



Fall 2020

**Welcome *Award Winners *CSI & MCA
*Professional Organizations *and more...*



Counselor Education

Are You Ready?

A special welcome to all of our new students in the MEd, PhD, and EdS programs! And, welcome back to our continuing students. To say that this year is different than most would be a tremendous understatement! Since mid-March, all of us in the Counselor Education program have been doing the best we can to keep learning, keep counseling and supervising, and keep going! Every student, professor, administrator, and staff member has been hard at work, sometimes around the clock, to make sure we meet our goals. We will continue to do that as we enter Fall 2020. Study hard, do your best work, and have a great semester!

~Dr. Mandy Perryman

Counselor Education Program Coordinator



It's Finally Fall, Yall! & We Are Sooooo Happy to See You (In Your Mask)

Classes are back in session and whether they are in-person, online, hybrid, or remote, we are just so happy to get to see you! Here are some things you need to know about classes:

- Properly worn face coverings or face masks are required inside all University buildings. Face-to-face sessions will not proceed unless all present have properly worn face coverings or face masks. (Students who have a diagnosed health concern which interferes with the wearing of face coverings or face masks may contact the Student Disability Services (SDS) Office to seek a University-approved accommodation. Please contact SDS at <https://sds.olemiss.edu/> for more information.)
- Students and faculty must complete the daily symptom checker before any face-to-face class meeting.
- Students and faculty must quarantine for 14 days if they have a positive COVID-19 test, possible virus exposure, or display any symptoms related to COVID-19.
- Students with COVID-19 should seek medical attention at the Student Health Center and contact their instructor to let them know that they are sick, quarantined, or have some other health-related absence.
- If students test positive for COVID-19 at any health care facility, they must contact the Student Health Center at 662-915-7274. University Health Services will coordinate contact tracing to lessen the likelihood of spread.
- Upon entering the classroom, students and instructors should use provided cleaning supplies to wipe down the surfaces that they will touch during the class.

Dr. Amanda Winburn Wins MCA's Outstanding Contributor in Research Professional Award

Dr. Amanda Winburn has been selected by the Mississippi Counseling Association to be the recipient of the 2020 Outstanding Contributor Research - Professional Award.

This MCA award encourages each counselor to carry out organized research in his/her respective field setting. To be considered for this award, the research should be specific to counseling and provide counselors with new information.



Dr. Winburn

In addition, the research should be carried out using acceptable procedures and be summarized and made available to other counselors in a form which is understandable. Dr. Winburn's research areas include advocacy in school counseling, bullying, and wellness. Over the last 3 years she's carried out many projects that cover these topics. Her research has recently been featured in academic journals, such as *Professional School Counseling* and the *International Journal of Play Therapy*.

Dr. Michael Russo is a 3rd year doctoral student. This is what he had to say about being chosen for the Outstanding Contributor Research-Student Award:

Although I was selected to receive this award, this award is not about me. This award is about the clients that I have had the honor to watch grow- the individuals that have had the strength and the courage to challenge stigma, sign up for and participate in research studies, and ultimately reclaim control of their brain to promote greater regulation within their lives. These individuals have shown me that despite the diagnosis, that change is possible. This award is about their success and their growth.

Additionally, this award is about the power of mentorship. It is through the mentorship that I have received from Dr. Balkin that has challenged me to think of the ways that I tell client stories and advocate on behalf of their experiences. Having a firm foundation in research methods is one way that we, as counselors, advocate for change. I have learned from Dr. Balkin the power and privilege that counseling researchers have to tell the stories of our clients. I have also learned how these stories make up a powerful voice of the counseling profession.

Michael Russo



Michael Russo Wins MCA's Outstanding Contributor in Research Student Award

To be clear, I believe that counseling research is a tool of advocacy. This inherently occurs when we accurately document client voices and experiences through the collection of their data. This data becomes a tool that we utilize to further validate the experiences of those individuals who have been silenced. We use these voices to advocate for change. However, publication is not the end of the line- in fact it is only the beginning. When we take these publications and present our findings at conferences we exert a challenge to the profession to replicate our findings. Through this challenge, we seek to explore the efficacy of the particular intervention while giving power to additional voices in additional communities.

Each voice is valid and each voice is worthy. To me- this is what counseling research is all about, the clients and communities that we serve



Dr. Balkin

On the Sunny Side

Second Year MEd Students have been trying to stay positive during the pandemic!
They answered: **WHAT HAS BEEN THE BEST THING ABOUT LOCKDOWN?**

Getting a puppy, my new best friend and quarantine buddy!

Catching up on my Netflix watch list!

Being able to spend more time with my dogs!

Having more time to read for fun!

Taking more naps!

I've been more inclined to look into people's eyes while wearing masks!

Becoming the Pinterest recipe Queen! I've made everything from cool whip cookies to Philly cheesesteak stuffed bell peppers!

My inner "DIY / Interior Designer" has now become a ROCKSTAR and she should be waiting on her call from the HGTV network! Ha!



New Semester, New Officers, New Events for CSI

Chi Sigma Iota is an international honor society that values academic and professional excellence in counseling.

CSI Epsilon Mu Officers 2020 – 2021

Alyssa Wood - President

Michael Russo – Vice President

Rachael McClain – President Elect

Amelia Martin - Secretary

Elanor "Elle" Persekian - Treasurer

Elizabeth Broadus – Social Chair

Semily Ramsey – Tupelo Liaison



Dr. Bledsoe & Dr. Camilo-CSI Faculty Co-advisors

Be on the lookout for information about upcoming CSI events!



MCA Fall Virtual Conference

November 11 - 13, 2020

Celebrating Seventy Years Together:
Honoring the Past, Treasuring the
Present, Shaping the Future

Registration Opens September 1, 2020

Conference highlights:
Virtual Marketplace, Door prizes

Sessions: Interrupting Racism, The
Future of Counseling, Impact
Therapy, Telemental Counseling,
Trauma, Ethics

Conference Cost for Members
\$65.00 for 6 Contact Hours

<https://mica.memberclicks.net/>

Wedding Bells!



Michelle Wallace and Mike Bell were married on May 15, 2020. Because of the pandemic, they weren't able to have the wedding they planned; instead, they had a small private ceremony. The couple was married by Mike's best friend (since 7th grade). Michelle said "It was perfect and stress free. We are very happy and wouldn't have had it any other way!" Mike and Michelle graduated high school together, but didn't know each other well back then. They were introduced again 16 months ago. Now, Michelle has a new nickname--Chelle Bell!

All of us in Counselor Education
wish you two all the best!

Congratulations!



Super Summer Simulations



This summer, the Counselor Education faculty launched a series of interactive simulations to support practicum and internship students in accumulating direct hours.

The simulations depict Counselor Education faculty and doctoral students completing intake interviews with individuals portraying clients who are experiencing mental health symptoms.

Students view the simulations in segments and make clinical decisions regarding the boundaries of disclosure and confidentiality, mental health status, symptom presentation and diagnoses, medication issues, influence of psychosocial variables, and treatment planning.

The seven simulations accounted for 192 direct hours for students this summer and will continue to be refined this Fall for availability to students in semesters to come.

A huge **THANK YOU** to Dr. Stephen Lenz for spearheading this valuable project for the benefit of the students during quarantine, when accruing direct hours was challenging, and at times impossible! Also, thank you to all of the doc students and faculty that gave their time and expertise to the project, as well.



Caring for Our Community

Dr. Lenz has partnered with the James C. Kennedy Wellness Center in Charleston, Mississippi to support their Community Health Needs Assessment. This inquiry will leverage a network of community relationships to take a snapshot of the current health status for residents and look ahead at opportunities for health promotion. This marks a unique partnership for the Counselor Education program to support health and mental health at a community level and envisioning new opportunities for partnership with the School of Education.



Join in the Fun

Joining professional counseling organizations is a key part of your professional identity, which you start to create as a student. Membership has its privileges, as they say—including professional journal and magazine subscriptions, access to liability insurance, networking opportunities, lower costs to conferences, and so much more! Read up on these and consider joining today!



**AMERICAN COUNSELING
ASSOCIATION**

Your Passion. Your Profession. Our Purpose.



**AMERICAN
SCHOOL
COUNSELOR
ASSOCIATION**



**American Mental Health
Counselors Association**



Fall 2020

August 24	Classes begin
September 7	Labor Day Holiday
September 13	Grandparents' Day
September 19	1 st day of Rosh Hashanah
September 22	1 st day of Autumn
October 4	National Taco Day
October 16	Boss's Day
October 31	Halloween
November 1	Daylight Savings
November 3	National Sandwich Day
November 11	Veteran's Day
November 17	Classes end
Nov 18-24	Final Exams
January 4	Winter Session begins

<https://www.a4pt.org/page/Membership>

<https://www.counseling.org/>

<https://www.schoolcounselor.org/school-counselors-members/member-benefits-info/join-or-renew-today>

https://amhca.site-ym.com/general/register_member_type.asp?

Welcome to the Ed.S. Fall Cohort of 2020!

We are excited to welcome our largest cohort ever to the Ed.S. in Counselor Education (Play Therapy Specialization)! We look forward to working with a strong and diverse group of counselors from all over the country.

Let's get ready to imagine, play, grow, and learn!

Dr. Amanda Winburn
EdS Program Coordinator



Dear Doc Students,



Welcome to the 2020-2021 academic year!

THE UNIVERSITY of
MISSISSIPPI

While we are indeed experiencing unprecedented times, I can assure you that the Counselor Education and Supervision (CES) faculty and staff are positioned to ensure your success. When I took on the role of program coordinator, I quickly began thinking about “typical” issues – your needs as students, the curriculum and class rotations, recruitment, etc. But I also found myself musing on the idea of program identity. Who are we? What is our program known for? How do we stand out from the numerous other CES programs in the country. With that, I sought to determine how we might define our program and then engage in the work required to build up and sustain this new identity. After much thought and brief discussions with faculty, two thoughts came to mind:

- 1) social justice and advocacy, and
- 2) community engagement.

While injustices towards minoritized groups, particularly African Americans, is not a new phenomenon, as counselor educators and students, we must recognize the role our profession played (and still plays) in proliferating many of these issues. We have a great responsibility to address these challenges as they impact the very lives and wellbeing of those around us. Our codes of ethics speak to the need to be culturally competent and to provide culturally sensitive services to our clients; however, we must move beyond the confines of the classroom and our counseling offices and work towards real change. We cannot rest on our past laurels and sit in complacency. We must recognize the plight of these individuals and proactively engage in the fight against the systemic racism that taints our institutions, organizations, and the counseling profession itself. I foresee us, as John Lewis stated, “make[ing] some noise and get[ting] in good trouble, necessary trouble,” as we advocate for those who are voiceless without us.

We are also in a prime position to extend supportive services to not only Oxford, but to the entire state of Mississippi. Our program boasts faculty and students with expertise in myriad areas who can help strengthen our communities, our state, and our university. There should be a reciprocal relationship between our program and entities within the community as this increases the potential for exponential positive change in the overall health of our communities and the service and research capacity of our program. This is especially important for you as students. We are the flagship university, leaders in the state; therefore, we must actively and consistently engage in, extend toward, and enable these opportunities.

We have the resources necessary to increase our notoriety thus further increasing our capacity for advocacy and engagement. I ask that we join together to create a program that is innovative, progressive, and competitive. This is a group effort – yes, I know how much we all hate group work – but it is the only way we will realize these objectives. I ask that we all join together to develop what will be an ever-evolving plan that constantly speaks to these two matters.

We have work to do, so let us hit the ground running.

Dr. Stephanie Lusk

Doctoral Program Coordinator



Check Your Email for
Orientation Information!