Department of Rehabilitation & Mental Health Counseling

Fall 2014 Welcome & Orientation
WELCOME

Dr. Tennyson J. Wright
Associate Professor and Chair

Dr. Julianne Serovich, Dean

College of Behavioral & Community Sciences
COLLEGE OF BEHAVIORAL & COMMUNITY SCIENCES
Behavioral Science...

Devoted to the study of human behavior and human service systems.

Community Science...

Bridges the gaps between science, practice, & policy using community-centered models.
Over 400 Community Partners

• Memory Disorder Clinic
• Speech and Audiology Programs
• Community Health Centers
• Long Term Care Clinics
• Addictions & Mental Health Centers
• Hospice, Palliative Care, End of Life Care Programs
• Health and Human Services Organizations
2,600 Students

6 Undergraduate Majors

9 Master’s Programs

5 Doctoral Programs
Faculty

Tina Dillahunt-Aspillaga, Ph.D., CRC, CVE, CLCP, CBIST, CIRS
Assistant Professor (University of Florida, 2005)
Email: cdillahuntas@usf.edu
Phone: (813) 974-1282

Gary DuDell, Ph.D., CRC, CAP, LMHC
Instructor and Director of Graduate Studies
(The Union For Experimenting Colleges and Universities, 1987)
Email: gdudell@usf.edu
Phone: (813) 974-1257

William G. Emener, Ph.D., CRC
Distinguished Research Professor Emeritus
(University of Georgia, 1971)
Faculty

Ryan Henry, Ph.D., LMFT
Clinical Instructor (Brigham Young University, 2006)
MFT Certificate Program Coordinator
Email: rghenry@usf.edu
Phone: (813) 974-0969

Tammy Jorgensen-Smith, Ph.D., CRC
Assistant Professor (Barry University, 2004)
Email: smithtj@usf.edu
813-974-7713

William Kearns, Ph.D.
Associate Professor (University of South Florida, 1989).
Email: kearns@usf.edu
Phone: (813) 974-9356
Faculty

Barbara LoFrisco, Ph.D., LMFT, LMHC
Visiting Instructor, (University of South Florida, 2013)
Email: lofrisco@usf.edu
Phone: (813) 974-0973

Susan D. Kelley, Ph.D., CRC, LMHC
Associate Professor Emeritus
Email: skelley@usf.edu
Phone: (813) 974-2855

John D. Rasch, Ph.D., CRC
Professor Emeritus, (University of Wisconsin, Madison, 1977)
Email: rasch@usf.edu
Phone: (813) 974-2855

Calvin Pinkard, Ph.D.
Associate Professor Emeritus
Marilyn Stern, Ph.D.
Professor (State University of New York at Buffalo, 1984)
Email: mstern1@usf.edu
Phone: (813) 974-0966

Rick Weinberg, Ph.D., ABPP
Clinical Associate Professor (University of South Florida, 1983)
Email: weinberg@usf.edu
Phone: (813) 974-1916

Tennyson J. Wright, Ph.D., CRC
Associate Professor & Chair (University of Georgia, 1977)
Email: tjwright@usf.edu
Phone: (813) 974-2963
Adjunct Faculty

- Mr. John Bosworth, MA, LMHC
- Dr. Theo Carroll
- Ms. Robynanne Cash-Howard, MA, CRC, CVE
- Dr. Michael Dow
- Dr. Paula Fenzau
- Dr. Katurah Jenkins-Hall
- Mr. Aaron Norton, MA, LMHC, CRC, CAP
- Dr. Randy Otto
- Dr. Joan A. Reid
- Dr. Dae Sheridan
- Dr. Larry Thompson
Staff

Paula MacGeorge
Academic Program Specialist
Graduate Assistants

Richard Tifft
Crystal Kehl
Guen Morr
Nicole Piper
FMHI Research Library

Ms. Claudia Dold
Assistant Librarian
Institute for Translational Research

In Adolescent Behavioral Health

About the Institute

The mission of the Institute is to provide an innovative education program in translational research, implementation science, and evidence-based practice in adolescent behavioral health. The institute is sponsored by the National Institute on Drug Abuse, Grant 5R25DA021103-03.

Benefits of being an Institute Scholar

- Institute Scholars gain real-world research experience through a service-learning research project
- Institute Scholars work in a team-mentoring environment with academic mentors and community agency partners
- Institute Scholars can apply three service learning course credits toward a portion of required field experience (with academic advisor approval)
- Funding is available to Institute Scholars for in-state tuition and fees as well as related program activities
- Institute Scholars earn a Graduate Certificate in Translational Research in Adolescent Behavioral Health
- Required graduate certificate courses may apply as electives in graduate degree programs

Apply to be an Institute Scholar

- Scholars are admitted each fall with coursework beginning in January
- Submit application to the Translational Research in Adolescent Behavioral Health Graduate Certificate on the USF Graduate Certificate website http://www.gradcerts.usf.edu/
- Application will include a 250-word personal statement, CV or resume, two letters of recommendation, and official transcripts
- Deadline to submit application on the USF Graduate Certificate website is October 3rd with admission decisions by November 7th

For More Information

Donna L. Burton, Project Director
dburton@usf.edu (813) 974-3241
Institute Website
http://health.usf.edu/publichealth/tenabhs

USF HEALTH

USF UNIVERSITY OF SOUTH FLORIDA
COLLEGE OF BEHAVIORAL & COMMUNITY SCIENCES

Events, activities, programs and facilities of the University of South Florida are available to all without regard to race, color, marital status, gender, sexual orientation, religion, national origin, disability, age, or veteran or disabled veteran status, as provided by law and in accordance with the University’s respect for personal dignity. USF is an EEO/AA Institute.

Dr. Donna Burton
Why Do a Thesis?
Why Do Research in an Applied Program?

Dr. Marilyn Stern
Professor
A Few Reasons Why?

- Improves critical thinking

- You never know what you will want for the future – so **now** is the time to **maximize all options**

- Great way to improve your changes of getting into a doctoral program

- If a thesis is required for doctoral work, you can have it applied to your doctoral program (**reduce years in doc program**
A Few Reasons Why Cont’d?

• Research can/is fun!!!!

• You work on a team, get to know some professors/your faculty mentor, which is great for letters of recommendation

• Learning about things that are important, lots of what we do is clinical research so our research is clinically relevant and community based

• If a thesis is required for doctoral work, you can have it applied to your doctoral program (reduce years in doc program)
What Do You Need To Do?

- Find a faculty mentor. Talk to one of us with active research programs.
- 6 Thesis credits required
- Thesis Committee:
  - 3 committee members required
    - Dr. Dillahunt
    - Dr. Smith
    - Dr. Stern
Finally:

Even if you don’t opt to do a formal thesis, still talk with us about getting involved on our research teams.

You just might find that you like it!
Dr. Tennyson J. Wright
Associate Professor and Chair
2014 New Student Characteristics
(155 Total in Program)

Average Academic Scores Upon Application:

- GPA 3.5
- GRE
  - Verbal 150 (new)/ 518
  - Quantitative 146 (new) /576
  - Analytical Writing 3.6

Gender:
- 34 Female
- 4 Male

38 New Students - Spring & Fall 2014
2014 New Student Characteristics

PLACE OF ORIGIN UPON APPLICATION

- Local Tampa: 85%
- Other Florida: 8%
- Out of State: 2%
- Out of Country: 5%
2014 New Student Characteristics
Diversity

- With Disability: 1
- Native American: 0
- Asian: 2
- Undeclared: 1
- Black: 3
- Hispanic: 6
- White: 26
The Field Placement Experience

Dr. Gary DuDell, Instructor
Coordinator of Field Placements
Director of Graduate Studies & Integrative Mental Health Care Certificate
The field placement experiences include Practicum I, Practicum II, and Internship.

The student handbook and department website provide information about finding and securing a placement site.
A podcast which provides specific information to secure a field placement site is located on the department’s website. All students should view this podcast the semester prior to enrolling in any field placement course. Please view the podcast PRIOR to seeking assistance from Dr. DuDell or Paula MacGeorge.
• Finding a field placement is like looking for a job.
• It requires your active engagement
  • Start early to look for a placement
  • Field placement as a web: network with Dr. Dudell, Dr. Henry, and other students
• You are diplomats of our program in this community.
• Conduct yourself in an ethical, legal, and honest manner in all professional dealings. You are expected to read and fully understand the Commission of Rehabilitation Counselor Certification Code of Ethics located in the Student Handbook on-line, which details the ethics for professional behavior.
Practicum & Internship Opportunities

Dr. Gary DuDell
William McKeever, M.A. Vincent House
Mr. Elvis Lester
Past President of SMHCA
Current President of FMHCA
Student Conduct and Professionalism

Dr. Rick Weinberg
Clinical Associate Professor
How to Act like a Professional and Enjoy the Experience!!

Dr. Rick Weinberg

Clinical Associate Professor
Unlike other graduate programs that are geared strictly to academic and research pursuits, our program emphasizes application and professional development.

The cultivation of certain professional competencies and interpersonal skills is at the heart of the learning process. Some of these competencies include:
1. Developing personal awareness about your own behavior, belief systems, emotional reactions, attitudes, and personal history. “Know thyself”.

2. Learning helpful interpersonal skills and maintaining optimal working relationships with faculty and other students.

3. Recognizing the competencies and limitations of your professional skills.
4. Taking personal responsibility for your actions (scheduling classes, securing field placements in a timely manner, communicating with your advisor and professors).

5. Supporting and facilitating the development of one another.

6. Addressing concerns and conflicts with maturity and mutual respect. Note the 4-page “Problem Resolution Process” flow chart in your packet.
To conclude,

Lessons come in many different packages.

Don’t be reluctant to push your envelope both outwardly as well as inwardly.
Certificate Programs

Marriage & Family Therapy

Integrative Mental Health

Addictions & Substance Abuse
Marriage & Family Therapy Program

Dr. Ryan Henry
Instructor and Director
Marriage & Family Therapy Certificate
Track I (15 credits)

Required courses
- RCS 6930 Dynamics of Marriage and Family Therapy (3)
- RCS 6476 Human Sexuality (3)
- RCS 6930 Family Therapy Theories and Techniques (3)
- RCS 6930 Marriage Therapy, Theory and Techniques (3)
- RCS 6803 MFT Practicum II
  (Minimum of 40 hours of face to face time with clients with an additional 100 hours of face to face time if planning on obtaining an MFT license) (3)

Track II (15 credits)

Required courses
- RCS 6930 Dynamics of Marriage and Family Therapy (3)
- RCS 6803 MFT Practicum II
  (Minimum of 40 hours of face to face time with clients with an additional 100 hours of face to face time if planning on obtaining an MFT license) (3)

Electives (complete 3 of the following courses)
- RCS 6930 Family Therapy Theories and Techniques (3)
- RCS 6930 Marriage Therapy, Theory and Techniques (3)
- RCS 6930 Medical Family Therapy (3)
- RCS 6476 Human Sexuality (3)
Course Sequencing

No pre-requisites required
RCS 6930 Dynamics of Marriage and Family Therapy
RCS 6476 Human Sexuality

One pre-requisite required *(Dynamics of Marriage and Family Therapy)*
RCS 6930 Family Therapy Theories and Techniques
RCS 6930 Marriage Therapy, Theory and Techniques
RCS 6930 Medical Family Therapy

Two pre-requisites required *(Dynamics of Marriage and Family Therapy; Family Therapy Theories and Techniques or Marriage Therapy, Theory and Techniques)*
RCS 6803 MFT Practicum II
Integrative Mental Health Counseling Certificate

Dr. Gary DuDell, Instructor

Director of Graduate Studies &

Integrative Mental Health Care Certificate
Program Description:
- This certificate focuses on the wellness approach to emotional and psychological health.
- Students study the relationship between lifestyle habits and mind/body practices to maintain well-being.
- Students learn about the therapeutic benefits of integrating yoga, meditation, exercise into the treatment of emotional difficulties, addiction, and rehabilitation of disabilities.

Required Courses:
- Foundations of Mental Health Counseling
- Human Growth & Development
- Spirituality & Counseling
- Introduction to Mind/Body Approaches
- Principles of Personal Change
- Independent Study (1hr)
Certificate in Addictions & Substance Abuse Counseling

Dr. Theo Carroll
Adjunct Instructor & Director,
Addictions & Substance Abuse Certificate
Course Sequencing

• RCS 5450 Fundamentals of Substance Abuse Counseling (3)
• RCS 6456 Counseling Approaches for Substance Abusers (3)
• RCS 6459 Professional Skills for Addictions Counselors (3)
• RCS 6803 Practicum (Substance Abuse Facility) (3)

• Choose one (3) Credit Elective

• RCS 6930 Obesity and Eating Disorders
• RCS 6930 Spirituality and Counseling
• RCS 6930 Introduction to Mind Body Techniques
• RCS 6930 Principles and Practices of Personal Change
• RCS 6930 Employee Assistance Programs
Dr. Barbara LoFrisco
**USF Services**

**Counseling Center:** 813-974-2831, Hours M-F 8-5pm, SVC 2124 (Student Services Building)
http://usfweb2.usf.edu/counsel/

- Groups, ie. Aug 25 “Tame The Stress” (weekly, Monday 3-4pm)
  Need student ID to make an appt.
- First appt is assessment, they will assign you to a counselor, then you get 10 individual sessions (free!)

**The Writing Studio:** 813-974-8293, Hours Mon - Thurs 10-9; Fri 10-4; Sunday 1-5 (No, I don’t know why they aren’t open on Saturday…), 2nd floor of library.  http://www.lib.usf.edu/writing/

- 50-minute appointments (can schedule online)
- Bring a writing sample

**Office of Student Disability Services:** 813-974-4309, Hours Mon, Tues, Fri 8-5; Wed & Thurs 8-7 (5-7pm for exam administration), SVC 1133, http://www.sds.usf.edu/index.asp

- If you have a disability and need accommodations, you MUST contact this office prior to requesting accommodations from your profess

**Career Center:** 813-974-2171, SVC 2088, http://www.usf.edu/career-services/

- Career Express (job search coaching, walk in, 15 min appts; Mon & Tues 10-11:30; Wed & Thurs 1-3:30)
- Longer, individual appts with career counselors available
USF Services

Bull Runner Transit
http://www.usfbullrunner.com

- Best way to get to other side of campus!
- It’s free! (Show your student ID)
- Bull Tracker tells you where your bus is and when it will arrive!
- The “B” route will pick you up in front of our building (MHC), goes to SVC, Marshall Center. (Main library is in walking distance from there).

Parking & Transportation Services: 813-974-3990, http://usfweb2.usf.edu/parking_services/default.asp
- Parking and traffic alerts listserv
- Campus wide speed limit = 25 mph!! (unless otherwise posted)

USF IT Help Desk: 813-974-1222, Location: they are moving, but currently located on 1st floor of main library, Email help@usf.edu, http://www.usf.edu/it/services/helpdesk.aspx
- Available 24/7
- Support with email, connecting to library services, canvas, and more!
CBCS Security

• FMHI Security Hours:
  Monday – Thursday 7:00 am – 9:30 pm
  Friday – 7:00 am – 6:00 pm
  Saturday – As needed
  Sunday – Closed

• FMHI Security Contact Info:
  Office Phone: 813-974-4596
  Cell Phone (preferred): 813-230-9839

• Do not prop open exterior exit doors. After 2 minutes, the door will send an alarm to University Police.
USF Safety

- **Smart911**
  
  
  Directions to enroll in Smart911 and Guardian
  
  Log into MyUSF
  
  Click on the "Manage my NETID"
  
  Select "Sign Up for Smart911 and Guardian"
  
  Follow the prompts to complete your Smart911 profile
  
  Be sure to confirm your mobile phone number

- **Guardian**
  
  [http://www.mobull.usf.edu/](http://www.mobull.usf.edu/)
  
  Go to NetID Account Services web site, login using your NetID
  
  2. Click **Update Emergency Notification Settings**
  
  3. Follow instructions to opt in, provide mobile phone number and select campus locations for alerts
  
  4. Click Submit

- **MoBull – Register for University Announcements**
  
  [http://usfweb2.usf.edu/mobullplus/](http://usfweb2.usf.edu/mobullplus/)
  
  - Directions to enroll in Mobull
  
  - Log into MyUSF
  
  - Click on the "Manage my NETID" tab
  
  - Select "Update Emergency Notification Settings" and follow prompts
  
  - Click "Submit" to save your changes
Center for Victim Advocacy and Violence Prevention
- SVC 0067
- (813) 974-5756
- (813) 974-5757 - Crime Victim Helpline
- Email: va@admin.usf.edu
- They will support and walk you through legal processes if you are a victim of a crime
- Crime advocates available Mon – Fri 8-5 walk-in basis; at nights and weekends by contacting University Police. They are available 24/7!

USF Police Department
813-974-2628
http://www.usf.edu/administrative-services/university-police/
iLINC
Lead, Inspire, Network, Connect

President
Melody Mansour

Vice-President
Deveney Ching

Secretary
Samantha Siegel

Financial Officer
Ciara Howard

Social Chair
Davina Quichocho

Advisor:
Dr. Dillabunt-Aspillaga

Advisor:
Dr. Weinberg
What is iLINC?

- ILINC is an amazing organization to be a part of!!

- Provide students with the “link” to help them down the path of going from student to professional.

- Provide opportunities to work with peers, faculty, future colleagues, and the community

- Answer the questions that you’ve been wanting answers to!!
Fall 2014 ILINC Event Dates:

A Professional Workshop – In the past we have utilized presentations, guest speakers, and even live demonstrations.

A Graduation Celebration - A great way to give congratulations and wish our graduates luck, as well as seek advice from their examples of successes in the program and field.

* Dates to be announced, locations will be in rooms within the department.
Contact us! Ask Questions! Give Suggestions! Get Involved!

iLINC Advisor: Dr. Dillahunt-Aspillaga cdillahuntas@usf.edu
Dr. Weinberg weinberg@usf.edu

iLINC Board: Melody Mansour mmansou2@mail.usf.edu
Deveney Ching dching@mail.usf.edu
Davina Quichocho dquichoc@mail.usf.edu
Samantha Siegel samantha52@mail.usf.edu
Ciara Howard ciarahoward@mail.usf.edu

Check us out on Facebook @ https://www.facebook.com/groups/iLINCrmhc/
Advisor/Advisee Breakout

- Introductions
- Advising
- Matriculating (3 Consecutive Semesters)
- First Day Class Attendance
- Course Sequencing
- Graduation Certification Form
- Licensure & Certification
- COMPS
Code of Ethics

- Commission on Rehabilitation Counselor Certification

- American Mental Health Counselors Association
  - http://www.amhca.org/about/codetoc.aspx

- American Association for Marriage and Family Therapy