

THE SEVENTH ANNUAL  
GRADUATE STUDIES  
PROJECT SYMPOSIUM



ASSUMPTION COLLEGE

APRIL 7, 2016

Graduate Symposium  
Hagan Campus Center Hall

Program Schedule

4:00 P.M.

Welcome

Dr. Leonard Doerfler, Director of  
the Counseling Psychology  
Program

Dr. Louise Carroll-Keeley, Provost  
and Academic Vice-President

4:15 P.M.

POSTERS

**Successful Transition through IEP Awareness**

*Janel Peterson, (2015), Jaime LaFlash*

Special Education

**Positive Mental Health in Schools**

*Brittany Hanna*

School Counseling Program

4:45 P.M.

BREAK

**5:00-5:45      PRESENTATIONS**

**Doing Business in the European Union**

*Adelajda Tego*

MBA Program

**The Effects of a Mindfulness Intervention on  
Urban Adolescents in Alternative Education**

*Matthew Silva*

School Counseling Program

**A Study Examining the Efficacy of a  
Community-based DBT program**

*Salome Wilfred, Mary Johnston,*

*Jason Prior, Alexander Cerbo*

Counseling Psychology Program

**5:45 P.M.      Presentation of Certificates of  
Recognition**

**Leonard Doerfler and  
Nanho Vander Hart**

## POSTER

### Successful Transition through IEP Awareness

Janel Peterson, (2015), Jaime LaFlash

Special Education

Successful transition, as well as college and career readiness, is mandated by IDEA (2004) and by NCLB. Promoting Individualized Education Programs (IEPs) and disability awareness in students with special needs through active engagement in the development and implementation of their IEPs through repeated exposure increases understanding of individualized learning styles and improves self-concept. This, along with prior experience advocating for accommodations in high school, creates a successful transition to college.

Faculty Advisor: Dr. Nanho Vander Hart

## POSTER

### Positive Mental Health in Schools

*Brittany Hanna*

School Counseling Program

Mental health is part of overall health and therefore has a tremendous impact on our students and their learning. The main focus of this poster presentation will be to provide information and resources on creating and sustaining an environment of positive mental health at all levels of a school system. Topics include self-care, stress-management, mindfulness, healthy coping strategies, a healthy work-life balance, and strategies for effectively communicating with school staff to support them in promoting this environment.

Faculty Advisor: Dr. Evans Tsoules

# PRESENTATION

## Doing Business in the European Union

Adelajda Tego

Master of Business Administration  
Program

This presentation will provide a detailed analysis of the many risks and benefits of doing business in the European Union. The presentation will provide a comprehensive history of the EU and the original intent for its formation, and then trace the development of the EU through its many stages of growth, and analyze its prospects for future development and foreign business investment. Critical components of this analysis will include the immigration crisis, the devalued euro, the Greek financial crisis, the threatened British exit from the EU, and a host of challenges and opportunities in the present day European Union.

Faculty Advisor: Dr. Stephen Willand and  
Eric Druart, MBA Director

## PRESENTATION

### The Effects of a Mindfulness Intervention on Urban Adolescents in Alternative Education

Matthew Silva

School Counseling Program CAGS in Resiliency

This study investigated the effects of a mindfulness intervention on adolescents attending an alternative high school in Fall River, MA. This intervention was comprised of P. Broderick's *Learning to Breathe* and K. Reivich and A. Shatte's *The Resilience Factor*. The intervention was divided into a 6-week group format facilitated by a clinical social worker. The study looks at two groups who completed the intervention as well as a comparison group who attended the same school, but did not take part in the group. Results revealed that participation in this intervention reduced stress levels and increased coping skills and resiliency.

## PRESENTATION

### A Study Examining the Efficacy of a Community-based DBT program

Salome Wilfred, Mary Johnston,  
Jason Prior, Alexander Cerbo

Counseling Psychology Program

Dialectical behavior therapy (DBT) was developed to treat borderline personality disorder (BPD). DBT has shown to be efficacious and has been adopted in community agencies. The purpose of this study was to examine the efficacy of DBT in a particular non-profit community social service agency in western Massachusetts. Clients completed a set of validated measures as part of routine assessment upon entry to the program, which included Beck Scale for Suicide Ideation, Patient Health Questionnaire-9, PTSD Check List, and Brief Addiction Monitor. This study examined 59 adults, who were predominantly Caucasian (92%), receiving treatment by the agency.

Faculty Advisor: Dr. Leonard Doerfler



*Graduate Symposium Planning Committee*

Dr. Leonard Doerfler  
Director, Counseling Psychology Program

Dr. Nanho Vander Hart  
Director, Special Education Program

Assumption College  
Graduate Studies Programs

Master of Business Administration (MBA)

Master of Arts degrees (MA)  
Certificate of Advanced Graduate Studies  
(CAGS)

Counseling Psychology

School Counseling

Special Education