Catholic Charities offers school based mental health counseling to thirteen different schools in Campbell, Kenton, and Boone counties of Northern Kentucky. Four of the schools are public schools and thirteen of the schools are Catholic schools within the Diocese of Covington. Catholic Charities currently has one counselor at a high school to strictly act as a substance abuse counselor. Interns have an office at the agency and are expected to drive to their school during the week (Tuesday–Friday with Monday as an office day). An intern can expect to learn proper case note-taking skills, and will have to not be afraid to jump right into counseling. The population served is between grades k–8 and presents many needs. Interns would gain experience within the whole school, group, and individual level while training students to be mental health counselors.

“Quote of the Month”

“The curious paradox is that when I accept myself just as I am, then I can change.”

– Carl Rogers

“Tech Spotlight”

RefWorks -- an online research management, writing and collaboration tool -- is designed to help researchers easily gather, manage, store and share all types of information, as well as generate citations and bibliographies. If you need to manage information for any reason -- whether it be for writing, research or collaboration -- RefWorks is the perfect tool.

(Description retrieved from the Refworks website)

“Internship Site Spotlight”

Catholic Charities of Covington, KY

by Katie Martin

“A team of graduate students is participating in the 2015 ACA Ethics Team competition under the advisement of Dr. Jill. The team selected this year consists of Ben Hearn, Allie Hauck, Olivia Ehnschwender, and Erin Fortner. The UC team is critically analyzing a case scenario provided by ACA and creating an ethical decision making plan to respond to the ethical dilemma. They will be submitting their case to by December 7th. Good Luck!”

Contributed by Dr. Jill Minor
New Faculty Introductions

Dr. Sarah Lanman comes to the UC Counseling Program with 10 years of experience as contract employee in community mental health and 6 years of experience in private practice (adults, adolescents, couples). Dr. Lanman has been trained in Gestalt, CBT, motivational interviewing, ACT, DBT, couples (Gottman). Her areas of specialty are grief and loss, anger response, anxiety, couples issues, and alcohol use. Her teaching experience includes time as a Visiting Professor at Northern Kentucky University and Adjunct Professor at Xavier and UC.

Dr. Jill Minor comes to UC with many years of clinical and teaching experiences. Dr. Jill (as she prefers to be called) graduated from Xavier University with a degree in counseling and will graduate from UC with her doctoral degree in December. Areas of specialty include social and emotional needs of the gifted learner, ethics and law, school counselor supervision and teaching effectiveness. She has presented at numerous local, state, and national conferences on topics ranging from differentiating instruction in counselor education, developing a comprehensive school counseling program, best practices in counseling the gifted child, counselor leadership within a school setting, crisis intervention and planning in schools, and legal and ethical issues in counseling.

Chi Sigma Iota Upsilon Chi Chi Chapter

A member of the Association of College Honor Societies, the nation’s only certifying agency for college and university honor societies, Chi Sigma Iota is the society for professional counseling. As the Chi Sigma Iota Upsilon Chi Chi Chapter we pride ourselves by maintaining the excellent standards set by the organization. To be a member you will need to maintain a GPA of 3.5 or higher and are eligible your second semester in the program. This past semester, our chapter hosted speakers that spoke on the topic of “Crisis Planning in School.” We had a Fall Halloween Party and sold t-shirts and hoodies with a design that was created by one of our members. In the future we have plans for another speaker, a community outreach project, and CSI t-shirt sales. Members enjoy being a part of the chapter for many reasons which include being part of a group, the opportunity to be a member of a honor society, invitations to attend seminars with guest speakers to enhance your learning experience, the community outreach projects, and resume’ building.

Looking to Get Involved?
Ask a faculty member, doctoral student, or CSI member to find out about the latest events and opportunities to volunteer for the counseling program.

Editor: Eric R. Witherell