

THE DIALOGUE

NEWSLETTER OF COUNSELOR EDUCATION
Fall 2021 · Issue 2

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A Letter from our New Department Chair

Greetings Counselor Education community! Welcome to the second edition of The Dialogue. Please join me in thanking Grace Spring, our Department Graduate Assistant, for her leadership in coordinating and creating this edition of the newsletter. I am also grateful to those who offered stories, interviews, and accomplishments so students, alumni, staff, and faculty can stay connected with one another, particularly during these times of relative isolation.

As many of you now know, The Counselor Education Department will be returning to primarily face-to-face instruction in Winter 2022, with some exceptions. I am hopeful that learning, teaching, and supervising alongside one another will bring a deeper sense of connectedness, community, and engagement that many of us have been missing since March 2020. I also understand that we are about to undergo yet another transition, and you may be riding waves of conflicting emotions as you consider the benefits and risks of a return to campus. As a Department, we are keeping this at the forefront of our minds and conversations as we prepare for this transition, and we will remain as flexible as possible as we navigate these uncharted waters.

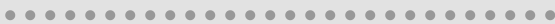
To our dedicated students, alumni, staff, and faculty: thank you all for how you've engaged with and supported our Department during a challenging year and a half. We look forward to staying in community with you, both online and off.

With gratitude,
Dr. Rana Yaghmaian
Department Chair, Counselor Education

Counselor Education Department News

- In Winter term, 2022, the Counselor Education Department will be returning to mostly face-to-face instruction, with a few exceptions. This decision was made at the direction of the university and COE, as well as impending CACREP requirements to return to the modality for which we were accredited. Thus, we do not have the option to maintain a fully remote department going forward. Regarding the Community Counseling Clinic, practicum group supervision and peer supervision will be held in-person, and clients will still be seen via Telehealth. Practicum students will use the clinic rooms to see clients remotely.
- Below you will find a link to resources for students as it relates to COVID-19 and returning to campus. This includes information about vaccination and mask mandates, a map of available spaces for those of you who may need to take a remote class on campus, and information about other important policies and procedures related to COVID-19.
- <https://www.pdx.edu/covid-19-response/students>

Get to Know Your New Department Chair, Dr. Rana Yaghmaian



by Megan Mancini

Dr. Rana Yaghmaian begins her sixth year at PSU as a newly appointed Associate Professor of Counselor Education and as the new Chair of the Counselor Education Department. Originally from the Midwest, she completed both her Master's and Doctoral studies at the University of Wisconsin - Madison. For the past 5 years, Dr. Yaghmaian served as the Clinical Rehabilitation Counseling Program Coordinator, and has relinquished this role to Marie Mellberg in light of her new role as Chair. When asked about the significance of tenure, Dr. Yaghmaian responded, "It feels meaningful both personally and professionally to be a tenured woman of color, because we are generally underrepresented in that pool of academics." Dr. Yaghmaian identifies as a first-generation Iranian Japanese American.



Dr. Yaghmaian's work focuses on the ways in which disability intersects with other minoritized identities. She is currently working on a qualitative research project that focuses on women of color with non-apparent chronic illnesses. Her own chronic illness was diagnosed three years ago, which has sharpened the lens from which she conducts her research. Dr. Yaghmaian is guided by the Principles of Disability Justice. "The principles were developed by queer, chronically ill and disabled people of color, and there's no one else I would want to be guiding my work and approach. What excites me most is seeing that disability justice is being more recognized in the field of counseling and I hope that it continues to be across the field of counseling and not just in rehabilitation counseling."



Dr. Yaghmaian met the challenges of her own educational journey by giving herself permission to let things go where she could. This letting go came with a reckoning that led her to challenge what it meant to be a "good academic." She gives the example, "I use notes when I teach and it goes against what a lot of popular media has shown us about what an academic looks like." Dr. Yaghmaian has learned to lean into her strengths as a strong writer and a person who brings people together. It is this vision of community and collaboration that she hopes to bring into her new leadership role, "one that is driven by a shared desire to serve our broader community."

Among the many roles that Dr. Yaghmaian has and has had at PSU, one of her favorites is teaching Practicum. In order to take on the new role as Chair, she had to let go of some previous roles. Regarding her decision, "I wanted to make sure that I was doing some student facing work - one of the things that brings me the most joy is teaching Practicum. I'm choosing to stay connected with students in this way because I think it will keep me grounded." When asked about her preferred theoretical modalities, she responded that she's been engaging in ongoing Gestalt training. "I wish I would have had more opportunities to develop my theoretical orientation during my master's and doctoral training. I think there could've been a benefit in grounding myself in an orientation early on, but I also see a lot of benefit in doing it the way I am now."

Dr. Yaghmaian states that she had several important mentors who supported her during her master's and doctoral studies. Alongside support, they provided opportunities for engagement in publications and national conference presentations, which was meaningful "in that it was a message to me that I belonged in this world [of academia], that I could do this work, and that people believed in me." Dr. Yaghmaian continues to offer the same kind of support in her own mentorship practice.

Fun Facts about Dr. Yaghmaian: She has a cat named Olivia Benson. Her comfort foods represent her tri-cultural identity: cheeseburgers, yakisoba noodles, and khorosht fesenjoo, a Persian chicken stew with pomegranate and walnuts. She also enjoys being in bookstores that have coffee shops in them.

Dr. Yaghmaian is looking forward to a new academic year and invites students to stop by her office to say hello anytime.

Where are they now?

Brittney Caraboa

Brittney Caraboa (she/her/hers) graduated from PSU's School Counseling Program in 2018 and has worked as a School Counselor at Faubion K-8 for the past 3 years. Brittney serves K-2 children and families at Faubion and facilitates the Middle School Gender and Sexuality Alliance club. Before becoming a school counselor, Brittney taught as a special education teacher for 6 years. Through her experiences and practice in special education and school counseling, Brittney centers disability justice and advocacy to effectively serve all students and to dismantle barriers and inequities in education. The school counseling program is honored to have Brittney as an adjunct instructor to teach the *COUN 527: Individuals with Diverse Needs* course in Winter term. Through this speciality course, school counselors learn how to collaborate and work systemically to support students with disabilities and their families in fully accessing and achieving success in their education. Brittney received her Special Education degree from Indiana University. She has lived in Portland the last 7 years. She enjoys spending her time exploring the outdoors with her wife and cute dog, Ozwald.



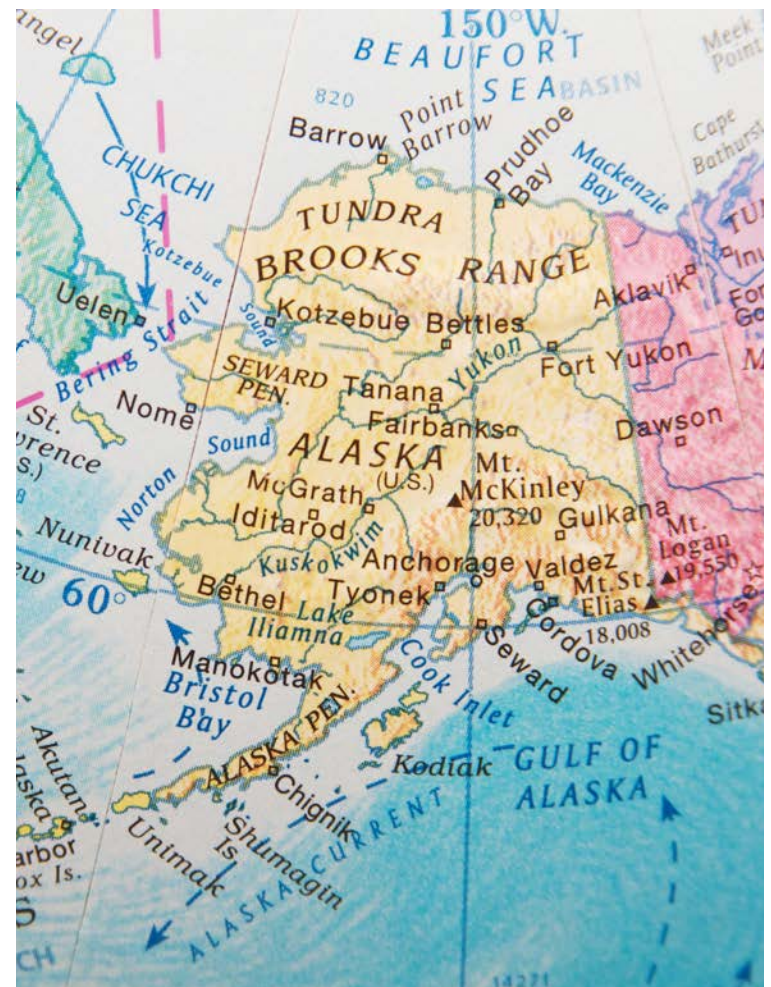
Alumni Spotlight:

Aud Manansala

Aud Manansala (she/her/siya) graduated from PSU's School Counseling program in 2020 and is in her 2nd year as a school counselor at Arleta K-5. Aud identifies as Filipinx-American and was originally raised in Anchorage, Alaska. As a school counselor, she has worked to develop inclusive practices that foster safety and connection to support students and families through the challenges of the pandemic, comprehensive distance learning, and now the return to in-person learning.

Her focus has been in supporting families in need, developing a positive and affirming school climate, strengthening tiered systems of student support, introducing student affinity groups, and working closely with the Equity committee and BIPOC families to ensure that racial equity and social justice are centered at Arleta.

In addition to serving children and families at Arleta, Aud is an adjunct instructor in the school counseling program teaching *COUN 576: Parents, Families, and Communities in Schools* this Fall 2021. She has enjoyed class discussions and getting a glimpse of the future school counselors whose diverse identities, experiences, and skills will one day influence positive change within their future school communities.





Chi Sigma Iota

You can still join CSI!

*Follow this link for information about
how to join today:*

<https://membership.csi-net.org/appinfo.aspx>

Letter from the President

Hello and Happy November!

Per usual, Fall term has whizzed by - Wild! It's been a busy couple months getting settled with our new, wonderful CSI Board, dropping into first year's orientation, getting to know folks from different cohorts and tracks, meeting new faces in our coffee chat, learning more about the faculty in our department, and brainstorming ideas for future ways to engage our community.

Our CSI board this year has a mix of leaders from across second and third year students and all four tracks. As we begin to prepare for our first in-person term in years, (and the first for most of you!) I look forward to getting to place faces with names, pass by one another in the halls, and garner a greater sense of community I know we've all been missing. While we know that uncertainty is a reality in our field and in our world, I'm grateful to be along for the ride with you all!

Best,
Lauren Streeter

Meet the 2021-2022 Board Members

- President - Lauren Streeter; street3@pdx.edu
- President-Elect/Vice President - Clea Partridge; clea2@pdx.edu
- Treasurer - Trish Nicholson; tris6@pdx.edu
- Secretary - Anya Hall; anyhall@pdx.edu
- Faculty Liaison - Megan Mancini; mancini@pdx.edu
- Mentorship Chair - Emily Yang; emilyyang@pdx.edu
- Membership Chair - Alecsandra Renfroe; arenfroe@pdx.edu
- Social Chair - Heather Rocha; hrocha@pdx.edu
- Professional Development - Lauren Morris; lem7@pdx.edu
- Chapter Faculty Advisor - Dr. Kimberly Jayne; kmj@pdx.edu





ANNOUNCEMENTS

Virtual Faculty Chats

Please come and get to know your PSU Counseling Department Faculty. We will be hosting one Faculty member per event for an interview about their work, motivations, and other meanderings. One part of the event will be reserved for questions from the student body. Our hope is to create an interactive dialogue meant to foster relationships amongst our counseling community.

There will be two Faculty Chats per term. Our upcoming Winter term guests will be Prof. Kim Hattig and Prof. Marie Melberg, and our Spring term guests will be Dr. Jayne and Dr. Yaghmaian. A zoom link will be sent to your email prior to each event.

- You are always welcome to join CSI at anytime during the school year! Contact our membership chair Alecsandra Renfroe (arenfroe@pdx.edu) to join us!
- Don't forget to check out the book share program to access used textbooks. Contact Lauren Streeter (street3@pdx.edu) to discuss access to the PSU clinic where the books are kept.
- If you have any speakers or topics you would like to learn more about, contact our Professional Development Chair Lauren Morris (lem7@pdx.edu). We would be happy to provide support for student requests.

2021-2022

CSI Virtual "Coffee Chats"

Please drop by for our monthly virtual hang-outs to check-in, ask questions, and see new and familiar faces!

3rd Sunday every month Oct-May 4-5 pm

recurring zoom link + passcode:
<https://pdx.zoom.us/j/83180722882>
passcode: coffeachat





STUDENT SPOTLIGHT

*2021-2022 NBCC
MINORITY FELLOWSHIP
PROGRAM RECIPIENT,
TRISH NICHOLSON*

Meet Trish Nicholson, NBCC fellow, CSI treasurer, and current school counselor! Trish grew up in the Bronx, New York and received bachelor degrees in both sociology and anthropology from Pennsylvania State University. After graduation, Trish worked with houseless youth and street outreach. Moving to the PNW five years ago for the beautiful hiking and camping, Trish began working at a community mental health agency with youth ages 5-11.

As Trish began her studies in the school counseling track at Portland State University, she was hired as a graduate research assistant in joint partnership with an NIH-funded diversity initiative, Build EXITO, and OHSU's Northwest Native American Center of Excellence to recruit, retain, and mentor American Indian and Alaskan Native undergraduate students in health science research. In the two years that Trish served in this role, she was proud to co-launch the first Native American Student Welcome Week. Through this position, Trish had the opportunity to partner with many Native resources and groups around Portland. Trish transitioned away from undergraduate support to accept a full-time school counselor position with Oregon City High School while fulfilling her third-year internship hours. She also stays connected with the Portland State counseling community by serving on the Chi Sigma Iota - Pi Sigma Upsilon chapter's executive board.

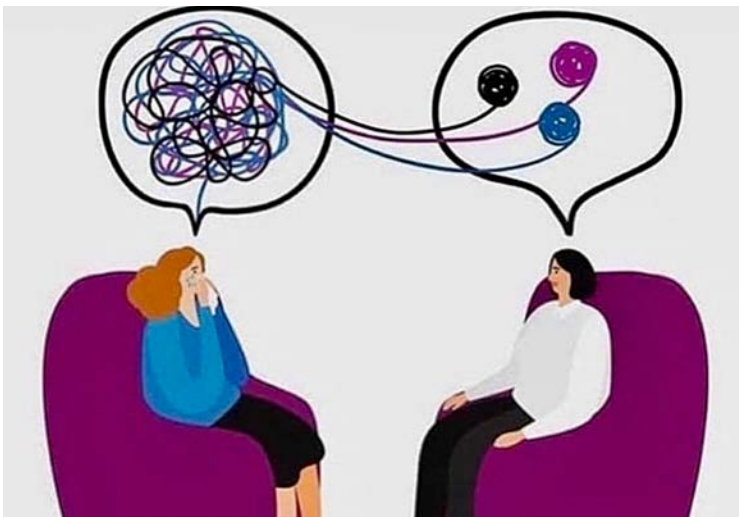
Trish was recognized as a Minority Fellowship Program for Mental Health Counseling Master's Fellow by the National Board of Certified Counselors for the 2021-2022 year and received \$10,000 to support her counseling education and highlight her commitment to underserved communities. After graduation, Nicholson plans to work with American Indian and Alaskan Native (AI/AN) children, adolescents, and families with lived experience in foster care and adoption. She's interested in exploring the ways that assimilation and the disruption of cultural knowledge and belonging function through the child welfare system. While Nicholson aims to weave Indigenous ways of knowing into her own professional counseling work, she also believes that a decolonized praxis that builds upon the strengths of Indigenous people would benefit all of us in the counseling field who work and live on the stolen lands of the first peoples across North America. To this end, she hopes to raise awareness of the unique traumas, strengths, and gifts of Indigenous people with the professional counseling community.

When not engaged in her school counseling career and professional counseling development, Trish spends her time hanging out with her dog, Leeloo, and two cats, Mimi and Butternut. Trish enjoys cooking vegan meals, gardening, camping, and exploring what Portland has to offer.

FACULTY ACHIEVEMENTS

Jayne, K.M. (2021). Cultural opportunities with LGBTQIAA children and families. In. Ray, D., Ogawa, Y., and Cheng, Y. (Eds.), *Multicultural play therapy: Making the most of cultural opportunities with children*. Routledge.

Jayne, K. M. (2021). *Broaching race and culture in child-centered play therapy: A grounded theory*. Faculty Development Grant, Portland State University.



Editors' Corner:

Are you interested in having your writing published? We are currently seeking volunteer student writers for the Spring 2022 Issue. If you are interested in contributing a story, please reach out to us at counseloreducation@pdx.edu for more information.

Meet the Team:

Grace Spring, *Creative Director*
Dr. Rana Yaghmaian, *Acting Lead Editor*