

C&R NEWS

Counseling & Rehabilitation Program News



The Move is Official!

As of May 13th, the Counseling and Rehabilitation Program has officially moved into its new location in the lower level of Building One on the School of Medicine VA campus. The new location boasts quick access to all of the resources provided by the School of Medicine as well as ample opportunities for collaboration and connection to the SOM. We are confident that this relocation will enhance our Program's overall experience and enable us to serve our students at the highest level.

Since initially moving into the new space, staff and faculty have been working to set up offices as well as a completely revamped Technology Lab and Assessment Lab. We'd like to extend a special thank you to our friends in the SOM IT department as well as the SOM Facilities team for their hard work in setting up and preparing each of these new spaces.

As SOM staff continue to put the final touches on the space, we look forward to sharing updates and beginning the new academic year on the School of Medicine campus!

School of Medicine Virtual Map

Unit Name

VA Campus

University of South
Carolina
School of Medicine
Medical Education
Campus
6311 Garners Ferry Road
Columbia, SC 29209



This issue:

We Moved!

PAGE 01

Faculty Spotlight

PAGE 02

Student Spotlight

PAGE 03

Lunch and Learn

PAGE 04

Podcast Episode

PAGE 05

Graduation

PAGE 06

Elective Highlight

PAGE 07

Wellness Corner

PAGE 08

APA Writing Tips

PAGE 09



Faculty Spotlight

Dr. Taryn Richardson - Workplace Wellness in Clients with Disabilities



Historically, people with disabilities have faced significant challenges in employment. They often encounter barriers to obtaining and maintaining jobs, such as unfavorable workplace practices, issues with

accommodations and attitudinal barriers from employers and co-workers.

Despite these challenges, there has been an increase in employment rates for people with disabilities in recent years, according to the U.S. Bureau of Labor Statistics. Given these challenges and the rising employment rates, it is crucial for counselors to incorporate strategies for enhancing the well-being of workers with chronic illnesses and disabilities in the workplace.

[Read the main content of the article using this link.](#)

Key Takeaways

- Each person's experience is unique.
- Advocacy can help improve access for people with disabilities.
- Counselors can help clients develop coping strategies and stress management techniques to deal with workplace stress.
- Inclusivity in the workplace fosters a supportive environment.
- A career development plan can enhance job security and overall well-being.

Save the Date

June 6th, 2024: Career Discovery Dialogue Lunch and Learn Series, featuring Stephanie Bonnett

June 7th, 2024: Counseling and Rehabilitation Advisory Board meeting

August 19th 2024: New and Returning Student Orientation

October 11th, 2024: Speaker Series featuring Amanda Giordano.

October 12th, 2024: Fall Semester Learning Community Saturday



Student Spotlight

CRSA Officer Election Results

The Counseling and Rehabilitation Student Association (CRSA) is an organization run entirely by student representatives with oversight from faculty member, Dr. Farren Stackhouse. Since June, the CRSA has hosted numerous fundraising events including a game night fundraising drive for Maui wildfire relief, hosted food drives, participated in the AFSP Suicide Prevention Walk and established a monthly newsletter.

Each academic year, the CRSA elects a new group of officers to serve as student representatives for the organization. Please join us as we thank the officers for 2023-2024 (Erica Hoyer - President, Sam Onkka - Vice President, Anye'a Pinnock - Treasurer, and Hayden Petee - Secretary) and welcome the new guard.

Here is what our board hopes for this upcoming year:

"I am really looking forward to another year in CRSA! This year, I hope for an increase in CRSA membership within the program with more student participation than ever before. I also hope we can increase community involvement by offering more events throughout the year. Finally, and most importantly, I hope CRSA can continue to contribute to the learning community by creating a space for students to lean on and support one another. I am so grateful for the opportunity to play a more active role in CRSA and am excited to see where this year takes us!" - **Jerzy Zito**

"I hope to make CRSA more interactive and dynamic for students at a distance this year. I think the hybrid nature of our program is what has attracted so many students so having opportunities to participate synchronously, asynchronously and in person to get everyone excited and involved would be my biggest hope for what we can do together this next year!" - **Allie Ledbetter**

"I hope we can continue to grow as a group, that we foster connections within and between cohorts and that we can be a supportive group for everyone." - **Julia Moro**

"I hope that CRSA creates another outlet for students to gain a sense of community. Through more events and community service opportunities, I hope that members are given a chance to grow their network and share Ideas with one another." - **Lauren Michaels**

24'-25' Officers



President: Jerzy Zito



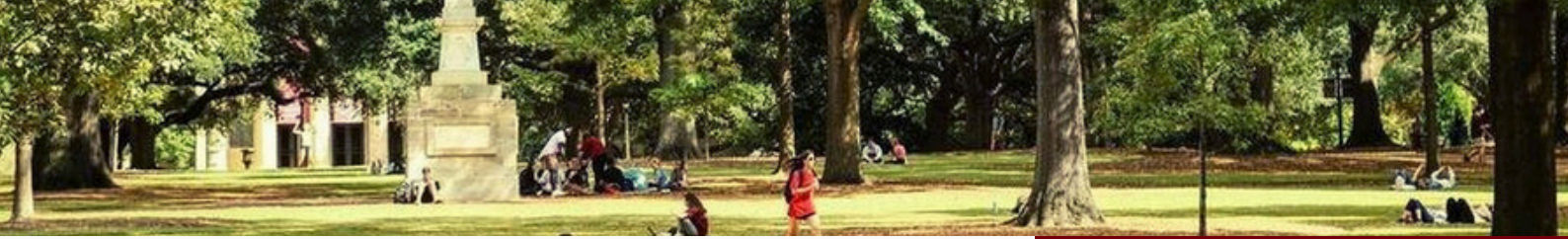
Vice-President: Allie Ledbetter



Secretary: Julia Moro



Treasurer: Lauren Michaels



Career Discovery Lunch & Learn

Featuring Stephanie Bonnett

June 6 - Clinical Applications of Assessments for Vision Loss

Mark your calendar for a session with Stephanie Bonnett, an Employment Consultant and LPC-A at the South Carolina Commission for the Blind. Stephanie's journey from Louisiana to becoming an advocate for trauma survivors and employment seekers is inspiring. With a background in Nonprofit Administration and Clinical Counseling, she combines her skills to assist consumers in gaining employment. Join us to learn about the clinical applications of assessments for vision loss!

[RSVP Here](#)

Stay tuned for more details. Let's discover your career horizons together!



Save the Date

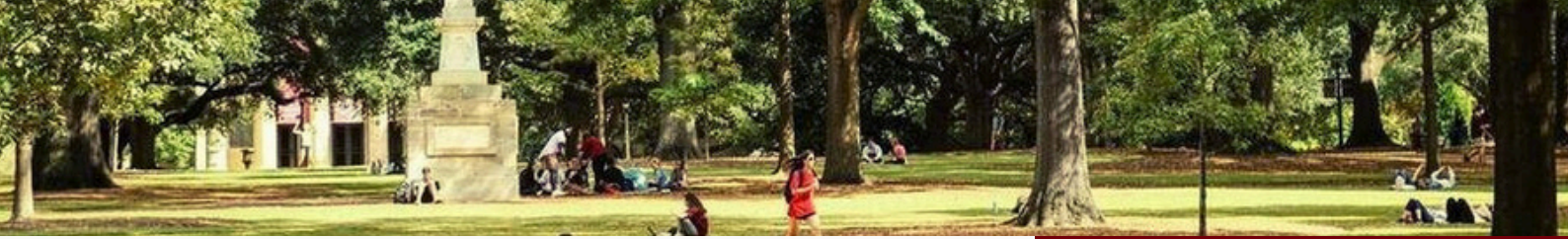
June 6th, 2024: Career Discovery Dialogue Lunch and Learn Series, featuring Stephanie Bonnett

June 7th, 2024: Counseling and Rehabilitation Advisory Board meeting

August 19th 2024: New and Returning Student Orientation

October 11th, 2024: Speaker Series featuring Amanda Giordano.

October 12th, 2024: Fall Semester Learning Community Saturday



Podcast Episode!

The C&R Podcast Team has been busy producing new content with more to come in the near future! The C&R Podcast aims to educate about the Counseling & Rehabilitation Program at the University of South Carolina School of Medicine. Each episode explores a different area of the 60-credit hour Master of Arts in Counseling and Rehabilitation. From interviews with faculty and current students, to episodes on our philosophy and approach, this is the place to learn how and why we do what we do. Join us, won't you, as we explore Counseling and Rehabilitation at the USC School of Medicine-Columbia!

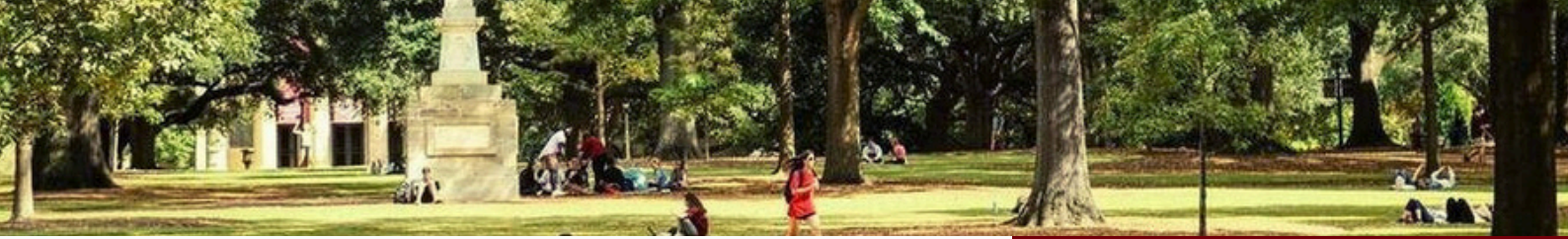
Below, you'll find a link to our recently released episode "**What is a Learning Community?**" where we dive into a general overview of the Learning Community concept with host, Dr. Michael Walsh.

[Listen to the C&R Podcast here.](#)



CHECK OUT OUR SOCIALS





Behind the Scenes of Graduation



The Counseling and Rehabilitation Program is thrilled to announce the graduation of four outstanding students (Emily Collie, Lucy Johnson, Melissa Milligan and Christy Wise) from the program during the spring '24 semester as

well as the anticipated graduation of three students participating in the Commencement ceremony early (Erica Hoyer, Zachary Ho and Laken Vickers). These individuals have demonstrated exceptional readiness and dedication as they move toward the next step in their professional careers. Check out a few behind the scenes pics from their big day below.

Save the Date

June 6th, 2024: Career Discovery Dialogue Lunch and Learn Series, featuring Stephanie Bonnett

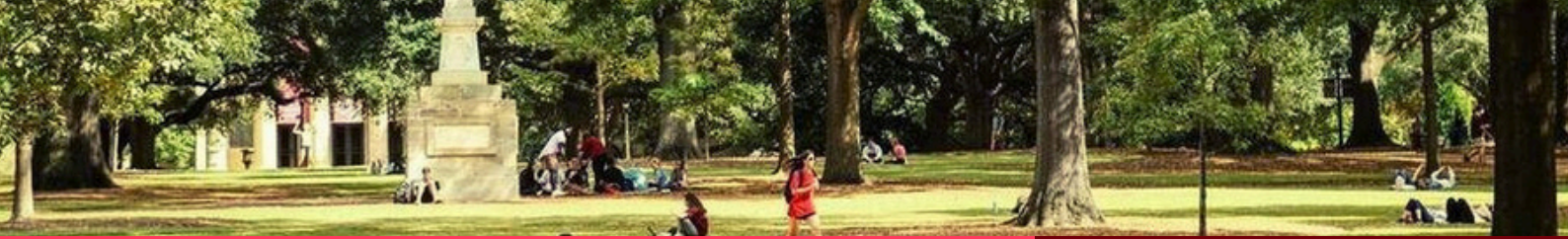
June 7th, 2024: Counseling and Rehabilitation Advisory Board meeting

August 19th, 2024: New and Returning Student Orientation

October 11th, 2024: Speaker Series featuring Amanda Giordano.

October 12th, 2024: Fall Semester Learning Community Saturday





Elective Course Highlight: LGBTQ+ Issues in Counseling

Each semester, the Counseling and Rehabilitation program offers multiple electives open to both C&R students and other Graduate Students across the University. This month, we highlight RCON 610 - LGBTQ Issues in Counseling and Rehabilitation. This course explores contemporary issues related to the provision of effective counseling and rehabilitation services with the lesbian, gay, bisexual, transgender (LGBT+) population. The focus of the course is to attain a level of applied knowledge and awareness commensurate with professional practice.

Based upon an understanding of the ways in which heterosexism and homophobia are embedded in the social milieu, students will identify strategies for serving these populations. Topics will include the nature of sexual orientation, LGBT+ identity formation, multicultural identity, disability as well as family and relationship considerations. The course will focus on how counselors, rehabilitation professionals, and other helping professionals can most effectively meet the needs of LGBT people.

The course is to be delivered both virtually and in person on Wednesdays from 5:15pm – 8:00pm EST during the fall '24 semester and is available for enrollment to all graduate students. For more information, call 803-434-4296 or Email: rehab@uscmcd.sc.edu

Save the Date

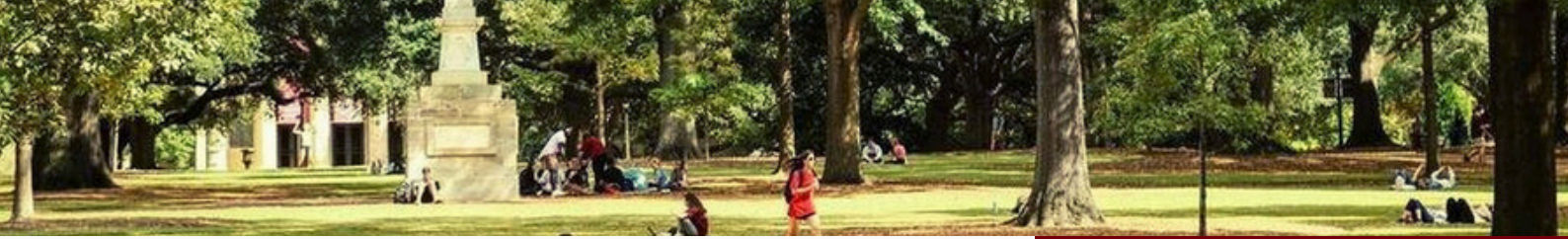
June 6th, 2024: Career Discovery Dialogue Lunch and Learn Series, featuring Stephanie Bonnett

June 7th, 2024: Counseling and Rehabilitation Advisory Board meeting

August 19th 2024: New and Returning Student Orientation

October 11th, 2024: Speaker Series featuring Amanda Giordano.

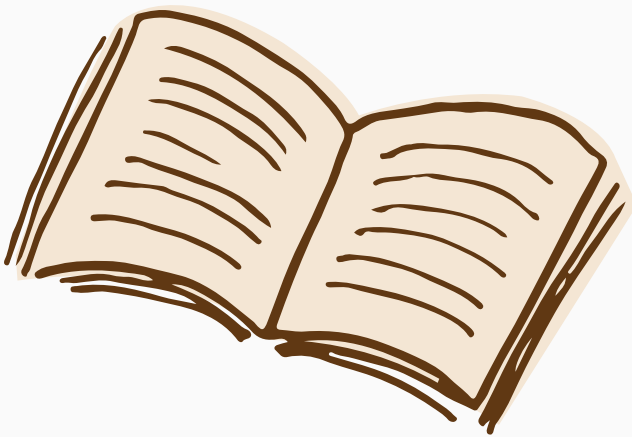
October 12th, 2024: Fall Semester Learning Community Saturday



Wellness Corner

One of our students' favorite wellness activities is reading. Reading has been shown to be beneficial for a person's health, as it can help reduce stress, improve sleep, and prevent cognitive decline. It's a great way to exercise the brain!

If you have any other self-care or wellness ideas to share with the Learning Community, please complete [this form](#).



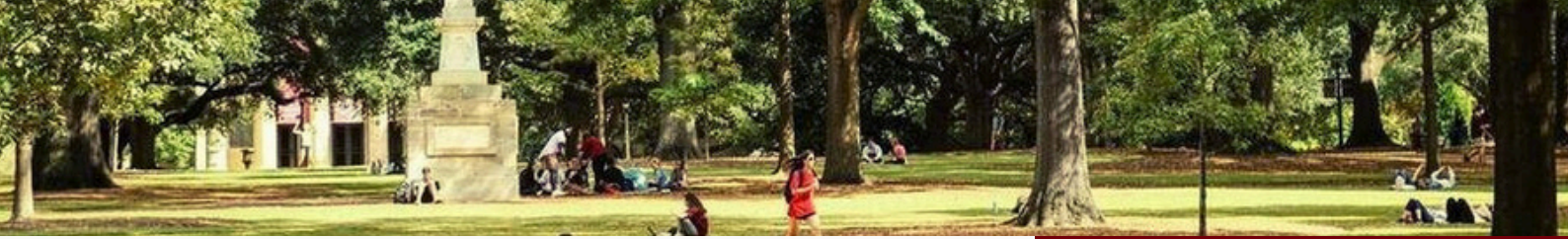
Pet of the Month

Meet Kinsley, a 13-year-old German Shepherd who belongs to Counseling and Rehabilitation Student, Lauren Michaels.

Kinsley's favorite food is popcorn, and she can never resist barking at the cats walking around the neighborhood!

To have your pet(s) shared in next month's newsletter, complete [this form](#)!





APA Writing Tips

When Picking Your Title

Be concise. Your title should be a short statement of what the reader will find in the paper. Your title will often identify the major variables and their relationships

When writing your title, be concise and avoid any extraneous words that do not add meaning to your title. The APA style guide advises writers to avoid phrases such as:

- "An Experimental Investigation of..."
- "A Study of..."

Source: A Very Well Mind



CHECK OUT OUR SOCIALS

