

Fall 2016

What's Inside?

1 Counselor Education goes to ALCA

3 CSI Breakfast

4 8 Things I Learned From Going to Conferences

5 UNA Student Named PFLAG President

6 Study Abroad Reflection: Italy 2016



Counselor Education Goes to ALCA

By Amy Davis

November 16-18, 2016 the Alabama Counselor Association celebrated 50 years of service in Birmingham, AL at their annual conference. Several UNA students and all of the counselor education department faculty members were part of the 1,400 attendees.

At the opening breakfast for the conference, Dr. Parries received the 2016 Alabama Counseling Association (ALCA) Individual Publication Award.

Drs. Townsend and Parries lead a group of UNA students and alumni (pictured above) in a presentation session on multicultural activities to use in counseling, and UNA counselor education student, Jalinda Lambert, presented a poster session on multicultural counseling inspired by her study abroad experience in Italy.

Students are encouraged to attend the ALCA conference annually. The 2017 conference will be held in November in Mobile, AL at the Renaissance Center in downtown Mobile.

Continued on page 2

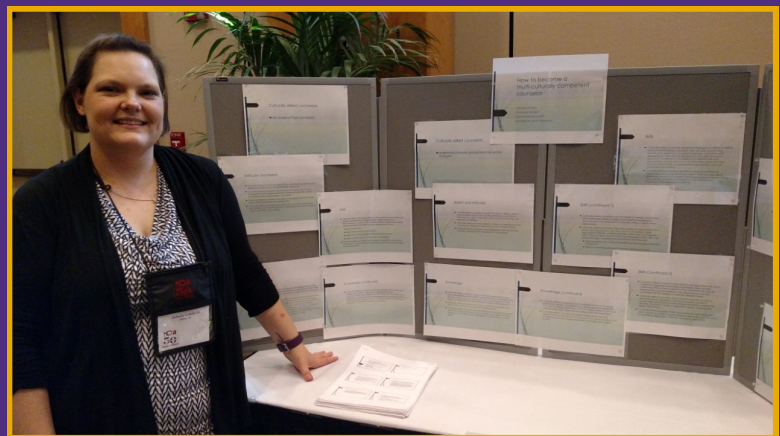
ALCA CONTINUED



Dr. Miranda Parries of the Counselor Education Department received the Alabama Counseling Association's 2016 Individual Publication Award for her co-authored article, "Professional Counseling's Alignment with the Core Competencies for Interprofessional Collaborative Practice." The award was presented at this year's Alabama Counseling Association Conference 2016 in Birmingham, AL. The article was published in the *American Journal of Health Research. Special Issue: Integrating Interprofessional Collaborations in Health Services Research.*



UNA Counselor Education Students smiled for a picture as they waited to present.



Jalinda Lambert presented a poster session at the ALCA Conference.



Faculty, alumni, and students enjoyed dinner together on Thursday night of the ALCA Conference.

CSI FALL BREAKFAST

On Saturday, November 12th, UNA's Upsilon Nu Alpha chapter of Chi Sigma Iota held their annual fall breakfast in the Stone Lodge. Sandra Locke-Godbey, M.Div., MA, LPC, a graduate of the counselor education program, was the guest speaker and spoke on "Connecting Spiritually with our Clients." Approximately 27 Students, alumni, and faculty attended.



2015-2016 UNA Counselor Ed. Statistics

Program	# of Graduates	Completion Rate	Licensure/ Exam Pass	Job Placement
CMHC	10	100%	100%	90%
School Counseling	3	100%	100%	100%

8 THINGS I LEARNED FROM GOING TO CONFERENCES

By Jonathan Cain

Going to a conference was both an intimidating and exciting prospect for me. At my initial conference experience, ALCA 2015 in Montgomery, AL, I presented with a group of my classmates and our professor, Dr. Pearson. It was an incredible experience, and I realized that while I had learned so much already, I still had a lot to learn. My second conference was AMHCA in New Orleans 2016 where we were to present the same topic to national conference attendees. So, what did I learn from going to conferences?

1 Don't be intimidated! Conferences are full of people at all levels of practice from first year students to seasoned professionals. Embrace the experience and network. Senior counselors are excited to meet the next generation and are willing to share their experience and knowledge. It will feel like you have found your tribe.

2 Plan early. Attending a conference is fun and informative but can present an unanticipated expense. Network with your classmates, and see who is interested in attending. You may be able to share a room, travel expense, or just have a conference buddy. Student 'Early Bird' rates are usually significantly less than registering at the conference.

3 Preview the schedule. Plan to attend all of the group events like keynote speakers and dinners. Conferences have multiple events going on simultaneously. Take some time to preview the schedule and circle all of the presentations you are interested in. Then,

make some hard choices but have a second choice if you find the room too crowded or the presenter not connecting with you.

4 Get the lay of the land – Once you arrive, take a few minutes to get familiar with the venue. You do not want to miss a really great session because you could not find it! Look for conference maps in conference packets you receive at check-in.

5 Network, Network, Network! Introduce yourself. Meet, greet, and press the flesh. Part of going to conferences is to make connections, and to learn about upcoming opportunities and potential job openings. Presenting in poster sessions is a great way to meet other counselors and make those connections.

6 Pace yourself. It will seem that you should be going non-stop from daylight to dark (maybe that's your style). I found it necessary to stop every now and then to digest what I was hearing. Find a corner, sit a minute, take a breath and enjoy the experience.

7 Pick up materials. There will be handouts or links to presented Powerpoints. Even if you cannot attend a particular session, try to gather any additional handouts that may be offered or sign-up for the Powerpoint to be emailed following the conference.

8 Don't forget to have fun! Conferences are full of laughter, people seeing each other again, lecturers lending a levity to their topics, and counselors and students just enjoying being with one another.

UNA COUNSELING STUDENT NAMED PFLAG PRESIDENT



By Laura Lopez

PFLAG stands for parents, families, and friends of lesbians and gays. PFLAG is a national organization that was started by a mother named Jeanne Manford in 1972. Mrs. Manford was urged by lesbians and gays that knew of her support for her son to talk to their parents. With this in mind, Mrs. Manford began the support group to offer support to parents who had children who were lesbian or gay. PFLAG's mission has grown to include support for friends and families of those who are bisexual, transgender, and queer. The local Florence-Shoals Chapter of PFLAG was started in 2009 by the mother of a gay son who wanted to offer support to parents, families, friends, and the LGBTQ community. This mother served as the President and Group Facilitator for the last eight years.

I am the new President and Group Facilitator of PFLAG. As a married lesbian with two children, my family and I attended PFLAG Florence-Shoals' very first meeting. We continued to attend for years after. Currently I am pursuing a Master's degree in the School Counseling Program at the University of North Alabama. My family and I are originally from Detroit, Michigan and moved to Alabama in August 2008. PFLAG was instrumental for my family in terms of finding community and a sense of belonging when we were new to the area.

Attending PFLAG meetings offered an opportunity for my children, Madison and Max, to see other families like theirs. Further, it gave us a place where we could discuss issues of discrimination at work or school that were troubling, and we received support.

As the new President and Group Facilitator, I hope to expand the current reach of PFLAG Florence-Shoals to include more education and advocacy for LGBTQ issues in the Shoals communities. My wife, Rebecca Lopez, is the President of Shoals Pridefest, another LGBTQ group that seeks to empower the local LGBTQ community to live and play with pride through community events. Through collaboration with Shoals Pridefest and other community organizations, PFLAG Florence-Shoals hopes to offer support and resources to the LGBTQ community of the Shoals, their families, and their friends.



Left to Right: Laura Lopez, her wife, Rebecca, and her son Max proudly wear their Shoals Pridefest shirts.

HOW ITALY CHANGED MY COUNSELING PERSPECTIVE



Students toured the historic streets of the medieval city of Siena, Italy where they learned about the people's strong cultural sense of belonging to one of the 17 districts each represented by a different animal and historical gothic architectural designs.

By Jalinda Lambert

The University of North Alabama counseling professors are constantly seeking new ways to encourage the counseling student body to learn and explore counseling ideas and techniques that will expand their toolbox and way of thinking. During the past year, I, along with three other counselor education students, was given one such opportunity. The counselor education department offered the opportunity for students to acquire course credit for CHD615 Multicultural Diversity in Counseling while spending two weeks in Tuscany, Italy at "A Counselor's View of Italy" learning institute.

During fall 2015 several students attended an interest meeting in which Dr. Parries explained the opportunity and provided a detailed outline of what this study abroad opportunity would provide to participating students. As a mom of seven children, I believed this would be well outside my financial means; but when I discussed the program with my family everyone jumped on board to help get mom to



Jalinda Lambert and Melissa Russell along with participants of A Counselor's View of Italy Institute enjoy lunch together at an outside bistro on one of the many program tours.

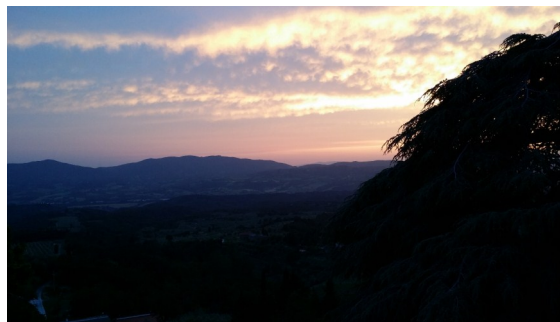
Italy! Our band of cohorts immediately set out to organize fund raisers. I can honestly say that our student group worked very hard and received much support from our counseling department faculty.

After applying for a passport, reserving a hotel in Rome, purchasing airline tickets, saving spending money, and learning how to pack I was mentally exhausted and truly needing a vacation. However, I did

not get a vacation. I received the experience of a lifetime. Upon arrival we found ourselves joined by 40 other counseling professionals who were graduate students, doctoral students, professors, and licensed professionals. We were provided with an itinerary which outlined day trips and educational session, yet I was still unprepared for what the moment

would truly come to mean for me.

Our team of explorers spent two weeks in a beautiful 15th century villa that sat high on the mountainside in Tuscany with the most magnificent view. We dined on freshly prepared meals prepared by a chef from organic foods, customized to meet various dietary



Institute students staying at the Casa Cares Villa enjoyed this view from their rooms.

Continued on Page 7

ITALY CONTINUED

needs. We found ourselves emerged in ancient cities full of culture, art, and history such as Florence, Siena, and Pisa, often only equipped with a map and a watch and instructed to find our way back to the bus on time or be left behind. And we spent 8-10 hours per day in sessions leaning about Italian culture, education, and mental health. Presenters included professionals from the local Italian region as well as professionals and doctoral students participating in the institute.

As I look back on this once-in-a-lifetime opportunity I can say I would definitely do it again. I also would encourage any counselor pre- or post- graduation to consider attending “A Counselor’s View of Italy.” I can now say I know what it is like to be lost in a strange place and have no idea about the language or culture around me. I can now say that I know what it is like to miss my family and home because I am far away and with no way to return, and often due to the time difference or internet connection, no way to communicate with my loved ones. I can also say that my world view is much larger than it once was. We are so much bigger than what happens in our small corner of Northwest Alabama. I believe most importantly, my empathy for those who are displaced for any reason is deeper and I now



Students were able to choose from many street side dining opportunities in Florence and other Italian cities that they visited.



Pisa Italy. A Counselor's View of Italy tour provided participants the opportunity to visit many historical sites including the Leaning Tower of Pisa.

have a better understanding of why it is so important to try our best to understand our client's culture and how they may be grieving for the life they once knew.

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