

C&R NEWS

Counseling & Rehabilitation Program Newsletter



Learning Community Saturday



Each major semester, the Counseling and Rehabilitation Program hosts community partners, student and alumni presenters, faculty, counseling agencies from all over the state as well as our entire student population for a 1-day learning community event. This year it was held at our new home on the School of Medicine - Columbia Campus and included presentations such as **“Epic Quests: Finding the Power of Mythology in Modern Gaming,”** **“The Intersection of Career Development and Modern Health,”** and **“Serving First-Generation Americans and Immigrants with**

Disabilities” just to name a few of the 12 total presentations.



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Save the Date

November 1st, 2024: Talk Saves Lives Training
[RSVP Here](#)

November 8th, 2024: SOM Talent Showcase
[Sign up to perform](#)

November, 12th 2024: Lunch & Learn: Collaborative Care Model
Featuring Heather Coleman
[RSVP Here](#)

December 6th, 2024: Friendsgiving Event
[RSVP Here](#)

CHECK OUT OUR SOCIALS



Learning Community Saturday

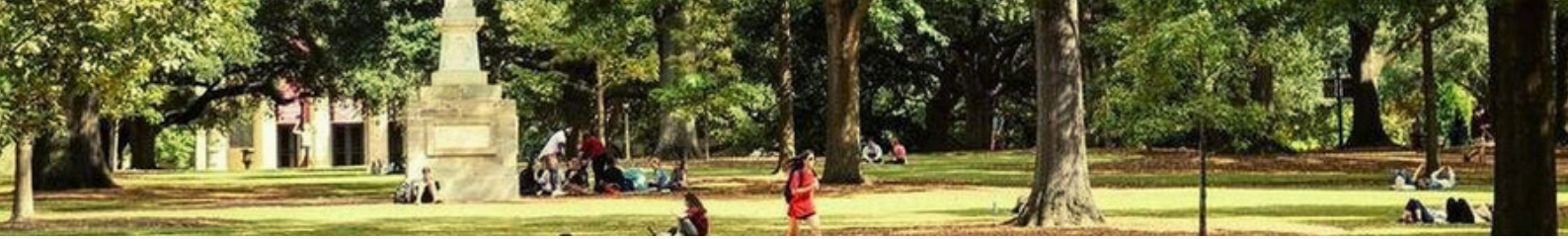


This year's event kicked off with a keynote address by Amanda Whittle, South Carolina's State Child Advocate (SCA) and Director of the South Carolina Department of Children's Advocacy (DCA). The day then provided other valuable presentations and experiential learning opportunities to attendees!

Students engaged in personal and professional development activities designed to promote professional identity, organize thinking regarding present professional status and accomplishment, solidify future academic and professional plans, and aid in professional presentation during interviews.



Should you or a colleague wish to engage in our next Learning Community Saturday event during the Spring 2025 semester on February 22nd, feel free to reach out to Patrick Demery at patrick.demery@uscmcd.sc.edu for additional information.



Speaker Series

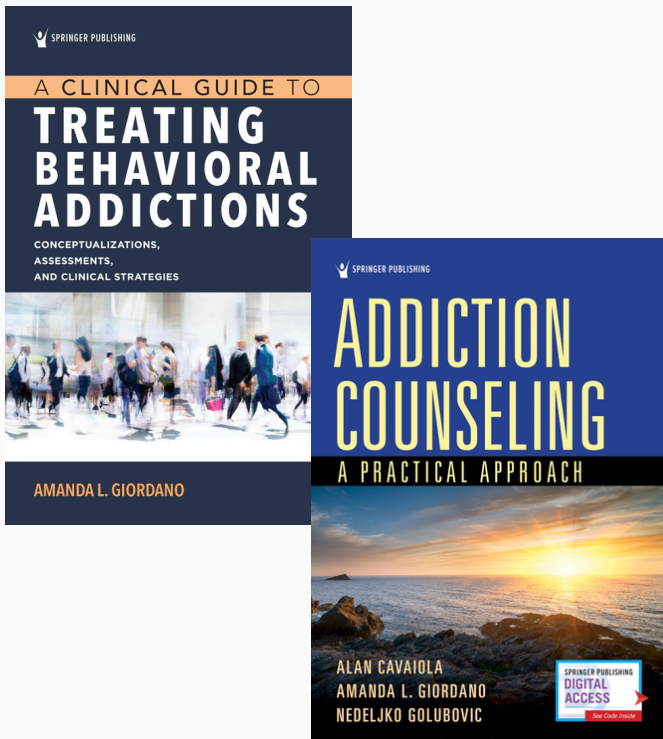
On October 11th, the Counseling and Rehabilitation Program welcomed Dr. Amanda Giordano as the most recent presenter to be featured during the program's Professional Speaker Series. The C&R Program was able to extend NBCC Continuing Education Credits to qualifying attendees of the presentation.

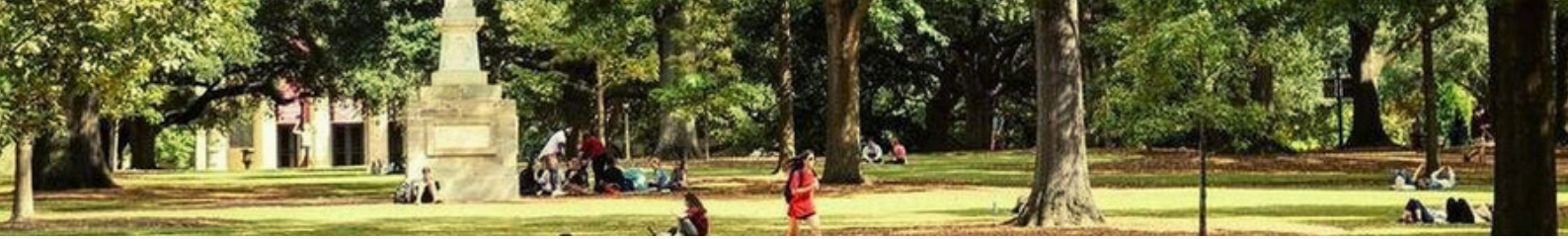
Dr. Giordano specializes in addictions counseling with clinical, instructional, and scholarly experience related to both chemical and behavioral addictions. She is the sole author of a clinical reference book titled, *A Clinical Guide to Treating Behavioral Addictions* and co-author of a textbook titled, *Addiction Counseling: A Practical Approach*.



Dr. Giordano virtually delivered her presentation entitled “**Clinical Work with Behavioral Addictions: A Primer**” to both a live and virtual audience. Attendees gained knowledge regarding how to conceptualize behavioral addictions, the use of reliable assessment instruments, and considerations when referring clients to peer support groups for behavioral addictions.

We look forward to passing on details soon regarding our next big guest speaker, Dr. Kim Meuser, who will be delivering a presentation on February 21st focusing on Dual Diagnosis within Psychiatric Rehabilitation.





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@uscmcd.sc.edu.



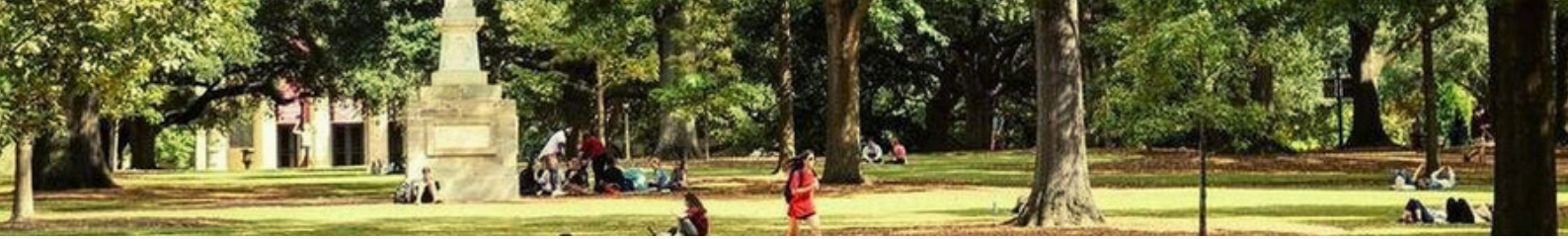
CRSA at Friendsgiving

This year, CRSA will have a special presence at Friendsgiving, introducing you to potential employers and site supervisors. It's a fantastic opportunity to network with professionals who can support your journey in counseling and rehabilitation! Plus, we'll be raffling off two \$10 Amazon gift cards to CRSA members attending the event. **RSVP for Friendsgiving here.**

Food Drive

CRSA is running a food drive to give back to our community. We encourage everyone to bring non-perishable food items to the Friendsgiving event on December 6th if you're able or to Patrick in Suite A6 prior to the event. Every donation makes a difference!





CRSA Merch

CRSA merch is available for preorder! Use our form to pre-order some CRSA gear and show your support for the organization. Once we have an idea of how many people are interested, we will send out official order forms with pricing information!

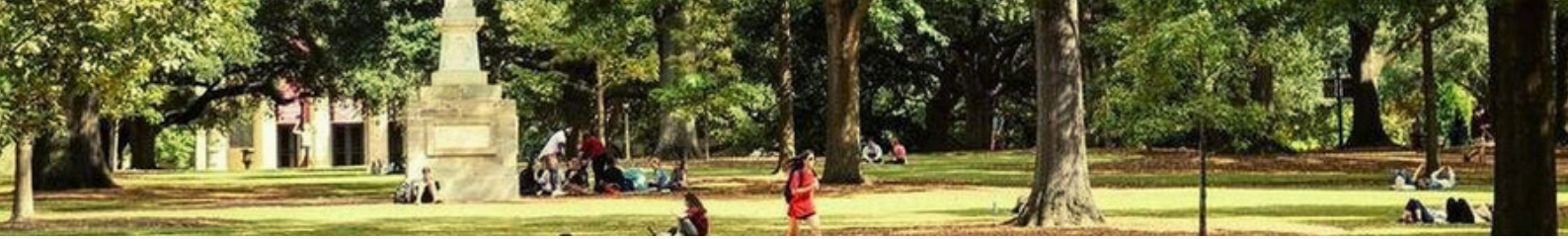
There are T-Shirts, Hoodies, and Crew Necks available sizes S to XL. T-shirts will cost between \$20-\$25, Crew Necks will cost between \$30-\$35, and Hoodies will cost between \$40-\$45.

More Exciting Opportunities!

Spring Learning Community Saturday – 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@uscmcd.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.





Friendsgiving

To express our gratitude for our students, alumni, colleagues, and the community partners, the Counseling and Rehabilitation Program at the University of South Carolina, School of Medicine Columbia holds a Friendsgiving Open House event each fall semester. This year, we invite you to join us on December 6th from 11:30am-1:30pm in our new location on the School of Medicine Columbia campus (6311 Garners Ferry Road, Columbia, SC 29209).

As part of the University of South Carolina community, the Counseling and Rehabilitation Program is dedicated to improving the lives of all South Carolinians, and your ongoing support of our students and program during networking events such as Friendsgiving is a huge part of helping us to make an impact. Should you be unable to attend but wish to support the C&R students through a monetary donation, you may utilize the donation link or QR code below.

Hoping to see you there on Friday, December 6th! Please use the RSVP link to confirm your attendance.

December 6, 2024
11:30 a.m. to 1:30 p.m.
Third Annual Counseling and Rehabilitation

FRIENDSGIVING

Open House



Click on the picture to listen in on the planning.

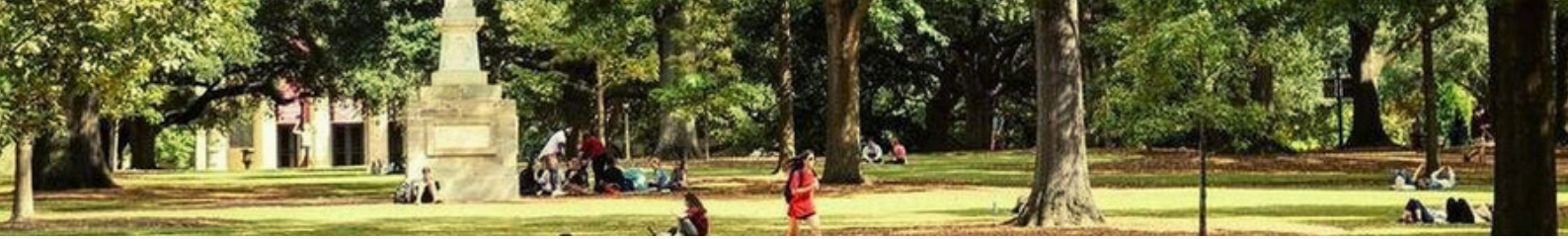
University of South Carolina - School of Medicine
Medical Education Campus
Building 1 - Lower Level
6311 Garners Ferry Road
Columbia, SC 29209

[Tap to watch Friendsgiving Invitation Video!](#)

[RSVP for Friendsgiving](#)

[Donation Link and QR Code:](#)





Scan the QR code to make an appointment

APA Writing Workshop

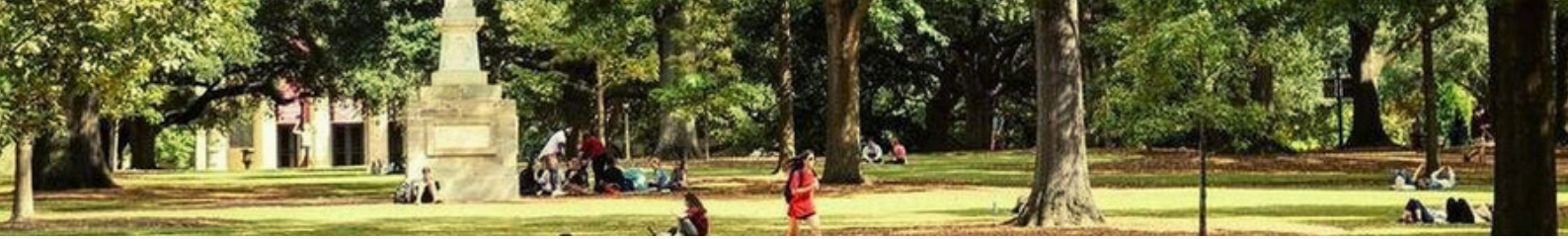
On October 14th, the USC Writing Center hosted a specially designed APA Writing Workshop tailored to students of the Counseling and Rehabilitation Program.

In this workshop, Dr. Deidre Anne Evans Garriott, the Director of the Writing Center, demystified advanced academic writing by focusing on common assignments in the C&R discipline, a literature review, and APA style and formatting.

Students who go to the Writing Center develop stronger reading, writing, and research skills, which is often reflected in higher grades. The tutors offer a safe place to ask questions, test ideas, and develop arguments. The tutors focus on your needs as a writer, so each session is different.

Students interested in setting up a private appointment with Dr. Evans Garriott may schedule using the QR code above.





Wellness Corner

Group study and accountability partnerships are effective strategies for boosting academic success and personal growth. When students study together, they can share insights, clarify difficult concepts, and keep each other motivated, which makes learning more interactive and enjoyable. Accountability partners offer mutual support by setting shared goals, tracking progress, and holding each other to deadlines, which can reduce procrastination and promote a sense of responsibility. This collaborative approach not only enhances understanding of the material but also fosters valuable skills like teamwork, communication, and time management, creating a more balanced and rewarding study experience.



Pet of the Month

Thank you to Cheri Braswell of True Grit Rabbitry who brought in her therapy rabbits during our Learning Community Saturday event!

Therapy rabbits provide calming companionship and reduce stress through gentle interaction, making them ideal for people of all ages. Their soft fur and quiet nature can help lower anxiety, ease loneliness, and create a soothing environment. For more information on True Grit Rabbitry, email Cheri at truegritrabbitry@prtcnet.com.

To have your pet(s) shared in next month's newsletter, complete this [form](#)!

Save the Date

11/1 - TOMORROW! Talk Saves Lives: A South Carolina DMH Presented Training Event

This presentation covers the warning signs and risk factors of suicide as well as the strategies that prevent it. Join us from 3:00pm-4:30pm. More details to come!

11/12 - Career Discovery Dialogue Lunch and Learn

We are excited to invite you to our next Career Discovery Dialogue Lunch and Learn on November 12th from Noon to 1 PM, featuring Heather Coleman, Behavioral Health Care Manager at Prisma Health in the Midlands. Back by popular demand, Heather will return to discuss the Collaborative Care Model and her experiences providing mental health services to patients in two family medicine clinics.

12/6 - Counseling and Rehabilitation Friendsgiving Event

To express our gratitude for our students, alumni, colleagues, and the community partners, the Counseling and Rehabilitation Program at the University of South Carolina, School of Medicine Columbia invites you to our Third Annual Friendsgiving Open House from 11:30am-1:30pm.

2/21 - Professional Speaker Series Presents: Dr. Kim Muesser

2/22 - Spring Semester Learning Community Saturday