



### Message from the Program Coordinator:

Here we are at the heels of completing another school year! We all have grown accustomed to adapting to change in our life, whether it is relocating to a new location, changing employment, giving birth to a child, getting married, or starting graduate school. Change is indeed inevitable. However, during this season, we have had to push the pause button and reset more often than we would have expected. We watched tumultuous changes that occurred globally, from the assassination of the Haitian President Jovenel Moise, the earthquake in Haiti, the Taliban taking over Afghanistan, and the wave of new strains of COVID-19. In addition, we encountered various hurricanes such as Hurricane Ida and here in the state of Alabama, our North Alabama residents had to deal with their yards being taken over by "armyworms." All these various events occurred while people still had to cope with the loss of jobs, various health challenges, multiple complicated deaths, and unresolved griefs. Needless to say, each of us (in our own ways) have felt the woes of society nipping at our heels both personally and publicly. We have desperately tried to make sense of it all, and it seems as one world wind after another continues to hit us making us wonder if we will ever find a place of rest or stability physically and psychologically. As counselors we continue to stive daily, even in the midst of world winds, storms, tornadoes, hurricanes, social and racial injustices, unrest, and even armyworms. We look for the silver lining of lessons learned. So, no matter how many times you have to push the pause or reset button in your life, I urge each of you to give and receive **LOVE** from and to each other and yourself. It might sound like a simple task but before you say that it is too easy, I want you to really sit for a moment and think about how you show love to others daily as well as to yourself. I am indeed reminded of a verse that says, "*Love thyself as thy love your neighbors.*" Thus, give love to yourself and honor who you are and where you are at this time in your life while also giving that same care and understanding to those around you. When you do this, you make the burdens that others may face easier to bear.

You can demonstrate your love for others by simply:

- Call someone and let them know you are thinking about them. Yes, I know it is easy to just send a text or email, but it is good for people to hear your voice.
- Randomly do an act of kindness for those you know and for strangers
- Practice loving the unlovable
- Remember to say thank you
- Let people around you know how much you appreciate them
- Let people know how much you love them

By all means, please add to the list and create your own *Love Care Toolkit* that you can put into practice for life and share with those around you. Most of all, as you show love to others, render that same love to yourself. Do not be afraid to look in the mirror and tell yourself how much you love yourself, write yourself a love letter, purchase yourself a gift, learn to celebrate who you are and where you are, throw yourself a party, and celebrate all the wins in your life whether micro or macro wins! Remember, the way you love, you teach others how to love, treat, and respect you for the person you are. Yes, the world needs more love but so do you!

I am reminded of a beautiful classic song, *What The World Needs Now*, by Jackie DeShannon in 1965. Dionne Warwick also sung a version of *What The World Needs Now*.

<https://www.youtube.com/watch?v=FfHAs9cdTqg>

Allow this song to resonate in your soul. Continue to move forward in your daily life with love for yourself and humanity.

Thank you and wishing you many more times to live a life of love and let others know they are loved.

Remember, LOVE is not to be bought, but to be demonstrated by showing uncompromising compassion for others and yourself. Keep on loving yourself and others!

Linda J. M. Holloway Ed.D, NCC  
Associate Professor of Counseling  
Program Coordinator  
Department of Instructional Support Programs



## Advisory Board Information

Picture Not Available

Tyrone Anderson  
[tyroneanderson@mc-ala.org](mailto:tyroneanderson@mc-ala.org)  
Juvenile Probation Officer II,  
Montgomery County, Alabama



Henry K. Stough, LPC NC  
[hkstough@gmail.com](mailto:hkstough@gmail.com)  
Self-employed  
334-354-9170



Monica P. Mack, PhD, LPC, NCC, CCSP  
[monica.mack@alsde.edu](mailto:monica.mack@alsde.edu) or [mpmack23@gmail.com](mailto:mpmack23@gmail.com)  
Alabama State Department of Education,  
Counseling and Guidance Specialist

Picture Not Available

Shirley Carlisle  
Montgomery Area Mental Health Authority  
[scarlisle@mamha.org](mailto:scarlisle@mamha.org)



### FACULTY SPOTLIGHT

**LaWanda Edwards, Ph.D., NCC**  
Professor of Counselor Education  
Coordinator of School Counseling Internship

Dr. LaWanda Edwards is a professor in the Counselor Education Program at Alabama State University. She received her Master of Education in Counselor Education from Florida A&M, an Education Specialist Degree in School Counseling from Troy University, and received her Doctor of Philosophy in Counseling Education and Supervision from Auburn University (CACREP Accredited). At Auburn University, she was recognized and awarded as “The College of Education Young Alumni Award.” This award is awarded to an individual that has made exceptional contributions to the program and community. Over the years, Dr. LaWanda Edwards has received the following honors and awards:

- Alabama Counseling Association:** Jean H. Cecil Counselor Educator of the Year Award (2019)
- Auburn University:** College of Education Outstanding Young Alumni Award (2017)
- Alabama Counseling Association:** Professional Service Award (2016)
- Alabama Counseling Association:** Jean H. Cecil Counselor Educator of the Year Award (2012)
- Southern Association of Counselor Education and Supervision:** Pre-Tenure Counselor Educator Award (2011)
- Alabama Counseling Association:** ALAMCD Outstanding Member Award (2011)
- Alabama School Counselor Association:** Supervisor of the Year Award (2010)
- Alabama Counseling Association:** Individual Publication Award (2010)
- Alabama Association for Counselor Education and Supervision:** First Year Faculty Award (2010)
- Alabama Counseling Association:** Individual Publication Award (2009)
- Alabama Counseling Association:** Research Grant Award (2008 and 2012)
- Alabama Counseling Association:** Alabama Emerging Leader (2007-2008)

Dr. LaWanda Edwards has outstanding accomplishments throughout her tenure at Alabama State University, such as Associate Dean for the College of Education, created and implemented Counselor Education Student Association, CESA in 2008 and reactivated Chi Sigma Iota on campus. In addition, she has served two terms as President for the Alabama School Counselor Association. She also served on the board for the American School Counseling Association. Dr. LaWanda Edwards was the Counselor Education Program liaison for the first CACREP successful accreditation. Along with leading the counselor education programs through the first CACREP accreditation process, she also successfully lead ASU’s College of Education through state and national accreditation processes. She has published several literature works including book chapters and articles, curated workshops, volunteered her services and so much more. Dr. Edwards current certifications include National Certified Counselor, Georgia Certified School Counselor, and Alabama Certified School Counselor. Her research interests are accountability in school counseling, evidence-based counseling, counseling diverse populations, and experiences of African American female faculty.

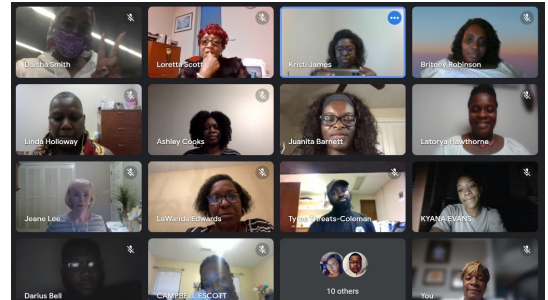
Dr. LaWanda Edwards’s main purpose is to help others. She has worked as a counselor helping individuals with substance abuse to helping children in school counseling. She prides herself in extending grace and showing empathy towards others. With her extensive background in education and as a counselor, she would give a student the following advice:

*“Learn as much as you can and ALL that you can. It is up to you to do the research and know what is effective with your clients.”*



### 2<sup>nd</sup> Virtual FALL MEET & GREET -2021

The Counselor Education Program had a wonderful Fall 2021 Meet & Greet. During the Meet & Greet, the students, faculty, and advisory board engaged in a fun icebreaker, introduced themselves, as well as learned about the counselor program and what it has to offer such as professor guidance and support, student led organizations, and advice that can be offered to current students. There were former students that participated and told about their experiences while they were in the program and how the program prepared them for their future for school counseling or clinical mental health counseling. The event was an amazing one. Hope to see you at the FALL 2022 Fall Meet & Greet.



---

### ***Counselor Education Student Association (CESA)***

CESA is a student led organization composed of individuals obtaining their master’s level degree in Clinical Mental Health and School Counseling. CESA strives to bring awareness to Alabama State University by hosting events that bring awareness to mental health.

CESA is committed to providing counseling resources along with therapy techniques to not only the student body but also to the community. CESA’s mission is to encourage counseling education students to provide and facilitate meaningful involvement throughout campus and the community. The organization accomplishes its mission by participating in community outreach programs to campus students and the citizens of the immediate community. CESA conducted and completed several activities such as a Clothing Donation Drive, Suicide Prevention Training, T-shirt Fundraiser, and Turkey Day Classic Parade participation during the Fall 2021 semester.

#### **Officers:**

- Kristi James, President
- Charles Lewis, President-Elect
- Jayla Wells, President Elect-Elect
- Antoinette Moten, Secretary
- Teleshia Washington, Treasurer
- Britney Robinson, Community Outreach
- Audrey Parks, Community Outreach
- Dr. Juanita Barnett, Faculty Advisor







### Clothing Donation Drive



### Turkey Day Classic Parade



#### *Chi Sigma Iota – COMING SOON*

CSI is an international honor society that values academic and professional excellence in counseling. We promote a strong professional identity through members (professional counselors, counselor educators, and students) who contribute to the realization of a healthy society by fostering wellness and human dignity. Our mission is to promote scholarship, research, professionalism, leadership, advocacy, and excellence in counseling, and to recognize high attainment in the pursuit of academic and clinical excellence in the profession of counseling. This organization requires Alabama State University students to have a 3.5 GPA or above to participate.



# *Welcome New Students*

# *Fall 2021 & Spring 2022*

Bell, Darrius	Clinical Mental Health	Fall 2021
Campbell, Amarie E. Scott	School Counseling	Fall 2021
Duff, Thomas D.	Clinical Mental Health	Fall 2021
Evans, Kyana	Clinical Mental Health	Fall 2021
Holmes, Keri	School Counseling	Fall 2021
Kidd, Patrick	School Counseling	Fall 2021
Knight, Ayriel	Clinical Mental Health	Summer 2021
Love, Neyiesha	Clinical Mental Health	Fall 2021
Pope, Aldrenna	School Counseling	Fall 2021
Robinson, Shonda	Clinical Mental Health	Summer 2021
Smith, Daisha	School Counseling	Fall 2021
Smoot, Brianna	Clinical Mental Health	Fall 2021
Threats-Coleman, Tyree	Clinical Mental Health	Summer 2021
Gloria M. Barney	School Counseling	Spring 2022
Katie Gullion	School Counseling	Spring 2022
Kharis Hughes	Clinical Mental Health	Spring 2022
Stephanie Nolan	Clinical Mental Health	Spring 2022
Terrance O'Hara	Clinical Mental Health	Spring 2022
Fred Stewart	School Counseling	Spring 2022
Hannah White	Senior Privilege/ Undergraduate Psychology	Spring 2022





### *Congratulations Graduates Spring 2022*

*We are so proud of you!*

Graduates took the time to answer the following questions:

1. What was your experience like in the program?
2. What are your future plans after graduation?
3. What advice will you give other graduate students in the program?
4. How did you cope with COVID-19?

**Angela Foster, CMH**



My experience in this program has been a tough one. It was very frustrating, but it got better over time. Experiencing the arrival of COVID 19 was a major obstacle for me because I've watched our entire way a life change to obtain our degrees. The change in faculty stood out most to me because the program started with a variety of instructors and adjunct staff. The program began to change as the staff numbers decreased. I had the best learning experiences due to the cultural diversity in the staff. I miss some of the instructors that are no longer with us. My advice to the newcomers is, "DON'T GIVE UP!" No matter how hard this program may become. Stay on the course, run your own race, and you too will reach the finish line. My future plan is to become the best counselor/therapist that I can be. Looking to be a traveling therapist. One thing that I've done to survive and thrive during Covid-19 was take vitamins, get rest, and minimized my traveling plans (no trips).

**Loretta Hatchett, CMH** - It has been great being in the Clinical Mental Health Department here at Alabama State University. What has impressed me the most by being in this department is meeting and connecting with my classmates and my professors. I never could have made it without the both of them. My classmates were always available and willing to help and answer any questions that I had. They were always willing to study with me, let me borrow a book from them or whatever I needed they were there, and I thank each of them one by one. On the other hand, my professors were the same. Every time I emailed my professors, they responded to me. When I felt down, they encouraged me to go on.



What stood out the most for me is building a relationship with your classmates and professors. What advice would I give to someone who is going into the field of Clinical Mental Health Counseling. I would tell them to keep up with all your course materials and start practicing building relationships. What you learn in class you will use in the field where you practice. My future plans are to retire and work for a private firm in Clinical Mental Health while working on my LPC and my Ph.D. There were several things I did to survive Covid; I followed the rules of the CDC, I took the shots, and I prayed for God's mercy.





# Alabama State University

## COUNSELOR GAZETTE

Newsletter of the Counselor Education Programs



**Kristi James, CMH** – Being a part of the Alabama State University Clinical Mental Health Program aided me in creating lasting relationships with my professors and peers. The individuals I met in this program are intelligent, kind-hearted, and hardworking. My future plans are to establish my company Sunshine Phoenix Enterprises, LLC domestically and globally by equipping underserved communities with tools and techniques to enhance their personal growth. One thing I am doing to survive and thrive during COVID-19 is staying positive with whatever circumstances life throws my way. I will continue to follow the recommendations of keeping myself and others around me safe while still enjoying my life.



**Erin Johnson, CMH** - I believe that counseling makes me a better person. I've had the opportunity to work with several demographic as a graduate student and enjoyed every moment. My greatest joy comes just knowing I can assist people find solace in times of need. My advice to someone on this journey would be to maintain self-care and refresh your passion daily because it takes a big heart to help others. My degree will help me open a group home for troubled teens, so that I can reach and help more people. Although covid has taught perseverance and increased my prayer life, it also affirms I can do all things through Christ who strengthen me (Philippians 4:13).



**Charles Lewis, CMH** – (Picture not Available) My name is Charles Lewis, and I am a proud native of Tuskegee, AL. I always have wanted to help people navigate through life transitions, so that's why I wanted to pursue a career in Mental Health Counseling. If anyone plans to pursue this career, it will benefit that person to be flexible and organized. I plan on becoming an LPC and having my own Counseling and Recreational Center. While getting completely licensed, I will be obtaining my PhD.





# Alabama State University COUNSELOR GAZETTE

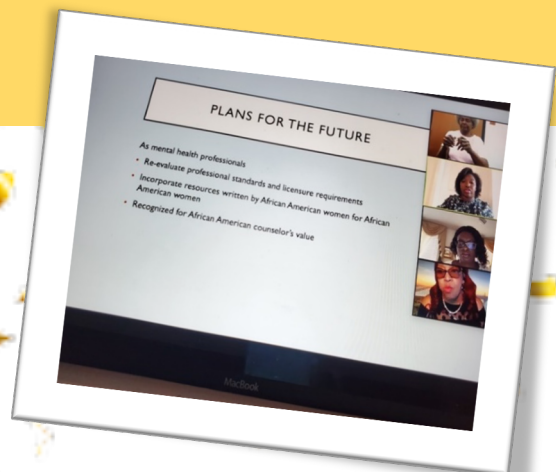
Newsletter of the Counselor Education Programs



The Alabama State University Counselor Education Programs would like to congratulate *Loretta Scott-Hatchett* for being selected as Mentee for the Association for Multicultural Counseling and Development (AMCD) in 2021. Loretta was the first recipient of this award from our program. As a mentee, Loretta received mentorship from a counseling professional, Dr. Rodney Harris. Mrs. Hatchett also presented at the 2021 AMCD Research Symposium on Mental Health Advocacy in African American (AA) Deaf Communities. The purpose of her presentation was to educate counseling professionals and develop awareness into the lived experiences and challenges in the AA deaf community. She sought to develop cultural competence and understanding with this vulnerable population.

Mrs. Hatchett represented the university and program well. Her presentation was well received. She also had a sign language interpreter present to provide services for the entire symposium.

Help me congratulate Mrs. Loretta Scott-Hatchett on a job well done!!!





Counselor Education Program Website Link:

<https://www.alasu.edu/coe/instructional-support/counselor-education-programs-resources>

**DREAMS  
BY LANGSTON HUGHES**

**Hold fast to dreams  
For if dreams die  
Life is a broken-winged bird  
That cannot fly.**

**Hold fast to dreams  
For when dreams go  
Life is a barren field  
Frozen with snow.**

