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# **University Counseling Service**

## **Annual Report**

### **2012-2013**

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Director

August, 2013

**University Counseling Service**

The University of Iowa  
3223 Westlawn S.  
Iowa City, IA 52242-1100

# **Table of Contents**

**I. Executive Summary**

**II. Overview**

**III. Services provided**

**IV. Scholarly and professional activity**

**V. Additional accomplishments**

**VI. Strategic goals**

## Executive Summary

The University Counseling Service (UCS) is the primary mental health service for University of Iowa students. Established in 1946, the UCS is a major office within the Division of Student Life and provides counseling, consultation, training, and outreach services to The University of Iowa campus and the Iowa City community as well as to the citizens of the State of Iowa.

A number of personnel changes occurred during 2012-13. In December, 2012, Dr. Ren Stinson, one of our newest staff psychologists, left the UCS to join the Minneapolis Veterans Administration Hospital staff. Ren had been a practicum student and intern at the UCS and then returned as a staff member in 2011. In the short time he was with the UCS Ren made significant contributions in all our service areas and helped the UCS enter the social media and digital outreach age by taking the lead in recording videos that have been placed on our website and that have received widespread recognition from across campus. In addition to these recordings, he also helped us establish and maintain a Facebook page and Twitter account. The UCS currently has over 100 “likes” on its Facebook page, and we plan to continue building our Facebook and Twitter presence over the coming year.

In May, 2013, Dr. Brad Brunick, another staff psychologist and former UCS intern, left to join the staff of the St. Cloud, Minnesota Veterans Administration Hospital. In addition to substantial contributions in all UCS service areas, Dr. Brunick was an active outreach agent for the UCS and was instrumental in catalyzing the UCS’ multicultural competency development process. He served as the chair of our Diversity Issues Steering Committee and was an active member of the UCS’ Division of Student Life Change Team. He also represented the UCS widely across campus through his roles in the Division of Student Life Multicultural Work Group and as a key trainer for the Chief Diversity Office’s National Coalition Building Institute initiatives.

In February, 2013, the UCS hosted the Big Ten College Counseling Centers Conference at the Sheraton Hotel in Iowa City. This annual meeting of Big Ten campus counseling center professionals, which rotates to a different Big Ten campus each year, was attended by over 150 participants this year. The conference was widely viewed as valuable and enjoyable based on participant evaluations of our venue, hospitality and educational offerings. The UCS also administered continuing education certification for psychologists based on attendance at each of the qualified conference presentations.

The UCS completed a successful year of collaboration with the College of Dentistry resulting in the establishment of psychological services on-site in the College of Dentistry staffed by a half time UCS staff psychologist, Dr. Rebecca Brock. In collaboration with Dean Cathy Solow, Dr. Brock created a comprehensive plan for student mental health consultations, faculty and staff outreach and training, and ongoing mental health care that was delivered in the College of Dentistry.

## **Focus on Multicultural Organizational Development and Diversity**

As noted last year, the UCS established a multicultural organizational development change team to work alongside the Division of Student Life multicultural competence work group. The change team has developed and updated a three-year plan for working through a process of organizational assessment and movement toward a more highly developed multicultural organization. This team has continued regular meetings and devoted the fall, 2012 staff retreat to consideration of the multicultural organizational development work plan, resulting in a one-year, three-year, and five-year vision to guide the work of the change team. Work of the change team will continue over the next several years and is anticipated to be an ongoing endeavor.

In conjunction with the UCS change team, the UCS' Diversity Issues Steering Committee (DISC) has been active this year in studying ways to assess staff multicultural competence and in updating the UCS website to reflect current initiatives in the diversity and multicultural domains. One important development in updating the UCS website was the production of a UCS "Welcome" video that was designed to convey our affirmation of diversity and our stance of welcoming all students to the UCS. This video was posted on the website and continues to garner positive feedback from those who view it. DISC also led a revision of the UCS Diversity pages on the newly revised UCS website that were implemented at the end of spring, 2013.

In addition to these organizational activities, several UCS staff attended multicultural themed workshops and trainings. Dr. Brad Brunick continued UCS' involvement in the National Coalition Building Institute (NCBI) initiatives on campus. To date, several staff have attended NCBI workshops, and Dr. Paula Keeton will continue as a trainer and liaison to the Chief Diversity Officer with regard to UCS' involvement and promotion of the NCBI workshops and trainings on campus. In addition to the NCBI activities, the UCS hosted a Safe Zone Phase I workshop for all staff in June, 2013 and is actively making plans to follow up with a Safe Zone Phase II workshop in the fall, 2013. Dr. Kelly Clougher has partnered with the Chief Diversity Office to become a UI Safe Zone trainer and has been actively involved in delivering the Safe Zone trainings across campus.

Finally, Dr. Brad Brunick was recognized with a Diversity Catalyst Award in April, 2013. The award, given by the Office of Equal Opportunity and Diversity and the Chief Diversity Office, recognized Dr. Brunick's impact across campus and his work with a number of diverse populations including the Cultural Houses, the Trans Resource Alliance, and the LGBT Research Center among others.

## **Expansion of Resource Base**

As noted, collaboration with the College of Dentistry resulted in a successful proposal to create a half-time UCS position that would be physically housed in the College of Dentistry and that would provide services and programs to students in the College of Dentistry. Dr. Rebecca Brock, a UCS intern during the 2011-12 year, was hired for this

position at the close the summer, 2012. At the close of the 2012-13 academic year, Dr. Brock and Dr. Solow made a presentation to the administrative council of the College of Dentistry that resulted in the establishment of this position as a full time and permanent position. A search is currently underway to fill this position.

### **Productivity and Performance Assessment**

Regarding the development of revised productivity and performance evaluation processes, the UCS Administrative Council used the newly implemented UI Professional and Scientific Staff Compensation and Classification system to review and update both our productivity recording procedures and our personnel evaluation process and procedures. The half year from July 1, 2012 through December 31, 2012 was used as a pilot for these new procedures, with final adjustments in place beginning with the 2013-14 evaluation year.

UCS staff continued to maintain a presence across campus through outreach programs, consultations, and service to over 70 division, university, and community offices and committees. Some of these involvements included active participation on search committees (College of Dentistry, Center for Student Involvement and Leadership, University Housing), participation on the Threat Assessment and Early Intervention Teams, facilitation of the College Committee of the Johnson County Suicide Prevention Coalition, and ongoing outreach consultations to University Housing, Geneva Campus Ministry, Student Health & Wellness, International Students and Scholars Services, the Office of Retention, the UI Cultural Centers, and the LGBTAU.

UCS staff also continued to initiate and maintain strategic programming initiatives this year. Collaborations included programs developed with the Office of Retention, the UI Cultural Houses, International Students and Scholars Services, the Undergraduate Academic Advising Center, the Department of Intercollegiate Athletics, the Rape Victim Advocacy Program, the Belin-Blank Center, the Women's Resource and Action Center, the Office of Admissions Orientation program, Student Disability Services, UI-NAMI, UI Active Minds, the Center for Student Involvement and Leadership, the University Diversity Committee, Iowa Bioscience Advantage, the College of Education, the College of Medicine, the College of Dentistry, the College of Nursing, the Graduate College, the College of Liberal Arts and Sciences, the College of Public Health, the Center for Diversity and Enrichment, University Housing, the Newman Center, and Health Iowa. A complete listing of all outreach, consultation, and in-house programs is contained in the Outreach area report.

Some highlights of the year in terms of services delivered include:

- A total of 1,788 students were seen for 2,753 consultation visits. These are modest increases over 1,779 students seen for 2,727 consultations in 2011-12.

- 922 students were intaken for ongoing counseling, a slight drop from 1,062 in 2011-12 and likely a reflection of a reduction in staff resources due to staff departures and trainee remediation.
- 6,623 hours of individual, couples, and group counseling were delivered in 2012-13, a decrease of 407 hours over the 7,030 hours delivered in 2011-12. This reduction is also likely due to staff resource reductions noted above.
- The grand total of clinical service hours delivered in 2012-13 was 9,833, also a slight reduction from the 10,134 hours delivered in 2011-12.
- A total of 15,200 participants were served through 569 outreach programs, regularly scheduled programs, and campus consultations. This number now includes increased reporting of Outreach-NOS (Not Otherwise Specified) contacts.
- 13,551 program participant hours were delivered (decreased from 14,385 participant hours in 2011-12).
- UCS staff guest-lectured in 29 academic classes during 2011-12.
- Throughout the 2012-13 year approximately one in eight outreach programs were delivered outside of the UCS 8-5 office hours (a total of 36 programs).
- 17 trainees received a total of 2,300 hours of training services from UCS staff during 2012-13.
- The UCS sponsored 17 continuing education programs for staff for a total of 23 hours of APA-approved continuing education credit.

## Overview

UCS staffing during 2012-13 included the following categories of administrative staff, support staff, professional clinical staff, adjunct staff, and trainees.

### **Administrative Staff:**

Sam V. Cochran, Ph.D., Director  
Julie M. Corkery, Ph.D., Assistant Director for Training  
Pauline Harrison, Administrative Services Coordinator  
Paula M. Keeton, Ph.D., Assistant Director for Clinical Services  
Eva Schoen, Assistant Director for Evaluation and Research  
Kathleen H. Staley, Ph.D., Assistant Director for Outreach

### **Support Staff:**

Cheryl Bates, Clerk III  
Susan Haffner, Clerk III  
Jeff Knock, Clerk IV  
Sally Robbins, Clerk III

### **Professional Clinical Staff:**

Audrey S. Bahrack, Ph.D., Staff Psychologist  
Helen Vogel Brady, Ph.D., Staff Psychologist  
Rebecca Brock, Ph.D., Staff Psychologist (College of Dentistry)  
Brad Brunick, Psy.D., Staff Psychologist  
Katherine Donahue, L.I.S.W., Clinical Case Manager  
Emmanuel E. Enekwechi, Psy.D., Staff Psychologist  
Lanaya L. Ethington, Ph.D., Staff Psychologist  
Huan-Chung Scott Liu, Ph.D., Staff Psychologist  
Ren Stinson, Ph.D., Staff Psychologist

### **Pre-Doctoral Psychology Interns:**

Kelly Clougher, Psychology Intern, Ball State University  
Joanne Petursson, Psychology Intern, Indiana University of Pennsylvania  
Huan-Hsiang Ueng, Psychology Intern, University of Memphis

### **Adjunct Staff:**

Joy Hudson, M. D., Adjunct Staff Psychiatrist, Student Health & Wellness  
Kelli Moran-Miller, Ph.D., Adjunct Staff Psychologist (Athletics)  
Paul W. Natvig, M.D., Adjunct Staff Psychiatrist, Student Health & Wellness

**Practicum Students:**

Erica Behrens, Practicum Student, Counseling Psychology  
Charles Bermingham, Practicum Student, Counseling Psychology  
Samantha Brown, Practicum Student, Counseling Psychology  
Jennifer Chang, Practicum Student, Counseling Psychology  
Alex Colbow, Practicum Student, Counseling Psychology  
Owen Gaasedelen, Practicum Student, Counseling Psychology  
Anna Hoffman, Practicum Student, Counseling Psychology  
Patrick Galligan, Practicum Student, Counseling Psychology  
Christina Louie, Practicum Student, Counseling Psychology  
Kristin Menke, Practicum Student, Counseling Psychology  
Michelle Nanji, Practicum Student, Counseling Psychology  
Alex Rice, Practicum Student, Counseling Psychology  
Allison Richards, Practicum Student, Counseling Psychology  
Anthony Rinaldi, Practicum Student, Counseling Psychology  
Kristin Wurster, Practicum Student, Counseling Psychology

**Post-Doctoral Supervisees:**

Rebecca Brock, Ph.D.  
Jessica Schultz, Ph.D.

The remainder of this report summarizes the services delivered in each of the three UCS service areas, additional UCS staff accomplishments during 2012-13, and UCS strategic goals that will guide our work during 2013-14.



## Services Provided

### Clinical Services

- Number of contact hours delivered:

	<b>COD Contacts (inc. Case Management)</b>	<b>Intakes</b>	<b>Total</b>
<b>2012-13</b>	2,093	923	3,016
<b>2011-12</b>	1,840	1,062	2,902
<b>2010-11</b>	1,539	1,059	2,598
<b>2009-10</b>	1,706	893	2,599
<b>2008-09</b>	1,520	813	2,333

	<b>Individual (inc. Psychoed. Testing)</b>	<b>Couples</b>	<b>Group</b>	<b>Total</b>
<b>2012-13</b>	4,526	237	2,053	6,816
<b>2011-12</b>	4,612	326	2,293	7,231
<b>2010-11</b>	4,204	185	1,993	6,382
<b>2009-10</b>	4,338	232	1,831	6,401
<b>2008-09</b>	3,958	189	1,346	5,493

### Outreach Services

- Outreach programs (includes Outreach NOS services)

	<b>Programs</b>	<b>Participants</b>	<b>Participant Hours</b>
<b>2012-13</b>	569	15,200	13,551
<b>2011-12</b>	835	16,532	14,386
<b>2010-11</b>	513	11,318	11,198
<b>2009-10</b>	442	14,586	15,021

- Consultations

	<b>Consultations</b>	<b>Participants</b>	<b>Participant Hours</b>
<b>2012-13</b>	181	720	272
<b>2011-12</b>	127	350	326
<b>2010-11</b>	67	203	239
<b>2009-10</b>	75	271	252

## Training

	<b>Fall 2012</b>	<b>Spring 2013</b>	<b>Total 12-13</b>
<b>Beginning Practicum</b>	11	9	11
<b>Advanced Practicum</b>	4	4	4
<b>Intern</b>	3	3	3
<b>Post-Doctoral Trainee(s)</b>	2	1	2

## Scholarly and Professional Activity

- Bahrnick, A.S.** (2012, October). Informed Consent for SSRI and SNRI Antidepressant Medications; Psychologists' Role (Part II). Continuing Education presentation for professional staff of the University Counseling Services, University of Iowa, Iowa City, IA.
- Brock, R.L.,** & Lawrence, E. (in press). Marital processes, neuroticism, and stress as risk factors for internalizing symptoms. *Couple and Family Psychology: Research and Practice*.
- Segre, L.S., Siewert, R., **Brock, R.L.,** & O'Hara, M. (in press). Emotional distress in mothers of preterm hospitalized infants: A feasibility trial of nurse-delivered treatment. *Journal of Perinatology*.
- Stasik, S., **Brock, R.L.,** Farach, F., Benoit, K., Wilson, K. (2013, Winter). The predoctoral internship crisis: Results from the revised internship survey. *Clinical Science, 16,* 15-20.
- Ryan, S. R., Brennan, P. A., Cunningham, P., Foster, S., **Brock, R. L.,** & Whitmore, E. (2013). Biosocial processes predicting Multisystemic Therapy treatment response. *Biological Psychology, 92,* 373-379. doi: 10.1016/j.biopsycho.2012.12.002
- Ryan, S.R., Cunningham, P.B., Foster, S.L., Brennan, P.A., **Brock, R.L.,** & Whitmore, E. (2013). Predictors of therapist adherence and emotional bond in Multisystemic Therapy: Testing ethnicity as a moderator. *Journal of Child and Family Studies, 22,* 122-136. doi: 10.1007/s10826-012-9638-5
- Brock, R.L.,** Barry, R.A., Lawrence, E., Dey, J., & Rolffs, J. (2012). Internet administration of paper-and-pencil questionnaires used in couple research: Assessing psychometric equivalence. *Assessment, 19,* 226-242. doi:10.1177/1073191110382850
- Lawrence, E., Orengo, R., Langer, A., & **Brock, R.L.** (2012). The impact and consequences of partner abuse on partners. *Partner Abuse, 3,* 406-428. doi: 10.1891/1946-6560.3.4.406
- Segre, L., O'Hara, M.W., **Brock, R.L.,** & Taylor, D. (2012). Depression screening of perinatal women by the Des Moines Healthy Start Project: Program description and evaluation. *Psychiatric Services, 63,* 1-6. doi: 10.1176/appi.ps.201100247
- Segre, L.S., Siewert, R., **Brock, R.,** Arndt, S. & O'Hara, M. (2012, October). *Listening Visits on the Neonatal Intensive Care Unit.* The Marcé Society International Biennial Scientific Meeting, Paris, France

**Brock, R.** (2013, March). *Establishing a Program of Research as a Graduate Student*. The University of Iowa. Department of Psychology.

**Ethington, L.L.** (2013, February). Positive Psychology in Outreach, Clinical Service, and Therapist Self-Care. Presentation at the 2013 Big 10 Counseling Centers Conference. Iowa City, IA.

**Liu, H. S.** (2012, August). Unveil the Sophisticated Impact of Social Factors on International Student Well-Being. Invited discussant in a symposium chaired by Wang, K. T., & Wei, M. at the 2012 APA Convention, Orlando, FL.

**Staley, K.H.** (2013). Meeting the Needs of Students with Asperger's and Autism Spectrum Disorders. Paper presented for the Big Ten Counseling Center's Conference, The University of Iowa, Iowa City, IA.

Ad hoc Reviewer, *Psychotherapy and Psychosomatics* (**Bahrnick**).

Ad hoc Reviewer, *Journal of Family Psychology*; *Journal of Social and Personal Relationships* (**Brock**).

Society for a Science of Clinical Psychology (SSCP)/Association for Psychological Science (APS) Career Mentorship Program Committee Member (**Brock**)

APA Division 12, Section 3, Society for a Science of Clinical Psychology (SSCP) Member of Ad Hoc Internship Committee (**Brock**)

*Wall Street Journal* (June, 2013). "The perils of giving advice" (**Brock**)

*Times of India* (February, 2013). "Unwanted advice harms your relationship" (**Brock**)

Editorial Consultant, *Psychology of Men and Masculinity* (**Cochran**).

Ad hoc Reviewer, *Professional Psychology: Research and Practice*, *Sex Roles*, *Journal of Clinical Psychology* (**Cochran**).

Convention program reviewer, APA Division 51 (**Cochran**).

Member, Elements of Excellence Task Force, **Association for University and College Counseling Center Directors** (Cochran).

Ad hoc Reviewer, *Psychology of Men and Masculinity*, *Journal of Behavioral Medicine*, *Journal of Clinical Psychology in Medical Settings* (**Schoen**).

Convention program reviewer, APA Division 17 (**Schoen**).

Conference program reviewer, **Association for University and College Counseling Center Outreach (Staley)**.

Taught Beginning Practicum (07P:434) (**Bahrlick**).

Taught Advanced Practicum (07P:453) (**Liu, Brunick**).

Taught First Year Seminar “You at Your Best: Using Positive Psychology to Thrive” (420:029:011) (**Brunick, Ethington**).

Secretary, **Association of Counseling Center Training Agencies (ACCTA)**, (**Corkery**).

President-Elect and Listserve Manager, **Association for the Coordination of Counseling Center Clinical Services (ACCCCS)** (**Keeton**)

Vice-Chair, **Women’s Resources and Action Center Advisory Committee** (**Keeton**)

Certification as trainer, **National Coalition Building Institute (NCBI)** (**Keeton**)

Certification as trainer, University of Iowa **Safezone** (**Keeton**).

Member, Steering Committee, **Association for University and College Counseling Center Outreach (Staley)**.

## Additional Accomplishments

- Continued collaboration with an associate dean from the College of Dentistry to integrate a half-time staff psychologist funded by the College of Dentistry, located in the College of Dentistry, and administratively housed in the UCS. Dr. Rebecca Brock filled this position for 2012-13, and this position has now been expanded to a full time position.
- Continued successful collaboration on the SWAT Academic Success Workshop Series with the Office of Retention and presented ten workshop sessions in both fall, 2012 and spring, 2013.
- Established and evaluated an eating disorder peer educator volunteer program that will continue in 2013-14.
- Awarded, through UCS director appointment in the College of Education, a three-year, \$270,970 suicide prevention grant funded by the Substance Abuse and Mental Health Services Administration of the Department of Health and Human Services.
- Continued to assist the International Students and Scholars Services office in facilitating the “Bridge Program.”
- Revised consultation process with the College of Liberal Arts and Sciences for students who request special academic consideration after receiving service at the UCS. This revision has resulted in electronic documentation of service received, and has cleared UCS COD schedules of students who had been required by CLAS to request documentation in person at the UCS.
- Several UCS staff continued to be actively involved in committees of the Iowa Psychological Association, including the Diversity Committee, Membership Committee, and Ethics Committee.
- Continued active participation in the Eating Disorders network in collaboration with Student Health & Wellness.
- Hosted a total of 15 beginning and advanced practicum students for the academic year.
- Provided 11 staff continuing education programs for a total of 15.5 hours of continuing education credit to UCS clinical staff.
- Continued to provide staff assigned as consultants to the residence halls and integrated a case conference-style debriefing meeting for residence hall staff to discuss difficult student issues that arise.

- Continued to offer consultation to Iowa Link in collaboration with Intercollegiate Athletics and the Undergraduate Academic Advising Center.
- Conducted joint case conferences on a monthly basis with Dr. Paul Natvig of Student Health & Wellness.
- Joined with Student Health & Wellness professional staff to host a pre-semester “meet and greet” the week before classes begin to introduce new staff and provide updates on new programs and initiatives.
- Continued offering counseling services in Mandarin Chinese and Spanish.
- Continued staff participation on UI Threat Assessment Team
- Continued staff participation on the Early Intervention Team of the Office of Retention.
- Staff participation on UI Alcohol Harm Reduction Committee
- Completed revision of UCS website in collaboration with the marketing department of the Iowa Memorial Union. New website was launched in May, 2013.
- Continued UCS Facebook page and UCS Twitter postings on each social media venue.

## Strategic Goals

Based on the UCS mission and the mission and priorities of the Division of Student Life, the following strategic goals were set for the 2012-13 year. Attainment is detailed. Following the attainment ratings of the 2012-13 strategic goals, strategic goals for 2013-14 are presented.

- Complete process of acquiring additional space in Westlawn.

**Status:** After completing discussions with facilities an additional five offices were transferred to the UCS. This brings the total office allocations in the fourth floor corridor of Westlawn immediately above our office suite to eleven rooms. The UCS administrative council has identified optimal use for these offices and has developed and implemented plans to fully occupy and utilize this space beginning in the summer of 2013.

- Continue to identify and implement collaborations with Student Health & Wellness.

**Status:** The UCS and Student Health & Wellness continue collaborations in several ways. We jointly participate in a professional staff “meet and greet” the week before classes begin to introduce new staff, group offerings, and program initiatives. The UCS hosts a monthly case conference with Dr. Paul Natvig. The UCS convenes and hosts an Eating Disorders Network team comprised of UCS staff and Student Health physicians and nutrition staff. Finally, the UCS and Student Health directors meet on a regular basis to discuss common concerns including the functionality of screening programs, space allocations in Westlawn, and staffing patterns and referral procedures.

- Complete first cycle of new personnel evaluation process.

**Status:** UCS revised the timeline and documentation required for professional staff personnel evaluations/performance appraisals. This was designed to align with the newly implemented HR and Division procedures. Based on informal feedback from UCS staff this process went smoothly and appeared to provide useful adjustments in how we have previously conducted these assessments. In particular, staff noted that meeting with the full administrative council in person instead of meeting with just the director was useful.



## **Strategic Goals**

### **2013-2014**

- Develop, implement, and evaluate a plan for offering evening service hours.
- Evaluate functions of the UCS Diversity Issues Steering Committee and the UCS Change Team in order to identify optimal staffing of each group.
- Integrate professional staff performance evaluation processes with new UI and Division performance evaluation procedures and timelines.