CSI Annual Service Project with Mary’s Place by the Sea

For its annual service project, the Monmouth University chapter of Chi Sigma Iota partnered with Mary’s Place by the Sea to host a series of skills training workshops for local volunteers. Mary’s Place by the Sea, based in Ocean Grove, is a respite home for women who are receiving treatment for cancer. Individual counseling, oncology massage, Reiki, and guided meditation are among services that are available to guests of Mary’s Place. The organization is also home to a vibrant community of volunteers, including women who have been affected personally by cancer through their own experiences or the experiences of loved ones.

Over fifty Mary’s Place volunteers gathered on campus for the workshops, which were led by Dr. Joanne Jodry of Monmouth’s Department of Professional Counseling. Members of CSI helped facilitate the trainings by leading ice breakers, meditations, small group discussions, and wellness activities. Participants had the opportunity to learn about techniques and theories that Monmouth’s counseling students encounter in the classroom. As fellow “helpers,” the volunteers were introduced to Carl Rogers’s conditions for healing, and were asked to reflect on their own motivations for donating their time. The workshops also showed volunteers how to reflect feelings, redirect negativity, validate guests, avoid giving advice, and embrace silence. Dr. Jodry delivered a powerful lesson on transference and countertransference, guiding participants as they examined their personal unconscious reactions to others. Furthermore, the volunteers learned how to manage their interactions with challenging personalities.

In addition to lectures and discussions, volunteers engaged in experiential exercises. Role playing allowed participants to immerse themselves in real-life scenarios. For one wellness activity, volunteers were asked to design river stones that represented volunteerism’s significance in their lives. In a separate exercise, volunteers used clay to create their own symbol for self-care. Lastly, at the close of each day, Maria McKeon, Vice President of Mary’s Place, led a yoga ceremony for participants. In regards to her experience with CSI’s workshops, Ms. McKeon commented, “I was so grateful for the wonderful opportunity to hit the pause button for our team last Friday. Too often, I have sat with our guests and wondered, What are they doing for their wellness? Instead of focusing on the disease and fighting it, realize the potential of healing because of the diagnosis. Dr. Jodry and her students helped us see ourselves differently and created a beautiful healing space for us to grow.”

(continued on page 2)
**CSI Annual Service Project Continued…**

The trainings brought enlightenment to CSI members and volunteers alike. CSI Vice President, Anne Smullen stated, “Facilitating the training for the Mary’s Place volunteers was a phenomenal experience. I felt honored to give back to those who spend their free time helping women with cancer. Overall, I was able to use the skills and information from our counseling program to impact others and help them to feel more confident and competent when working with guests at Mary’s Place.” Casey Smith, Treasurer, added, “It was so wonderful working with women who volunteer for such a caring organization like Mary’s Place. Being able to connect with the volunteers and help them become better at giving back to women with cancer was one of the most rewarding experiences. It was great being able to use what we learn in our program to create a ripple effect in the entire organization.”

While CSI recognizes academic achievement, it summons its members to actively serve in their communities. “Membership in CSI means participation in the advancement of our profession through scholarship and advocacy, for both the vocation and for those we serve,” stated Barbara Fulmer, CSI President. “On graduation day, as CSI members put on their honor cords, they will remember that the cords are not just representative of achieving a high GPA; they represent the commitment that they have made to serve others.”

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**CAC’s “From Our Own” Presentation Series**

In the summer of 2015, the Counseling Alumni Connection (CAC) launched its “From Our Own” series, a collection of presentations in which Professional Counseling graduates share their expertise with the Monmouth community. Co-founded by Matthew Tirrell ’13, Erica Lapid ’12, and Jennifer Trimarchi ’14, the CAC offers an inclusive and transparent forum in which alumni can network, bond, and receive peer consultation.

The concept of “From Our Own” was born from the desire to recognize the talents and gifts of our alumni. Not only does the series introduce students and alumni to specialty areas within our field, but it also promotes the professional development of the presenters. As of the spring 2016 semester, three alumni have offered their time and expertise as presenters: Sharon Murray ’13, Alisha De Lorenzo ’14, and Robin Zetkulic ’13. Each lecture welcomed students, alumni, and faculty, providing opportunities to explore a unique set of counseling niches.

The first presentation, led by Sharon Murray, familiarized attendees with adoption counseling. During her presentation, Ms. Murray explained the lack of available research on adoption counseling when she began her internship as a Monmouth student. Through an independent study, she uncovered a wealth of beneficial information for counselors who work with members of the adoption triad, which includes adoptees, birth parents, and adoptive parents. Since adoption matters are rarely covered in family counseling courses, students gained special insight into a crucial but overlooked subject.

(continued on page 3)
“From Our Own” Presentation Series Continued…

In July of 2015, Alisha De Lorenzo presented on conscious parenting. Through an engaging and accessible lecture, attendees learned best practices for parents to mindfully nurture and connect with their children. Alisha’s presentation imparted valuable wisdom for parents and practitioners alike, when they interact with children and teens within their personal and professional relationships.

Most recently in November 2015, Robin Zetkulic shared her knowledge on readjustment counseling for veterans and their families. Attendees were presented with topics such as active duty death, military sexual trauma, and PTSD, among other pertinent veteran issues. CAC executive board member, Matthew Tirrell, recalls Robin’s passion for counseling veterans as a student, and notes how exciting it is to see her vision become a reality.

As part of their commitment to professional development, the CAC showcases unique specialty areas to help broaden the perspectives of alumni and students. In addition to the presentations included in the “From Our Own” series, the CAC sponsored a lecture on Object Relations Theory, led by Karen Greenberg, LCSW. Also, the CAC is currently organizing their next “From Our Own” presentations, one scheduled for summer 2016 which is the second part of the Conscious Parenting workshop, and one for fall 2016 which plans to discuss Trauma-focused Cognitive Behavioral Therapy. Eventually, the CAC hopes to offer continuing education credits for their presentations and workshops.

New graduates are especially encouraged to attend the series and any other upcoming CAC events. Jennifer Trimarchi, who is a former Counseling Student Association president in addition to her contributions to the CAC, advises students and new alumni to maximize their opportunities to network in the field.

The idea of the CAC was conceived in 2013 by classmates Erica Lapid and Matthew Tirrell, who hoped to perpetuate the supportive environment of the Department of Professional Counseling even after graduation. Jennifer Trimarchi joined in this effort after graduating in May 2014. The proposed alumni association would allow graduates to stay connected to their cohorts, enhance their knowledge of the profession, and give back to the program. After months of planning, developing events, and preparing their mission statement, the CAC hosted their kick-off Meet and Greet in September 2014 at the Monmouth Park Corporate Center, where the department is located. Under the guidance of their advisor, Lisa Himelman, the CAC has developed a robust offering of programs in under two years. Professionals both new and seasoned are encouraged to take part in peer consultation provided through the CAC. Their annual Wellness Workshop, which is being planned for the fall, is also an excellent way for alumni to meet and expand their repertoire of self-care skills.

For more information on upcoming CAC events, please contact Lisa Himelman at lhimmelma@monmouth.edu or 732-923-4572.
Student Research Spotlight: Barbara Fulmer

Professional Counseling student, Barbara Fulmer, earned her first publication credit in Spring 2015. Barbara partnered with Dr. Alan Cavaiola and Dr. David Stout to study the effects of social support and attachment styles on the outcomes of opioid-dependent men and women in a methadone treatment program. Their findings emphasize the importance of the therapist-client relationship, as well as the benefits of early family involvement in the intervention process.

Barbara, Dr. Cavaiola, and Dr. Stout’s article, “The impact of social support and attachment style on quality of life and readiness to change in a sample of individuals receiving medication-assisted treatment for opioid dependence,” was published in April 2015 and can be found in Substance Abuse.

Barbara is a graduate of Monmouth University’s Department of Psychology. As an undergraduate, she worked in Dr. Gary Lewandowski’s relationship lab. This initial experience inspired her to expand her research pursuits beyond the Monmouth community. Barbara’s passion for drug and alcohol counseling led her to Dr. Cavaiola, and together, they began to develop their study.

In addition to her research endeavors, Barbara is the current president of both the Counseling Student Association and Chi Sigma Iota. For the Spring 2016 semester, she completed a practicum at Brookdale Community College’s counseling center. Her areas of interest within counseling include drug and alcohol, crisis, trauma, and psychodrama.

Student Spotlight: Jessica Robbins

Jessica Robbins, current Mental Health Counseling student, will be participating in the 2016 NAMI Walk at Seaside Park. NAMI, or the National Alliance on Mental Illness, is a leader in advocating for individuals and families affected by mental health concerns.

Through personal experiences, Jessica realized that many people lack sufficient understanding of mental health issues, particularly anxiety and depression. She decided to take action to help eliminate the existing stigma and discovered NAMIWalks. Through 80 walks throughout the country, NAMIWalks participants raise funds that benefit mental health trainings, support groups, and educational programs, among other services. Jessica and her team, “Mental Momentum,” have been actively fundraising in anticipation of the walk this May.

Jessica has worked at Carrier Clinic and High Focus, and was inspired to pursue her Masters studies at Monmouth after hearing great things about the program from her colleagues in the field. She plans to complete the Drug and Alcohol Counseling track within the M.S. program.
Faculty Spotlight: John Muldoon

The Department of Professional Counseling welcomed Dr. John Muldoon, Ph.D., in September 2015. Dr. Muldoon received his Master’s degree from the University of Central Florida, and he is a graduate of the University of South Carolina’s Counselor Education and Supervision doctoral program. He is licensed in PA, SC, and NJ and is a Certified Addiction Professional (FL).

Among Dr. Muldoon’s specialties are the treatment of addictions, group counseling, and domestic violence intervention. Dr. Muldoon’s field experience has spanned across various settings, including batterer intervention programs, schools, and most levels of substance addiction treatment. He has worked with both victims and perpetrators of domestic abuse, and his involvement has ranged from coordinating treatment (assessment, individual, group, diagnoses, and discharge) to training law enforcement personnel and religious leaders. Dr. Muldoon has also co-authored the Intimate Partner Violence chapter of Crisis Assessment, Intervention, and Prevention (Jackson-Cherry & Erford, 2016).

Dr. Muldoon currently teaches Group Counseling, Counseling Theories and Techniques, Treatment of Drug and Alcohol, and Internship—a course selection that truly engages his field expertise. When teaching group counseling, Dr. Muldoon draws inspiration from his Masters studies at UCF, striving to create a learning environment that is mostly experiential. Watching students transform from participants to active processors is particularly gratifying for him.

Outside of the classroom, Dr. Muldoon has demonstrated his dedication to student development by assisting with Monmouth University’s chapter of Chi Sigma Iota. Recently, he supported CSI by facilitating group discussions and activities at CSI’s annual service project, a volunteer skills training for Mary’s Place by the Sea, led by Dr. Joanne Jodry. When asked to describe his time at Monmouth so far, Dr. Muldoon expressed his appreciation for working with such a collaborative and collegial department. His advice to students about making the most of their graduate experience is to get involved in student events and organizations as well as to begin networking with professionals, particularly the NJ Counseling Association. He also stated, “Obtaining a Master’s degree in Counseling and the process of becoming a counselor is about learning counseling theories and skills as well as becoming personally introspective about one’s own strength and areas of improvement.” We are grateful to have him join the Professional Counseling family. Welcome Dr. Muldoon! Please drop in or send him a line in room 111 or at jomuldo@monmouth.edu.

Student Spotlight: Christine Hennigan

Christine Hennigan, a Mental Health Counseling student, was selected to receive the Urban Coast Institute’s Heidi Lynn Sculthorpe Summer Research Grant to support her research on "Coastal Identity in Counseling: Implications for Community Resilience" in summer 2016. Christine will be mentored on the project by department faculty member Dr. Laura Schmuldt.

In addition to this accomplishment, Christine has served as a graduate assistant to the department since the start of spring 2016. She interviewed department faculty, students, and alumni for this current issue of the newsletter and also wrote many of the articles for it. Thank you, Christine, for your hard work and dedication to the department!
Alumni Spotlight: Daniel G. Zebrowski & Laurel Mallon

Laurel Mallon ‘10 and Dan Zebrowski ‘09 first worked together for several years at a non-profit residential and partial care program in Elizabeth, NJ. Their experience in that level of care motivated them to pursue the LPC. While attending MU Dan worked as a Master’s level clinician for a non-profit Foster Care and Treatment Home program. Following licensure, Dan began seeing client’s in homes, schools and the community as an IIC therapist with Caring Family Community Service throughout Monmouth County as well as regions of Ocean and Middlesex County. While Laurel obtained her LPC she gained experience in partial hospitalization programs, intensive outpatient programs, and schools. After earning her LPC she worked at Jersey Shore University Medical Center in their partial hospitalization program and outpatient setting before attaining a job providing therapeutic services in the public school system.

While working with certain clients and families in the community, it became apparent to them that some challenges would be easier to address in a calmer, more therapeutic atmosphere. Families and providers were also inquiring about seeing clients privately which led to the start of their practice. Laurel and Dan are grateful for the experience and mentoring they received during their time at MU. The program greatly expanded their clinical skill set and prepared them to work with a wide range of challenges. They are excited to have the opportunity to help clients in need of outpatient counseling in and around the Bradley Beach area.

Counseling Student Association (CSA)

CSA Highlights:

-October 2015: Trunk or Treat Service Project
-December 2015: Redeem-Her Service Project
-January 2016: Dialectical Behavioral Therapy Training facilitated by department faculty member Dr. Laura Schmuldt
-February 2016: Sponsored field trip to see The Curious Incident of the Dog in the Night-Time on Broadway
-March 2016: Psychodrama & Positive Psychology Workshop hosted by Dr. Dan Tamasulo; ACA annual conference in Montreal, Canada
-April 2016: Speaking about the Unspeakable: Addressing Female-perpetrated Sexual Abuse, a full-day workshop conducted by Dr. Christine Hatchard

Congratulations to the 2016-2017 CSA eBoard!
President: Barbara Fulmer
Vice President: Christine Hennigan
Secretary: Bruce MacBeth
Treasurer: Martin Gavin
Chi Sigma Iota Honor Society (CSI)

CSI Highlights:
-March 2016: Mary’s Place by the Sea Service Project
-April 2016: CSI Induction Ceremony

Counseling Alumni Connection (CAC)

CAC Highlights:
-“From Our Own” Presentation Series (multiple dates)
-November 21st: CAC hosted its second annual Wellness Workshop at Samuel Hays Magill Commons.
-March 1st: CAC helped coordinate Music & Madness, a journey through bipolar disorder in music and stories, held in Wilson Hall Auditorium. The performance was done by Mental Health Counseling student Rob Chaseman.

Upcoming CAC Events:
-“From Our Own” Presentation Series: “Conscious Parenting” (part II) by Alisha De Lorenzo, Thursday, July 21st, 7pm, Monmouth Park Corporate Center, Building C, Room 146 (185 Route 36, West Long Branch, NJ 07764). Please RSVP to Lisa Himelman at 732-923-4572 or lhimmelma@monmouth.edu by Monday, July 18th.
Chair’s Corner
Dr. Stephanie Hall

The 2015-2016 academic year has been a busy and successful one for our department. We changed our name to the Department of Professional Counseling to represent the academic and clinical training that students receive. We implemented a rigorous new admissions process that includes group interviews for applicants to our programs. We also completed and submitted a self-study to CACREP for reaccreditation and have a site visit scheduled for May 29-June 1, 2016. We introduced new elective coursework in music therapy and psychodrama. Three faculty members, ten students and many MU alumni attended the ACA conference in Montreal. Our biggest success was the hiring of three new tenure track faculty members who will begin teaching in the fall: Dr. Jessica Burkholder, Dr. Megan Delaney and Dr. Sarah Springer.

Dr. Burkholder holds a doctorate from Kent State University. Her research interests include international students, applied ethics, multicultural issues, and counselor supervision. Dr. Delaney holds a doctorate from Montclair State University. Her research interests include women, families, work-life balance and the ways in which the natural world influences mental health, especially with children. Dr. Springer holds a doctorate from Montclair State University. Her research and teaching interests include eating issues and body image in children, ethics and confidentiality in counseling, counseling in school settings and group work. We are thrilled to have these three talented professors join us and look forward to the upcoming year.

Congratulations January 2016 Graduates!

Andrea Buelo
Ashley Capicotto
Alexandra Castellano
Adia Cole
Musa Cornelius
Alexis Cuneo
Jessica Davidson
Sheri Dilone
Danielle Gallo

Melissa Garaffa
Michael Garra
Ashley Geiser
Jaime Giannakis
Lacey Holovacko
Lauren Jacobino
David Isaacson
Jennifer Keogh
Justine Kosmowski

Brielle Kotowski
Kaitlin Lechner
Linda Lotano
Amanda McKeel
Randy Orlowsky
Mariasela Prieto
Poonam Shah
Bethany Sheridan
Jennifer Sinacore

Congratulations May 2016 Graduates!

Alanoud Almutairi
Anna Appleman
Melissa Aviles
Lauren Book
Alexander Cantwell
Matthew Checinski
Kristina Chocolate
Lauren Clark
Angelina Colon
Nicole DeSantis
Margaret Dowe

Theresa Fildere
Abigail Fouratt
Robert Guiliano
Tiffany Kee
Brendan Kirchner
Kristin Klack
Camille Limongelli
Pamela Marks
Stefanie Mastbeth
Kathleen Masterson
Elizabeth Mottola

Nicole Musto
Ashleigh Natter
Mariasela Prieto
Stephanie Romanski
Raphael Fredric Samson
Jaclyn Savino
Christopher Schneider
Kimberly Talbot
Kathryn Trimble
Faith Ulsh
Alessandra Ventura