



# The Human Experience

MESSAGE FROM THE CHAIR : DR. JANNA SCARBOROUGH

## THANKFUL

Welcome to the first edition of the *Department of Counseling and Human Services* newsletter. This is the beginning of our third year as a department, and we are excited to share news and opportunities with our students, alumni, university colleagues, and community partners. Because the Department of Human Development and Learning divided into two separate departments in 2012, we are relatively new but our undergraduate and graduate programs in counseling, human services, service-learning, family studies, and human development and learning have a rich and successful history! As I thought about this column, the feelings and thoughts that continued to rise within me were about being thankful.

I am thankful for our students. We are fortunate to have strong undergraduate and graduate students and appreciate their flexibility in dealing with changes in schedules, plans, etc. Our undergraduate majors in Human Services as well as minors in Family Studies and Human Development and Learning have grown and we welcome you. I am thankful for our alumni — our graduates obtain jobs or go on to graduate programs! We find our alumni in just about every school district and community agency in the region.

I am thankful for our university and community partners—we could not effectively educate our students without your support. Our undergraduate and graduate degrees require field experiences in schools and community agencies. Our Service-Learning office coordinates service placements for numerous students campus-wide and, through a partnership with area schools and agencies, the America Reads program places undergraduates with elementary students to aid their literacy development. Our students are also found in departments across campus as student workers, tuition scholars, and graduate assistants.

I am thankful for the truly talented and committed faculty members within CSHS. Although they are outstanding in their teaching, scholarship, and service work, it is the day-in, day-out work of advising and supporting students, assisting alumni, coordinating with community partners, and responding to countless department and university requests wherein faculty members truly show their hearts and commitment—and I am thankful for them. I am also thankful we were able to add Dr. Bill Garris to our Human Services faculty team! Welcome, Dr. Garris. We look forward to adding two new faculty members in 2015-1016 as searches will begin soon.

I am thankful for the CSHS administrative staff and cadre of student workers, tuition scholars, and graduate assistants that help us—often behind the scenes. A special thanks to Trish Lowe, Executive Aide, and our new Secretary, Aminda Miles, who keep things running smoothly.

We look forward to featuring our students, alumni, university and community partners, and faculty in our newsletters and on our website in the future.

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“When you express thankfulness, even the almost empty tank of petrol will go the extramile; it changes challenges into opportunities, mistakes into experiences, disappointments into celebrations, doubt into faith.”



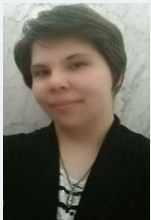
## MEET DR. BILL GARRIS, THE NEW ASSISTANT PROFESSOR IN HUMAN SERVICES

Dr. Bill Garris earned his Ph.D. in Human Development and Family Studies (Marriage and Family Therapy) from Iowa State University in 2002 after earning his master of arts in marriage and family therapy in 1992 and practicing for several years. Previously he taught at Tusculum College where he was also involved in an administrative initiative directing their Quality Enhancement Plan. Although those former

administrative responsibilities made it difficult to do research in the past few years, he is interested in examining the role of parent mobile device use (tablets, phones) on child development. Outside of the classroom, Dr. Garris enjoys getting worked up over political and civic issues, music, Ultimate Frisbee, and time with his wife, though not necessarily in that order.

*Did you know: ETSU is the only public university in the state of Tennessee to offer the Bachelor's degree in Human Services? We offer residential, cohort, and online degree options.*

### MEET AMINDA MILES, THE NEW DEPARTMENT SECRETARY



A 2011 alumnus of ETSU, Ms. Miles joined the Department of Counsel-

ing and Human Services in April 2014. She is excited to be a part of the CSHS department. Currently, Ms. Miles leads the development of this newsletter. If you have questions or submission ideas, you may email her at [milesaf@etsu.edu](mailto:milesaf@etsu.edu).

## HUMAN SERVICES PROGRAM SEEKS ACCREDITATION FROM THE COUNCIL FOR STANDARDS IN HUMAN SERVICES EDUCATION

The 2014/2015 academic years is designated as the year of record in the East Tennessee State University's Human Services program's pursuit of accreditation from the Council for Standards in Human Services Education (CSHSE). CSHSE is nationally recognized by the Council for Higher Education Accreditation (CHEA). The faculty is dedicating time and effort to writing the self-study this fall and spring in anticipation of a site visit from CSHSE reviewers in the Fall of 2015.



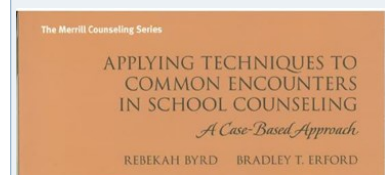


## HUMAN SERVICES PROFESSORS TO PRESENT RESEARCH ON JUVENILE JUDGES AT NATIONAL CONFERENCE

Dr. Mary R. Langenbrunner and Dr. Jamie Branam Kridler coordinate court clinics in East Tennessee. The clinics offer assistance to juvenile courts and judges as well as other services. Dr. Langenbrunner coordinates the First Judicial District Court Clinic and Dr. Kridler coordinates the Fourth Judicial District Court Clinic. The clinics are funded in part by the Tennessee Administrative Offices of the Courts. The work in recent years has focused on working in juvenile court with sessions/juvenile court judges. Langenbrunner and Kridler conducted a preliminary study on issues faced by the judges. The research, “Challenges Identified by Juvenile Judges: Adjudication of Parenting Issues,” will be presented at the National Council on Family Relations conference : Families at the Nexus of Global Change Nov. 18-22.

## DR. REBEKAH BYRD PUBLISHES EDITED BOOK.

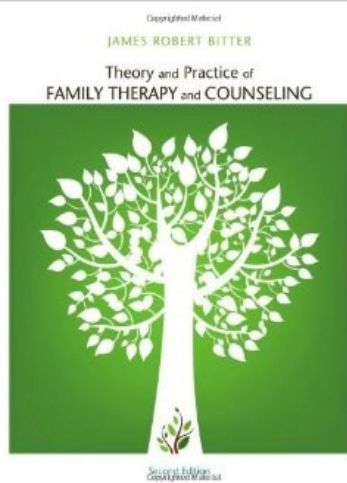
*Applying Techniques to Common Encounters in School Counseling: A Case-Based Approach* helps counselors in training bridge the gap between theory and practice by showing them how to theoretically frame or understand the problems and issues they encounter, how to proceed, and what action steps to take when they enter the field as school counselors. It answers the questions new counselors have in real school settings, such as: What is it really like to live the life of a professional school counselor? How does the theory presented in the classroom apply to the myriad of situations encountered in the real life, everyday school setting? Case studies and scenarios give readers examples of many commonly encountered presenting issues. For each scenario the case is introduced, background information is supplied, and initial processing questions are posed. The authors include a discussion of the theoretical models or frameworks used to address the issue, along with a table segmented by theoretical paradigm and grade level that includes other techniques that could be used in the presenting case. With these tools at their disposal, readers gain a firm understanding of the issues from several frames of reference, along with interventions meant to create movement toward a successful resolution.





DR. JIM BITTER  
PUBLISHES 2ND  
EDITION OF THEORY  
AND PRACTICE OF  
FAMILY THERAPY AND  
COUNSELING

A model for successful integration of multiple points of view, James R. Bitter's Theory and Practice of Family Therapy and Counseling, 2nd Edition supports the development of personal, professional, and ethical family practice. The book's concrete, empirically based approaches, as well as diagnostics and visual tools, allow readers to observe others in groups. Updated to reflect recent research and current practice, the Second Edition also includes a new chapter on Object Relations Family Therapy. Case studies, sample dialogues, and exercises help readers apply the concepts they have learned.



## STUDENT ORGANIZATIONS

The Human Services Student Organization (HSSO) is a platform to collaborate and accomplish goals and activities related to Human Services. HSSO provides a forum for communication and activities for students and faculty while providing a base for student projects and fundraising. HSSO accomplishes these tasks through regularly scheduled meetings to encourage communication and formation of acquaintances between people who share the same career path. In addition, HSSO provides networking between students to connect as they move through the program and explore potential careers within the field of Human Services. Check out our organization at [www.etsu.edu/coe/chs/humanservices/organization.aspx](http://www.etsu.edu/coe/chs/humanservices/organization.aspx) or search for Human Services Student Organization (HSSO) on Facebook.

Chi Sigma Iota—The mission of Chi Sigma Iota, the international honor society for professional counselors, counselor educators, and students is to promote scholarship, research, professionalism, leadership and excellence in counseling, and to recognize high attainment in the pursuit of academic and clinical excellence in the profession of counseling. We invite eligible students each semester to join the society. There are many opportunities to become an active participant and/or leader. For more information about Chi Sigma Iota please visit [www.etsu.edu/coe/chs/counseling/chisigma.aspx](http://www.etsu.edu/coe/chs/counseling/chisigma.aspx) and [www.csi-net.org](http://www.csi-net.org).

## POVERTY SIMULATION

Have you ever thought about poverty? Did you know that many of the middle class are only a few paychecks away from poverty, eviction, hunger, or worse? Would you have any idea how to survive if you were in that situation? Do you know how to help those who are?

Last year, Ms. Linda Bearfield of Teaching and Learning and Dr. Joyce Duncan of Counseling and Human Services purchased a Poverty Simulation activity through an internal instructional development grant. This is not a game; it is a real world experience wherein participants play the role of either a person in poverty or a person that supplies services to the impoverished.

Two events were held last year, one in fall and one in spring. Each simulation exposed over 100 students and multiple faculty and staff members to the reality of poverty. The events were overwhelming successful in creating an impact among those participating, and in building awareness of the plight of the underserved. We hope to continue the activity at least once each semester with our next venture scheduled for November 8 from 8 a.m.-12 p.m. in the CPA Multipurpose Room. Want to participate? Contact Dr. Joyce Duncan and [duncanj@etsu.edu](mailto:duncanj@etsu.edu).

## ETSU COMMUNITY COUNSELING CENTER OFFERS FREE COUNSELING SERVICES

There are two counseling clinics available on ETSU's main campus in Johnson City.

The Counseling Center, located on the 3rd floor of the D.P. Culp University Center, provides services to all currently enrolled students. New clients can make appointments by stopping by the Counseling Center during their walk-in hours on Mon-Thurs from 10-11:30 and 2-2:30. For questions or existing clients, the Counseling Center can be reached at 423-439-4841 or at [www.etsu.edu/students/counseling/](http://www.etsu.edu/students/counseling/)

The ETSU Community Counseling Clinic, operated by the ETSU Counseling Program located in 327 Warf-Pickel Hall, offers free counseling services to ETSU students and members of the community. Individual counseling for adults, adolescents, and children is available, as well as couples counseling and family therapy is provided by the counselors-in-training. Appointments can be made by calling 423-439-7679 and leaving a message. You may visit their website here: [www.etsu.edu/coe/chs/counseling/clinic.aspx](http://www.etsu.edu/coe/chs/counseling/clinic.aspx)



## DATES TO REMEMBER

- ∴ Nov. 8th, 8 am-12pm, CPA Multipurpose Room—Poverty Simulation (see article on page 4 for details)
- ∴ Nov. 12th—7 pm, Rogers Stout 401—Gender Identity Guest Speaker and Workshop
- ∴ Nov. 20th—7 pm, Borchuck Plaza—Transgender Day of Remembrance: candle-light vigil and spoken word event
- ∴ Dec. 3, 12-1pm, Culp Center, Dining Room 1—Women On Wednesdays: “The Stigma of Mental Illness”



## ETSU DEPARTMENT OF COUNSELING AND HUMAN SERVICES

The Department of Counseling and Human Services offers curriculum leading to both undergraduate and graduate degrees. We offer a Bachelor's of Science degree in Human Services as well as house two minor offerings: Human Development and Learning and Family Studies. We offer a Master's of Arts degree in Counseling with four possible concentrations: Community Agency Counseling, Elementary/Secondary School Counseling, Counseling in Higher Education settings, and Marriage and Family Therapy. Additionally, we offer the Ed. S. in Counselor Leadership concentration of the Educational Leadership major in collaboration with the Department of Educational Leadership and Policy Analysis. We also house ETSU's Service Learning and America Reads programs.

## WINTER SESSION 2014 COURSE AVAILIBILITIES

Two courses will be offered by the Department of Counseling and Human Services during the 2014 Winter Session at ETSU. The courses include the following:

- ∴ COUN 4957/5957-W01—Special Topics in Counseling: Girls and Women's Wellness for Helping Professionals; taught by Dr. Rebekah Byrd. \*This course explores biological, psychological, and social issues that disproportionately impact girls' and women's wellness; effective prevention/interventions that are tailored to the unique needs of girls and women; and advocacy processes needed to address the institutional and social barriers that may impact girls' and women's access, equity, and success. This course is available to human services professionals, health care workers, counselors, social worker, teachers, gender studies majors, and other undergraduate and graduate programs.
- ∴ HDAL 4137/5137-W01 — Youth Violence-Intervention and Prevention; taught by Dr. Jamie Branam Kridler. \*This course is designed to inform and train individuals in a variety of fields that deal with children and youth,. The course is a combination of defining the concept of violence in society, evaluating current research in the field, and looking at practical strategies for developing protective factors for youth. Students will view various media representations of violence patterns and solutions, review current literature, and listen to some brief lecture material. The majority of time will be spent of student interactions with each other and the instructor.

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