

DEPARTMENT OF COUNSELING AND DEVELOPMENT

All summer institutes listed award 3 graduate credits. For further information, please call the Department of Counseling and Development at (516) 299-2814.

C.W. POST CAMPUS

EDC 750	The Career Plan Initiative for Counselors And Teachers: Raising Academic Achievement for all Students (8403)	Dr. Despres	7/6-7/10
EDC 750	Counseling the Student Facing Dying, Death, Bereavement, Trauma & Loss (8404)	Dr. Smith	7/13-7/17
NEW EDC 750	Cognitive-Behavior Therapy (CBT): Theory, Practice and Techniques (8405)	Dr. Colangelo	8/10-8/14

BRENTWOOD CAMPUS

EDC 750	The Adolescent in Crisis: Detection, Intervention and Referral (8396)	Dr. Ciborowski	7/13-7/17
EDC 750	Counseling Students/Clients with Eating Issues (8399)	Dr. Rodriguez	7/20-7/24
EDC 750	Counseling through the Creative Arts (8398)	Dr. McGowan	7/27-7/31

ROCKLAND GRADUATE CAMPUS

EDC 750	Counseling the Client Facing Dying, Death, Bereavement, Trauma & Loss (5127)	Dr. Smith	7/6-7/10
EDC 750	Counseling the Student Athlete: A Developmental & Multicultural Perspective (5129)	Dr. McGowan	7/20-7/24

THE CAREER PLAN INITIATIVE FOR COUNSELORS AND TEACHERS: RAISING ACADEMIC ACHIEVEMENT FOR ALL STUDENTS

EDC 750 (8403)

M, T, W, Th, F, July 6 - 10

9 a.m. - 4 p.m.

PROGRAM COORDINATOR: **DR. JOSEPH DESPRES**

This intensive institute will help counselors and teachers (K-12) to understand, and participate in, the implementation of the Career Development and Occupational Studies (CDOS) Standards of New York State. The implementation process, known as The Career Plan Initiative, will change the way school counselors work in schools, show them a new paradigm of collaboration and cooperation with teachers, and will reap exciting benefits for both. This institute is intended for school counseling and teaching practitioners in the early-to mid-stages of their career as well as for graduate students who wish to preview the future of their profession.

Through a combination of lectures, guest speakers, small and large group discussions, and best practices created by former institute students, participants will understand the background and origin of this Initiative, its application to schooling (K-12) and how to prepare for their role in it.

TOPICS TO BE COVERED INCLUDE:

- Background of the New York State Learning Standards

- Career Developments Nationally in the 1970s, 1980s and 1990s
- The SCANS Skills
- The New York State Regents Action Plan
- School Business Advisory Boards
- Comprehensive, Developmental School Counseling Models
- The ASCA National Model

GUEST TRAINER:

Sandra McGarraugh, Center for Innovation in Career Development, University at Albany, New York.

COUNSELING THE CLIENT FACING DYING, DEATH, BEREAVEMENT, TRAUMA AND LOSS

EDC 750 (8404)

M, T, W, Th, F, July 13 - 17

9 a.m. - 4 p.m.

PROGRAM COORDINATOR: **DR. JUNE SMITH**

Traumatic stress is experienced by survivors of disasters and catastrophes (e.g., earthquakes, hurricanes, airplane crashes, terrorist attacks, floods, and train derailment). However, it does not have to take a highly publicized event with a two-inch headline to cause significant stress. Rather traumatic stress has many “faces,” and is experienced everyday during and in the aftermath of our personal tragedies (e.g., facing a serious illness, dealing with the loss of a loved one, experiencing an automobile accident, etc.). Early intervention and identification may ultimately prevent debilitating stress disorders (Lerner, M. & Shelton. R. 2005).

There are “natural” restorative resources within the family unit and surrounding community to make meaning of the experiences of loss. Those professional who are able to assist clients in clarifying their experiences will provide a most helpful and supportive function.

The fear of death, and particularly, of violent dying, presumably becomes adaptive in enhancing survival. As a corollary, its emotional aftermath is so painful and driven that helping individuals cope with the experiences and emotions is an essential service for professional counselors.

This course is designed to provide counselors and other related professionals the opportunity to explore the dynamics of dying and the ensuing processes. It aims to prepare counselors with the skills necessary to realize more clearly the differences and the complex interactions between normative, developmental tasks in adolescence and the specific situational risks that are involved in coping with loss.

Participants will reflect on their own experiences with dying, death and trauma in order to sensitize them to what is considered a shared human experience. Through group discussions, lectures, guest presenters and class presentations, students will develop the awareness, pedagogy and skills required to help clients cope better in times of crises.

COURSE OBJECTIVES:

- Examine the social construction of dying death and bereavement
- Understand the development of children’s understanding of death
- Develop awareness of the stereotypical thinking about dying, death, death and bereavement
- Develop skills and strategies necessary to work with children, adolescents and families who experience trauma and loss
- Examine the concept of “ANGER” and understand its correlation with violence and the implication of working with victims when the perpetrator is family
- Explore the psychology of dying, death and bereavement

- Learn about community interventions, educational programs, and support groups that are available to assist participants in their work with individuals and families who are coping with trauma and loss
- Explore the emergent psychological needs of individuals, group and organizations before, during and after a traumatic event

GUEST SPEAKERS:

Dr. Simcha Raphael, Rabbinic Pastor, Death Educator. A graduate of California Institute of Integral Studies, San Francisco. He is ordained by Rabbi Zalman Schachter-Shalom. He is a Transpersonal Psychotherapist, Mount Airy Counseling Center, Philadelphia, PA.

Dr. Raymond Shelton, Director of Professional Development, American Academy of Experts In Traumatic Stress. He is instrumental in the development of Comprehensive Acute Trauma Stress Management (CATSM). He served as Director of Health and Emergency Care Training at the Police Academy in Nassau County for 30 years. He is an international consultant in Trauma Work.

Dr. Alanzo Smith, D. Min, Ed.D. , LMHC, LMFT, Counseling Psychologist. Dr. Smith is Director of the Family Ministries Department of the Greater New York Conference of Seventh-day Adventists. He is a Licensed Mental Health Counselor and a Licensed Marriage & Family Counselor. He is an Adjunct Professor at Andrews University and Atlantic Union College with extensive experience and training in working with families coping with grief, trauma and loss.

Professor Marjorie Demshock. She is a Licensed Mental Health Counselor and Adjunct Professor at Long Island University. She conducts workshops and seminars on dealing with grief and loss at local counseling conferences.

Bonni Hoftman provides counseling/psychotherapy/hypnotherapy, is a NYS licensed and Board Certified Diplomate in Psychotherapy and she is a Certified Gestalt Psychotherapist.

COGNITIVE-BEHAVIOR THERAPY (CBT): THEORY, PRACTICE & TECHNIQUES

EDC 750 (8405)

M, T, W, Th, F, August 10 - 14

9 a.m. - 4 p.m.

PROGRAM COORDINATOR: DR. JAMES J. COLANGELO

Cognitive-Behavior Therapy (CBT) has become widely accepted as a cost-effective psychotherapy for many mental disorders and psychological problems. It is an evidence and empiricism-based treatment that has been shown to be an effective treatment for various kinds of psychopathology, including affective (mood) disorders, personality disorders, social phobia, obsessive-compulsive disorder (OCD), eating disorders, substance abuse, anxiety or panic disorder, agoraphobia, post-traumatic stress disorder (PTSD), insomnia, and attention-deficit/hyperactivity disorder (ADHD).

CBT integrates the cognitive restructuring approach of cognitive therapy with the behavioral modification techniques of behavior therapy. There are a number of different approaches that fall under the umbrella of CBT including: Aaron Beck's Cognitive Therapy, Albert Ellis' Rational-Emotive Behavior Therapy (REBT), and Donald Meichenbaum's Cognitive Behavior Modification (CBM).

This five-day institute is designed to present an introduction and overview of the theory and techniques of CBT and their application in psychotherapeutic practice. It will provide a basic understanding of CBT and how it may be implemented in practice across a variety of treatments

settings. Additionally, the institute will provide the participants with a foundation for future study and training in CBT.

COURSE OBJECTIVES:

- To understand cognitive-behavior theory and treatment conceptualization.
- To explore the major CBT approaches of Rational Emotive Behavior Therapy (REBT), Cognitive Therapy (CT) and Cognitive Behavior Modification (CBM).
- To learn how to structure and format therapeutic sessions within the CBT approach.
- To develop basic skills in cognitive-behavioral techniques and interventions.
- To learn how to identify and modify core beliefs
- To learn how to identify and respond to automatic thoughts and emotions.
- To learn how to develop treatment planning and deal with associated problems.

INSTRUCTOR:

James J. Colangelo, Psy.D., LMHC, LMFT, ACS is the Executive Coordinator of Counseling Programs in the Department of Counseling and Development at Long Island University, C.W. Post Campus. He has maintained a private practice in mental health counseling, marriage and family therapy and sex therapy for over 25 years. He has New York State licensure and national certification in mental health counseling (CCMHC) and marriage and family therapy (Clinical Member and Approved Supervisor with AAMFT). He is also certified as a sex therapist and has Diplomate status with both AASECT and the American Board of Sexology.

GUEST SPEAKERS:

Dr. Kristene Doyle is Associate Executive Director and Director of Clinical Services at the Albert Ellis Institute in New York City. She is also the Training and Development Coordinator and Director of Child and Family Services at AEI, and an adjunct assistant professor in the Psychology Department at St. John's University. Her research interests include Rational-Emotive and Cognitive-Behavioral Treatment of Children and Adolescents and the Cognitive-Behavioral Therapeutic Process, Outcome and Dissemination. Dr. Doyle will be presenting on REBT and its application to a wide range of disorders. She has published extensively in professional journals on REBT.

Dr. William C. Sanderson, Professor of Psychology at Hofstra University, and co-founder of the Cognitive Therapy Center of Long Island will present on the practice of Cognitive Therapy and give a demonstrate utilizing various techniques of Cognitive Therapy and discuss evidence based approaches to the treatment of anxiety, phobias and panic. Dr. Sanderson has written extensively on Cognitive Therapy and has published books and professional articles related to various aspects of Cognitive Therapy.

BRENTWOOD CAMPUS

THE ADOLESCENT IN CRISIS: DETECTION, INTERVENTION AND REFERRAL

EDC 750 (8396)

M, T, W, Th, F, July 13 - 17

9 a.m. - 4 p.m.

PROGRAM COORDINATOR: **DR. PAUL J. CIBOROWSKI**

Adolescents in crisis can indicate that they are troubled in many ways, ranging from academic underachievement to antisocial actions. These behaviors will be systematically examined for greater understanding and identification. The practical focus will be on more effective counseling interventions for use with teens and their families and on the development of working relationships with other concerned professionals and agencies.

Students will be visiting a number of sites during the week including Long Island Gay and Lesbian Youth in Bay Shore and Sunshine Prevention in Port Jefferson Station.

COURSE OBJECTIVES:

- To become familiar with current research findings addressing adolescents in crisis.
- To develop practical competencies in intervening in helpful ways with troubled adolescents and their families.
- To understand the stressors impacting on adolescent behaviors.
- To foster an attitude of viewing a crisis as an opportunity to redirect or regain a sense of mastery and/or direction over one's own life.
- To develop a greater sense of teamwork among agencies directly involved with the adolescent, i.e., developing constructive working relationships between school, medical and judicial personnel.

TOPICS TO BE COVERED INCLUDE:

- Crisis intervention and suicide prevention
- Teen Runaways: Where to place them
- Drug and alcohol abuse
- Understanding and reporting child sexual abuse
- "Gang" and the youth culture
- Gender identity and self-esteem

INSTRUCTOR:

Dr. Paul J. Ciborowski is the author of the *Changing Family Series*, a set of manuals for the professional working with "children of divorce," and *Survival Skills for Single Parents! a "how-to" handbook for the single parent*. A nationally-known lecturer and consultant, Dr. Ciborowski is currently Chair of the Brookhaven Town Youth Board and Co-Chair of the Suffolk County Executive's Anti-Bias Task Force. Dr. Ciborowski has conducted many regional, state, national, and international workshops on the family. He is listed in *Who's Who In America* and has appeared on numerous TV programs including Good Morning America, Geraldo, The Jerry Springer Show and News 12 Long Island. Dr. Ciborowski has a private practice in family counseling.

GUEST SPEAKERS:

Sal Bush and **Carol Carter**, youth agency directors, "Youth Agencies and the Teen Safety Net."

James Falarino, program coordinator, Long Island Gay and Lesbian Youth

Sharon Kelleher, LCSW, director, RESPONSE, a crisis intervention and suicide hotline.

Alisty Keneth, director, AJK Diversified, Bullying and its negative consequences.

Vicki Paley, LCSW, clinical director, Eating Disorder Associates Treatment and Referral Center.

Marsha Spector, M.S., director, Suffolk Network on Adolescent Pregnancy.

COUNSELING STUDENTS/CLIENTS WITH EATING ISSUES

EDC 750 (8399)

M, T, W, Th, F, July 20 - 24

9 a.m. - 4 p.m.

PROGRAM COORDINATOR: **DR. KIM H. RODRIGUEZ**

This is a five-day learning institute for graduate students and professionals in the human service field, particularly those working with individuals with eating issues, eating disorders, and body image concerns. This course is designed specifically to examine the multideterminants of these disorders, including the societal, biological, psychological and familial factors. The curriculum centers around the invaluable body of research, knowledge and practical applications described in *A Starving Madness: Tales of Hunger, Hope and Healing* by Dr. Judith Ruskay Rabinor and *Regaining Yourself: Breaking Free From the Eating Disorder Identity: A Bold New Approach* by Dr. Ira M. Sacker and Sheila Buff.

Signs and symptoms for diagnosis and various treatment models will be examined. Role-playing, demonstrations, experiential activities, lectures, films and counseling techniques will be utilized. The role of school personnel and mental health practitioners in prevention, identification, referral and familial collaboration is addressed. Numerous professional resources, such as the American Eating Disorders Center of Long Island, the National Eating Disorders Association of Long Island, Eating Disorder Associates and the *Full of Ourselves: Advancing Girl Power, Health and Leadership* curriculum for schools (offered through FEGS, in cooperation with HEDC) will be discussed. Upon completion of this institute, students will have gained a comprehensive framework for understanding the development and treatment of eating disorders, body image disturbances, and related addictive behaviors, all of which can be employed in practice.

INSTRUCTOR:

Dr. Kim H. Rodriguez, LMHC, is a full-time faculty member of the Department of Counseling and Development at Long Island University. Dr. Rodriguez is a certified school counselor with 13 years of practical experience and a Licensed Mental Health Counselor with almost 20 years of experience in the field of addiction. She has extensive experience as a workshop presenter on addiction in the family, eating and body image issues, providing professional development for numerous school districts throughout the New York metropolitan area since 1993.

GUEST SPEAKERS:

Seasoned mental health practitioners will share their expertise and insights about their work (in both clinical and educational settings) with individuals struggling with eating and body image issues.

COUNSELING THROUGH THE CREATIVE ARTS

EDC 750 (8398)

M, T, W, Th, F, July 27 - 31

9 a.m. - 4 p.m.

PROGRAM COORDINATOR: DR. A. SCOTT MCGOWAN

This intensive five-day learning institute is designed specifically to present a comprehensive and developmentally-oriented approach for the application of play theories and techniques and the creative arts to the process of counseling clients of any age. Upon completion of the institute, students will have learned from a developmental viewpoint to recognize and to strengthen the underpinnings of a health self-concept necessary for learning and for positive self-growth. Also, they will have learned how to apply creative art approaches, such as visual arts, music and dramatics, to the counseling process when working with individuals, small groups, large groups, and families, and will have acquired and practiced techniques utilizing the creative arts (e.g., art, music, movement, dramatics, etc.) that can be used in counseling. The emphasis will be upon "hands-on" skill development.

COURSE OBJECTIVES:

- To increase understanding of the process of play
- To explore the historical development of play theories
- To increase knowledge and understanding of the theories and techniques related to play therapy, the expressive arts and counseling

- To explore the kinds of media available for use in counseling people throughout the life span
- To be able to develop a sense of play and creative arts experiences that can be used in counseling and guidance, and
- To develop competence in selecting and using play counseling techniques and the creative arts to help clients with different kinds of difficulties.

INSTRUCTOR:

A. Scott McGowan, Ph.D., LMHC, NCC, ACS, Chair, Department of Counseling and Development, Long Island University, C. W. Post Campus. He is a former Director of Counseling in the public school, the past director of several scholarly journals, and is presently the editor of *The Journal of Counseling and Development*, the flagship journal of the American Counseling Association. He is the past president of the Counseling Association for Humanistic Education and Development.

GUEST SPEAKER:

Heather Mask, EDS, LPC, NCC is an Adjunct Professor in the Department of Human Development and Psychological Counseling, Appalachian State University, Boone, North Carolina, and teaches in a department that promotes expressive arts in counseling. She is an expert in this area.

ROCKLAND GRADUATE CAMPUS

COUNSELING THE CLIENT FACING DYING, DEATH, BEREAVEMENT, TRAUMA AND LOSS

EDC 750 (5127)

M, T, W, Th, F, July 6 - 10

9 a.m. - 4 p.m.

PROGRAM COORDINATOR: DR. JUNE SMITH

Traumatic stress is experienced by survivors of disasters and catastrophes (e.g., earthquakes, hurricanes, airplane crashes, terrorist attacks, floods, and train derailment). However, it does not have to take a highly publicized event with a two-inch headline to cause significant stress. Rather traumatic stress has many "faces," and is experienced everyday during and in the aftermath of our personal tragedies (e.g., facing a serious illness, dealing with the loss of a loved one, experiencing an automobile accident, etc.). Early intervention and identification may ultimately prevent debilitating stress disorders (Lerner, M. & Shelton. R. 2005).

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- Examine the concept of "ANGER" and understand its correlation with violence and the implication of working with victims when the perpetrator is family
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- Learn about community interventions, educational programs, and support groups that are available to assist participants in their work with individuals and families who are coping with trauma and loss
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GUEST SPEAKERS:

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Professor Marjorie Demshock. She is a Licensed Mental Health Counselor and Adjunct Professor at Long Island University. She conducts workshops and seminars on dealing with grief and loss at local counseling conferences.

Bonni Hoftman provides counseling/ psychotherapy/hypnotherapy, is a NYS Licensed and Board Certified Diplomate in Psychotherapy and is a Certified Gestalt Psychotherapist.

COUNSELING THE STUDENT ATHLETE: A DEVELOPMENTAL AND MULTICULTURAL PERSPECTIVE

EDC 750 (5129)

M, T, W, Th, F, July 20 - 24

9 a.m. - 4 p.m.

PROGRAM COORDINATOR: **DR. A. SCOTT MCGOWAN**

Integrating theory and practice, this summer institute will cover the following from a developmental and multicultural perspective:

- Focus on the developmental stages and developmental tasks of the student athlete from elementary through college level.
- Identify the problems and stressors facing the student athlete.

- Give an overview of the counseling needs of the student athlete in terms of educational and career planning through the life span.
- Present the latest NCAA rules and their impact upon the student athlete.
- Provide an overview of the college admission and selection process as it affects the student athlete.
- Present counseling strategies and approaches for the professional school counselors, teachers and coaches.

INSTRUCTOR:

A. Scott McGowan, Ph.D., LMHC, NCC, ACS, is professor and former chair of the Department of Counseling and Development, C.W. Post Campus of Long Island University. He is a former director of counseling in public schools, a certified school counselor and a licensed mental health counselor, the past editor of several scholarly journals, and is presently the editor of the "Journal of Counseling and Development," the flagship journal of the American Counseling Association. He is also the past president of the Counseling Association for Humanistic Education and Development.

GUEST SPEAKERS:

Dr. Mitch Abrams is the vice president and director of clinical operations for the National Coalition Against Violent Athletes, Director of Inpatient Psychiatric Services at Northern State Prison in Newark, New Jersey, and a Clinical Sport Psychologist in private practice.

Tony Bozzella is head coach of the Long Island University Women's Basketball team and led the team to its first Northeast Conference Championship and NCAA Tournament berth.

Christie Abbate is Coach Bozzella's First Assistant and serves as the Recruiting Coordinator of the program.

Tony DeMatteo is a former coach of the Roosevelt High School, Yonkers, New York football team, the 1996 Football Championship winners who ranked No. 23 in the nation. Coach DeMatteo, a Westchester Sports Hall of Fame inductee, has won more games in Section 1 history than any other coach with a record of 190-53-3. He is presently the Somers High School football coach.

Joanne Graziano is the executive director of admissions and recruitment at the C.W. Post Campus of Long Island University. She is an expert in college admissions and financial aid.

Michael Kenny is a school counselor and a coach in the New Rochelle City School District. He is an expert in terms of the role of the school counselor in working with student athletes.