



Alabama State University

COUNSELOR GAZETTE

Newsletter of the Counselor Education Programs



Message from the Program Coordinator:

Over this last year, we as a country and even as counselors, have been called to travel some difficult terrains. However, through it all, we have continued to rise above our circumstances. Certainly, it has not been easy, but yet I want to commend all of you for your stamina, persistence, and resilience to face these life adversities and being the champions that you all are.

To the faculty, all the way to our beloved students, no matter what situations we found ourselves in the midst of, we still smiled, carried ourselves with grace, and forged ahead even when we did not know what was ahead of us and where the paths, we were on would lead us. For some, it might have seemed like someone flipped a switch and the lights in life were switched off and for others, it might have felt like you were stepping into the unknown with the light switch flipping on and off depending on the circumstances. Nevertheless, whatever uncertainty you might have encountered or still face today, please know you are not alone. Should you find you need professional help, do not be afraid to seek out those resources. We are all in this together!

Yes, we traveled many miles and crossed a lot of hurdles with COVID-19, racial strife brewing across America, and a presidential election that was intense as we waited to see whom would lead our beloved America. This was all occurring while we continued to reassure not only ourselves but those around us that we can do this one step and one day at a time. You are to be commended for your willingness, wisdom, and wherewithal to stand shoulder to shoulder and embrace each day like the warriors you are.

Again, I salute the faculty and students for never giving up hope, even though there may have been times when it seemed like hope was in intensive care and life support plugs were about to be pulled. You kept showing up and was always willing to do your best and give your best in the midst of all that might have been going on with you both internally and externally in your own world.

So, I just want to take this time to say thank you, thank you, and thank you!

Continue to check on each another, but most of all, extend grace because you never know what people are going through. I would also challenge you to extend that same level of grace towards others to yourself as well.

Together, we will forge ahead and continue to strive, not only to have a first-class counseling program, but to produce first-class counselors who will be beacons of light in the profession-not just locally but globally!

Do enjoy the rest of your semester!

Respectfully,

Linda J. M. Holloway Ed.D, NCC
Associate Professor of Counseling
Program Coordinator
Department of Instructional Support Programs



Juanita D. Barnett, Ph.D., LPC, NCC
Assistant Professor
Faculty Advisor - Chi Sigma Iota
and CESA

Dr. Juanita Barnett, Ph.D., LPC studied Psychology at Florida State University. She continued her studies at Alabama State University where she obtained a Master of Science in Clinical and Mental Health Counseling, followed a Doctorate in Counseling Education and Supervision from Auburn University. Dr. Barnett is also a nationally certified counselor. Some of her favorite hobbies are swimming with her only daughter, traveling with her family, and spending time with her two dogs. She became interested in the field of counseling and psychology when she noticed symptoms in her own family members. She admitted that she was unaware of what these behaviors meant at the time, but after she spoke about the behaviors that she observed with her pastor and her professors, they confirmed that her interest was in psychology and human behavior. Dr. Barnett has always had a passion for making an impact in black and brown communities and has been able to give back through counseling and psychology. She has a passion for learning, and after obtaining her master's she decided that she wanted to produce more black counselors.

Dr. Barnett described her most significant project as being her dissertation. At this phase, she was able to return home to Haiti and provide global mental health training related to trauma to the Haitian community. She was able to empower and provide her homeland in areas that they were not fluent in. During this time, she was able to marry her culture and honor her grandmother who passed away. Her family made many sacrifices when they immigrated to the United States, and this opportunity reunited her with her roots. She was also able to introduce her culture to her husband at this time.

When asked about her philosophy when it comes to counseling Dr. Barnett stated that "Counseling is a beneficial tool (a vehicle) by which people can achieve healing if they are willing to embrace it." She also said that "Counseling is a gift given from God and there's evidence of this in the bible. When we do well, we can receive healing." Dr. Barnett plans to work alongside the other faculty members in the department to move it forward.

Her goal is to give back into the community with the students to give back through organizations like CESA, once it is safe to do so. She loves working with the students here at ASU, the culture of ASU, and the cohesiveness of ASU. Dr. Barnett's would like all of the students to remember to keep ASU in mind after they graduate by keeping in contact and referring new students. She would also like all of the students to know the department is here for you all, and very proud of those who are about to graduate.



Counselor Education Programs CORE Faculty



Juanita D. Barnett, Ph.D., LPC, NCC
Assistant Professor
Faculty Advisor - Chi Sigma Iota and CESA



LaWanda Edwards, Ph.D., NCC
Professor of Counselor Education



Linda J. M. Holloway, Ed.D., NCC
Associate Professor
Program Coordinator



Jeane B. Lee, Ph.D., LPC-S
Associate Professor
Clinical Director



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Fall 2020

Jennifer Adam
Kierra Collins
Clarence Covington
Jazmine Davis
Jaelynd Donegan
Halimah Barlow
Keiron Odum
Britney Robinson
Teleshia Washington

Spring 2021

Brandi Kemp
Keira Russell (School Certification)
Jade Sanders
Hillary Thomas

Welcome
To Counselor Education
Programs

Community Outreach

Students & Faculty Giving Back





Congratulations Graduates

Spring 2021

<p>School Counseling – M.Ed. Natasha Ivey-Sparks Lartoya Hawthorne</p>	<p>Graduated – Fall 2020</p>
<p>Clinical Mental Health Counseling – MS Rachiel Gamble Ashley Cooks</p>	<p>Clinical Mental Health Counseling –MS Glenn Lambert</p>



Natasha Sparks

What was one of your memorable moments about the program and why?

The Pre-Practicum course provided many memorable, teachable moments. Dr. Barnett's personality and genuine concern made it easy for me to relax and not be afraid to make mistakes. She provided constructive criticism in a positive, professional manner and she worked diligently to ensure that we mastered concepts and techniques.

What are your plans after graduation?

After graduation, I plan to spend a few years as a school counselor while working to obtain my license. My long term goal is to start a private practice that specializes in child therapy.

What is one of your favorite quotes?

"You may encounter many defeats but you must not be defeated." --Dr. Maya Angelou

Ashley Cooks

What was one of your memorable moments about the program and why?

My most memorable moment of the program is when I helped raise can goods, toiletries, and none perishable items through CESA. Dr. Barnett, her daughter, and I were able to meet the director of the shelter, deliver the items personally, and take a tour of the facility. This experience allowed me to see things in a different perspective and not take things for granted.

What are your plans after graduation?

My plans after graduation are to obtain my ALC and work for a year in the field of mental health. My target population is the college population. I have enjoyed working with this population for a year through Practicum and Internships, and I hope to continue to work with them. After a year I plan to enroll in to a doctoral program in Counselor Education and Supervision. My ultimate goals are to give back to my community and go into private practice.

What is one of your favorite quotes?

One of my favorite quotes is "You can not pour from an empty cup"



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Lartoya Hawthorne

I chose school counseling because I was interested in helping others particularly children. After I obtain my master’s degree in school counseling, I plan to start my journey as a school counselor and begin molding our students to be effective emotionally, socially, and academically.

What was one of your memorable moments about the program and why? One of my most memorable moments from the program was the meet and greet that was held at Martha’s Place. I enjoyed this moment the most because it was a time of unity. We were all brought together to encourage and motivate each other.

What are your plans after graduation ? My plan after graduation is to continue my education in counseling.

What is one of your favorite quotes? My favorite quote is a familiar bible verse “I can do all things through Christ who strengthens me” (Philippians 4:13).



Rachiel Gamble

I am currently attending my last semester in the Master’s program, majoring in Clinical Mental Health. I chose Mental health as my major because being an African-American female, I saw that mental health has been swept under the rug in our culture. As I saw this as being a norm, I knew as I got older that I wanted to help others as well as myself

What was one of your memorable moments about the program and why?

I have really enjoyed the majority of my time here in the program. I must say that I have also had some challenging times (lol). But overall, the good outweighed the bad. There has been laughter and there has been tears, but through it all, I am still standing. I would not trade my experiences for anything. My advisors were the best and helped me realize that I can be successful on this journey in life. They saw the best in me when I could not. I will be forever grateful for that.

What are your plans after graduation?

I plan to continue my journey after graduation by implementing all that I have learned. Additionally, to continue to grasp more knowledge so that my education will not be in vain.

What is one of your favorite quotes? *Life for me ain’t been no crystal stair* – poem by Langston Hughes

The words of Langston Hughes,



Announcements

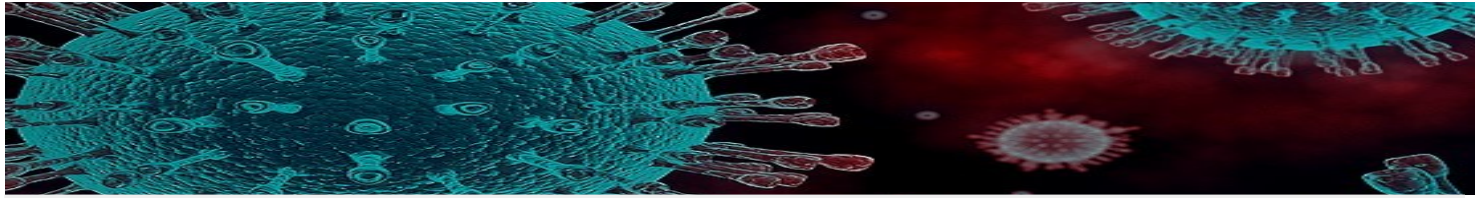
Summer School Registration

- I. Student Requirements
 - a. Requirements and responsibilities of students
 - i. Taking writing exam if they are on a provisional acceptance
 - ii. Applying for Candidacy
 - iii. Purchasing TK20
 - iv. Securing a site for Practicum
 - v. Passing the comprehensive exam
 - vi. Completing Internships
 - vii. Passing the Praxis (School Counselors)
- II. Counselor Requirements (Post Grad)
 - a. CMHC
 - i. Completing 3000 post graduate hours (ED.S option)
 - ii. Passing the NCE



HELPFUL LINKS

- Alabama Counseling Association
<https://www.alabamacounseling.org/>
- Alabama Board of Examiners in Counseling (ABEC)
<http://www.abec.alabama.gov/>
- The American Counseling Association (ACA)
<http://www.counseling.org>
- The American Mental Health Counselors Association (AMHCA)
<http://www.amhca.org>
- American School Counselor
<https://www.schoolcounselor.org/>
- Chi Sigma Iota – Honor Society
<http://www.honorsociety.org>
- The Council for Accreditation of Counseling and Related Educational Programs (CACREP)
<https://www.cacrep.org/>
- The National Board for Certified Counselors (NBCC)
<http://www.nbcc.org>



Tips for dealing with COVID-19

by Dr. Linda J. M. Holloway

- **Establish and maintain a routine:** Make sure when you get up each day you have something planned you would like to accomplish, no matter how big or small. This will keep you motivated and make you feel like you have something to look forward to.
- **Keep something positive to read:** Feeding your mind something positive is healthy, because it helps to stimulate your mental and emotional growth.
- **Release those things in your life you have no control over:** Try not to sweat the small stuff. There are going to be some things you cannot control, like whether or not other people do what they need to do to stay safe and keep others safe.
- **Be kind to yourself:** It's easy to fall into a rut during the pandemic and feel like you should be doing more. However, be kind to yourself because these are difficult times we are encountering. Please know you are not alone. Continue to do things that make you feel good about who you are as a person. For example, take a nice long bubble bath, sleep late one day, and be the first to forgive yourself if you make a mistake.
- **Be kind to others:** Think of ways you, yourself, family, church, or an organization you belong to could show kindness during this pandemic. For example, take food to the homeless shelter or to healthcare providers who are not able to leave to get something eat, or find out what necessities are needed for a local nursery home or your local police and firemen. Do something nice for someone or reach out to a friend you haven't been in touch with for a while. Of course, this list can be endless, so add to it or take away as you best see fit.
- **Stay connected:** During this time, we are not able to visit and have social gatherings like we have done in the past. It is especially incumbent on us that we stay connected with friends, family members, and loved ones. Many families who live far from each other are having weekly and monthly Zoom/Facetime meetings just to check in on each other.
- **Stay informed:** It is easy to feel overwhelmed and inundated with all the news about the pandemic that it might be tempting to shut things out. You do want to stay informed as to what is going on with the pandemic but avoid overloading yourself with too much information.
- **Limit your social media intake:** Constantly being bombarded with the media can be emotionally exhausting, especially with all the things that are going on in the world in lieu of COVID-19. Thus, monitor your media intake so you do not become so saturated with the news that it paralyzes and disrupts your ability to not only function but think on positive things of the world.
- **Listen to music you find soothing to your soul:** Music is always a good way to relax your mind. Of course, it needs to be music that soothes your soul.
- **Validate your emotions (Feelings Journal):** It is okay to check in with your feelings and be authentic with how you are feeling at that moment. You do not have to wait on others to validate your emotions for you. You can keep a 'feelings journal,' where you simply write down what you are feeling and why you are feeling the way you do. This does not have to be an activity you do daily, but only when you feel you need to express yourself.
- **Create a "I am grateful journal":** During these emotionally challenging times, it's easy to forget that you have things to be grateful for, no matter how big or small they may be. Thus, being able to keep an 'I am grateful journal' is an honest way to say to yourself that in spite of how things might be looking, I still have things I can be grateful for. You can write at least 5 things down every day, whether in the morning or at night, just to reflect and have a sense of positivity in your life.
- **Take care of your own mental health:** Stay hydrated, make sure you get the proper amount of rest, and exercise if at all possible. This will allow you to remain positive and decrease any mental health consequences.
- **Consistently detox your thoughts by taking control over your negative self-talk:** Monitor your self-talk. When you notice that you are starting to speak negatively about yourself, challenge yourself to find alternatives to those thoughts and justify the rational thinking. For example, work on switching your statements from asking, "Is this true?" to "How is this helpful?"
- **Develop your own self-care kit:** Create your own self-care kit to motivate yourself to be the best version of you that you possibly can. Thus, make a list of those things and find your happy place so you can rely on those things to get through the pandemic. These things can include shopping, reading, going for a walk, or anything that puts you as the focus.
- **Stay grounded morally and spiritually:** Many organized religion gatherings had to disband meetings together collectively. However, many are meeting online, so make sure you stay connected. Worship services can greatly impact your spiritual journey and outlook on life.

By no means is this an exhaustive list. Thus, I simply wanted to share with your techniques and strategies you can put into place as we go through this season of our lives, as we know it, while combating COVID-19. This perhaps could be a new normal for a while until a vaccine is discovered. However, with any challenging time, it is indeed essential we maintain mental wellness. Being able to manage your mental wellness will allow you to navigate through murky waters a lot easier. Of course, I am in no way suggesting that everything will go away and fade in the background of life, but these are simply tools to put in tool kits which can give you a better advantage of being able to maintain positive mental wellness during COVID-19.

Editorial Note: Please be advised that information concerning the COVID-19 pandemic is constantly changing. Thus, please check the CDC's website for the most current and up-to-date information.