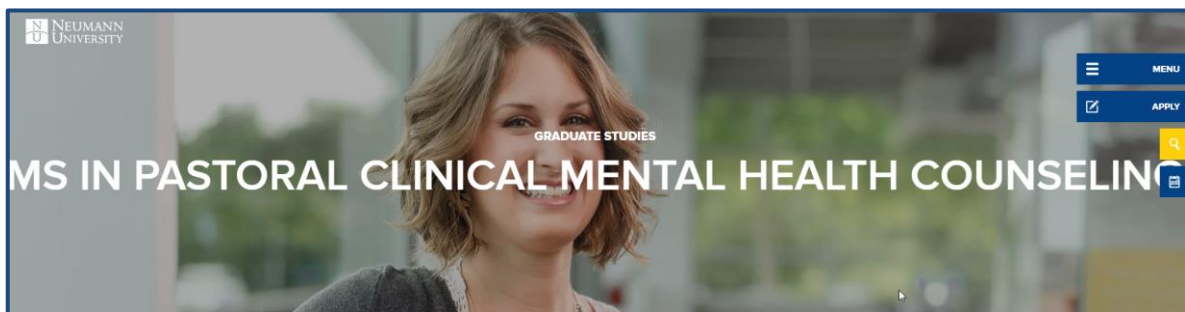




PCMHC News

New Look New Content New Style News Journal



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Local Psychiatrist to address Psychopharmacology topics on Mental health, addictions



Antidepressants are one of the three most commonly used therapeutic drug classes in the U.S. and their use has increased 65% over the past 15 years (CDC). While a majority of antidepressants are taken to treat depression, they can also be taken to treat other conditions, like anxiety disorders, pain disorders, learning disabilities and more. The increased use of psychotropic medication has had wider implications for counselors today: with increased clients on medication, knowledge of their medications has become critical to provide best practice of care.

Counselors are not experts on antidepressants; however, there are few important reasons why a counselor would need a working knowledge of common psychiatric medication. While the average time a client spends with a psychiatrist is fewer than ten minutes across 3 to 4 times a year, counselors typically see each client for an average of 50 minutes, 2 to 4 times a month. These regular interactions put counselors in the position to help with management of medications, and at times, act as a liaison between clients and the prescribing doctor. Counselors can best help clients by reinforcing why complying with a medication regime is important, how antidepressants work, potential side effects and ones for concern. If we want to provide the best mental health care for the client, it is important for the prescriber, the counselor and the client to work together.

SAVE THE DATES! Psychopharmacology for Counselors

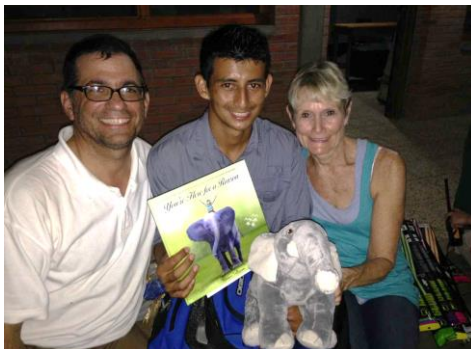
March 12, 2019 (5 pm - 8 pm) Psychopharmacology for Mental Illness

March 26, 2019 (5 pm – 7pm) Psychopharmacology for Addictions

Toward this end two presentations on pharmacology will be offered by Dr. Thomas Riordan, a Diplomate of the American Board of Psychiatry and Neurology, with qualifications in Addiction Psychiatry. Dr. Riordan currently serves on the American Psychiatric Association's Council on Addiction Psychiatry, the Pennsylvania Psychiatric Society Education Committee, the Pennsylvania Department of Drug and Alcohol Programs Methadone Death and Incident Review Team, the Chester County Psychiatry Advisory Panel and the County Overdose Task Force. He provides evaluation and expert witness services to the Pennsylvania Department of State General Counsel's Office, the Federal Drug Enforcement Administration and FBI, and the Federal Aviation Administration. A reviewer for SAMHSA, he formerly served as an American Board of Psychiatry and Neurology Oral Boards examiner. Dr. Riordan has spoken widely on the topic of addictions and Opiate Use Disorders since 2001, including grand rounds, continuing education conferences and symposium panels. He has served as faculty instructor with the American Physician Institute in Chicago, IL and as Adjunct Professor of psychopharmacology in the Graduate Psychology Department of Widener University.

A Home in Honduras

Finishing her classes, Christine Granese PCC '20 looks to future to keep building Amigos de Jesus



Twenty years ago when she was a master's student working toward a degree in pastoral care at LaSalle University, little did Christine Granese PCC '20 know that she one day would be the virtual mother of 135 abandoned and orphaned children. Nor did she realize that her own three children would be adopted from this small country to become her own.

Her story is a love story, but of a different kind. It begins with a fairly typical romance, boy loves girl, but then boy, Anthony, a gifted builder, goes to Honduras to build a chapel for a small community. Boy comes home to Philadelphia to marry and begin a new life with his new bride but a tragedy changes all that— five men with whom Anthony had volunteered are killed in the crash of a small plane on their humanitarian mission. As Christine tells it, he turned to her at the news and said, “You know I have to go back!” Back THEY went, newly wedded with a honeymoon to be spent in Honduras.

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The pictures that form the left margin of the page show some of the persons and places connected with Amigos de Jesus, Honduras, Central America. The first is the open gate and entrance to Amigos de Jesus, which has welcomed the 135 children who have found sanctuary in the “hogor de niños” [children's home] founded by Christine and Anthony Granese. In the second photo, flanked by Chris and Anthony is Adonis, one of the first boys sheltered in Amigos. Having come Amigo de Jesus at eight-years-old, he went on to graduate college in psychology. My husband and I went down for his graduation and gave him the book, *Oh, The Places You Will Go* by Dr. Seuss as one of his gifts. He now works for us and helps the children with counseling. The last one was taken January 2019 with a special needs young man named Samuel. Chris describes him as “a sweet heart, who only wants heart stickers, hugs and eye contact.”

Graduate Student Club, Bridges, Launches New Opportunity to Increase Diversity Awareness



Following their Multicultural Counseling course last summer, several of PCMHC students approached Drs. Tim Hanna and Sophia Park to discuss their interest in continuing their education in multicultural issues. Within a few months, those students, led by Laura Wozniak, a student in her second year of study, had launched a new Graduate student club called *Bridges*. The group decided to open membership to all graduate students at Neumann. In speaking to the purpose of the club, they described *Bridges* as, “a multicultural community dedicated to building meaningful relationships that are inclusive, diverse and grounded in

empathy and service.” Their defined goals include, actively seeking ways to:

- * educate and create multicultural awareness;
- * provide opportunities to engage in the unfamiliar;
- * affirm and celebrate differences, dispel fears, break down walls; and
- * create unity & respect in a safe space, where all are welcome!

The group, already having met three times, is scheduled to meet once a month for the remainder of the semester (on second Monday of each month from 6-8 p.m.). Topics so far have included personal experiences of diversity, microaggressions, and the ability to have one’s “voice” heard in a socio-culturally complex society. The group has also expressed interest in inviting guest speakers and/or participating in immersive, “field trip” experiences. Anyone interested in more information is warmly invited to attend a meeting and/or to reach out to student representative, Laura Wozniak (la_wozniak@knights.neumann.edu), or faculty liaison, Dr. Hanna (hannat@neumann.edu).

Pastoral Clinical Mental Health Newsletter
Neumann University
One Neumann Drive
Aston, PA 19014-1298
January 2019

The Pastoral Clinical Mental Health Counseling Newsletter is a department publication issued three times during the academic year. Written by and for the members of the PCMHC Department, it contains articles, reviews, interviews and forms of reflective material of interest to these members submitted in advance to the editor of the publication.

Editor: Suzanne Mayer, ihm, Ph.D.
Contributors: Faculty and Staff of PCMHC

New AONu Officers Take up Executive Committee Positions



Lori Heeney, President



W Carl Lathon, VP



Renee Cecil, Sec'y- Treasurer

One returning and two new officers will begin serving on the Executive Board of the Neumann Graduate Counseling student and professional honor society, Alpha Omega Nu, the local chapter of Chi Sigma Iota. Each one offered some information on him/herself and a look ahead at the semester.

New president, Lori Heeney PCC '20, is stepping into a position for which she has provided support over the last term as vice-president. In looking at her goals for this new position, Lori points to "a chance to network, experience more leadership opportunities and continue to feel humbled through ministry service." Lori knows a great deal about service through her work at Elwyn and her internships at Compassionate Care Hospice at St. Francis Hospital in DE and Crozer Keystone Hospice at Taylor Hospital in Ridley Park.

Lori's gift for and drive toward service are reflected in her sense of pastoral counseling which she describes as: "This field can have a million different meanings for as many persons. I have always believed that spiritual beliefs and practices are a central part of existence for all persons. Being in the social service field for over 20 years, I have seen compassion and understanding become my strongest assets. Going forward as a pastoral counselor will allow me to practice what I have always felt comfortable with . . . and that is to help each person enhance his/her full potential to be the best each can be in mind, spirit and body.

Lori describes the absolute best experience in the clinical practice "is that I was fully prepared from the staff at Neumann and through my personal growth to give hospice 100%. To me there is a miracle in every room on the hospice unit. Not surprisingly, Lori's hope after graduation is to "do hospice and grief work."

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Navy officer, DuPont manager and now pastoral counselor in training, W. Carl Lathon, PCC 19, new vice-president of the chapter, can claim, as many do who come to PCMHC, a diverse life/career/history. Carl explains how he came to NU and the program, noting that his dreams for post-retirement focused on “the opportunity to work with those who tend to be shunned by society,” citing the iconic scripture of Matt 25: “Whatever you did for one of the least of these brothers and sisters of mine, you did for me” (v. 40, KJV).

Having done his practicum at St. Francis Hospital as part of the pastoral care team, Carl recently began his first internship at the Delaware Psychiatric Center which serves adults suffering from severe and persistent mental illness. He sees this as an important preparation for his post graduate goal of working with those who have been recently released from prison.” With his clients, Carl’s vision is “to share with others the many blessings I have received. I look forward to continued growth and development as a counselor, and as a person. In his work as vice-president, he hopes he and his other officers “can be responsive to the needs of our fellow students. That means networking, dialoguing, and sharing.”

Having been inducted into the chapter last spring, Renee Cecil PCC ’20 has been a registered nurse working at Children’s Hospital as nurse coordinator for the Sickle Cell Clinical program. A stalwart woman, Renee brought more than 40 years of nursing and over 25 years at Children’s when starting the program. She explains she was drawn to pastoral counseling as an extension of her call to service and healing, having seen that along with physical healing people have a need for spiritual and psychological healing as well. Renee notes that “it is important a person have choices when deciding on a therapist; if he wants one with a spiritual background, they should be able to find one.

Considering her work since coming to Neumann, Renee reports that her practicum at Crossroads Hospice was “a wonderful experience’ where I was able to provide counseling and support to clients and family members at various nursing homes and in the clients’ homes. Currently, Renee works interns at the Family and Community Services of Delaware County, a mental health facility serving children and adults with various needs. One of the most important outcomes Renee names is “learning to be comfortable with silence. Many of the patients did not speak, but I spent time with them, reading, listening to music, and praying. Being there for the families, helping them deal with their sadness and grief was most rewarding.” When she finishes, Renee hopes to “work with patients and families living with chronic illness and start a group for those grieving in my parish.”



Newly inducted officers, Vice President Carl Lathon, Secretary-Treasurer Renee Cecil and President Lori Heeney “publicly declared their commitment” at the official installation “to perform the duties of their offices” at the November 20 ceremony conducted by Kasey Seltner and Jennifer Pope, outgoing officers of AONu.



Faculty Feats

Two new adjuncts have joined the faculty of PCMHC. A new instructor for Psychopathology also is no stranger to Neumann. **Frederic “Fritz” Haas** has a history on both sides of the desk at the University. Having graduated the master’s in PCC, Fritz also has taught in different disciplines At NU over the years since finishing his studies. He has, in his own words, also gone on to acquire a specialty “in working with clients who have experienced trauma in their lives. A certified Trauma Therapist, I use a variety of techniques including EMDR, CBT and various Mindfulness skills and practices.” Along with his teaching, Fritz also has a clinical practice at Clear Perspective in Drexel Hill.



Antoinette Hemmerich, who hold degrees in both the master’s and doctoral programs from Neumann’s pastoral program, has come on board in this semester to teach PCC-770, the very important clinical course that works with students on the integration of spiritual and pastoral understanding into work with clients. Dr. Hemmerich brings a rich background to her teaching as a professional counselor of her own Trinity Healing and Wellness Center with two sites in Delaware. Of her working using holistic modalities to work with clients, Dr. Hemmerich notes, “As a pastoral counselor, I offer a safe and peaceful environment of acceptance and trust, listening without judgment or

prejudices.”

In the past few months, Dr. **Tim Hanna** presented a workshop at the Maryland Counseling Association (MCA) Conference in Baltimore titled, “A spirit of advocacy: Exploring the narrative intersectionality of religion/spirituality and social justice in counselor formation” as well as a similar poster presentation at the Pennsylvania Counseling Association (PCA) Conference in Pittsburgh. There he co-led “An Essential Thread in Counseling Practice: Addressing the Role of Religion and Spirituality in Clients’ Emotional Health” with pastoral practitioner, Dr. Dayna Pizzigoni.

Dr. **Jim Houck**’s fourth book entitled *When Ancestors Weep: Healing the Soul from Intergenerational Trauma* is now available. Published by Abbott Press, the book is about how generational transmission of traumatic experiences affect the soul of both individuals and communities.

Just as the paper was going to press, Dr. **Sophia Park** received news that she had been promoted to Associate Professor and the entire program rejoiced with her. Also, after serving as the Secretary for the *Journal of Pastoral Care and Counseling* for the past year, Dr. Sophia Park, has assumed a new position, as the Diversity Liaison. She will be working closely with the Editor and the Executive team to ensure just representation of topics and authors that are emerging in the field of pastoral counseling.



Dr Chris Domes, NU President, delivers the Commencement Address at first December Graduation on December 19.

First Winter Baccalaureate, Graduation Held in December Ceremony

To the delight of undergraduate and graduate students as well as their families and friends, Neumann initiated its first winter graduation with approximately 160 students receiving degrees on December 19, 2018 in the Mirenda Center. Ann

Baiada, chair of the University Board of Trustees, joined Dr. Chris Domes, President of Neumann University, in conferring degrees. Six of PCMHC students graduated: Kimberly Johnston, Jennifer Pope, Kasey Seltner, Lori Tarkett, Quiana Watson, and Cynthia Williams Poiré. Two of the PC Ph.D. students also received diplomas and were hooded: Cassandra Pistorius and Becky DiLisciandro.

Several graduates in attendance spoke to the importance of the evening:

Quiana Watson, PCC'19 stated: *My experience at Neumann was life changing. Earning my Pastoral Clinical Mental Health Counseling degree has allowed me to earn a traditional counseling degree with additional courses in spirituality that has set me apart from other applicants. My newest employer was very impressed with the courses I completed at Neumann and was happy to welcome me on board. I received my first official counseling job less than a month after graduation. I am so grateful and humbled.*

Kasey Seltner, PCC'19 spoke to the December date becoming a "new tradition": *Having graduated from Neumann before, the December graduation felt more intimate in the sense that there were just the right amount of people graduating. I personally felt as I walked across the stage that I was not being prompted to hurry and get my degree but rather walking across the stage with ease knowing my hard work and dedication has finally payed off. I am all for December graduation becoming a Neumann tradition and I am glad to be a part of this one.*

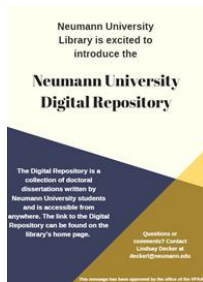
Lori Tarkett, PCC'19 addressed her captured moment: *Graduation gave my family and me the opportunity to grasp the reality of the accomplishment of what was once a dream, and to celebrate together the rewards of their selfless support and my hard work.*

Cassandra Pistorius, Ph.D.'19 acknowledged that without the opportunity to walk in December, *members of her family would not have been able to attend. Graduating in the winter allowed her son to travel for this momentous moment for his mother.*

Becky DiLisciandro Ph.D.'19 captured the excitement of it all, exclaiming, *"I would not have missed this for anything!"*

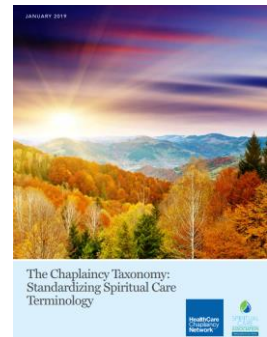
ON AND OFF CAMPUS -- News to Know

DIGITAL REPOSITORY: A new feature has been added to Neumann's Library, a digital repository. This resource is designed specifically to house the collection of doctoral dissertations and other such documents.



Tiffany McGregor, director of the Library, noted that she "just received the latest batch of hard-copy Master seminar papers from PCC and they will be the last to be housed on the physical library shelves; we are frankly running out of room and wanted to make these types of important works easier to access. Therefore, we will be asking for future master theses to come to us in a digital format and with a permission sheet signed by each student. The permission provides us with helpful indexing information, allows us to publish, and ensure that the author retains their personal copyright."

CHAPLAINCY TAXONOMY: The HealthCare Chaplaincy Network and Spiritual Care Association have been and continue to work on a project to standardize some of the language needed to communicate between clinical and the spiritual professionals. The purpose, as stated in a newly released White Paper [WP], is "to demonstrate value, professional health care chaplains need a common language of what they do, how they do it, and why it matters." Without this, those in the profession on both sides see the breakdown in vital communication of "what goals they seek to achieve and how they contribute in a unique way to patient care" (WP, p. 3). The leaders of the project encourage those who work in spiritual care to study the taxonomy and begin to use the normative language, and submit what might be seen as needing improvement to the project leaders.



A copy of the Chaplaincy Taxonomy is on the bookcase outside Room 321 RAB with reserved books for PCMH if you wish to consult or examine it.

Neumann Career Center announces a great new HANDSHAKE: Neumann University has partnered with [Handshake](https://neumann.joinhandshake.com/register) - a modern career development platform - to replace the previously used College Central Network system. Students can use Handshake to discover employers and opportunities, submit applications, and attend career fairs and other events. With the switch students can expect to see: 2-3X INCREASE in relevant job opportunities; **INTUITIVE SEARCH** functionality and suggestions tailored to their interests; and **CAREER COMMUNITIES** that empower all students to have an informed career exploration and job search process. *Students can register online and construct their profile at <https://neumann.joinhandshake.com/register>.*



SUBSTANCE USE DISORDER LOAN REPAYMENT PROGRAM: The PA Department of Health is offering a substance use disorder (SUD) loan repayment program (LRP) with educational loan repayment to

practitioners who provide behavioral health care and treatment for substance use disorder and opioid addiction in designated Health Professional Shortage Areas and designated high substance use counties. The program aims to increase access to behavioral health care services associated with opioid use in underserved and high-use communities and improve recruitment and retention of health practitioners in underserved and opioid high-use communities. Those wishing more information should contact: Substance Use Disorder Loan Repayment Program Pennsylvania Department of Health-Bureau of Health Planning (717) 772-5298 E-mail: RA-DHSUDLRP@pa.gov Website: www.health.pa.gov

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Every day of classes at Amigos de Jesus begins with contemplative prayer for all grades, one through nine. Every evening the community forms a prayer circle. Today many of the staff were once residents. "It is a family; they stay because they belong," Christine explains.

Four days into the honeymoon, a little nun, they called "the Latino Mother Teresa," made a request for help. Surrounded by so much need, they used their honeymoon money to support the construction and created the beginning of the orphanage. When that ran out, in stepped another hero, Father Dennis O'Donnell from back home who gave a series of retreats and raised funds to continue.

Today, Amigos de Jesus has 21 staff, 10,000 benefactors, 135 children, a bilingual school up to ninth grade, and still Anthony continues to build. Currently, the newest project is a transition house to shelter children coming in without support and overwhelmed by trauma and loss. It will, as Christine describes, "provide a sanctuary where those coming off the streets can be evaluated, can settle in, feel safe and begin to heal."

She also shares that this is the place where she dreams of living out her dream and which inspires her studies in PCMHC master's program. She smiles and says, "God has a wonderful sense of humor. When I was in my forties, I thought I could leave LaSalle ready for my license and practice. Here I am over half through with 20 more years of experience of working at Amigos, three severely traumatized children I have raised and learned from, and actual clinical work in my practicum and internships, and I know I am just beginning."

Recently, Christine found another resource that makes the quality of care at Amigos de Jesus even better. Connected with a graduate of PCC, Sister Theresa Elitz, OSF, the founder and senior counselor of a bilingual family counseling center in Wilmington, Chris brought a team of three supervisors from there for six days of training for her staff of psychologists.

Speaking of the decades of work she and her husband Anthony have given to the children of Honduras, Christine says, "Every day I learn from the children; I learn how to love, I learn how to have hope and to be so forgiving. They are all of these toward each other, toward everyone after all they have endured. They are blossoming souls."