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TRINITY CMHC PROGRAM

Mission Statement

Trinity's Master of Arts in Clinical Mental Health Counseling program offers rigorous academic and professional training in counseling, combining theory, empirical research, and practical experience.

The program deeply considers what it means to be human by emphasizing our embodied experiences, our relational needs, and our longing for healing and reconciliation. Grounded in a Christian perspective, we train counselors to consider all elements of their own humanity as they encounter both resilience and suffering in their clinical work. The program welcomes students of all faith traditions and emphasizes the formation of the whole person in the training of each student answering God's call to bring healing and restoration.

CORE COUNSELING FACULTY



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CRYSTAL ZANDERS
PhD, Assistant Professor of
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LETTER FROM PROGRAM DIRECTOR

The Clinical Mental Health Counseling Program continues to be strong and vibrant with the acquisition of CACREP accreditation and some important programmatic changes. We sent evidence of compliance of the one standard we were required to codify and operationalize and were granted full accreditation by CACREP.

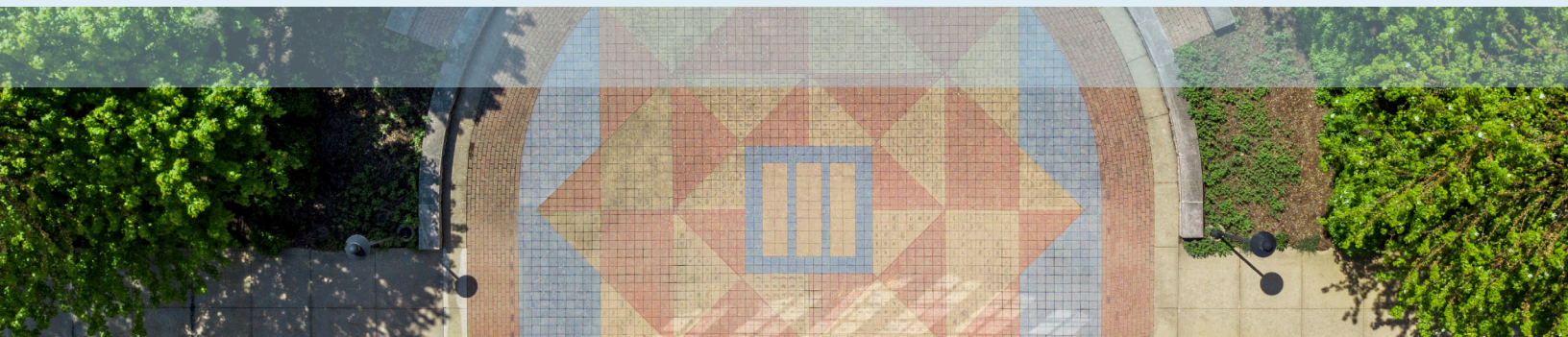
Dr. Crystal Zanders is settling in very well and has been a wonderful addition to the program. She has brought fresh ideas and a wealth of contacts in her role as the clinical placement coordinator. She has taken the process of student logs for practicum and internship from a paper format to an online one. She is currently in the process of establishing a Chi Sigma Iota Honor Society at Trinity Christian College. She has also earned the respect and affection of the faculty, staff, and students with her warmth and professionalism.



We adjusted our curriculum to move the practicum/internship experience to the end of the program so students can engage in all necessary coursework to prepare them fully for contact with clients. Students are also able to take the National Counselor Examination prior to finishing the program due to our accreditation. We have also added a new course titled Self-Care for Counselors to the curriculum that has been well-received by students. This course focuses on the need for students to provide self-care for themselves as well as to utilize it as an intervention for their clients.

CACREP requires we have three core counseling faculty, so we have instituted a search for an additional counseling educator. Please keep the administration, search committee, and applicants in your prayers as we move forward in this endeavor.

Deb Majewski, EdD, LCPC, CMHC Program Director



2023-2024 GRADUATES

Graduates

11 Total



FALL 2023



SPRING 2024



Student Demographics



42% White



8% Hispanic/Latino



17 % Black/African American



1% American Indian or Alaska Native

32% NOT INDICATED



PSYCHOLOGY AND COUNSELING RENEWED

In March, we hosted the Psychology Renewed Conference in person. Sarah Czopek offered an introduction to the theory and practice of Internal Family Systems.



Trinity Christian College Presents:

Counseling & Psychology Renewed Conference: *Internal Family Systems*

Speaker:

Sarah Czopek, MS, LCPC

When:

Saturday, April 27, 2024
9:00 AM – 12:00 PM CST

Summary:

Join us as Sarah Czopek offers an introduction to the theory and practice of Internal Family Systems. Sarah is the Owner and Executive Director Grace & Gratitude Counseling, PLLC. Sarah is a specialist who is EMDR Certified and has completed IFS (Level 3) training. She typically sees women with Complex PTSD or Generalized Anxiety Disorder.

Location:

Trinity Christian College
Grand Lobby of the Ozinga Chapel
6601 West College Drive
Palos Heights, IL, 60463

Scan to Register:



Cost:

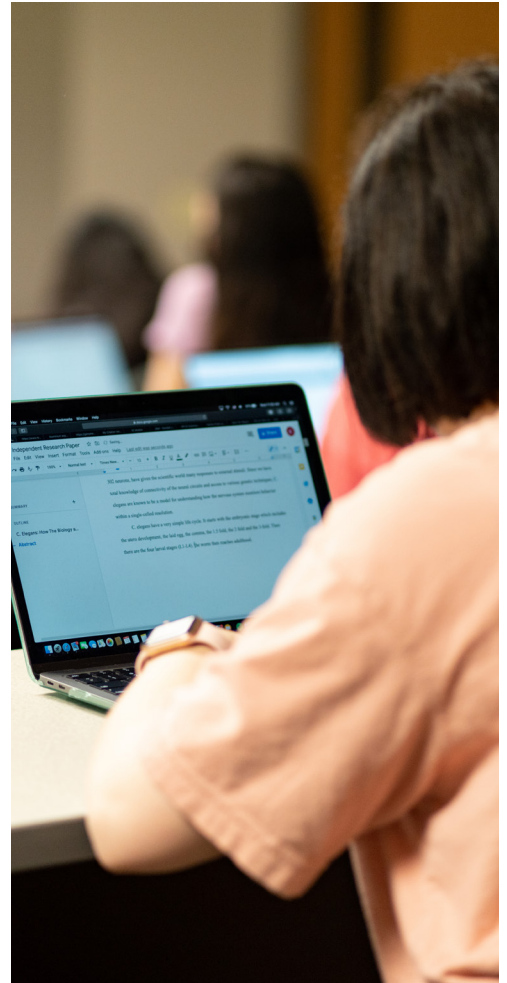
CEUs: \$30
Trinity Alumni: \$10 (CEUs are included in the alumni cost)
Current Students: Free with Registration

OVERALL PROGRAM UPDATES FROM 2023-2024

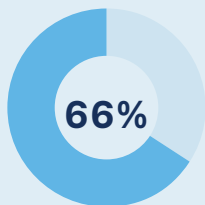
- Chi Sigma Iota Honor Program for counseling is being implemented here at Trinity. Dr. Zanders is leading the way and has begun the registration process. Applicants must have a GPA of 3.5 or better and have graduated from a CACREP accredited program. The name of our chapter is Theta Alpha Omega. Our first initiation ceremony will occur on December 12th. We currently have 13 students that have registered.

- We have had several students successfully complete the NCE exam while still enrolled in the program. This is a wonderful benefit of CACREP accreditation. The students studied hard and were very excited to graduate with their licensure already in hand. This led, in many cases, to immediate employment.

- We are currently interviewing candidates for the available position of CMHC faculty. This will bring our core faculty to three which is the minimum required by our accrediting body, CACREP.

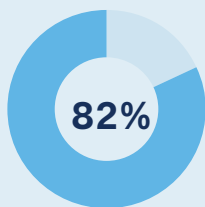


2023-2024 LICENSURE RATES



CMHC Graduate Licensure Rates

This was the first group of students who were eligible to take the NCE licensure exam while still in the program. Of those who took the exam, students experienced a 66% pass rate.



Employment Rate at Counseling Agency or Counseling Related Jobs After Graduation:

82% of our graduates are employed at counseling agencies or counseling related jobs after graduation. Many are hired by the agency where they did their internship.

NEWS AND INTERNSHIP HIGHLIGHTS

Practicum and Internships in 2023-2024

Our students have been serving and learning at a wide range of clinical sites this year. Many have worked both in-person and virtually providing care for clients in a range of ways. Many thanks to the site supervisors who provide hours teaching, mentoring, and guiding our students during this formative experience.

Balance Counseling & Wellness

Chicago Christian Counseling Center

Grace Integrated

Hope Enrichment Center

Linden Oaks Hospital

Maria Potter Counseling Services

Olive Branch Counseling

RIMYA Services

Turning Point Counseling



Illinois Counseling Association Chapter at Trinity Christian College



The Illinois Counseling Association (ICA) is the leading source of information regarding licensure, legislation, and developments in the counseling field in Illinois. Under Dr. Deb Majewski's guidance, Trinity created an ICA chapter on campus in 2018, made up of counselors, alumni, and current counseling students. Since then, members have sought ways to build community and share self-care and wellness resources and services on campus and in the neighboring communities.

During the past year, ICA members have refined that goal by targeting responses from their 2023 Palos Heights Area Community Survey which assessed areas where people in the community are seeking support. As a result, chapter members have conducted two wellness presentations at the Palos Heights library, which were very well received. On campus, they have provided stress management tools with Trinity student during final exams week. Chapter members are excited to build on this foundation and expand ways to continue fostering community, self-care, and wellness.

ALUMNI HIGHLIGHTS

Beth Woolf

Since graduating with my master's degree in Clinical Mental Health Counseling, I became a licensed professional counselor (LPC) and currently work at a private practice called Essentially You Counseling and Wellness Services in Bolingbrook, IL. I offer both in-person and telehealth sessions to individuals aged 14 and up, focusing on helping them navigate challenges related to depression, anxiety, and trauma processing. During my graduate studies, I discovered a deep passion for trauma work, which has become a cornerstone of my practice. I am currently working towards becoming a certified clinical trauma professional and plan to obtain certification in Eye Movement Desensitization and Reprocessing (EMDR) in the near future to further enhance my skills in supporting clients through their healing process.



Outside of my professional life, I enjoy taking time to explore parks and trails, a passion that allows me to unwind and connect with nature. I also love spending time with friends, diving into a good book, and experimenting with new baking recipes. As someone who thrives on outdoor activities, I am particularly excited to embrace the autumn season and all the beauty it has to offer. These hobbies and interests provide me with the balance and joy that I strive to bring to my work as a counselor.

Oscar Yanes

Upon graduating Trinity in 2017, I was given the incredible opportunity to return to teach psychology courses at the very institution that played a pivotal role in shaping me into the professional and person I am today. Teaching at Trinity has been a gift and it allows me the opportunity to provide education and training to future generations of individuals going into the helping professions.



Since graduating I have also earned my Licensed Clinical Professional Counselor (LCPC) and now direct a Mobile Crisis Response Team that is partnered with the National Suicide and Crisis Lifeline / 988. Our program offers 24/7 mobile crisis response and works closely with the community and first responders to provide support to those experiencing a mental health crisis. Implementing this program in our agency and community has been the highlight of my career. The work we do on a daily basis is meaningful and impactful. I am beyond blessed to be part of a program that can offer hope to others.

FACULTY PAPERS AND PRESENTATIONS



Crystal Zanders

Gibson, G. C. & Zanders, C. S. (2024, February). *Validating Qualitative Data Collection Measures*. [Webinar]. Scholarly Engagement, University of the Cumberland.

Zanders, C. S. (2023, November). *The Role of Counselors in Infertility and the Fertility Treatment Process*. Content session presented at the Illinois Counseling Association annual conference, Lisle, IL.

Accomplishments:

North Central Association for Counselor Education and Supervision 2024-2025
Emerging Leader

Theta Chi Omega - Chi Sigma Iota Chapter Charter



Deb Majewski

Illinois State Library Grant (OER CARES) for an online book entitled: *Self-Care for Counselors*, Granted June 2024

Interdisciplinary Simulation as a Means to Foster Confidence and Professional Competence
ICCTE Conference, 2024

AI and You

Trinity Staff Forum, 2024

Intentional Self-Care

Elim/Bethshan Staff Retreat, 2023

Wellness & the Importance of Intentional Relaxation

Trinity Staff Forum, 2023

In HIS Image: A Return to Magnificence: Life, Love, and Counseling

Tenure Lecture/Trinity Christian College, 2023

The Power of Acceptance

Feminar Women's Conference/Trinity Christian College, 2023

Strategies for Responding to Students in Distress

Teacher Institute Online Training, 2023

Teaching a Holistic Wellness Course as a Means of Coping with a Pandemic

NAKHE Conference/New Orleans, LA, 2023

FACULTY PAPERS AND PRESENTATIONS CONTINUED



Mario Guzman

Papers:

- Guzmán-Sescosse, M. (2023) La relación terapeuta-paciente como elemento clave en la terapia cognitivo conductual. [*The therapist-patient relationship as a key element in cognitive behavioral therapy.*] *Revista de Psicoterapia*, 34(126), 189–204. <https://doi.org/10.5944/rdp.v34i126.38036>
- Guzmán-Sescosse M, Galán-Jiménez JSF & Calderón-Mafud JL (2023). Bienestar psicológico, salud mental y pautas percibidas de apego: estudio comparativo entre mexicanos y estadounidenses durante la pandemia COVID 19 [*Psychological Well-Being, Mental Health and Patterns of Perceived Attachment: A Comparative Study between Mexicans and Americans during the COVID 19 Pandemic*]. *International Journal of Psychology & Psychological Therapy*, 23, 1, 67-78.

<https://www.ijpsy.com/volumen23/num1/631.html>

Presentations:

- Guzmán Sescosse, M. (26 de agosto del 2023) Técnicas basada en emoción e imaginación en la Terapia Cognitivo Conductual [*Techniques based on emotion and imagery in Cognitive Behavioral Therapy*] [Keynote] 7mo Congreso Internacional de Psicoterapia Cognitivo Conductual. Cancún, Quintana Roo, México.
- Guzmán Sescosse, M. (25 de agosto del 2023) La relación terapeuta-paciente y su importancia en el éxito terapéutico [*The therapist-patient relationship and its importance in therapeutic success*] [Keynote] 7mo Congreso Internacional de Psicoterapia Cognitivo Conductual. Cancún, Quintana Roo, México.
- Guzmán Sescosse, M. (2023, March 25) *Introduction to Schema Therapy* [Keynote]. Psychology Renewed Conference. Trinity Christian College. Palos Heights, IL. United States

Podcast. Descifrando Laberintos: <https://podcasters.spotify.com/pod/show/dr-mario-guzman>

Author of the online seminar “La Transformación del Adolescente” published on Udemy: <https://www.udemy.com/course/latransformaciondeladolescente/>

Personal Blog: <https://www.drmarioguzman.com/blog-1>

FACULTY PAPERS AND PRESENTATIONS CONTINUED



Jessica Clevering

Clevering, J. (2024, April). *Christ and culture beliefs as a predictor of attitudes and behaviors in public life: Developing a measure*. Presentation at the Henry Symposium on Religion and Public Life, Grand Rapids, MI.

Clevering, J. (2023, November). *Cultivating a sense of belonging among students*. Trinity Christian College Education Department Professional Development Session, Palos Heights, IL.

Clevering, J. (2023, October). *The brain and learning*. Invited talk at the Protestant Reformed Teachers Institute Convention, Randolph, WI.

Clevering, J. (2023, October). *Using cognitive science to help your students learn*. Invited talk at the Protestant Reformed Teachers Institute Convention, Randolph, WI.

Illinois State Library Grant (OER CARES) for an online book entitled: *Self-Management*, Granted June 2024



Derek Hassert

Gianotti, P., & Hassert, D.L. (2024). The Therapist Translator: Reflections on working with countertransference in the therapeutic relationship. *Psychoanalytic Review*, 111 (4) (inpress)

Hassert, D.L. (2023) Self and Others: Empirical and neuropsychanalytic considerations of superego and conscience. *The Psychoanalytic Review*, 110 (1), 1-22.

Completed psychoanalytic training through the Chicago Center for Psychoanalysis (Sept 2024), earning the Certificate in Psychoanalysis.



PROGRAM ASSESSMENT AND EVALUATION

Each year the faculty of the CMHC program undertake systematic evaluation of the program and its goals. Annually those findings are reviewed and adjustments made to the curriculum and training experiences based on our findings. During the past year we've been collecting data as part of our comprehensive program and student evaluation process.

Program Assessment and Evaluation

1. Students will articulate a professional identity as a Clinical Mental Health Counselor within the broader field of mental health practice.
2. Students will demonstrate the ability to integrate a faith perspective into the practice of counseling.
3. Students will demonstrate knowledge in the core counseling areas including ethics, multiculturalism, human development, career development, helping relationships, group work, assessment, and research.
4. Students will develop case conceptualizations resulting in treatment plans that integrate theoretical perspectives in counseling, research-based approaches, ethical decision making and social justice advocacy.
5. Students will deliver competent mental health services which attend to the developmental, multicultural, relational, and spiritual concerns of clients.

Assessment of Learning Outcomes

1. Data collected on PLO 1 suggests that overall, the program is meeting this outcome. Some missing data occurred due to changes in faculty. Our plan of action is to ensure that all data is collected in the upcoming year.
2. Data collected on PLO 2 suggest similar results as above. We will ensure that all data is collected for the upcoming academic year.
3. Data collected on PLO 3 shows that this outcome has been consistently met. Our plan is to maintain this current level of knowledge of the core areas of counseling.
4. Data collected on PLO 4 indicates that this outcome has consistently been met. This is a continuation of the success of the program at fostering this skill.
5. Data collected on PLO 5 indicates that the program is consistently meeting this goal. This suggests that counselors in training are successfully navigating their clinical experiences in preparation for entry into practice.

PROGRAM ASSESSMENT AND EVALUATION CONTINUED

Assessment of Students

Students are assessed on Key Performance Indicators at multiple points within the program. Additionally, dispositional measures are used in the counseling skills, practicum, and internship courses to provide feedback.

Initial data tracks student performance, knowledge, skills, and dispositional factors. Annual student feedback memos include attention to these factors.

External Survey Collection

As a part of the multi-year program assessment process a site supervisor survey is conducted once every three years. In 2024 the survey was sent and completed by 2 site supervisors. Feedback from the survey provided the counseling faculty with the opportunity to evaluate the curriculum and assess the need for ongoing growth.

See page 11 for quantitative survey results.

When asked “How likely would you be to consider taking on another Trinity Christian College intern in the future?”

Very likely and likely.

Qualitative Feedback offered by respondents included:

“I am pleased with working with Trinity Christian College students.”

“The intern I worked with developed good clinical skills but struggled with getting paperwork completed.”



Survey Results

Respondents were asked to rate the trainee's level of professional development:	Avg. Response
Commitment to profession	4
Understanding the purposes, organizations, and operation of the program.	5
Acting in a professional and ethical manner.	3
Interest and enthusiasm for the work.	5
Seeking out professional growth opportunities.	2.5
Effectiveness in working with others.	3.5
Effectively seeking and using feedback to improve performance.	3
Willingness to learn and try new ideas.	5
Evaluates clients from a wellness perspective focused on prevention.	5
Respondents were asked to rate the trainee's Counseling Skills:	Avg. Response
Ability to appropriately develop treatment plans that integrate a theoretical perspective.	4
Ability to work within a culturally diverse setting.	5
Considers developmental level of client during assessment.	3
Helps clients set achievable, measurable goals, and regularly assesses client progress.	5
Designs appropriate interventions based on hypothesis that utilize client strengths.	2.5
Intervenes with larger systems that impact families, when appropriate.	3.5
Works effectively in group counseling settings.	3
Considers spiritual concerns of client.	5
Assesses clients appropriately for crisis situations including suicide, domestic violence, etc and takes appropriate steps to ensure client safety.	5
Survey Results	4.45 avg.

It should be noted that the response rate for this survey was quite low.

ILLINOIS COUNSELING ASSOCIATION CONFERENCE

Several students and faculty attended the annual Illinois Counseling Association Conference to network with other counselors and counseling students and attend workshops to learn new skills and hear new ideas. Dr. Crystal Zanders presented at the conference with student Brooke Berry, and students Jenae Henao and Breanna Cordova presented their poster and answered questions from conference attendees.







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TRINITY

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