



MA IN COUNSELING

Annual Report and Newsletter

2024 - 2025



University of San Diego®
**SCHOOL OF LEADERSHIP
AND EDUCATION SCIENCES**

Department of Counseling and Marital and Family Therapy



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2023-2024 Exit Survey Findings

Clinical Mental Health Counseling Program

- ◆ Strong program and advisor support and guidance contributed to students' overall success
- ◆ Hands-on, practical experiences in courses and internships, which helped students feel prepared for the field
- ◆ Rigorous coursework and high learning standards of coursework, instruction, and supervision
- ◆ Engaging and interactive learning experiences through in-class discussions, workshops, and feedback from professors as well as global courses

School Counseling Program

- ◆ Real-world practice and supervision helped to refine counseling techniques for diverse and crisis situations and prepare for the field
- ◆ Global and multicultural counseling courses expanded students' perspectives
- ◆ Felt encouraged to share diverse experiences and views and a part of a learning community
- ◆ Good communication, feedback, and high expectations from faculty

2023 Alumni Survey Findings

Across both programs, alumni generally reported high satisfaction with the value and quality of the program in preparation for their careers, and they would recommend the program to prospective students.

Clinical Mental Health Counseling Program

- ◆ 84% of alumni surveyed found a job within three months of graduation or stayed with current employer, and 100% are currently employed within their field of study.
- ◆ 36% of alumni surveyed currently earn between \$65,001 - \$85,000, and 25% earn over \$85,000.
- ◆ 85% of alumni surveyed agree that the degree provided good preparation for their careers, and nine out of 10 graduates experienced a positive career/job change as a result of this degree.

School Counseling Program

- ◆ 100% of alumni surveyed experienced a positive career/job change as a result of this degree, and 96% are currently employed in the field of study.
- ◆ 48% of alumni surveyed currently earn between \$65,001 - \$85,000, and 34% earn over \$85,000.
- ◆ 100% of school counseling alumni surveyed are currently employed, and nine out of 10 apply what they learned from the program on a weekly or more frequent basis.



New Program Modifications

New Leadership

Starting in 2024, the Department of Counseling and Marital and Family Therapy transitioned to a three program chair model, and we are excited for their leadership! Please congratulate Drs. Todd Edwards (Marital and Family Therapy Program), Ian Martin (School Counseling Program), and Sandi Tabet (Clinical Mental Health Counseling Program).



New Faculty and Staff

We are excited to welcome new faculty and staff members to the Department of Counseling and Marital and Family Therapy: Christopher Wehrle (Visiting Clinical Instructor of Counseling) and Melissa Hernandez (Academic Program Manager).



Course Sequencing Change

The COUN 530 Assessment Techniques in Counseling course will serve as a prerequisite to COUN 541 Advanced Counseling: Diagnosis course. This course sequencing change applies to all 1st year Clinical Mental Health Counseling and School Counseling students starting in Fall 2024.

Faculty Highlights



Dr. Sandi Tabet Associate Professor

Dr. Tabet has been promoted to associate professor with tenure!

Dr. Tabet is a Licensed Mental Health Counselor in Florida, as well as a National Certified Counselor, Certified Clinical Mental Health Counselor, and Approved Clinical Supervisor through the National Board for Certified Counselors. Her research focuses on the stigma surrounding mental health in sports culture and strategies to alleviate it. Dr. Tabet's scholarly work also involves developing scales, validating instruments, and assessing therapeutic outcomes in counseling.

Check out one of Dr. Tabet's recent publications:

Lambie, G.W., **Tabet, S. M.**, & Stickl Haugen, J. (2022). Measuring inspiration in educators: The Educator Inspire Scale (EIS). *Teacher Development*, 26(3), 373-396.



Dr. Ian Martin Professor

Dr. Martin has been promoted to full professor!

Dr. Martin is a former school counselor prior to becoming a counselor educator. Dr. Martin has published and presented on topics, such as program development and evaluation and school counseling policy. He is very involved in curriculum design and is the author of the True Goals Curriculum. He is also involved in international school-based counseling, and taught numerous courses in South America, Europe, and the Caribbean; and was a visiting scholar at the University of Verona, Italy.

Check out one of Dr. Martin's recent publications:

Martin, I., Choi, J., Zyromski, B., Campos, L., Mansheim, S., Cunningham, P. D., & Callahan, W. (2022). Small-group investigation of the True Goals Curriculum with elementary and middle school students: A randomized control study. *Professional School Counseling*, 26(1).

In the News

Dr. Wendell Callahan Invited to the Vatican

Dr. Wendell Callahan was invited to the Vatican for a conference to discuss mental health and the role of the Catholic Church.

In addition to serving as a Professor of Practice in the Counseling program, Dr. Callahan is the Executive Director of USD's Catholic Institute for Mental Health Ministry housed in SOLES.

[Click to read more about Dr. Callahan's visit to the Vatican](#)



[Click to read about Dr. Callahan's newest book](#)

Dr. Callahan's newest book, *Catholic Mental Health Ministry: Guidelines for Implementation*, 2nd Edition, was gifted to the Pope (see photo). The book was co-edited by Dr. Callahan and Priscilla Martinez '23 (MA), and included several USD contributors, including Liberty Hebron '07 (BA), '14 (MA), Alissa Willmerdinger '19 (MA), and Bishop John Dolan '85 (BA).

The book is a collection of research and resources for clergy members and parishioners to handle mental health discussions and programming.



In the News

Dr. Nedeljko Golubovic Invited to South Korea to Speak about Addiction

Dr. Ned Golubovic and his colleagues, Drs. Brandee Appling and Amanda Giordano from the University of Georgia, were invited to speak with hundreds of counselors and students at the Korean Counseling Association, Korea University, and Korea National University about their expertise in addiction issues among youth. Dr. Golubovic will also lead the COUN 542 Addictions Counseling global course to Seoul, South Korea this fall.



Giordano, A., Appling, B., & **Golubovic, N.** (2024). Working with Youth who Struggle with Addiction. Korea National University of Education, Sejong, South Korea.

Giordano, A., Appling, B., & **Golubovic, N.** (2024). Addressing Addiction Issues Among Youth. Korea University, Seoul, South Korea.

Giordano, A., Appling, B., & **Golubovic, N.** (2024). Recognizing and Responding to Addictive Behaviors Among Youth. Korean Counseling Association (KCA) Conference, Gwangju. South Korea.



Spotlight on Global Courses

Our students had fantastic learning and cultural experiences during their global courses!



Medellin, Colombia (Spring 2024)

School Counseling students in COUN 536 Applied Theories & Techniques in School Counseling traveled with Dr. Ian Martin to Colombia to learn about school counseling in Medellin and taught classroom lessons to elementary school students.



Amsterdam, Netherlands (Spring 2024)

Clinical Mental Health Counseling students in COUN 526 Group Counseling, accompanied by Drs. Sandi Tabet and Kris Hall, traveled to Amsterdam to explore group work and dynamics within the cultural context specific to Dutch communities.



Trelawny, Jamaica (Summer 2024)

School counseling students in COUN 510 Career Counseling & COUN 515 Multicultural Counseling traveled with Drs. Ian Martin and Cat Griffith to Jamaica to partner with A Place of Safety to provide career and mental health support to their students.

Spotlight on Faculty Scholarship

Faculty Presentations at Conferences

Boyd, N., & Vacco, C. (2024). *Operational considerations for utilization of embedded behavioral health providers in the U.S. army national guard.* Presentation at the American Association for the Advancement of Sciences Pacific Division, San Diego, CA.

Estrada, A. U., Sánchez, N. & Alvarado-Sasse, C. (2023). The Positive Psychology Project: Building resilience in USD Deferred Action for Childhood Arrivals (DACA) students and Dacamented students. Poster presented at the University of San Diego Institutional Effectiveness & Strategic Initiatives (IESI) Conference, San Diego, CA.

Griffith, C., & Chae, N. (2023). Cultivating research literacy: Tools for identifying school-based interventions. Content session presented at the California Association for School Counselors 2023 Conference, Riverside, CA.

Tabet, S. M., Vistica, L., Golubovic, N., Isaac, A., & Szol, S. (2024). Enhancing Behavioral Health Workforce: Evaluating the Impact of an HRSA-Funded Interprofessional Training Initiative. Psych Congress Annual Conference, Las Vegas, NV.

Recent Faculty Publications

Chae, N., & Backer, A. (2024). Promising practices for online site supervision training for school counselors. *Counselor Education & Supervision, 63*(2), 99-116.

Golubovic, N., Dew, B., Rumsey, A., Tabet, S. M., Isaac, A., & Martinez, P. (2024). Effects of survivors' willing substance use and race on attribution of blame in rape crimes. *Journal of Mental Health Counseling, 46*(1), 55-73.

Hall, K., Dickerson, A., Ferguson, A., Conlon-Kvale, I., Dolejs, C., Folsom, L., Kim, D. H., & Burt, J. (2024). Retaining LGBTQQIA+ faculty to tenure and beyond. *Journal of Underrepresented & Minority Progress, 8*(2), 186-215.

Khanna, K., Salaz, J., Boyd, N., Reeves, A., & Hoehling, K. (2024). Women serving in special operation forces: Practical recommendations for mental health providers. *Journal of the American Academy of Experts in Traumatic Stress, 10*(Summer-Fall), 78-96.



Spotlight on Project TeamUP



In this year's newest cohort, Project TeamUP welcomed 25 Master's level stipend recipients within the CMFT programs. There are approximately 280 TeamUp alumni who are regularly invited to return and participate in professional development initiatives.

Previous Events and Accomplishments

- Funded 15 students to complete the Strong Star Cognitive Processing Therapy Training (Aug. 2024), one student to attend the Combat PTSD Conference in San Antonio, TX (Oct. 2024), and four students to attend the CFHA Conference in San Antonio, Texas (Oct. 2024).
- Hosted two Seminar Series highlighting organizations in San Diego that serve underserved, vulnerable populations from The San Diego LGBTQ Community Center and CRF Assertive Community Treatment.
- Hosted over 50 attendees at two Continuing Education events led by content experts on topics of CA Law and Ethics and Perinatal Mood and Anxiety Disorders 101.

Upcoming Events

- Funding for one student to attend the Narrative Therapy Conference in Vancouver, CA (Nov. 2024), one student to attend the Int'l Experiential Dynamic Therapy Association in San Diego, CA (Nov. 2024), and 7 students to attend the San Diego International Conference on Child and Family Maltreatment (Jan. 2025).
- 3rd annual Interprofessional Case Simulation - Navigating Difficult Conversations with PMHNP, PA, Pharm, and MFT students from PLNU, UCSD, and USD.
- Resume/CV Workshop hosted by Lily Vistica, Director of Clinical Training
- More Seminar Series featuring the following organizations:
 - Hospice of the North Coast - Nov. 21
 - Center for Community Solutions - Dec. 9
 - San Diego Unified School District - Jan. 7
 - Homestart - Feb. 5
 - Step Forward East - March 20
 - Voices from the Field (TeamUP Alumni Panel) - April 2025

Free Events Open to the Public

- Community Resilience Model® (CRM): Evidence-Based Intervention for Crisis & Trauma training on Dec. 14, 2024 on campus (10am-4pm)
- Decolonizing Mental Health Approaches: Moving Clients Toward Liberation and Healing on Feb. 12, 2025 via Zoom (8-9:30am).

Please contact Sydnie Szol, HRSA Project TeamUP project coordinator, at sszol@sandiego.edu with any questions.

Spotlight on Chi Sigma Iota

In April 2024, Chi Sigma Iota-Sigma Delta chapter welcomed 24 new initiates as well as a new executive board.

Victor Baez, '18 (MA) served as the keynote speaker for the initiation ceremony and shared his words of wisdom with our new initiates.

Executive Board

- CMHC Co-President: Nathalie Méa
- SC/SBCC Co-President: Karley Gordon
- Secretary: Kathleen Stinson
- Treasurer: Kira Petroff
- Marketing: Blakely Weber

Recent Events

- The Professional Development Committee hosted an event, "Face Your Fears: Navigating Challenging Scenarios as a New Counselor" in Oct. 2024
- The Counseling Practice Club hosted a practice session focused on confidentiality, rapport building, and mindfulness in Nov. 2024

Upcoming Events

- The Advocacy Committee will host a Community Connections Event on Dec. 4
- CSI's newest committee, Los Colibrís: Spanish Counseling Practice Committee, will host a Spanish counseling skills practice session
- The next CSI Chapter meeting for members is on Dec. 9

Please contact chisigmaiotasd@gmail.com with any questions.



Listen to the EdUp
Xcelerated
Excellence Podcast
to learn more
about BiGI



Spotlight on the Black InGenius Initiative

The Black InGenius Initiative (BiGI) was created from the \$1.5 million grant from San Diego Foundation Black Community Investment Fund and is led by Dr. Sean Green, '13 (MA), '22 (PhD), Director of BiGI and Assistant Dean for Innovation and Community Engagement.

BiGI welcomed 69 rising sixth-grade students into the newest cohort during the BiGI Induction Ceremony in August 2024! They join the rising seventh-grade cohort of current scholars.

BiGI prepares students from sixth to 12th grade to successfully graduate from high school and be accepted at USD or anywhere they choose to go to university. BiGI scholars, their guardians, and educators experience wraparound services and workshops focused on social-emotional learning, community building, leadership training, and STEAM activities through summer and Saturday programs.

If you want to nominate a rising sixth-grade student(s) for the third cohort, the next application cycle opens in March 2025.

To support BiGI or for more information, [visit the website](#) or contact bigi@sandiego.edu.

Upcoming Events and Dates



We are seeking alumni, community partners, site supervisors, and employers of graduates to serve on the Counseling Advisory Board.

The purpose of the Counseling Advisory Board is to solicit and use feedback from parties outside of the counselor education program faculty who are knowledgeable about the counseling profession and the communities the program serves. If you are interested in this opportunity, please [share your contact information by clicking here](#). If you have any questions, contact cmft@sandiego.edu.

Application Deadlines

- Fall 2025 Priority Deadlines:
 - **Dec. 15:** Clinical Mental Health Counseling Program
 - **Jan. 6:** School Counseling & School Based Clinical Counseling Programs
- Fall 2025 Final Deadlines:
 - **Jan. 15:** Clinical Mental Health Counseling Program
 - **Feb. 25:** School Counseling & School Based Clinical Counseling Programs

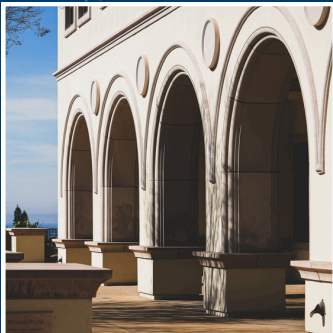
Upcoming Admissions and Outreach Events

- **Nov. 12 at 4pm:** Graduate Application Workshop: MA in Counseling, Clinical Mental Health Counseling
- **Nov. 14 at 4pm:** Graduate Application Workshop: MA in Counseling, School Counseling
- **Nov. 20 and Dec. 18:** SOLES Graduate Campus Tours

Upcoming Program Dates & Events

- **Nov. 27 -29:** Thanksgiving Holiday, No Classes
- **Dec. 12 at 1 p.m. in MRH 102:** National Counselor Exam (NCE) Student Workshop
- **Dec. 13:** Last day of classes for the fall semester
- **Jan. 6 -24:** Intersession
- **Mar. 3:** Summer semester course registration opens

[Click here to visit the SOLES Office of Admissions and Outreach website](#) or contact solesadmissions@sandiego.edu to connect with an advisor and/or learn more about upcoming deadlines and events.



Contact Us

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