

Molloy University

DigitalCommons@Molloy

Clinical Mental Health Counseling Newsletter

Clinical Mental Health Counseling

Spring 2017

CMHC Newsletter Volume 1, Issue 1

Laura B. Kestemberg Ph.D.

Molloy College, lkestemberg@molloy.edu

Laura L. Wood Ph.D., LMHC, RDT_BCT

Molloy College, lwood@molloy.edu

Daniel Woods

Follow this and additional works at: https://digitalcommons.molloy.edu/cmhc_news



Part of the [Counseling Commons](#), [Mental and Social Health Commons](#), and the [Psychology Commons](#)

[DigitalCommons@Molloy Feedback](#)

Recommended Citation

Kestemberg, Laura B. Ph.D.; Wood, Laura L. Ph.D., LMHC, RDT_BCT; and Woods, Daniel, "CMHC Newsletter Volume 1, Issue 1" (2017). *Clinical Mental Health Counseling Newsletter*. 1.

https://digitalcommons.molloy.edu/cmhc_news/1

This Newsletter is brought to you for free and open access by the Clinical Mental Health Counseling at DigitalCommons@Molloy. It has been accepted for inclusion in Clinical Mental Health Counseling Newsletter by an authorized administrator of DigitalCommons@Molloy. For permissions, please contact the author(s) at the email addresses listed above. If there are no email addresses listed or for more information, please contact tochter@molloy.edu.



Molloy
College



CLINICAL MENTAL
HEALTH COUNSELING
MASTER OF SCIENCE PROGRAM
NEWSLETTER

*“Mentoring Compassionate
Counselors for our Communities”*

Upholding
Molloy's Pillar of
Service Through
Group Counseling

Spring 2017
Practicum
Placements

Mentorship Nights

Exploring Student
Stress: What Your
Saliva Says About
Your Anxiety

Timeline of CMHC
Program Events

Welcome Note
from the Director

The CMHC Dept.
Takes on the ACA
2017 Conference
& Expo in San
Francisco

Introducing New
Part-Time and
Adjunct Faculty

Annual Clinical Mental Health Conferences

The Clinical Mental Health Counseling (CMHC) Master of Science program hosted its Fourth Annual Interdisciplinary Mental Health Conference on March 10, 2017 entitled, "Treatment of Addictions: Biopsychosocial, Developmental, and Mindful Approaches." Dr. Gabor Maté, a renowned speaker, and bestselling author, was the keynote presenter. Dr. Maté is highly sought after for his expertise on a range of topics including addiction, stress, and childhood development.



Dr. Gabor Maté

A highlight of the conference was a panel discussion in which different professions from the mental health field were represented, including addictions counseling, clinical mental health counseling, creative arts therapy, psychiatry, psychology, and social work. The discussants were Karl Dormesy, M.D., David Flomenhaft, LCSW, Ph.D., Laura Wood, LMHC, Ph.D., Maria Hodermarska, MA, RDT, CASAC, LCAT, ICADAC and Laura Kestemberg, Ph.D. They reviewed several points with Dr. Maté from his lecture and took questions from the audience. The conference included introductory experiential exercises in breathing and mindfulness, led by Don Zezulinski, as well as a presentation by Dr. Dormesy entitled, "The

Addictions and Substance Abuse Epidemic on Long Island: Treatment of Opioid/Heroin Dependence. The conference was approved for 4 contact hours for LMHC's and LCAT's as well as 4 hours of continuing education credit for social workers, CASAC's, and nurses.



Left to right: Don Zezulinski, Laura Kestemberg, Gabor Maté, Laura Wood, Maria Hodermarska, Karl Dormesy, David Flomenhaft

Annual Clinical Mental Health Conferences

Last year's Mental Health Conference entitled, "Mindset Matters": A Mindful Living Program for Stress Management", presented by Romila "Dr. Romie" Mushtaq, M.D., ABIHM. Dr. Romie is a traditionally trained neurologist with additional board certification in integrative medicine. By bringing together Western medicine and Eastern wisdom, Dr. Romie helps individuals and audiences learn to heal from stress-induced illnesses such as insomnia, anxiety, and career-burnout. "Mindset Matters" is a five step process, developed by Dr. Romie, and based in neuroscience, positive psychology, and mindfulness. It covers the role of self-compassion, contemplation, forgiveness, gratitude, meditation, and public service in healing.

Dr. Romie defined mindfulness in modern day psychology terms and described the mind-body connection and its correlation to health, relationships, and self-awareness. She also focused on the healing capacity of self-compassion. Citing scientific literature from the field of psychoneuroimmunology, Dr. Romie advocated for redefining self-care, self-love, and self-compassion.

Dr. Romie described how an inability to forgive can lead to anger, resentment, depression, isolation, as well as to a host of physical ailments. Forgiveness is a way to open your heart and embrace peace, hope, gratitude, joy, compassion, and kindness by letting go of resentment. Our CMHC program continues to incorporate mindfulness techniques

in our academic and clinical practices.

Other past Mental Health Conference topics include stress reduction through mindfulness and professional perspectives on the new DSM 5.

Save the Date!

**Fifth Annual
Interdisciplinary Mental Health
Conference**

Friday, April 20, 2018

**Madison Theatre, Public Square
Molloy College**

**Details on the conference will be
available in late fall 2017.**



Ann Z. Branchini, Ph.D., Vice President for Academic Affairs and Dean of Faculty gives a warm welcome speech to start the conference

Upholding Molloy's Pillar of Service Through Group Counseling

One of the five pillars of Molloy's Mission Statement is service to the community. Our CMHC students had a wonderful opportunity to uphold this pillar through a unique collaboration with a local catholic school during the Fall semester of 2016. The school identified issues of bullying between their students, but being without school counselors of their own, they needed outside help. That's where the CMHC students came in. With support from Drs. Kestemberg and Wood, the students planned psychoeducational group counseling sessions to help the middle schoolers cultivate interpersonal relationships, empathy, teamwork, communication, and structure. Support groups for the teachers were led by Drs. Kestemberg and Wood.

But that's not all! Two of the second year CMHC students ran group sessions at another local school to help students

manage test anxiety by teaching them relaxation techniques as well as other healthy coping skills. These opportunities positively impact the local school community and establish the presence of the program. Community collaboration helps the CMHC students continue to develop their professional identity as practitioners and advocates of mental health care.



Spring 2017 Practicum Placements



Dr. Wood and Dr. Kestemberg

In February 2017, the second year graduate students started their practicum experience under the direction of Dr. Wood, the practicum and internship clinical coordinator.

Our students are placed at valued clinical sites such as: South Oaks Hospital, Catholic Charities, Sunrise Counseling Center, Mercy Medical Center, the Queens Victims Advocacy Unit, the Mental Health Association of New York City, WellLife, Balance Mental Health Counseling, Calvary Hospital, Suffolk Community College Counseling Center, and Hope for Youth. We also have two students placed on campus, one at the Career Center and another at the Student Personal Counseling Center. Biannually, site supervisors attend the supervisor luncheon at the Molloy CMHC department. Dr. Wood also has the pleasure of conducting site visits.

Mentorship Nights

One of the perks of joining the CMHC program in 2015 was that as the first and only cohort we received all the attention and support. We formed a trusting and supportive relationship with our faculty and each other. We wanted to make the second cohort feel as welcome as we have felt. One of the ways we have done this is through the use of a mentorship system. Each new student is paired with a mentor from the first cohort whose responsibilities include a monthly check-up on their mentee as well as being available for any questions related to the program. The first cohort students arranged the first mentorship night on October 12 in order to give everyone the opportunity to get to know each other in person. Both cohorts had a great time bonding over snacks and stories about their experience in the program.

On April 10, 2017 the graduate assistants held the 2nd Mentorship Night. The new focus of mentorship night this time was about collaborating with other cohorts and brainstorming ideas for presentations for upcoming counseling conferences such as ACA and NYMCHA. Topics that students

are planning to present on include: the experience of graduate students with disabilities; mindfulness interventions; the lived experience of mothers of children with autism; interventions to use with a depressed client who is resistant to treatment; and burnout in the mental health counseling field.

As the program grows we hope to host more mentorship nights and continue cultivating the sense of comradery that is so important to counselors who often thrive by working as part of a team.

Mentorship Night
October 12, 2016

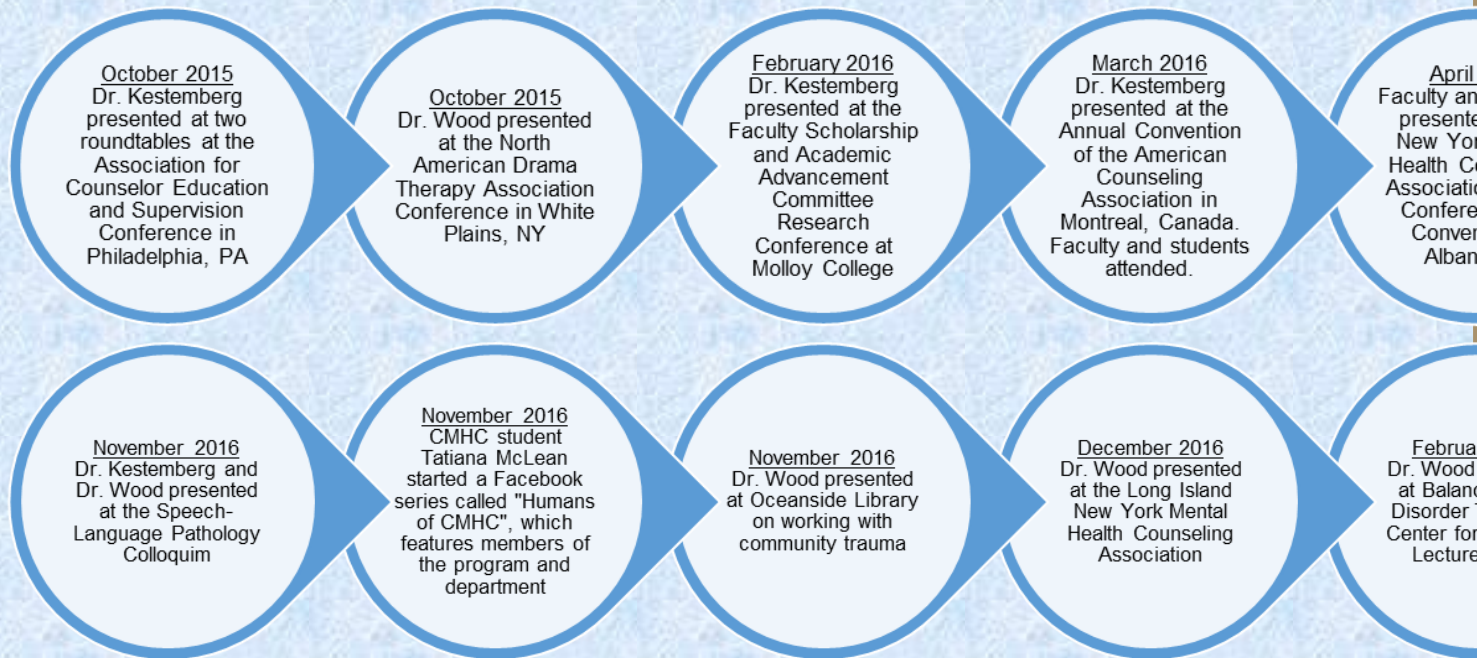


Exploring Students' Stress: What Your Saliva Says About Your Anxiety

In 2014 Dr. Kestenberg attended a presentation by associate professor of biology, Dr. Evans, on her research on stress. After the presentation she approached her about the possibility of a future collaboration in 2015. This led to Dr. Evans and three biology undergraduates working on their senior thesis partnering with Dr. Kestenberg and CMHC graduate assistant Daniel Woods. The project sought to test the effects of meditating, sleeping, preparing, and understanding of the material on the perceived stress and physical response of students on the day of an oral presentation. Perceived stress was measured by the Beck Anxiety Inventory and the physical response was measured by taking saliva samples and testing cortisol levels. Daniel's involvement included helping to develop appropriate and useful survey questions, assisting the group in understanding different forms of meditation, performing lab work, and editing the final poster. Unfortunately, due to unreliable subject compliance, the effect of meditation could not be accurately assessed. Otherwise, the study's results surprised the students. They hypothesized that more

preparation and better understanding of the material would equate to less stress, but this was not the case. Due to a trend towards a negative relationship between time spent preparing and stress levels, it was concluded that more preparation may contribute to stress, rather than relieve it. Furthermore, students who thought their understanding of the material was either good or poor had higher stress levels than those who were ambivalent about their understanding. This led the group to consider that there were other factors that future studies could explore to better understand the stress around oral presentations and how to reduce it. The group presented their study at the BCES Senior Thesis Seminar and Dinner on November 4th, 2016. The study has been accepted as a poster presentation at the 29th Association for Psychological Science Annual Convention, on May 25-28, 2017, in Boston, MA. Thank you to Dr. Evans and her students for the amazing opportunity to work together!

Timeline of CMHC



Hello,

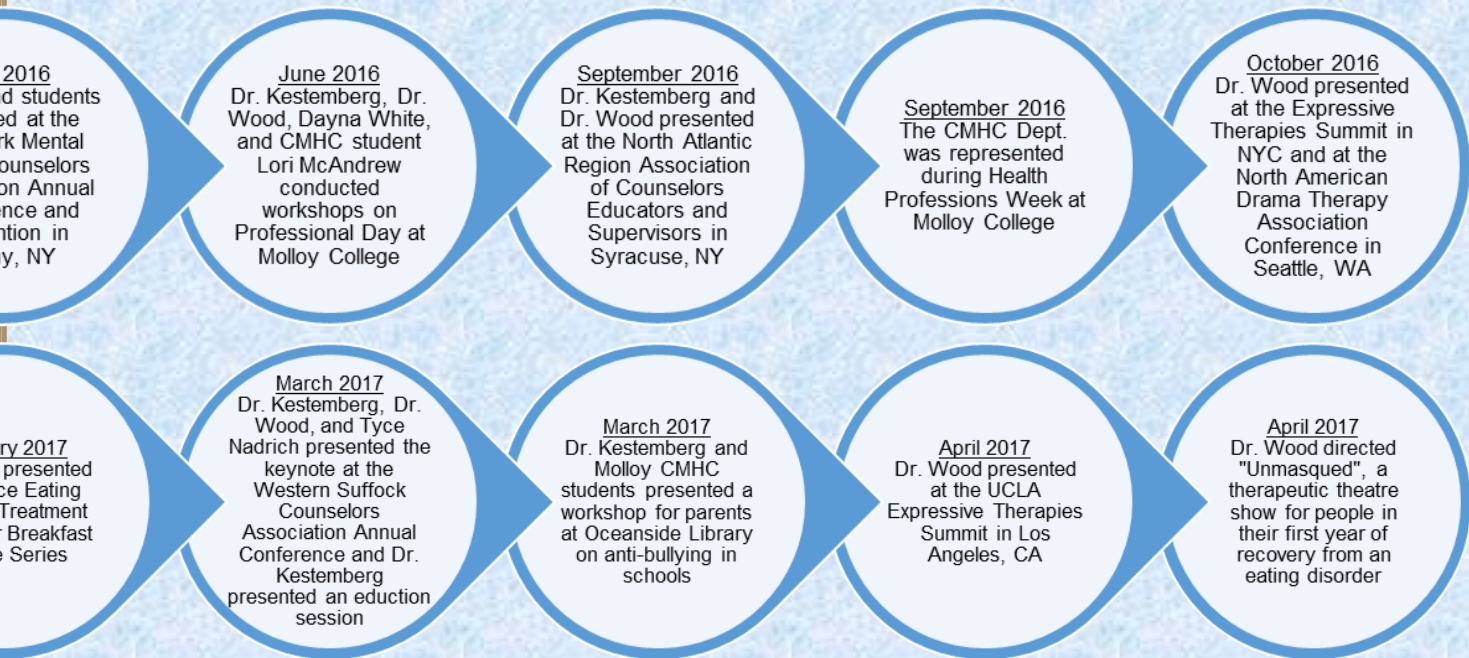
I want to extend a warm welcome from the Clinical Mental Health Counseling Program at Molloy College. I am proud of all that our relatively new department has accomplished in such a short time, and this newsletter is the perfect way to share with you the exciting things we are accomplishing. I am fortunate to be working with a strong and dedicated team that has made the impossible possible so quickly.

In two years of being up and running, we have moved into our beautiful new suite, hired new full-time and part-time faculty, have graduate assistants who are a vital part of our research and clinical projects, have neared completion on admitting our third cohort of incoming students, welcomed over 300 attendees to our Fourth Annual Mental Health Conference this Spring, and have started the CACREP accreditation process.

In only our second year we have represented Molloy College by having our faculty and students invited to offer conference keynotes, lectures, workshops, and poster presentations at the local, state, regional, national and international level. Some of these conferences include: the Western Suffolk Counselors Association (WSCA) Spring Conference in Huntington, New York, the North Atlantic Region Association for Counselors Education and Supervision (NARACES) Convention in Syracuse, New York, the New York Mental Health Counselor's Association (NYMHCA) Conference in Albany, and the American Counseling Association (ACA) in Montreal, Canada in 2016 and in San Francisco, California this year. We are engaged in several different research projects with our students that include mindfulness training, trauma, eating disorders, parenting stress, and provide mental health psychoeducation services in local schools. We have an active Facebook page, including our popular "Humans of CMHC" posts, and have been invited to offer wellness and anti-bullying presentations and workshops at local schools and libraries.

The CMHC department collaborates with other departments on campus such as Biology, Speech, and CAP21. Our first group of practicum students were successfully placed off campus at competitive sites in hospitals and clinics, and on campus at the Personal Counseling Center and the Career Counseling Center. We value these ongoing

C Program Events



collaborations and look forward to continuing to build upon these partnerships.

Our students take thought-provoking and experiential classes and are placed at sites early on with hands-on clinical training that allow them to become proficient in counseling a variety of populations. CMHC students experience first-hand how becoming a professional in clinical mental health counseling is an exciting and rewarding career. Despite the demands of the program, I continue to be impressed by how supportive our students are with one another.

We often joke in our department meetings that we are a "start-up" program and that so much still needs to be done, yet we feel fortunate that we continue to be able to meet the creative challenges that this demands. We work closely with each other as a department to accomplish our goals. People are seeking counseling services more than ever, making clinical mental health counseling a sought-after profession. We remain honored to be part of this field.

I feel tremendous gratitude for all of the administrators, faculty, and staff on campus who offer us continued support and guidance, and us to mentor compassionate counselors for our communities. Thank you to everyone at Molloy College.

Laura B. Kestemberg, Ph.D.
 Associate Professor
 Chair, Associate Dean and Director,
 Master of Science Program
 Department of Clinical Mental Health Counseling



The CMHC Dept. Takes on the



keynote presentations, engaged in a multitude of education sessions, and even presented sessions of their own. Dr. Kestenberg, Lori McAndrew, and Dayna White presented a clinician education session titled: "Take a Breath, Take a Break: A Useful Meditation Toolkit for Beginning Counselors." Dr. Kestenberg and Daniel Woods presented a clinician education session titled: "Keeping Your Cool in School: Piloting a Mental Health Program for Staff and Students." Both sessions were a success.

Our faculty and students continued to show their dedication to the field of counseling in San Francisco from March 16th to 19th at the American Counseling Association 2017 Conference & Expo. Dr. Kestenberg and 8 students attended the event where they witnessed exciting



In the Fall semester of 2016 students in the group counseling class read the seminal text "The Theory and Practice of Group Psychotherapy" as well as "Love's Executioner." After thoroughly enjoying these texts it was no surprise that the highlight for many during the ACA Conference was the first keynote with Dr. Irvin D. Yalom, the author of the aforementioned books.

Irvin D. Yalom, M. D., is a professor emeritus of psychiatry at the Stanford

2017 ACA Conference & Expo in San Francisco

University School of Medicine, the recipient of the 1974 Edward Strecker Award and the 1979 Foundations' Fund Prize in Psychiatry, as well as author of many influential books in the fields of group work and existential therapy. During his interview he was asked about ways that he employs self-care. His response centered around the value of joining and/or creating a group of peers to discuss one's clinical and personal concerns and receive support. When asked about the topic of self-disclosure he expressed his belief that counselors can be open about themselves in a therapeutic fashion, stating that he has never experienced his own self-disclosures to hinder the therapeutic relationship.



decision was made in light of ACA moving the conference from Nashville, Tennessee to San Francisco, California after a discriminatory bill was passed in Tennessee that allows counselors to refuse services based on their personal values. By moving the conference and having the chorus open it, ACA clearly showed their allegiance with the LGBTQ+ community.



Overall, the conference was an invaluable learning experience as well as an empowering interaction with a community of people working for the common good.

Another exciting event at the conference was the performance by the San Francisco Gay Men's Chorus. In a fabulous display of solidarity with the LGBTQ+ community, ACA invited the chorus to kick-off the conference on Friday morning before Dr. Yalom's keynote. This



Introducing New Part-Time and Adjunct Faculty



Dr. David Flomenhaft

Dr. David Flomenhaft is a Licensed Clinical Social Worker with a doctoral degree in Clinical Social Work from New York University. He has over 32 years of professional experience. As Director of large hospital based Outpatient Behavior Healthcare Services he manages clinical operations and administrative services for NYS Licensed Mental Health Clinic, Partial Hospital Program, and Chemical Dependency Clinic. He has established clinical pathways, oversees performance improvement, and manages 40 professional and administrative employees. The Chemical Dependency Program was recognized in 2010 as an "Exemplary Program" by the NYS Health Foundation for Excellence for its integration of Mental Health Services in a program for co-occurring patients to address their co-existing psychiatric and substance abuse needs. He is also the Research Coordinator for International Early Lung Cancer Action Program at a local hospital.



Professor Tyce Nadrich

Professor Nadrich is a NYS Licensed Mental Health Counselor and Nationally Certified Counselor. He received a MSED. in Clinical Mental Health Counseling from St. John's University and is currently pursuing a Ph.D. in Counseling at Montclair State University. He has worked predominantly with adolescents across a variety of settings, including inpatient hospitalization, partial hospitalization, outpatient, and within juvenile detention. He also currently operates a private practice. His research interests include understanding the experiences of racially ambiguous persons of color, the experiences of persons of color in academia, multicultural counseling competencies and best practices, and the prevalence and effects of microaggressions toward persons of color.



Professor Candice Crawford

Professor Crawford is a graduate of New York University's Mental Health and Wellness Counseling program and is currently pursuing her Ph.D. in Counseling from Montclair State University. Professor Crawford is a Licensed Mental Health Counselor in the state of New York and has served as a bilingual counselor working with children, adolescents, and their families. Also, she has served as a clinical supervisor in an outpatient substance abuse facility. Her research interests include multicultural competence in counseling and supervision, cross-racial supervision, and social justice advocacy. Currently, Professor Crawford is involved in numerous research projects and has presented at regional and national conferences. She is actively involved in her CSI chapter as President-Elect and was recently chosen as one of the 2017-2018 CSI Leadership Fellows and as one of the 2016 NARACES Emerging Leaders.



Dr. Johanna Gomez

Dr. Johanna Gomez graduated with a doctoral degree in Counseling Studies from Capella University, and a Master's degree in Creative Arts Therapy from Hofstra University. She has expertise in working with military families in dealing with trauma, attachment issues, transition, and building resilience in multiple locations throughout the country. Dr. Gomez wrote her dissertation on "The Impact of Psychological Resilience on Army Active Duty Military Wives' Mental and Physical Health". She is a Spanish-English bilingual counselor who has been a Licensed Professional Counselor in Texas and North Carolina and is approved for the LMHC in New York State. Her clinical interests include developmental disabilities, multicultural issues, parenting education, and grief and loss. Previously, Dr. Gomez maintained a full-time private practice providing assessment and therapy for individuals and families. She is looking forward to be teaching the course on Developmental Theories in Counseling at Molloy College for the summer of 2017.

The CMHC Department Faculty and Staff

Full-time Professors:

Laura B. Kestemberg, Ph.D.

Associate Professor, Chair, Associate
Dean and Director

Laura L. Wood, Ph.D., LMHC, RDT-BCT

Assistant Professor, Practicum and
Internship Clinical Coordinator

Adjunct Professors:

David Flomenhaft, Ph.D., LCSW

Candice Crawford, LMHC

Johanna Gomez, Ph.D., LMHC, LPC

Part-time Professors:

Tyce Nadrich, MEd., LMHC, NCC

Administrative Assistant:

Theresa Kill

Graduate Assistants:

Tatiana McLean

Fall 2016-Spring 2017

Daniel Woods

Spring 2016-Fall 2017

Elizabeth Pignatelli

Fall 2017

Save the Date!

ACA 2018 Conference

April 25-29, 2018

**Georgia World Congress Center,
Atlanta, GA**

Save the Date!

NYMHCA 2018 Convention

April 13-15, 2018

Further details to be announced

***Wishing you a great summer
from the CMHC Dept.!***



1000 Hempstead Avenue
Rockville Centre, New York,
11571-5002
Sienna Hall Room 108
Phone: 516.323.3842
Chair, Associate Dean and
Director's Email:
lkestemberg@molloy.edu
Administrative Assistant's
Email: tkill@molloy.edu

We're on the Web!
[molloy.edu/
cmhcprograms](http://molloy.edu/cmhcprograms)

Follow us on
Facebook at [https://
www.facebook.com/
MolloyCMHC/](https://www.facebook.com/MolloyCMHC/)

Daniel Woods, 2nd
Year CMHC
Graduate Student,
Editor in Chief

Clinical Mental Health Counseling Program Mission

As a College, Molloy places heavy emphasis on service to the community, especially to those in need. The Clinical Mental Health Counseling program captures the essence of this mission, and it is our intention and hope that the students we prepare for the counseling profession will dedicate much of their energies and activities to helping those in need and serving their communities.

In our CMHC program, we incorporate Molloy College's vibrant tradition of "study, spirituality, service and community" to prepare expertly trained counselors to be highly effective in today's ever-changing human service field. Through "transformative education" Molloy College's mission is to promote a "lifelong search for truth and the development of ethical leadership." The goal of our CMHC program is to embrace the College's mission and graduate students who have the professional identity, core knowledge, necessary state-of-the-art practical skills, and multi-cultural sensitivity to excel as Mental Health Counselors in a variety of professional mental health employment settings.



First Cohort, Orientation, 2015



Second Cohort, Orientation, 2016



Health Professions Week, 2016



Supervisors' Luncheon, 2016