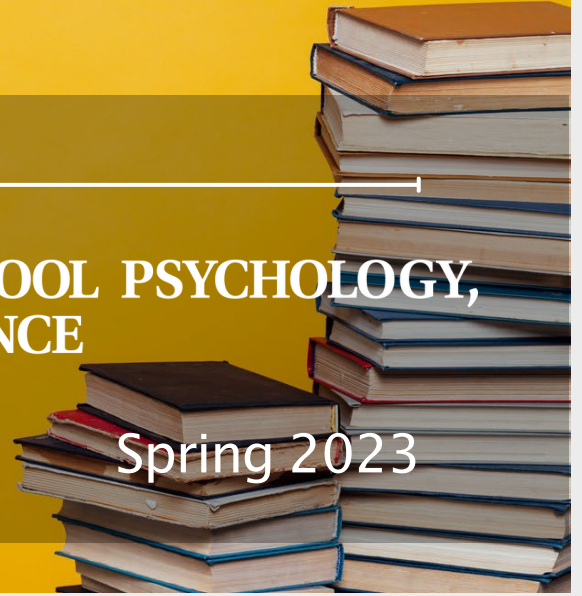


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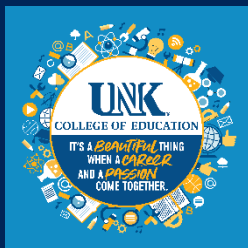


COUNSELING, SCHOOL PSYCHOLOGY,
AND FAMILY SCIENCE

Spring 2023



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CSPFS Website



FAMS Facebook



CSP Facebook

It's hard to believe this year is already over, as it seems like it was just fall. As Covid restriction have been removed, I found myself looking back over the last three years. I met with a student that shared that she was junior, and this was the first year she really had an opportunity to take face-to-face classes and she couldn't be happier to have this opportunity. We have also found in the department that that since Covid, students almost expect that there will continue to be online classes and more flexibility with schedules. We had our Counseling, School Psychology and Family Science honors recognition ceremony last Friday and while we did have several online participants, we fill the room with students and families over the capacity of the room. Our international research symposium was also last week, held on Zoom, and we had the most synchronous participants we have ever had. All this is to say that the world has changed, and we are not going back to "normal". As we prepare students for the world, one of our biggest challenges is to help them to expect and prepare for the unexcepted changes and I think we have done a good job this last year. I am proud of all the contributions of our staff and faculty, and I know our students will stand out among the graduates entering the work field. Graduates, take time to enjoy your accomplishments and stay in touch.

A handwritten signature in black ink, reading "David Hof".

Dr. David Hof, Professor
Department Chair – Counseling, School Psychology,
and Family Science

Outstanding Partner

Kearney Public Schools

CSPFS recognized both Kearney Public Schools (KPS) and Superintendent Jason Mundorf with the 2023 CSPFS Partner Award because of a long-term and committed partnership in developing undergraduate and graduate student-scholars through varied field experiences. Superintendent Mundorf provided an impassioned acceptance speech addressing the need for more education professionals locally and statewide. He humbly accepted the award on behalf of all of KPS.



Outstanding Partner

Richard Young Behavioral Health

Clinical Mental Health Counseling Practicum requires students to complete at least 40 hours of direct service with clients that contributes to the development of skills in counseling, client conceptualization and case management. Ideally, direct service with clients includes both individual and group counseling. This semester when psychoeducational group work collaboration with Kearney Police Department and Region 3 didn't work out, we were scrambling for an alternative group counseling opportunity. One of my practicum students, Noah Sherman, had worked at CHI Richard Young Behavioral Health and volunteered to reach out to his former supervisors to see if our practicum students could participate in the psychoeducational groups offered to their patients. The team at Richard Young includes Psychiatrists, Psychologists, APRNs, Registered Nurses, Licensed Mental Health Practitioners, Social Workers, Recreation Therapists, Recovery Specialists and Recovery Technicians so not only do our practicum

students get an opportunity to conduct group work they also become part of an interprofessional team that offers hope and healing for patients facing mental illness. The inpatient/residential treatment is a unique modality for our students to experience and complements the outpatient individual services offered at our Counseling Clinic at UNK.



"Richard Young has been a big part of my own professional development and has helped open so many doors in my life."

– Noah Sherman
CMHC Student

Outstanding Site Supervisor

Jennifer Beck

- **How many UNK supervisees have you supervised?**

Countless. :)

- **How long have you supervised for UNK CSP?**

Eleven years

- **What are your goals as a supervisor/mentor?**

It's important to me that I meet and accept each person where they are, listen to where they want to go, who they want to be, and what impact they want to make. This will allow me a foundation of knowledge to then facilitate opportunities where they can participate in work that propels them towards their goals and challenges them to discover new strengths within themselves.



Outstanding Site Supervisor

Kris Steinbeck

How many UNK supervisees have you supervised?

- Debby Linse

How long have you supervised for UNK CSP?

- 1 year

What are your goals as a supervisor/mentor?

- My goals as Debby's supervisor are to promote her growth professionally and individual development as well as to empower her autonomy as a therapist.



Outstanding Site Supervisor

Renae Zimmer

- How many UNK supervisees have you supervised?
 - 4 Full time off staff in Student Engagement, 6 student workers and one graduate assistant (GA works directly with fraternity and sorority life)
- How long have you supervised UNK CSPFS?
 - 2 years
 - Scott Moser, GA for Student and Family Transitions
 - Austin Jacobsen, GA for Fraternity and Sorority Life
 - All under the office of Student Engagement, Renae Zimmer has been the director of Student Engagement since July 1, 2022.
- What are your goals as a supervisor/mentor?
 - Lead by example through hard work. Also lead by example through good time management and organizational skills
 - Equip my staff with the tools to help them succeed.
 - Listen to the needs of my staff address concerns in a timely manner.
 - Become more aware of the team's personal strengths as we are a fairly new staff, developing key goals and outcomes for student engagement.

"The Office of Student Engagement is a busy, thriving office culture. With a lot of events and programs, we work hard to equip students with the skills to lead organizations and succeed in their future careers."

– Renae Zimmer



Outstanding Site Supervisor

Brenda Tracy

I have supervised a total of 3 UNK interns. I had 2 interns for the 2022-23 school year who did an incredible job and are continuing their employment with Norris School District for the 2023-24 school year. I supervised another intern but that was several years ago.

Goals as a supervisor

My goal as a supervisor is to support the school psychologist in the best way I can to help with their continued growth and professional development. When I was a student in the UNK School Psych program, Dr. Max McFarland would frequently tell us, "The rose-colored glasses that you are wearing as a student will quickly be removed when you are able to be out in the schools." As students, we truly did not realize what this meant until we walked into the first couple of days of our internships. The internship year is a challenge like no other year of school. I had a great supervisor during my internship year, and I want to make sure I am available for the interns with any questions or issues that they have. I also realize that the interns have to be able to build independence and relationships on their own, so I do not want to be overbearing. One of the greatest things about supervising School Psych interns is all of the great knowledge that I get to learn from them. I feel that I am the fortunate one because this last year I learned just as much if not more from Heidi Teahon and Rylan Mahoney.

As I mentioned before, I graduated from the UNK School Psychology program. I truly feel the instructors and learning at UNK are top-notch and will always hold a special place in my heart. Thank you for allowing me to mentor Heidi and Rylan this last year.



Outstanding Family Science Alumni

Amy Encinger

While at UNK I had the opportunity to be involved in the family science student organization and student research, both of which I did not think were possible as a non-traditional, first-generation student. I was fortunate to build strong relationships with students in the program as well as faculty. In fact, I am still in contact with several students that I met during my time at UNK—personally and professionally. We have formed an informal professional network of sorts in which we are able ask questions, make connections, and lean on for support. The family science coursework and sense of community really helped build and solidify those relationships. My first family science class was with Dr. Jeanne Stolzer and at the time I was not a family science major but became one shortly thereafter as the information I was learning should have been something I had already learned about—especially as a parent but had not. Dr. Jennifer Crosswhite encouraged and scaffolded my scholarly development in research and without her guidance and support for my undergraduate research project I would likely not have been interested in growing as a scholar and researcher. After I had decided to apply for graduate school at UNL, Dr. Toni Hill asked the million dollar and most important question of “how are you going to pay for that” to which I am certain I shrugged. She encouraged and helped me apply for funding and as a result I received a Chancellor’s Fellowship for which I am forever grateful. My time at UNK was truly pivotal and laid the foundation for the continuation of my education and work as a scholar. I am currently in a full-circle moment as 10 years ago I graduated from this program, am receiving this alumni honor, and teaching adjunct in the same department I came from. I will be forever grateful to the UNK community, especially the faculty and students in the family science department whose guidance and support have truly made a significant impact on my personal and academic development.



Outstanding Clinical Mental Health Counseling Alumni

Jody Angel-Trejo

Jody is a local practitioner, who found her way back to NE in 2011. She graduated from UNK – COSP Dept. in 1999, with a Masters in Clinical Counseling. Jody found a position post-graduation at Child Guidance Center, in Lincoln NE. While loving this position, there were opportunities to explore different regions of the US, landing her in Richmond, VA with one of her college friends.

Jody worked in Richmond as a Clinical Supervisor and ultimately a Director of programs for Dominion Youth Services, a child and family agency with programming across the state of VA. Jody initially clinically oversaw day treatment programs, until moving into a Director position in Fredericksburg, VA. She maintained in this position overseeing programs until 2011, when she and her family moved back to NE to be closer to home.

Jody quickly resumed her passion for working with children at Center for Psychological services until 2013. She then started her own agency and worked as a solo practitioner for a few years, until starting her own team of clinicians, in which she has had the opportunity and honor of training.

Jody currently enjoys providing clinical supervision to individuals seeking licensure as a Professional Counselor or interns completing their master's degree. She enjoys engaging supervisees in reflective supervision to help enhance confidence/skills and improve self-awareness as a clinician. Jody fosters a non-judgmental space in which supervisees are allowed to explore their own internal functioning as well as discover principals of change that will support their career as a therapist. Jody also provides an array of training for various groups of professionals, extending from neurodevelopment, therapeutic

parenting and for schools/preschools across the state of NE. She also extends her work to consultation with parents and professionals as needed to support their wellbeing.



Jody's journey has also extended into a passion for harnessing the brain's ability to heal itself through research in the area of vibroacoustic input, using both sound and vibration as a form of healing for collaboration with Delton Hyatt, mechanical engineer, has supported in the development of a vibroacoustic room in the MECC clinic, that will house ongoing research supporting the modulation of the central nervous system through 40hz vibroacoustic input. This is innovative research occurring in only a few other colleges across the globe. Currently, the technology being used at MECC is exclusive to the clinic, as the systems are being patented for other organizational uses. Jody clearly enjoys not only the process of learning, but the process of being a part of innovation, creation and learning in the journey of helping others.

Outstanding Higher Education Student Affairs Alumni

Ramesh Neupane

- **Contributions to UNK as a student and alumni**

Senator, Student Body Government, University of Nebraska at Kearney (UNK) 2009-2010

Chi Sigma Iota (CSI), National (USA), Member, Since 2014

Phi Beta Delta (PBD), National (USA), Member, Since 2014

International Student Association, President and Advisor -2008-2014

Recognition from Kearney Rotary club for community service in 2012

Formalizing the international orientation program.

Active advocate for international students and community at UNK.

Recruited international students from different parts of the world to the UNK.

- **Critical Incidents for learning while at UNK**

UNK treats students as a family and all students, staff, faculty and community members are together to support each and every individual. I had issue with my landlord once and Dr. Mims was there to fight my case in the court room, which was a great help and we did won the case. When I first arrived at Grand Island airport, no one was there to pick me up but one of the community members of Kearney helped me reach Kearney.

- **Shout outs to faculty or fellow students/alumni**

- Throughout of schooling life at UNK, I have received great help and support from various faculty and staff members. During my undergraduate, the international office helped in every possible way to continue my studies because of an incident that occurred back home, one of my family members (sponsor) passed away. It was hard for me but UNK provided me with all the resources to continue my study and never let me get out of track.

- Faculty members play a critical role in shaping the lives of students, and it's important to acknowledge their efforts and contributions to the academic community. So, here's a big shout out to all the faculty members out there and especially to Dr. Matthew Mims and Dr. Vani Kotcherlakota, - thank you for all that you do! So, here's a big shout out to all the faculty members out there and especially to Dr. Matthew Mims and Dr. Vani Kotcherlakota, - thank you for all that you do! Dr. Mims, you were always there to support me and other students who are in need and you helped me to become the person I am today, with a PhD degree. I really appreciate it.

- **Additional comments**

I always believe that college life helps in intellectual and personal growth, where students are exposed to new ideas, perspectives, and experiences that challenge their existing beliefs and expand their knowledge and understanding of the world. This can be a transformative and personal development. Similarly, UNK helped me to be the person that I am today. I am currently working as an Associate Director for the Center for International Education at Southern Illinois university Carbondale and Assistant Professor in the Educational Administration and Higher Education department. If I was not in UNK, I am not sure what my future would hold but I am reaching every step of my goals because of the foundation that was created for me by UNK.



Outstanding Early Childhood & Family Advocacy Graduate

Kelcie Burke

○ **Fondest Program Memory**

My fondest memory of the program was taking classes with Dr. Stolzer, truly one of the best professors at UNK. My favorite class I took was Family Resource Management with Dr. Moore. It was a class that made you put in a lot of hard work, but it was also interesting and applicable for everyone not only family science majors.

○ **Career Plans or Professional Position Endeavors**

I am currently enrolled as a graduate student at UNK working towards a Master of Arts degree in Curriculum and Instruction with an emphasis in Early Childhood.

○ **Organization memberships**

- Kappa Delta Pi Teaching Honor Society
- Phi Eta Sigma National Honor Society
- Susan Thompson Buffett Scholar



Outstanding Family Science Graduate

Nic Landanger

- I interned with Jennifer Beck and the Kearney Area Children's Museum.
- Extra-Curricular Activities
 - Kearney Symphony Orchestra
 - Thornton String Quartet
 - UNK String Project
- I hope to become a Certified Family Life Educator
 - I am currently in the process of job searching but I am still unsure of where I will be in the next couple of years.
 - I am not sure when, but I do wish to continue my education possibly continuing in Family Science, Child Development, or something related.
- I want to dedicate this section to Dr. Moore and Dr. Stolzer. I would not be in this program without these two professors. I was introduced to Family Science by Dr. Moore my freshman year during her Human Sexual Behavior course. This led me to explore this pathway further in Dr. Stolzer's Infant Development course. Both of these professors made me feel like this was where I was meant to be, and I cannot thank them enough for making Family Science my home.



Outstanding Clinical Mental Health Counseling Graduate

Cody Haas

○ **Fondest Program Memory**

It is impossible to narrow down my fondest program memory down to one. Through this program, I found a passion within myself that I didn't know existed. I gained confidence in myself and found a deeper understanding of others, especially their hardships. I gained lifelong friends and colleagues, as well as some of the best mentors in the field. The course that changed me as a wife, mother, and person was group counseling with Dr. Hof. It was a humbling experience to see that there are other people out there that have similar trauma histories, providing us an opportunity to learn from and heal one another. I no longer felt alone on tough days and have become a better communicator in personal relationships. The course that changed me as a professional was theories. It provided me a direction to go when working with clients and built a foundation for what I wanted to be as a clinical mental health professional. There was never a moment in this program that we were not growing our family. From the very first interview through graduation, I was carrying and raising babies. Every one of the instructors was supportive of these life changes and showed a genuine interest in our well-being as we brought home each of our children: Tilden (4), Bryndle (2), and Greyden (2 months). The support I received from the faculty in the CMHC program is a huge part of my success. I was able to complete this program through COVID restrictions, moving, and living 5 hours from campus. I could always count on Dr. Grace Mims to relate to and affirm my quirky approaches and Dr. Doug Tillman challenged me to always be the best version of myself personally and professionally through his wisdom and feedback.

○ **Career Plans or Professional Position Endeavors**

I am currently raising our babies. We live in a small ranching community of less than 300 people. There is not a childcare option and our oldest will start half-day preschool in the fall, requiring me to pick him up at noon each day. I was offered full-time employment at my internship site—St. Joseph's Children's Home in Torrington, WY. However, it is a 1.5 hour drive each way and it wasn't a good fit at the present time. Before I left, they had asked me to come up with what my ideal position would look like and if I would be interested in providing services through Zoom. I have been working out the details of a job description, but as we all know, there is beauty in face-to-face sessions with our clients, especially children with extensive trauma histories. I have been contemplating continuing my education and pursuing a PhD in counseling education and supervision because I love the idea of bettering the mental health field through my work with future students and graduates. I live about 45 minutes from Chadron State College and feel as though I could be a great resource for their program.

○ **Organization memberships**

I continue to be involved in the American Counseling Association and the Nebraska Counseling Association.

○ **Extra-curricular activities of significance**

Although I am not using my degree in the community, I have joined community organizations in hopes of bettering the place we are raising our family. I am looking for ways to involve more people in community events and bring in activities that create a sense of belonging for more of our community members. As younger people move in, we lack ways to form connections, making it a hard, lonely life up here in the armpit of Nebraska.

○ **Additional comments**

This program has changed my life. I was a semester away from applying to medical school when I took an undergraduate course with Dr. Krista Fritson and decided that my desire to serve others was best applied in a different line of work. I received my undergraduate degree from Chadron State College and was accepted to the CMHC program the following January. Being in school was easy in this program because I never felt a lack of engagement or interest in the material. Having instructors that had first-hand experience from working in the field was a blessing to my learning style and further solidified my decision to continue on and earn my degree in Clinical Mental Health Counseling.



Outstanding Counseling Specialist Graduate

McKenzie Cuba

Fondest Program Memory

◦ Originally, I was set to only have a Master's Degree in Higher Education Student Affairs, but I think my favorite memory was multiple professors gently and continuously nudging me to consider Clinical Mental Health Counseling because of their belief that I would be a great provider. It was their, should we say persistence, that lead me to continue my education into a Specialist's degree to help those clinically. Thank you for believing in me to all you that nudged me to continue!

• Career Plans/Professional Position Endeavors

◦ After graduation, I stayed on at my internship site with Blue Water Counseling & Consulting PC in Kearney, NE. I applied for licensure (which was a bit more of a process for specialist's degrees!) and starting to see individual and family clients in September of 2022. Currently, I am finding that young adult and college age individuals are my JAM and I am working to be EMDR certified this summer as well as learn more modalities of therapy that include somatic processing, internal family systems, DBT, and trauma work.

• Extracurricular Activities

◦ During my Specialist's Degree, I worked full-time at UNK as the Learning Strategies Coordinator. This allowed me to work with students one-on-one and guide them towards their own mental health journeys if needed, and gave me experience working with the minds of those ages that I love to collaborate with the most!

• Volunteer Work/Special Recognition

◦ Does running your own photography business and opening an additional business, The LightBox, during the time I sought out my degree count? ;)



Outstanding Higher Education Student Affairs Graduate

Abel Virgilio

- **Fondest Program Memory**

- I will never forget my experience in my practicum class with Dr. Grace Mims. She guided me in expanding my toolbox to hear and understand 'the story' when working with students. This has helped me tremendously as I work with students in the Kearney Bound Scholars program. I was also able to gain from Techniques of Counseling taught by Dr. Jesse Florang. I was very nervous about this class at first by Dr. Florang created a comfortable environment for all the students to ask questions and learn from the feedback.

- **Career Plans or Professional Position Endeavors**

- I was the Diversity and Community Outreach Counselor in the Office of Admissions at UNK when I started the Higher Education Student Affairs program. My role included recruiting prospective students to UNK, work with and advise diverse populations of students including first-generation, minority, non-traditional, and transfer students, and outreach to community colleges. I currently serve as the Coordinator of the UNK Kearney Bound Scholars Program. The Kearney Bound Scholars program was established in 2006, with the mission of giving high school students who are first-generation college prospects an opportunity to obtain higher education when, otherwise, may have not been able to without a significant amount of help. The program accepts a select number of 9th grade students from Lexington HS, North Platte HS, Kearney HS, and Kearney Catholic who have shown academic excellence and motivation to participate. I get the pleasure of mentoring and advising both students in our partnered high schools that have been accepted into the program as well as students who are currently enrolled at UNK. I am very fortunate to work with the most ambitious group of students on the UNK campus and they are the purpose of the work that I do every day. I would like to thank all of the Kearney Bound Scholars for an amazing first year together.



- **Organization memberships**

- SALUTE Veterans National Honor Society

- **Extra-curricular activities**

- I am currently an organization advisor for the following student organizations on campus:
 - Sigma Lambda Beta Fraternity
 - Kearney Bound Scholars
 - UNK Powerlifting
 - Co-Advisor for the Student Veterans Organization.

- **Volunteer work or special recognition**

- Student Organization Advisor of the Year: 2023
- Community Service Program of the Year:
- Kearney Bound Scholars 2023
- Golden Loper Award
- Fraternity Advisor of the Year: 2021

- **Additional comments:**

- Thank you to all of the Higher Education Student Affairs faculty and staff for preparing and guiding me for the profession. A special thank you to Dr. Grace Mims for creating a learning environment in practicum and for being a caring and dedicated educator.

Outstanding School Counseling Graduate

Kilah Deaver

Kilah completed her Master of Science in Education with the highest marks while working full time as a professional school counselor in Elwood. She was always eager to learn and participate in her school counseling classes so that could offer the most effective and ethical interventions to her students. When asked to reflect on her time in the School Counseling Program, she shared: "All of my classes at UNK were meaningful and engaging, but I would say that my most impactful memory from the program is the marriage and family counseling class instructed by Dr. Grace Mims. This class opened my eyes to family systems and gave me a new level of understanding and empathy for the families I work with. I think about what I learned from this class often in my work, and it also helped me to more fully understand my own family system."

- **Fondest Program Memory**

All of my classes at UNK were very meaningful and engaging, but I would say that my most impactful memory from the program is the marriage and family counseling class instructed by Dr. Grace Mims. This class opened my eyes to family systems and gave me a new level of understanding and empathy for the families I work with. I think about what I learned from this class often in my work, and it also helped me to more fully understand my own family system.

- **Career Plans**

I am the PK-12 school counselor at Elwood Public Schools. I have been in this position for 3 years. I graduated in December with my masters in PK-6 school counseling, and I plan to take my 7-12 internship in the fall so I can be fully endorsed to continue being a PK-12 school counselor.

- **Extra-curricular activities of significance**

I am our local TeamMates program coordinator. I also teach private piano lessons and love getting to work with students in this capacity.

- **Volunteer work or special recognition**

I have been a mentor for our local TeamMates mentoring program since 2017. I also volunteer at our Gosper County carnival each summer.

- **Additional comments**

I am very honored to receive this award and am thankful to all of my instructors at UNK for their guidance throughout my program!



Outstanding School Psychology Graduate

Josey Blessin

- **Fondest Program Memory**

My fondest program memories are all completely entrenched in gratitude for the people who supported me during this journey. In my case, it truly did take a village to create a school psychologist! The teamwork and friendships created through my cohort are invaluable; learning as a team created such a positive and collaborative environment and made difficult concepts and processes accessible. I also have so much gratitude for the program chair Dr. Ohmstede, my administrators and coworkers at Lexington Public Schools, Christa Anderson my supervisor, and my husband and children for supporting me throughout the program. Though the coursework was at times overwhelming, it was stimulating and interesting, and putting it into practice within the school setting has been incredibly rewarding.

- **Career Plans**

I plan to continue working for Lexington Public Schools as a school psychologist.



- **Organization memberships**

I am a member of GrASP, NSPA, and NASP

Scholarship Award Recipients

20023-2024

Dean's Scholarship

Shauna Roberts - Early Childhood & Family Advocacy

Kayle Morris - Family Science

Unique Atwater - Clinical Mental Health Counseling

Brenda Walck - Higher Education Student Affairs

Claire Nelson - School Counseling

Elynnor Trail - School Psychology

Bernice D. Mantor Memorial Scholarship

Taylor Skarin - Family Science

Debra Dirks Memorial Scholarship

Emma Arens - Family Science

Delia Garrett Scholarship

Madeline Mae Verzal - Family Science

Family Science Outstanding Student Scholarship

Taylor Skarin - Family Science

Family Science Student Scholarship Fund

Taylor Skarin - Family Science

Scholarship Award Recipients

2023-2024

**Gamma Phi Beta-Kay Christensen
Memorial Scholarship**

Delaney Olmer - Family Science

Georgia Warren Spelts Scholarship

Aubrie Kearney - Family Science

Jester Family Scholarship

Katie Amato - Family Science

Mary Badger Memorial Scholarship

Emma Arens - Family Science

Mary Harshfield Beekman Scholarship

Katie Amato - Family Science

Schrack Scholarship

Wendy Godejohn - Family Science

Ashleigh Puhalla - Family Science

Sharyn & Edward Crossman Scholarship

Aubrie Kearney - Family Science

Scholarship Award Recipients

2023-2024

Counseling & School Psychology Scholarship

Nick Zimmerman - Higher Education Student Affairs
Sierra Wilson - School Psychology

Dr. Kent Estes Memorial for Chi Sigma Iota

Brenna Erdman - Clinical Mental Health Counseling

Dr. Fred & Betty Kempf Fellowship Fund

Xavier Arellano - Clinical Mental Health Counseling
Katie Bowman - School Counseling
Kylie Janssen - School Psychology

Liela S. Herzog Memorial Scholarship

Kalen Klingelhoef - Clinical Mental Health Counseling
Alexis Erickson - School Psychology

Mary Splitter Memorial Scholarship

Whitney Kaminske - School Counseling

Professional Achievements

2023-2024

Chi Sigma Iota Induction

Fredric Graves - President

Tessa Ruskamp - Secretary/Treasurer

Amanda La Paz - HESA Representative

Kevin Snyder - CMHC Representative

Student Council on Family Relations

Emma Arens - President

Claire Nelson - Vice President

Alyssa Schmidt - Secretary

Aubrie Kearney - Treasurer

Katie Amato - Publicity Coordinator

GRAsP Leadership

Dylan Moore - President

Erin Johnson - Vice President

Megan Johnson - Secretary

Sydney Slie - Treasurer

Nicole Wiemers - Student at Large

Professional Achievements

2023-2024

NSPA Outstanding Student Award

Heidi Teahon - School Psychology

Counselor Education Scholarly Presentation

Taylor Carkoski - Clinical Mental Health Counseling

School Psychology Scholarly Presentation

Erin Johnson

Megan Johnson

Amelia Meyer

Dylan Moore

Samantha Rawlings

Sydney Slie

Nicole Wiemers

Sierra Wilson

National Council of Family Relations (NCFR) Honors

Claire Nelson

Inaugural Family Science Intern

Johnny Collins

Certified Adult Mental Health Training, Region 3

Johnny Collins

Family Science Graduates

Summer 2022

Kristina Alm – ECFA	Morgan Malone – ECFA
Audrianna Earnest – FS	Aida Quintana – FS
Ashton Kirwan – FS	Ella White – FS

Fall 2022

Gabriella Auch Moedy – FS	Sadie Stansbury – FS
Kelcie Burke – ECFA	Gracie Stienike – FS
Elizabeth Dueland – FS	Katherine Wright – FS
Emily Nunnenkamp – ECFA	

Spring 2023

Taylor Becker – FS	Tatum Lange – FS
Annie Burkink – ECFA	Victoria Maring – FS
Johnny Collins – FS	Sebastiana Mateo-Domingo – FS
Alyssa Dutenhoffer – FS	Madelyn Miller – ECFA
Silvia Guerrero – ECFA	Claire Nelson – FS
McKayla Johnson – FS	Hailee Pohl – ECFA
Chloe Kolb – FS	Ariceli Salazar – FS
Carli Krell – FS	Macey Widick – FS
Nic Landanger – FS	Siarah Willenberg – ECFA

Counseling & School Psychology Graduates

Summer 2022

Michael Beitz – SCELEM	Kathianne Keller – CMHC
McKenzie Cuba – Cnslg. Ed.S.	Tricia Kreutzer – CMHC
Allyson Ferguson – SCSEC	Joseph Morrow – CMHC
Caitlin Glenn – SCSELEM	Colton Nisley – CMHC
Jessica Gutierrez – SCSEC	Malia White – SCSEC
Elizabeth Haarberg – CMHC	

Fall 2022

Audrey Arsenian – SCSEC	Scott Moser – HESA
Caitlin Birdsell – CMHC	Stefanie Neal – CMHC
Alexis Bloomfield – CMHC	Charla Peeks – HESA
Kilah Deaver – SCELEM	Alexandra Primm – SCSEC
Cody Haas – CMHC	Kimberli Prucha – CMHC
Abel Virgilio – HESA	Daniel Revelo-Martinez – SCSEC
Nicole Keenan – SCELEM	Abby Shipman – CMHC
Suzie Kurpgeweit – CMHC	Haley Weakland – HESA
Endina Manriquez Camarena – SCSEC	

Counseling & School Psychology Graduates

Spring 2023

Amber Bendig – CMHC

Josey Blessin – SCHPSY

Adam Brock – CMHC

Brienna Brock – SCHPSY

Jennifer Bucci – HESA

Paige Corr – CMHC

Stacie Heldt – SCSEC

Megan Jacob – SCELEM

Austin Jacobsen – HESA

Shanelle Johnson – CMHC

Amanda King – CMHC

Mike Kult – CMHC

Trisha Lenhart – SCHPSY

Sarah Lewis – CMHC

Rylan Mahoney – SCHPSY

Megan McFadden – CMHC

Josh Pierce – SCSEC

Tessa Russkamp – CMHC

Jodi Sell – CMHC

Gabrielle Stroup – SCELEM

Heidi Teahon – SCHPSY

Ashley Wagner – SCHPSY

Kylie Washburn – SCSEC

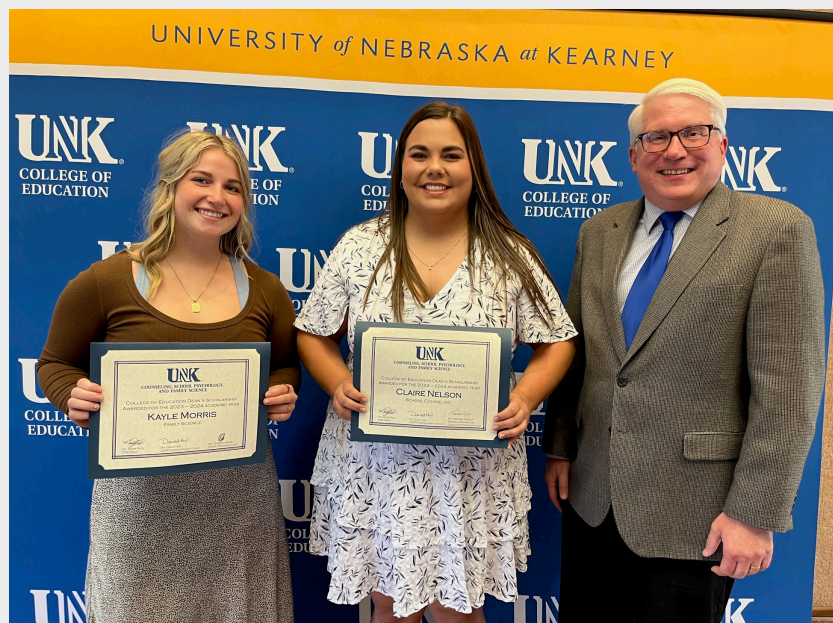


Family Science

Program Updates

In the Fall of 2022, Dr. Chance Bell (Family Science), a Certified Family Life Educator, with Dr. Tami Moore (Family Science), took his family education skills and traveled to St. Paul, Nebraska, Dr. Moore's old stomping grounds. Dr. Bell presented at the St. Paul C.A.R.E. Team meeting on the *Impact of Technology on Relationships*. This led to another invitation to present in St. Paul, this Spring, for the Family Enrichment Series, a collaborative effort among religious leaders in the area to strengthen and enhance the lives of families.

Participants, youth to older adults, learned two key points at both presentations. First, technological advances, particularly smartphones, have a negative impact on our mental/emotional and relational wellbeing if left unchecked. Second, how to use technology more intentionally to help us become who we desire, and support what we value most in life.



COE Dean's Scholarship Recipients: Kayle Morris & Claire Nelson with Dean Reid

Congratulations, to our Family Science faculty members for their awards in excellence, which were presented during the College of Education Spring business meeting.

- Outstanding Faculty Service Award – Dr. Toni Hill
- Outstanding Faculty Scholarship Award – Sharon N. Obasi, Ph.D.

Family Science

Program Updates

The National Council on Family Relations (NCFR) is the premier professional association focused on families. Through NCFR, the UNK Family Science program is recognized as an accredited Family Life Education (FLE) program. This accreditation provides UNK Family Science students eligibility for certification as a Family Life Educator upon graduation.

As an active member of NCFR, Dr. Heather Kennedy attend the 2022 annual conference and was able to engage with colleagues from around the world to expand understanding about families—through research, theory, and practice. This was the first in-person gathering since 2019 and the conference theme was “Light and Shadow: Shifting Perspectives and Families.”

The highlight for Dr. Kennedy was participation in a special workshop—*The Application of Ambiguous Loss Theory: Advanced Training For Family Therapists and Educators*—with the author of Ambiguous Loss theory—Dr. Pauline Boss! 😊 Dr. Boss has spent several decades researching ambiguous loss—not only to develop a framework for understanding, but also, guidelines for therapeutic intervention. She has published several books and trained professionals around the world. Her most recent book, “Myth of Closure: Ambiguous Loss in a Time of Pandemic and Change” was published in 2021.

While a distinct type of loss, **each one of us** will likely experience **an ambiguous loss** or losses in our lifetime. Ambiguous loss is the experience of grief that allows for no resolution or closure. For example, when a loved one goes missing; either physically or cognitively (like with dementia). The loss is a relational stressor, as opposed to individual pathology. However, individual and families can build resiliency to live with the loss. Ambiguous loss is an important theoretical framework for our students and Dr. Kennedy feels privileged to have had the opportunity to engage with Dr. Boss.

For more information regarding ambiguous loss refer to: <https://www.ambiguousloss.com/>
To learn more about the NCFR—refer to: <https://www.ncfr.org/>

Clinical Mental Health Counseling

Program Updates

Hello friends,

If you have chatted with David Hof or myself within the past two years, you no doubt heard about CACREP. As you may recall, CACREP is our accrediting body, and the gold standard on counseling programs as we prepare counselors for the future. Since the last accreditation cycle eight years ago, the CMHC program has been methodically implementing changes to our program to reflect the newest standards. Additionally, identifying and creating our assessment and data collection program. As COVID began to subside, we were able to attend a training on the accreditation process in Atlanta, GA and it was soon time to start the writing.

Built on the foundation of this preparation, work these past two years intensified as the self-study was written. It was common during this time to see us locked in a conference room on a Thursday, hour after hour, academic year or break, quietly pushing forward. One June 20th, we hit “send” on this self-study and the relief set in! This relief was short lived however, as a customary addendum was needed. The addendum was submitted December 14th and excitement began as we selected spring site visit dates. As these spring site visit dates approached; our preparation ramped up. That is until we received word that CACREP was behind in their site visits, and that no visit could happen until fall 2023. As the fall approaches, please keep a close eye to your email. We may need to call on some of you to sit on different interviews by the site team to speak on our behalf.

As I draw this newsletter article to a close, I want to express some gratitude. To you the reader (and likely alumni) thank you for trusting us with your counselor development. To the Counselor Education Committee and CSPFS department, thank you for all of your efforts in our CACREP accreditation and support. To my family, thank you for your understanding of the additional commitments on my time, and yes, just a little bit more stress. To Ashley Zikmund, our CSPFS Office Associate, thank you for all your help. You were key to our success many, many times. Lastly, to David Hof, I am so thankful to have been working on this project with you. The hours and hours of time working on this together, and the product we created, are among my most proud professional accomplishments.

Douglas Tillman, CMHC Chair



Higher Education Student Affairs

Program Updates

Our online HESA program still strives to improve every semester. I was reminded of the wide spread of our students as I was in Toronto for the American Counseling Association (ACA) conference. Of course, I had to go for a visit to the University of Toronto as this is what HESA geeks do...we visit other campus' on our travels. Yao Zheng and I had a great tour of their main campus and Yao registered her daughter as a perspective student so we could join the tour. The university will just have to wait 13 years until she is old enough to attend college. Yao is also a great example as she came back to complete the clinical counseling degree from us. You are welcome to return or take additional classes from us. Toronto is also the hometown of Jennifer Bucci, who will be our first alumni from Canada this spring.

The Global Perspectives of HESA (CSP 845) will return next summer so if you want to take the class and/or go on our study abroad trip please send us an email so that we can contact you later (mimsmj@unk.edu). We are doing some research to determine the time of the year, countries, and cost levels that best meet the needs of the group.



We LOVE to hear from the alumni as they progress in their careers, grow their families, and develop great programs to meet the needs of students, staff, and their communities. Drop us an email, post on our Facebook page, or give us a call. We are so proud of you all. We have selected Ramesh Neupane to be our outstanding alumni as he completed his doctorate degree and continues to do good work with international students at Southern Illinois University. Remember you are a Loper for life!!

Best Wishes from Matt and Po to you.

School Psychology

Program Updates

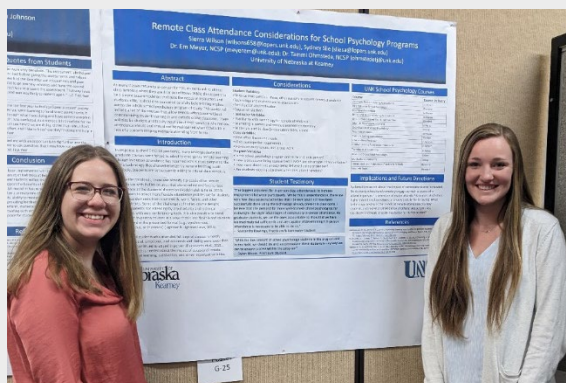
It has been a busy and productive year in the School Psychology Program! Dr. Tammi Ohmstede and Dr. Em Meyer returned as core faculty members this year and had help from some amazing adjuncts! A big thank you to Angie Kovarik, Christa Anderson, Jessica Shepard, Danielle Nguyen, and Jill Timmons for covering some classes throughout the year!

This year we have six interns who have been working in school districts across Nebraska, Iowa, and Wyoming. Specific Nebraska sites include Lexington Public Schools, Norris Public Schools, and Lincoln Public Schools. One student is working for Campbell County School District in Gillette, WY and another is working for Green Hills AEA in Council Bluffs, IA. We also have six students completing their practicum experiences this year working with school psychologists in Lexington Public Schools, Grand Island Public Schools, ESU 10, and Lincoln Public Schools. Last but not least, we welcomed six new students into the school psychology program in the summer/fall who are diligently working and learning about the field of school psychology through their coursework, professional development and shadowing opportunities.

It was another successful year with our Internship Interview Day with over 30 school districts participating. We now offer options for districts to participate in person or via zoom which allows for more districts to participate. Our students received a lot of practice with their interviewing skills and all of them had internship contracts signed within a couple of weeks after interview day.

We had several students attend the NSPA conference in person and online this year. Congratulations to Heidi Teahon for receiving the 2022 NSPA UNK Student of the Year Award! All of the first- and second-year students attended the NASP convention that was held in Denver, CO. Six students presented posters at the Trainers of School Psychology conference and three students presented their research at NASP. As the year comes to a close, faculty and students are busy finishing up class and program requirements along with preparing for our student annual evaluations and graduation for the interns. We hope your year was as fun and productive as ours, and as always, we love hearing from our alum if you would like to send any updates. There continues to be a shortage of School Psychologists so tell your friends about the awesome School Psychology Program at UNK!!

Dr. Tammi Ohmstede
School Psychology Program Chair



Special Thank You

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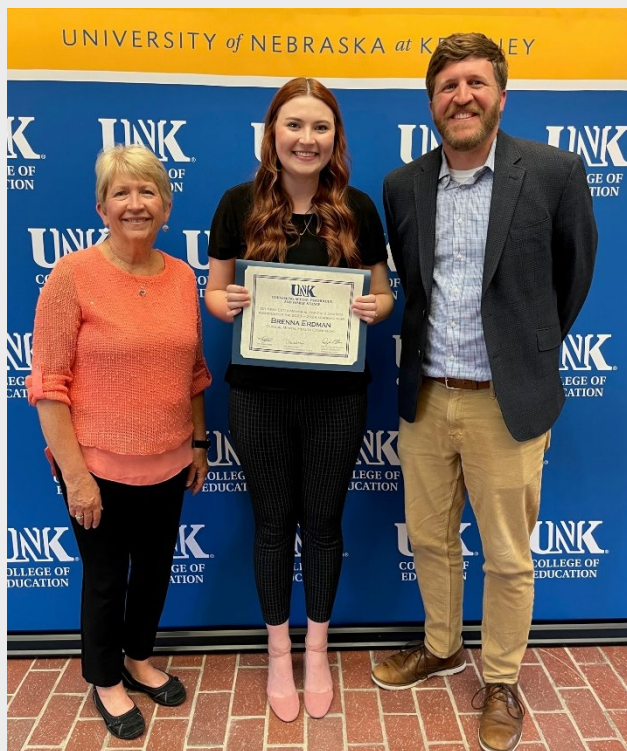
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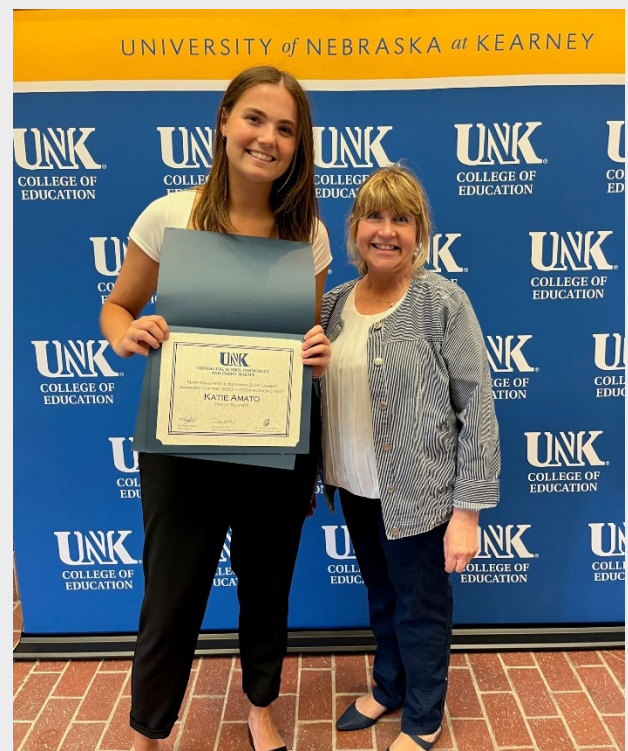
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