



I. Summary of Program

The Professional Counseling Program's personnel at the end of academic year 2018-2019 totaled seven core faculty, one Coordinator of Programs, Labs and Accountability and one administrative assistant. Our adjunct faculty includes two CACREP trained counselor educators, and a doctor of pharmacy. The program accepted 35 students from an applicant pool of 41, and 32 of those began the program. The bi-annual New Student Orientation, sponsored by Simmons First Bank, commemorated the students' entrance into the profession of clinical mental health and professional school counseling. We had 107 students in seats this year. Our student body is currently 74% female and 26% male, 87% white with African American, Asian, Hispanic, American Indian, Foreign National, and other making up the remaining 13%. We have three students who are active duty military or veterans (2 female, 1 male).

II. Faculty Achievements

Faculty in the program made over 75 presentations, attended over 20 professional meetings, served on 6 University committee, and served on 1 state committee. One faculty donated time for grief counseling in St. Lucia following the murder of a Harding graduate. A faculty member served as Vice Chair for Searcy Children's Home. One faculty received the Rosenthal Outstanding Counselor Educator of the Year for the state of Arkansas at the ArACES conference. One faculty received the Teacher Achievement Award from Harding University. Two faculty also served as counselors from high school students at Uplift and Camp Tahkodah this summer.

Faculty Presentations Included:

- "Current issues in Technology Assisted Counseling and Supervision"
- "Harding University Mental Health and Wellness Panel"
- "North Little Rock School District: Test Anxiety Reduction"
- "Group Therapy and Supervision"

- “Mental Health Issues on College Campuses”
- “Vicarious Trauma in Supervision”
- “Addressing Mental Health Needs on A College Campus: A Panel Discussion”
- “Addiction in the Church”
- “Exploration of Worth” Teen Leadership Conference”
- “Current Trends in Technology Assisted Counseling and Supervision”
- “Mental Health Awareness Panel”
- " Prepare-Enrich Certification Workshop"
- “Navigating Senior Journeys Through the Power of Stories: Empty Nesting, Caregiving, and Grief”
- “Life after 60: Mobilizing, Serving, and Caring”
- “Marriage Mentor Training”
- “Coping with and Managing Stress”
- “Intimacy: Knowing Your Family”
- “Intimacy: Knowing Yourself”
- “Common Theories of Psychotherapy, Clarity Health and Wellness”
- "Don't Stress about Stress
- “A Therapeutic View: The Mental Health Component of Treatment/Delivering Distressing News”
- “The Journey of Grief: A Personal Response”
- “Ethical Gatekeeping in Counselor Education: Making Hard Decisions of Student Fitness”
- “Mindfulness as a Part of Cognitive Behavioral Therapy”
- “Adverse Childhood Experiences: Impact and Intervention”
- “Attachment, Regulation and Competency: A Framework for Counseling Traumatized Children”
- “Mental Health Issues in the White County Area: What We Know and How Might We Respond?”
- “A Response to Trauma: Natural Disasters and Loss”
- “Mental Health and Wellness on the College Campus”
- “Working Effectively with Students who have Academic Difficulties”
- “Multicultural Dating Issues”
- “The Incredibles Helps w/ Tips For Dads”
- “Help Your Kids Understand Stranger Danger”

- “Early Signs of Autism”
- “Fright Month Pt 1/ Preschoolers”
- “Fright Month Pt 2/ School Aged Kids”
- “Fright Month Pt 3/Fear of Tornados”
- “Fright Month Pt 4/ American’s Top Fears”
- “Fright Month Pt 5/ Overcoming Phobias”
- “The Grinch Teaches Life Qualities to Avoid”
- “Harry Potter Teaches About Bullying”
- “If Your BFF Gets Another Best Friend”
- “7 Reasons Revenge is a Bad Idea”
- “Family Christmas: Leave No One Alone”
- “Family Christmas: Nothing Goes as Planned”
- “Dealing w/ Loss”
- “Sibling Rivalry”
- “Teaching Kids to Be Good Losers”
- “Teaching Kids to Be Good Winners”
- “Dealing With Marital Stress pt 1”
- “Dealing With Marital Stress pt 2”
- “What to Learn from Past Presidents”
- “National Eating Disorders Awareness Month”
- “Counseling Awareness Month pt 1”
- “Counseling Awareness Month pt 2”
- “National Optimism Month”
- “Great Leaders Have to Figure Themselves Out”
- “Dealing with Difficult Endings”
- “Dealing With Disappointment”
- “Girls Don’t Have to be Princesses”
- “Dealing w/ Your Own Monsters”
- “What to Watch for in Unsafe People”
- “Kids Love Hearing the Same Story: Over and Over!”
- “Helping Your 1st Born Deal w/ the New Baby”
- “Battling Bullying”

- “Balancing People Focus and Project Focus”
- “Communication in Marriage”

Workshops, Professional Meetings, and CEs Included:

- ACA National Conference
- ArCA Conference
- ArACES Mid-Winter Conference
- TCA Conference
- EMDR Training
- Self-care for professionals
- CACREP site visitor training: CACREP 2016 Standards
- Spring IPE HIV & AIDS: An Ethical Case Study
- Self-Care for Helping Professionals
- Fall Studies in Ethics: Interprofessional Experiences
- Internal Family Systems Workshop
- Solution Focused Treatment Planning
- TNAMFT
- EMDRIA Regional
- The Rise of Suicide and Trauma in Adolescents
- Working with Couples Suffering from Infidelity, Infertility, or Death of a Child
- The Ethics of Billing and Business
- Using Cognitive Interweaves in EMDR Therapy
- Ethical Issues: Boundaries for Helping Professionals
- Screen Addiction
- Play Therapy and Expressive Art: An Ethical Approach to Building Resilience in Children of Refugee Status
- Comprehensive Approach to Treating Children and Younger Adolescents with EMDR Therapy
- I Want to Teach My Child About Sex

III. Program Achievements

Multiple events, recognitions, trainings, and program growth were achieved across the 2018-19 school year. The counseling program’s Advisory Committee, comprised of representatives from Unity Hospital, University of Arkansas Medical School, Searcy

Children's Homes, regional schools, clinical mental health agencies, and a county judge met in October and were given an update on all that had been accomplished across the year. Actions taken this year on committee suggestions were varied and include, but not limited to, the following: making contact with and sharing information with the local Veteran's Community-Based Outreach Clinic on the unit's Compassion Clinic so overflow clients can be referred; exploring the use of North Little Rock counseling program facilities for group counseling sessions; and offering numerous community trainings on a variety of counseling related subjects including abuse, parental responses, depression, family systems, and addiction.

Programs and trainings designed for parents and teens in the community were presented in partnership with Professional Counseling and the Child Safety Center. The documentary Resilience was shown for mental health and physical health providers on the university campus and a later showing was done in the community for multiple others. Additionally, A Stewards of Children training had as a goal helping parents and caregivers learn appropriate reactions in responding to child sexual abuse. In partnership with the Elliott Foundation, a seminar provided on Understanding Depression and depression screenings were given on campus and in the Searcy community. The program's Chi Sigma Iota chapter sponsored a community program for mental health professionals and interested community members in the format of a seminar on Understanding Depression. The newly accredited Professional Counseling's Memphis site began offering community trainings and focused on an Internal Family Systems workshop and an Ethics in Billing workshop. The advanced EMDR for traumatized children was also provided there. Monthly CE meetings are held for counseling professionals on that site as a part of collaborative work and outreach in the Memphis community.

In November, all core faculty presented at the annual Arkansas Counseling Faculty and students attended the Arkansas Counseling Conference and multiple program counseling graduate students presented poster sessions of their research or worked as conference volunteers. In February, 2018, four faculty members attended and participated in Arkansas Counselor Education and Supervision training. One faculty member was named the Outstanding Counselor Educator of the Year in Arkansas in that meeting. Three core faculty were presenters. The unit director remained president of the Arkansas Military and

Government Counseling Association for this final year and was involved on the national level as a state leader, meeting with that national board at ACA.

Inter-professional experiences were provided. Students and faculty participated in an ongoing inter-professional experiential (IPE) collaboration with the Health Sciences programs on campus for collaborative case studies. The Professional Counseling program was active in leadership in both fall and spring IPE activities with faculty acting as emcees and discussion leaders and multiple students serving as round table facilitators. The Professional Counseling program again teamed with the Health Sciences, Public Safety, local law enforcement, paramedics, and the hospital in April for the annual Disaster Drill on campus which focused and trained on an active shooter disaster. Counseling graduate students served as mental health first responders in the drill and were available for students involved in the disaster as well as community first responders. Group debriefing sessions were led by interns and members of Chi Sigma Iota with faculty serving as supervisors.

Academically, the program has two graduates who applied for and were accepted into doctoral programs. In matters of university change and additional growth, the department of Mental Health and Wellness was formed to incorporate both the Professional Counseling Program and the Marriage & Family Therapy program and a new chair was appointed. The program is currently exploring accreditation as an MCFC entry-level specialty area for the MFT program.

IV. Counseling program/student outcomes

In 2018-2019 academic year, 100% of Professional School Counseling candidates from the Professional Counseling program who took the Praxis II School Counseling Exam 0421 (which measures knowledge and skills and is required for licensing in School Counseling) made a passing score. In the 2018-2019 academic year, 100% of Clinical Mental Health Counseling candidates from the Professional Counseling program who took the National Counselor Exam (NCE) or comprehensive exam assessing knowledge, skills, and abilities made a passing score (which is determined using the Angoff formula) on first attempt.

The program had 14 students graduate in December 2018, 15 students graduate in May 2019, and 6 student graduate in July 2019. Completion rates are currently at 95% for clinical mental health students and 95% for school counseling students. Current program job placement rate for the last year, defined as the number of students who, within six months of receiving their degree have obtained employment in the field they were trained or a related field, is 92% for clinical mental health and 100% for school counseling. All who have not yet secured a position, at the time of this report, were May graduates, so less than six months out.