

# C&R NEWS

Counseling & Rehabilitation Program Newsletter

(Red brick pathways leading to a metal and brick gate. Behind the gate lie trees and a red brick building)

## Fall 2025 Learning Community Saturday Event

Each Fall and Spring semester, the Counseling and Rehabilitation Program hosts community partners, student and alumni presenters, faculty, and counseling agencies from all over the state as well as our entire student population for a 1-day learning community event



Students and faculty pose outside for the annual LCS picture.

here at the School of Medicine - Columbia campus. The Fall '25 event offered presentations such as **“Acute Trauma, PTSD, and Complex Trauma,”** **“The Ethical Compass: Guiding Principles for Private Practitioners in Counseling,”** and **“Managing Difficult Conversations: Building Leadership Through Empathy, Confidence, and Collaboration”**, just to name a few of the 13 total presentations.



Students and presenters gathered in a classroom setting.

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(Students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

# Fall 2025 Learning Community Saturday Event

## Save the Date

November 4th, 2025:

Lunch and Learn – Be the Difference: QPR Training for Suicide Prevention in Clinical Practice

[RSVP HERE](#)

November 6th, 2025:

Student Services Committee Breakfast-for-Dinner Event 3-5pm in the Courtyard at the VA

December 5th, 2025:

Counseling and Rehabilitation Program Friendsgiving Event

[RSVP HERE](#)

Dec 13th - Jan 3rd, 2025:

ARCA Jingle Run 5K

[RSVP HERE](#)

CHECK OUT OUR SOCIALS!



Melissa Milligan (Class of 2024) presents to students

The day provided a true variety of valuable presentations and experiential learning opportunities to attendees. Students engaged in personal and professional development activities designed to promote professional identity, organize thinking regarding present professional status and accomplishment, solidify future academic and professional plans, and aid in professional presentation during interviews.

“Learning Community Saturday is always such a valuable experience. It’s a great opportunity to connect with professionals in the field, hear from alumni, and gain insights that directly support my growth as a future counselor. I always love getting to see our virtual cohort members in person!” - **Lindsey Veit, 2<sup>nd</sup> year student**



Students smile for a picture at LCS.



Students engage in a group activity at LCS.

Should you or a colleague wish to engage in our next Learning Community Saturday event during the Spring 2026 semester on February 28th, feel free to reach out to Patrick Demery at [patrick.demery@uscmed.sc.edu](mailto:patrick.demery@uscmed.sc.edu) for additional information.



(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

# Counseling and Rehabilitation Student Association (CRSA)

Looking for an opportunity to connect with fellow C&R Program students? Consider signing up to become a member of CRSA. Each month, CRSA hosts student focused events designed to build relationships within our learning community and strengthen our presence within the greater community. Take a look below for a wrap up of October's CRSA events!

To become a member of CRSA, simply Venmo \$15 to CRSA Treasurer, Haley Hartsfield along with your full name.

haley hartsfield  
@haley-hartsfield-0

**venmo**

## CRSA October Events

### Friday, October 3rd

CRSA hosted an Alzheimer's Awareness Game Night at SCCATER on Friday, October 3. It was a laid-back evening with board games and virtual reality where donations to support Alzheimer's awareness were collected. A big thank you to all of those who were able to drop by to enjoy some games with friends and colleagues!



Students chat over board games at SCCATER.



The sensory station filled with fidget toys and colorful sensory bottles.

### Friday, October 17th

On Friday, October 17<sup>th</sup>, CRSA members participated in the EdVenture Sensory Night held at the Children's Museum. CRSA members set up a play station for kids with activities like sand trays, fidget toys, water beads, and light up objects that were used to engage with the youth present at the event. These activities were geared towards youth with autism but there were activities for all.

"Volunteering with CRSA at the EdVenture Sensory Awareness Night was such a blast! The museum itself is incredibly hands-on and engaging for kids, and honestly, adults too. Dr. Kathie Williams, the museum director, is an absolute gem and is genuinely passionate about creating meaningful experiences for everyone involved. The night was very special, and it felt great to see inclusivity in action and to connect with families. It also sparked some curiosity from attendees on SCCATER as well as the Counseling and Assessment Clinic on the horizon." – **Skylar Linder, 2<sup>nd</sup> year Counseling and Rehabilitation student**



(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

# Students and Staff Attend USC Community Health Fair

On October 4th, USC hosted their USC Community Health Fair with over 20 different stations for attendees to stop by. Counseling and Rehabilitation students and staff were on hand to provide tutorials and demonstrations of the program’s virtual reality gear for attendees with an emphasis on mindfulness and relaxation apps.

C&R students were able to gain first hand experience working with participants as they explored a variety of different apps. During these demonstrations, students were able to share how virtual reality can be used for meditation, breathing, and other mindfulness activities with the community.



Students and staff assist with VR at the C&R Program booth.

# C&R Faculty Attend ACES Conference

Drs. Stackhouse, Walsh, and Sacco-Bene attended the biennial conference of the Association for Counselor Education and Supervision (ACES) held in Philadelphia, PA October 8–12, 2025. This conference brings together counselor educators, supervisors, graduate students, and practicing professionals from across the country and Puerto Rico who are interested in working and researching in counselor training and supervision.

Over the 4 days at the conference, our faculty not only presented but were also able to connect with colleagues and friends. Dr. Stackhouse was part of a panel that presented on *The Role of an HBCU CACREP-Accredited Counselor Education and Supervision program in the Development of Counselor Education and Supervisors*; and Drs. Walsh and Sacco-Bene presented research they and Dr. Richardson worked on focusing on *Pre Practicum Assessment as Program Evaluation and a Metric for Program Improvement*.

In addition to attending sessions to learn about ways to continue to build the C&R learning community, Dr. Sacco-Bene was able to host a get together with ARCA members at a fun restaurant in the Chinatown District while Drs. Walsh and Stackhouse connected with friends and dug up more ideas for their research agendas. Philly cheesesteaks and apple dumplings were also part of the itinerary.





(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

# Lunch and Learn – Be the Difference: QPR Training for Suicide Prevention in Clinical Practice

Join us on Tuesday, November 4th at 12:00 PM for a virtual Lunch and Learn featuring Jean Ann Lambert, MRC, Community Resource Director with Mental Health America of South Carolina.

This session will provide QPR (Question, Persuade, Refer) Training, an evidence-based approach designed to equip participants with the tools to recognize the warning signs of self-harm and suicide, offer hope, and connect individuals to appropriate care. Whether you are in and/or preparing for practicum, internship, or future professional roles, this training will deepen your understanding of prevention practices and strengthen your confidence in supporting individuals at risk.



Jean Ann Lambert

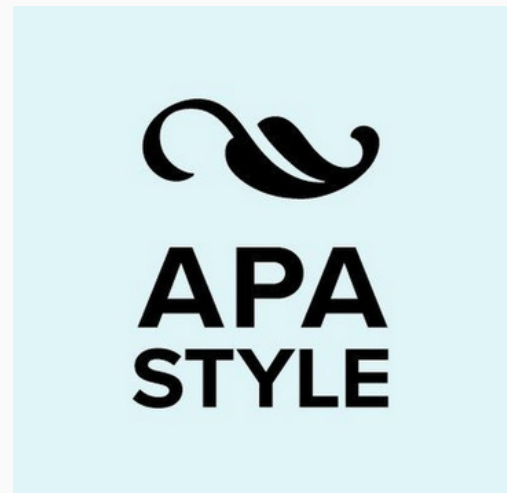
[RSVP HERE](#)



Mental Health America

# Counseling and Rehabilitation Student APA Writing Workshop

In partnership with the Center for Well-Being and Academic Support (formerly the SSWC), the C&R Program offered a virtual APA workshop. This workshop was designed specifically for C&R students with an emphasis on applying the most common rules for writing APA style papers. The workshop was offered both in person and virtually with featured presenter Dr. Karen Thompson, Director of Academic Planning in the McCausland College of Arts and Sciences.





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# New Virtual Reality Program Held in the SOM Library

As you likely know, the Counseling and Rehabilitation Program’s Virtual Reality Lab is housed in Suite A7 of the Basement Level of Building One on the School of Medicine Campus. The Virtual Reality Lab is open to appointments from all students and faculty interested in exploring and learning more about virtual reality. To set an appointment in the VR Lab, simply [use the Calendly Link to set up a time for a visit.](#)

Beginning in October, the C&R Program has set up a secondary location for students interested in exploring virtual reality. **You can now find our GA’s set up in the School of Medicine Library every Thursday from 12:00pm-2:00pm.** Feel free to drop by to check out our library of virtual apps, learn about VR for the first time, hone your skills or just to take a break from studying.

# Genetic Counseling Program Celebrates 40<sup>th</sup> Anniversary

This year marks an amazing milestone for our colleagues in USC’s Genetic Counseling Program - 40 YEARS! As the first genetic counseling program in the Southeast, the program’s history has helped shape the field of genetic counseling and continues to elevate this special dimension of healthcare.



Please join us in congratulating the program on an incredible 40 years of service!

# BlackBoard: Did You Know?

Did you know that [BlackBoard’s Rehabilitation Counseling Learning Community tab](#) contains a section devoted to “Dispositions” ?

This tab contains a link to the Disposition Worksheet, which is completed by students prior to their Dispositions Meeting being held. Reviewing and completing this worksheet is the first step in the Disposition process which is held for each student every semester.

During Dispositions Meetings, students can expect to discuss categories such as Commitment, Interpersonal Competence, Openness, Respect, Integrity, and Self Awareness as they work collaboratively with faculty to develop their path of professional development.





(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

# Save the Date for ARCA's Jingle Run 5K

[Register HERE](#)

**ARCA**  
AMERICAN REHABILITATION  
COUNSELING ASSOCIATION

# JINGLE RUN, WALK, & ROLL VIRTUAL 5K

**ARCA SPONSORED FUNDRAISER**

## SAVE THE DATE

Virtual 5K runs from  
December 13-January 3  
Registration Opens **October 20**

# \$30

Registration  
per person

**Proceeds go to ARCA's Maki Fund and  
to support ARCA student members.**

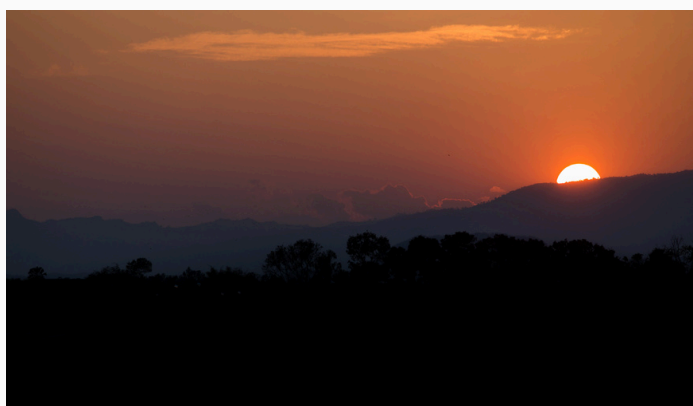
**INDIVIDUALS & TEAMS WELCOME!**



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# Wellness Corner

As the days grow shorter and daylight savings time comes to an end, many of us may notice shifts in our mood and energy. Less sunlight can impact our mental health, sometimes leading to lower motivation or seasonal blues. To support your well-being, try getting outside during daylight hours, even for a short walk. Staying active, connecting with others, and practicing good sleep habits can also help keep your mind and body balanced during this seasonal transition.



The sun sets behind a mountain to represent daylight savings time coming to an end.

# Writing Tip: APA Title Page

Did you know there is a difference between a student paper title page and a professional paper title page? Student papers list the course, instructor, and due date beneath the author’s affiliation, while professional papers replace this with an author note. Both versions require the paper title, author name, and institutional affiliation centered on the page with a page number in the top right corner. These small differences help ensure your title page meets the correct APA format for your audience. (Source: <https://owl.purdue.edu>)



Tucker poses with his dinosaur toy!

# Pet of the Month

Meet Tucker – a six-year-old pup who hasn’t lost an ounce of his puppy energy! He loves nothing more than chasing his favorite toys around the backyard and soaking up every bit of playtime. When he’s all tuckered out, you’ll find him cuddled up on the couch with his cat siblings, perfectly content and full of love. – **C&R Student, Jenelle Nottoli**

Show us your pet by filling out the form below:

[Pet of the Month](#)



# Save the Date

11/4/2025 - Lunch and Learn - Be the Difference: QPR  
Training for Suicide Prevention in Clinical Practice -  
12:00pm-1:00pm - [RSVP HERE](#)

11/6/2025 - Student Services Committee Breakfast-for-  
Dinner event - 3-5pm in the Courtyard at the VA

12/5/2025 - Counseling and Rehabilitation Program  
Friendsgiving Event - 11:00am-1:00pm - [RSVP](#)

12/13-1/3- ARCA Jingle Run 5K  
[Register HERE](#)