

Lindsey Wilson College

School of Professional Counseling
Counselor Education & Supervision

Professional Accomplishments (2015-2016)

Part A: The following accomplishments reflect the teamwork and collaborative efforts of the faculty and students within and across professional counseling programs at Lindsey Wilson College, Columbia, Kentucky, The credit goes to all participants.

Caution: While preparing this information, I might have inadvertently missed some information. Please feel free to contact me at Sandhd@lindsey.edu. I will be more than glad to add your missed information.

The pertinent information is presented here in five parts. Namely,

- #1. The LWC Doctoral Program honored as the Outstanding Doctoral Program on October 15, 2015.
- #2. The Second Annual Mental Health Symposium held at Lindsey Wilson College on April 29, 2016
- #3. Workshops on Suicide Assessment and Management on May 26, 2016
- #4. Counseling Programs in Spotlight at KCA Convention, November 9-11, 2016.
- #5. Projects in the Interests of Community (presently in progress). Third Annual Mental Health Symposium will be held on May 6, 2017.

- # 1. The LWC Doctoral Program Honored as the *Outstanding Doctoral Program in Counselor Education and Supervision*



The LWC doctoral program had been named the recipient of the *Outstanding Doctoral Counselor Education and Supervision Program Award* given by the Southern Association for Counselor Education and Supervision. The LWC Doctoral Program was recognized at SACES annual convention on October 15, 2015, at Philadelphia, Pennsylvania. "I think this award speaks to the quality of the development of the program—especially the curriculum and how we have built it around delivering it to non-traditional students," said Dr. Jeff Parsons, the Director of the LWC Doctoral Program.

**#2. Lindsey Wilson College
Columbia, Kentucky
Second Annual Mental Health Symposium
April 29, 2016**



Participants at the Second Annual Mental Health Symposium held on April 29, 2016 at the Lindsey Wilson College in Columbia, Kentucky.

Concluding Comments, Suggestions, and Questions



From left to right:

Ms. Tammie Hurst, President of Kentucky Counseling
Dr. Richard Balkin, Editor, JCD and Professor at University of Louisville
Ms. Jackie Montgomery, Associate Dean for the School of Professional Counseling
Dr. Daya Singh Sandhu, Director of Research and Professor of Counselor Education

They honored questions and comments from the audience at the end of the Symposium at the Lindsey Wilson College on April 29, 2016.

The Second Annual Mental Health Symposium was held on April 29, 2016, on Lindsey Wilson College campus. The major theme of this symposium was, "A Voice of Our Clients: Through Research, Advocacy, Social Justice." Approximately 100 mental health professionals from Kentucky, Tennessee, and West Virginia participated in this symposium. All faculty members and doctoral students (2014 & 2015 cohorts) from Counselor Education and Supervision program actively participated in this symposium. Several faculty members from School of Professional Counseling Program participated as presenters. Dr. Brad Grot and Alpha Chi Omega Chapter student president Tamera Fenton sponsored the poster sessions with gift cards of \$100, \$75, \$ 50 for the first, second, and third place winners respectively.

The keynote speaker, University of Louisville Professor and Coordinator of Counselor Education for the Doctoral Program Dr. Richard Balkin reviewed "the fundamentals of correlation research and highlighted examples of how correlational designs work." As the special guest speaker, Ms. Tammy Hurst, Kentucky Counseling Association President delivered the invited presentation on the theme of *Counseling Advocacy*.

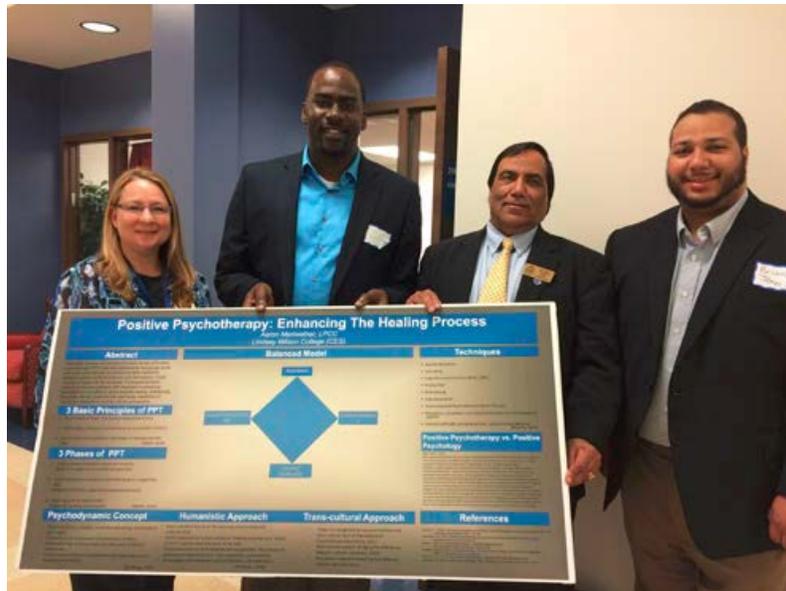
Dr. Steve Patrick and Dr. Richard Carroll's featured session, "The best Mom I had" received the resounding applause and rave reviews.

The interested participants earned up to six continuing education hours by attending this symposium. The material was pre-approved by the Kentucky LPCC Board and met the necessary requirements of SB 72 for providing mental health services in the state of Kentucky.

Special thanks are due to Associate Dean Jackie Montgomery, Dr. Jeff Parsons, Director of CES Doctoral Program and Ms. Myra Ford, Director of Human Services for their support, encouragement, and hard work for making the second annual mental health symposium a success. Last but not the least, I owe special thanks to our all doctoral students for their active participation in the symposium while special recognition is due to Darlene Vaughn and Shameka Sells for their untiring efforts and logistical support.

Congratulations to Poster-Session Winners!!!

Brian Jones, Aaron Meriwether were the first and second winners while Danielle Jackson and Heather Brown Tribble earned the third place in the poster sessions competition. Congratulations to all!



The detailed information about the Second Annual Mental Health Symposium including information about the presenters and presentations with pictures could be found at:

<http://www.lindsey.edu/media/726943/second%20annual%20mental%20symposium.pdf>

**# 3. Dr. Jen Williamson, Dr. Dan Williamson
Dr. Daya Singh Sandhu
Six Hours Workshop
Suicide Assessment, Treatment, and Management**



*From left: Dan Williamson, Jen Williamson, Jeff Parsons
And Daya Singh Sandhu*

The KRS 210.366 required that effective January 1, 2015, all the mental health professionals must complete a minimum of six (6) hours of continuing education in suicide assessment, treatment, and management. Dr. Daya Singh Sandhu, Dr. Jen Williamson, and Dr. Dan Williamson developed a workshop titled, *Proactive, Practical, and Strategic Skills Training Program to Prevent Suicides, Suicide Ideations, and Suicidal Behaviors*.

After receiving the necessary approval from the KY LPCC Board, Daya, Jen, and Dan conducted this state mandated workshop on May 26, 2016, at the Lindsey Wilson College for the participants to earn 6.0 continuing education hours. This particular workshop trained more than 200 mental health professionals from the adjacent communities. Dr. Jen Williamson and Dr. Dan Williamson also conducted this suicide workshop at the Big Sandy Community and Technical College at Prestonsburg, Kentucky Campus to help many other mental health professionals.

4. Lindsey Wilson's Counseling Programs in Spotlight At KCA Annual Convention on November 9-11, 2016

Doctoral Program in Counselor Education and Supervision and the School of Professional Counseling Programs at the Lindsey Wilson College were in a bright spotlight at the 59th Convention of the Kentucky Counseling Association. This annual convention was held in Louisville, November 9-11, 2016. The theme of this year's convention was, *"Violence and Tragedy Prevention: Trauma Informed Approach, Advocacy and Intervention."*

A dozen of doctoral students, Associate Dean Jackie Montgomery along with 10 faculty members from Counselor Education and Supervision and School of Professional Counseling attended the annual convention of the Kentucky Counseling Association.

Despite the competitive submission process, all doctoral students and faculty members attending the KCA convention made the professional presentations. All the participants in the convention were quite diverse both in gender, ethnic, and racial backgrounds.

Started in August, 2014, the CES program at Lindsey Wilson College is one of the most recent doctoral programs in the state of Kentucky and the United States. This CES award-winning program is preparing doctoral students whose professional service and other scholarly activities are at *par excellence*.

All our doctoral students: Janet Barnes, Justine Bradley, Hanna Coyot, Leon Ellison, Tamera Fenton, Lori Mc Dunn, Aaron Meriwether, Shameka Sells, Rev. Livinus C. Uba. Darlene Vaughn, and Ebonie Williams made the professional presentations. In addition, ten faculty members from Lindsey Wilson College made the presentations at the annual convention of KCA. These professors included: Drs. Kimberly Brown, Tina M. Glover, Ed Gunberg, Patrick Hardesty, Amy Holsinger, Melinda Mays, Patrice McCarter, Jeff Parsons, Daya Singh Sandhu and Nicole Schnopp-Wyatt.

In addition to three professional presentations with his doctoral students, Dr. Daya Singh Sandhu also conducted two workshops, each for three hours long.

A. Professional Honors and Awards

Dr. Daya Singh Sandhu, Director of Research and Professor in the Doctoral Program in the Counselor Education and Supervision at Lindsey Wilson College was honored with the *Tim Robertson Advocacy Award*. Citing an extensive list of advocacy efforts and initiatives through service on several national and international committees and national presidency of Association of Multicultural Counseling and Development, KCA President-Elect Michelle Sircy described Dr. Sandhu as the *icon of counseling advocacy* before announcing. "Dr. Sandhu, we present this beautiful plaque to you in recognition of your outstanding dedication to the promotion of the counseling profession all over the world and especially for supporting counselors in Kentucky. We thank you for your lifelong work and support of our profession."



Dr. Daya Singh Sandhu receiving Tim Robertson Advocacy plaque from KCA President Tammy Hurst

Dr. Daya Singh Sandhu Research and Innovations in Counseling Award

In 2016, the winning submission for *Dr. Daya Singh Sandhu Research and Innovations in Counseling Award* was developed by Dr. Alan Bakes in response to the need for increased collaborative services related to autism spectrum disorders. Dr. Bakes's project, "Providing Support for Parents of Children with ASD through Collaborative Group Work", provided a parent support group combined with a research-based parent training and support program.

At the annual convention on November 11, 2016, KCA was proud to award the *Dr. Daya Singh Sandhu Research and Innovations in Counseling Award* to Dr. Alan Bakes and acknowledged the members of the collaborating team: Dr. Rebecca Pender-Baum, and Dr. Karen Coulter, all from Murray State University.

Dr. Daya Singh Sandhu joined the KCA President Tammy Hurst to present this prestigious award established in his name to Dr. Alan Bakes. Dr. Bakes is currently the program coordinator of the Department of Educational Studies, Leadership, and Counseling at Murray State University in Kentucky.



Group Photo from left to right: Dr. Daya Singh Sandhu, Dr. Alan Bakes, KCA President Tammy Hurst, and Dr. Rebecca Pender-Baum

B. Special Recognition and Kudos

Lindsey's doctoral student, Amber Helme, received rave reviews for her panel discussion, *"The counselor's role in identifying and treating dyslexia"* at the KCA Annual Convention in November 2016. It is a matter of great pride and special accolades for Amber and Lindsey Wilson's Doctoral Program that KCA Executive Director Karen Cook has invited her to present on this topic as a pre-conference presentation next year at the KCA Annual Convention in Nov. 2017. Bravo! We are very proud of you Amber, Congratulations!!

C. Presenters and Presentations at KCA

Barnes, J., & Fenton, T. (2016, Nov.). The plugged-in family

Bradley, J. (2016, Nov.). Developing empathy for clients, through a trauma informed approach to avoid counselor burnout

Brown, K. (2016, Nov.). The trials and struggles of women in the workforce: Job satisfaction in the Appalachian region.



Coyt, H. (2016, Nov.). Transitions in aging: Coming to terms with change



Fenton, T. (2016, Nov.). Adlerian play therapy with children with attachment disruptions

Fenton, T., & Parsons, J. (2016, Nov.). Digital storytelling: Empowering vulnerable 'Voices

Glover, T. (2016, Nov.). Challenges working with Appalachian clients. Addressing social justice and advocacy

Glover, T. (2016, Nov.). Exploration of supervision: How to get the most of a didactic relationship

Hardesty, P., & Cunningham, N. (2016, Nov.). Five essentials for good supervision

Helme, A. (2016, Nov.). The counselor's role in recognizing and treating problems associated with dyslexia

Kitchen, K., & Holsinger, A. (2016, Nov.). Blobs and pipe cleaners: Play your way to emotional literacy

Mays, M., Holsinger, & Schnopp-Wyatt, N. (2016, Nov.). Children in grief: Helping children through the grieving process

Mays, M., Phelps, L., & Schnopp-Wyatt, N. (2016, Nov.). Helping teens who grieve

McCarter, P., Williams, E., Sells, S., Meriwether, A., & Ellison, L. (2016, N.). Wellness and burnout issues related to African Americans counselor educators and doctoral students in counselor education

McDunn, L., Meriwether, A., & Sandhu, D.S. (2016, Nov.). Minority issues in alcohol/substance abuse counseling: What you need to know and do about them



Meriwether, A., Dunn, L., & Sandhu, D.S. (2016, Nov.). A marriage or a mirage: When dreams become nightmares

Sandhu, D.S. (2016, Nov.). Violence in American schools: Practical guidelines for counselors ***



Sandhu, D.S. (2016, Nov.). Emotionally at-risk students in schools: What counselors need to know and do about them (Three hours pre-conference workshop). ***

Sandhu, D.S., McDunn, L., & Meriwether, A. (2016, Nov.). Culturally responsive counseling in multicultural schools.

Uba, L.C. Rev. (2016, Nov.). The impact of religion in substance use disorder patients in recovery

Vaughn, D. (2016, Nov.). Exploring substance use in Appalachia: Multigenerational conditions, counselors & current interventions



Vessels, J., & Holsinger, A.(2016, Nov.). Play therapy goes to school

Note:

*** All the modest honoraria received from conducting these two, *three hours each*, pre-convention workshops, were donated to the Lindsey

Wilson College to promote research activities through the *Center for Excellence in Research*.

5. Community Projects in Progress

The Third Annual Mental Health Symposium (May 6, 2017)

Major Purpose: Addressing the needs of the community through counseling and psychotherapy

Mental health counselors are expected to provide counseling support and rehabilitation services for people going through various kinds of difficulties in their lives. They could use their professional knowledge, therapeutic methods, and skills in collaboration with family members and health care professionals to provide comprehensive support to treat substance abuse and related emotional and marital issues. *The Third Annual Mental Symposium* is planned to address the substance abuse and chemical dependency problems. A few examples of the selected presentations include:

- Internet addiction
- Spirituality and addictions
- Childhood trauma, substance abuse, and suicides
- A Hierarchy of Addiction: A conceptual model for treating intra-psychic and extra-psychic patterns of addictive behavior
- The Legacy of Hope: Role and dynamics within addicted families
- Who is the client: Identifying and restructuring the family roles in addictions
- Exploring substance abuse in Appalachia: Multigenerational conditions, counselors, and current interventions
- Minority issues in alcohol/ substance abuse counseling: What you need to know and do about them

- The impact of religion in substance use disorders (SUD) patients in recovery

***** Interested participants could receive 6.00 CEU's to meet the NBCC and KY LPCC Board requirements.

***Appalachian Americans:
Issues and Concerns for Counseling and Psychotherapy***
(Edited by) Daya Singh Sandhu and Jeff Parsons

This edited textbook is in progress to address the special mental health challenges of the people, residing in the Appalachia. A list of some submitted chapters follow:

- *What does it mean to be an Appalachian? Critical analysis of the diversity of Appalachian cultural identities*
- *Appalachian Americans: Collectivists Within an Individualistic Society*
- *Recognizing and Empowering the Invisible Appalachian American: A Socio-ecological Perspective*
- *Parenting Practices: Appalachian Children and Filial Therapy*
- *Understanding the Appalachian Client: Implications for Counseling and Psychotherapy*
- *Alcoholism and substance abuse among Appalachian Americans*
- *The challenges/issues of providing mental health services to men in Appalachia*
- *The difficulty finding and training counselors to work in Appalachian communities*
- *Counseling Lesbian, Gay, and Bisexual Appalachian Clients*
- *Domestic Violence, Abuse and Trauma in Appalachian Culture*

- *Challenges working with Appalachian Clients: Addressing Social Justice and Advocacy*

***** *Please note that all chapters are not listed here.*

Our Slogan for Our Beloved College

*Good, better, best
We shall not rest.
Until good is better
And better is best at Lindsey Wilson College*

Slogan for Research and Creative Activities at LWC

To enhance the trajectory of excellence in research, my slogan is as follows:

*“Every student, every day,
Works on research assignments at Lindsey.”*

Dr. Daya Singh Sandhu--- Director of Research and Professor

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