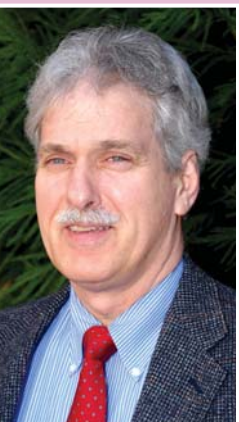


Rehabilitation Counseling & Psychology



UNC
SCHOOL OF MEDICINE

From the Director



Our fall was very eventful including the dedication of a study alcove to Ashely Weigel Henry ('94), as well as a student poster competition and hosting the Annual Symposium for the Consortium of Psychiatric Rehabilitation Educators. We started with another large class of new students at the RCP. Our part-time track has grown to seven with the full-time student enrollment holding at thirty-three.

The Division has broken in our new clinical instructor, Dr. Judy Schmidt ('86), who has worked closely with the faculty on the clinical education component and coordinating the training placements for 2010-11. In her first semester she has been supervising the largest

clinical training class we've had under the specialized curriculum. She also managed to get a poster presentation of her research on supported education in psychosocial rehabilitation programs accepted at the USpra Annual Conference coming this June in Boston. She has been a welcome addition for this year!

We will delay curriculum changes in the program that were planned until we are certain that our faculty lines will remain the same in the forthcoming year. Spring is always a busy time when we conduct new admissions interviews and make decisions for the new class of students for fall. Our admission applicant pool looks promising and we must gauge the expected enrollment target based on faculty-student ratio capability.

The Division awarded two Richard H. Peters Scholarships this year to Shahin Sabouri and Sally Archer. Jay Peters ('00) again continued his generous gift for this award and challenged alumni to match his second donation to which several alumni stepped up. Another RCP student, Brooke Vincent, was awarded a UNC Hospitals Volunteer Association's Allied Health Sciences Fellowship and all these awards were acknowledged during the fall awards reception. We again were awarded a competitive merit scholar through the Graduate School, which was given to Sena Moran. Our congratulations to all the competitive scholarship recipients this year!

In addition, three more students received federal work study awards given as research assistantships. We also awarded four scholar

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Second-year student Hillary Little delivers her poster presentation "Transforming Attitudes about Mental Health in the Workplace."

Join the RCP Komen Race for the Cure Team

Research Assistant Professor Kelly A. Kazukauskas has created a team for the UNC Division of Rehabilitation Counseling and Psychology to be a part of the 2011 Komen NC Triangle Race for the Cure on June 11, 2011. Students, alumni, friends, and family members of the UNC RCP Division are invited to support this important project by becoming a member of the team.

"This is a personal crusade for me as I lost a loved one to breast cancer, and I'm sure many of your lives have been touched by this devastating disease as well," said Kazukauskas.

Becoming a team member is easy. To register online, go to www.komennctriangle.org/register and then click on "Join a Team." The team name is UNC Rehabilitation Counseling & Psychology and Kelly Kazukauskas is listed as the Team Captain. Select the team and then follow the instructions for your individual registration. Remember, friends and family can join too.

Not only does the event offer a chance to support a worthwhile cause, but it will also provide an opportunity to meet current RCP students, catch up with old friends, network, and strengthen your UNC connections.

If you have a conflict and cannot join the team, you can also make a donation to support this cause through the team Web site at http://nctriangle.info-komen.org/site/TR/RacefortheCure/DUR_NCTriangleAffiliate/1565010498?pg=team&fr_id=2137&team_id=156608 or mail a check made payable to Susan G. Komen for the Cure NC Triangle Affiliate, 133 Fayetteville Street, Suite 300, Raleigh, NC 27601.

If you have any questions, please feel free to call or e-mail Kelly Kazukauskas at (919) 843-5138 or kellyk@med.unc.edu.

We look forward to seeing you on Race day!

From the Director *Continued from Page 1*

stipends from our federal grant to part-time students, which increased from only one award last year. As a result, over one-third of the first-year students are getting financial assistance through the Division. During the fall through our federal training grant, another five students were issued stipend awards that equal over \$5,000 per student. The Division continues to find funding sources to be competitive pursuing scholarships and additional student aid awards that are of considerable benefit in easing student expenses attending UNC.

Given the summer transition to recruit and hire a new clinical instructor, the faculty adjusted to everything from implementing research, to completing grant reports, to returning from maternity leave, to presenting at national conferences, not to mention hosting a national symposium which is noteworthy. We're all so busy in our efforts to maintain the quality and integrity of the RCP program. In light of our challenges, we've done extremely well to have successfully increased our recruitment targets, continued our presence at national conferences, sustained the ongoing research and grant activity being implemented, and orientated a new faculty member to the clinical training component.

With regard to the clinical preparation of students, all our students were successful in their practicum placements and are now being placed earlier than ever in their internships. This happens to be the largest number of student placements we've ever had in a year (15) and while short-staffed over last summer, we actually added two more approved clinical placement sites that will be used this year!

Our RSA (Rehabilitation Services Administration) grant has continued to award scholar stipends for students in the psychiatric disabilities track. A total of nine students were initially given awards this fall and another nine new students

entering the track will be awarded the stipends for next year. This spring semester is also the first time our two online advanced courses (RPSY 805 & 818) for the psychiatric disabilities specialty are being delivered.

The 2010-11 year to date the faculty has succeeded in doing conference presentations and developing new publications. In addition, annual reports had to be completed for the two federal grants (with the USDOE and NIH) being directed by RCP faculty. Some faculty also continue to serve as reviewers of manuscripts for publication in peer-reviewed rehabilitation journals. Two faculty presentations have been accepted for the NCRE Conference in April, one of which will include an alumna, Lindsey Williams, and a student, Kira Capano, co-presenting with Dr. Kelly Kazukauskas. Finally, we are especially pleased that Claire McElvaney, a second-year student, had her poster presentation, "Autism & Rehabilitation: The Ability-Directed Descriptive Systems Project," accepted for the same NCRE conference in Los Angeles.

We are looking forward to more progress as we finish up our sixth year implementing the new curriculum. Please take time to visit and meet our faculty and students to see some of the terrific things we are doing. This spring Dr. Kazukauskas is participating in the Komen Race For A Cure and many students are planning to participate with her. We are excited that many of our alumni remain involved in the program either serving on boards or as guest speakers. We hope you can also remain in touch, so we can continue to keep you up to date with what's going on at Carolina!



Charles Bernacchio
Professor and Director
Division of Rehabilitation Counseling and Psychology

2010 SCHOLARSHIPS AND AWARDS

Richard H. Peters Scholarships

The Division awarded two Richard H. Peters Rehabilitation Counseling and Psychology Annual Scholarships to Sahin Sabouri and Sally Archer for the 2010-11 academic year. The Peters Scholarship was established by Jay Peters in loving memory of his father Richard H. Peters. Born in 1920, in Toledo, Ohio, Richard Peters attended Scott High School and transferred to Hill School to complete his high school education. This prepared him for the challenges of Yale University, where he majored in political science. Mr. Peters attended graduate school at the University of Michigan in Ann Arbor and earned his law degree. After passing his boards, he moved to Cincinnati and began work as a public defender. He eventually moved back to Toledo and practiced law until the time of his death in 2001. His son, Jay, attended the University of North Carolina at Chapel Hill and completed his education as a Rehabilitation Counselor and Psychologist in 2000.



"I have always wanted to work in a helping profession and being able to utilize my two undergraduate fields of interest, psychology and medical anthropology, as a rehabilitation counselor is the ideal profession for me. As a graduate from the RCP program, I hope to find a job where I will be able to spend the greatest amount of time working one-on-one with clients in order to help them through difficult times. Ideally, I would hope to work in a hospital with patients who are dealing with life altering physical or mental ailments. I would like to help them cope with the changes, problems, and fears they may be dealing with because of their particular conditions and prepare them for obstacles and barriers they may face when reintegrating into life outside of the hospital. I aim to produce changes in patients' behaviors and emotional states that will benefit them for the rest of their lives. I am so honored and grateful to be the recipient of the Peters Scholarship. I have struggled trying to stretch the money I made working last year to cover all of my graduate school expenses, and receiving this scholarship gave me the extra monetary support I needed. I am so thankful to have received this scholarship and hope that my graduate work and professional career will be a testament to the amazing rehabilitation counseling and psychology program."

Sarah Hahn (Sally) Archer
Hometown: Charlotte, NC



"For as long as I can remember, I have been drawn to the field of psychology and human services. As a young girl, I had the privilege of volunteering at a veteran's rehabilitation center.

The experiences I gained in that institution through observing the reality of disability and psychological problems have influenced me up to this day. I have waited a long time to finish my education but after raising my children I am ready now to fulfill my lifelong dream of becoming a rehabilitation psychologist. Returning to school at my age was not easy, but somehow I made it through. A number of great influences and support systems have helped me in attaining my goal. My wonderful family, supportive friends, dedicated teachers and mentors, God almighty, and last but not least, the Richard H. Peters Scholarship. I feel privileged and honored to be the recipient of this great scholarship, and hope that my academic endeavors and professional accomplishments will always remain true to the principal values for which this scholarship stands."

Shahin Dadfar Sabouri
Hometown: Mahshahr, Iran

UNC Hospitals Volunteer Association's Allied Health Sciences Fellowships

Supported by a generous gift from the UNC Hospitals Volunteer Association, fellowships are awarded to deserving allied health students who, in addition to having financial need and scholastic ability, exhibit characteristics of emerging professional excellence.



UNC Hospitals Volunteer Association's Allied Health Sciences Fellowship recipient Brooke Vincent and RCP Division Director Charles Bernacchio at the fourth annual Department of Allied Health Sciences scholarships and awards recognition event.

"My interest in rehabilitation counseling started when a family friend lost all her fingers and toes due to a severe illness. Over time I watched her struggle to complete the day-to-day tasks that we all take for granted. Witnessing this process inspired me to work with individuals with disabilities to overcome their adversity. I believe to fully recover from a traumatic event one needs to learn to cope with the debilitating event. In the future, I hope to assist individuals with physical disabilities in coping with their disability and living a more independent life. I believe that treatment exists to make their lives easier and to give them the ability to cope with the disability. I want to show them how effective these treatments can be. I am truly grateful to the donors of the UNC Hospitals Volunteer Association's Allied Health Sciences Fellowship. This award will allow me to get more volunteer and practicum experience in the field of rehabilitation, without having to worry so much about holding a full-time job on the side to pay for tuition. This extra experience will in turn make me a better counselor for my patients."

Brooke Michelle Vincent
Hometown: Tulsa, Oklahoma



Rashay Griggs

I am from Warrenton, N.C., a small town located near the border of Virginia. After graduating from Warren County High School, I obtained my bachelor's degree from North Carolina State University in Raleigh. Through my experience as a paraprofessional, I gained an interest in helping individuals with a mental illness work

towards their rehabilitation goals. As a result, I decided to pursue a degree in rehabilitation counseling and psychology from the University of North Carolina at Chapel Hill. I completed my practicum at Turning Point Family Care in Durham, where I was able to gain experience in writing case assessments, individual therapy, and group therapy. Starting in April of 2011, I will be interning at the Schizophrenia Treatment and Evaluation Program (STEP) and Outreach and Support Intervention Services (O.A.S.I.S) clinic in Carrboro, N.C. In the future, I plan to obtain my CRC and LPC.



Melissa Caudill

I grew up in Patrick County, Va., and earned my bachelor's degree in psychology and classical studies from Tulane University in New Orleans. I think rehabilitation counseling is interesting because of the holistic approach it takes to looking at individuals with disabilities. I am interested in working with individuals with psychiatric disabilities. I did my practicum at the Jaycee Burn Center and I am interning at the Chapel Hill office of Vocational Rehabilitation.



Adrian Boles

A lifelong resident of North Carolina, I grew up in Robbins, a small town outside of Pinehurst. While obtaining a bachelors of science in psychology from Appalachian State, I had the opportunity to work with an organization for individuals with disabilities. Working as a CAP Habilitation Technician, I became familiar with the unique

rehabilitative needs of this population, fueling my interest in the program of Rehabilitation Counseling and Psychology at UNC Chapel Hill. In this program I have been educated in holistic and strength-based approaches in working with individuals who have a wide variety of disabilities. I have been able to employ these approaches through a practicum with the UNC Physical Medicine and Rehabilitation team, and look forward to utilizing them during an internship with New Leaf Behavioral Health. Although I have always been interested in the helping profession, this program has honed my interests in psychiatric disabilities, with current goals of working towards a doctoral degree in clinical psychology. Ultimately I aspire to use my education as a mental health professional in clinical therapy.



Ashley Jenkins

I was born and raised in New York City. After graduating from Staten Island Technical High School, I decided to leave the big city for college. I graduated from Elon University in North Carolina in 2009 with a bachelor's degree in psychology and a minor in criminal justice. I applied to UNC's Rehabilitation Counseling and Psychology program because I fell in love with the idea of being trained to work with all kinds of individuals on the disability and mental health spectrums. My time at Chapel Hill has been memorable; I was voted fundraising and advertising co-chair and headed the graduation committee. In December of 2010, I completed a semester long practicum at Butner's Federal Medical Center in Butner, N.C. While at Butner, I got to conduct my own Mental Health group therapy sessions with approximately 12 inmates. I was able to observe and help with suicide assessments, mental health assessments, treatment team plans, criminal court cases, and more. I also got the chance to work on a research study, which will be published soon. In April, I will be starting my internship at Durham Center Access, an intensive inpatient and outpatient substance abuse/mental health clinic under a 2007 RCP-alum, Lauren Wright. By graduation, I plan to have my CRC and to be working toward finishing my hours for my LCAS (License Clinical Addictions Specialist). In August, I will be starting a PsyD clinical psychology program with an emphasis in forensics. My ultimate goal is to become a forensic psychologist, have my own private practice, and be a consultant to the FBI.



Mallory Giza

Born and raised in Central Florida, I graduated with my bachelor's degree in psychology from the University of Central Florida in May 2009. While earning my undergraduate degree, I worked at a children's advocacy and mental health center where my experiences further cemented my desires to become a counselor.

Having been made aware of the need for counselors who are knowledgeable in working with individuals with developmental disabilities, I searched for master's level programs that would help me to fulfill such a demand. UNC's Rehabilitation Counseling and Psychology program appeared to be everything I hoped for in a master's program. Over the past year and a half at UNC, I have had the privilege of gaining experience with a variety of topics and populations that interest me. These privileges include working with Dr. Eileen Burker on research related to organ donation and lung transplant, researching and writing about the recovery process of children and adolescents who have experienced a traumatic brain injury, and providing counseling to diverse populations during my practicum and internship at North Carolina Neuropsychiatry. After graduation, I hope to stay in the Raleigh area and become a Licensed Professional Counselor and a Certified Rehabilitation Counselor. I would also like to further my education by pursuing a doctoral degree in clinical psychology with a focus on children and adolescents.

Vickie Carpenter

I am originally from Asheboro, N.C. I have a bachelor's degree in music education from UNC Greensboro and a bachelor's degree in psychology from North Carolina Central University. I was drawn to the field of rehabilitation counseling and psychology because of its holistic approach to treatment.



I am interested in working with individuals experiencing psychosis, how untreated trauma manifests, and global aspects of disabilities, specifically factors that lead to better outcomes in those with psychiatric disorders in developing countries as opposed to developed countries. While in the RCP program, I completed a practicum at Freedom House Recovery Center in Roxboro, N.C., and an internship with Veterans Affairs Durham Hospital, where I conducted group sessions with the psychiatric inpatient population in Illness Management and Recovery and worked with the Mental Health Intensive Case Management Program. I also served on the National Alliance on Mental Illness (NAMI) Durham Board of Directors and the NAMI NC Board of Directors, and volunteered with the Group Home Employees Skills Training (GHEST) program and the Clippers psychosocial group at UNC Hospitals. In the future, I hope to be a part of moving the mental health system to a recovery-based treatment system, whether that happens in a treatment facility, by teaching, or by advocacy work.



Hillary Little

I have the double honor of having attended Carolina as an undergraduate and earning my M.S. in rehabilitation counseling at UNC as well. After earning a B.A. in psychology, I returned to my hometown of Charlotte where I worked as a cognitive skills trainer. There I got to work with a very diverse range of clientele of all ages, although the majority were school-aged children with learning disabilities. When I was accepted to this program, I took off the remainder of the year for a dream job at a local nature preserve where I got to teach kayaking, campfire cooking, and give live reptile shows. It's interesting how our perspectives shift! Before the program, I had dedicated a good part of my professional career to doing research with children with autism. Nearly two years later, however, I have found myself working at the N.C. Cancer Hospital both in training as a counselor and in a separate role as a research coordinator for a cancer and antidepressant research trial. While at UNC, I have had the honor and pleasure as serving as president of our student group, UNC

Rehabilitation Counseling Association (RCA). Lots of bake sales, charity drives, and fundraisers later, my next journey will take me to an internship with Cross Disabilities Services, a 501(c)(3) non-profit aimed at working with individuals with dual diagnoses (mental illness and substance use disorders and/or developmental disabilities). I'm excited about stretching my current skill set and joining the workforce this fall as a rehabilitation counselor!



Kira Capano

I was born in Beverly, Mass., and grew up in Oak Creek, Wis. The summer before my senior year of high school my family and I moved to Waynesville, N.C. I received a swimming scholarship to Catawba College and graduated with a B.A. in psychology. I was drawn to the field of rehabilitation counseling and psychology because of my

desire to work with individuals with disabilities. During this program I have been an intern at AHB Psychological Services in Durham, where I have been able to gain such wonderful experience. My professional interests include disorders first diagnosed in childhood, medical conditions, and how the school and medical centers play a role in the lives of children with these conditions. In the future I would like to provide children and adolescents with appropriate treatment and/or preventative services to increase their quality of life. I would thoroughly enjoy working in a private practice, hospital, or school setting.

Jamie Morehart

I have lived in North Carolina all my life. I attended North Carolina State University with a major in applied psychology and a minor in sociology. I was drawn to the Rehabilitation Counseling and Psychology program after my undergraduate work at a transitional homeless shelter with adolescents and children. I really enjoy working in the human services field and have developed my interests further during the course of this master's program. For my master's practicum I worked for Southlight, Inc., in Raleigh, at a facility working with individuals with co-occurring substance abuse and mental health issues. I really enjoyed the experience there and hope to continue my work in this field after graduation.



Natalie Buse

I grew up in the Northeast. My childhood was pretty evenly split between Delaware and New Jersey. I attended Oral Roberts University in Tulsa, Okla., for my undergraduate studies and obtained a bachelor's degree in international community development with a minor in psychology. When I graduated, I decided that it was time for

a change of scenery, so I moved to North Carolina with the ambition of getting into graduate school one day. The Rehabilitation Counseling and Psychology program was appealing to me because of the specialized training to help persons with psychiatric disabilities. Specifically, it has allowed me to pursue my interest in working with populations with posttraumatic stress disorder. Since I have been in the program, I have had many amazing opportunities to serve clients in the community, including working with heart and lung transplant patients in the UNC Hospital and working with veterans at the Durham VA PTSD clinic. I am working toward gaining my LPC so that I may become a licensed therapist. I would like to combine my interest in international community development and rehabilitation counseling. I hope to one day offer mental health services to populations overseas who have experienced trauma, and who do not currently have adequate community resources available to them to address their mental health needs.

Vanessa Cubellis

I was raised on a small island within Rhode Island by working-class parents, both of whom encouraged me to pursue my educational dreams. Exposure to mental illness during adolescence is what sparked my interest in psychopathology. I began my educational career at Bristol Community College in Massachusetts and graduated with an associate's degree in liberal arts. While finishing my undergraduate work at Loyola University Chicago, I completed an internship at the National Alliance for the Mentally Ill and volunteered as a research assistant on a prejudice study. I graduated Loyola magna cum laude with a BS in psychology. After graduation, I applied to UNC's Rehabilitation Counseling and Psychology program to study the management of psychiatric illness by using a holistic and person-centered approach. The opportunity to work as Dr. Kelly Kazukauskas' research assistant furthered my knowledge of the research process while my experiences at UNC, including my practicum at the Duke Pain Clinic, reshaped my professional and research interests. I became fascinated with the intersect between psychopathology and chronic pain, especially as mediated by opioid dependence. I will continue my education in this direction by gaining additional clinical experience in psychopathology, pain management and substance use disorders while working towards LCAS, LPA and LPC licensures.



Division Rises in U.S. News Rankings

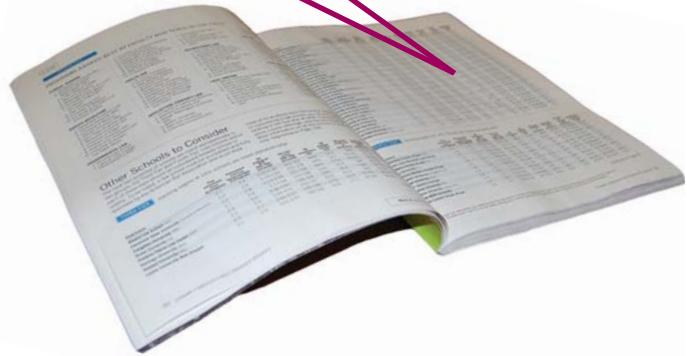
The UNC Chapel Hill Division of Rehabilitation Counseling and Psychology has made a tremendous leap closer to the top of the *U.S. News and World Report* rankings.

The division was ranked 23 out of the 96 Rehabilitation Counseling programs reviewed in the magazine's 2012 "America's Best Graduate Schools" issue.

"What a testament to all the excellent work and effort being given by RCP faculty and staff who continue to improve our national visibility during such tough times," said division director Charles Bernacchio. "We have really shown our competitive Carolina spirit!"

The Division topped several other well-known schools, including Boston University, Western Virginia University, and Ohio State University.

#23 Rehabilitation Counseling
University of North Carolina at Chapel Hill



Faculty Updates

Presentations

Bernacchio, C., & Cobberly, B. (2010). Fundamentals of a Collaborative University-DVR Tradition. Paper presented at Annual NCRE/ CSAVR/RSA Conference. Arlington, VA.

Burker, E., & Kazukauskas, K. (2010). Improving VR Outcomes: Evidence Based Practice & Ethics in Working Partnerships. Paper presented at Annual NCRE/ CSAVR/RSA Conference. Arlington, VA.

Bernacchio, C. (2011) Cognitive Remediation in Psychiatric Rehabilitation. Seminar workshop presented to the Psychiatric Rehabilitation & Recovery Center, VAMC-Durham, NC.

Publications

Burker, E., & Kazukauskas, K. (2010). The Code of Ethics for Rehabilitation Educators and Counselors: A Call for Evidence-Based Practice, *Rehabilitation Education*, 24(3-4), 101-112.

Evon, D., **Burker, E.**, Galanko, J., Dederert, E., & Egan, T. (2010). Depressive Symptoms and Mortality in Lung Trans-

plant, *Clinical Transplantation*, 24: E201-206:10.1111/j.1399-0012.2010.01236x.

Edwards, L., Edwards, C.L., **Bernacchio, C.P.**, Wellington, C., Feliu, M., Wood, M., Doyle, O., Reddy, S., Muhammad, M., Green, M., McDougald, C., & Whitfield, K. (2010). Employment, pain, and psychosocial outcomes among Individuals with Sickle Cell Disease, *Rehabilitation Counseling Bulletin* (under review)

Bernacchio, C. (2010) Annual Scholars Payback Report, USDOE/Rehabilitation Services Administration University of North Carolina (Grant Award Number-HI29H090002)

Division of Rehabilitation Counseling and Psychology Gift & Pledge Form

I would like to support the Division of Rehabilitation Counseling and Psychology with a gift to the RCP Advancement Fund (Designation #8879). Enclosed is my gift of: \$50 \$100 \$250 \$500 \$750 \$1,000 Other _____

Check: Make check payable to Medical Foundation of N.C., Inc. (indicate designation number 8879 on the memo line.)

Credit Card: Visa MasterCard American Express

Credit Card Number _____ Security Code _____ Expiration Date _____

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Matching Gift: My employer (or my spouse's employer), _____, will match this gift. I have enclosed the company's matching gift form.

Gift in Honor / Memoriam / Celebration of: _____

THANK YOU!

Alumni Updates: We would like to hear from everyone! Please send an update even if you are not making a donation at this time.

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Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

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Employer: _____

Please add any other information that you would like to share: _____

Mail To: Kyle Gray, Director of Development
Rehabilitation Counseling and Psychology
Department of Allied Health Sciences,
UNC Chapel Hill, CB #7120
Chapel Hill, NC 27599-7120.

Questions: Contact Kyle at (919)966-3352
or kyle_gray@med.unc.edu.

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Thank You, Donors

We would like to thank the following individuals and corporations for contributions to the University of North Carolina at Chapel Hill Division of Rehabilitation Counseling and Psychology program from January 10, 2010 to April 27, 2011. The generosity of our donors helps us provide the educational resources we need to maintain the excellence of our program.

- | | |
|-------------------------------|---------------------------|
| Carol E. Andrews | April Tripp Parker |
| Charles Bernacchio | Jay Lytton Peters |
| Eileen Burkner and John Lynch | Patricia Susan Sikes |
| Mariellen Mory Combs | Benjamin Clyde Staples |
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| Ray Monroe Honeycutt Jr. | Lindsey Brooke Willis |
| Suzanne Rohan Jones | Foundation: |
| Bree Kalb | Towering Pines Foundation |
| Ruby Lee Moffitt | |

It's Not Too Late to Name a Scholarship

We invite our alumni and friends to name an Annual Scholarship with a contribution of \$2,000 per year for two years by June 30, 2011. For more information, please contact Kyle Gray at 919.966.3352 (office), 919.923.4908 (cell), or kyle_gray@med.unc.edu.