

COUC810-- Quiz: Intensive Week Journal 3—February 19, 2025

The morning presenter was unable to attend so Dr. Bohecker went to plan B to draw out comments and questions from those students who are less likely to speak up. Several comments were shared that helped to clarify some of the dynamics of the manuscript project we are working on for the week. **Hearing other students concerns helps me to feel well aligned with others by knowing they have areas where they feel overwhelmed as well. Thankfully this week has had limited times of overwhelming feelings!**

The first presenter for the 10:00 hour (Ms. Keyona Harper) was **very encouraging** and shared that this class was one that helped to mold her into a more confident contributor to the field. She shared that she ended up being the lead on here team and that one thing she learned is you must be a great follower to be an adequate leader. The second presenter (Tamika Lewis) also shared some thoughts about this class and how intimidating it was but how it has helped her to grow. TL said her manuscript team chose a topic that was not her choice, but she found in herself how to work with others and contribute to the team. TL said she had to “evaluate self” in her group because there were some who she did not align well with but put the group above self. TL also shared how cool it is to know her work has been published and implied it is a huge motivator.

The third presenter (Dr. Brian Paulson) is a graduate of the Liberty CES program and shared that he took the class back in 2021. BP shared that he believes a manuscript needs to have some pizzazz to help it stand out among all the other submissions. BP said he thinks having a routine of when to meet with a writing team to be able to give direct feedback and suggestions is a wise action plan. BP said it is important to know your journal before submitting. BP did his

dissertation on the lived experiences of addictions counselors and ways to build resiliency.

Suggested using our dissertations to produce future articles. BP shared that it has taken a while to get published but has been able to do so with persistence. The fourth presenter (Dr. Jody Vernan) is a graduate of the Liberty CES program. Discussed being patient and trusting the process and your team. Mentioned maintaining self-control. JV was intentional today to be respectful of the time and spoke briefly but with great meaning and contributed well to the class today.

The fifth presenter was (Dr. Katie Askren) and gave the quote of the day, “suck it up buttercup”. KA said when you are in a group where you do not get along, sometimes this is the best advice. KA went on to share that this dynamic does not change once you are a member of a faculty team. KA shared a scenario when she and her team had to say enough is enough because the lead was underperforming and would not relent, so the paper fizzled out. KA said to know your strengths and use them wisely. KA shared that the person you would initially say would never be your dissertation chair, may be the very person you choose (Dr. Volk was her never and indeed was her chair). KA also shared that we should be seeking to grow and help our weaknesses to become strengths. Shared an interesting thought about a pyramid scheme. KA ended with be willing to speak up and gave an illustration of the largest addictions company asked for feedback from employees and KA was the only one to respond. This response allowed her a seat at the table to affect changes in the company.

The sixth presenter was (Suzy Vaile) whom I have been in classes with previously. SV began with knowing the why behind wanting to present at a conference. SV suggested the book Strength Finders by Tom Rath and said it has been very helpful for her. SV encouraged us to find opportunities to present. SV has presented 23 times in the last year and a half but had to find them

(no one is likely to come ask you). The seventh presenter (Janita Daggy) who I have been in classes with as well. JD said she had no idea where to publish or present before being in this class. JD said she had to begin to consider what her strengths are and to use those. JD has been able to help with a chapter in a book. JD acknowledged that working in a team can be hard but she has been blessed with teams that just meshed well. JD shared that she was able to come up with a new intervention, presented it at a creative counseling conference and has now been invited to present it at an international conference. The seventh presenter (Deepa Emmanuel) shared that she has been a reviewer which has helped her to better understand the world of publishing and presenting better. Further, DE said to read articles and to learn to write with a professional flare rather than taking on a more casual voice. When writing, complete it, step back, and then come back to it to be sure it speaks clearly to the audience.

The presenters helped me to see accomplishments and to feel more hopeful of making it through the PhD program by their transparency of the struggles they have had to overcome. One person mentioned dealing with dyslexia and yet has been very successful. This was very encouraging. I also aligned with the person who mentioned comments about Dr. Volk. He comes across at times as harsh and hard to approach but really is a kind person deep inside and I believe would help any student in any way he could.

After lunch (1:00 ET) we had Dr. Linwood Vereen as a presenter. LV is a relationship from back in Dr. Bohecker's PhD program days. Current faculty at Oregon State University. LV put the onus for the class session direction back on the class. The first comment was around LV mentioning being a trailblazer. LV spent a few moments discussing this idea and used the idea of gaining feedback and helping to take this information to help move people in a forward direction.

LV said we must view ourselves in the role leaders and trailblazer to help move the counseling profession forward. LV shared some thoughts regarding who we are and what we do as compared to other fields such as psychology and social work. There was a question regarding co-writing with non-PhD individuals. LV said he does not look at to letters behind who he collaborates with as long as they are qualified and able to contribute.

Another question was regarding the pairing between the professional counseling field as compared to social work, psychology, etc. LV said we as professionals in counseling need to increase the quality of our work rather than being concerned with the quantity to move the counseling profession forward in its credibility. Another question was regarding the idea of linear vision and being told that was not okay because there is no research on the idea. LV said this is because we are often old and crusty in our thinking. Dr. Bohecker suggested that in the qualitative world this type on thinking is a growth of exploring ideas and allowing ideas to grow from and out of them.

A question was raised about LV's comment regarding the need for more outcome research. LV said we still need to be doing inward focused research on how we are doing but also be strategic in the needs and wants of those we are serving as the needs evolve. Another comment was regarding the disconnects and potential for segregation of modalities and how can we as a field be synergized rather than scattered. LV said it is a developmental challenge to need to have additional materials covered when there is no time in a program to add additional classes. LV mentioned that we will be amazed at the audience there is desiring the content we will be producing. LV shared a story of a person in Germany reaching out for access to an article LV had written.

LV shared he would like to suggest to his younger self to include other people in his efforts much sooner in his career. LV said he spent the first two years trying to go it alone. We had a short discussion about the need for new theories to be developed by the counseling profession. LV said he believes it can happen, but the commitment needed is daunting to some and may limit the number of people who may be willing to move forward. LV wrapped up with offering his cell phone number as a resource to reach out to him directly. LV shared some about the idea of trying to balance life as much as possible and making priorities to guide his scheduling.

Dr. Vereen was a delight and helped me to see that you can remain a kind and compassionate person, as a male leader in the field, while also being very knowledgeable and informed. LV had a presence that was very admirable (tone and posture), as did most of the guest today.