

C&R NEWS

Counseling & Rehabilitation Program Newsletter



What Do Counseling and Rehabilitation Graduates Do with Their Training?

Perhaps one of the top questions that new counseling students wonder about is what kind of practice they will have in the real world. This is a really important question, so let's get right into it.

Our program trains Professional Counselors that have the basic Professional Counseling training to diagnose, treat and work with mental health disorders, help people to make decisions on maximizing their quality of life and to empower people to make big life decisions and sort through challenging times. In short, our graduates can work in mental health counseling, private practice settings, agencies, as well as inpatient and outpatient care, just to name a few. Why? Because our graduates are trained as Professional Counselors first, they can function in all of those settings diagnosing, developing treatment plans and offering Professional Counseling treatment services.



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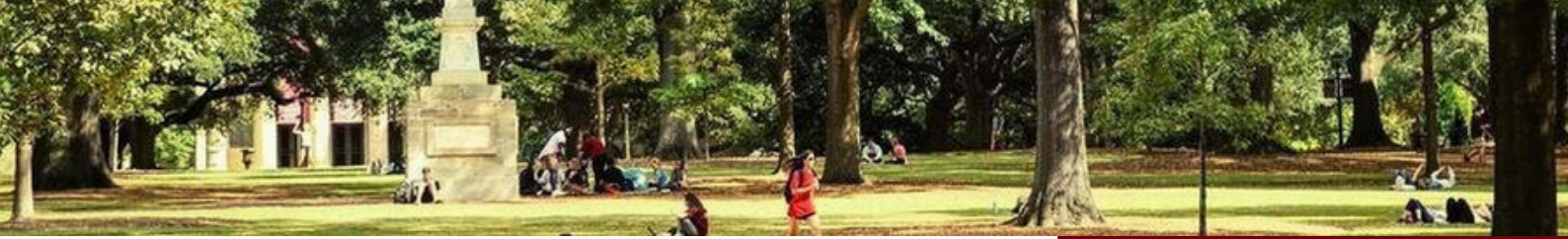
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What Do Counseling and Rehabilitation Graduates Do with Their Training?

In addition to an excellent basic training in Professional Counseling, our program offers specializations in three Specialty Areas. Through specialized classes and specific Practicum and Internship experiences, these Professional Counselors build additional knowledge and skills in their areas of focus. This specialized training allows these developing Professional Counselors to develop a Scope of Practice that establishes their ability and expertise in these specialized areas of practice.

Clinical Rehabilitation counseling, in addition to basic Professional Counseling training, offers people the specialized knowledge and skills to work with people with a broad variety of disabilities (psychiatric, physical, intellectual and developmental) in all of the above mentioned settings and more that can benefit from disability and rehabilitation expertise.

Our Addictions specialty, in addition to basic Professional Counseling training, offers specialized knowledge, training and skills in working with people experiencing substance use disorders and behavioral addictions in all of the above mentioned settings and more that can benefit from Addictions counseling expertise.

Our Career Counseling specialty, in addition to basic Professional Counseling training, offers specialized knowledge and training in providing effective Career Counseling Services in all of the above settings and more, including corporate and educational settings that can benefit from Career Counseling expertise.

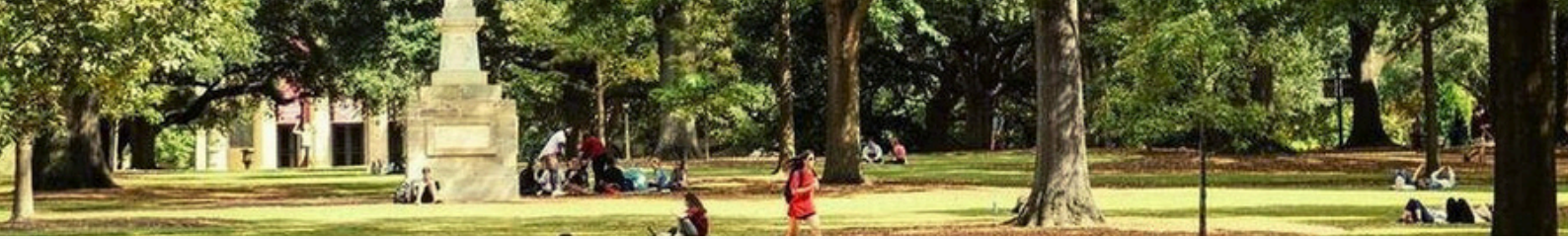
Save the Date

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

October 12th, 2024: Fall
Semester Learning
Community Saturday

November, 12th 2024:
Lunch & Learn

December 6th, 2024:
Friendsgiving Event



What Do C&R Graduates Do with Their Training?

“As a mental health therapist with a focus on integrating career development and mental health, I have found immense fulfillment in helping adults navigate both personal and professional challenges. My journey into this field was shaped by a deep desire to support individuals in finding balance, purpose, and wellness in all aspects of their lives. The counseling program provided me with the critical skills and knowledge to understand the complexities of mental health, while also offering insights into how career choices intersect with one's overall well-being. Every day, I apply what I have learned, whether it's using therapeutic techniques to address emotional struggles or offering career guidance to help clients align their work with their personal values. In addition, the program successfully prepared me for the licensure process. It is truly rewarding to be in a role that bridges mental health and career development, helping individuals not only heal but also thrive.”

-Sharon Givens, Psychiatric Rehabilitation Certificate Program Graduate (Spring 2011)

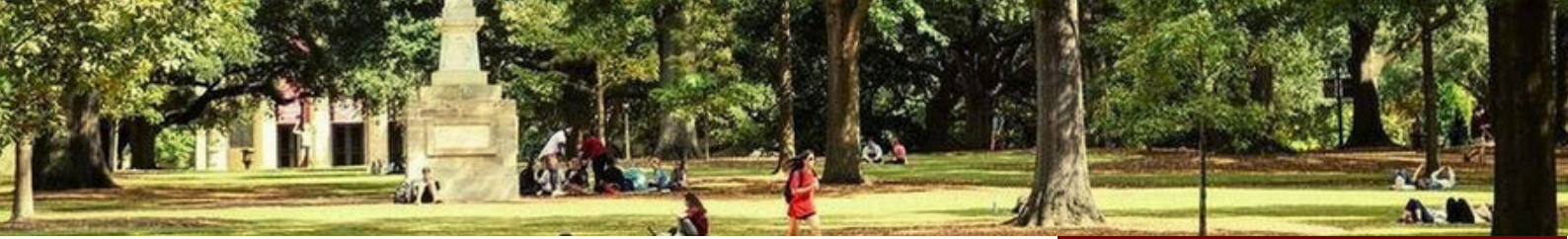
“In my current role as Director of the Student Disability Resource Center at USC, our office serves all enrolled students, both traditional and non-traditional. We provide accommodations for undergraduate and graduate students, including those in the Law and Medical Schools, as well as Palmetto College. I've been fortunate to have mentors and internship coordinators who supported my transition into serving a population that is often overlooked. Over the past 12 years in this role, I continue to learn something new every day.

The program equipped me with a broad set of skills to help individuals overcome physical, mental, emotional, and social challenges. I apply my interpersonal and communication skills daily, using active listening and empathy to address each unique situation. My knowledge of disabilities aids in problem-solving, crisis intervention, and case management, allowing me to provide optimal services and accommodations not just for students, but for the entire Carolina community.”

-Sonia Badesha, Counseling and Rehabilitation Program Graduate (Summer 2012)

“I currently work as a Behavioral Health Consultant in family medicine. I get to do counseling and brief interventions with patients as part of their primary care team. My primary role is to be available to providers for warm-hand-offs in the clinic with patients and to provide excellent behavioral health services to them. I work with patients who utilize our MAT services and infectious disease services; I also work with patients who have a wide range of concerns including but not limited to: ADHD, depression, anxiety, grief, PTSD, personality disorders, and bipolar disorders, disabilities, pretty much whatever the patient presents for. I refer to psychiatry when needed. Our team serves a rural community with limited resources, so many of our patients prefer to keep their care in one place (their primary care office). The C & R program was great preparation for working in the medical model and environment. Many of our patients have complex physical and psychiatric needs. I have learned that people will tell things to their PCP before anyone else. I am truly grateful for what I get to do each day.

- Molly Brunson Counseling and Rehabilitation Program Graduate (Spring 2023)



Career Discovery Lunch & Learns: A Pathway to Professional Growth

Our Career Discovery Dialogue Lunch and Learn events offer C&R students diverse perspectives and practical insights as they prepare for Practicum, Internship, and post-graduation experiences. These sessions bring agencies directly to students, providing detailed overviews of services, populations, and programs while highlighting internship, practicum, shadowing, and volunteering opportunities.

These events are an excellent resource for students working on learning activities and assignments, such as site visits and real-world observations. They also help expand professional networks by connecting students with experienced professionals. Beyond discovering potential clinical sites, students gain real-world examples of how professionals navigate cases and make meaningful impacts.

Previous presentations have been instrumental for students actively seeking placements and exploring career paths. Don't miss these opportunities to connect with industry professionals, explore career possibilities, and gain insights that will shape your professional growth. Expand your network, explore career options, and bridge classroom learning with real-world practice!

Join Us for the Next Lunch & Learn!

We are excited to invite you to our next Career Discovery Dialogue Lunch and Learn on November 12th from Noon to 1 PM, featuring Heather Coleman, Behavioral Health Care Manager at Prisma Health in the Midlands.

Heather will return to discuss the Collaborative Care Model and her experiences providing mental health services to patients in two family medicine clinics. Despite being new to the mental health field, Heather has earned awards for her high caseload and for improving patients' depressive symptoms.

With a background in social work and her unique transition from the legal field to behavioral health care, Heather will offer valuable insights into interdisciplinary work, building strong therapeutic relationships, and growing collaboration between mental health and medical professionals.

Don't miss this chance to learn how Collaborative Care could inform your own work during practicum, internships, and beyond. This session will also provide an excellent opportunity to expand your professional network and gain real-world insights to support your career growth.



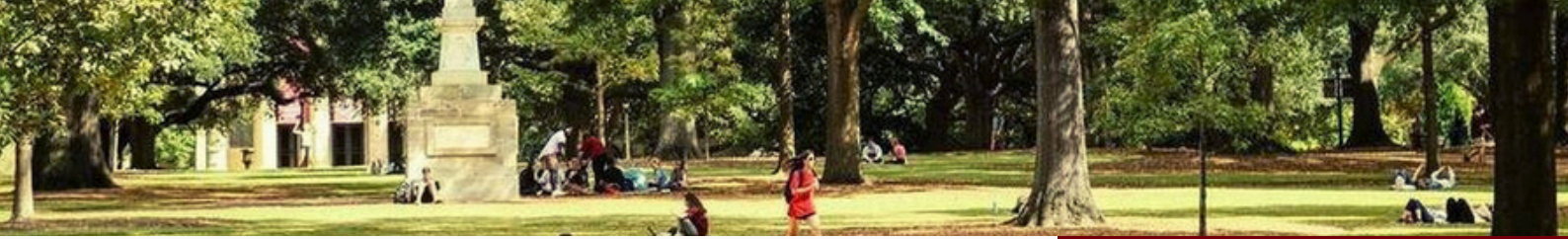
We look forward to seeing you there!

November 12th from Noon to 1:00pm

[RSVP Here](#)

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Speaker Series

Featuring Dr. Amanda Giordano

Program Content Description – Behavioral addictions such as gaming, gambling, sex, pornography, social media, shopping, and food affect a substantial number of clients, yet many counselors have not received formal training on how to treat behavioral addictions. In this training, the presenter will describe how to recognize and respond to behavioral addictions in clinical practice. Specifically, the presenter will describe the neuroscience of behavioral addictions, criteria of behavioral addictions, and several treatment considerations. Attendees will gain knowledge regarding how to conceptualize behavioral addictions, the use of reliable assessment instruments, and considerations when referring clients to peer support groups for behavioral addictions.

Learning Objectives –

1. Attendees will be able to describe the evolving definition of addiction and conceptualize behavioral addictions using a public health model.
2. Attendees will be able to discuss the criteria for behavioral addictions and how to differentiate between high involvement in a behavior and a behavioral addiction.
3. Attendees will be able to synthesize current research and relevant neuroscience related to the prevalence and nature of behavioral addictions.

Program Registration Information –

- When: October 11th, 2024 / 3:00pm-4:30pm Eastern Time
- Where: A virtual log on link will be sent to all who RSVP for the program either by using the following link or in the attached flyer. [Click here to register](#). Registration closes on October 10th at 12:00 pm.

In order to receive CE credits for program attendance, participants must sign in using the link provided during the presentation, stay for the entire duration of the presentation and complete a virtual program evaluation following the presentation. No partial credit is offered for this event. RSVPs may also be sent directly to Patrick.demery@uscmed.sc.edu.

Should you have any additional questions, feel free to contact Patrick Demery or the University of South Carolina School of Medicine Master of Arts in Counseling and Rehabilitation Program using the contact info provided on the side.



**October 11th - Clinical Work
with Behavioral Addictions:
A Primer**

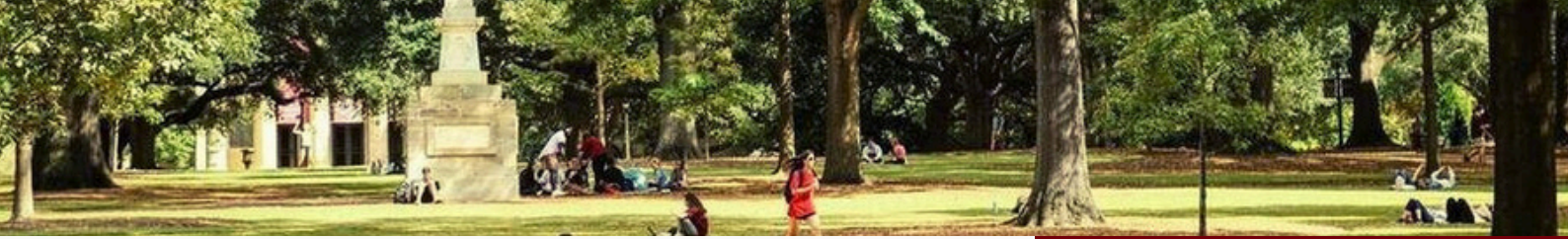
Mark your calendar for our
next Speaker Series event
with. Dr. Amanda Giordano.

Program Email and Phone # -
rehab@uscmed.sc.edu or
(803) 216-3690

Patrick Demery Email -
Patrick.demery@uscmed.sc.edu

Address - 6311 Garners Ferry
Road, Columbia, South
Carolina 29209
Website - SC.edu

[RSVP Here](#)



Podcast Episode!

The C&R Podcast Team has been busy producing new content with more to come each semester! Each episode explores a different area of the 60-credit hour Master of Arts in Counseling and Rehabilitation and other relevant topics for professional counselors, applicants, students, and community members. From interviews with faculty and current students, to episodes on our philosophy and approach, this is the place to learn how and why we do what we do. Join us, won't you, as we explore Counseling and Rehabilitation at the USC School of Medicine-Columbia!

Below, you'll find a link to our recently released episode "[Perspectives from the Field, an Interview with Paul Toriello](#)" where we interview Dr. Paul Toriello, Assistant Dean for Clinical Graduate Programs here at the University of South Carolina School of Medicine. Prior to joining the University of South Carolina in July of 2023, Dr. Toriello served as the Chair of the Department of Addictions and Rehabilitation Studies at East Carolina University beginning in 2012, where he also held an academic appointment at the rank of professor. Prior leadership roles at East Carolina University include five years as Director of the PhD in Rehabilitation Counseling and Administration program and three years as Interim Assistant Dean for Research and Grant Administration in the College of Allied Health Sciences.

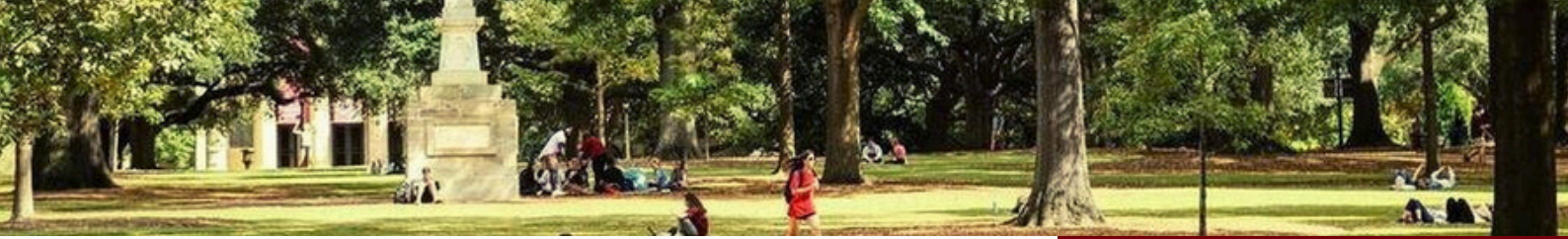
In the field of research and patient care, he has started two student-operated, faculty-directed counseling clinics, and has a long history of successful funding for research grants focused on innovative interventions for persons with co-occurring addictions and mental health issues. Dr. Toriello has taught broadly at the undergraduate, master's, and doctoral levels over the past two decades. He is the past president of the American Rehabilitation Counseling Association. Join Dr. Toriello and host, Dr. Michael Walsh by following the link to the C&R Podcast below.

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



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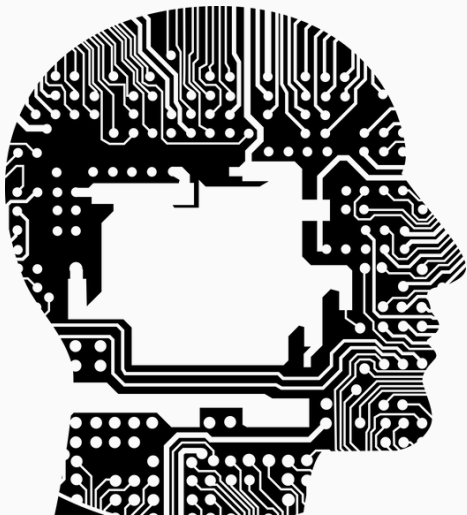
Faculty Spotlight

Dr. David Dawson Selected for Propel AI Program

Congratulations to Dr. David Dawson who was recently selected as a program participant for the 2024-2025 Propel AI Program. Propel AI is a faculty development program designed to grow competence in cutting-edge AI technology, foster creativity in the ways faculty engage with AI and connect faculty members across disciplinary lines to inspire new collaborative partnerships.

Propel AI (Artificial Intelligence) grows faculty competence in cutting-edge AI technologies and the rapidly changing landscape of AI research. The program incubates brand new research initiatives in AI and enhances interdisciplinarity collaborative partnerships.

Program participants will engage in six one-day workshops led by expert guests with a focus on hands-on skill building, creative planning and built-in networking. They will also match with a group of fellow Propel AI scholars with intersecting interests for guided small group conversations.



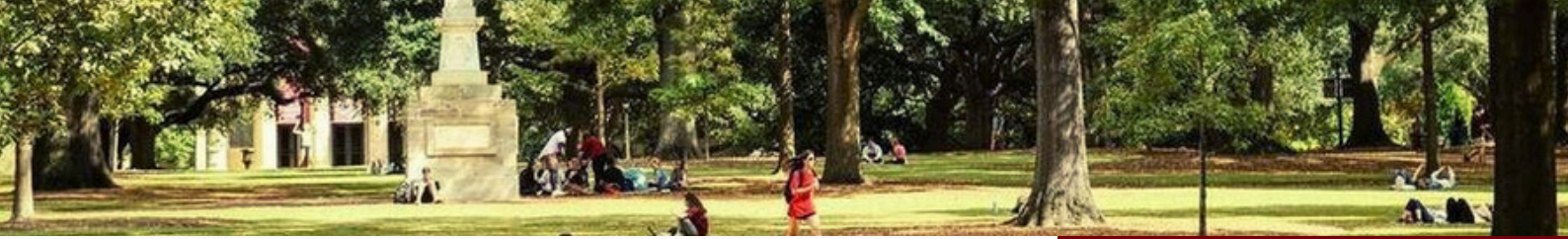
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Sneak Peek into Fall LCS

Meet Dr. Daniel Kaufmann

Each major semester, the C&R Program hosts community partners, alumni presenters, faculty, and representatives from counseling agencies from all over the state as well as all of our students for a 1-day Learning Community professional development event, which, this year, will be held on the SOM VA campus at 6311 Garners Ferry Road. The year's fall event will be held on October 12th from 9:00am-4:00pm.

This semester, the C&R Program is thrilled to be hosting Dr. Daniel Kaufmann as one of our featured presenters. Dr. Kaufmann is an Associate Professor at Grand Canyon University and has served in multiple roles related to program development for treating gambling and video game issues in clinical settings. He is currently serving as the co-chair of the APA research task force on video game issues and is working on several nationwide training programs to help mental health professionals understand video games in innovative ways. His research on the psychology of player types has been presented internationally and continues to evolve with each new world players can inhabit across PCs and consoles. Dr. Kaufmann's publications cover the areas of video games, personality theory, online education, and counselor development. He offers supervision to an international list of clinicians to help bridge the gap in learning about technological impact on society and specific insights related to effective treatment for clients experiencing games-related issues.

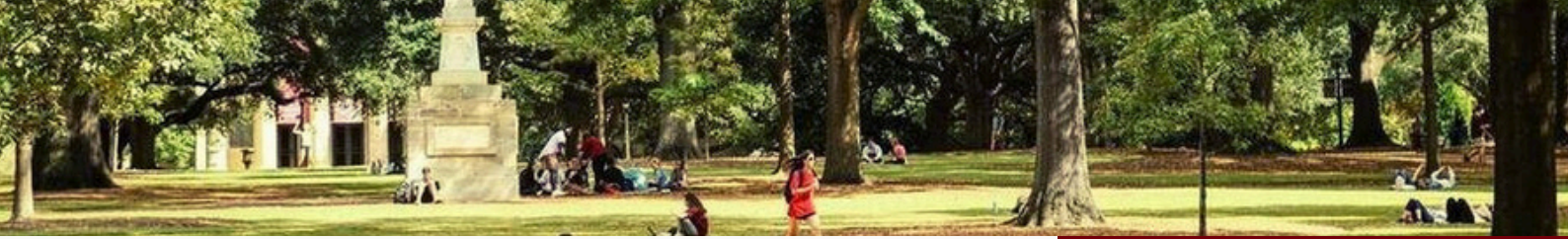
To further his mission of educating counseling professionals to better support clients who are interested in games-related issues, Dr. Kaufmann is also a Board Member with the International Gambling Counselor Certification Board, which establishes training and expertise standards for counseling and prevention professionals to assist clients who enjoy or struggle with gambling and video game activities.

Despite many professionals having a negative view of video games, Dr. Kaufmann is a fearless advocate for the positive elements of video games, and credits them with many of the thought processes that have proved critical in helping him overcome professional and personal journeys in life. As a result, Dr. Kaufmann became more involved in the Geek Therapeutics community in 2020 as a presenter for online trainings, content writer, and author of the upcoming book entitled *The Gamer's Journey*.



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Sneak Peek into Fall Learning Community Saturday

Dr. Kaufmann is the host of The Gaming Persona podcast, a show which seeks to share various insights related to psychological connections in the play of video games. He is a YouTube Partner and also streams regularly on Twitch as Dr. Gameology and is on a never-ending quest to discuss mental health and video games to encourage audiences of all types to be their very best as they continue the journey. You can email Dr. Kaufmann at daniel.kaufmann@drgameology.com or visit his profiles on LinkedIn and Researchgate.

To learn more about Dr. Kaufmann's work, consider pre-ordering his upcoming book The Gamer's Journey using the information below.



Release Date: November 25, 2024
Available @ Amazon, Barnes & Noble, Books-A-Million, etc.

[Pre-order Here!](#)

The fall semester's event will feature topics including emotional support animals, school mental health, the integration of career development and mental health, and so much more. Should you or a colleague wish to present or contribute to this or our next Learning Community Saturday event during the spring 2025 semester on February 22nd, feel free to reach out to Patrick Demery at patrick.demery@uscmcd.sc.edu for additional information.

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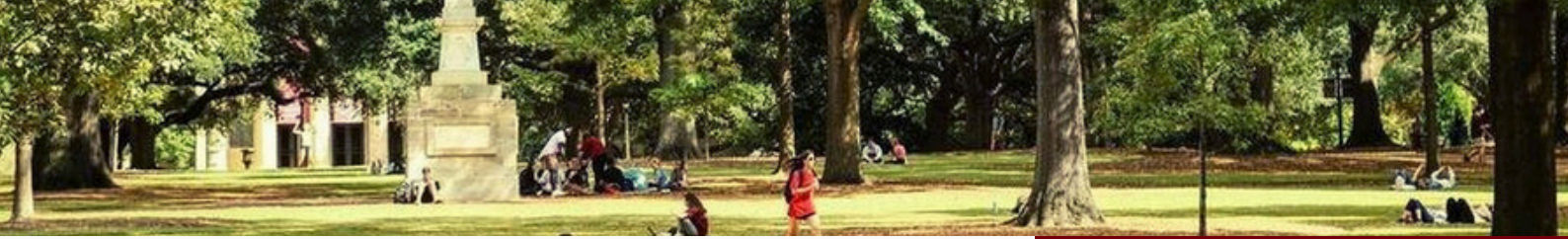
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Wellness Corner

One of our readers' favorite wellness activities is bullet journaling and pilates! They incorporate both into their weekly routine to have a creative outlet and build their mind-body-brain connection.

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



Pet of the Month

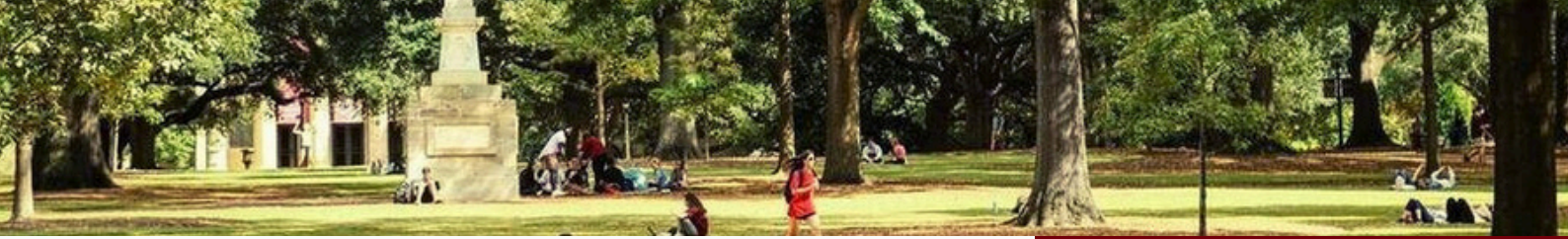
Meet Tucker, a 5-year-old Sheepadoodle who belongs to Jenelle Nottoli.

Tucker loves to play fetch in the backyard, guard the house from squirrels, and his toy duck!

Fun fact: Tucker only has 3 K-9 teeth!

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





APA Writing Tips

Basic Setup

Margins

Use 1-in. margins on all sides of the page (top, bottom, left, and right).

Font

Use a legible font. Many sans serif and serif fonts can be used in APA Style, including 11-point Calibri, 11-point Arial, 12-point Times New Roman, and 11-point Georgia (Professors usually prefer 12-point Times New Roman).

Line Spacing

Double-space the entire paper including the title page, block quotations, and the reference list.

Paragraph Alignment and Indentation

Align all paragraphs of text in the body of your paper to the left margin. Leave the right margin ragged. Indent the first line of every paragraph of text 0.5-in.

Page numbers

Put a page number in the top right of every page header, including the title page, starting with page number 1.

Source: American Psychological Association

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