Welcome to Fairleigh Dickinson University’s Florham College Department of Psychology and Counseling’s inaugural newsletter! With this newsletter, we wish to highlight the vibrancy of both the psychology side and the counseling side of our department, including faculty, alumni, and programmatic features.

New faculty members. First, this past year we welcomed two new full-time faculty members. Dr. Katherine Shirley has a Ph.D. in Counselor Education from Old Dominion University and comes to us with a clinical specialty in multiculturalism and a research focus on child suicide. Dr. Vincent Viglione also has a Ph.D. in Counselor Education, earned from Montclair State University. He is a practitioner who works with a wide range of disorders and populations. Both Dr. Shirley and Dr. Viglione teach exclusively in our thriving Master of Arts in Clinical Mental Health Counseling program.

Administrative Assistant. Departmental Administrative Assistant, Ms. Jennifer Wilson, will also be showcased in this first edition, and deservedly so. She is the backbone of our department and supports the largest academic major (Psychology) in the University.

JPBS Journal. The Psychology and Counseling Department fully produces an academic psychology related journal entitled The Journal of Psychology and the Behavioral Sciences (JPBS). JPBS is one of the first academic journals completely devoted to undergraduate student scholarship. JPBS is edited and overseen by faculty member Dr. Robert Griffo and managed by our dedicated departmental graduate assistants.

COMPASS. Our Department will be launching COMPASS this coming fall 2016 semester. COMPASS is a psychoeducational support program for incoming freshmen who fall within the autism spectrum. It will be directed by Madonna Saganda, M.A. (also an FDU alumn).

Roman Petrocelli interview. Our department has a deep history of producing highly successful professionals. This July we will showcase Roman Petrocelli, M.A., LPC, a proud FDU alumnus of our Clinical Mental Health Counseling Master’s program in a summer learning event.

I want to thank Dr. Diane Wentworth for both initiating the concept of a department newsletter and for structuring this entire project.

Happy reading,

Anthony Tasso, Ph.D. Chair, Department of Psychology and Counseling
Meet Jennifer Wilson
Adminstrative Assistant–Department of Psychology and Counseling

Jennifer Wilson, more fondly known as Jen, is our indispensable departmental Administrative Assistant. Jen works with and supports 10 full-time faculty members, 17 part-time (adjunct) faculty members, graduate assistants, and our undergraduate and graduate students. Quite a challenging bunch! She is the glue that holds our department together and provides our students, faculty, and staff with amazing, excellent, and crucial service. When anyone has a problem, question, or concern, the first person they talk to is Jen. Let’s get to know Jen in her own words:

Q. What have you been most surprised at here at FDU?
A. I had heard from a friend who is also employed at FDU that there was a real sense of community at FDU, it was like a family. And, I’ve found that to be absolutely true. It’s amazing that for such a large university everyone seems to know each other.

Q. Why is your favorite part of working in our department?
A. I love working with our students and the connection I have with them. It is wonderful when they stop by to tell me about their life, that they just landed a job interview or did well on an exam. It’s great that they want to share their experiences with me.

Q. Can you tell me about working with our students?
A. I try to help make our students’ lives a little easier and less stressful by offering a type of “one-stop shopping.” When students need to interact with other academic departments or staff offices for signatures for plus-ins, substitutions for courses, information about classes, financial aid, etc., I help out. I might make calls, provide my contact information so they can call me if they need additional assistance, or just talk with them to help smooth the way. Little actions like these can make a big difference for a student.

Q. What should people know about you?
A. I am a sports Mom through and through. I have 3 children and between them I have supported them in 6 different sports over the past 15 years. I drive them to games, watch their games, feed them pre and post-game meals, wash their uniforms, etc. etc. I love it -- there’s no place I’d rather be than with them at a game.
JPBS - Our Department Academic Journal

The Journal of Psychology and the Behavioral Sciences, or JPBS for short, is a student-run, student research only journal published annually by our department since 1966. We are currently celebrating 50 years of publication. JPBS provides students (at FDU and other universities/colleges globally) the opportunity to participate in the research process and publish research. Graduate students in our department work with the faculty editor, Dr. Robert Griffo, through the entire publication process. They help solicit manuscripts, review submissions, edit articles, and format the accepted articles for publication. Articles pertaining to any area of psychology are considered for publication. We are proud to support student research and provide an established outlet for their work.

Here are a few of the articles from our most recent volume of JPBS.

- Mucci and Mason. Preferred Mate Characteristics in Young Adults
- Speary and Shah. ‘It’s Not Illegal to be Bizarre’: Police Decision-Making Process when Coming in Contact with Persons with a Mental Illness
- Eskenasi, Girdler, and Gordon. Sleep Quality, Depressive Symptoms, and Altered Stress Reactivity in Perimenopausal Women

COMPASS comes to Florham

We are pleased to welcome the COMPASS program to our department. COMPASS (COMMunity Promoting Academic and Social Success) is an individually tailored, comprehensive, academic and social support program for undergraduate college students with high functioning Autism Spectrum Disorder or Asperger’s Syndrome. The goals of this two-year program (freshman and sophomore years) are: 1) to help each student recognize and make use of existing academic and social strengths, 2) to aid in the development of new abilities, and 3) to promote progress toward a higher level of independent functioning.

Every week each COMPASS student receives two hours of individualized, hands-on academic support and one hour of individual counseling, as well as meeting for weekly group counseling. The Program Director and program interns also are available for individual questions and help. The COMPASS program originated on our Metropolitan campus in 2008 and is now expanding to the Florham campus. Madonna Saganda, an alumna of our Clinical Mental Health Counseling Master of Arts program, is the Program Director. She has spent this current academic year (2015-2016) preparing and selecting the first cohort that will begin this fall (2016). Counseling graduate students will assist Madonna in running the program and providing group counseling sessions for participants as part of their internship requirements.

For more information, please visit www.fdu.edu/compass and click on the Florham link or contact Madonna at 973-443-8550 or m_sagand@fdu.edu.
An Interview with Roman Petrocelli, LPC
Interview by Chelsey Soltis

Mr. Roman Petrocelli is a graduate of our M.A. in Clinical Mental Health Counseling program. Recently he came to campus to speak to Dr. Viglione’s Addictions Counseling class and to answer some questions for our newsletter.

1. What made you choose FDU for your counseling degree? My family has an association with FDU. My Dad received an Executive MBA from FDU’s former Rutherford campus, and I attained a Bachelor’s of Individualized Studies from FDU’s Metropolitan campus. I attended an Open House at another university, but once the presenter stated that they had more counseling students than they know what to do with, I quickly left and applied to FDU.

2. What classes and/or professors made the biggest impact on you during your graduate education? Why?
All coursework had a significant impact on my education. I felt well prepared for Internship, and later as a professional in the field of human services. I had Dr. Anthony Tasso for a significant number of courses and the way he related the textbook theories and classroom lecture to real cases allowed me to tie together my formal education and actually aid those in need.

3. What classes did you find most helpful in beginning your counseling career? The following courses were particularly helpful: Professional Counselor Identity, Ethics, Group Counseling, and Multi-Cultural Counseling. You need the skills at least to know how to ask open-ended questions and build rapport. Ethically there are a lot of grey areas so it’s important to have an understanding of the issues.

4. At what sites did you complete your practicum and internships? What types of work/clients did you have at each?
My practicum was done at Treatment Dynamics, a substance use Intensive Outpatient program, which was purchased by Summit Behavioral Health where I now work. Both of my Internships were done at DAYTOP long-term residential facility in Mendham for adolescents yielding to substance use. During Internship 1, I worked primarily at the school and worked with not only the clients who were going to school there because they were in treatment, but also some of the day students who did not live at DAYTOP but went there for school. I found that quite rewarding. During Internship 2, I worked a lot with the members who were about to leave the facility. It was a very empowering experience.

5. What advice do you have for our current and prospective counseling students?
For current students, recognize that you are not expected to know it all once you enter the field. The goal is to prepare yourself to be highly trainable to a prospective employer. Also, learn and embrace two or three theoretical orientations and integrate them. Please don’t tell another professional you are eclectic in your approach. You need to be more specific in your knowledge and training. For prospective students, prepare yourself for critical feedback, as it is needed to be successful in the unpredictable field of professional counseling.

6. Tell me about your career since graduating. What was the impetus for each of your career moves?
DAYTOP hired me as a Counselor Associate a month before I graduated FDU. From there I worked at an in-district alternative high school but recognized that this was not an environment I could thrive in or provide top-tier services. After the high school I was the Director at Integrity House for an all-male adolescent long-term residential program for substance use and mental health. Currently, I am the Senior Clinical Director at Summit Behavioral Health. The impetus of

(Continued on page 5)
An Interview with Roman Petrocelli, LPC (cont.)

that was to gain the knowledge in the continuum of care and not just be a program director for residential treatment and adolescents. We offer a full continuum of care for substance use and co-occurring mental health. We have 2 medical detox units, 1 residential facility, and 4 outpatient sites who offer partial care day programming, intensive outpatient and outpatient, as well as individual and family counseling. Most of our sites are in NJ but we also have locations in PA and MA. We take a holistic, medically assisted approach to substance use and try to individualize it the best we can. We use everything we have at our disposal such as yoga, tai chi, and drum circles, but we keep the focus on treatment. It’s very family based, and extremely professional. I supervise a staff of eight and work alongside our Medical Director. The clients are adolescents and adults typically in their 20s, and then it skips a little and there are adults in their 40s and 50s.

7. What have you found to be most rewarding in your career as a counselor?
One of the most rewarding things is that others have allowed me to be part of their journeys along with their progress, as well as their challenges. The thing I’m most proud of is while I was at Integrity House I produced a client-made short film on hope and transformation called “Boys of Bate.” To my knowledge nothing like this has been done before and it opened my eyes wider to the struggles our clients face.

8. What changes have you seen in the counseling field since you began working as a counselor? What changes in the counseling field do you think may occur in the next 5 to 10 years?
One of the changes I have seen is the move toward the use of Medically Assisted Treatments for substance use, such as Suboxone and Vivitrol. Those types of medications were somewhat frowned upon by some people in the clinical world because they thought of them as crutches. We’re also seeing that the population is getting sicker, as shown by the increase in opiate use and co-occurring mental health disorders. In the future I think there will be more genetic based treatment, such as using a swab test of someone’s saliva that shows the rate of how they absorb medications. I also hope that we’ll see education and prevention via schools and communities, lowering the stigma of mental illness and substance use via awareness and normalizing campaigns, the encouragement of more family involvement, and finally, more multi-cultural awareness and trauma-informed care.

9. Anything else you would like to add?
It’s important to look at a client through a multicultural lens and not to only think about the client in terms of their race and ethnicity. We must also think about gender and age, more of the simplistic cultural aspects, because a person’s culture in its totality will dictate every decision they make. Also remember that working in this field is an opportunity to do some really great work, not only for the masses but also your own personal work and job satisfaction.
### Department Faculty Research

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<tr>
<th>Faculty</th>
<th>Research</th>
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<tbody>
<tr>
<td>Donalee Brown, Ph.D.</td>
<td>Recent research with J. Skutka &amp; M. DeLucia. Into the light: An introduction into human trafficking for counselors. Submitted to <em>The Journal of Counseling and Development</em></td>
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<tr>
<td>Megan Delaney, Ph.D.</td>
<td>Currently researching the Long term outcomes of counseling use by mothers in fragile families.</td>
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<tr>
<td>Robert Griffo, Ph.D.</td>
<td>Currently finishing a research project entitled Contextualized personality assessment: An exploration of objective and subjective situation properties associated with behavioral consistency and situation specific behavior</td>
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<td>Yolanda Hawkins Rodgers, Ed.D.</td>
<td>Currently researching The complex factors that contribute to the different relationships that evolve as siblings become adults.</td>
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<tr>
<td>Lona Whitmarsh, Ed.D.</td>
<td>Current sabbatical research on The impact of helicopter parenting on career development.</td>
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