

OCTOBER/NOVEMBER 2020

# THE PARAPHRASE

Official Newsletter of The University of Illinois  
Counseling Center Paraprofessional Program

## Introduction

BY DEAVIONNE CARPENTER

Hello all, happy October! In this month's newsletter we will focus on the Integrative Health and Wellness and Trauma Outreach team's collaboration on "Well-O-Week", a week-long educational campaign to inform students on how to maintain their holistic health, a CCP and Alumni spotlight of the month and upcoming events hosted by the counseling center! We hope everyone is staying safe and enjoying their Breast Cancer Awareness month! Happy spooky season.



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# Wellness & Trauma Teams Collaborating for “Well-o-Ween”

BY JOSLIN PECK

This past month our Integrative Health and Wellness outreach team and our Trauma Response outreach team paired up to collaborate on a social media campaign for Campus Rec called Well-o-Ween. This week-long virtual wellness initiative focused on daily health and wellness tips and took place from October 26-30. Multiple different departments across campus came together to work on improving wellness on our campus.

Our contribution to the project consisted of a short, under 5 minute clip that covers the topics of mental wellness during COVID-19. In this video we covered the definition of wellness and made the distinction between health vs. wellness. We also elaborated on the 8 dimensions of wellness, focusing on the emotional wellness section. Specifically, relating this to our own mental wellness during COVID-19. Another important part of this is self care. Recognizing why self care is important, when we need it, and how to prioritize it can be challenging. We hope that our video gives you some tips and tricks to help your overall wellness moving forward, especially during the time of COVID-19.



Counseling Center  
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## Mental Wellness during COVID-19

Student Affairs  
UNIVERSITY OF ILLINOIS URBANA CHAMPAIGN



# Counseling Center Staff Spotlight

BY LUCY ROSE BYRNE

## **Sue Stock**

(she, her, hers)

- Associate Director of Clinical Services
- Ph.D., Counseling Psychology, Iowa State University
- Licensed Clinical Psychologist, Illinois



### **What are your roles and responsibilities at the Counseling Center (CC)?**

I am the Associate Director for Clinical Services. My administrative role is to oversee and coordinate our clinical services. I also am involved in a variety of committees and groups that focus on the workings of the Counseling Center. As a staff person, I engage in the full range of our services, including providing therapy, outreach, training, and crisis intervention.

### **What is your professional journey?**

I began in Student Affairs here at Illinois—I was a resident and a student staff member at Allen Hall. That led me to working in residence life as a graduate student, and most of my positions have blended my Student Affairs and Psychology backgrounds. My professional positions have mostly been in university counseling centers, and I have served as a Director and as a Dean before coming to the Illinois Counseling Center.





## Counseling Center Staff Spotlight Continued...

BY LUCY ROSE BYRNE

### Interview with Sue Stock Continued...

#### What is your proudest accomplishment?

Successfully raising my son as a single parent. Professionally, I am proud of what I have been able to contribute to my profession via several positions in professional organizations. Also, in my last position, I was able to start and build a new Counseling Center at a college that did not have one. That was very rewarding work.

#### What are your goals for the future?

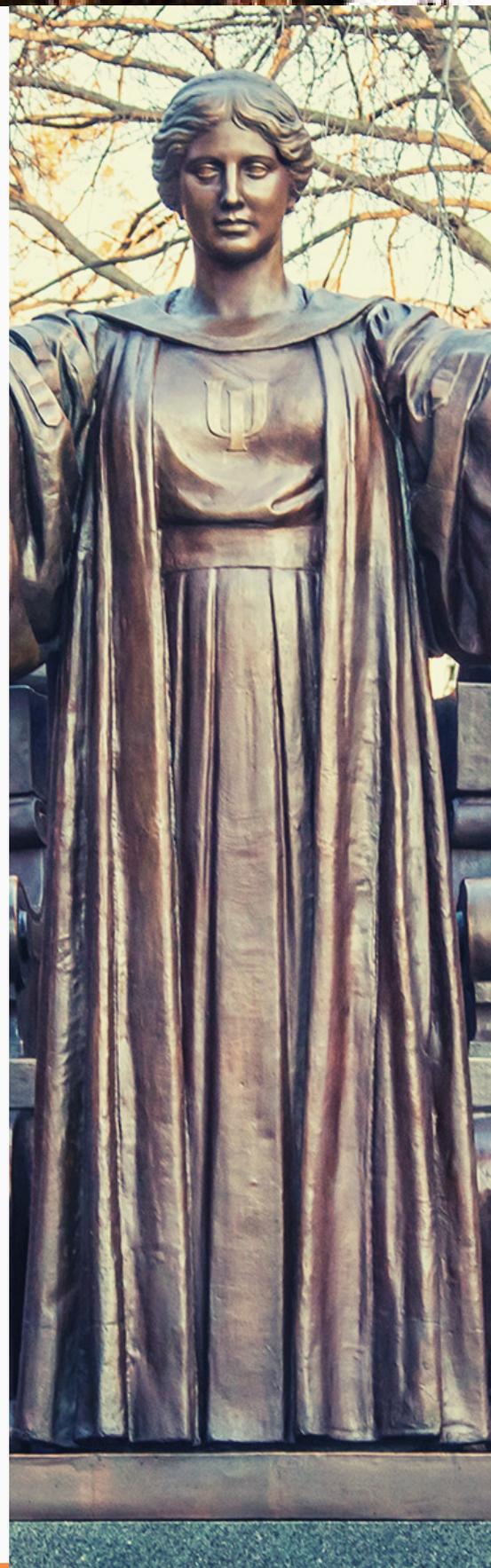
Building a life here in C-U and getting connected with the community. What are you passionate about? My family and friends, working toward social justice, community, live music, good food.

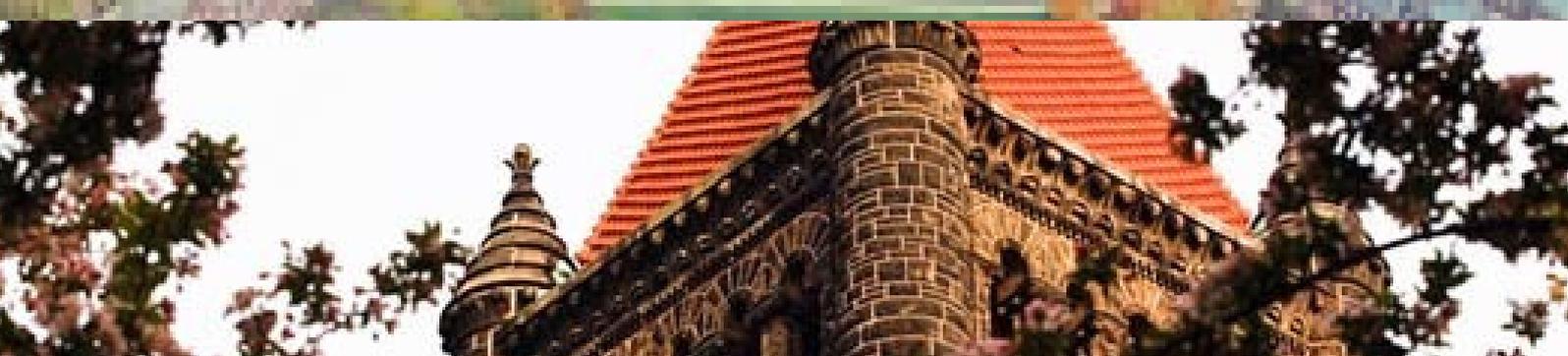
#### What is the most rewarding part of your job?

Knowing that what we do makes a difference in people's lives. We help them, and we help our community, because the people we help go on to contribute to our community and our world.

#### What do you wish every student knew about the CC?

How dedicated and talented the staff is. That we are frustrated by the limitations of Covid as well. Any words of advice to current CCPs? Keep doing what you are doing, you have made a great choice to be a CCP. You are starting in the right place—I started my career with an undergraduate programming position. Get involved and make sure you have a variety of experiences.





## CCP Spotlight

BY LATUNDE SAPARA JR.

### **Lilian Galvez**

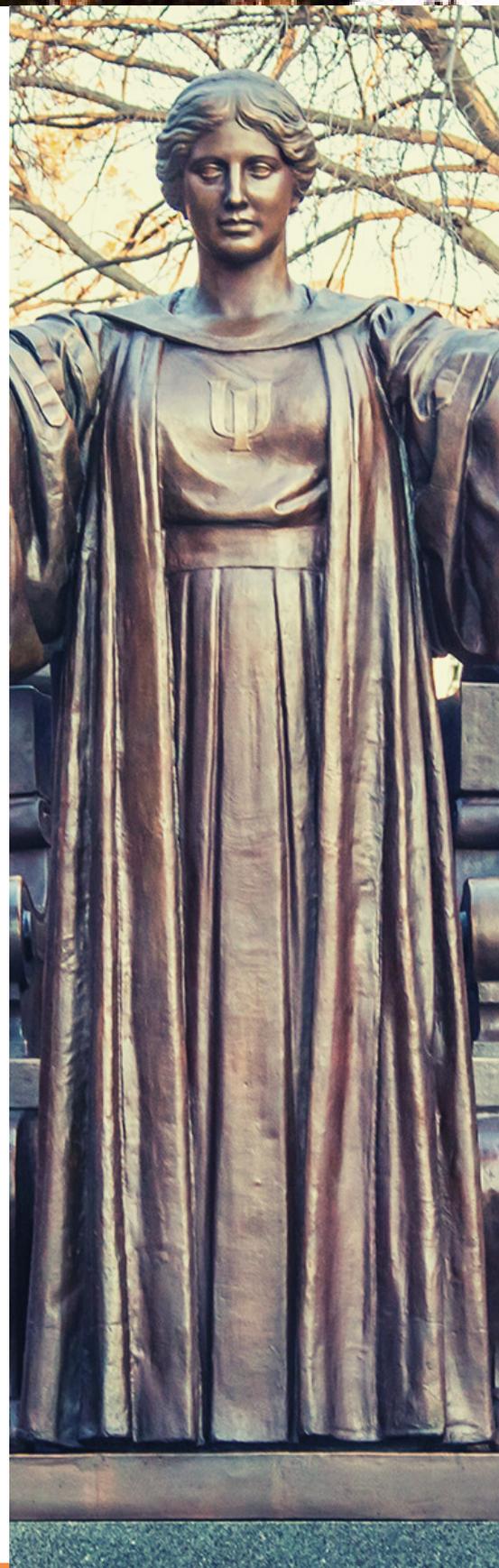
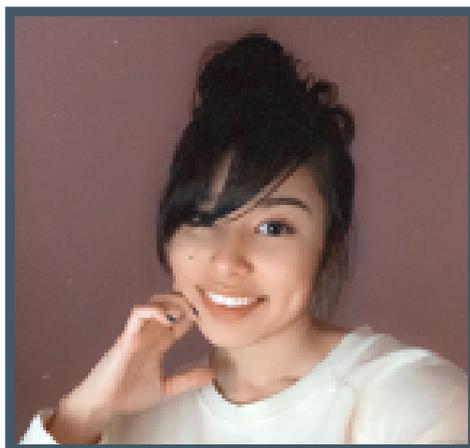
(She, Her, Hers)

Major: Social Work

Minor: Human Development &  
Family Studies

Year in School: Junior

Major and Minor Project Teams:  
Eating Disorders & Disturbances  
Outreach Team, Trauma Outreach  
& Prevention, Recruitment Team



### **Other involvements besides CCP:**

I am a FYCARE Facilitator for the Women's Resource Center where I lead interactive discussions that bring awareness to the importance of consent and campus sexual assault. Aside from school duties, currently, I am in the process of applying to hopefully become a peer mentor at Equip Health. Here I will provide support and companionship to patients recovering from an eating disorders with the collaborative guidance of licensed mental health professionals.

### **Career goals:**

One aspect of my life I am certain about is being able to selflessly serve people from every walk of life, particularly within the mental health field. I look forward to expanding my understanding of trauma and eating disorders. I feel passionately about working with systems and because marriage and family therapy is sort of unique in this way, I am excited to pursue a concentration within this field after my bachelors. Instead of thinking of problems residing in individual people, as many other disciplines teach, MFT sees problems as a result of issues in relationships-issues in communication, boundaries, expectations, etc. In the end, I just aspire to help people navigate their relationships in a healthier way to the best of their ability.



## CCP Spotlight Continued...

BY LATUNDE SAPARA JR.

### **What is one of the most interesting pieces of information that you have discovered from a Major or Minor Team this semester?**

In society, we are trained to believe trauma is severe abuse + neglect. What I have come to understand when it comes to trauma is that we all go through it differently and it goes far beyond the superficial definition. It's why I'm so passionate about expanding the definition. Trauma is not just the 'big' thing; 'big' events in life. In fact, trauma cannot be measured by an event. It's all the impact. It's the way the brain + body processes the impact. No two people experience trauma the same. Plus, at its core trauma is the loss of connection to self which can lead to deep loneliness, dissociation, isolation, and surface in our ability to connect with people.

### **What has been the most impactful lesson you have learned during your time as a CCP?**

We all are going through things that may not be visible to people. We all have 'issues' because we all have a story. And no matter how much work you've done on yourself, we all snap back sometimes and that's okay. It's part of being human. But remember, healing is a journey, not a destination. It isn't linear. It's messy. So, you do what you can and that is more than enough. And all you can do is take it one day at a time because when you get down to it, it's all we've got.

### **How can you apply the professional skills and knowledge you have retained as a CCP towards your future goals?**

The CCP experience has given me greater insight into implementing my self-awareness, blind spots, weaknesses and strengths as I grow. Some of the interpersonal skills when it comes to having difficult conversations on mental health have enabled my ability to continue to practice compassion, empathy, humility and understanding. This combined with being able to reflectively listen helps me harness my ability to develop the therapist and client relationship when it comes to therapy and working collaboratively.





## Upcoming Events

BY DEAVIONNE CARPENTER

**Counseling Center's RIO Online:** Thursday, October 22 and 29, 4-5 p.m. (Gies)\* Monday, October 26 and November 2, 5-6 p.m. (LAS)\*  
**In Focus Workshops:** Thursday, October 22 1:00-2:30PM Thursday, October 29 1:00-2:30PM

**Sit With Sankofa:** Thursday, October 22 4PM Thursday, October 29 4PM

**Daily Mindfulness Drop In Workshops:** Thursday, October 22 4:15-4:45PM Friday, October 23 4:15-4:45PM Monday, October 26 4:15-4:45PM Tuesday, October 27 4:15-4:45PM Wednesday, October 28 4:15-4:45PM Thursday, October 22 4:15-4:45PM Wednesday, October 28 4:15-4:45PM Thursday, October 29 4:15-4:45PM Friday, October 30 4:15-4:45PM

**Healthy Relationships in the Time of COVID-19:** Monday, October 26 12:00-1:00PM

**Overcoming Perfectionism:** Monday, October 26 1:00-2:30PM

**Expressive Arts Online Drop-In Workshop:** Monday, October 26 3:00-4:00PM

**Tuesday @ 7: Mood Food: Stress and Healthy Eating:** Tuesday, October 27 7:00PM

**Latinx Healing Collective:** Wednesday, October 28 3:00-4:30PM

**Slide Into Their DMs in a Healthy Way: Fostering Strong Relationships in a Digital World** Friday, October 30 12:00-1:00PM

**Healthy Relationships in the Time of Covid-19** October 26, 2020

**Well O' Week Collab with Campus Rec and IHW – Social Media** October 31, 2020

**CCP Outreach – Slide into their DM's in a Healthy Way: Fostering Strong Relationships in a Digital World** October 30, 2020 at 12pm

