

# C&R News

Counseling & Rehabilitation Program Newsletter

(Red brick pathways leading to a metal and brick gate. Behind the gate lie trees and a red brick building)

## Welcome Newcomers!

Please join us in giving a warm welcome to our new spring '26 enrollees! We are excited for the addition of 12 new perspectives as part of our learning community! Check out a quote below from first year student, Montrey Moultrie, on what he looks forward to as a new enrollee.



Montrey Moultrie

"I am looking forward to the learning opportunities within my courses and to building rapport with my peers, who may one day become my colleagues in the profession. I chose the USCSOM Counseling and Rehabilitation program because it was my top choice, not only for its strong track record of developing successful counselors but also for the intentional support demonstrated by its faculty. The curriculum will help me move toward my career goals by providing the foundation and certification necessary to begin my journey toward becoming a Licensed Professional Counselor. It will also strengthen my current role as a counselor assistant by deepening my understanding of counseling foundations, theories, and concepts that are essential in this field. I am especially excited to explore child and adolescent counseling and to delve further into multicultural counseling and how multiple cultural identities intersect. Additionally, I look forward to attending Learning Community Saturday. However, I am nervous since it will be my first; I am eager to meet individuals at various stages of their counseling careers and learn from their experiences." – **Montrey Moultrie**

## This issue:

Welcome Newcomers

PAGE 01

Student Spotlight: RJ Syndab

PAGE 02

Explore the Counseling & Rehabilitation VR Lab

PAGE 03

The Counseling and Rehabilitation Program Advisory Board

PAGE 04

USC School of Medicine Semi-Formal - 2026

PAGE 04

ARCA Pre-Conference Symposium

PAGE 05

Lunch & Learn, Blackboard: Did You Know?

PAGE 06

Save the Dates

PAGE 07-08

Assistive Tech Expo

PAGE 09

(Students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

# Save the Date

February 12th, 2026:

Building Your Professional Identity in Private Rehabilitation: An IARP Member's Perspective – [RSVP HERE](#)

February 27th, 2026:

Professional Speaker Series featuring Dr. Judy Daniels

February 27th, 2026:

Spring 2026 Comprehensive Exam

February 28th, 2026:

Spring 2026 Learning Community Saturday Event

March 6th, 2026:

USC School of Medicine Semi-Formal – [Purchase Tickets Here](#)

March 10th, 2026:

2026 Assistive Technology Expo – [Register Here](#)

March 22nd, 2026:

Walk, Run & Roll for Brain Injury Awareness – [Register Here](#)

April 8th, 2026:

ARCA Pre-Conference Symposium – [Register Here](#)

CHECK OUT OUR SOCIALS!



## Student Spotlight: RJ Syndab

For this month's Student Spotlight, the C&R program recognizes RJ Syndab, who was recently awarded the **NBCC Minority Fellowship Program for Addictions Counseling (MFP-AC)**. This nationally competitive fellowship supports graduate-level counseling students committed to serving underserved and underrepresented populations. In addition to easing the financial burden of graduate school, the MFP-AC offers professional development opportunities, national networking, and connection with a cohort of fellows across the country—supporting both personal growth and preparation for counseling practice.



RJ Syndab

When asked about his motivation for applying, RJ shared that the fellowship represented an investment in their growth as both a student and future clinician. Early in the program, RJ was still exploring his professional identity and whether counseling was the right fit. Receiving the fellowship felt like an affirmation—proof that he belongs in this field and that his evolving journey has value. Academically and clinically, the fellowship has allowed RJ to focus more fully on training without the constant pressure of financial strain, while also engaging more deeply in experiential learning alongside other professionals.

Looking ahead, RJ's long-term goal is to become a Licensed Professional Counselor (LPC), with a particular interest in working within school systems and supporting individuals navigating complex life transitions. The fellowship strengthens this path by expanding RJ's professional network and reinforcing a foundation rooted in service, reflection, and continued growth.

For fellow students considering NBCC scholarships, RJ offers this advice: *Apply—even if you feel unsure or don't have everything figured out yet. Authenticity matters. Your experiences and your story are enough.*



(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

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

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, interested in completing assignments for the courses **RCON 605**, **RCON 711** or **RCON 733** 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.



A flyer advertising VR library sessions.

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.

You can also find our GA's hosting free Virtual Reality mindfulness sessions in the School of Medicine Library every Thursday from **12:00pm-2:00pm**. Drop by to check it out!



(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

# The Counseling and Rehabilitation Program Advisory Board

The Counseling and Rehabilitation Program hosted the first of two Advisory Board meetings for the 2025 – 2026 academic year on January 9th. 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.



The USC School of Medicine.

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 12th, 2026.

## USC School of Medicine Semi-Formal - 2026

Get ready for the 4th Annual School of Medicine Semi-Formal! We can’t wait to celebrate another amazing year with all of you! This time, we’re bringing a touch of Parisian magic to the night with our theme: “La Vie en Rose.” Think pink hues, romantic vibes, and a little French flair — but don’t stress about sticking to the theme! Dress in whatever makes you feel fabulous.



Semi-Formal Advertisement Flyer.

As always, we’ll have light appetizers, beer, and wine to enjoy throughout the evening. Plus, expect great music, dancing, and plenty of fun with your classmates and friends. Tickets tend to go fast, so grab yours early and get ready for an unforgettable night!

📍 [Central Energy Columbia, SC](#)  
📅 Friday, Mar 6 from 7 pm to 11 pm EST  
[Purchase Tickets Here](#)



(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

# ARCA Pre-Conference Symposium

Join the American Rehabilitation Counseling Association (ARCA) for their 2026 Pre-Conference Symposium on April 8 in Columbus, OH as they bring together rehabilitation counselors, counselor educators, students, disability advocates, and allies for focused learning, collaboration, and connection.

This symposium is approved for CRC and NBCC continuing education credits (up to 7 CE's)

**APRIL 8, 2026**  
**START AT 8.00 AM**  
**COLUMBUS STATE COMMUNITY COLLEGE CONFERENCE CENTER, COLUMBUS, OHIO**

**ARCA**  
AMERICAN REHABILITATION COUNSELING ASSOCIATION

## PRE-CONFERENCE SYMPOSIUM

### STRENGTHENING COMMUNITY AND ENGAGEMENT

Join the American Rehabilitation Counseling Association (ARCA) for our 2026 Pre-Conference Symposium on **April 8 in Columbus, OH** as we bring together rehabilitation counselors, counselor educators, students, disability advocates, and allies for focused learning, collaboration, and connection.

This symposium is approved for CRC and NBCC continuing education credits (up to 7 CE's)

**APRIL 8, 2026**      **START AT 8.00 AM**      **COLUMBUS STATE COMMUNITY COLLEGE CONFERENCE CENTER COLUMBUS, OHIO**

We hope you will then also join us the next day, **April 9**, for 3 more education sessions with CE credit followed by our Annual Membership Meeting at 1:00 p.m.

**REGISTRATION OPTIONS:**  
ARCA PROFESSIONAL MEMBER - \$90  
ARCA STUDENT MEMBER - \$60  
NON-MEMBER PROFESSIONAL - \$135  
NON-MEMBER STUDENT - \$85

**APRIL 9 REGISTRATION ONLY:**  
NON-MEMBER PROFESSIONAL - \$20  
NON-MEMBER STUDENT - \$10

For More Information Visit [www.arcaweb.org](http://www.arcaweb.org)  
and to register visit: <https://arcaweb.org/conferences/>

A blue flyer displaying details for the ARCA Pre Conference Symposium.



You may also join ARCA the next day, April 9, for 3 more education sessions with CE credit followed by their Annual Membership Meeting at 1:00 p.m. For more information, visit [www.arcaweb.org](http://www.arcaweb.org).

**[REGISTER FOR THE EVENT HERE](#)**



(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

# Building Your Professional Identity in Private Rehabilitation: An IARP Member’s Perspective

Join us on **Thursday, February 12, at 12:00 PM** for a virtual Lunch & Learn featuring Hantac Chang, member of the International Association of Rehabilitation Professionals (IARP).

This interactive session will provide students and professionals with an open discussion on how involvement in professional organizations like IARP can enhance career growth in private rehabilitation through networking, mentorship, and exposure to diverse clinical, vocational, and forensic opportunities.

[RSVP HERE](#)

Log in using this link:

<https://uscmcd.webex.com/uscmcd/j.php?MTID=m6ea0cf47bf2a0018ffd1040ff9c83e61>



Hantac Chang

## Blackboard: Did You Know?

Did you know that the Rehabilitation Learning Community Blackboard page contains an entire section devoted to self care resources for counselors? Check out the Professional Development tab which contains an archive of helpful articles pertaining to self care and mindfulness for Counselors and Therapists.

Whether you’re a student nearing graduation or just interested in learning more about self care as a counselor, be sure to check out this useful section of Blackboard.





(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

# Save the date for the NAMRC's 31<sup>st</sup> Annual Training Conference:

# SAVE THE DATE

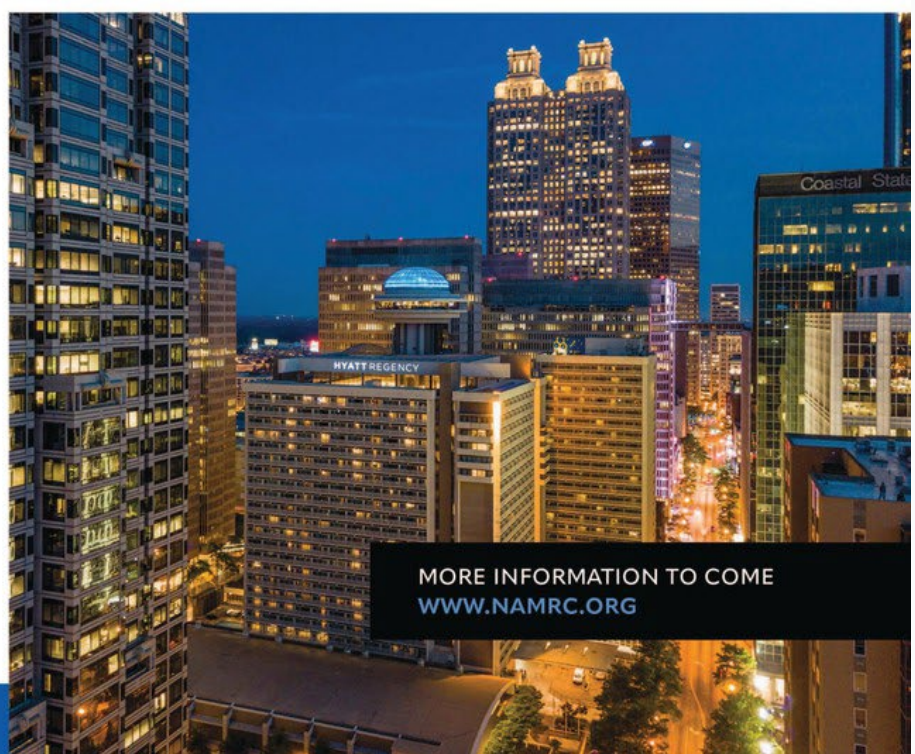


National Association of Multicultural Rehabilitation Concerns

## NAMRC 31<sup>ST</sup> ANNUAL TRAINING CONFERENCE

### 22-25 JULY 2026

HYATT REGENCY ATLANTA  
265 PEACHTREE, ATLANTA, GA 30303



MORE INFORMATION TO COME  
[WWW.NAMRC.ORG](http://WWW.NAMRC.ORG)



(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

# Save the Date: Walk, Run & Roll for Brain Injury Awareness



## WALK, RUN & ROLL for brain injury awareness

Join us as we rally for brain injury survivors and their families at Canalside, followed by a lively reception with food, drinks, a DJ, and family-friendly fun at Bierkeller. Gather your team, get moving, and help raise awareness and funds for this vital cause!



**March 22 • 2–5 p.m.**  
600 Canalside St., Suite 1009



Learn more and register at [biaofsc.com/wrr-2026](http://biaofsc.com/wrr-2026).

Register by March 3 to receive an official t-shirt!





(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

# Register Now for the 2026 Assistive Technology Expo

You're invited to attend the **2026 South Carolina Assistive Technology Expo**, a free, full-day event showcasing innovative assistive technology for people of all ages and abilities.

Join on **Tuesday, March 10, 2026, at the Columbia Metropolitan Convention Center** for hands-on exhibits, live demonstrations, and informative workshops focused on practical solutions for individuals with disabilities.

## Who should attend?

Individuals with disabilities, family members, seniors, veterans, educators, and healthcare professionals are all welcome.

## What to expect:

- An exhibit hall featuring the latest assistive technology products and services
- Information and continuing education sessions beginning at 9:30 a.m. with time built into the schedule to explore exhibitors between sessions.
- Free CEUs available for multiple disciplines, including OT, PT, SLP, nursing, social work, educators, counselors, and more



Two children utilizing assistive technology.

## South Carolina Assistive Technology Program

CENTER FOR DISABILITY RESOURCES  
SCHOOL OF MEDICINE  
UNIVERSITY OF SOUTH CAROLINA

Scan to Register!



<https://bit.ly/47aVgPS>

Exhibits will be open from **8:30 a.m. to 3:30 p.m.** The full workshop schedule will be available next Friday on our Expo webpage.

**Location:** 1101 Lincoln St, Columbia, SC 29201 Columbia Metropolitan Convention Center, Columbia, SC

**Cost:** Free and open to the public

**Register today.**

If you need accommodations to participate, please contact at [janet.lambert@uscmed.sc.edu](mailto:janet.lambert@uscmed.sc.edu) at least one week prior to the Expo or call at **803-935-5263**.



(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

# Wellness Corner

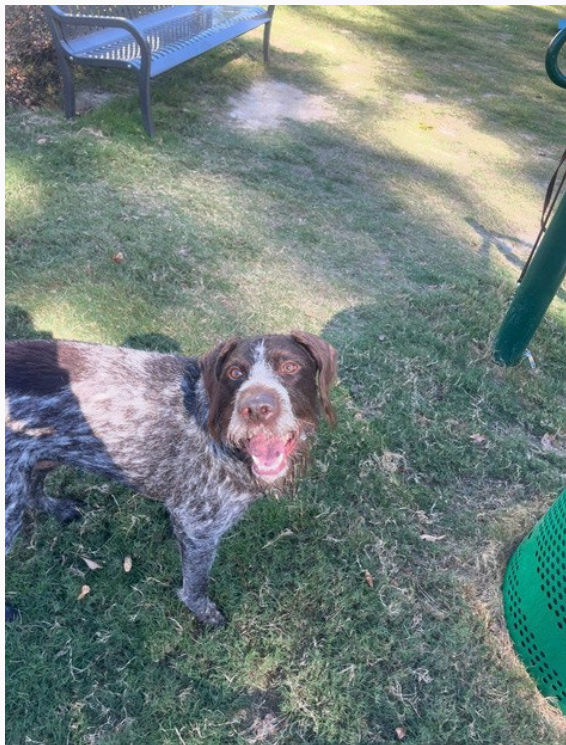
As the school year begins, it’s important to prioritize your well-being alongside your academic responsibilities. Building in small acts of self-care—such as setting realistic schedules, taking breaks, and staying connected with supportive peers—can help reduce stress and prevent burnout. Remember, taking care of yourself is not a luxury; it’s essential for your success both in and out of the classroom.



A cartoon graphic to represent self-care during work hours.

# Writing Tip: Running Head

In APA 7th edition, student papers no longer require a running head—only a page number in the top right corner of each page. A Level 1 heading is used for the main sections of your paper and should be centered, bolded, and written in title case. Using Level 1 headings helps clearly organize your paper and guide the reader through your content. (Source: <https://owl.purdue.edu>)



Milo poses for the camera!

# Pet of the Month

Meet Milo, a 5-year-old German Shorthaired Pointer and German Wirehaired Pointer mix with a playful, mischievous spirit. No sock is safe when he’s around, but his sweet personality quickly makes up for it! He loves to run, play fetch, and spend his days full of energy and affection. - **C&R Student, Emily Kallis**

Show us your pet by filling out the form below:

## Pet of the Month

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2/12/2026 - Building Your Professional Identity in Private Rehabilitation: An IARP Member's Perspective - [RSVP HERE](#)

2/27/2026 - Professional Speaker Series featuring [Dr. Judy Daniels](#)

2/27/26 - Spring 2026 Comprehensive Exam

2/28/26 - Spring 2026 Learning Community Saturday Event

3/6/2026 - USC School of Medicine Semi-Formal - [Purchase Tickets Here](#)

3/10/2026 - 2026 Assistive Technology Expo - [Register Here](#)

3/22/2026 - Walk, Run & Roll for Brain Injury Awareness - [Register Here](#)

4/8/2026 - ARCA Pre-Conference Symposium - [Register Here](#)