetings talking about next year's convention. We will have a Joint Meeting with NASPA next year, limiting our sponsored programs to three, when we usually have five to seven. Since NASPA doesn't have a Knowledge Community devoted to counseling issues, the three programs are the only one's guaranteed to be available for us (and for CE credits!), except for our CE program on Sunday. Most commissions in ACPA have counterparts (in some cases more than one) and will be having six or more sponsored programs for their area of interest. During the Commission Chairs meetings I brought up the inherent inequity of this situation. Laura Lyn also raised the issue in her Program Chairs meeting (thanks Laura!). By speaking directly and often, we've

received assurances (though not guarantees) that our needs will be attended to.

Although the energy for the Commission is high, there are several challenges facing CCAPS in the near future, including maintaining and increasing our membership, and our potential connections with the Jed Foundation around the Counseling Center Village. While I may now be the “face” of the Commission, the most visible and accessible point of interaction, I am, by no means, “the Commission.” All of us, we together, are the Commission. No one can, or should, try to do it alone. I’m depending on all of you to fulfill your important roles in the Commission’s work. Only when each member plays their part can we fully address the issues above and those that will be raised in the future.

Despite these challenges, there are many opportunities for CCAPS to grow and flourish. During my comments at the Open Business Meeting I spoke of CCAPS being my, and others’, professional home. It is with all of you that I gain perspective on my work at my center, it’s where I commiserate about problems, it’s where I celebrate my successes, and it’s where I reconnect with my friends. In my next meeting (yes, I attended a lot of meetings!) David Gilles-Thomas brought up the idea of “Come Home to CCAPS” as a theme for our website, an extension of my comments. Thinking about this idea since the convention, I’ve decided that this theme does make sense, not just for the website, but as my mission for the next two years.

At this point I’d like to acknowledge some people who have recently made CCAPS at least one of their professional homes, our newest Directorate members. Welcome to Jane Bost, Grace Chen, Mark Fleming, Marilia Marien, Kelly Simonson, and Vivian Yamada. I was glad to have the chance to get to meet (or reconnect with) them in Indianapolis, and I’m confident that their efforts will do the Commission proud.

On a personal note, I appreciated getting to meet many of the new Commission members at the convention, and to reconnect with those I already knew. I also appreciated the time that several former Chairs of the Commission (Stacey Pearson, Sue Stock, Toti Perez, Heidi Levine, Sherry Lynch Conrad) took to talk with me about the Commission and its issues. Your guidance was invaluable, and don’t think you’re off the hook so fast! I’ll be counting on you to help me as needed during the next two years. I also appreciated the support that many of you offered me (whether serious or in jest) as I prepared to assume the role of Chair.

So, as we wind down from the convention and close out our semesters, I invite you to think about your place in CCAPS and how you can contribute to our success. Please contact me with any questions or concerns you have about the Commission or ACPA in general. Also, if you’re not a member of the CCAPS listserv, please join (you can do it yourself from the Membership part of the ACPA homepage – [www.myacpa.org](http://www.myacpa.org)). It’s the best way to keep up on Commission activities, job openings, and issues that affect counseling centers.

Come home to CCAPS!

Jonathan Kandell  
Chair, Commission for Counseling and Psychological Services  
University of Maryland



## Diamonds in Our Backyard: Collective Wisdom

CCAPS Newsletter  
May 2006

Too often I think we overlook the “diamonds” in our own backyard. At the recent ACPA conference in Indianapolis, I was really struck with the amount of brainpower and talent in the CCAPS meetings, and I began to think about ways to “tap” that treasure in ways that respected the busy lives that we all lead. This gave birth to an experiment that was endorsed by my fellow CCAPS newsletter colleagues, so we tossed out an invitation to the CCAPS listserve to submit bits of life’s wisdom for inclusion in the next newsletter. The response was really cool---both from CCAPS members and from non- CCAPS counseling center colleagues (maybe another way to entice folks into ACPA?)

So, I hope that you enjoy the following submissions...a suggestion: you might want to pick one to “chew on” for a day or so since there’s a lot to digest in a few words.

Cheers to collective wisdom! **Jane Bost, CCAPS Directorate/Newsletter Committee, The University of Texas at Austin**

- 1) I came across this piece of advice from Benjamin Disraeli while reading one day and it stuck: “The greatest good you can do for another is not just to share your riches but to reveal to him his own.” For me, it sets a nice tone in framing my work with clients.

**Ryan McKelley, University of Texas at Austin**

- 2) “This too shall pass”.

**Sarah Sloan, University of Texas at Austin**

- 3) “And what is as important as knowledge?” asked the mind. “Caring and seeing with the heart,” answered the soul.

The best down-to-earth advice I’ve received from a professional, regarding our work with clients is: “You can give ‘em the tools but you can’t make ‘em build the house.”

**Mollie Robbins, University of Texas at Austin**

- 4) When I was doing my first year internship in the social work graduate program, I was at Candlelighter’s Childhood Cancer Foundation. I wondered what I could say to any parent who had a child who had been diagnosed with cancer or a parent who had a child that had died from cancer. I was so concerned about this issue, that I met with one of the social workers there whose own child had died of cancer and I asked her this question. She shared that when her child died that it was helpful if someone was “just present with me to witness my suffering/my grief and if any words were said, it was only ‘I am sorry’ that was helpful.”

[What is this?](#)

**Cary Tucker, University of Texas at Austin**

- 5) I don't know if this is the BEST piece of advice... But it certainly ranks up near the top for me. Following are a couple of other related quotes:

"Confusion is the state of promise, the fertile void where surprise is possible again. Confusion is in fact the state we are in, and we should be wise to cultivate it." Paul Goodman

'In an environment with much pressure to avoid all mistakes, one ends up doing everything wrong.' O. Ivar Lovaas, 1989

"There is always a risk in being alive, and if you are more alive there is more risk." Ibsen

**David Gilles-Thomas, University at Buffalo**

- 6) The quote I have is from Albert Camus, and I have it written on a little note card that I wrote in 2001 when I was an intern and it says, "In the midst of winter I finally learned there is in me an invincible summer." It really helped me during a very difficult period in my life/internship just survive it all.

**Allen Lambert, The University of Texas at Austin**

- 7) I had a cartoon on my desk the entire time I was in grad school that said: "Slow and steady wins the race." As a recovering procrastinator, I found it a helpful reminder!

I also periodically remind myself of a quote attributed to Eleanor Roosevelt: "I gain strength, courage, and confidence by every experience in which I must stop and look fear in the face...I say to myself, 'I've lived through this and can take the next thing that comes along.'"

**Laura Ebady, University of Texas at Austin**

- 8) "Sometimes you have to become a little oblivious to others around you.": a response by a psychologist when asked how she manages to balance professional work and personal life while remaining so active and productive in both areas.

**Sandra P. Piedrahita Palacio, The University of Texas at Austin**

- 9) "Be your best friend"

**Carlos A. Hernandez, The University of Florida**

- 10) The advice that has been the most helpful to me is a quote that is a part of my email signature: "Our lives begin to end the day we are silent about things that matter" - Martin Luther King, Jr. Whenever I feel silenced by oppression, I remember this and find my voice.

**Claudia A. Clark, Bowling Green State University**

- 11) "Should've, could've, would've but didn't, so move on Chanda Corbett! Live your life today to the fullest!"

**Chanda Corbett, The University of New Hampshire**

- 12) I'm not sure if the following is THE MOST important quote to me, but it sure underscores what keeps me going. "One doesn't discover new lands without consenting to lose sight of the shore..." Andre Gide

I must constantly reassess myself, my world and the people and systems in it, and I must not be afraid to question the status quo. For me this means that I strive to EMBRACE diverse ideas, the wisdom of the past, and needed change for the future with creativity, patience, thoughtfulness, courage, and, above all, with optimism, laughter, and a balanced lifestyle! I work to live...I do NOT live to work!

**Kerry Hope, Texas A&M University**

- 13) "To laugh often and much, to win the respect of intelligent people and the affection of children, to earn the appreciation of honest critics and endure the betrayal of false friends, to appreciate beauty, to find the best in others, to leave the world a better place, whether by a healthy child, a garden patch, or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded." Emerson

**Toti Perez, Georgia Institute of Technology**

- 14) I'm not sure of the author, but "She who laughs, lasts" has long been my personal motto. :)

**Susan R. Stock, The University of Illinois at Chicago**

- 15) Here is a quote that one of my professors in undergraduate gave me and I have carried it around for a few years: "Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love." Lao Tzu

**Vivian Barnette, The University of North Carolina at Greensboro**

- 16) The best wisdom received was "worship life and moments" a magnetic poem from my then 7 year old daughter. She's 18 years old now, but I always remember that quote and try to practice that kind of childlike mindfulness.

**Annecy Baez, Lehman College/CUNY**

- 17) I have learned two pieces of advice that are particularly valuable to me. First, always go to the bathroom the moment you think you can and never pass up an opportunity to try even if you think you can't.

Second, it's never too late to say the right thing. How often we look back and say "I could/should have said/asked...." You CAN! Go back 3 minutes, three days or three years. Say "Can we back up a moment?" or you can say "Remember in 3rd grade when you said..." doesn't matter, it's never too late.

So that's my best piece of advice. My favorite saying is printed on my private practice cards: "Out of the mud the lotus blooms."

**Kitty Brougham, Creighton University**

- 18) "Get an education!"

**Michele Ribiero, Oregon State University**

- 19) A good leader doesn't get too invested in particular outcomes. Rather, a good leader trusts the process of thoughtful collective decision-making and allows the wisdom of all involved to determine the outcome.

**Ellen Taylor, Oregon State University**

- 20) My father was my greatest mentor and I find myself quoting him often. One of his quotes which I frequently use is "You can't go back where you ain't never been." It is a reminder for me to be patient with myself and/or others, and that the important thing is to be open to and seek out learning, not to already "know it all."

**Jane Bost, The University of Texas at Austin**

- 21) For those of us who are perfectionists: Don't fear mistakes in counseling others...mistakes create the best opportunity for learning and interpersonal intimacy.



When you're upset about something professional or personal, ask yourself "will this really matter 5 years from now?" Try it...the answer is very rarely "yes."

Both of these are advice passed to me.

**Vivian Yamada, The University of Central Florida**

22) Mottos I have lived by: "Seek truth (with love) and the truth shall set you free." –Aristotle

"Seek love with truth and truth with love." – me

"Seek first to understand before seeking to be understood." -?

"Upper administration is not just a job change, it is a lifestyle change."

**Karen Hofmann, University of Central Florida**

23) The following is wisdom that my first clinical supervisor shared with me and wisdom that I have tried to continue to share with others, as it has served me well. In the context of supervision as I lamented about the struggle I was having with a client's difficulty understanding what I was trying to tell her, my supervisor suggested the following: she told me that I needed to "sit on a swing" with my client. As metaphor was a powerful tool she often used, I sat with her suggestion and before my next session I really reflected on what she meant. I realized that "sitting on a swing" with my client would accomplish many things, first it would enable (force?) me to see the world from where she was sitting - her view, not mine; secondly, when I "sit on the swing" with a client, we are next to each other - there is an intimacy that occurs, one that I believe makes for a much more productive counseling relationship. So often, when I am struggling with "making a client understand what I'm trying to say," I recall that metaphor and try to move my position, from where I am stuck to "sitting on the swing" with my client. Though I may not have the same grace and skill my supervisor Diane Greenaway did when she gave me this powerful image, I do wish for all of you "many moments on the swing."

**Liz Snider, University at Buffalo**


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## Roundtable Summaries, ACPA Convention (2006)

*CCAPS Newsletter  
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### First Generation Student Roundtable

Facilitator: Joy Stephens Lane, Ph.D., Morgan State University

The roundtable had 1 facilitator and 4 participants. The participants included 2 graduate students, a Counseling Center psychologist, and a representative from Residence Life. The exchange allowed for rich dialogue.

Topics included stressors for first generation students. Examples included lack of information, lack of preparedness, frustrations over representation, and lack of financial resources. Participants also discussed coping strategies, including spiritual connection, connection to family, encounter spaces, and relationships with faculty/staff. Finally, best practices, such as counseling, outreach, and collaborations that take into account multiple aspects of identity, were identified.

### Mid-level Career Development Roundtable

Facilitator: Jodi K. Caldwell, Ph.D., Georgia Southern University

Six people, including representatives from several different universities, attended this roundtable. The first topic of discussion was defining "Mid-level." The category of "New Professional" seemed to span a short period of time (less than the 10 years previously considered). Therefore, some attendants had 5 years experience, while others had more than 15 years experience.

Lack of advancement opportunities within the Counseling Center world were discussed. It was noted that the main route for advancement was to move into an administrative position. However, not everyone has interest in administration. Therefore, in order to advance, the professional must leave counseling center work for private practice, etc.

The need for professional mentoring was noted. Several attendants expressed a desire to have more mentoring available from directors. Also, a desire for formalized training in managerial skills, budgeting skills, etc. was noted. Although Counseling Center administrators are often drawn from Counseling Center professionals, there does not seem to be widely accessible training to obtain the necessary business/management skills for successful directorship or administration.

Brainstorming took place for ways that professionals could maintain their vitality and excitement despite limited upward mobility. Suggestions included rotating coordinator positions, balancing training responsibilities with opportunities for self-growth, and creating job exchanges (i.e., switch places with a colleague at another university for a prescribed length of time). Another suggestion was pushing for faculty status, which might allow for professionals to apply for sabbaticals in order to obtain in depth training, to focus on research, etc. Faculty status might also provide for more of a growth ladder. One attendee noted that he was currently on a sabbatical, which had allowed him to "clear his head" professionally. As a result of time away from the center, he had developed new programming ideas, and his passion and interest in counseling center work had been revitalized. Prior to the sabbatical he had

What is this?

felt burnt out, but he believed that at the end of his sabbatical he would be able to return to his center enthusiastic about the new role he would hold.

Participants discussed suggestions for CCAPS for the upcoming year. These suggestions included having workshops targeted to mid-level professionals who are considering transitioning to assistant director or director positions, holding a forum for professionals to give feedback to directors as a group, expanding the current mentoring program to include advanced mentors for mid-level folks, and having a panel discussion on counseling center life with panel members representing different developmental stages.

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### **New Professionals Roundtable**

Facilitators: Jocelyn Buhain, Ph.D., University of North Carolina Wilmington; Joy Lane, Ph.D., Morgan State University; and Thomas Berry, Ph.D., Utah State University

The roundtable had 3 co-facilitators and 3 participants. The participants were a social work graduate student, a pre-doctoral psychology intern, and a new professional. Issues addressed during the informal group discussion included job search strategies and interviewing tips. The roundtable also included discussion about the various ways in which counseling centers incorporate professionals from different fields and the strengths of multidisciplinary approaches.

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### **Outreach Roundtable**

Facilitators: Stacey Moore, Ph.D., John Carroll University and Thomas Berry, Ph.D., Utah State University

At the outreach roundtable, we discussed several major themes including the following: innovative outreach approaches, proactive vs. reactive outreach, outreach philosophies, staff participation in outreach, programming in different areas of campus, use of the web and other technologies, and successful marketing strategies.

Strategies that really seemed to work included doing more large scale outreach (e.g., campus wide awareness weeks) vs. a single program (e.g., in the residence halls), getting faculty members to offer extra credit for outreach attendance, and making use of passive programming ideas (e.g., awareness building bulleting boards, door hangers, toilet tribune). Other helpful ideas included advocating for outreach to be at an equal level to clinical services in terms of emphasis and ensuring that the outreach coordinator is in an administrative position. Participants also discussed ways to increase staff participation, such as having outreach teams and honoring each staff members' personality, strengths and weaknesses.

Another area of discussion was the development of undergraduate peer educator programs and the integration of undergraduate peers into the center's outreach efforts. The use of undergraduate peers provides both face validity for persuasive messages and a valuable training experience to undergrads interested in pursuing graduate school.

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### **Self-Care Roundtable**

Facilitator: Phyllis Weatherly, M.Ed., L.P.C., Southern Polytechnic State University

In addition to the facilitator, 2 participants showed up for the self-care roundtable, but 1 had to leave shortly after arrival. Although good discussion occurred, the facilitator suggested providing a few highlights from handouts as a summary:

“There is a saying that those most ready to offer help to others are often the most resistant to accepting it themselves.” (Rollins, J. (2005). Campaign for Counselor Wellness, Counseling Today)

Counselors often fail to observe the basic guidelines for personal health and wellness, though they will encourage their clients to.

Approximately 10% of counselors are impaired at any given time (i.e., 5000 members of ACA are impaired at any given time) – Taskforce formed 1991

Therapeutic impairment occurs when there is a significant negative impact on a counselor's professional functioning which compromises client care or poses the potential for harm to the client.

The goal is to focus on prevention, that is, lessening the percentage of impaired counselors.

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### **Small College Roundtable**

Facilitator: Mary Beth Javorek, Ph.D., John Carroll University

Mental Health professionals and Student Affairs administrators from 6 different small colleges attended the roundtable discussion. Each participant shared information about the types of counseling services provided on their home campus and specific challenges that arise in this setting. The group identified several issues related to small staff size that can be potentially problematic, including limited availability for handling after hour emergencies or outreach, the lack of collegial consultation, and a tendency to feel isolated from other counseling professionals. Participants also agreed that the lack of psychiatric services on small campuses is a growing concern, and financial limitations require finding creative alternatives to meet student needs.

Some of the creative ideas that were presented included establishing collaborative relationships with psychiatrists and mental health professionals in the local community to provide services for referred students at a discounted rate, having the college provide health insurance for every student to access private services, and establishing partnerships with psychiatric residency programs at local hospitals. Several centers are expanding their use of web-based mental health resources to supplement the services offered on campus. The group also discussed the importance of being connected to professional organizations, such as CCAPS, to reduce the sense of isolation and to keep up with current trends in the field.

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### **Suicide Assessment, Prevention and Intervention Roundtable**

Facilitator: Sherry Lynch Conrad, Ph.D., LPC, Virginia Tech

Attendees to this roundtable included Counseling Center personnel, a person from Residence Life, and a student in our session. The discussion probably took a little bit different twist than if it had been all Counseling Center personnel.

A key idea introduced by Counseling staff and Residence Life staff was the need to collaborate with Residence Life and hospital personnel before situations with suicidal students arise. Both Counseling and Residence Life staff reported incidents of students being allowed to return to campus without being involved in the development of the continuity of care plan for this student. Counseling centers are sometimes contacted by the student who expects to be seen quickly in order to comply with the agreed upon plan developed at the hospital; however, counseling centers are not always able to easily accommodate the student and often have no information from the hospital about the reason the student was referred. Residence Life staff also expressed concern because they are not sure if the student is ready to be back in the residence hall and may not know when the student is being released from the hospital. Concern was expressed that students may not need to be in the hospital according to hospital standards; however, the student may also not be ready to assume the independence afforded by the residence hall environment.

Another focus was the competing interests of the administrative/judicial branches of the campus and the wellness/therapeutic branches. Residence Life has more control of the student's situation from an administrative/judicial perspective; however, this is not always in the best interest of the student. Counselors want to address the student's situation from a therapeutic perspective, which may be more helpful in the long-term, but does not necessarily address the short-term concern of the Residence Life staff who may be concerned about the student's safety on a daily basis.

In summary, the main theme of our discussion was the need for collaboration between all involved parties. Everyone wants the student to be safe and successful in the college environment without causing a disruption that interferes with other students' opportunity to learn as well. As counselors, if we collaborate with both Residence Life and local hospitals before these situations arise and try to develop

agreements for how suicidal student situations will be addressed, we can hopefully reduce the anxiety of everyone involved and also provide the best continuity of care for the student.

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### **Training Roundtable**

Facilitator: Jodi Caldwell, Ph.D. Georgia Southern University

The roundtable had 6 attendees from domestic universities and Takano University in Japan. Several themes were discussed and a great deal of time was spent answering questions from the Takano participants, who hoped to be able to return to Japan with enough knowledge to be able to start the first Counseling Center and training program located in Japan.

Themes included defining the role of the training program on the university campus, the need for professional connections and mentoring for universities which have a masters training program but not a doctoral internship, and related questions about whether ACCTA could be open to these masters program training directors. Administrative problems, such as finding stipend funds for interns and Human Resources problems with classifying interns and handling benefits issues, were also discussed. Another theme was balancing the growth of professional staff (e.g., being able to look at clinical issues on an increasingly deep level) with providing developmentally appropriate training (e.g., starting over each year with a new group of beginners). Participants also discussed the differences between training clinical vs. counseling graduate students, with the former group having greater strength in assessment and treatment planning and the latter having greater strength in relationship skills and micro-skills as well as a tendency to build caseloads faster.

Pros and Cons of having a training program were reviewed. Pros included having more clinical hours available for clients, being a revitalizing experience for staff, helping develop a reputation for the counseling center, increasing collaboration, and the provision of supervision possibly making psychologists better therapists. Cons included the use of staff time and the drain from problematic trainees due to the need for extra supervision and the emotional toll on staff.

Components of training programs were discussed. For example, some sites have practicum students do all outreach for the center; other sites do not have trainees do any. Some sites provide training in outreach programming for trainees. A question was posed about how to encourage clinical students, who have no interest in outreach work, to participate in outreach programming. Differences in practicum placements were discussed, e.g., placements ranged from 10 to 20 hours per week, and sites screened practicum students in various ways: grades, interviews, resume of past experience, or submission of videotaped role-play.

Participants discussed how counseling center administration justifies the use of staff time for training. Rationale included an increase in collaboration with academic affairs, an increase in the visibility of the counseling center, providing supervision opportunities for staff who are interested, increasing the availability of outreach programming, and (for those with internships) an increase in the visibility of the university.

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## Celebration of Service to the Profession

*CCAPS Newsletter  
May 2006*

Don Rosen, a long term psychologist in college mental health and Director of the Counseling Center at Texas Women's University, recently shared his lament that the college counseling center field lacks a public venue to acknowledge and celebrate professionals' years of service in this work. We'd like to start a tradition of celebrating milestones of career service to the college mental health field, and invite you to share with us when you or a colleague achieves 15, 20, 25, 30 or more years of service in the profession. CCAPS gains incredible wisdom and energy from all of its members, and it is a privilege for us to acknowledge the dedication of professionals who contribute so substantially to our field. Please email this information to Andrea Greenwood, current chair of the Newsletter Committee. Send email by [clicking here](#). We look forward to recognizing and celebrating service to our profession – look for this in future newsletters!

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## Listservs in college mental health: Opportunities for connection and communication

CCAPS Newsletter  
May 2006

Welcome to the **Groupsinscc@lists.fsu.edu** mailing list!

Groupsinscc@lists.fsu.edu is a listserv based discussion group for professionals and graduate students interested in developing group interventions in the college counseling center setting. This discussion group is co-facilitated by Anne M. Slocum McEaney, Ph.D., Associate Director, Rutgers College Counseling Center [(732) 932-3966, Fax: (732) 932-3968, [Email](#)] and Joshua M. Gross, Ph.D., CGP, ABPP, Psychologist and Group Coordinator, Florida State University Student Counseling Center [(850) 644-8875, Fax (850) 644-3150, [Email](#)] and is administered through the Florida State University. Please contact Josh Gross who serves as list administrator if you have technical problems and/or questions regarding your subscription.

Anne and Josh have been talking over the past few years about the work of developing group interventions in the college counseling center and have received much feedback from others as to the importance of having a central discussion list dedicated to this work.

Groupsinscc@lists.fsu.edu is borne of this dialog and it is our goal to host an ongoing and useful discussion of all topics relating to the development, initiation, facilitation, education, training, co-facilitation, theory, research, and practice of group work in the college counseling center setting.

Welcome to the **Practicum Coordinators (PRACNET)** listserv!

PRACNET is a listserv dedicated to the interests and needs of practicum training coordinators. It was established by Jeff E. Brooks-Harris, Ph.D., Psychologist and Coordinator of Training at the Counseling & Student Development Center at University of Hawaii at Manoa. You may reach him via [his email](#).

Some of the topics and/or projects of interest recently discussed include:

- Establishing Standards and Guidelines for Practicum Training: What kind of environment should be established to train practicum counselors at a university counseling center?
- Compiling Suggestions for Practicum Coordinators: A brief compilation of helpful hints on recruitment, selection, orientation, training, supervision, client assignment, evaluation, etc.
- Identifying Competencies for Practicum Trainees at UCC's: What learning outcomes should result from a UCC practicum experience?

To join, you will need a yahoo id. Go to the following website, and click on "join this group" in the upper right corner of the screen. <http://health.groups.yahoo.com/group/PRACNET/>

Welcome to the **Program Development** listserv!

[What is this?](#)

This group is composed of university counseling center professionals who are involved in the coordination of program development activities at their centers or who have some significant responsibility and/or involvement for program development at their counseling center. The purpose of such a group is to provide a forum to exchange ideas, promote discussion and generally improve the quality of programming at university counseling centers. This listserv has been active for about 6 years.

Please contact Jane Bost, Ph.D., Associate Director at University of Texas Counseling and Mental Health Center, [via email](#), to indicate your interest in joining this listserv. Please provide your university affiliation and share your particular interests in outreach and programming.

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**And don't for get the CCAPS listserv.**

The ACPA Commission for Counseling and Psychological Services (CCAPS) Listserv provides an opportunity for Commission members, counselors, psychologists, counselor educators, social workers, faculty, students, and others interested in college counseling issues to dialogue about college counseling concerns. Subscribers will learn about Commission committees and special interest groups, annual convention activities and programs, and continue their involvement with the Commission during the year in between the conventions. The list is also a great forum for asking questions and learning about college counseling practices on a national level.

[Click here for more information](#) about the CCAPS listserv.

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## 2006 Awards

*CCAPS Newsletter  
May 2006*

- 2006 Outstanding Lifetime Achievement Award Recipient:  
*Vivian Boyd*
- 2006 Mid-Level Career Award Recipient:  
*Ellen Emerson*
- 2006 Agency Award of Excellent Recipient:  
*Counseling and Career Development Center at Georgia Southern*

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