



WESTERN  
ILLINOIS  
UNIVERSITY  
Quad Cities

Fall 2012

Western Illinois University  
Quad Cities

# Counseling Connections

## Dr. Newgent

Contributed by Jessica Shoop

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**Dr. Rebecca Newgent**  
Department Chair

Another semester is coming to an end! Dr. Newgent has been excessively busy with Department changes, conference presentations, and the instruction of her first class here at Western Illinois University-Quad Cities!

Many changes have occurred in the Department of Counselor Education this semester. Dr. Newgent reports that most changes were based on State and CACREP standard revisions. "Because of the State and CACREP revisions, we have seen changes to our program and licensing requirements as well as our course offerings," she said. Dr. Newgent has diligently stayed on top of all changes and has notified students through the listserv and CNED website. Make sure to check the website and your email regularly for updates and changes!

Other changes in the Department include the new faculty members. The Department had two new adjuncts. Shelly Hawk taught Assessment Techniques in Counseling and Haley Wikoff taught the Group Counseling course. Professor Tiffany Stoner-Harris joined the faculty as a full-time professor this semester. Dr. Newgent stated that she is a welcome addition to the Department, especially with her wealth of field experience in working with young children and families who have been exposed to violence.

Despite standard revisions keeping her busy, Dr. Newgent has found time to give two conference presentations. She presented **Tips for Applying for Counselor Education Faculty Positions** at the North Central Association for Counselor Education and Supervision 2012 Conference in Kansas City, Missouri on October 19, 2012. She also presented **Measurement of Outcomes in Counselor Preparation and Practice** at the 2012 National Assessment and Research Conference in Orlando, Florida on September 15. Along with conference

presentations, Dr. Newgent taught Lifestyle and Career Development. Although she set high standards for the class, the students surpassed her expectations. Dr. Newgent enthusiastically stated that the students were great and made the class a wonderful experience! She looks forward to teaching another class in the not so distant future.

Looking forward to the Spring semester, Dr. Newgent is excited to continue working with Dr. Marcia Carter, the Assistant Dean for the College of Education and Human Services in the QC. Dr. Newgent emphasized how nice it is to have upper administration in the building! Also in the Spring, Dr. Nikels is taking her sabbatical. While she will be missed around the Department, Dr. Newgent is eager about the research that Dr. Nikels will be completing in regards to at-risk youth. The Department also admitted approximately 20 new students for the Spring semester! Dr. Newgent is excited to welcome new future counselors into the program!



## Dr. Alexander-Albritton A. Griffith



**Dr. Carrie Alexander-Albritton**

This semester, Dr. Alexander-Albritton has kept busy teaching **Introduction to Counseling, Addictions and Practicum**.

In November, Dr. Alexander-Albritton traveled to Springfield for the Illinois Counseling Association Conference. While there, she co-presented a poster with two counseling students, Amanda Griffith and Shanen Norlin, entitled **Engaging Students: Facilitating an Increased Involvement in Profes-**

**sional Organizations at the Master's and Doctoral level.**

In addition, Dr. Alexander-Albritton is the faculty advisor for the WIU-QC Counseling Association and thus, has been busy with the activities that the Counseling Association is involved in, including, Manage Your Stress Week, which took place at both Quad City campuses.

Dr. Alexander-Albritton is also reviewing research

that she has done on current trends in literature related to women counselor educators and their current level of job satisfaction.

She plans to write an article and submit proposals for publication and professional conferences in the near future. Dr. Alexander-Albritton reports that her family is doing well and she is looking forward to spending time with them over the holiday break.

## Dr. O'Ryan Contributed by Lauren Brandt



**Dr. Leslie W. O'Ryan**

Dr. O'Ryan has been busy teaching **Marriage, Family, and Relationship Counseling, Crisis and Trauma Counseling, and Practicum** this semester. Recently, she oversaw the development of a spirituality intervention manual by the Crisis students. The manual was successfully presented to members and caregivers of Gilda's Club. In addition to teaching, Dr. O'Ryan has taken on the responsibility of developing and implementing **new marketing strategies** for the Department.

Another one of her many responsibilities includes

serving as **the President of the Illinois Association of Adult Development and Aging (IAADA)**, a division of the Illinois Counseling Association (ICA). The mission of IAADA is to "improve the standards of professional service to adults across the life span." Her current focus in IAAADA has been on starting a leadership mentoring program. Dr. O'Ryan's research and professional development in the areas of international aging and spirituality recently took her out of Illinois and across the world.

Late last spring, she presented at the **International Federation on Ageing's Global Conference** in Prague, Czech Republic. She appreciated the opportunity to gain a new cultural perspective and greatly enjoyed her time there. This fall, she attended the ICA Annual Conference in Springfield, Illinois. She will continue to research in the areas in which she is passionate about, including international aging and spirituality, student wellness, counselor wellness, continuing counselor education, and international counseling.

## Dr. Nikels

Contributed by Amanda Griffith

Dr. Nikels continues to work with the PACERS program, which recently got a grant renewal for \$70,000. Earlier in the spring, AT&T presented Dr. Nikels with a recognition award for their AT&T Aspire grant for her work with the PACERS program. Dr. Nikels is continuing her work with the Illinois Counselor Educators and Supervisors (ICES), a branch of the Illinois Counselor Association (ICA) on

licensure laws. This past November, Dr. Nikels was awarded **ICES Counselor Educator of the Year** at the Illinois Counseling Association Conference in Springfield.

During the fall semester, Dr. Nikels has been teaching **Practicum and Counseling Theories**. Dr. Nikels has taken on the challenge of teaching the first online Theories class and continues to work diligently in the

world of online learning.

This spring, Dr. Nikels will be on sabbatical. She plans on using this time away from teaching to work on various PACERS activities: applying for future funding, organizing data, and working on publications.

**We will miss you  
Dr. Nikels!**



**Dr. Holly Nikels**

## The "Real" Brains Behind Counselor Education: An Interview with Office Manager Diane Heisner

Contributed by Lauren Brandt & Amanda Griffith

Hers is a name you learn quickly in the Department of Counselor Education. For nearly 10 years, Diane Heisner, has been assisting students from the early stages of admission, all the way through to graduation.

She **works as the "brains" of the Department**, performing tasks such as book and record keeping, registration, screening, scheduling, correspondence via phone and email, and every task in between. In addition to her responsibilities within the Department, she spends a few hours a week working for the PACERS program, assisting with various book-keeping needs.

Diane believes the most rewarding part of her job is having the opportunity to work with the CNED students during their time in the program. She is a **vital resource** for them as they attempt to meet the demands of graduate study.

Working with counselor educators and counseling students is a unique experience. Being in an environment with people who have the counseling qualities of compassion and empathy has positively impacted her life. She is thankful for the supportive atmosphere she found at work.

In her free time, she enjoys

hosting her entire family for special occasions. Together, she and her husband take long walks with their dog and spend time outdoors. She also enjoys reading and going to the movies.

Diane is a longtime resident of Illinois. She earned her undergraduate degree in elementary education from Western Illinois University-Quad Cities. In the future, Diane is looking forward to the Department's transition to the Riverfront campus and the exciting changes it will bring.



**Office Manager,  
Diane Heisner**

## Welcome Tiffany Stoner-Harris

Contributed by Lauren Brandt



**Tiffany Stoner-Harris**

Tiffany Stoner-Harris is the newest faculty member of the Department of Counselor Education. Before joining the Department, she was employed as a therapist at Mississippi Valley Child Protection Center in Muscatine, Iowa where she worked with children exposed to different types of violence. She is currently on track to complete her dissertation in April and graduate with her Ph.D. in Counselor Education & Supervision from the University of Iowa in May.

Professor Stoner-Harris earned her Master's degree in Counseling at Western Illinois University-Quad Cities. She completed the Community Counseling program and believes that her experience thoroughly prepared her for work in the mental health profession. Her positive experience as a student led to her desire to apply for a full

-time faculty position with the Department. "The experience students receive in this program is great. Being a faculty member is a way for me to give back and contribute to the Department," she said.

Working as a professor in the Department has allowed her to incorporate her multicultural and international experiences with her work in domestic services. She is able to use her strengths, interests, and her professional knowledge in her teaching and research.

Currently, she is conducting original research for her dissertation. Her research looks at counselor preparation of graduate students and recent post-graduates in working with African American women who have experienced childhood sexual abuse, substance abuse or both. Her research topic developed out of both personal and professional experiences.

During her work in domestic services, she saw a need for better treatment for this specific population, as well as for women in general. Participants in her study include current graduate students in Council for Accreditation of Counseling & Related Educational Programs (CACREP) accredited programs who are in their internships and post-graduates of CACREP accredited programs who are one year out of school. Professor Stoner-Harris acknowledges that completing her dissertation while working full-time is a challenge. "I

appreciate the support and encouragement from the Department and students. It has helped keep me focused," she said.

Other than intensive work on her dissertation, highlights of her first semester include getting to know the students in the program and their stories, working with her fellow colleagues, and making connections with faculty members in other departments of the University.

When Professor Stoner-Harris does find free time, she spends it with her family. She has three daughters. They all take music lessons and play softball. The summer-long softball season keeps them busy and has become a fun family tradition. Together, they play board games, watch movies, and challenge each other on the Nintendo Wii. They also enjoy attending plays and the ballet. When she isn't hosting sleepovers for her daughters and their friends, she likes to travel with her family. Her favorite trip thus far was taking a cruise to Jamaica, Haiti, and Cozumel because it was her daughters' first time out of the country where they were able to experience other cultures.

**The faculty and students are happy to welcome Professor Stoner-Harris to the Department of Counselor Education!**

## PACERS

**PACERS is an AT&T grant funded mentoring program through Rock Island High School and the Department of Counselor Education.**

### Positive Achievement and Creativity Equals Righteous Success

Contributed by Leslie Scheck

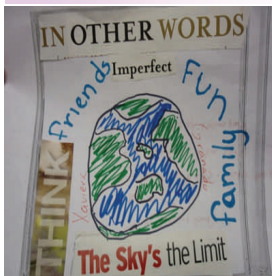
The PACERS students began the 2012-2013 school year ready to be successful in school and in their communities. PACERS received an additional grant from the AT&T Aspire Foundation for \$70,000! This money will help to support the continued success of the PACERS program.

This semester we have been focusing on Napoleon Hill's Principles of Pleasing Personality and Self-Discipline. Students and Mentors explored Pleasing Personality through music. Students were asked to create their own CD Covers displaying their personality and made a soundtrack to their lives. After talking about Pleasing Personality, students and mentors have been discussing Self-Discipline and how important that is to keep their goals and priorities in mind every day.

PACERS has also been participating in activities outside of school. The PACERS group took part in a college visit to the University of Iowa and were able to explore what college life is like. PACERS students love giving back to the

community. In November, students wrote letters to veterans participating in the Honor Flight, a program that flies veterans to go visit the various war memorials in Washington D.C. In addition, the students took part in the Quad City Minority Partnership Youth Conference, where they attended workshops on college, financial aid, making choices, and being healthy.

It has been a busy semester for the PACERS group and our schedule is filled with more college visits, service projects, and learning opportunities throughout the rest of the school year. The PACERS students will continue to strive for success and excellence in school and in their communities!



**CD Cover created by PACERS Student, Xaviere**



**PACERS students participating in a service learning project**



**PACERS students at the University of Iowa**

Check out our website at:  
[www.wiu.edu/coehs/qc/cned/pacers/](http://www.wiu.edu/coehs/qc/cned/pacers/)



# WIU-QC Counseling Association

Contributed by: Allison Efline

Did you know that by being accepted into the Department of Counselor Education, you automatically become a member of the WIU-QC Counseling Association? Don't forget to list this valuable membership on your resume and get involved in the organization!

## Officers

The WIU-QC  
Counseling Association  
2012-2013

### President

**Leslie Scheck**

### Vice President

**Marcy Aronson**

### Treasurer

**Amy Zero**

### Social Chair

**Allison Efline**

### Secretary

**Rachel Grim**

### Faculty Advisor

**Dr. Alexander-Albritton**

This fall semester, the WIU-QC Counseling Association has been busy in, around, and off campus!

This past September, officers and members of the WIU-QC Counseling Association (CA) participated in the annual Society of Educators Fall Block Party. As per their annual involvement, CA officers and members helped children and adults decorate and enjoy sugar cookies. It was a big hit with both CA and for the participants. We look forward to doing the same next year.

In October, for the first time, Counseling Association and Chi Sigma Iota hosted a student Meet and Greet, allowing students of all class standings to mingle, meet, and enjoy refreshments. Both groups hope to continue this tradition in years to come!

This November, Counseling Association hosted its annual Food Drive. From November 1 to November 29, students, faculty and staff on both the 60<sup>th</sup> Street as well as Riverfront Campuses were encouraged to provide non-perishable food items to be donated to local food pantries.

In December, Counseling Association held Manage Your Stress Week the week prior to final exams. This

year was a bit different, as the Counseling Association wanted to promote real wellness and stress relief. Provided on all days were healthy snacks, puzzles and games to help students decompress. Chair massages and a yoga class held by local instructor were also available.

The Counseling Association greatly looks forward to the Spring semester and the various activities planned!

Please join the Facebook group at <http://www.facebook.com/group.phpgid=263602040104&v=all>



**Lauren Brandt, Leslie Scheck, and Allison Efline at the SOE's Fall Block Party.**

## CNED Labs

Since the beginning of the year, the counseling labs have found new homes. Rooms 286C and 286D house two of the counseling labs and room 214 houses the new children's lab. If you haven't already seen the new labs, please stop by to take a peek.



**Jacob Glazier in the Children's Lab**

**Department of Counselor Education  
3561 60th Street Moline, IL 61265-5881 USA  
309•762•1876 - cned@wiu.edu**

## Xi Chapter of Chi Sigma Iota

Contributed by Jennifer Welvaert

Chi Sigma Iota Xi Chapter is working hard to reach out to counselor education students and our community. We are joining efforts with the Counseling Association for student support and fund raising. In October, we co-hosted a Meet

& Greet with the Counseling Association to give students the opportunity to learn about the counseling organizations on campus and network with colleagues outside of class. The Chapter is also working to reinstate the student mentoring program. The program will provide students at different levels in the program to meet one on one with each other and share their experience and knowledge as counselor education students. Spring semester, Chi Sigma Iota Xi and WIU-QC Counseling Association will be working together to raise funds for alumnus, Reverend Francis Ndlolo, and his counseling efforts in Kenya.

The Xi Chapter is currently working on a bibliotherapy book review project for use in counseling sessions with children. Members submitted a grant application to the Bi State Literacy Council in order to purchase some of the books we are reviewing and plan to donate to a local counseling agency. We will be compiling a list of book reviews to share with counselor education students.

Chi Sigma Iota Xi Chapter looks forward to hosting study sessions for the CPCE and the NCE spring semester and finding engaging ways to serve our students and our community.

### Chi Sigma Iota Xi Officers 2012-2103

#### President

**Jennifer Welvaert**

#### Vice President

**Shanen Norlin**

#### Secretary

**Amanda Griffith**

#### Treasurer

**Angela Bryner**

#### Membership Chair

**Marcy Aronson**

Membership in *Chi Sigma Iota Xi* is awarded to both students and graduates of the WIU Department of Counselor Education. Candidates must complete 18 hours of graduate coursework in counselor education, have earned a grade point average of 3.75 or better, and be recommended for membership in CSI by the chapter.



**Chi Sigma Iota**

<http://www.csi-net.org/>

## ICA Conference 2012: Springfield

Several counseling students traveled to Springfield, Illinois for the annual Illinois Counseling Association Conference November 9-10, 2012. Marcy Aronson, Amanda Griffith, Shanen Norlin, and Leslie Scheck were in attendance for the conference. Dr. Alexander-Albritton, Amanda Griffith, and Shanen Norlin even had the opportunity to present their poster titled, **Engaging Students: Facilitating an Increased Involvement in Professional Organizations at the Master's and Doctoral level.**

A definite highlight of the conference was attending the keynote



speaker, Nikki Giovanni. Also, numerous educational workshops and posters proved to be incredibly beneficial to all in attendance. Dr. O'Ryan had the honor of presenting several awards as president of IAADA. In addition, Dr. Nikels won the ICES award for Counselor Educator of the Year and Leslie Scheck won the ICES Distinguished Service Award.

**Congratulations Dr. Nikels and Leslie Scheck!**



**Leslie Scheck, Amanda Griffith, Shanen Norlin, & Marcy Aronson**

## ACA Conference 2013: Cincinnati, Ohio

ACA 2013 Annual Conference & Exposition  
Cincinnati, Ohio **March 21-24, 2013**

Registration: SUPER SAVE RATES (Until December 15)- ACA Member: **Student:** \$265.00, New Professional: \$265.00, Retiree: \$265.00, Professional: \$365.00, Regular: \$365.00

Keynote Speaker: **Ashley Tyler Judd** - A celebrated and acclaimed actor, Ashley Judd has starred in 20 films and on Broadway. In 2006, Ashley attended an intensive in patient treatment program at Shades of Hope all-addictions center to begin to meaningfully heal from unresolved childhood grief that manifested as depression and codependency. She rejoices in a recovering way of life and in sharing her experiences, strength, and hope.

Activities will be held at the Duke Energy Convention Center, Hyatt Regency and the Hilton Netherland Plaza in Cincinnati.

Please visit their website for more information at <http://www.counseling.org/>

### WIU Presentations:

Dr. Newgent along with faculty from Youngstown State University will conduct a research poster presentation titled: **Spirituality as an Insulating Factor Against Non-Suicidal Self-Injury: Research Findings and Counselor Practice Suggestions.** This presentation is based upon an article that will be published in the Journal of College Counseling. Dr. Alexander-Albritton is also presenting along with two counseling students, Amanda Griffith and Shanen Norlin at the ACA Conference. Their 60-minute presentation is titled: **Puppy Love: Using Dogs as a Unique Approach to Wellness Across a Variety of Counseling Spectrums.**

### WESTERN ILLINOIS UNIVERSITY RIVERFRONT CAMPUS 3300 River Drive, Moline, IL 61265 (309) 762-9481

The Riverfront campus is now home to undergraduate classes in business and technology, engineering, human services, and arts and sciences. Following precedent established and maintained at the John Deere Road location, the new state of the art location features high-tech classrooms, computing, and engineering laboratories, student services, the U.S. Bank Writing Center, and a Library annex. The new building also features the Goldfarb Grand Atrium where students, faculty, staff, and visitors can collaborate, study, learn, and interact with a scenic vista of the Mississippi River.



### Spring Semester, 2013

January 17, Mon. -- Dr. Martin Luther King Day -- No Classes/University Closed  
January 18, Tues. -- Classes Begin  
February 11, Fri. -- Lincoln's Birthday -- No Classes/University Closed  
February 14, Mon. -- Classes Resume  
March 14-18, Mon.-Fri. -- Spring Break -- No Classes  
March 21, Mon. -- Classes Resume  
May 9-13, Mon.-Fri. -- Final Exam Week  
May 13, Fri. -- Graduate Commencement  
May 14, Sat. -- Undergraduate Commencement  
May 15, Sun. -- WIU-Quad Cities Undergraduate and Graduate Commencement





If you are a CNED Alumni please send this form to:

Department of Counselor Education, Western Illinois University Quad Cities;  
3561 60th St. Moline, IL 61265

or complete it online at [www.wiu.edu/counselored/alumni.html](http://www.wiu.edu/counselored/alumni.html)

Name _____	Graduation Year _____
Name while at WIU _____	Email Address _____
Home Phone _____	Advanced Degree _____
Address _____	
City _____	State _____ Zip _____
Employer _____	Work Address _____
City _____	State _____ Zip _____
Work Phone _____	Job Title _____

Any personal or job related news?

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**Alumni  
Spotlight**



**Amber Fisher**

Amber was hired at All Saints Catholic School, a K-8 building, as their school counselor during her internship. After graduating spring of 2009, she stayed

at All Saints Catholic School until her hire at Bowlesburg Elementary in the fall of 2010. Since graduating, Amber has completed her family of three children, who remain her inspiration in working with children. Currently, Amber is working as an elementary school counselor at Bowlesburg Elementary. Bowlesburg is a K-4 building where Amber conducts weekly classroom lessons on Developmental Education, covering a wide variety of topics.

She also has the opportunity to meet with her students individually to discuss any hardships they might be having, in addition to getting them and their families the help they need. She states that she, “loves being able to reach students at their level and build a relationship with them. Establishing and maintaining that relationship is rewarding.” She enjoys doing pro-

grams like Coats for Kids, Shoes that Fit, AT&T Pioneer Shoes, Stand Up to Bullying, Red Ribbon Week, and Shop with a Cop. This year, Bowlesburg is sponsoring their own Angel Tree to help their own student population.

Overall, Amber is interested in community involvement and actively engaging students in learning about diversity and acceptance. In the future, Amber plans on getting her school involved in programs that promote community involvement and togetherness. She would like to continue her education and gain more knowledge on varying types of behaviors to one day become a Board Certified Behavior Analyst. In her free time, there’s nothing she likes more than being with her family.