



FALL/WINTER 2025

newsletter



OFFICIAL NEWSLETTER OF THE WCSU COUNSELOR EDUCATION PROGRAM

WHAT ARE YOUR PROFESSORS UP TO?

Dr. Monte:

- Co-presented at Association for Counselor Education and Supervision (ACES) Conference: Bringing Learning to Life: The Role of Simulation in Counselor Education
- Updating program for upcoming CACREP reaccreditation report and visit
- Secretary of Connecticut Association for Counselor Education and Supervision (CACES)

Dr. Gutheil:

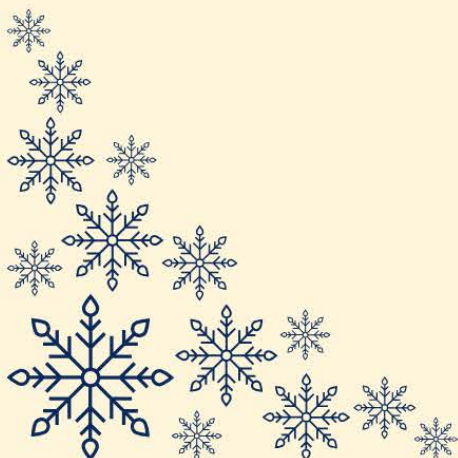
- Co-presented at ACES Conference: Bringing Learning to Life: The Role of Simulation in Counselor Education
- Co-presented at ACES Conference: Unlocking Growth: Harnessing the Power of Process Groups
- President of Connecticut Association for Counselor Education and Supervision (CACES)
- Helping plan Connecticut Counseling Association Conference (come join us November 14th!)

Dr. Jang:

- Co-presented at ACES Conference: Bringing Learning to Life: The Role of Simulation in Counselor Education
- Co-presented at Association for Assessment and Research in Counseling (AARC): Phenomenological Research in Counseling and Counselor Education: An Exploration of Last 10 Years

FALL 2025 EVENTS:

- 10/23 – Counselor's Corner Fall Festival at 5:30PM
- 11/06 – Counselor's Corner guest speaker session on EMDR and Play Therapy (Zoom) at 7PM
- 11/14 – Connecticut Counseling Association's Fall conference, Courtyard by Marriott, Hartford/Cromwell
- First Thursday of every month (Sept. – Dec.) – Counselor Education Program's virtual information session for those interested in applying to our graduate program



TIME MANAGEMENT

Dr. Gutheil

- "A simple thing like a planner can make a big difference in just managing all your roles, because I think sometimes it gets confusing between being a student, being an intern, being a professional ... and just being a human being with family and friends."
- "Lean on the people going through the same thing ... lean on other resources ... you have your supervisors, you have your faculty, or your families. Give yourself grace ... this is where you're supposed to be making mistakes and that's okay."

Professor Darragh

- "I love my weekends, and I love my social time ... If I put something in my calendar for a Saturday and Sunday, I know that I can reset."
- "You have to be resilient ... I always used to get overwhelmed during syllabus week and I was like ... how am I going to get all this stuff done? I just think you take it day by day and you just have your deadlines set and you look at the calendar, and you work with people."

COUNSELOR'S CORNER PODCAST

Dr. Gutheil & Professor Darragh

PRACTICUM AND INTERNSHIP

Professor Darragh

- "On the school side, I think you need to know if you want to be an elementary, a middle school, or a high school person. They're all three very different types of jobs ... and what type of counseling and what type of work you're going to be doing with kids and a lot of data, data, data ... I'm a middle school person ... there's so many firsts ... I really love that self-discovery!"

Dr. Gutheil

- "I always think of practicum and internship as a trial run for what you're going to do. Ideally ... it's a good fit. If not, you have really important information."
- "As much as they're interviewing you, you're also interviewing them ... are you getting trainings you're looking for ... are you connecting with the supervisor?"

COUNSELING STYLE & THEORY

Dr. Gutheil

- "You will find it and it will come to you. You don't have to know right away. You probably evolve with the kind of people you work with. So, I think it's good ... to keep educating yourself [and] to keep integrating new things. I still, at the end of the day, come from a person-centered perspective, but I integrate a lot of different things into that."

Professor Darragh

- "I would say the number one go to is Solution-Focused ... because a lot of kids want the answer. [Solutions based counseling] allows us to ask, 'If you were to wake up tomorrow and things were the way they were supposed to be, what would it look like?' And kids know that answer right away ... When they think about it that way, in that perspective, they're like, 'Oh' ... and I [say], 'Now, what's preventing you from doing it that way?' [and we] go from there."

MULTICULTURAL SPOTLIGHT:

GRATITUDE AND CULTURAL AWARENESS

As we head into November, many of us are reflecting on gratitude, connection, and community. Themes that show up not only in our lives, but in our work as future counselors. This month also marks Native American Heritage Month, reminding us of the importance of honoring the diverse histories and traditions that shape how people experience healing.

Practicing gratitude through a multicultural lens means recognizing that everyone expresses thankfulness differently through family, faith, storytelling, or acts of service. As counseling students, we can use this season to pause and reflect on what gratitude means to us and how we might help clients explore it in their own cultural context.

Reflection Prompt: How do my cultural values shape the way I express gratitude and how might that influence how I show up for others?



**Elizabeth's
precious pup,
Rosie!**



**Mary's cute
little fluffball,
Bilbo!**



**Pedro's
adorable toy
poodle,
Maximus!**



**Sam's charming
doggo, Bailey!**



**Cute Maya,
Sarah's dog!**



**Olivia's paw-
some pup, Zeus!**



**Kellz's furry
companions!**



**Ms. Chris Davis's,
UA, handsome
boy, Bryce!**



**Andy's darling
pups Mila,
Phoebe, and Lily!**



**Jess has a dynamic
duo of cuteness,
Rory and Koda!**



**Amanda's
playful bud,
Miles!**



**Dr. Gutheil's furry
sidekick, Storm!**



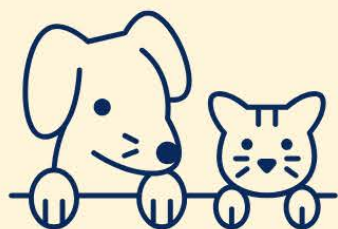
**Kerime's
charming pup,
Cayson!**



**Chris's loveable
puppers, Charlie &
Wes!**



**Flora's sweet kitties,
Alina and Amira!**



**Counselor's Corner
Pet Pack**



**Audra's beauty,
Garth!**



**Suzie's trio of adorable
fur babies!**





COUNSELOR'S CORNER FACULTY FEATURE: PROFESSOR DARRAGH - SCHOOL COUNSELING



I understand that you are a school counselor in Danbury. Would you mind sharing a little about the demographics you serve?

I have been at Westside Middle School Academy for 11 years. There are 750 kids in STEM and global studies. The Academy is an intra-district magnet school; we serve all 11 elementary schools and the parochial schools, by lottery system. I currently have 375 students, which is 125 in each grade, with grades eight and six being part of the Global Studies Academy, and seven in the STEM Academy.

How might the role of a school counselor change between public and private schools?

The job is different just going from elementary to middle to high school, and it's very different between public and private. Teaching ratios will be much lower in private schools, and the inclusion of 504 students will be different. Counselors will likely be doing less crisis counseling, but still likely teaching some social developmental or social emotional lessons.

In thinking about all the roles of a school counselor, how would you characterize the breakdown of those duties in a given day?

I probably teach two hours daily. For example, I teach a block for 8th graders from a curriculum that I wrote regarding leadership and social emotional development. In my 6th and 7th grade lessons, we explore healthy relationships, communication, and conflict resolution. I have a seven-day rotation, so each day looks different. There are meetings with each grade team, with the principal to review data, and meetings to discuss 504 placements. I also have a daily 30-minute cafeteria duty, which is a great opportunity to connect with kids in a social setting. The job should be 80% direct service and 20% indirect service.

When a clinical mental health counselor meets with their client for the first time, the presenting problem is known, whereas a school counselor has no such advance notice of students' needs. What is that like?

Since I get to travel with my kids for three years as they progress from 6th to 8th grade, I build that relationship and trust from the beginning. I'm constantly making connections with them—in classes, learning their names; I memorize all 375 of my kids' names. I talk to their families, and I take notes. When a kid comes in, I can talk about the fact that I know their brother or other family members. I also make myself familiar with their files, so I understand their background and emotional needs or problems. But, we always need to be in the moment.

What is most rewarding for you as a school counselor?



Oh, there are so many rewards, like when I meet kids years later and they tell me that I pushed them to be a better person, or taught them kindness, that being a good person is better than being popular, or the importance of standing out as well as fitting in. I also have an educational travel program called Team Danbury Travel that has taken over 500 kids all over the world. It provides opportunities for kids to enhance their emotional connections outside the classroom and to explore who they really are and what they want to do in the world. I'm very thankful to have a career that I love. I truly enjoy going to work every single day and I don't look at my job as a job. It's my purpose.