

GRADUATE COUNSELING NEWSLETTER

IT'S A GREAT DAY TO HELP OTHERS!



Welcome to Waynesburg University's newsletter!

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A Word of Advice!

What piece of advice do you wish you would have followed more as a graduate student?

Dr. Bowser – *Take time for fun because life doesn't stop just because you're in graduate school.*

Dr. McNichols – *Do not underestimate yourself.*

Christen Robl – *Take advantage of the opportunity to take risks while you have the support of faculty and supervision.*



Congratulations to the graduating Class of 2023! Your Waynesburg family wishes you the best on your future endeavors.

What Makes A Community?

DR. DEVON BOWSER

If you have ever been part of a cohort in our Graduate Counseling Programs, you know firsthand the impact of a small community with a shared goal. Community is commonly defined as “a group of people living in the same place or having a particular characteristic in common” or “a feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals” (Oxford English Dictionary, 2023). We are all part of communities delineated by location, shared qualities, or common goal. Some of these may be communities we choose to belong to, while other communities are ones that we have been assigned to.

Throughout this academic year, I have reflected on that process of building and sustaining a sense of community in our Graduate Counseling Programs. In the Fall 2022 semester, we hosted our first in-person program event in three years. It was an energetic night full of ideas and shared experiences. That “feeling of fellowship” was tangible and lasted beyond the event itself. As often happens with the passage of time, we retreat back to smaller, more tangible communities: the cohort, the classroom, the internship site. However, that fellowship comes alive again at commencement each year. Our programs are built on a shared vocation to help others; celebrating milestones in that shared goal

allows us to feel “part of” that community. One of the goals of this newsletter is to help us to continue to celebrate milestones and share ideas together.

Waynesburg University's mission continues this theme of community by stating “Waynesburg University educates students to make connections between faith, learning and serving so they might faithfully transform their *communities* and the world.” How do our Graduate Counseling Programs live out Waynesburg University's mission to “transform” our communities? What are our connections between faith, learning, and serving? As counselors, we learn not only how to identify areas for change, but also ways to help facilitate that change. We take on a variety of perspectives in order to consider health and growth for each person we help. As counselors, we are called to journey *with* one another in search of truth, knowledge, and wellness.

It is our hope that this newsletter rejuvenates our connection as a community. Join us as we share ideas from the field, celebrate accomplishments, and explore our shared calling to serve others.

Warmly,

Dr. Devon Bowser
Director of Graduate Counseling Programs

STAY CONNECTED

FUNNY THERAPIST
PUNS AND JOKES

I told my therapist I can’t get the Grease soundtrack out of my head. He said, “Tell me more.”

My therapist told me I have multiple personalities. Now she charges me a group rate.

Why did the electron go to therapy? It couldn’t be positive.

I thought all these voices in my head meant I was crazy, but one of them is a therapist. He says I’m fine.

Therapist: Love yourself.
Patient: I’m not my type.

My therapist told me to write letters to the people who you hate and burn them later. I did that. But now what should I do with the letters?

Therapist: Your wife has complained that you never buy her flowers, what do you say to that?
Patient: To be honest, I had no idea my wife even sold flowers.

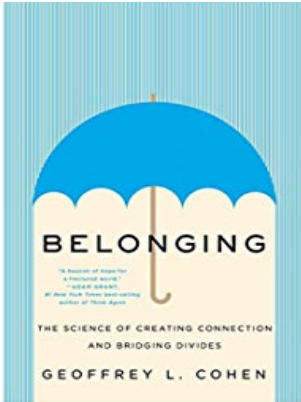
What do you call Mark Zuckerberg getting therapy?
Tech support.

My therapist thinks I’m kleptomaniac. He didn’t say it to my face, though. I read it in his notebook when I got home.

How many psychotherapists does it take to change a light bulb?
None, the light bulb will change itself when it’s ready.

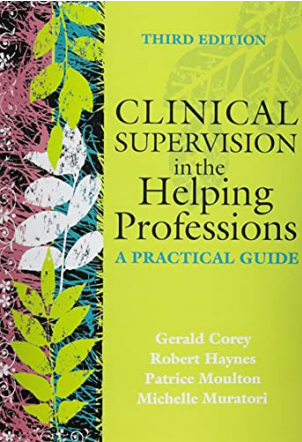
WHAT’S ON YOUR
SHELF?

Dr. Bowser –



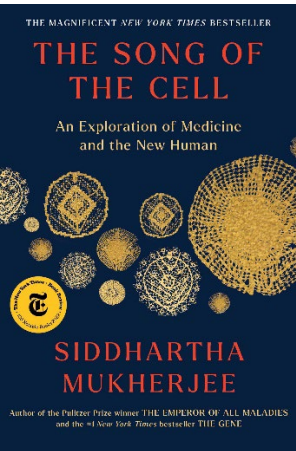
Belonging: The Science of Creating Connection and Bridging Divides

Dr. McNichols –



Clinical Supervision in the Helping Professions: A Practical Guide (3rd ed.)

Dr. Steimer –



The Song of the Cell: An Exploration of Medicine and the New Human

2023-2024
SCHEDULE

Fall Semester 2023

August 28 – December 16
Fall 1 – Aug. 28 to Oct. 21
Fall 2 – Oct. 23 to Dec. 9

Winter Break

December 10 – January 14

Spring Semester 2024

January 15 – May 4
Spring 1 – Jan. 15 to Mar. 9
Spring 2 – Mar. 11 to May 4

BHWET Symposium

March 15, 2024
Southpointe

Spring Commencement

Saturday, May 4, 2024

Spring Break

May 5 – May 12

Summer Semester 2024

May 13 – August 17
Summer 1 – May 13 to June 29
Summer 2 – July 1 to Aug. 17

CLINICAL SUPERVISION

Certificate in Clinical Supervision

DR. KELLEY MCNICHOLS

In 2022, Waynesburg University created and launched a Certificate in Clinical Supervision program. The intent of the program is to enhance to professional identity and self-efficacy of clinical supervisors in the behavioral health workforce by offering a specialized training program that is commonly lacking for clinical supervisors. Clinical supervision is a required component of the counseling profession yet numerous state licensure boards, to include Pennsylvania, do not require doctoral degrees to function in the capacity of a supervisor and master’s level counseling curriculum does not prepare counselors to become supervisors (Nate & Haddock, 2014). Despite the fact that clinical supervision is required for licensure in the field, the vast majority of supervisors are not properly trained and do not possess the tools needed to offer quality supervisory experiences. Subsequently, supervision tends to be inconsistent and inadequate, having the profound potential to perpetuate incompetence and do harm to not only supervisee, but to the individual’s receiving treatment.

The overarching goal of clinical supervision is to enhance the skill set of counselors so that they may effectively work with clients they serve as well as uphold the role of a gatekeeper in order to protect the welfare of others and the integrity of our profession (Bernard & Goodyear, 2004; as cited in West & Hamm, 2012). The supervisory role is evaluative and hierarchical, extends over time, and has the simultaneous purpose of enhancing the professional functioning of the more junior counselor(s). Therefore, it is crucial that clinical supervisors receive specialized training to enhance their self-efficacy while upholding the ethical obligations required of them.

The Certificate in Clinical Supervision program answers the call for action by fostering growth and change among clinical supervisor in the behavioral health workforce. The 100% asynchronous online, 12-credit non-degree, post-baccalaureate Certificate in Clinical Supervision can be completed in as little as two semesters and consists of four courses: Models of Clinical Supervision, Multicultural and Ethical Considerations in Clinical Supervision, Dimensions of the Supervisory Relationship, and Advanced Methods of Clinical Supervision.



Robust training for clinical supervisors is essential for the sustainability of the counseling profession. Inevitably, good counselors will one day become supervisors. The Certificate in Clinical

Supervision at Waynesburg University proactively addresses the professional development needs of clinical supervisors.

Additionally, we are pleased to announce that Waynesburg University was awarded a capacity building grant totaling \$25,000 from the Staunton Farm Foundation. This grant will offer scholarships to five (5) eligible students enrolled in WU’s non-degree Certificate in Clinical Supervision Program. Eligible students will receive a 50% scholarship from the grant to cover the cost of the four supervision courses and WU will match the 50% scholarship. As such, non-degree Certificate in Clinical Supervision students will be able to complete the four, 100% asynchronous online, supervision counseling courses (or 12 credits), at 100% cost savings. WU will offer all other students enrolled in the Certificate in Clinical Supervision program a 50% tuition reduction. For more information, please visit the following link: <https://waynesburg.edu/academics/departments/counseling-certificates-graduate-and-professional-studies/masters-online-0>



Clinical supervision supports trainee mental health professionals by offering oversight and support from a more experienced provider.

WE’VE MOVED!

Southpointe
Location

The Southpointe Learning Center of Waynesburg University found a new home in the Fall 2022 semester. The Graduate Counseling Programs, along with other programs in WU’s Graduate and Professional Studies division, is now a part of The HQ at CNX space in the heart of Southpointe. The HQ at CNX provides space for nonprofit and underserved organizations, including Big Brothers Big Sisters of Greater Pittsburgh and the Language of Behavior Center. Our hope is that we can establish collaborative relationships with these organizations to increase service learning opportunities with our Graduate Counseling Programs while supporting the efforts of these charitable groups.

In addition to interacting with our new neighbors, this new space allows us to make use of meeting spaces specific to our program needs. We are able to consider the needs and size of each Graduate Counseling course, whether it is a conference room ideal for conducting supervision in small groups or a room large enough to facilitate a program-wide event. Thanks to recent grant funding and generous gifts from donors, we now have the use of state-of-the-art instructional technology in our meeting space. This has allowed the Graduate Counseling Programs to host remote guest speakers for an in-person class, facilitate hybrid classes, and provide a comfortable environment for students to learn. Our doctoral students are able to gain hands-on experience in navigating this technology as teaching assistants and practicum triadic supervisors, providing them with skills that reflect recent shifts in the delivery of counselor education. We anticipate upgrades to an additional smaller meeting space this upcoming fall.

Our new Southpointe Learning Center is home for our Graduate Counseling faculty offices and our Counseling Training Clinic. This clinic, run by our Graduate Counseling Programs, provides free telehealth counseling services to the community in response to the enormous need for counseling in our area. The clinic is supervised by a licensed professional counselor and grants opportunities for Master of Arts in Counseling students to gain experience in a telehealth setting.

Come visit us at our new space! Our address is: 1000 Horizon Vue Drive, Suite 1A32, Canonsburg, PA 15317.

SOCIAL JUSTICE

Social Justice Work and Counseling: From Theory to Practice

DR. DENNIS WINKLER

Counseling: How I Got Here

I was led to the counseling field because of my work in my community (The African American/Black Community). I participated in various organizing capacities, namely around issues of racial injustice and trauma. Some of my organizing led me to be involved in town halls, political convenings, study groups, cultural education groups, rites of passage programs, workshops, lectures, radio, and financial economic literacy. At some point, I realized that although I was aware of socio-political issues plaguing my community and had read about and could articulate them, at times, I lacked the confidence and skills to intervene with my community on an individual level when it came to the many symptoms that we are plagued with due to the many injustices that we face on a daily (e.g., grief, drug abuse, trauma). Hence, I had the grand idea of returning to school to become a psychotherapist.

Multicultural Counseling

During my educational experience as a counselor in training, I was surprised that my counseling program also spoke about racial injustice, mainly because it is a predominantly White institution (PWI). In other words, many of the professors were speaking my language, I cannot say all, but I was just excited that a few of them were naming and labeling the injustices and the ideologies (racism, white supremacy) that support much of the thinking behind them. Again, this was quite a surprise and a transformative experience for me and my racial identity development as an African American man. More than anything, I felt more optimistic about having met allies in the fight for justice for all people and the diverse ways we exist within a society that has not been too kind to or made space for difference.

Again, the above was shocking to me as a counselor in training because I never experienced an atmosphere where people were so open and supportive of difference. It challenged me to grow in ways I did not anticipate and could have imagined. Like many counselors and counselors in training, I know the blessing and the becoming that this work on self and with others has provided us, the ways it has stretched us. I maintain that the process has saved us by allowing us to tap deeper into our humanity and others from a more humane lens. I find that through my own experience and hearing accounts of many other counselors that they leave counseling programs with a broader and more humane outlook which I find consistent with the core professional values outlined in the American Counseling Association’s (2014) code of ethics, as it emphasizes the importance of “honoring diversity and embracing a multicultural approach in support of the worth, dignity, potential, and uniqueness of people within their social and cultural contexts” (p. 3).

Social Justice and Counseling

It is important to note that although I acknowledge the advancement in the field related to culture and diversity, I would not disagree with many who would argue that there is much more work that needs to be done in fleshing out and further integrating a multicultural framework into the counseling professions by way of education, training, research, and supervision. I, like many, am up to the challenge of further improving counselors’ level of understanding and humility as it pertains to culture and diversity in the counseling field, beginning with myself.

I started this article by speaking about the work that led me to the counseling field. However, after becoming trained as a counselor, I struggled with merging my work with individual clients and the community work I was doing prior. My master’s level training widened my lens and helped me become more accepting of differences, but simultaneously shifted my conceptualization of issues from the societal level to the individual level. Still, I frequently reflected on my idea that counselors are needed in the socio-political realm to bring about actual social change. Working with individuals has its strengths, but we can abstract from cybernetics’ concepts of first-order and second-order change, which is a concept that I first learned about as a result of instructing the family therapy course here at Waynesburg. Cybernetics argues that “change that occurs within the system and is consistent with the rules of the system is referred to as first-order change. When the rules of the system and hence the system itself is changed, it is termed second-order change” (Blaze, 2007, p. 8). Furthermore, cybernetics suggests that only when the system’s rules are changed can perspective change which is a requirement for behavioral change (Blaze, 2007; Nichols & Davis, 2020). Hence, consistent with cybernetics, I propose that there must be a change in the rules of our society to bring about real and substantive change to better serve all of its citizens. Hence, counselors have frameworks and skills transferable to societal-level interventions, but we need more training to identify opportunities and more confidently do so.

Social justice was touched on in my master’s program, but it barely scratched the surface. My doctoral education re-introduced the idea of social justice more meaningfully, and I was re-ignited to at least study and conceptualize issues at the societal level. Hence, not merely looking at ways to change the individual to adapt to society but also finding ways to hold powerful individuals and institutions more accountable for their part in creating and maintaining the status quo of an inequitable system.

American Counseling Association (2014) defines social justice as “the promotion of equity for all people and groups for the purpose of ending oppression and injustice affecting clients, students, counselors, families, communities, schools, workplaces, governments, and other social and institutional systems” (p. 3). As mentioned, there has been significant progress in culture and diversity; however, there are haps in the literature and training about how counselors conceptualize and intervene in social justice matters. To substantiate my point, the term social justice is mentioned only two times in the ACA Code of Ethics, once in the preamble and again in the glossary. In contrast, the work multicultural is mentioned 23 times throughout the document. The previous is a small example, but the gap is large and ubiquitous in our field. Hence there is a need for those of us passionate about social justice to fill the gap in counseling, counselor education, supervision, and research.

Taking Accountability as Psychosocial Justice Interventionist

“To truly address social justices in the 21st century, we as counselors and psychotherapists must move beyond our traditional roles of individual counseling that historically have neglected social problems” (Rita Chi-Ying & Frederic, 2012, p. 42). I agree with the idea not to move beyond traditional forms of treatment is unconsciously supporting the status quo and hence sustaining various forms of oppression (Rita Chi-Ying & Frederic, 2012). I have grown in my ability to integrate social justice work into my counseling identity and work, although I have much room to grow. Some of the ways I intervene at the societal level are by helping individual clients advocate for themselves. Additionally, I advocate on their behalf. I also offer groups sessions for the communities, organizations, and leadership groups where we process and create action plans to combat racism and other social inequities. Another way I have served as a psychosocial interventionist is as a mental health and trauma expert at the state house to help with legislative decisions. Additionally, I strive to integrate social justice issues and interventions into my coursework, which is at the core of my research. I use my research not only to fill the gaps that we find in academia but also as framework to lead me as an expert around social justice issues when I serve on panel discussions, town hall meetings, and the like. I use social media as a platform to highlight the issues of social inequity as a way to bring about social change. This article you are reading is another attempt of mine to challenge the status quo. It is essential that counselors take responsibility further to educate themselves about the social justice models available and continue to build and aid in the evolution of these models as there are social justice frameworks available (about the intersections of micro, meso, and macro levels, as well as address the historical, social, political, personal, familial, economic, and community issues that impact the individuals we serve as well as the larger society).

Student Spotlight: Lexi Weber

LEXI WEBER BIO



Hi everyone! My name is Lexi and I am a first-year graduate student in the MA Counseling program here at Waynesburg. I am from Charleroi, PA. I currently reside in Washington with my boyfriend and our cats, Calvin and Enzo. I completed my undergraduate degree in Psychology at the University of Pittsburgh at Johnstown and took a year and a half off of school before starting to work toward my master’s degree.

Growing up, I knew I wanted to help others, especially children and adolescents, in my future career. As time went on, my desire shifted from becoming a teacher to becoming a therapist. I have been yearning to become an adult in their lives that they trust, may not have at home, and who can help them grow in many different aspects. I learned of this yearning through volunteer coaching and volunteering at elementary school programs like *Camp Invention*, and it became amplified

after working at a children’s psychiatric hospital where I saw some kids who were really in need of the type of person and professional that I wanted to become.

Waynesburg has been shaping me into that person and that professional and I am excited to see the continual growth throughout the rest of my program. May of 2024 seems to be a long way away, but I know how quickly it will approach. While I’m excited to graduate, I am holding onto the moments with my cohort who I hold so near and dear to my heart. I’ve created some of the best bonds I have ever had, and I would not have survived this long without each of them. I’d like to take a minute to thank them and my professors for guiding me and supporting me through everything within the past 10 months so far. I would also like to thank everyone for liking my t-shirt design because I love to represent our program!

Student Spotlight: Walt Werner

WALT WERNER BIO

I am Walter Werner, married, father of six, grandfather of eight (soon to be ten), and an attorney working toward retirement from a firm that I and my partners began building in 1985. My career has been a long and sometimes hectic one that has been rewarding and meaningful beyond my wildest dreams. I have loved both the practice and business of the law. A significant aspect of my law practice has involved counseling clients on legal issues. In looking for the next chapter of my life, I wanted to be able to do something meaningful and use my skills and life experiences to benefit others.

I chose to go back to school to pursue my master’s degree in counseling with an eye toward a next career in which I can give back much of what I have been given in my life, focusing on men who experience life’s challenges, including substance use disorder. I chose Waynesburg University for a variety of reasons, not the least of which is that it is a Christian institution. My faith has been instrumental in my own recovery, so it was an important consideration in making my decision to commit to Waynesburg. I hope to be able to offer private practice counseling with the option to provide it in a faith-based manner, particularly Christian counseling.

Without question, my favorite part of this program is our cohort. We have become close overtime, connecting in class and outside of class via text messaging, emails, and telephone calls. In the spirit of a well-functioning group, we are open and transparent with each other, incredibly supportive of each other, and genuinely interested in everyone’s welfare.

Week in and week out we face the challenges of the program together, something that has been incredibly comforting to me as a person who is going back to school for the first time in over 40 years. I feel welcomed by the members even though most of them are younger than my children. They have patiently helped me learn the technology required to complete this course of study. They have tolerated my sense of humor. I have really enjoyed their company.

One of the highlights of our cohort is that we were able to gather outside of school and have dinner together, some of us bringing our significant others. There was a lot of laughter. It was a great way to bond in another dimension away from class. We plan to have another one soon. The fact that we even want to have another together is evidence of the cohesiveness of our group. That has made the entire experience at Waynesburg very positive for me.





Where Are They Now?

Featuring Leah Dietrich

Question 1: What influenced your decision to choose Waynesburg to pursue your education in counseling?

I really liked the idea of being a part of a program that really looked at a variety of counseling techniques as well as one with a faith component. I feel like Waynesburg’s mission and focus on service and grounding in spirituality adds a layer of strength to the program. The faculty and staff that I had a chance to learn from during my time in the program also were absolutely wonderful. It is such a caring environment. The instructors get to know you and they want you to be successful. I also liked that they were practicing counselors. They were living what we were learning.

Question 2: What was your favorite class & why?

Dr. Hepburn was one of my favorites and I remember him saying in one of our classes that relationships heal. That statement has stuck with me over the past 11 years. I am often reminded of the privilege that we have to help clients and the importance of treating them with compassion and respect. In working with individuals who are experiencing homelessness over the years I can see how little support they have and how much just engaging with them makes a difference. Now that my work is primarily supervisory with some crisis intervention- I am reminded that I need to be mindful of maintaining those relationships with individuals that I supervise and remembering that relationships heal the healers as well.

Question 3: What do you wish you would have known your first day of graduate school?

I wish that I would have realized how quickly the program would go. I remember starting and trying to balance work and school and thinking how will this work. It went by so quickly. My cohort was very close and supportive throughout the process. I was so thankful for that throughout the process.

Question 4: What is your most treasured memory from your graduate studies?

I loved the time with my cohort and we still stay in touch today. We had a hybrid program and spent a lot of time together in person. The group work that we did and supporting each other as we grew in skill was so helpful. I distinctly remember having to sing in front of a class in Jane Owen’s class and all of us being mortified, but having a better understanding of what it is like to be in the hot seat in counseling and have to bare your soul.

Question 5: What is your current position and how did Waynesburg prepare you for your career?

I serve as the Director of Residential Programs at City Mission – I oversee 175 residential beds and the programming provided to our residents. We are a faith based homeless life recovery program. I oversee our clinical staff of counselors, and case managers as well as our direct care staff and medical team. We provide long term programming to help individuals who are struggling with addiction, mental health, co-occurring disorders or other life challenges to find stability through programming in house and in the community so that they can leave our program and live in independent and sustainable housing in the community. Waynesburg initially connected me with the City Mission for my internship. Although my focus was mental health I felt that I got a good grounding in addictions and also understanding underserved populations that has served me well here at City Mission. I started as a counselor in the women’s program and have gained experience and supervisory responsibility over time. Also because of my position and my license I am able to serve as a board member to the Mental Health Advisory Board for Washington County- This experience of understanding the system and getting to discuss challenges faced by providers and clients is so important. We have so much work to do in our world to better support clients in need of care.

Question 6: What is your favorite part about working at City Mission?

I love to be a part of an organization that cares so much about the clients that we serve and I love being a part of designing the program. Over the last decade I’ve been able to be a part of so many changes. I’ve gotten to help design programs for Veterans and for Women with children. I now get to provide care for our clinical staff and make sure that they are maintaining balance and have support. It is a privilege to come to work every day and know that we are making an impact and that our clients feel loved, heard, valued and supported.

Question 7: What is a piece of advice that you'd like to give current graduate students?

Find your passion- find a field and clients that you are excited to serve every day. There will be hard days in this work at any location whether treatment facility, outpatient center or private practice, but if you love what you do it will be rewarding. You have the opportunity to help people change their lives for the better every day. The breakthroughs will come as will the break downs. Take care of yourself- have a counselor of your own- seek frequent supervision especially when you first start, but always as we need people to work with. Counseling is a collaborative effort with you client, but we also need collaboration to provide quality care. Check in with yourself – rest and make sure you maintain balance and support outside of work. We need people.

Waynesburg University Counseling Clinic

The Counseling Training Clinic (CTC) provides virtual telehealth services – free of charge – to adults throughout Southwestern Pennsylvania who are seeking mental health counseling. As part of Waynesburg University’s Center for Community Outreach and Engagement, the CTC is open to all qualifying residents in Southwestern Pennsylvania. The CTC seeks to fill the gaps in mental health services in our region and prioritizes individuals who are having difficulty assessing mental health services due to one of the following conditions:

- Live in rural or medically underserved area;
- Have high demand/high need mental health needs;
- Are uninsured or underinsured.

The clinic is staffed by Counselors-in-Training who are graduate students enrolled in Waynesburg University’s Master of Arts in Counseling Program. The CTC provides innovative clinical mental health counselor training that is grounded in the best practices from multiple perspectives, a multicultural worldview and prepares students to become competent counselors, mental health advocates and leaders in the counseling field.

The CTC at Waynesburg University is a component of the Behavioral Health Workforce Education Training (BHWET) Program for Professionals and is supported, in part, by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1,069,240 over a four-year period from 2021 to 2025 with 0% financed.

WAYNESBURG UNIVERSITY Counseling Training Clinic



Clinic Information

The Counseling Training Center (CTC) provides virtual telehealth services—free of charge—to adults throughout Southwestern Pennsylvania who are seeking mental health counseling.

As part of Waynesburg University’s Center for Community Outreach and Engagement, the CTC is open to all qualifying residents in Southwestern Pennsylvania. The CTC seeks to fill the gaps in mental health services in our region and prioritizes individuals who are having difficulty accessing mental health services due to one of the following conditions:

- Live in a rural or medically underserved area;
- Have high demand/high need mental health needs;
- Are uninsured or underinsured.

What We Do:

We are reaching out to providers who may work with patients in need of mental health services. The counseling clinic offers free, virtual counseling services to Pennsylvania residents who are 18 years or older. No insurance is required and no insurance information will be collected.

Who We Are:

The center is staffed by counselors-in-training who are graduate students enrolled in Waynesburg University’s Master of Arts in Counseling Program. The clinic provides innovative clinical mental health counselor training that is grounded in the best practices from multiple perspectives, a multicultural worldview, and prepares students to become competent counselors, mental health advocates, and leaders in the counseling field.

How to Access Services:

To request a brief screening to determine eligibility:

- visit www.waynesburg.edu
- select the "community tab"
- select "counseling training center"
- follow the link to the "counseling inquiry form"

<https://waynesburguniversity.forms-db.com/view.php?id=1059670>