Counselor's Clipboard

A New Journey Begins

BY ARLEEN SPENCELEY

As the Spring semester starts, students will notice the absence of two professors: Dr. Susan Kelley and Dr. John Rasch. Both professors retired at the end of the Fall semester. Both will be missed and the students and faculty in our department will not forget the lessons and legacy they left with us.

“I learned more in (Dr. Kelley’s) psychopathology class than I have in any other class so far,” said student Kaley Brown. “She’s a very warm person. You feel comfortable asking questions in class and she is always so willing to help us.”

Student Karmen Smith said she got a lot out of the classes she took with Dr. Kelley, too.

“The subject matter in Dr. Kelley’s classes is quite extensive; however, her straightforward teaching style made the consumption of said material less arduous,” said Smith. “Her welcoming personality and excellent fashion sense were additional bonuses.”

Students in our program also have fond feelings for time spent in classes with Dr. Rasch.

“Knowledge gained from Dr. Rasch’s fervent attention to the development of treatment plans in Individual Evaluation and Assessment was extremely valuable during my practicum experience,” Smith said.

Student Heather Widmer agreed.

“I was very thankful for his testing style because it was an early prep for comps,” she said. “I am also very thankful I had the opportunity to have Dr. Rasch for group theories in Spring 2010. I lost someone very close to me that semester and really appreciated the support I received (from him). I hope he truly enjoys retirement and does all the things he’s always wanted to do.”

Department Chair Dr. Tennyson Wright said the faculty will also miss both retiring professors.

“I will miss their passion, their knowledge and their experience as educators and practitioners,” he said. “Their teaching, research and service had a profound impact on the students in our department.”

And as a department, we thank them both for their dedication and many years of service. We wish them the best in all their future endeavors.
Chair’s Update

Greetings Students, Alums, Colleagues and Friends,

I want to thank our faculty, staff, students, administration and community for their contributions and support throughout the 2010 school year. Without exception, everyone has been an indispensable team member in helping the Department achieve its 2010 goals. Among the goals we achieved are:

• Successful recruitment of two new faculty members
• Enhanced graduate student enrollment and graduation rates
• Enhanced diversity of graduate students from underrepresented groups
• Enhanced community engagement
• Maintained national accreditation through the Council on Rehabilitation Education
• Maintained collaboration with the Department of Mechanical Engineering

In addition, with the generous support of Dean Junius Gonzales, we revised the Department webpage and created new marketing materials. Please visit the webpage at http://rmhc.cbcs.usf.edu and let us know what you think!

I want to extend our congratulations and appreciation to Dr. John Rasch and Dr. Susan Kelley on their recent retirement. As members of the faculty for 32 and 17 years respectively, they helped to build the program into a nationally ranked Department. They will be missed by everyone and we wish them continued health and happiness throughout retirement. Additional details regarding their service to the Department are provided on the front page of this issue.

Congratulations 2010 graduates! We are very proud of you and wish you continued success in your careers and personal endeavors. Please keep in touch and visit us often. Additional details regarding our graduates are available on page 4 of this issue.

The 40th anniversary (1971-2011) of the Department is rapidly approaching and we’re planning to celebrate with several events throughout 2011-2012. Please send your celebration suggestions, photos, change of address, e-mail address, etc. to me at tjwright@usf.edu. We want to make each event a celebration of the achievements and legacy of the faculty, staff, students and community members who contributed to the success of the Department.

In the coming weeks, you will receive a “Survey of Program Graduates” that is required by the Council on Rehabilitation Education, our program accreditation agency. The purpose of the survey is to evaluate the effectiveness of the Department in achieving its mission and objectives. If your address has changed, please send your new e-mail and street address to our Graduate Assistants at bcs-rehgrad@usf.edu.

Congratulations to Dean Junius Gonzales who has been appointed Provost of the University of Texas at El Paso effective January 2011. Much of what we accomplished the past two years is due to his support and belief in our mission. We will miss his visionary leadership, wisdom and collegial spirit! Please join me in extending congratulations, appreciation, and best wishes to Dean Gonzales!

Lastly, best wishes for a safe and prosperous New Year!

Sincerely,

Tennyson J. Wright, Ph.D., CRC
Associate Professor & Chair
Why Do We Fight?

I see a lot of couples, and it is quite common in marriage, to get into fights about nothing. It seems you are fighting all the time about little things and after a while, you don’t even remember how it started. Usually when a couple finds themselves fighting a lot, there are issues beneath the surface that are not being addressed. In this article I will discuss one common theme among fighting couples.

Think of the saying, “the opposite of love is not hate, it is indifference”. What does this mean? When there is love and when there is hate, there is connection. When there is indifference there is no connection. To further explain, if I can push your buttons and get a reaction out of you, then I know you care. I know I can get to you, reach you somehow. But if I get no reaction, if you are indifferent, that is a whole other story. In relationships, we all need to know that our partner cares. We want to feel we matter in the lives of one another. So what happens if I am feeling like I don’t matter? Isolation is among the most painful of human experiences. The most severe punishment for inmates is to be put in isolation. To be ignored, or to feel alone, this is what we ward against. We are wired for human connection.

So now think about your intimate relationship. In order to feel connected, we must allow ourselves to be vulnerable. To feel in tune with our partner, we must open ourselves up to be seen. Well this can be very scary. So what might we do instead? If I don’t want to be vulnerable, but I still want to be connected, I’ll fight. Often when couples want to feel noticed, cared for, not ignored, instead of being vulnerable to get this from their partner, they will start a fight. This way I don’t have to be exposed, but I still know you care about me because you are reacting to me.

This is an important concept to understand if you are going to make changes to improve the health of your relationship. Many times couples are not aware that this is why they are fighting. They want desperately to be connected, but don’t want to take the necessary and vulnerable risks to do so, so they connect in a protected way, by fighting.

So how do you break out of this? Awareness is the first step. To begin to look at the fights from a different angle. See their purpose, to connect. Then see the consequences of connecting in this way. While it may protect you, it deteriorates the foundation of the relationship, it does damage. So by understanding that you are seeking to connect with each other, you can begin to take the courageous steps of being vulnerable with your partner. You and your partner have to work together to create a safe environment where you can share openly with each other without fear of judgement, criticism or rejection. Once you feel that sense of emotional safety, you can then communicate in ways that build intimacy and connection without damaging the relationship.

About Dana Vince

I graduated with my masters in 2004 and immediately began working toward licensure. I worked as a Clinical Therapist at a moderate risk, lock down adolescent facility. I chose to pay out of pocket for a university professor because I wanted quality supervision. This was one of the best choices I ever made because when I finally did go out on my own, I felt prepared.

In August of 2006, I started my practice. At first I shared an office with an already established professional. After 6 months and some clients later though, I decided to go at it on my own.

Some things I learned very quickly: private practice can be very isolating if you let it. After reaching my first bought of burn-out, I started to make collegial connections to have someone to talk to about cases and private practice in general. I learned that private practice is a business. You end up having 2 jobs, the job of doing therapy and the job of running a business which involves marketing, budgeting, keeping books, answering calls, and files just to name a few aspects.

So now, almost 5 years after starting my practice, I wouldn’t change a thing. I have learned so much about myself, about business, about therapy, about clients, and I continue to learn and grow. That’s the neat thing about therapy, you can’t not grow, by nature, you have to grow. It’s a challenge everyday, but one that comes with great rewards.
Alumni News

Karen Dapala. . .
is currently employed at Ceridian in St. Petersburg, FL as a social worker that offers aid to active duty military personnel.

Matt Rigberg. . .

passed the CRC examination.

Barbara LoFrisco, LMHC, LMFT, Dip. ABS . . .
had an article entitled “Female Sexual Pain Disorders and Cognitive Behavioral Therapy” accepted for publication in The Journal of Sexual Research.

Gwendolyn Green, MA, CAP . . .

was promoted to Clinical Director at Tampa Crossroads.

Ana Aluisy . . .
delivered an address at the Fall 2010 Commencement Ceremony. The link to her speech is available on the department website.

Current Student News

Richard Chapman . . .

with Claudia Dold, of the FMHI Research Library, had their paper, “Hearing a Voice: Results of a Participatory Action Research Study”, accepted for publication in the Journal of Child and Family Studies, an international forum for topical issues pertaining to the mental well-being of children, adolescents, and their families, published by Springer.
S.O.S. has had a great start to the semester. We’ve increased student involvement and designed our first t-shirt. There are plans for a new design to come out in August, so stay tuned for that!

S.O.S. started a new tradition in the Fall semester by hosting monthly socials to give students the opportunity to get to know their peers outside of the classroom.

We have also started a new speaking series; and so far we have covered topics like: practicum placements, the Marriage and Family certificate process, PhD programs, and have had our program’s alumni come and talk about what life is like after graduation. We look forward to seeing you during our Spring semester speaking series: “Life in Private Practice.”

In addition to our speaking series S.O.S. took part in the Tampa Heart Walk, and successfully surpassed our goal of raising over $2,000. We had over 20 walkers join our team in an effort to raise awareness of Heart Disease.

We look forward to seeing everyone at a meeting or social this semester! Have a great and Happy New Year!
Rick Weinberg, Ph.D.

Adjunct Faculty

Rick Weinberg hosted a discussion session entitled, *Learning How Illness Affects a Family: A Classroom Experiential Exercise* at the 2010 Collaborative Family Healthcare Association (CFHA) Conference in Louisville, KY.

The first part of the presentation described an experiential exercise used in the department’s Medical Family Therapy course (RCS 6930.001) in which students simulate what it is like to live with a serious illness or injury for one week, and then interview family members and other loved ones to assess the impact that the student’s “illness” has had on them. Following discussion of the course assignment, participants (all of whom were either physicians or mental health professionals) described one meaningful life or professional experience in which they discovered the critical value of compassion in the provision of health care. A number of interesting and poignant life experiences were sensitively shared by the participants.

Tammy Jorgensen-Smith, Ph.D., CRC
Assistant Professor

Tammy Jorgensen-Smith has a courtesy appointment with the FCIC (the Florida Center for Inclusive Communities) and is affiliated with the UCEDD (the University Center for Excellence in Developmental Disabilities). She is currently finishing up three grants that originated through the FCIC and will continue to collaborate with FCIC via grant activities and involvement with the FCIC Employment Team.

Tammy Jorgensen-Smith has a Ph.D. in Leadership in Education with a Specialization in Counseling from Barry University and a Masters Degree in Rehabilitation Services from Florida State University. She has been a Certified Rehabilitation Counselor since 1999. Dr. Jorgensen-Smith has focused her career on the research and implementation of innovative, best practice models that are designed to promote full inclusion for individuals with disabilities and on activities that promote self-determination and quality in all aspects of life.

Faculty Position Opening

The Department of Rehabilitation and Mental Health Counseling at the University of South Florida is seeking an assistant/associate professor to begin employment in August of 2011. This is a nine month, tenure-track position which will entail research, teaching and service in a Council on Rehabilitation Education accredited Master of Arts program.

The individual filling this tenure earning position is expected to provide excellent graduate level teaching, to obtain national recognition in the area of research and scholarship, and to provide strong service to the university and external community. Duties include teaching graduate level courses in a Council on Rehabilitation Education (CORE) accredited masters program in rehabilitation counseling, and the advising and mentoring of graduate student advisees.

The individual filling this position is expected to develop a strong program of research and scholarship that includes seeking external funding. Interdisciplinary collaboration in research, scholarly activities, and grant writing is expected. The position also includes serving on all standing committees of the Department. Additional service on college and university committees is required, as well as service to the external community at the local, state, national and/or international levels. Review of applications began on December 1, 2010 and will continue until the position is filled. Starting date is August of 2011.

Salary is negotiable and commensurate with experience. Additional summer employment is possible, but not guaranteed. Applicants must apply for this position through the on-line employment application system Careers@USF.
Spotlight on Dr. Joan Reid

Exploited Vulnerability: Legal and Psychological Perspectives on Child Sex Trafficking Victims.

Joan Reid & Shayne Jones
Forthcoming in the Journal of Victims and Offenders.

While the Trafficking Victims Protection Act of 2000 and subsequent reauthorizations defined all minors under the age of 18 involved in commercial sex acts as victims, state and local systems continue to classify prostituted minors who are U.S. citizens or lawful permanent residents as offenders. This journal article reviews the historical, neurological, and developmental vulnerabilities typical of child sex trafficking victims revealing serious doubts regarding their ability to control their choices or escape from a trafficker. The uniform shielding of all child victims of sex trafficking, whether international or domestic, from legal culpability for the criminal conduct of traffickers is recommended.

Other Recent Publications by Dr. Reid


Grants Update

Dr. Gary DuDell Ph.D., LMHC, CRC, CAP

In July 2010, Dr. DuDell received funding through the Innovative Teaching Opportunities (iTOPP) grant program for a new project entitled The Field Placement Experience: An Overview for On-Site Supervisors.

The video project, “For the Field Placement Supervisor”, was just completed and should be on the department’s website at the beginning of February. This brief video provides on-site supervisors with an overview of the field placement experience and ways to enhance the relationship between our department and their agency. Dr. DuDell extends special thanks to Ardis Hansen, Claudia Dold, Mia D’Avanza, and Dr. Tennyson Wright for their expertise and participation.

Dr. DuDell stated: “We are in the process of interviewing the second group of folks for the “Conversations with Mind/Body Practitioners” video project. I feel excited about the first set being completed and ready to be placed on the department’s website. This project continues to be fun, challenging, and engaging. Thanks to the usual suspects mentioned above for all of their help.”

Presentations

Dr. Joan Reid, Ph.D., LMHC, CRC
Associate Professor

In November 2010, Dr. Reid presented a paper at the annual conference of the American Society of Criminology in San Francisco, California. The title of the presentation was “A Pathway to Child Sex Trafficking in Prostitution: The Impact of Strain and Risk-Inflating Responses.”

In October 2010, Dr. Reid also presented a poster titled “An American Girl’s Pathway into Prostitution” at the Fall Faculty Assembly of the College of Behavioral and Community Sciences, University of South Florida.
The department website now contains a copy of the course sequencing for the MFT and Addictions Certificate. These course sequencing lists can be found on each of the certificates description page at the bottom. The Behavioral Health Certificate will have its course sequencing list posted in the next month. The course sequencing for each certificate lists which classes will be offered each semester for the next two years. This will assist students in planning when to take certificate courses during their program.
Rehabilitation and Mental Health Counseling

Our Mission...

Rehabilitation and Mental Health Counseling is an interdisciplinary field and, as such, draws from many related areas. For example, included in this interdisciplinary program is information drawn from psychology, education, behavioral sciences, biological sciences, philosophy, engineering, and law. As an interdisciplinary field, Rehabilitation and Mental Health Counseling attracts faculty members from a full range of disciplines and related programs as they enhance diversity of thought and add richness to the academic and research needs of the department.

Mission Statement

The mission of the Department of Rehabilitation and Mental Health Counseling is to promote quality services for individuals with differences in abilities and to help the state meet its human service needs in the areas of rehabilitation and mental health through teaching, research and service.

About the Masters Program

The graduate program in Rehabilitation and Mental Health Counseling is fully accredited by the Council on Rehabilitation Education (CORE). Upon completion of the 60 credit hour program, graduates are prepared for careers as both rehabilitation and mental health counselors. The training program includes experiential learning, emphasizes psychological, social, medical, and vocational aspects of disability, and also develops and refines personal adjustment and mental health counseling skills.

The Department of Rehabilitation and Mental Health Counseling offers both a non-thesis and thesis program.

Graduate Certificate Programs

The Department offers four graduate certificate programs to provide students with the opportunity to specialize skills and knowledge according to future career goals.

Marriage & Family Therapy. Students develop skills to diagnose and treat mental, emotional, and relationship disorders from a systemic framework.

Behavioral Health Counseling. Students develop an in-depth understanding of holistic theory and practices within the counseling process, and holistic perspectives and approaches to wellness.

Substance Abuse Counseling. Students develop an understanding of the addiction cycle and its application within the counseling process.

Rehabilitation Technology. Students develop an understanding of current and emerging rehabilitation technology, medical aspects of disability and career and lifestyle assessment.

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