

The Chairperson's Message

I hope each of you have had a progressive and dynamic academic year. Some of you will complete your program of study and graduate in the Spring or Summer. I extend my congratulations and good luck in your future endeavors.

Currently, some of you are concerned about the extreme budget cuts by the State Legislature and how this will impact your proposed graduation date. The College of Education has been working diligently to provide as many courses as possible within the administrative guidelines and budget constraints. The faculty and I will review course offerings and work to maintain classes as needed to complete your graduation as anticipated.

There are many exciting accomplishments in this edition of the department newsletter. Hopefully, they will inspire you to continue to forge ahead and meet your professional goals. ●

Go Owls!

Irene H. Johnson,

Department Chair/ Professor

Dr. Peluso is awarded FAU Scholar of the Year!

Congratulations to Dr. Paul Peluso for receiving the Florida Atlantic University Scholar of the Year Award! Dr. Peluso, along with his colleagues Dr. Larry Liebovitch and Dr. John Gottman, and student researchers, are currently in the third phase of a research project titled: *A Mathematical Model of the Therapeutic Relationship*. The Mathematical Model of Therapeutic Relationship is based on Gottman's work with couples, using a dynamical systems approach to model the emotional exchanges between the therapist and client in the therapeutic relationship. This is important because the therapeutic relationship is consistently shown to be one of the most crucial factors in the success of any counseling endeavor. Dr. Peluso and his colleagues have published two articles on these theoretical models. In the second phase, the researchers utilized Gottman's methods of video-recording students simulating a therapy session and using his SPAFF Affective Codes on a moment-by-moment basis to show the development of the therapeutic relationship. In the third phase, researchers are testing the equipment and providing "proof of concept" for the modeling and actual therapy sessions are being recorded at the FAU Counseling and Psychology Services Center on the Boca Raton campus. With the consent and cooperation of both clients and therapists sessions one and four are being recorded at the center. In the fourth phase of the research, Dr. Peluso and his team will code the data and draw conclusions of what constitutes effective and ineffective therapeutic relationships. This is a singular and exciting project that (based on the teams knowledge) is not being conducted anywhere else.

Dr. Peluso is an associate professor of Mental Health Counseling and actively involved with the doctoral program. He is the co-author of *Couples Therapy: Integrating Theory, Research, & Practice* (Love Publishing) and *Principles of Counseling and Psychotherapy: Learning the Essential Domains and Nonlinear Thinking of Master Practitioners* (Routledge), as well as the editor of the book *Infidelity: A Practitioner's Guide to Working with Couples in Crisis* (Routledge). Dr. Peluso is the author of over 25 articles and chapters related to family therapy, couples counseling, and Adlerian Theory. Congratulations again on this well deserved honor! ●

FAU Department of Counselor Education Awarded Institute of Education Sciences Grant

By Linda Webb

Drs. Webb, Brigman, and Villares, in the Department of Counselor Education at Florida Atlantic University were recently awarded an Institute of Education Science (IES) grant for a project: *A Randomized Controlled Trial of Student Success Skills: A Program to Improve Academic Achievement for All Students*. The total grant award is \$2.7 million for the four-year project that is being fully funded by IES, a branch of the U.S. Department of Education. Researchers at the University of Massachusetts, Amherst will partner with FAU. The School District of Palm Beach County (SDPBC) and the Duval County Public Schools (DCPS) have committed to be the school-based researcher partners for this project. Michael Kane is the project coordinator for the SDPBC.

IES is the research arm of the U.S. Department of Education. Its mission is to provide rigorous and relevant evidence on which to ground education practice and policy and to share this information broadly. IES has helped raise the bar for all education research and evaluation by conducting peer-reviewed scientific studies, demanding high standards, and supporting and training researchers across the country. IES funds top educational researchers nationwide to conduct studies that seek answers on “what works for students” from preschools to postsecondary. Since its creation by the Education Sciences Reform Act of 2002, IES has transformed the quality and rigor of education research within the Department of Education and increased the demand for scientifically based evidence of effectiveness in the education field as a whole.

Faculty in the Department of Counselor Education at FAU are dedicated to training school counselors to implement evidence-based programs as part of a developmental comprehensive school counseling program to improve educational opportunities for all students. In working towards this goal, faculty at FAU have developed the Student Success Skills (SSS) K - 12 program. The SSS program is designed to teach students fundamental learning, social, and self-management skills to improve student achievement and behavior outcomes. SSS is based on a strong body of theoretical and empirical research and uses developmentally appropriate student lessons, activities, and teaching strategies. The program has been widely used in elementary, middle, and high schools across the country for the past seven years. The SSS program developers have to date trained approximately 9,000 school counselors and teachers in fifteen states. In addition, international school counselors working in American Schools in approximately 13 Central and South America countries have received SSS program training.

The current IES grant award will provide funding to rigorously evaluate the SSS classroom intervention when facilitated by school counselors. Of interest is the impact of SSS on the level to which students are cognitively engaged in daily classroom activities and their use of skills and strategies that have been associated with students who are academically and socially successful. Researchers will evaluate outcomes related to standardized test scores (FCAT), grades, and school attendance. The evaluation of the programs to improve academic and social outcomes for students is central to the mission of IES to determine which interventions are most effective and confirm best practices in the field of education. ●

Wanted: Data Collectors for FAU Institute of Education Sciences Grant

By Linda Webb

Six data collectors will be hired for the Institute of Education Sciences (IES) grant for the project: *A Randomized Controlled Trial of Student Success Skills: A Program to Improve Academic Achievement for All Students.*



Data collectors will need to commit to a total of 19 days during the 2012-2013 school year. These will each be full days (8:00 am - 4:00 pm). One day will be devoted to training for the data collection process. The remaining days will be devoted to data collection - six days in September, six days in December, and six days in April. Data collectors will be paid \$3,800 for the 19 days. Researchers are hiring data collectors who can commit to all 19 days and will be enrolled as an FAU student during the 2012 - 2013 school year. FAU students can read more about the job requirements and express their interest to the researchers by visiting -

http://kwiksurveys.com?s=LCMOMK_606aaa60

Questions can be directed to Linda Webb (lwebb@fau.edu) We think this is an exciting opportunity for students to become involved in research that supports a school counselor intervention related to academic outcomes. ●

Recently Defended Dissertations

Spring 2012

FAMILY RESILIENCY, FAMILY NEEDS AND COMMUNITY RE-INTEGRATION IN PERSONS WITH BRAIN INJURY

By Julianne Agonis

Dissertation Chair - Dr. Michael Frain

Committee Members - Drs. E.Villares and C. Dukes

THE RELATIONSHIP BETWEEN WELLNESS AND BURNOUT AMONG NOVICE COUNSELORS

By Jennifer Bilot

Dissertation Chair - Dr. Paul Peluso

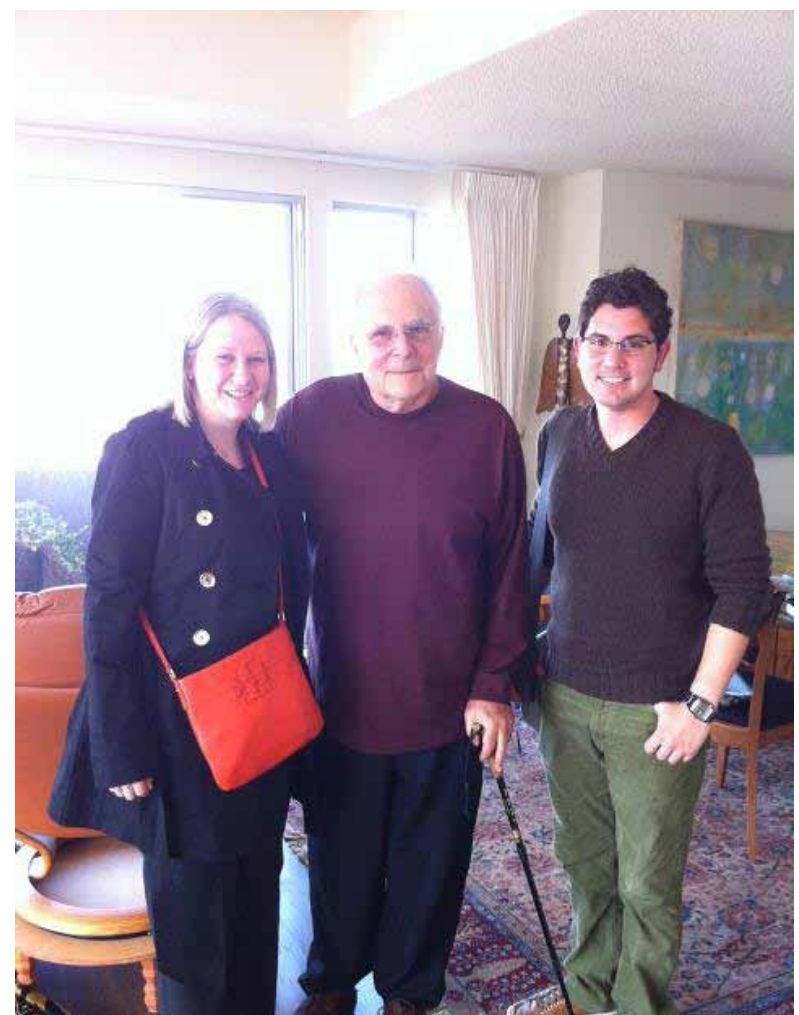
Committee Members - Drs. Frain and Morris

Dr. Peluso and Students Meet with a Legend by Paul Peluso

On Thursday, March 22, 2012, while out in San Francisco for the American Counseling Association Conference, Dr. Paul Peluso and two Counselor Education students had a special meeting. By invitation, Dr. Peluso, doctoral student Ashley Leudke, and masters student Rob Freund met with legendary psychologist and researcher, Dr. Paul Ekman. Dr. Ekman was named one of the top 100 psychologist of the 20th century by the American Psychological Association, and is best known for his studies on emotion, and providing a crucial element in the displays of emotions on the face. Prior to his work, many scientists (championed by anthropologist Margaret Mead) believed that people from different cultures displayed emotions differently. The other side of the argument was that, due to common musculature in the face, all humans would display emotions that same, regardless of cultural background.

In the late 1960s, Dr. Ekman went to remote tribes, that had virtually no contact with Western culture, and performed a series of experiments to photograph and film villagers reactions to certain prompts (e.g. “Imagine you came across a dead pig that was rotting on the road” villager shows disgust). His results definitively proved that human beings universally display the seven basic emotions. From there, Dr. Ekman set out to classify the actions of the muscles of the face and how they combine to display emotions. This resulted in the Facial Action Coding System (FACS), which allowed Dr. Ekman and other researchers to be able to accurately map out and code for emotions in the faces of individuals. Dr. Ekman also used the FACS to detect micro expressions (brief “flashes” of emotions that a person may be trying to conceal). This discovery led to his work in detecting deception and ultimately to be the model for the Fox TV drama series *Lie to Me* where he served as scientific advisor.

Dr. Ekman met with Dr. Peluso and his students to discuss their research using the Specific Affect Coding Scheme (SPAFF), developed by Dr. John Gottman, who consulted with Dr. Ekman and drew from the FACS. Dr. Peluso’s current research agenda is using the SPAFF to code the emotional displays in the therapeutic relationship, and then use a dynamical systems approach to model the relationship in order to predict the quality and outcome of therapy. Dr. Ekman revealed to Dr. Peluso and students that he began his studies of emotion in order to study some of the dynamics of psychotherapy, but that his research took him in other directions. Throughout the course of the meeting, Dr. Ekman offered some assistance and guidance for their research, as well as expressed an interest in following their results. He invited them to keep him up to date on their findings, for Dr. Peluso and his students, it was a memorable and exciting event, with the possibility for additional contact and guidance from a legendary author, psychologist, and researcher. ●



Refreshed, Rejuvenated, and Renewed: My ACA Experience



By Hovi Shroff

San Francisco, the city by the Bay, what's not to like? Then throw in meeting some amazing "greats" in the field of psychology and counseling, catching up with old friends and mentors, networking with professionals and forging some exciting new inroads, makes for a perfect recipe for the state of "Om" for the mind, body, and soul!

Attending the American Counseling Association's Annual Conference in San Francisco from March 21 - 25 was an exhilarating experience. Upon arriving at the hotel in San Francisco, I recalled the feelings I had attending my very first conference as an undergraduate student. The feeling was that of excitement and awe that engulfed me completely. Thankfully, I still felt that same adrenaline rush and was looking forward to what lay ahead for the next few days. After registration and collecting our conference "loot" (our name tag, a bag and program brochure), I proceeded in reading the brochure from cover to cover, turning the pages feverishly while checking off the sessions I wanted to attend.

Day one, started off bright and early. Attending a full-day workshop hosted by Dr. Gerald Corey and Dr. Jamie Bludworth would have to be listed as one of my personal favorites and a check off my own bucket list. Dr. Corey explained *Counseling Theories in Practice* in his inimitable laid back style, with a sprinkle of humor and many laughs. Explaining the concept of theoretical orientation using the Case of Stan (Dr. Jamie) as his client, counseling theories came alive through the course of role plays, open-ended questions asked, and collaborative discussions. The day flew by and ended on a high note with meeting Dr. Corey and getting a photograph with him. The following day was one that I had been looking forward to for a long while. Having studied and read Dr. Irvin Yalom's writings all through my undergraduate and graduate years it was indeed a thrill to finally be in the presence of one of the "greats" in psychology. Dr. Yalom was everything I had envisioned him to be: he epitomized humility, he was gentle, he was empathic and he was real! In my opinion ACA could not have picked a more appropriate keynote speaker. He provided knowledge, experience, and insight and more importantly instilled home in newbies in the field such as myself. The rest of the day progressed with attending break-out sessions in areas of interests to me such as the DSM Task Force, the CACREP accreditation process, and a session on iCare for Action Research presented by Drs. Villares, Webb, and Brigman.

If someone were to ask me what attending the conference meant to me, my reply would be three words: Refreshed, Rejuvenated, and Renewed! Attending the conference was refreshing in that I can come with new ideas for my professional and personal lives. I certainly felt rejuvenated in that I got validation just listening to some of the noteworthy speakers at the conference. My sense of renewal came from the re-commitment of my professional and personal goals and direction in life. Having attended the conference solidified, validated, and renewed my belief in myself and in the path I have chosen. To paraphrase what Drs. Corey, Yalom, and Kottler spoke throughout the conference: *A good counselor finds meaning and purpose in what they do and has the ability to stay focused, humble, flexible, and patient.* Isn't that what we all are striving to be - I know I am! ●





BETA RHO CHI

A Chapter of Chi Sigma Iota

Counseling Academic & Professional Honor Society International

Message from the Beta Rho Chi Chapter President

Dear Beta Rho Chi family:

Hope all is well with you. First of all, I would like to take this opportunity to thank you again for electing me to serve as the president of our CSI chapter. Hope everyone had a great semester, I know I did. I was thrilled to see many of our members during our first meeting of the Spring semester. The professional panel was a great success and I sincerely thank all the faculty members who joined us that day. I want to express my gratitude to the leadership of the Executive Committee, as well as our Committee Chairpersons, students, and members who helped in the making of past and future events. We had a great workshop by Dr. Reamer about “Presenting Scholarly Work” and we are scheduled to run a workshop by Dr. Nicoll and Dr. Gerard in the near future. Please invite your classmates and colleagues to join us. More details are available on our website or can be emailed at your request.

Our chapter will be celebrating our first anniversary since being re-activated and continues to increase our membership numbers. In this coming year, we will continue to open arms to welcome the next generation of new student leaders into our CSI family. For the first time, invitations were sent electronically to all prospective members who met the eligibility requirements. If you received this invitation I want to congratulate you! We want to make sure that this chapter continues to grow and succeed after the current Executive Board members graduate and we need your help in doing so! The Beta Rho Chi Officer Elections are just around the corner and we would love to have new students join the leadership team.

In order to remain an active chapter, members should make every effort to attend as many meetings as possible. Meetings are scheduled throughout the year and topics include current issues and research interests in the counseling profession. In addition to professional development we are hoping to add some fun social events to our calendar. I would love to get your feedback on topics and events you would like to attend so please reach out and share your thoughts with me - my “door” is always open.

A group of us attended the American Counseling Association Annual Conference in March and were inspired by the experience. We met some of the great leaders in the field and were encouraged by their wisdom, experience, and insights. It was an amazing journey that I highly recommend you attend in the future. The CSI day at ACA was also a wonderful experience that allowed me to network and learn more about our unique honor society.

In closing, I am extremely proud of our member’s outstanding achievements and am looking forward to seeing continuous growth and success in the chapter. We will regularly seek out new opportunities in our community to extend our network and to connect members with professional worldwide who share our common interests. I hope you will join me on this exciting journey. ●

Luna Medina
Beta Rho Chi President



Beta Rho Chi Member Perspectives



A Call For Officers

By Patricia Diaz, Secretary

Ever since it was resurrected, the Beta Rho Chi chapter of Chi Sigma Iota has been flourishing. This has occurred as a result of student interest and involvement, as well as faculty support. Because of the efforts of its members and supporters, the organization has become a reflection of a student body, which is committed to professional development and promoting unity among counselors-in-training. In short, Beta Rho Chi has grown big; it has grown well; and it has also grown fast.

The Department of Counselor Education now has an active honor society to offer to its students; and these students are benefitting tremendously. They are happy to be a part of Beta Rho Chi because it is an organization which has much to offer to its members. Fortunately for members, a strong sense of belonging in the profession and fantastic opportunities to learn more about the field of counseling are only some of these benefits. For this reason, it is crucial that Beta Rho Chi remains an active organization so that incoming counseling students can be afforded the same wonderful opportunities and experiences that we have been afforded to us as current members.

In order to achieve the goal of ensuring that Beta Rho Chi is able to continue to be available to students it is essential that new officers be installed. The current officers will eventually graduate, and Beta Rho Chi must have active officers in order to continue on. It is time for a call for new officers, so that the current ones can graduate from the program with confidence that Beta Rho Chi will continue to remain active under new leadership and the knowledge that Beta Rho Chi is an organization that will continue to thrive.

The advantages of serving in an officer position, like the advantages of being a member, are tremendous. Members serving in officer positions have a unique opportunity to exercise skills in leadership and truly make the most out of their club experience. The opportunity to list that one has served in such a role will also be a very helpful addition to the resume of beginning counselors. Your service in an officer position will let employers in the field know that you are not only dedicated to the betterment of our chosen profession, but also a reliable individual who has had the opportunity to serve as a leader in a chapter of an international honors organization. The officer positions which are currently available are as follows: President, President-Elect, Treasurer, Treasurer-Elect, and Secretary. Parties interested in pursuing officer positions (or who are interested in nominating a classmate) should indicate this interest to our chapter president, Luna Medina, at lmedina6@fau.edu. For more information on the duties required in each officer role, please refer to the CSI website: <http://www.csi-net.org/> ●

CSI Beta Rho Chi: An Educational and Enjoyable Experience

By Jessica Asam, CSI member, Mental Health and Rehabilitation Counseling Student

When I was initially invited to be a part of the Chi Sigma Iota Honor Society, I was excited to join. After many years in college, I understand the importance of building my academic CV, which joining CSI would help me do. Consequently, I quickly accepted the offer and attended my first meeting shortly thereafter. I was prepared for an academic meeting with straight-forward topics regarding the honor society. Within five minutes of the first meeting, I realized how wrong my expectations were. I was surrounded by my fellow students, some new to the program and others whom were preparing to graduate. The topics were indeed related to the Beta Rho Chi and the chapter purpose. However, many other topics arose as well, such as what to expect from specific classes, possible practicum sites, personal experiences within the program and even what good movies others had seen lately. This was all in addition to being offered unexpected pizza! I was grateful that I was part of this close-knit group of people as a result of accepting my CSI invitation. With each passing meeting, I learn more from the presenters and from other students' experiences and we always have fun sharing our own understanding with one another. Initially, I was wary about taking on added responsibility to my already hectic schedule of work and school. Unlike my original thought, the demands of the chapter are not taking too much of my time, and I am able to be an active member of two great committees - FAU and CSI. Nonetheless, my experiences with CSI for the past year have been nothing short of educational and enjoyable. ●

Beta Rho Chi, Chapter Newsletter Editor's Notes

By Layven Reguero

I might have a biased perspective, but what an amazing semester this has been! This is truly a unique time to be a graduate student at Florida Atlantic University and a member of Chi Sigma Iota's Beta Rho Chi. I am thankful for the many opportunities that our faculty and student leaders have created; opportunities whose aim is to aid us along in the development of a professional identity.



This academically focused developmental process can be extraordinarily trying at times, as we are asked to flex against the limitations of our comfort zones. This semester I was blessed with the opportunity to serve as the Department of Counselor Education's Graduate Assistant. In this capacity, as well as in the roles of classmate and friend, I am exposed to many of the challenges and achievements related to life as a student. I can say with complete impartiality that members of Beta Rho Chi are doing great things. Ask around, talk to students, and get involved.

I feel compelled to share that three students are presenting posters at the 12th Annual National Rehabilitation Educators Conference this Spring in San Francisco, California. Pablo Gonzalez, Kelly Sakala, and I are the first students to represent Florida Atlantic University's Rehabilitation Counseling track at a national conference. Special thanks to Dr. Frain for his support!



On Sunday, February 26, the FAU team from the Office for Students with Disabilities participated in the 2nd annual emb(race) organized by Stand Among Friends, a not for profit dedicated to promoting opportunities for people with disabilities to live a life without limits and experience the highest degree of independence and success in their communities, according to the OSD Newsletter. The event featured a 5K & 10K walk/run and one-mile family walk.

So whatever your interest is, academics or athletics, there are ways to get involved. As Luna and Patricia mentioned, our distinguished faculty are dedicated to our development and are a great resource for advising in this manner. I am optimistically anticipating the future, while presently enjoying being a member of Florida Atlantic University and Beta Rho Chi. Thank you to everyone who currently contributes and all who consider getting more involved. A special thanks to Dr. Villares for her instrumental support in getting this newsletter published! ●

Beta Rho Chi - Contact Information

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Department Announcements

WHEN SHOULD YOU APPLY?

DEGREE PROGRAM	APPLICATION DEADLINE	CANDIDATE INTERVIEWS	NOTIFICATION BEGINS
M.Ed. & Ed.S.	September 15 - For Spring Applicants	Second week in October	November 1
	March 1 - For Fall Applicants	First week in April	April 5
Ph.D.	January - For Fall Admission Only	February 15	March 1

Only completed applications will be considered. A completed application consists of the FAU Graduate School application, official undergraduate and graduate transcripts, GRE scores (taken within the past five years), a personal goal statement, resume and/or essay including volunteer experience related to counseling, and three letters of reference of a professional native, e.g. former professors, employers, colleagues who have direct insight on your academic abilities and professional goals. Visit <http://www.fau.edu/graduate/apply.php> to get started. ●

Congratulations to our Spring 2012 Graduates!

Ph.D. in Counseling

Julianne Agonis

M.Ed. in Mental Health Counseling

Gretchen Simpeno, Michael Coard, Kristen Agnello, Deodath Mathai, Kelly Price, & Natasha Watkinson

M.Ed. in Rehabilitation Counseling

Elroy Leonard

Rehab & Mental Health Counseling

Shannon Tanguary & Amy Palamara

Ed.S. In Mental Health

Arielle Handler & Dianne Palermo

Ed.S. in School Counseling

Lisa Hutchins, Kristen Clover, & Lourdes Millares

M.Ed. in School Counseling

Melissa Hamblin, Krystle Maycock, Elizabeth Duprey, Blair Latraverse, Diana-Kay McDonald, Sara Firestone, David Rodriguez & Deanna Schneider

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The FAU Department of Counselor Education publishes this electronic newsletter. The newsletter is designed to provide information on our degree programs, student and faculty accomplishments, along with scholarship, teaching, and service opportunities.

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Designed and Edited by Dr. Elizabeth Villares
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COLLEGE OF EDUCATION
Florida Atlantic University