
University Counseling Service

Annual Report

2010-2011

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Director

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University Counseling Service

The University of Iowa
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Executive Summary

The University Counseling Service (UCS) is the primary mental health service for University of Iowa students. Established in 1946, the UCS is a major office within the Division of Student Life and provides counseling, consultation, training, and outreach services to The University of Iowa campus and the Iowa City community as well as to the citizens of the State of Iowa.

The 2010-2011 year was a busy year for the UCS. In 2010-2011 UCS staff hosted an internship accreditation site visit from a team representing the American Psychological Association's Committee on Accreditation, completed successful searches for staff psychologists, created a staff position dedicated to coordinating evaluation and research, trained an all-time high number of practicum students (15 over the academic year), began and completed the transition to a completely electronic scheduling and client file management system, and successfully developed a proposal for the addition of a clinical case manager position that was funded beginning in the 2012 fiscal year. Individual UCS staff members served in active collaborations with the Division of Student Life through service on the multicultural competency work group, the Office of Retention, and the Early Intervention Team.

UCS staff continued to maintain a presence across campus through outreach programs, consultations, and service to 74 division, University, and community offices and committees. Some of these involvements included active participation on search committees (Women's Resource and Action Center, Center for Student Involvement and Leadership), and service on the Threat Assessment Team, facilitation of the College Committee of the Johnson County Suicide Prevention Coalition, and ongoing outreach consultations to University Housing, the Office of International Students and Scholars, the Office of Retention, the UI Culture Centers, and the LGBTAU.

UCS staff also continued to initiate and maintain strategic programming initiatives this year. Collaborations included programs developed with the Academic Advising Center, the Department of Intercollegiate Athletics, the Rape Victim Advocacy Program, the Belin-Blank Center, the Women's Resource and Action Center, the Office of Admissions Orientation program, the UI Cultural Houses, the Office of International Students and Scholars, Student Disability Services, UI-NAMI, UI Active Minds, the Center for Student Involvement and Leadership, the University Diversity Committee, Iowa Bioscience Advantage, the College of Education, the College of Medicine, the College of Dentistry, the College of Nursing, the Graduate College, the College of Liberal Arts and Sciences, the College of Public Health, the Center for Diversity and Enrichment, University Housing, the Newman Center, and Health Iowa. A complete listing of all outreach, consultation, and in-house programs is contained in the Program and Consultation Services area report.

Some highlights of the year in terms of services delivered include:

- A total of 1,711 students were seen for 2,598 consultation visits (an increase of 7% in the number of students seen over last year, but an almost identical number of consultation visits compared to 2009-2010).
- 1,059 students were intaken for ongoing counseling, an increase of 19% from 893 intakes in 2009-2010. This is the largest number of intakes that the UCS has seen since 2003-2004.
- 6,382 hours of individual, couples, and group counseling were delivered in 2010-11 (decreased slightly from 6,401 hours delivered in 2009-2010).
- A total of 11,821 participants were served through 580 outreach programs, regularly scheduled programs, and campus consultations (decreased 22% from 14,857 participants served in 2009-2010).
- 11,198 program participant hours were delivered (decreased 25% from 15,021 participant hours in 2009-2010).
- UCS staff guest-lectured in 22 academic classes during 2010-2011.
- 17 trainees received a total of 2,300 hours of training services from UCS staff during 2010-2011.
- UCS sponsored 11 continuing education programs for staff for a total of 15 hours of APA-approved continuing education credit.
- UCS staff facilitated continuing education sponsorship and certificate processing for one local continuing education program for psychologists that was co-sponsored by the UI Office of Learning and Development. In addition, UCS staff provided oversight and sponsorship for continuing education delivered at the annual meeting of the Big Ten Counseling Centers.

Overview

UCS staffing during 2010-11 included the following categories of administrative staff, support staff, senior staff, adjunct staff, and trainees.

Administrative Staff:

Sam V. Cochran, Ph.D., Director
Julie M. Corkery, Ph.D., Assistant Director, Director of Training
Paula M. Keeton, Ph.D., Assistant Director, Director of Clinical Services
Kathleen H. Staley, Ph.D., Assistant Director, Director of Program and
Consultation Services
Pauline Harrison, Project Assistant

Support Staff:

Susan Haffner, Clerk III
H. Diane Bates, Secretary II
Sally Robbins, Clerk III

Senior Staff Psychologists:

Audrey S. Bahrick, Ph.D., Senior Staff Psychologist
Helen Vogel Brady, Ph.D., Senior Staff Psychologist
Brad Brunick, Psy.D., Senior Staff Psychologist
Roberta B. Casco, Ph.D., Senior Staff Psychologist
Emmanuel E. Enekwechi, Psy.D., Senior Staff Psychologist
Lanaya L. Ethington, Ph.D., Senior Staff Psychologist
Alice Fridman, Ph.D., Senior Staff Psychologist
Huan-Chung Scott Liu, Ph.D., Senior Staff Psychologist
Eva G. Schoen, Ph.D., Senior Staff Psychologist

Pre-Doctoral Psychology Interns:

Elizabeth Bradshaw, Psychology Intern, Western Michigan University
Sarah Edwards, Psychology Intern, Iowa State University
Rachel Steinberg, Psychology Intern, The Wright Institute

Adjunct Staff:

Joy Hudson, M. D., Adjunct Staff Psychiatrist, Student Health Service
Paul W. Natvig, M.D., Adjunct Staff Psychiatrist, Student Health Service
John Westefeld, Ph.D., Adjunct Senior Staff Psychologist, Counseling
Psychology Program (Fall, 2010)

Practicum Students:

Marcus Alt, Practicum Student, Counseling Psychology
Rebecca Brock, Practicum Student, Clinical Psychology
Dominique Brooks, Practicum Student, Counseling Psychology
Mollie Burke, Practicum Student, Counseling Psychology
Domonique Casper, Practicum Student, Counseling Psychology
Kristin Cayler, Practicum Student, Counseling Psychology
Yi-Ting “Angel” Cheng, Practicum Student, Counseling Psychology
Munni Deb, Practicum Student, Counseling Psychology
Jerrod Koon, Practicum Student, Counseling Psychology
Sharon Lee, Practicum Student, Counseling Psychology
Lauren Levy, Practicum Student, Counseling Psychology
Christopher Nguyen, Practicum Student, Counseling Psychology
Ryan Pittsinger Practicum Student, Counseling Psychology
Emily Weil, Practicum Student, Counseling Psychology
Joanna Wiese, Practicum Student, Counseling Psychology

Post-Doctoral Supervisees:

Roberta Casko, Ph.D.
Alice Fridman, Ph.D.

The remainder of this report summarizes the services delivered in each of the three UCS service areas, additional UCS staff accomplishments during 2010-11, UCS strategic goals that will guide our work during 2011-12, and area annual reports from the three service areas of the UCS.

Services Provided

Clinical Services

- Number of contact hours delivered:

	COD Contacts	Intakes	Total
2010-2011	1,539	1,059	2,598
2009-2010	1,706	893	2,599
2008-2009	1,520	813	2,333
2007-2008	1,886	548	2,434
2006-2007	1,801	620	2,421

	Individual	Couples	Group	Total
2010-2011	4,204	185	1,993.0	6,382
2009-2010	4,338	232	1,830.5	6,401
2008-2009	3,958	189	1,346.0	5,493
2007-2008	3,621	248	1,537.0	5,406
2006-2007	3,896	287	1,130.0	5,313

Program and Consultation Services

- Outreach programs (includes PCS NOS outreach services)

	Fall		Spring		Total	
	2009	2010	2010	2011	2009-10	2010-11
Programs	218	272	224	241	442	513
Participants	7,834	6,836	6,752	4,482	14,586	11,318
Part. Hours	8,059	6,704	6,962	4,494	15,021	11,198

- Consultations

	Fall		Spring		Total	
	2009	2010	2010	2011	2009-10	2010-11
Consultations	53	33	22	34	75	67
Participants	180	92	91	111	271	203

Training

	Fall 2010	Spring 2011	Total 2010-2011
Beginning Practicum	11	11	11
Advanced Practicum	4	4	4
Intern	3	3	3
Post-Doctoral Trainee(s)	2	2	2

Scholarly and Professional Activity

Fields, A. J., & Cochran, S. V. (2011). Men and depression: Current perspectives for healthcare professionals. *American Journal of Lifestyle Medicine*, 5, 92-100.

Heimerdinger-Edwards, S. R., Vogel, D. L., & Hammer, J. (2011). Extending sexual objectification theory and research to minority populations, couples, and men. *The Counseling Psychologist*, 39 (1), 140-152.

Vogel, D. L., **Heimerdinger-Edwards, S. R.**, Hammer, J. (in press). Boys don't cry: Examination of the links between masculine norms, self-stigma, and help-seeking attitudes for men from diverse backgrounds. *Journal of Counseling Psychology*.

Seaman, J., Vogel, D. L., Madon, S., & **Heimerdinger-Edwards, S. R.** (in press). The power of touch: Nonverbal communication within married couples. *The Counseling Psychologist*

Ethington, L. L., & **Keeton, P. M.** (2011, Feb). Enhancing clinical focus & sustaining energy through peer consultation. Big Ten Counseling Centers Conference. University of Minnesota, Minneapolis, MN.

Schoen, E. S., & McKelley, R. (In press). Clinical assessment at college counseling centers: The consultant on duty model. *Journal of College Counseling*.

Staley, K. H. (2011, June). Consultation issues and practices on a college campus.. Paper presented at the National Outreach Conference for Counseling Centers, Park City, UT.

Ad hoc Reviewer, *Psychotherapy and Psychosomatics* (**Bahrlick**).

Editorial Consultant, *Psychology of Men and Masculinity* (**Cochran**).

Ad hoc Reviewer, *Professional Psychology: Research and Practice, Sex Roles, Journal of Clinical Psychology* (**Cochran**).

Ad hoc Reviewer, *Psychology of Men and Masculinity, Journal of Behavioral Medicine, Journal of Clinical Psychology in Medical Settings* (**Schoen**).

Convention program reviewer, APA Division 17 (**Schoen**).

Conference program reviewer, **Association for University and College Counseling Center Outreach** (**Staley**).

Taught Beginning Practicum (07P:434) (**Bahrlick**).

Taught Advanced Practicum (07P:453) (**Liu, Schoen**).

Taught First Year Seminar “You at Your Best: Using Positive Psychology to Thrive”
(420:029:011) (**Brunick, Ethington**).

Secretary, **Association of Counseling Center Training Agencies (ACCTA)**, (**Corkery**).

Member, Steering Committee, **Association for University and College Counseling Center Outreach (Staley)**.

Additional Accomplishments

- Completed search for one senior staff psychologist and assisted with search for a second senior staff psychologist position funded by and housed in the Athletics Department.
- Developed proposal for creation of an Assistant Director position responsible for coordination of UCS evaluation and research projects that was approved for the 2011-2012 year. Completed internal search to fill this position.
- Developed proposal for addition of a clinical case manager position in the UCS that was approved for funding and recruitment in 2011-2012.
- Developed Academic Success Workshop Series in collaboration with the Office of Retention and presented ten-session workshop in spring, 2011.
- Developed Strategic Initiative Proposal for funding of hardware and equipment needed to transition to a completely paperless client file and scheduling system. This transition was completed in the last week of June, 2011.
- Assisted a group of students in the development of a UI chapter of Active Minds, which achieved recognized student organization status in fall, 2010.
- Continued to assist the Office of International Students and Scholars in facilitating the “Bridge Program.”
- Continued consultations with the Office of Academic Programs and Services of the College of Liberal Arts and Sciences regarding course drops and withdrawals after collegiate deadlines.
- Several UCS staff continued to be actively involved in committees of the Iowa Psychological Association, including the Diversity Committee, Membership Committee, and Ethics Committee.
- Increased our group offerings to include an international student support group, a graduate student support group, two men’s therapy groups, two eating disorders groups, , a mindfulness group for anxiety management, a social skills training therapy group, and two general therapy groups.
- Continued active participation in the Eating Disorders network in collaboration with Student Health Service.
- Hosted a total of 15 beginning and advanced practicum students for the academic year.

- Provided 11 staff continuing education programs for a total of 15 hours of continuing education credit to UCS staff.
- Co-sponsored a UI Learning and Development course titled “The Impact of Deployment to Iraq & Afghanistan on Veterans: Assessment, Research, and Treatment” presented by Dr. Michael Hall, Veterans Administration.
- Continued to provide staff assigned as consultants to the residence halls and integrated a case conference-style debriefing meeting for residence hall staff to discuss difficult student issues that arise.
- Continued to offer consultation to Iowa Link in collaboration with Intercollegiate Athletics and the Undergraduate Academic Advising Center.
- Continued regular UCS Research Team meetings that included students from the Counseling and Clinical Psychology programs.
- Conducted joint case conferences on a monthly basis with Dr. Paul Natvig of Student Health Service.
- Continued offering counseling services in Mandarin Chinese and Spanish.
- Staff participation in presentations at the Big Ten Counseling Centers annual conference.
- Continued staff participation on UI Threat Assessment Team
- Staff participation on UI Alcohol Harm Reduction Committee
- Completed transition to fully electronic scheduling and client file management.

Strategic Goals

2010-2011

Based on the UCS mission and the mission and priorities of the Division of Student Services, the following strategic goals were set for the 2010-2011 year. Attainment is detailed. Following the attainment ratings of the 2010-2011 strategic goals, strategic goals for 2011-2012 are presented.

- Complete hiring process for senior staff psychologist.

Completed. Dr. Ren Stinson was offered a position as senior staff psychologist in the UCS and will began employment August 17, 2011.

- Complete hiring process for joint senior staff psychologist position in Department of Athletics.

Completed. Dr. Kelli Moran-Miller was offered a position as senior staff psychologist in the Department of Athletics and began employment July 25, 2011.

- Develop an additional strategic plan for acquisition of additional space to house position to be hired in the Department of Athletics and anticipated increases in number of trainees being supervised at the UCS.

In process: Two meetings were held with James Henderson, Assistant Dean for Facilities with the Carver College of Medicine and Tom Rocklin, Vice President for Student Life. Three additional offices were secured on the fourth floor of Westlawn and are being used for additional space for trainees. Additional space for new permanent staff members (e.g., case manager, staff psychologist) is still needed.

- Develop strategic plan for increasing the number of advanced practicum students the UCS can serve.

In process: Discussions in the UCS Administrative Council have focused on the costs and benefits of expanding the training program and enlisting additional trainees. These discussion are continuing.

- Complete planning for resources and process to transition to electronic/paperless office, including scheduling and clinical file management functions.

Completed. A Strategic Initiative funding proposal was approved for hardware and equipment to complete the transition to a paperless office. Final transition occurred the last week of June, 2011.

Strategic Goals

2011-2012

- Describe current collaborations with Student Health Service and identify areas for additional collaborations.
- Identify maximum capacity for practicum training in light of limited space and supervisory staff resources.
- Meet with appropriate University administrators (Machatka, Henderson) to detail options for additional space in Westlawn after College of Public Health academic building opens in spring, 2012.