

C&R NEWS

Counseling & Rehabilitation Program Newsletter



Congratulations to Our Recent Graduates!



December Commencement

We would like to congratulate 3 students who, on December 16th, graduated from the Counseling and Rehabilitation program. **Beth Roum, Ally Stillman** and **Brandon Wright** congratulations on all of your accomplishments and hard work.

Welcome Newcomers

Welcome to our new spring '25 enrollees! We are excited for the addition of 9 new perspectives as part of our learning community!

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Save the Date

February 21st, 2025:
Comprehensive Exams

February 21st, 2025:
Professional Speaker
Series: feat. Dr. Paige
Shaffer

February 22nd, 2025:
Spring Learning
Community Saturday

February 27th, 2024:
Lunch & Learn: feat.
Dr. Courtnie Collins

March 7th, 2025:
SOM Semi Formal

CHECK OUT OUR SOCIALS



The Counseling & Rehabilitation Program's Advisory Board



The Counseling and Rehabilitation Program hosted the first of two Advisory Board meetings for the academic year on January 10th. The Counseling and Rehabilitation Program's Advisory Board is comprised of representatives from agencies and programs across the state who gather two times per year to share updates, perspectives, and notable trends in their area of

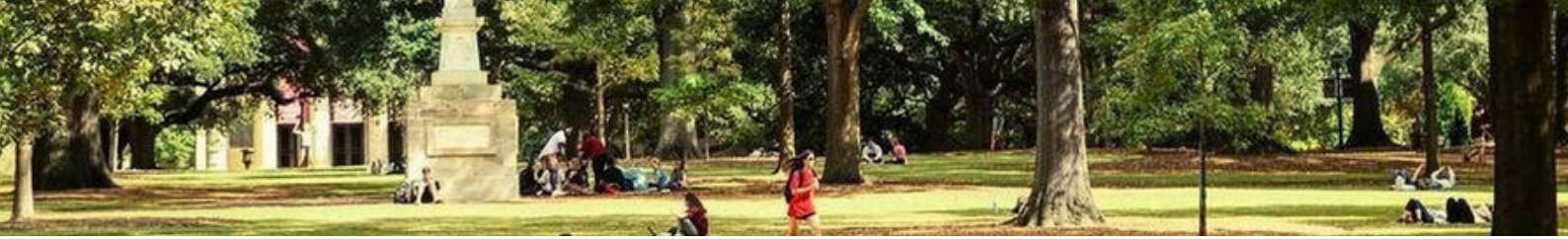
focus within the counseling field with an ultimate goal of positively impacting the Counseling and Rehabilitation Program and future counselors who will serve our SC communities.



Counseling and Rehabilitation
School of Medicine Columbia

UNIVERSITY OF SOUTH CAROLINA

The Advisory Board meeting also fosters an environment where Advisory Board members are able to promote and educate other attending professionals on offerings and services provided by their agencies and to build collaborative relationships with colleagues from across the state. The Board will convene again on June 6th, 2025.



Student Spotlight: Miyoshi Anderson



For this month's Student Spotlight, the C&R program recognizes Miyoshi Anderson whose journey as a Makeup Artist was recently featured as an article in *VoyageATL*. Read on to learn more about what Miyoshi is up to or [view the entire article on VoyageATL, by clicking here.](#)

Miyoshi Anderson's journey as a makeup artist began in 2018 while she was still in high school, but it wasn't until college at Georgia State University that her passion truly took off.

As Head MUA for the modeling club Infinite Appeal, she gained hands-on experience in fashion shows, short films, and music videos. By 2023–2024, her career reached new heights, working on pilot shows—including one directed by Keke Palmer—and impactful projects like an educational campaign on sexual assault awareness.

Alongside her artistry, Miyoshi pursued a B.S. in Psychology and is now earning her master's in Counseling and Rehabilitation at the University of South Carolina. She is passionate about the intersection of beauty and mental health, particularly within Black and Brown communities. Her research explores how beauty services can provide therapeutic benefits, blending her creative skills with advocacy.

Looking ahead, Miyoshi aims to expand this research, develop programs connecting beauty with emotional well-being, and take on projects that inspire and uplift. Her artistry is more than makeup—it's a tool for empowerment, healing, and self-expression.

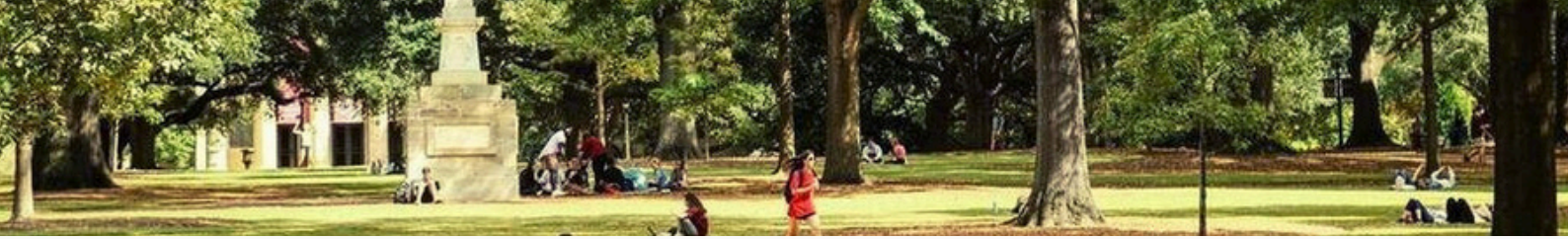
Follow Miyoshi's journey:

Website: mimikyo.wixsite.com/kyobeauty

Facebook: [@mimik.yo](https://www.facebook.com/mimik.yo)

Instagram: [@mimik.yo](https://www.instagram.com/mimik.yo)

Linktree: linktr.ee/Mimik.yo



Faculty Spotlight: Drs. Walsh & Sacco-Bene

Drs. Michael Walsh and Christine Sacco-Bene, along with Counseling and Rehabilitation Alumna Denise Cline Kelly have recently contracted with Routledge Taylor Francis on a book entitled **Family Systems Perspectives for Helping Professionals: Theory and Applications for Effective Leadership, Collaboration**, to be published within the series **Family Systems Counseling: Innovations Then and Now**, edited by Paul Peluso.



The book will explore how family system-based perspectives may be utilized in both counselor education (to teach potential counselors how to use the analytic tools associated with family systems in clinical settings), as well as a variety of professional settings such as higher education, teacher education for grade school and high school classrooms, non- and for-profit business, parenting, clinical areas such as play therapy, family work, individual work, and more. The idea is to expand the scope of what has been traditionally associated with family systems and systems-oriented models and theories into other areas in which the concepts and techniques may be particularly helpful. The book is currently scheduled for release in Fall of 2026.

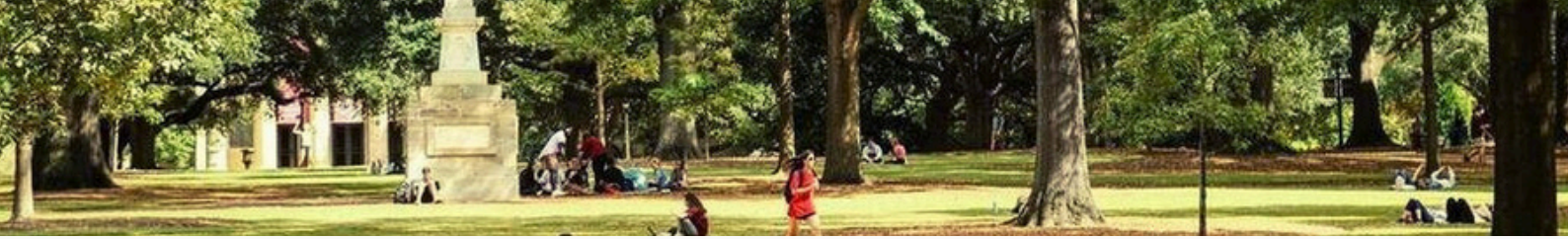
New Faculty Member!

We are thrilled to introduce Dr. Victoria Sepulveda as the newest member of the Counseling and Rehabilitation Program's team. Dr. Sepulveda brings a wealth of experience and expertise to our program, and we are excited to see how her unique skills will enhance the learning environment for both students and faculty alike.

Dr. Sepulveda has spent over 20 years in the counseling profession. She has provided services including substance abuse counseling, intimate partner violence treatment, program development, and grant writing. At present, she maintains a private practice in Wisconsin where she counsels people of all ages using a strength-based, culturally affirming approach. Her research interests are vast, incorporating topics like psychopharmacology in counselor education and multicultural counseling best practices.

Dr. V. has held leadership roles in several state, regional, and national counseling organizations. She is a former president of the Wisconsin Counseling Association and a past chair of the Midwest Region of the American Counseling Association. She most recently served as President of the North Central Association of Counselor Education and Supervision.





Step Into a New Reality: Explore the Counseling & Rehabilitation VR Lab!

CONTACT US STAFF & FACULTY

DR. DAWSON
Email: Robert.Dawson@uscmed.sc.edu
Phone: 803-216-3693

PATRICK DEMERY
Email: Patrick.Demery@uscmed.sc.edu
Phone: 803-216-3696

MADISON LOVEJOY
Email: lovejom@uscmed.sc.edu

EMILY KALLIS
Email: Emily.Kallis@uscmed.sc.edu

LINDSEY VEIT
Email: Lindsey.Veit@uscmed.sc.edu

Are you ready to explore the future of counseling, therapy and medical applications? The Counseling and Rehabilitation Virtual Reality Lab is open and invites you to experience the cutting-edge potential of virtual reality (VR) in improving mental health and physical well-being.

Whether you're curious about the possibilities of VR in counseling or interested in tools that can aid in and enhance physical recovery, this is the perfect opportunity to see firsthand how these innovative technologies can make a difference.

What is the Counseling and Rehabilitation VR Lab?
The Counseling and Rehabilitation VR Lab is a unique space where virtual reality meets healthcare. We offer a variety of VR simulations and

experiences designed to assist in counseling, trauma recovery, cognitive therapy, and physical rehabilitation. From stress reduction exercises to immersive environments that help patients regain mobility and strength, our lab is a one-of-a-kind resource for people seeking a modern approach to well-being.

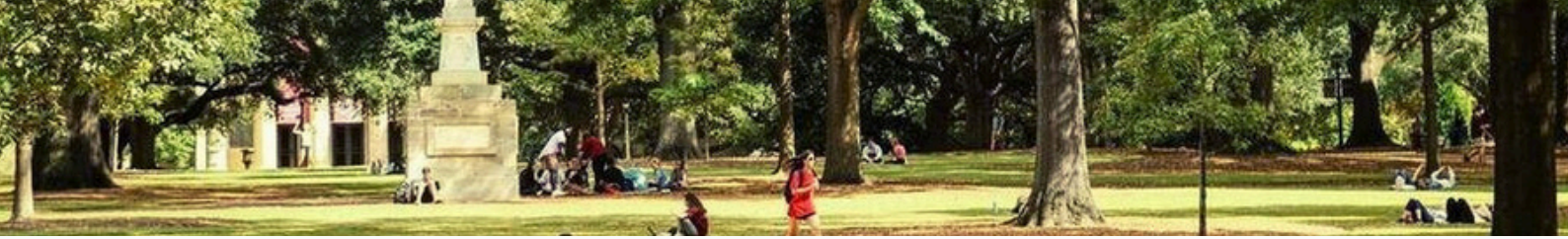
How Can You Get Involved?

We're inviting individuals to explore the Counseling and Rehabilitation VR Lab for free! Schedule a visit using this link, and our trained Graduate Assistants will guide you through various VR experiences based on your goals. It's the perfect opportunity to discover how these technologies can help improve mental health and support physical recovery.

Ready to take the first step into a new world of therapy and rehabilitation? Come visit us in Suite A2 of the lower level of Building 1 and discover the possibilities!

For more information or to schedule your visit, use the scheduling link or sign up using the QR code.





Career Discovery Lunch & Learn: John H. Magill School Mental Health Certificate Program

Join us on **February 27 at 12 PM** for a Lunch and Learn with Dr. Courtnie Collins to explore the John H. Magill School Mental Health Certificate Program. This program, developed by the South Carolina Department of Mental Health (SCDMH) in collaboration with the South Carolina Department of Education (SCDE), aims to expand access to school-based mental health services across all public schools in South Carolina. SCDMH created this certificate program to train professionals in evidence-based practices and address the growing need for mental health support in schools. Learn how this program connects with practicum and internship opportunities to help you gain hands-on experience and make a meaningful impact in school mental health!



Join Us for the Next Lunch & Learn!
[RSVP HERE](#)

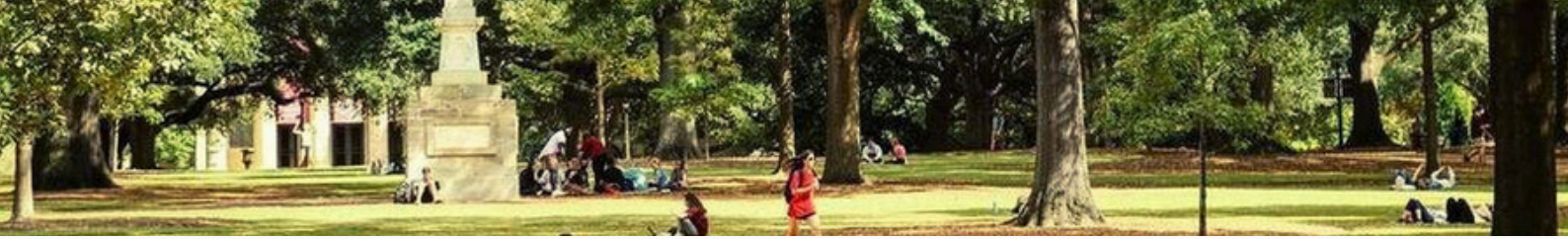
Professional Speaker Series: Feat. Dr. Paige Shaffer

Paige Shaffer, PhD., MPH, is an Assistant Professor of Medicine at the UMass Chan Medical School Department of Medicine, Division of Health Systems Science. Paige is an Epidemiologist with expertise in psychiatric epidemiology, the etiology of addiction, and biostatistics, and focuses on populations with co-occurring mental health and addiction. Paige previously worked as the assistant director of Statistics and Evaluation for the Massachusetts Department of Public Health, Bureau of Substance Addiction Services (BSAS), and previously as an epidemiologist at BSAS. She conducts research and writes on topics related to epidemiology, public health, homelessness, psychiatry, trauma,



Join Us! [RSVP HERE](#)

interpersonal violence, co-occurring disorders, disordered gambling, and addiction. She has consulted on numerous addiction-related projects with Laval University, The University of Sydney, the World Health Organization, Harvard Medical School Department of Healthcare Policy, and Harvard Medical School Division on Addiction.



CRSA

The Counseling and Rehabilitation Student Association (CRSA) has a ton of exciting events coming up over the next few months and is actively accepting new members to the organization. Not a member of CRSA yet? Joining is simple—just Venmo LaurenMichaels17 the \$20 annual fee for your membership and send her a quick email with your full name to lauren.michaels@uscmed.sc.edu.



Spring LCS

Join us for a Game Night after the spring session! We're looking for volunteers to help plan and select games, snacks, and themes. This is your event, so let us know if you'd like to be involved by emailing Allie Ledbetter at allie.ledbetter@uscmed.sc.edu

Peer Learning Program

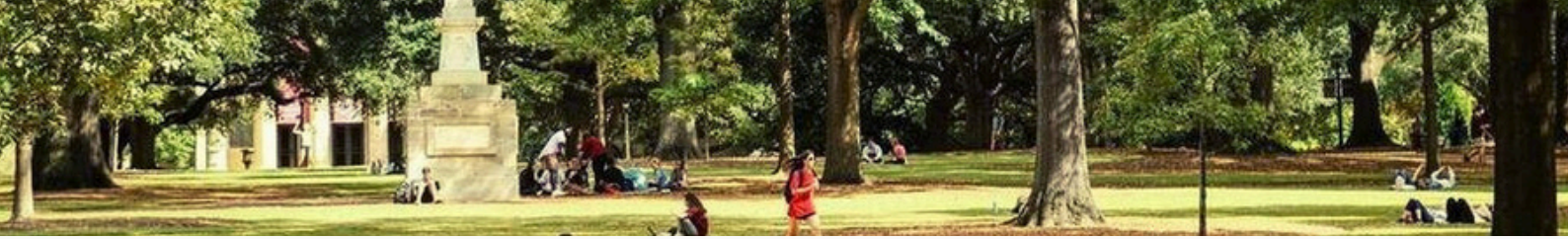
Interested in connecting with other students for mentorship and support? We're hoping to kick off a Peer Learning Program this spring, pairing students based on interests and goals. If this sounds like something you'd enjoy, [please fill out our Google interest form.](#)



Service Opportunity:

Food Drive

CRSA is running a food drive to give back to our community. We encourage everyone to bring non-perishable food items to drop in the collection box outside of the elevators in the basement of Building One. Every donation makes a difference!



Wellness Corner

In the demanding world of counseling and academics, self-care is essential for maintaining balance and well-being. One simple yet powerful self-care activity is movement—whether it’s a short walk between sessions, stretching at your desk, or engaging in a favorite physical activity like running or yoga. Regular movement helps reduce stress, improve focus, and boost overall mental health.

Take a few minutes each day to step away from your work, breathe deeply, and move your body. Your mind (and your clients or studies) will thank you!



APA Writing Tips: Formatting Charts & Graphs

Charts and graphs—referred to as figures—should be clear, well-labeled, and enhance the reader’s understanding of your work. Follow these key guidelines:

1. Number and Title – Assign a figure number (e.g., Figure 1) in bold above the chart or graph, followed by a concise but descriptive title in italics.
2. Placement – Insert figures as close as possible to their first mention in the text. Do not split figures across pages.
3. Labels and Legends – Clearly label all elements, including axis titles, data points, and legends, ensuring they are easy to read.
4. Captions – Below the figure, provide a brief caption explaining key insights, formatted in APA style. If the figure is adapted or reproduced from another source, include a proper citation.
5. Formatting and Accessibility – Use high-contrast colors, avoid unnecessary clutter, and ensure the figure is legible in both print and digital formats.

For more details, refer to **APA 7th Edition, Sections 7.22–7.36.**



Pet of the Month

Show us your pet by filling out the form below:

[Pet of the Month](#)

Save the Date

2/21 - Professional Speaker Series Presents:

Dr. Paige Shaffer

Join the first Professional Speaker Series event of 2025 as we welcome Dr. Paige Shaffer, an assistant professor at UMass Chan Medical School to discuss Recovery and Co-Occurring Disorders - [RSVP HERE](#) or email Patrick.Demery@uscmed.sc.edu

2/21- Comprehensive Exams

Five C&R students are prepping to take their Comps this month. Last semester we had a 100% pass rate.

2/22 - Spring Semester Learning Community Saturday

We're looking forward to hosting students in-person on the School of Medicine Columbia Campus (6311 Garners Ferry Road Columbia, SC 29209) on February 22nd from 8:45am - 4:15pm for the Spring '25 semester's Learning Community Saturday event

2/27 - Career Discovery Dialogue Lunch and Learn:

Dr. Courtnie Collins

Join us on February 27 at 12 PM for a Lunch and Learn with Dr. Courtnie Collins to explore the John H. Magill School Mental Health Certificate Program - [RSVP HERE](#)

3/7 - School of Medicine Semi Formal Event

This year's semi-formal event will be hosted at the South Carolina State Museum on Friday March 7th starting at 7 pm. Have a blast with your friends, classmates and plus ones at our very own masquerade ball! Heavy appetizers and drinks are included in your ticket. Get your tickets now before prices increase from \$65 to \$70 on February 1!



Please scan the QR code or click [here](#) to purchase your ticket online. For cash purchases, please contact Courtney Smith, courtney.smith@uscmed.sc.edu or Stephanie Wilczynski, wilczyns@uscmed.sc.edu.