Professional Counseling in Rogers  
By: Dr. Karl Wendt

If you’ve never been to Rogers, you should consider making the day-trip sometime. Rogers is a city in Benton County, Arkansas located amid the rolling Ozark mountains. It is part of the Northwest Arkansas Metropolitan Area, one of the fastest growing metro areas in the country, with a population already over half a million people (Fayetteville-Springdale-Rogers-Bentonville). Rogers was the location of the first Walmart store, whose corporate headquarters is located in neighboring Bentonville near the beautiful Crystal Bridges Museum of American Art with sprawling grounds and winding bike trails.

Rogers may be one of the fastest-growing places in the nation, but the heart and soul of small-town America is alive and well here. You can find museums, art galleries, shopping, and diverse dining amid architectural treasures and brick-lined streets in its historic downtown, all just a stone’s throw from fishing, water sports, hiking, camping, boating and breathtaking vistas of nearby Beaver Lake nestled high in the Ozark Mountains.

Rogers may well be the perfect place to experience the cutting edge along with the nostalgic. Bustling shopping and innovative dining lives harmoniously adjacent to historic sites and gorgeous scenery.

In much the same way, Harding University embodies the Christian values and spirit of old-fashioned America, while it simultaneously presents students with a rigorous state-of-the-art education. Harding is a private Christian institution of higher education committed to the tradition of the liberal arts and sciences whose faculty is dedicated to excellence in teaching, scholarship and service and to their role as models of Christian living.

Harding University has had a presence in Northwest Arkansas for more than a decade, primarily serving students who seek higher degrees in education, or need to complete an unfinished degree. Approximately 20% of our CACREP Graduate Counseling students train at our Rogers campus. Dr. Karl Wendt serves as core faculty for the Rogers site and is joined by a dynamic team of highly qualified adjunct instructors who, together, make sure virtually all required classes are offered in Rogers.

With a reputation of academic excellence, our Harding students find numerous opportunities for practicum and internship positions in both school counseling and therapeutic mental health at local hospitals, community mental health agencies, local nonprofits, and private practice counseling centers.

The Harding chapter of of Chi Sigma Iota (the international honor society that values academic and professional excellence in counseling), has a strong presence in Rogers. CSI students sponsor local professional development events that provide Continuing Education credit and mental health awareness events such as annual depression screenings and stress reduction workshops.

Some parts of our great country are described as “great places to visit, but I wouldn’t want to live there”. But Rogers and the Harding presence within it are simultaneously great places to visit and live. We’d love to host your visit (or move) soon, and we’ll leave the light on for you! :}

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1) Where were you born? Searcy, Arkansas

2) When you were a child, what did you want to be when you grew up? Counselor – since the 10th grade, and I don’t remember ever wanting to be anything else.

3) Siblings: One older brother, Waylon Reeves

4) Where did you attend college? University of Central Arkansas for undergrad and Harding for graduate schools, 2008 - Marriage and Family Therapy, 2016 - Educational Specialist Clinical Mental Health Counseling

5) Spouse and how long you have been married: Chris Yielding – married 11 years

6) Children: Abigail 6, Audrey (almost 5), Lucas 3

7) Somewhere you would like to visit and why? Glacier National Park

8) If you could have dinner with anyone, who would it be and why? Mary Magdalene – To learn more about her experiences with Jesus

9) Something not many people know about you: I cannot eat gluten or tree nuts and I have some other food intolerances and sensitivities.

10) Favorite color: mauve

11) Favorite movie: National Lampoon’s Christmas Vacation

12) Favorite sport and/or team: Basketball

13) Favorite thing about Searcy: I grew up near Searcy and my first jobs were in Searcy, and I have a lot of positive memories associated with Searcy. I like that it doesn’t feel like it’s changed a lot over the years.

14) Favorite book (other than the Bible): In the past six years since having our first child most of my reading has consisted of parenting books or articles related to my profession. However, before having children I enjoyed reading Nicholas Sparks books and books like The Hunger Games and Twilight Saga.

15) How long have you been teaching at Harding? Two years

16) Biggest challenge or obstacle: The loss of three pregnancies before I was blessed with the three precious children that I have now.

17) Proudest moment or accomplishment: Having a career that I’m passionate about and that I’ve worked hard for.

18) Person who had the biggest impact on your life and why? My Aunt Vickie – She’s self-motivated, goal oriented, kind, loving and a wonderful Christian woman, and I’ve always admired her.

19) Favorite scriptures: “When I am afraid, I put my trust in you.” Psalm 56:3

20) Words of wisdom for our students: Believe in yourself and believe in your client’s ability to change.
Student Spotlight—Stela Sinanaj

My name is Stela Sinanaj, and I grew up in Vlore, Albania. I first heard about Harding University from missionaries who had completed their studies at Harding. After enrolling at Harding and studying online from Albania for two years, I moved to Memphis, Tennessee, a year and a half ago to complete my master’s degree in counseling. My hobbies are traveling and learning new languages. A primary goal for me is to help and empower vulnerable populations. I consider the counseling profession a great opportunity to walk beside such people and to help them grasp the strengths and abilities that lie within them. I also want to promote understanding of cultural differences leading to meaningful relationships between people. My family and my spiritual mentors have been my greatest supporters during my master’s education journey. I am very thankful for two of my professors, Dr. Edward Gray and Dr. Kevin Shelby, who have mentored me and have encouraged me to be an efficient counselor and to pursue my own healing as well.

Student Spotlight—Stephen Beck

My name is Stephen Beck and I am a current student in the Counseling Program at Harding University. I graduated with my undergraduate degree in middle-level education from Harding in 2015 and have spent the last several years teaching middle school math in the Little Rock area. A couple of years ago, I began to think about going back to school to work on a degree in counseling. I have always wanted to work in a field where I could help people reach their highest potential and have been blessed to work with some great students over the last few years. The more years I have spent teaching, the more students I have encountered who are struggling with things that I didn’t have the tools to help them with. This realization is what led me to start the counseling program at Harding.

The last two years have helped me learn and develop as a future counselor and have started to equip me with the tools that I have been missing. In the future I plan on counseling with children and adolescents in some capacity and am looking forward to continuing to learn and improve in my remaining time at Harding.
Fall 2019 Calendar

New Student Orientation…………………………………………….…………….August 16
Classes Begin…………………………………………..………………….……....August 20
Fall Break Day (no classes) ……………………………………….……………October 12
Homecoming Alumni Breakfast & CE……………………………………….October 19
ArCA Conference & Poster Session………………………………………..November 7-9
Final Exams……………………………………………....………..…...December 10-13
Commencement……………………………………………………….December 15

Chi Sigma Iota                        by: Lillian Chen, 2018-19 CSI President

Chi Sigma Iota had a productive year. We had many great opportunities to serve Harding and the community in various activities, and we were able to partner with many outstanding organizations. We began the school year in August with an introduction to CSI and a meet and greet with our new students in the Professional Counseling program. In September members hosted a wellness day with four workshops for Upward Bound Students.

October was a busy month. CSI hosted a Mental Health Awareness night which featured a panel of individuals involved in the different areas of mental health along with booths of the different Harding organizations involved in mental health. That month CSI also provided free depression screenings on Harding's campus for Depression Awareness Day. In November we had two members volunteer and present at the Arkansas Counseling Association (ArCA) Conference in Hot Springs. We began the spring semester with another introduction to CSI and a meet and greet for our new students in the counseling program. In February, we hosted a graduate panel for the University’s undergraduate psychology majors, gave a presentation to Harding’s College of Pharmacy on burnout and self-care, and hosted a Prepare-Enrich training by Dr. Karl Wendt. During March, we administered depression screenings to Upward Bound students as part of their wellness day alongside other health professionals. During April, CSI partnered with the Child Safety Center to show the “RESILIENCE” documentary to students and local professionals on the effects of adverse childhood experiences, and CSI members also participated in Harding’s Disaster Drill as crisis counselors. CSI inducted 14 new members at the annual meeting in April, and the group elected Logan Light as president and Garrett Robbins as secretary for the 2019-20 school year. We had a great year and are looking forward to what is to come for Chi Sigma Iota!