New Website

By DR. RYAN HENRY,
Visiting Assistant Professor and Marriage & Family Therapy Program Coordinator

The Rehabilitation and Mental Health Counseling website has always been a great source of information, but it is not the easiest to navigate. The Department has decided to undertake the task of overhauling the website to make it more user friendly and more up to date. This will be a joint effort between the Department and the College of Behavioral and Community Sciences.

The changes that have already been implemented are an updated Affiliate Site grid, a podcast clarifying the process of finding a site and obtaining a permit for a practicum or internship class, and a field placement e-form. These changes have all helped to streamline the process for students securing field placements, and to assist prospective students with the process of applying to the program. In addition, multiple forms and updated information have been added to the website for easy access by students and faculty such as the students handbook, field placements handbook, frequently asked questions, and an online application to facilitate the application process for perspective students.

The next phase of the transformation will affect the navigation, layout, and design of the website. Currently the College of Behavioral and Community Sciences is working to establish a unified design that all departments in the college will use. Over the next several months significant changes to the look and functioning of the website will be coming. We encourage you to take a look at the changes that have already taken place at http://rmhc.bcs.usf.edu/.

A special thanks to Ana Aluisy, Claudia Dold, Zachery Sheffield, Becky Karas, and faculty for their efforts to transform the website.
Greetings Students, Colleagues and Friends,
It’s a pleasure to update you on the progress of the Department since our last newsletter in June 2009. Over the summer we were busy with preparations for the Fall 2009 Student Orientation and the beginning of a new academic year. I am pleased to report that attendance and participation at Fall 2009 Student Orientation was the largest and most exciting to date. The College Dean’s Office, faculty, staff and the SOS Club welcomed approximately 75 new and returning students as well as several guests and adjunct faculty. To kick-off the event, the Department hosted a luncheon followed by brief presentations by faculty and a faculty-student advising session. Next year we plan to add several new and exciting features so stay tuned!

Student enrollment continues to be very strong and new admissions for Spring 2010 are expected to raise our total enrollment to approximately 200 full and part-time students on the Tampa and Sarasota-Manatee Campuses. New student qualifications are among the highest ever and applications for Spring and Fall 2010 exceeded the available openings in the program. As a result, we are admitting only the most qualified applicants and deferring others to future semesters. In addition, the diversity of our pool of applicants is increasing, which is a very positive result of recruitment and follow-up.

Recently, the Department learned of a change in the status of the M. A. program at USF Sarasota-Manatee. A 2002 legislative mandate requires USF to obtain separate accreditation from the Commission on Colleges of the Southern Association of Colleges and Schools (SACS-COC) for all of its campus locations. Beginning in August 2010 the Department of Rehabilitation and Mental Health Counseling will no longer offer its M. A. program at USF Sarasota-Manatee. Please know, students and colleagues, that we are sorry if this situation creates problems or inconveniences for you. We are 100% committed to deliver ALL courses needed for degree completion to ALL cohort students currently enrolled in the Department. Students will continue to take their classes on USF Sarasota-Manatee Campus where they are currently studying. Newly admitted students and applicants are invited to contact Denise Montgomery at dmontgom@bcs.usf.edu for more information.

In closing, I want to wish you and your family a safe and most prosperous New Year!
Introducing Two New Adjunct Professors

Dr. Paula Fenzau is an adjunct instructor in the Department of Rehabilitation and Mental Health Counseling. In addition to her role as instructor, she works in the field as the Senior Manager of Utilization Management at Suncoast Center, Inc. Dr. Fenzau earned her Ph.D. in Leadership and Education with a Specialization in Counseling and a Master's Degree in Rehabilitation Counseling from the University of South Florida. Her other interests include sailing and hockey.

Dr. Larry Thompson has served as a CEO of behavioral healthcare agencies for nearly 25 years and has taught over 15 years at USF. He teaches more than eight classes per year and has consistently received a 4.5, or greater, student rating. Beyond his academic responsibilities, he consults and trains law enforcement. Larry spent four years living in the Amazon and currently enjoys traveling, studying genealogy, and jogging.

Current Research and Grants

Tennyson J. Wright, Ph.D, Associate Professor and Department Chair, is Co-PI of the Rehabilitation Engineering and Technology Program Contract. The contract was funded by the Florida Department of Education, Department of Vocational Rehabilitation, in the amount of $1,421,740 for 2009-10.

Ryan Henry, PhD, LMFT, Director of the Marriage and Family Therapy Certificate has received a grant from USF’s Innovative Teaching Opportunities. This grant is to aid in the development of distant learning through the certificate program and department.

Gary DuDell, Ph.D, Clinical Instructor and Director of Graduate Studies in the Rehabilitation and Mental Health Counseling Department, has received a grant from USF’s Innovative Teaching Opportunities. This project, entitled “Conversations with Mind/Body Practitioners”, will be a series of video interviews conducted with yoga, meditation, tai chi teachers and mental health and health care professionals who embrace integrative approaches to well-being. These interviews will be housed on the Department’s website. This new project brings an exciting and enriching dimension to the Behavioral Health Counseling certificate program and our department. This grant will be co-conducted by Claudia Dold, Assistant Librarian, at FMHI’s research library. Dr. DuDell would like to thank Claudia for bringing the grant idea to him and Ardis Hansen, Library Director, and Zack Sheffield for all of their assistance.

Certificate Program Updates

Marriage and Family Therapy Certificate

News: US News and World Report ranked marriage and family therapy as one of the 50 best careers in 2010. It is expected that between 2008-2018 there will be a 14% growth in the field of marriage and family therapy. You can access the full article at: http://www.usnews.com/money/careers/articles/2009/12/28/marriage-and-family-therapist.html

Online course: The MFT certificate program is going to be offering its first completely on-line course this summer in Dynamics of Marriage and Family Therapy. This course is an introduction to systems theory and the major models of treatment in family therapy. This course is a great introduction into the field of MFT and a stepping stone to the other clinical courses offered in the certificate program.
Alumni Spotlight
Dora Limoncelli, LMHC, NCC

Ms. Limoncelli is a Licensed Mental Health Counselor in the State of Florida. She graduated from the University of South Florida with a Master’s Degree in Rehabilitation and Mental Health Counseling in 1999. She qualified as a National Certified Counselor (NCC) in 2006. She received her Bachelor’s of Arts from the University of South Florida majoring in Psychology in 1996.

After receiving her graduate degree, Ms. Limoncelli provided counseling to individuals, families, couples and co-facilitated group therapy at Northside Mental Health Clinic in Tampa, Florida. She managed the evaluation, treatment and planning for individuals and families under the supervision of a psychiatrist. While at the clinic, she developed a specialty in the treatment of persons with long-term mental health disorders.

In her next assignment, Ms. Limoncelli was a Senior Therapist/Supervisor in the Counseling Program of Catholic Charities Diocese of Venice in Sarasota, Florida. Her fluency in Spanish and shared experiences assimilating into a new culture enabled her to quickly relate to the extensive Hispanic population of the region. She continues to demonstrate her commitment to assist underserved populations with their problems adjusting to daily life in her work with several community based groups. She is frequently called upon to use her bilingual skills in the Tampa, Sarasota and Charlotte County areas.

Ms. Limoncelli’s extensive travel, life experience, strong interpersonal skills, empathy and caring are attributes that enhance her counseling approach. Her bilingual skills were acquired growing up in Guatemala. She is interested in nature and the environment. Her favorite sport is tennis, and she prefers ballet to opera.

Ms. Limoncelli has a private practice in Sarasota, Florida. She is a member of the Child & Family Institute. Her practice focuses on adolescents, families, couples, and individuals.

Contact Ms. Limoncelli at:
3402 Magic Oak Lane
Sarasota, Florida 34232
Tel: 941 966-2300 | Fax: 941 343-9110
E-mail: dlimoncelli@comcast.net
www.thechildandfamily.com
Is Stress Running Your Life?

By DORA LIMONCELLI, LMHC, NCC

Is stress running your life?

Stress is a reaction of the body to an external or internal stimulus, and can come from outside of ourselves or from within. The body reads the perception of an event that is potentially or actually threatening to the person and it reacts. We can say that it is the stressor or event, the perception of the event, or a person’s reaction to this event that will have a positive or negative effect on the person. A stress producing event might be bothersome to one person while life enhancing to another.

The limbic system plays an important role in the response to stress. In non-human primate studies, the limbic system has been implicated in generating responses to anxiety and fear. The limbic system is an interconnected group of brain structures within the cerebrum, including portions of the frontal-lobe cortex, temporal lobe, thalamus, hypothalamus, and the neuron pathways connecting these parts and other parts of the central nervous system. The limbic system is concerned with emotional behavior and learning. Emotional feelings are usually accompanied by autonomic responses such as sweating, blushing, heart rate changes, as well as somatic responses (e.g. laughing or sobbing). When experiencing a situation, the limbic system performs an emotional analysis and a memory review which allows the body to determine if the situation is safe or dangerous, positive or negative.

On the positive side, stress can help the person focus on the task at hand. It can enhance performance and concentration, and it can cause the body to be more efficient. Therefore, stress has the potential to help people perform at their highest level.

However, stress becomes harmful when the person cannot relax and is constantly feeling rushed, fearful, anxious, even after meeting the challenge. When a person is experiencing periods of constant stress with no time to relax in between, it can have an effect on physical health and mental wellbeing. Some of the common symptoms of too much stress and not enough relaxation can be: tension headache, gastrointestinal problems, clenched jaw, restlessness or a desire to run away from problems, feeling overwhelmed or out of control, a noticeable negative attitude, sleeplessness, muscle tension, fatigue, and a change in appetite.

What can people do to reduce stress? Exercising on a regular basis is helpful in keeping the body fit and removing the person from the emotional burden while performing a routine. Some other techniques that have been helpful are: relaxation and meditation, good nutrition, imagery and controlled breathing, sometimes called “guided imagery”, and learning techniques to help in creating predictability in our environment.

Recognizing stressful situations, learning to cope with unavoidable stress and utilizing stress reduction techniques are great ways to take back a life driven by stress.

Awards & Recognitions

Congratulations to Jessica Fox (Department of Rehabilitation and Mental Health Counseling) and her partners, Jinghua Lin (College of Nursing), Alessandra Giannini (College of Medicine), and Christine Spiker (College of Public Health), who received one of USF’s Challenge Grants. The 2009-2010 Graduate Student Challenge Grants: Building Research Partnerships Across Disciplines, awards up to $5,000 per research team. Jessica and her group will use the stages of change approach to generate an effective intervention that will increase physician’s screening practices for depression in children with type I and type II diabetes.

USF has profiled Carmen Koly as part of an initiative to publicly feature students. Read her story at http://usfweb3.usf.edu/absolutemm/templates/?a=1616&z=55.

On Saturday, November 21st Dr. DuDell conducted a workshop on “Codependency and the Family” at Health Care Connections. This workshop was held as one part of the family treatment weekend at the facility.
Alumni News

On Saturday, October 17, 2009, over 40 motorcycle riders left Jim's Harley Davidson's in St. Petersburg on a benefit ride, "Raising Mental Health Awareness," from which much-needed financial support was contributed to Suncoast Centers. And for her leadership role in this first annual event, Ms. Cyndie Campbell (Class of 2001) received a framed Certificate of Award from the St. Petersburg Hogs for Hope.

Julia Stenzel (Class of 2008) is working at the Center for Cognition and Communication in New York City. Julia facilitates cognitive rehabilitative therapy with individuals who have traumatic brain injury. She facilitates therapy that helps patients recover their memory skills, concentration, attention, executive functioning, reasoning skills, visual spatial skills, and verbal functioning.

Joan Reid (Class of 2004) passed her doctoral comprehensive exams on Criminology. Not only did she receive a pass with distinction, but she is the first and only student from her cohort to pass!

Quintin Boston, PhD., CRC (Class of 2005) secured employment as a full-time adjunct professor at North Carolina Agricultural & Technical State University, where he is teaching three courses.

Penijean Rutter (Class of 2007) passed her national certification exam for EEG Biofeedback, which was administered by BCIA (Biofeedback Certification Institute of America) in August 2009. Penijean is also a Certified Rehabilitation Counselor (since 2008) and a Licensed Mental Health Intern with the state of Florida. She is currently working as the Clinical Services Director at CNS Wellness of Tampa Bay, a private clinic that provides biofeedback and neurotherapy services for populations that include traumatic brain injury, PTSD, autism and seizure disorder.

Congratulations to Susie Alarie, MA, CRC, QRP (Class of 2009) on her recent certifications.

Congratulations to Desire White, MA, CRC, QRP (Class of 2009) on her recent certifications.

Congratulations to Lisa Rubino, MA, CRC (Class of 2009) on her recent certification.

Training Opportunities

Time Travel: Healing the Inner Adult - A Gestalt Workshop was held on January 16, 2010
This was a training opportunity open to all students and professionals in the community. For more information, please contact Dr. Marci Stern at (941) 321-7665 or imawareru@comcast.net

EEG Z-score training with autistic spectrum disorder on January 31st, 2010
Presented by Penijean Rutter, M.A., BCIA-EEG of CNS Wellness, Tampa
This is one course of a two-part program presented by The Biofeedback Society of Florida.
For more information, please refer to http://www.floridabiofeedback.ky./conference_information.htm
SOS News

SOS participated once again in the Start! Heartwalk supporting the American Heart Association. Thanks to everyone involved, SOS was able to meet both of their goals for the walk this year! We managed to surpass our goal of 10 walkers with 18 walkers signing up to show support. We also were able to meet our second goal, which was to raise $1,000 for the American Heart Association. Thank you to everyone who donated and walked on this fun morning!

Practicum/Program Updates

Announcing a New Course!

*Directed Studies in Behavioral Health Counseling* (1-3 credits) focuses on integrative treatment approaches to emotional health and well-being. Students will gain a working knowledge of the therapeutic benefits of bringing mind/body orientation to the counseling process. It is intended, but not limited to, students who have an interest in integrative approaches and wellness, but who do not want to enter the Behavioral Health Counseling Certificate program. This course is applied, flexible, and structured in an Independent Study-like format.

New Practicum Sites!

- Women’s Resource Center of Manatee
- Hernando Pasco Hospice
- Polk County Drug Court
- The Children’s Healing Institute
- WestCare
- Cheer Counseling
- Everyday Blessings
- Martha B. King Middle School
- Alternative Treatment International Inc.

Department Expansion!

The department is currently recruiting two tenure-track assistant professors to begin employment in August of 2010. The position numbers are 11991 and 14643. Information on the position can be found at: https://employment.usf.edu/applicants/jsp/shared/Welcome_css.jsp
Fall 2009 Graduates

Timothy Cashman
Stephanie Edelen
Jennifer Elkins
Michela Giglio

Chantal Jimenez
Tina Perry Muhleisen
Evan Sager
Anthony Thomas

Summer 2009 Graduation

Pictured Left to Right: Kadine Williams, M. Lisa Rubino, Shelby Sanders, Monica Kayiales, Jhanille Brooks, Meghan Matuza

Pictured Left to Right: Jhanille Brooks, Meghan Matuza, Monica Kayiales., M. Lisa Rubino, Dr. Gary DuDell, Kadine Williams, Shelby Sanders, Scott Brown

New Spring 2010 Students

Christina Baez
Robert Bielitz
Donreece Brown
Sarah Callaghan
Richard Chapman
Jennie Clement
Brian Constantine
Leslie Couden
Jessica Falcone
Ashleigh Grooms
Jessica Kemph
Jane Koike
Stephanie Luzuriaga

Kristyn McNally
Beverly Mills
Romilla Petit-Homme
Jolene Prohaska
Elizabeth Railey
Andrea Roche
Jeffery Rose
Lindsay Scherger
Victoria Schmick-DiStefano
Heidi Slovacek
Megan Tarbox
Devon Willette
Ashley Williams
Emily Wyatt
Spring & Summer 2010 Calendar

**Spring**

January 11th — First Day of Classes

January 15th — Drop/Add

January 15th — Tuition Payment Due

January 18th — Martin Luther King Jr. Day

February 5th — Graduation Application Deadline

March 8th to 13th — Spring Break

April 30th — Last Day of Spring Classes

May 1st to 7th — Final Exam Week

May 8th — Spring Commencement

**Summer**

May 17th — Summer C First Day of Classes

May 31st — Memorial Day

July 5th — Independence Day Holiday

July 23rd — Summer C Last Day of Classes

August 7th — Summer Commencement

Contact Information

Department of Rehabilitation and Mental Health Counseling
University of South Florida
13301 Bruce B. Downs Boulevard MHC 1632
Tampa, FL 33612-3807
Phone: 813-974-2855
Fax: 813-974-8080
E-mail: rehgrad@bcs.usf.edu
Website: http://rmhc.bcs.usf.edu

Make a donation to the Department of Rehabilitation and Mental Health Counseling to support student scholarships and development: [https://usfweb2.usf.edu/foundation/asp/ssl/adfdn/department.asp?group=TC](https://usfweb2.usf.edu/foundation/asp/ssl/adfdn/department.asp?group=TC)