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### Special Interest Articles:

- \* Ph.D. Program Graduates first student Aug. '08
- \* Rehabilitation Counseling Students honored with scholarship awards
- \* Mental Health Parity Act Passes <http://www.medscape.com/viewarticle/576783>
- \* Faculty honored with awards
- \* CRC Exam now offered online four times per year.

Editor  
Mark Stebnicki, Ph.D.,  
LPC, CRC, CCM

# Rehabilitation Counseling Today

A Publication of the Department of Rehabilitation Studies • East Carolina University  
Fall 2008

## A New Beginning

It's a new beginning once again. One thing I love about being at a university is that you get a fresh start each year. The new students are unaware of all your previous mistakes and you get to do it again, hopefully better than before. At least you have the opportunity to do that.

Of primary interest are the new students that are beginning programs this fall. We have a record number of students in the BS program for this fall, 53. We have 19 new students in the MS degree programs for a total of 72. We also admitted 5 new doctoral students for a total of 15 in our PhD program. That is a total of 140 students in the department for this fall, our largest enrollment ever. As noted last year, we are in a new building with great counseling labs and evaluation labs. They are being put to good use.

We also have a new faculty member, Dr. Michael Hartley, who joins the faculty as an addition to our growing undergraduate program. He is a recent graduate of the University of Iowa and needless to say, he came

highly recommended. He is a great addition to our faculty.

For myself, I had a nice summer. I spent extra time at our place at the river and worked on finding ways to relax. Somehow relaxing always seems easier around the water. Our granddaughter, Anna Reagan, is now 18 months old. She is a real cutie.

Gray, who was the star of the 3 year old soccer league (in our opinion), is now 4 years of age. Just the

*Paul Alston, Ph.D., CRC  
Department Chair*

thought of a 3 year old soccer league should put a grin on your face. It does ours. Both continue to be serious candidates for "Cutest grandchild in the world".

It's a new academic year with many new happenings in the department. Fall is a great time to be at ECU.

### Rehabilitation Studies Faculty & Staff



*Back row left to right: Daniel Wong, Sharon Shallow, Paul Toriello, Steve Sligar, Paul Alston, Mike Hartley, Lloyd Goodwin, Mark Stebnicki, Shari Sias, and Martha Chapin. Front row: Cathy Moore, Mary Crozier, Judy Harrison, and Nathalie Mizelle.*

## Ph.D. Program in Rehabilitation Counseling and Administration Celebrates Fourth Year

*Daniel Wong, Ph.D., CRC  
Director, Doctoral Program*



*Dr. Susie Harris, class of August 2008. Susie, pictured here with Dr. Daniel Wong, is the department's first Ph.D. graduate in Rehabilitation Studies.*

The doctoral program began its fourth year of the operation and we welcomed six new students to join our program. The program has gone through some curriculum changes and we believe that the new structure will serve our students better. The students in the program had a very busy and productive academic year (2007-2008). As a group, they published more than 10 articles in peer-reviewed journals and they made numerous national and regional professional presentations.

The Ph.D. program had its first student graduate; Susie T. Harris. She successfully defended her dissertation on June 19, 2008. Her dissertation titled: "The Impact of Spirituality on Health Conditions of Persons with Diabetes in Eastern North Carolina" explored the impact of spirituality and its potential impact on health conditions of persons with diabetes. The study was accomplished by surveying persons with diabetes receiving medical services at the Brody School of Medicine and a Pitt County medical facility. Dr. Harris is now an Assistant Professor in the Department of Health Services and Information Management (HSIM) at East Carolina University. She worked in HSIM as a full time instructor while completing her doctoral program.



*Dr. Goodwin receiving his whole body massage at Esalen during summer 2007.*

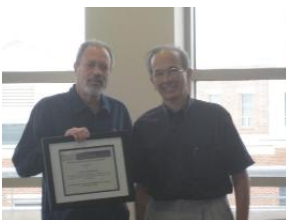
Chris Cubero, one of our other doctoral candidates (ABD), has been hired as an assistant professor at Slippery Rock University, Pennsylvania. He teaches in the counselor education department and works as a therapist at the university's student mental health center specializing in substance abuse treatment. Chris will be defending his dissertation in the spring 2009 semester.

The doctoral students have contributed significantly to the department during the past few years with their teaching, research, and clinical supervision talents. They have become very valuable members of the department. We look forward to a very productive year with our new Ph.D. students and anticipate many new and exciting research projects which will translate into dissertations.

Please contact myself [wongd@ecu.edu](mailto:wongd@ecu.edu) or Dr. Paul Toriello [toriello@ecu.edu](mailto:toriello@ecu.edu) to inquire about the range of opportunities to pursue doctoral studies in this specialized area of counselor education and training. Have a great semester!

## Dr. Goodwin Receives Lifetime Achievement Award

Lloyd Goodwin, Ph.D., LPC, LCAS, CRC-MAC, CCS, ACS, Director & Professor, Substance Abuse and Clinical Counselor education program, Department of Rehabilitation Studies at East Carolina University received a "Special Recognition Award" September 23, 2008 from the Eastern North Carolina Council on Substance Abuse for his educational and research efforts in the substance abuse field. Dr. Goodwin was recognized for his "sensitivity, compassion, and priority of preparing qualified substance abuse professionals to assist individuals and their families with substance use disorders in their recovery and rehabilitation." A plaque was presented in the recognition ceremony by David Ames, M.D., Psychiatrist, President of the Council and reads: "In appreciation of your continued dedication and committed work to help communities reduce the pain, suffering and loss caused by the misuse of alcohol and drugs."



*Dr. Goodwin receives Lifetime Achievement Award; presented by Dr. David Ames.*

## Professional Counseling Associations

Students have a wide range of state and national professional counseling associations to join. Student membership fees range from \$15-\$90 per year, depending upon the organization and membership benefits offered. Your specialty track (SAC, VE, RC/Case Mgt.) and personal interests should help guide you with your decision on which association meets your pre-professional and post-graduation professional needs. For more information on specific professional organizations please visit the following web sites:

- American Counseling Association (ACA) [www.counseling.org](http://www.counseling.org). Click on “Divisions” to get to the American Rehabilitation Counseling Association (ARCA).
- Licensed Professional Counselor Association of NC (LPCANC) [www.lpcanc.org](http://www.lpcanc.org)
- The Professional Association of Rehabilitation Counselors (PARC) [www.nationalparc.org](http://www.nationalparc.org) is both a state and national counseling association. There are multiple divisions within PARC that relate specifically to those that specialize in substance abuse counseling, clinical psychiatric / mental health counseling, vocational evaluation/career assessment, insurance rehabilitation, DVR counseling, and rehabilitation counseling. For more information about PARC, including membership options for both professionals and students, contact Dr. Lloyd Goodwin at 252-744-6292, or e-mail [goodwinl@ecu.edu](mailto:goodwinl@ecu.edu).
- The North Carolina Substance Abuse Professional Practice Board (NCSAPPB) [www.ncsappb.org](http://www.ncsappb.org).
- National Rehabilitation Association (NRA) [www.nationalrehab.org](http://www.nationalrehab.org). Click on “Affiliates” to bring you to specialty divisions such as VEWAA, and many more.
- National Rehabilitation Counseling Association (NRCA) <http://NRCA-net.org/>
- A new-generation of less traditional vocational rehabilitation organization has been formed, which has a focus on both evaluation and career assessment; The Vocational Evaluation and Career Assessment Profession (VECAP) can be found at [www.vecap.org](http://www.vecap.org).

## Wanted: Students to Become More Active in Professional Counseling Associations

Students are the life-blood of any professional counseling association. There appears to be a growing interest among graduate students to become more active in professional counseling issues and legislative policies that will have a direct impact upon graduation as they enter professional practice.

Graduate students have many challenges as they draw close to graduation such as finding internship and job opportunities, obtaining counselor certification and licensure, and finding the appropriate clinical supervisor post-graduation.

Your participation in professional associations empowers you with a voice in advocating for public policy and professional counseling issues that not only impact you here at home, in North Carolina, but nationally as well.

By becoming involved in a professional association, students benefit by having access to professional development activities such as workshops, conferences, and symposiums. Students also have the opportunity to network with potential internship site supervisors, agency directors and clinical supervisors, and mentoring relationships with licensed professional counselors. Become active today by joining a professional counseling association so you can be part of the decision making process that impacts your chosen career.



*The Capitol from outside looking in--Don't be an outsider.*

## Master's Students' Comprehensive Exam



*Tracie Campbell accepts the spring 2008 Beth Lambeth Memorial Scholarship Award from Dr. Paul Alston.*

All graduate students are required to take an oral comprehensive exam near the completion of their program. This is typically done during the student's internship experience. Students who will graduate this fall semester must have scheduled their exam before November 1<sup>st</sup>; Spring graduates must schedule before April 1<sup>st</sup>; and Summer graduates must schedule their exam before July 1<sup>st</sup>.

The comps are a practical exam where you will be given a hypothetical client with multiple reports and assessments to review. You will then develop an individualized rehabilitation plan for your particular client and present this before two Rehab faculty members. Guidelines for the comprehensive exam are posted on the department web page.

Please note: Students may use the CRC exam in lieu of the oral comp exam.

We strongly encourage all graduate students to take the Certified Rehab Counselor (CRC) exam. Students may do this after they have completed 75% of their program. Students typically take the exam during their internship or the semester after they graduate. The CRC is a national certification and is reciprocal with the LPC (NCE) exam in North Carolina. The CRC study guide can be found at [www.crcexam.com](http://www.crcexam.com). Students may complete an application for this exam online at [www.crccertification.com](http://www.crccertification.com).



*Lynette Weaver accepts the Fall 2007 Beth Lambeth Memorial Scholarship Award from Dr. Paul Alston.*

## Certified Rehabilitation Counselor (CRC) Offers New Online Exam

The CRC exam can now be taken in lieu of the oral comprehensive exam. It is now offered three times a year online. Testing dates and application deadlines for the 2008-09 academic year are as follows:

<u>Testing Dates</u>	<u>Application Deadline</u>
* March 6-14, 2009	(Oct. 15, 2008)
* July 10-18, 2009	(Feb. 15, 2009)
* Oct. 3-11, 2009	(May 15, 2009)

## Student Rehab Association (SRA) Elects New Officers

The Student Rehab Association (SRA) held elections this September and has nominated a new slate of officers for the 2008-09 academic year. The new officers include: Mionna Henderson -President; Sam Petruolo and Tamette Farrington; Co-Vice Presidents; Fayeann Borja and Jonnie Seay –Co-Treasurers; and Angelyn Fanlo-Secretary.

A heartfelt thanks goes to our 2007-08 outgoing officers: Melissa Cole- President; Michael Obreiter- Vice President; Jade Reynolds- Treasurer; and Jennifer Long-Secretary.

SRA has a great calendar of events this fall semester including a bake sale, blood drive, canned food drive, and a service activities for the Ronald McDonald House in Greenville. A huge thanks is extended to SRA's faculty advisor to SRA, Dr. Nathalie Mizelle.

Please read your email for announcements regarding activities, meetings, and other happenings. Dues are \$10 per year or \$5 per semester to join. You may pay these dues to our department secretaries Cathy Moore or Judy Harrison.

## Project Working Recovery Makes Significant Impact in its First Year

*Paul Toriello, Rh.D., CRC, LCAS, CCS*

The Department of Rehabilitation Studies was awarded a \$247,000 Katherine B. Reynolds Charitable Trust grant ([www.kbr.org](http://www.kbr.org)) in June of 2007 to develop Project Working Recovery (PWR). PWR opened its doors October 2007 and began providing substance abuse counseling and job readiness services. Drs. Toriello and Sligar of the Department of Rehabilitation Studies have partnered with more than six private, non-profit behavioral health care agencies, methadone maintenance programs, and drug and alcohol treatment facilities. PWR serves clients from 13 eastern North Carolina counties who are primarily indigent, unemployed, and uninsured. PWR has also expanded its referral base and receives referrals from local inpatient, outpatient programs, half-way houses, expecting mothers in inpatient treatment, and various types of shelters.

Current PWR team members include case managers Matt Bartholf, David Bautista, Rebecca Carbaugh, Lisa Kelly, Lynette Weaver and coordinators Leigh Atherton, Tracie Campbell. Team members developed and revised systems to provide a high quality of services to our clients. The goal for the second year of the KBR grant will be to sustain referral streams, the creation of a consumer database to support information management, and continue to improve services.

**Need a Job or Internship? Check THE JOB BANK**

<http://www.ecu.edu/cs-dhs/rehb/employment.cfm>

## Chi Sigma Iota RHO OMEGA chapter at ECU

*Mary Crozier, Ed.D.*

Chi Sigma Iota is an international honor society of counseling professionals and professionals-in-training dedicated to excellence in scholarship, research, and clinical practice. Rho Omega is the ECU chapter that includes Rehabilitation Studies and the Counselor Education Department. The purpose of Chi Sigma Iota is to promote and recognize exemplary attainment in counselor education and the practice of counseling. Last year the group had a fund raiser, service project and induction ceremony. This year the group hopes to build on last year's accomplishments by bringing in a national speaker and attending the ACA conference in Charlotte. Students are eligible if they have a 3.5 minimum grade point average and one or more terms of full-time counselor education study. The student officers for this year include (from left to right) Kari Johnson, Vice President from Rehabilitation Studies, Elizabeth Thompson, president from Counselor Education and Lauren Vick, Secretary, from Rehabilitation Studies. For more information on joining Chi Sigma Iota contact Dr. Crozier the new Chapter Advisor who took over as for Dr. Sias.

## 2008 PARC Conference: Integrating the Spiritual Dimension into Substance Abuse and Rehabilitation Counseling

*Shari Sias, Ph.D., LPC*

The Professional Association of Rehabilitation Counselors (PARC) featured the integration of the spiritual dimension into counseling during its spring 2008 conference in Atlantic Beach, NC. Members, prospective members, and guests attended programs that included topics in spirituality in substance abuse, barriers and bridges to incorporating spirituality in counseling, ethical issues and incorporating spirituality in counseling, helping clients develop a spiritual identity, and counseling techniques for encouraging clients' spirituality (Geri Miller, Ph.D.); as well as topics in spirituality and creativity (Laurie Rokutani, Ed.S.). The conference also featured an after-dinner social where attendees got together to listen to music and dance.

PARC was developed specifically for those students and alumni of the Department of Rehabilitation Studies. Attendance at this conference is a great way to network with other rehabilitation counseling students, alumni, and program directors.

## Undergraduate Program in Rehabilitation Services

*Martha H. Chapin, Ph.D., LPC., CRC*

The undergraduate program continues to expand. There are currently 53 students in the Rehabilitation Services major. Our students frequently receive compliments during their internship on their excellent training and professionalism. Our Outstanding Senior for spring 2008 was Sharon Faircloth.



Rehabilitation Studies celebrates beginning of 3<sup>rd</sup> year in its new College of Allied Health Sciences Building.

## Concerts, Festivals and the Arts in North Carolina

North Carolina is a great state to see regional, national, and internationally-known musicians, performers, and a variety of other artists. We are home to Merle Fest and many other festivals where people from all over the country attend. One of the best sources of information for concert tickets, live performances, festivals, and other entertainment can be found in North Carolina's entertainment monthly magazine *The Village Idiot*. You may access all these happenings online at: <http://the-idiot.com/news.php>.

## Rehab Studies Hires New Faculty for Undergraduate Program in Rehabilitation Services

The newest faculty member in the Department of Rehabilitation Studies is **Dr. Michael T. Hartley**, Assistant Professor. Dr. Hartley is a Certified Rehabilitation Counselor (CRC) and a member of the American Counseling Association (ACA). He recently graduated from The University of Iowa with a Rehabilitation Counseling Education degree.



*Dr. Hartley in a teaching moment.*

In the past, he worked as a rehabilitation counselor to assist individuals with disabilities to live independently in the community. He also served as a director and advocate for a rural Independent Living (IL) Center. In addition, Dr. Hartley volunteered on the ACA ethics revision taskforce to help revise the 2005 ACA Code of Ethics. He has also participated in the development of electronic portfolios for State of Iowa counselors and teachers. His research interests are in the areas of resilience, independent living, and ethics. He is currently working on publishing his dissertation, *Resilience in Undergraduate College Students with Self-Reported Psychological Problems*.

He relocated from Iowa City, IA with his wife, Aimee Mapes, who is a University of Iowa doctoral candidate in literacy studies. After surviving the Iowa City flood of 2008 and a cross country drive with their 80 pound chocolate lab, both are relieved to have arrived safely to Greenville.

## Three Students Present at Statewide Conference

Rebecca Carbaugh, Angelyn Fanlo, Lynette Weaver (pictured), and Dr. Steven Sligar presented *Changes in the CCWAVES Code of Ethics* at the NC Rehabilitation Counseling and Vocational Evaluation & Work Adjustment Association (NCRC/VEWWA) training conference, April 2008. They were assisted by six other students who facilitated group discussions that focused on ethical dilemmas. Lynette Weaver also presented her research in a poster *Toolbox of the Vocational Evaluator*.



### Martha H. Chapin, Ph.D., LPC, CRC

What a year it has been! I concluded my research study on employment of persons with spinal cord injuries and am really enjoying writing up the results. I look forward to the next phase of this research. Two publications came out in print: "Vocational rehabilitation service patterns related to successful employment outcomes of persons with spinal cord injury" in the *Journal of Vocational Rehabilitation* and "Quality of life assessment in the measurement of rehabilitation outcomes" in the *Journal of Rehabilitation*. My daughter graduated from New York University in May and I was able to watch her graduation ceremonies at Yankee Stadium and Madison Square Gardens. I ended the summer driving with my daughter and her good friend to Los Angeles. We stopped at the University of Arkansas, my alma mater, so that I could finally see my name in the sidewalk. We visited the UFO Museum in Roswell, NM and the Grand Canyon just to name a few sites. It was a wonderful trip that I would highly recommend. I'm looking forward to a new year and new work and life adventures.



*Marty and daughter Melissa at the Grand Canyon this last summer 2008.*

### Shari M. Sias, Ph.D., LPC

As a faculty member in the Substance Abuse and Clinical Counseling program, my primary area of research is substance abuse counseling. In particular, my work has focused on the cognitive development of substance abuse counselors, and how varying levels of such development impact the educational and training needs of counselors and students planning a career in the counseling field.

My research suggests a need for counselor supervision practices which pay special attention to the supervisees' cognitive developmental growth. To this end, I have co-authored two articles providing socio-cognitive developmental models for the supervision for substance abuse counselors-in-training and school counselors-in-training.

In keeping with this cognitive developmental focus, I was involved with two other studies. One compared substance abuse counselors' moral reasoning abilities when solving hypothetical versus authentic dilemmas and the other, completed with Beverly Sheaffer, Rehabilitation Counseling Doctoral Student, examined the influence of socio-cognitive development (as measured by ego development) on attitudes towards persons with disabilities (as measured by preferred social distance).

The research concerning moral reasoning found that, when solving dilemmas of a personal nature (authentic dilemmas), substance abuse counselors' level of moral reasoning was lower than when the participants faced hypothetical dilemmas. This suggests that added training in ethics theory and ethical decision making may increase counselors' competence in applying moral reasoning to real-life situations.

Findings concerning ego development and attitudes towards persons with disabilities showed that higher ego development was associated with lower preferred social distance from persons with disabilities.

For more information concerning my research interests, see the Rehabilitation Studies web site <http://www.ecu.edu/rehb>.

*In addition to her research and writing, Dr. Sias spends time cruising in the Bahamas with family and friends for some rest and relaxation. She particularly enjoys going to the beach and swimming with the dolphins.*



*Dr. Shari Sias and partner Tony Noel swimming with the dolphins.*

### Mary Crozier, Ed.D.



Dr. Crozier's "northern exposure" summer 2008 experience

Dr. Crozier took a 10 day hike and paddle trip in the Katmai peninsula of Alaska this summer and survived! She went with the Sierra Club to "study" grizzly bear and the Valley of 10,000 Smokes with it's now dormant volcano. After the thrill of landing on the water in a float plane, she was frequently within 500 feet of grizzly bear and she even saw a lone arctic wolf. Of particular interest was spending two days in a sand storm and traversing frigid glacier streams. Dr. Crozier was able to carry a 40 pound backpack and a bear proof canister after training on the stairs of the Allied Health Studies building. After this strenuous trip she took a relaxing sightseeing boat tour of glaciers off the Whittier coast where she saw floats of sea otters and a seal sunbathing on an iceberg. While out west she visited colleagues from her previous Canadian teaching position.

Between all the training and traveling, Dr. Crozier was able to work on research. She got one manuscript accepted for publication and completed revisions on another manuscript. She began a project with Dr. Sligar and a writing collaboration with prevention practitioners from Virginia. It was a productive summer for her!

### Nathalie D. Mizelle, Ph.D., CRC, LPC

Dr. Nathalie Mizelle had the opportunity to participate at the State Leadership Conference in Washington, DC through the American Psychological Association. She is currently the appointed Federal Advocacy Coordinator for (Division 35 Psychology of Women) and was able to make various congressional visits and help lobby to Congress to "restore Medicare mental health services cut, enact a mental health parity bill, protect patient records privacy in HIT legislation, and support continued funding for the Mentally Ill Offender Treatment and Crime Reduction Act. She was also able to hear presentations from Max Baucus (D-MT) Senate Finance Committee Chairman, Representative Jan Schakowsky (D-IL) and pundit Larry Sabato. She has not been on Capitol Hill since she was a Safety Patrol Officer in Elementary School, so walking up, down, and around Capitol Hill was very interesting and not so much fun if you had on high heel shoes "did not get the memo." Dr. Mizelle currently is on the National Council of Rehabilitation Educators conference program committee and the ARCA counselor of the year award committee. She is an avid listener of a variety of music and attended both the DC Jazz Festival and Rock the Bells concerts.

### Mark A. Stebnicki, Ph.D., CRC, LPC, CCM



Bonnie and Mark Stebnicki with Grammy Award winning singer, song writer, and musician, Shawn Colvin, in her dressing room after her performance in Raleigh, September 2008.

Dr. Stebnicki has had a busy year with three books released in 2008. His most recent is a co-edited book with Dr. Irmo Marini, of UTPA, and is titled *The Professional Counselor's Desk Reference* (Springer Publishing-NY) which is an 81chapter authoritative desk reference that offers chapters in all the core counseling areas as found in accredited counselor education and training programs. The book's Foreword is written by the very well-known author in counseling and psychology- Jerry Corey. Dr. Stebnicki released *Empathy Fatigue: Healing the Mind, Body, & Spirit of Professional Counselors* (Springer Publishing-NY) in May 2008. This is a professional text related to developing self-care practices and avoiding counselor burnout. It is on the favorite reading list of many individuals and organizations and is being sold in over 15 countries. Another single-author text *What is Adolescent Mental Health?: Helping Disconnected and at-Risk Youth to Become Whole* (Edwin Mellen Press-London/NY) was released January 2008.

Dr. Stebnicki was also the recipient of the College of Allied Health Sciences Dean's Award for Outstanding Performance in Service. He is involved in many professional service activities nationally, state-wide, regionally, and in the ECU community.