
University Counseling Service
Annual Report
2007-2008

Sam V. Cochran, Ph.D.
Director

August, 2008

University Counseling Service
The University of Iowa
3223 Westlawn S.
Iowa City, IA 52242-1100

Table of Contents

- I. Executive Summary**
- II. Overview**
- III. Services provided**
- IV. Scholarly and professional activity**
- V. Additional accomplishments**
- VI. Strategic goals**
- VII. Area Annual Reports**

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 Services and provides key 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 2007-08 year was characterized by a high client traffic flow; increases in group, outreach, and consultative services; and a decrease in the number of students intaken for ongoing counseling. UCS staff members continued to develop collaborative programming for students in conjunction with a number of student service offices, academic departments, and other student support services such as the Office of International Students and Scholars. In addition to these outreach and consultative efforts, UCS staff have offered a greater number of ongoing group programs within the UCS. Paralleling this increase in services being offered in a group setting, our intakes for ongoing counseling have continued to drop. Compared with five years ago, our intakes for ongoing counseling have decreased by slightly over 35%, from 851 intakes in the 2003-04 year to 548 intakes in the 2007-08 year.

Another focus of staff activity in 2007-08 was follow-up on recommendations made from a comprehensive departmental review conducted under the auspices of the Division of Student Services as well as recommendations from a public relations workshop class of the School of Journalism and Mass Communication. The main recommendations of both review projects related to clarifying UCS services to the University community, in particular to UI faculty and staff; and to modernizing the UCS website. UCS staff increased outreach and consultative services, in part as a response to these recommendations, and UCS staff have been involved in a complete overhaul of the UCS website that we hope to launch early in the fall semester, 2008.

In June, 2008, Iowa City and the University campus experienced unprecedented flooding of the Iowa River. This resulted in closing campus and University offices for one week beginning on June 13, 2008 and disruption of campus activities through the summer and continuing into the fall semester. UCS staff responded quickly to the mental health needs of the campus and community in three ways. First, the UCS convened three meetings of a resource and information sharing group comprised of campus and community mental health professionals. This effort resulted in coordination of services and notification regarding special services available due to the flooding situation. Second, UCS staff responded to outreach and consultation requests to assist students who had been displaced from their living spaces and forced to live in temporary housing. Finally, UCS staff designed an outreach program for offices and departments titled "Resilience: Strength in the Face of Natural Disaster." UCS staff have been available to deliver this program to offices and departments upon request.

This year UCS staff were again actively involved in outreach and consultation services to the UI community (i.e., residence hall liaison and outreach), state organizations (i.e., Diversity Committee and Ethics Committee of the Iowa Psychological Association), and national organizations (i.e., board of the Association of Counseling Center Training Agencies). Of particular note this year was a new intern training activity that paired a senior staff member with an intern for work on targeted diversity outreach efforts. Three projects completed this year involved work with the Office of International Students and Scholars to assist with the Bridge Program; the Women's Resource and Action Center to help with programming for men to prevent violence against women, and the UI GLBT community to create focus groups to discuss issues and needs of transgender students. All these involvements reinforce the UCS' commitment to and involvement in the UI and Student Services' strategic plans and help to increase the visibility of the UCS as a nationally recognized training destination for graduate students as well as pre-doctoral interns.

The UCS continues to provide a large volume of high-quality service to the University community. These services include individual consultation and ongoing counseling and psychotherapy for individuals and couples, group psychotherapy, training, outreach programs, and consultation services regarding student mental health issues. UCS staff continued to initiate strategic programming initiatives this year, including programs developed in collaboration with the Department of Intercollegiate Athletics, the Rape Victim Advocacy Program, the Belin-Blank Center, the Women's Resource and Action Center, the Admissions Office and Orientation program, the UI Cultural Houses, the Center for Teaching, the Office of International Students and Scholars, Health Iowa, UI-NAMI, the Office of Student Life, the University Diversity Committee, 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, and the Office of Equal Opportunity and Diversity. A complete listing of all outreach, consultation, and in-house programs is contained in the Program and Consultation Services report.

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

- A total of 1,586 students were seen for 2,433 consultation visits (increased slightly from 2,421 consultations in 2006-07)
- 548 students were intaken for ongoing counseling, a decrease of 11% from 620 intakes in 2006-07 and a decrease of 30% from 788 intakes in 2005-2006. This continues a 5-year trend of decreases in number of students intaken for ongoing counseling services.
- 5,406 hours of individual, couples, and group counseling were delivered in 2007-08, an increase of 2% from 5,313 hours delivered in 2006-07)

- 9,271 participants served through 291 outreach programs, regularly scheduled programs, and campus consultations, a decrease of 5% from 9,793 participants served in 2006-07.
- 12,785 program participant hours delivered (an increase of 7% from 11,957 participant hours in 2006-07).
- UCS staff guest-lectured in 36 academic classes during 2007-08.
- 12 trainees received a total of 1,547 hours of training services from UCS staff during 2007-08.
- the UCS sponsored 10 continuing education programs for staff for a total of 15.5 hours of APA-approved continuing education credit.

Overview

UCS staffing during 2007-08 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
Mark M. Harris, 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. Bahrack, Ph.D., Senior Staff Psychologist
Helen Vogel Brady, Ph.D., Senior Staff Psychologist
Roberta B. Casco, Ph.D., Senior Staff Psychologist (temporary appointment)
Emmanuel E. Enekwechi, Psy.D., Senior Staff Psychologist
Paula M. Keeton, Ph.D., Senior Staff Psychologist
Huan-Chung Scott Liu, Ph.D., Senior Staff Psychologist
Eva G. Schoen, Ph.D., Senior Staff Psychologist
Kelly L. Willson, Ph.D., Senior Staff Psychologist

Pre-Doctoral Psychology Interns:

Ryan McKelley, Psychology Intern
David Shen Miller, Psychology Intern
Tiffani Tiberi, Psychology Intern

Adjunct Staff:

Joy Hudson, M. D., Adjunct Staff Psychiatrist, Student Health Service
Paul W. Natvig, M.D., Adjunct Staff Psychiatrist, Student Health Service

Practicum Students:

Gulcin Aydin, Practicum Student, Counselor Education
Elham Bagheri, Practicum Student, Counseling Psychology
Dominique Brooks Practicum Student, Counseling Psychology
Jay Greenfeld, Practicum Student, Counseling Psychology
Rebecca Riley, Practicum Student, Counseling Psychology
Jolene Schoulte, Practicum Student, Counseling Psychology
Sam Shepard, Practicum Student, Counseling Psychology
Derek Turesky, Practicum Student, Counseling Psychology

The remainder of this report summarizes the services delivered in each of the three UCS service areas, additional UCS staff accomplishments during 2007-08, UCS strategic goals that will guide our work during 2008-09, 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
2007-08	1,886	548	2,434
2006-07	1,801	620	2,421
2005-06	1,681	788	2,469
2004-05	1,538	735	2,273
2003-04	1,179	851	2,030

	Individual	Couples	Group	Total
2007-08	3,621	248	1,537	5,406
2006-07	3,896	287	1,130	5,313
2005-06	3,760	186	1,065	5,011
2004-05	4,159	268	558	4,985
2003-04	5,004	102	275	5,382

Program and Consultation Services

- Outreach programs

	Fall		Spring		Total	
	2006	2007	2007	2008	2006-07	2007-08
Programs	122	134	104	153	226	287
Participants	4,067	4,692	4,854	3,520	8,921	8,212
Part. Hours	5,450	6,656	6,115	4,672	11,565	11,328

- Consultations

	Fall		Spring		Total	
	2006	2007	2007	2008	2006-07	2007-08
Consultations	35	50	34	87	69	137
Participants	198	257	160	344	358	601

Training

	Fall 2007	Spring 2008	Total 2007-08
Beginning Practicum	6	6	6
Advanced Practicum	1	2	2
Intern	3	3	3
Post-Doctoral Trainee(s)	1	1	14

Scholarly and Professional Activity

- Bahrnick, A.S. & Harris, M.** (In press). Sexual side effects of antidepressant medications: An informed consent accountability gap. *The Journal of Contemporary Psychotherapy*.
- Bahrnick, A.S.** (2008). Persistence of sexual dysfunction side effects after discontinuation of antidepressant medications: Emerging evidence. *The Open Psychology Journal*, 1, 42-50.
- Csoka, A.B., **Bahrnick, A.S.** & Mehtonen, O.P. (2008). Persistent Sexual Dysfunction after Discontinuation of Selective Serotonin Reuptake Inhibitors. *The Journal of Sexual Medicine*, 5, 227-233.
- Bahrnick, A.S.** (2008, May). Persistence of Sexual Dysfunction Side Effects after Discontinuation of Antidepressant Medications. Invited presentation for the professional staff of Counseling and Psychological Services, University of California, Santa Cruz, CA.
- Bahrnick, A.S.** (2008, April). Persistence of Sexual Dysfunction Side Effects after Discontinuation of Antidepressant Medications. Continuing Education presentation for professional staff of Counseling and Psychological Services, University of California, Berkeley, CA.
- Bahrnick, A.S.** (2007, October). Persistence of Sexual Side Effects after Discontinuation of Selective Serotonin Reuptake Inhibitors (SSRIs). Presented at: *Second Wednesdays CEs: UCS Continuing Education for Psychologists: Fall Semester Series*. University Counseling Service, University of Iowa, Iowa City, IA.
- Bahrnick, A.S.**, Shipko, S., Antonuccio, D. & Bennett, K. (2007, August). Symposium: Uncovering the Little-Known Chronic Sexual Side Effects of SSRIs. Chair: Beth Rom Rymer. Presented at the *Annual Convention of the American Psychological Association*, San Francisco, California. Sponsored by APA Division 55 (Pharmacotherapy).
- Cochran, S. V.** (2007). Men, masculinity, and depression. In M. Flood, J.K. Gardiner, B. Pease, and K. Pringle (Eds.), *International Encyclopedia of Men and Masculinities, Volume 1*. London: Routledge.
- Greenberg, S., Chuick, C., Shepard, S., & **Cochran, S.** (In press). Clinical and personality features of depressed college men. *International Journal of Men's Health*.
- Rabinowitz, F. E., & **Cochran, S. V.** (In press) Men and therapy: A case of masked male depression. *Clinical Case Studies*.

- Rabinowitz, F. E., & **Cochran, S. V.** (In press). Men and depression: Implications for counselors. *Counseling and Human Development*.
- Kettmann, J., Schoen, E. Moel, J., **Cochran, S.**, Greenberg, S., & **Corkery, J.** (2007). Increasing severity of psychopathology in counseling centers: A new look. *Professional Psychology: Research and Practice*, 38, 523-530.
- Chrisler, J. C., & **Cochran, S. V.** (2007). The muscular ideal: Future directions and closing comments. In J. K. Thompson & G. Cafri (Eds.), *The Muscular Ideal: Psychological, Social, and Medical Perspectives* (pp. 237-242). Washington, DC: American Psychological Association.
- Harris, M.** (2007, October). Dealing with psychological urgencies. Presented at the North Central College Health Association Meeting, Iowa City, IA.
- Keeton, P.**, and S. Beckham-Chasnoff (2008, February). Emergent issues of GLBT college students in the 21st century: How are our counseling centers responding? Presented at the annual Big Ten College Counseling Centers Conference, Madison, WI.
- Keeton, P.** (2007, October). Working with gay, lesbian, and bisexual students: Issues and risk factors. Presented at the North Central College Health Conference, Iowa City, IA.
- Liu, H. S.**, & Schneider, L. J. (2008, March). *Perceptions of Counselor Characteristics: Ethnicity, Acculturation and Gender*. Poster session presented at the 2008 International Counseling Psychology Conference, Chicago, IL.
- Liu, H. S.** (2008, June). *Overview of University Counseling Services in the U.S. – Clinical Service, Training program, and Consultation/Outreach Program*. Workshop presented at the continue education training for mental health providers at university counseling centers in Northern Taiwan, Taiwan.
- Rochlen, A.R., Suizzo M., **McKelley, R.A.**, & Scaringi, V. (in press). “I’m just providing for my family:” A qualitative study of stay-at-home fathers’ views toward their roles, reactions from others, parenting values, and masculine identities. *Psychology of Men & Masculinity*.
- Rochlen, A. R., **McKelley, R. A.**, Suizzo M., & Scaringi, V. (2008). Predictors of relationship satisfaction, psychological well-being, and life satisfaction among an internet sample of stay-at-home fathers. *Psychology of Men & Masculinity*, 9(1), 17-28.

- Rochlen, A. R., & **McKelley, R. A.** (in press). Working therapeutically with stay-at-home fathers. In C. Z. Oren & D. C. Oren (Eds.). *Counseling Fathers: Practical, Theoretical, and Cultural Perspectives*.
- McKelley, R. A.** (2008). Reviewed and critiqued, *In the Room With Men: A Casebook of Therapeutic Change*, by Matt Englar-Carlson and Mark Stevens: American Psychological Association, in the *International Journal of Men's Health*, 7(3), 2008.
- McKelley, R. A., & Enekwechi, E.** 2008, July) *The use of biofeedback with therapy clients*. Continuing education presentation to UCS staff.
- McKelley, R. A.** (2008, July) *Cracking the Steel Ball: Brief Dynamic Therapy With Men*. Evidence-based case presentation to UCS staff.
- Nash, G., & **McKelley, R. A.** (2008, May) *Religiosity and spirituality in chronic pain*. Presentation and workshop at chronic pain support group meeting at the Center for Pain Medicine, University of Iowa Hospital and Clinics, Iowa City, IA.
- McKelley, R. A.** (2008, March). *Humor, health, and healing*. Presentation and workshop at chronic pain support group meeting at the Center for Pain Medicine, University of Iowa Hospital and Clinics, Iowa City, IA.
- McKelley, R. A., & Rochlen A. B.** (2008). *The Practice of Coaching as an Alternative to Therapeutic Interventions for Men*. Paper accepted for symposium presentation at the 116th meeting of the American Psychological Association, Boston, MA, August 14-17, 2008.
- McKelley, R. A., Schoen, E., & Tiberi, T** (2008, February). *An Alternative Approach to Brief Therapy: Training Clinicians in a Single-Session Consultative Model*. Presentation at the Big Ten Counseling Centers Conference, Madison, WI.
- McKelley, R. A.** (2008, February). *Men's and women's reasons for and against seeking help through executive coaching*. Poster presentation at the 16th Annual Mid-Winter Conference of the Society of Consulting Psychology, Austin, TX.
- Miller, D. S. Shen** (2008). *Intersections of diversity and trainee competence problems: Faculty perspectives from context to "colorblindness."* Unpublished doctoral dissertation, University of Oregon.
- Miller, D. S. Shen, & Wood, H.** (2008, March). North America. In C. Duan, P. H. Chen, & A. J. N. Atioky (Chairs), *Globalization and Indigenization of Counseling Psychology Around the World*. Symposium presented at the International Counseling Psychology Conference, Chicago, IL.

- Miller, D. S. Shen.** (2008, March). The publishing process: A graduate student's perspective. In N. T. Hasan, G. Boyraz, & C. Robitschek (Chairs). *How to Publish from Start to Finish*. Symposium presented at the International Counseling Psychology Conference, Chicago, IL.
- Miller, D. S. Shen** (2008, July). *Evidence based practice case presentation: Common factors, cultural context, and TLDP principles*. Presented to clinical staff members at the University Counseling Service at the University of Iowa., Iowa City, IA.
- Greenberg, S. & **Schoen, E. G.** (2007, August). *A qualitative investigation of help-seeking and women with bulimia*. Poster presented at the annual meeting of the American Psychological Association, San Francisco, CA.
- Staley, K. H.** (2007, November). *Stress management for the health care professional*. Paper presented for the UIHC Medical Psychiatry Conference, Iowa City, IA.
- Staley, K. H.** (2008, February). *Skills and tools for providing therapy from a religious or spiritual perspective in a college counseling center*. Paper presented at the Big Ten Counseling Centers conference, Madison, WI.
- Staley, K. H.** (2008, May). *Counseling service outreach work: A thirty-year retrospective*. Paper presented at the National Outreach Conference for Counseling Centers, University of Michigan, Ann Arbor, MI.
- Tiberi, T.** (2008, May). Trans-positive counseling: Working with transgender college students. Presented to the Staff at University Counseling Services, University of Iowa, Iowa City, IA.
- Tiberi, T.** (2008, July). Should I try a workbook?: Shifting gears in evidenced-based therapy for depression. Presented to the Staff at University Counseling Services, University of Iowa, Iowa City, IA.
- Tiberi, T.** (2007, August). *"I am just asking for one chance": Community help-seeking experiences of female ex-offenders*, Poster Presentation for the American Psychological Association's Annual Conference, Division 9.
- Ad Hoc reviewer, *Open Women's Health Journal* (**Bahrnick**).
- Fall 2007 taught Practicum in Counseling Psychology 07P:434 (**Bahrnick**).
- Editorial Consultant, *Psychology of Men and Masculinity* (**Cochran**).

Ad hoc **reviewer**, *Professional Psychology: Research and Practice*, *Sex Roles*,
International Journal of Men's Health, *Journal of Clinical Psychology*.
(**Cochran**).

Spring, 2008 taught Advanced Practicum in Counseling Psychology, 07P:454 (**Liu**).

Taught Resilience, *Department of Health and Sports Studies*. (**Schoen**).

Additional Accomplishments

- 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.
- Staff participated in various staff search committees conducted by the Department of Residence Life, Student Disability Services, and the Division of Student Services.
- Several UCS staff were actively involved in committees of the Iowa Psychological Association, including the Diversity Committee, Membership Committee, Ethics Committee.
- Continued our expansion and utilization of group offerings to include International Student support group, Graduate Student support group, two Men's therapy groups, two eating disorders groups, an eating issues group, a women and self esteem group, and two therapy groups.
- Assisted in hosting Jackson Katz's visit to campus for a presentation on preventing men's sexual assault and violence against women co-hosted by Residence Life, WRAC, RVAP, Intercollegiate Athletics, and DVIP.
- Facilitated an Eating Disorders network in collaboration with Student Health Service.
- Assisted the Office of International Students and Scholars in establishing and conducting the "Bridge Program."
- Hosted a total of 8 beginning and advanced practicum students for the academic year.
- Provided 14 staff continuing education programs for a total of 15.5 hours of continuing education credit to UCS staff.
- Continued to provide staff assigned as consultants to the residence halls.
- Continued to provide summer programming for Orientation.
- 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 Psychology program.
- Conducted joint case conferences on a monthly basis with Dr. Paul Natvig of Student Health Service.

- Continued offering counseling services in Chinese and Spanish.
- Actively participated in presentations at the Big Ten Counseling Centers annual conference.
- Developed proposal for data collection in conjunction with participation in the Big Ten Suicide Research Project.

Strategic Goals

2007-2008

Based on the UCS mission and the mission and priorities of the Division of Student Services, the following strategic goals were set for the 2007-08 year. Attainment is detailed. Following the attainment ratings of the 2006-08 strategic goals, strategic goals for 2008-09 are presented.

- **Complete redesign of UCS website per recommendations from UCS review committee and public relations workshop class.**

During the 2007-08 academic year UCS staff worked with ITS to create a shell for a new website and to identify content categories that would be placed on the main page. Staff are continuing to research web-based consumer information on mental health services. We hope to launch the new website in the fall semester, 2008.

Attainment rating: Very good

- **Develop outreach and educational materials designed to clarify distinction between Faculty and Staff Services and the University Counseling Service.**

UCS staff updated educational materials and handouts to streamline our “message” for students, faculty, and staff. The UCS Director met with the staff of Faculty and Staff Services to discuss ways to differentiate and communicate differences between our two offices.

Attainment rating: Good

- **Conduct a series of continuing education programs for psychologists housed in the UCS and open to the community of psychologists in the local area.**

The training team organized and coordinated a series of “Second Wednesday” continuing education programs for UCS staff and UI and community psychologists. These were conducted each month of the academic year. Attendance from UI and community psychologists was modest.

Attainment rating: Excellent

- **Develop a strategy for replacing carpet and repainting walls in the UCS per recommendations from the UCS review committee.**

The UCS Director documented painting and carpet issues for student services administration and discussed ways to cover expenses involved in upgrading carpet and wall covering. Efforts toward this will continue through 2008-09.

Attainment rating: Fair

Strategic Goals

2008-2009

- Complete redesign and launch of new UCS website.
- Develop plan for accommodating 10+ practicum students expected to enroll for practicum placement in fall semester, 2009.
- Continue work on funding strategies for replacement of carpet and repair and repainting of walls in the UCS.