



THE FOCAL POINT

STEPHENS
COLLEGE

Stephens College Counseling Program
Fall 2023 | Issue 2

School of Health Sciences | September 2023



Message from the Director

Welcome (back)! As the Fall '23 semester quickly gains steam, take a few minutes to review all the activities and successes of the past year in this (2nd ed) of *The Focal Point*. In addition to highlighting the academic and personal accomplishments of your peers and faculty, this edition spotlights upcoming events, program faculty, recent graduates, and alumni-including our newest faculty member, Dr. Fifield. Also, be sure to check out the results of our program survey on student work-life balance. In short, the '23-'24 academic year is shaping up to be another busy and successful year for all of us in the Counseling program, so be sure to let us know of your accomplishments or other interesting activities so we can include them in the next newsletter. Also, be sure to check out the new additions section for cute baby pics. In the meantime, on behalf of the Counseling faculty and staff, we look forward to another year of challenges, growth, and successes together!

Best,
Dr. Kissinger

INSIDE THE ISSUE

Faculty and Alumni Spotlight.....	2
Faculty and Student News.....	3
Awards and Recognitions.....	4
Conference Presentations.....	5
School of Health Sciences Conference....	6
Congrats to our Graduates.....	7
Tell me More.....	8

Faculty and Alumni Spotlight

The Counseling Department is proud of the successes of our faculty members and alumni! Here you will find brief bios and professional updates with Stephens Counseling faculty and alumni, sharing their current experience and showcasing their diverse background and skills.

Lauren Jones



My name is Lauren Jones and I graduated in May 2017 with a Masters of Education in Counseling. I also completed coursework toward a Licensed Professional Counselor degree as well. I have worked at Madison C-3 School District for the last six years as a PK-12th grade School Counselor. I provide social and emotional support for all students and hold several coordinator roles including District Testing Coordinator, the A+ Program, Cadet Teaching, McKinney-Vento, Foster Care Point of Contact, and online learning. I recently decided to pursue full licensure as a Professional Counselor and offer therapy services for children ages 3 through 18. My focus is primarily on children and teens in foster care or who have experienced trauma. I thoroughly enjoy working with children and teens as well as offering their parents and families additional support. As a child and teen therapist, I have faced challenges in finding a best course of treatment for specific clients. However, I have a very strong supervisor, Jessica David, who is tremendously supportive. The Counseling program at

Stephens College prepared me very well for the role of School Counselor and as a child and teen therapist. I would highly recommend this program to anyone who is interested in pursuing this career. It is very rewarding and the professors at Stephens were the absolute best! I also felt confident in passing both of my required tests after attending Stephens. My advice for prospective students would be to speak with someone who is currently working in the role that you want to pursue. It really helps you learn what kind of work you will enjoy most. I appreciate how Stephens includes field experience very early on in the program. This is what helped me solidify my decision to pursue school counseling and LPC work.

Dr. Andrea Fifield

Dr. Andrea Fifield received her Ph.D. in Counselor Education and Supervision from Auburn University in Alabama. She completed her MA in Counseling and her BA in English from Truman State University in Kirksville, Missouri. Dr. Fifield began her professional career as a school counselor and Director of Guidance in rural Northeast Missouri. She has been a Counselor Educator for 15 years, with previous faculty engagements in Georgia and Illinois. Her research interests include rural counseling needs and challenges and the impact of comprehensive school counseling programs on student achievement, attendance, and behavior. She has presented at state and national counseling conferences, and she particularly enjoys including students in these endeavors and mentoring them through their first professional presentation experiences.



Faculty and Student News

Ann Landes Retires as School Counselor Educator



This spring '23 semester saw the retirement of Ann Landes as a part-time counselor educator in the Stephens College Counseling program's school specialization area. Ann was instrumental in the development and growth of the school counseling specialization area and is widely respected among school counseling students, graduates, and professionals across the community, state, and region. Ann's 3 decades plus experience, knowledge, and leadership as a CPS school counselor, director of school counseling, and district coordinator for secondary education administration are embedded in the school counseling's program's curriculum and policies, not to mention to hearts and minds of over 15 years of school counseling graduates. Thank you for everything, Ann. We're going to miss you-enjoy your retirement!!

Student Involvement

Nancy Wright, a CMHC student, was featured in the news April 23, 2023 advocating for LGBTQ rights. This happened a week following the emergency rule restricting certain types of gender-affirming care in Missouri. Nancy appeared in an interview on ABC17 discussing the effects the restrictions of the emergency rule. Play the video to hear Nancy's interview with ABC17 news.



<https://abc17news.com/politics/missouri-politics/2023/04/23/mid-missouri-transgender-community-considers-next-steps-as-emergency-rule-nears/>

Update: The State of Missouri has now banned gender affirming care. You can read about the implications of this law here:

<https://www.cnn.com/2023/06/07/politics/missouri-anti-trans-bills-mike-parson/index.html>

LGBTQ Resources in Mid-Missouri

Transgender Health Network:

<https://www.transgenderhealthnetwork.org/>
The Transgender Health Network website contains a list of trans-friendly health care providers as well as additional resources for members of the LGBTQ community.

The Center Project:

<https://centerproject.org/>
The Center Project is LGBTQIA+ community center which provides a variety of community resources.

Awards and Recognitions

Congratulations to our Outstanding Student Award winners!

Taylor White (SC) and Amy Pescaglia (CMHC)

Outstanding SC Student Award
Taylor White



Pictured (L-R): Carolyn Roof, Taylor White, and Ann Landes

Outstanding CMHC Student Award
Amy Pescaglia



Pictured: Amy Pescaglia (front) and her students

Congratulations to our Graduate Program Service Award winners!

Ann Landes and Carolyn Roof



The Graduate Program Service Award recognizes graduate program faculty who demonstrate excellence in service to Stephens College and the broader community. School Counseling faculty members Ann Landes and Carolyn Roof were the winners of the 2023 Graduate Program Service Award. Congratulations Ann and Carolyn for this accomplishment and recognition for all that you do for Stephens College and the Columbia community.

Conference Presentations

North Central Association for Counselor Education and Supervision - Omaha, Nebraska

The NCACES conference highlights research and best practices in Counselor Education and Supervision. This year, Dr. Irvin and Dr. Kissinger attended the Fall 2022 NCACES conference and presented their research with colleagues from other institutions.



Dr. Kissinger and Dr. Bjorsen-Ramig from University of Nebraska at Omaha presenting their research poster.



Dr. Irvin with Kansas State University professors Dr. Dinkle, Dr. Lane, and Dr. Becnel at the NCACES conference.

8th Annual Law and Ethics in Counseling Conference - New Orleans, Louisiana

The annual Law and Ethics in Counseling Conference looks at recent trends and developments in the area of law and ethics in counseling. Dr. Sarah Irvin serves as the Program Chair of the Law and Ethics in Counseling Conference along with the Conference Director, Dr. Theodore Remley. Dr. Remley is a widely published author in the area of legal and ethical issues in counseling and is the co-author of the textbook used in our course Ethical and Legal issues in Counseling.

Fall 2022 counseling graduates, Hayley Smith and Cassandra Malcolm also attended the conference alongside Dr. Irvin and presented their research on the implications for guidance on touch in counselor education programs. Great job!



Dr. Irvin, Hayley Smith, Cassandra Malcom, and Dr. Remley attending the 2023 Law and Ethics Conference.

Stephens College School of Health Sciences Spring Research Conference



Stephens College School of Health Sciences presents

Spring Health Science Research Conference



Katie Bowes and Dr. Kissinger presenting a poster on Katie's role as a youth mental health liaison working at Burrell Behavioral Health.



Undergraduate and graduate student poster presentation in Kimball Ballroom.

Stephens College's School of Health Sciences is comprised of undergraduate and graduate programs which focus in making a difference in the community. This year's School of Health Sciences Research Conference, "The Day of the Cat", featured keynote lectures from renowned scientists Dr. Jason Herrick, Director of Reproductive Sciences at Omaha's world-famous Henry Doorly Zoo and Aquarium, Dr. Leslie Lyons, The Gilbreath-McLorn endowed professor of comparative medicine at MU College of Veterinary Medicine, and Dr. Gretchen Carlisle, research scientist at the MU Veterinary School's Research Center for Human Animal Interaction (ReCHAI).

The 2023 Research Conference showcased the research of many Stephens College School of Health Sciences across our graduate (Physician Assistant, Counseling) and undergraduate programs (Biology & Life Sciences, Nursing, & Psychology), with 9 oral/platform presentations and 36 poster presentations.

This year, Katie Bowes (CMHC) and Dr. Kissinger presented a poster on Katie's role as a youth mental health liaison working at Burrell Behavioral Health at the conference. Congratulations to Katie and all the students who participated in the Spring Research Conference!

If you have an interest in presenting at the 2024 conference, please let a faculty member know and we will be happy to work with you on a project!

Congrats to our Graduates!

The Faculty and Staff of Stephens College would like to congratulate our **Fall 2022** Graduates



Pictured (L-R): Raven Ballard, Cassandra Malcolm, Nanci Nikodym, Trevan Rafter, Hayley Smith, and Ashana Starr (Not Pictured-Elizabeth Buko)



Elizabeth Buko, Raven Ballard, Cassandra Malcolm, Nanci Nikodym, Hayley Smith, and Ashana Starr



Taylor White and Tracie Huffman

The Faculty and Staff of Stephens College would like to congratulate our **Spring 2023** Graduates

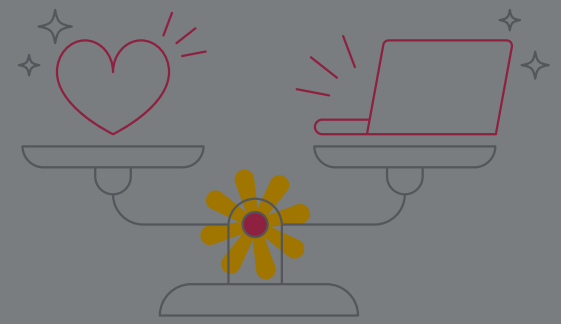


Pictured (L-R): Professor Carolyn Roof, Tracie Huffman, Taylor White, and Professor Ann Landes

Tell Me More...

Counseling Student's Work/School-Life Balance

By: Nicole Snow



WORK LIFE BALANCE

Counseling can be a rewarding career. As future counseling professionals, we have an opportunity to help individuals who are struggling. Counseling can also be an extremely demanding career at times (Bradley University, n.d.). Counselors must engage in wellness strategies such as self-awareness and self-care in order to ethically provide counseling services (Jackson-Cherry & Erford, 2018). Personal strategies to achieve wellness are instrumental for counselors to maintain a healthy work-life balance which allows counselors to maintain a successful work-life as well as personal life (Bradley University, n.d.).

Work-life balance is about creating space between work and personal life and prioritizing one's work and life roles and responsibilities (Therapy Today Counseling & Consulting, n.d.). Elements of work-life balance include an individual's work and family. Research has indicated that having a healthy work-family balance is associated with improved job satisfaction and job performance (Azeem & Akhtar, 2014; Chimote & Srivastava, 2013). Having a healthy work-family balance is also associated with a sense of fulfillment with life in general as well as a sense of fulfillment in one's family (Chimote & Srivastava, 2013).

Research has shown that an imbalance between family and work is associated with increased conflict and stress across personal, career, and family dimensions (Greenhaus et al., 1989; Hammer et al., 2003). Research has also shown that work-life imbalance is associated with an individual's experience of work stress and compassion fatigue (Killian, 2008), including exhaustion among mental health practitioners (Scanlan et al. 2013). Further, feelings of anxiety, stress, and being unsettled (Hill et al. 2016) are also associated with poor work-life balance.

As counseling students, we have an ethical responsibility to engage in self-care and wellness to provide clients ethical and effective mental health treatment. To that end, for this iteration of our ongoing "Tell Me More..." series, we created a short survey to explore our counseling graduate student's evaluation of their current work/school-life balance. The results of the survey findings can be found in the following paragraphs.

Stephens College Counseling Student Involvement
42 students in the Counseling Program were offered the opportunity to complete our survey via Qualtrics

- 17/42 (40.05%) counseling students completed the voluntary survey

Work/School Schedule and Family/Friends

- 1/17 (0%) counseling students reported they **strongly agree** with the statement "**my work/school schedule allows me to spend time with my family and friends**"
- 10/17 (58.82%) reported they **agree** with the statement
- 1/17 (5.88%) report they **neither agree nor disagree** with the statement;
- 6/17 (35.29%) respondents report they disagree with the statement;
- 0/17 (0%) report they **strongly disagree** with the statement;

Student Hobbies and Interests

- 0/17 (0%) students reported they **strongly agree** with the statement "**It's easy for me to find time for hobbies and interests.**"
- 3/17 (17.65%) students reported they **agree** with the statement :
- 3/17 (17.63%) report they **neither disagree or agree** with the statement:
- 9/17 (52.94%) respondents **disagree** with the statement
- 2/17 (11.76%) **strongly disagree** with the statement:

Student Boundaries Between Work/School and Life

- 1/17 (5.88%) students reported they **strongly agree** with the statement "I am able to set boundaries between work/school and life."
- 6/17 (35.29%) report they **agree** with the statement
- 5/17 (29.41%) respondents claim they **neither agree nor disagree** with the statement
- 4/17 (23.53%) students **disagree** with the statement
- 1/17 (5.88%) report they **strongly disagree** with the statement

Continued on next page.

Student Satisfaction of Work/School-Life Balance

- 0/17 (0%) students report being **extremely satisfied** with their current work-life balance
- 7/17 (41.18%) respondents report being **somewhat satisfied** with their work/school-life balance
- 1/17 (5.88%) report being **neither satisfied nor dissatisfied** with their work/school-life balance
- 8/17 (47.06%) students report being **not so satisfied** with their current work/school-life balance
- 1/17 (5.88%) report being **not at all satisfied** with their current work/school-life balance.

Student's Changes to Improve Work/School-Life Balance

- 8/17 (47.06%) of student responded **"yes"** to the question "have you made any changes to improve your work/school-life balance?"
- 7/17 (41.18%) responded **"somewhat"** to the question
- 2/17 (11.76%) responded **"no"** to the question

The survey also prompted participants with the option to share which strategies they have used to better their work/school-life balance. Four students shared that they make schedules/plan time for certain things, such as homework. Two students shared that setting boundaries is a strategy they each have used to improve their work/school-life balance. One student shared that "talking to peers about struggles and stresses" is a strategy they have used. Another student shared that their strategies include "swimming after class, (and) setting alarms and reminders when studying".

The final prompt on the survey gave students the opportunity to share anything they would like about work/school-life balance. Most students' responses indicated how difficult it is to find the right balance for them. We appreciate our students' participation in the survey and for sharing their strategies to improve their work/school-life balance as well as their thoughts and experiences with work/school-life balance in the program.

Below are a few resources on counselor self-care. We encourage our students to research and find which activities and/or strategies work best for them.

- **ACA Self-Care Resources for Counselors:**
<https://www.counseling.org/knowledge-center/mental-health-resources/self-care-resources-for-counselors>
- **Counseling Today Article: Stumbling Blocked to Counselor Self-Care:**
<https://ct.counseling.org/2015/02/stumbling-blocks-to-counselor-self-care/#:~:text=Counselors%20can%20do%20a%20number%20of%20things%20to,are%20all%20important%20parts%20of%20the%20wellness%20picture.>
- **Stephens College Counseling Program List of Personal Counseling Services:** Found on the "Counseling Advising Site" on Canvas under the "Student Wellness" module

References

- Azeem, S. M., & Akhtar, N. (2014). The influence of work life balance and job satisfaction on organizational commitment of healthcare employees. *International Journal of Human Resource Studies*, 4, 18-24.
<https://doi.org/10.5296/ijhrs.v4i2.5667>
- Bradley University. (n.d.). *How counselors can achieve work-life balance*.
<https://onlinedegrees.bradley.edu/blog/how-counselors-can-achieve-work-life-balance/>
- Chimote, N. K., & Srivastava, V. N. (2013). Work-life balance benefits: From the perspective of organizations and employees. *IUP Journal of Management Research*, 12, 62-73.
- Greenhaus, J. H., Parasuraman, S., Granrose, C. S., Rabinowitz, S., & Beutell, N. J. (1989). Sources of work-family conflict among two-career couples. *Journal of Vocational Behavior*, 34, 133-153.
- Hammer, L. B., Bauer, T. N., & Grandey, A. A. (2003). Work-family conflict and work-related withdrawal behaviors. *Journal of Business and Psychology*, 17, 419-435.
- Hill, K., Wittkowski, A., Hodgkinson, E., Bell, R., & Hare, D. J. (2016). Using the repertory grid technique to examine trainee clinical psychologists' construal of their personal and professional development. *Clinical Psychology & Psychotherapy*, 23(5), 425-437.
<https://doi.org/10.1002/cpp.1961>
- Killian, K. D. (2008). Helping till it hurts? A multimethod study of compassion fatigue, burnout, and self-care in clinicians working with trauma survivors. *Traumatology: An International Journal*, 14(2), 32-44.
- Scanlan, J. N., Meredith, P., & Poulsen, A. A. (2013). Enhancing retention of occupational therapists working in mental health: Relationships between wellbeing at work and turnover intention. *Australian Occupational Therapy Journal*, 60(6), 395-403.
<https://doi.org/10.1111/1440-1630.12074>
- Therapy Today Counseling & Consulting. (n.d.). *Work-life balance counseling*.
<https://www.therapytodaycc.com/individual-therapy/work-life-balance-counseling/#:~:text=Treatment%20and%20Counseling%20to%20restore%20Work%20Life%20Balance&text=Learn%20to%20set%20limits%20and,reset%20life%20and%20career%20goals>

Upcoming Events

September 19-22nd - 2023 Missouri Behavioral Health Conference

For more information visit:

<https://www.mobhc.org/missouri-behavioral-health-conference>

October 17-18th - ACA Professional Practice Summit

[https://www.counseling.org/conference/professional-practice-summit?](https://www.counseling.org/conference/professional-practice-summit?fbclid=IwAR3_9dRpyVNLgbZx6SoKqRyyNCGEQd6p-yps4b7lWjm5iTHQDjfer_qdGoo)
fbclid=IwAR3_9dRpyVNLgbZx6SoKqRyy
NCGEQd6p-
yps4b7lWjm5iTHQDjfer_qdGoo

October 28th - Annual Suicide Prevention Conference

For more information visit:

[https://www.eventbrite.com/e/annual-suicide-prevention-conference-tickets-662641577797?](https://www.eventbrite.com/e/annual-suicide-prevention-conference-tickets-662641577797?aff=ebdssbdestsearch)
aff=ebdssbdestsearch

November 5-7th- MSCA Don't Stop Believin' 2023 2023 Conference

For more information visit:

<https://www.moschoolcounselor.org/2023-fall-conference>

November 13th - 2023 Youth Mental Health Conference: Small Actions

For more information visit:

[https://www.eventbrite.com/e/2023-youth-mental-health-conference-small-actions-tickets-625337640717?](https://www.eventbrite.com/e/2023-youth-mental-health-conference-small-actions-tickets-625337640717?aff=ebdssbdestsearch)
aff=ebdssbdestsearch

Follow us on social media



Stephens College Counseling Program



@StephensCounselingProgram

New Additions



Erin Grueneberg's baby



Sarah Omland's baby

Stephens College

School of Health Sciences | Counseling Department



Stephens College

The College does not discriminate in its admissions practices (except as permitted by law), in its employment practices, or in its educational programs or activities on the basis of age, color, disability, gender expression and identity, genetic information, national origin, race, religion, sex, sexual orientation, or veteran status and all other classifications protected by law