

SOCIAL WORK & COUNSELING CONNECTION

newsletter

April 2019

Clinician Conversation



Justin Barrasso, LCPC, NCC
Clinical Director
The Jefferson School and
Residential Treatment Center

Why did you become a counselor?

I started at The Frost School as a middle school social studies teacher. At Frost, teachers are considered part of the treatment team. Through this experience, I learned that I was more interested in the healing properties of a therapeutic relationship than that of the teacher/student relationship.

What are your current job tasks?

I just became the Clinical Director of The Jefferson School and Residential Treatment Center on March 4th so I am still adjusting to my new role. Currently, my main task is to learn about the staff and students. I am very much looking forward to working with the therapists with whom I will be supervising!

What do you like best about your job?

I work with some really amazing, skilled, and talented people. Throughout my time at The Frost School and The Jefferson School, I have learned to value the positive relationships that have developed and will hopefully continue to develop over time. I really enjoy the opportunity to be helpful and supportive to both students and staff. Further, I like being able to partner with staff through strengths and challenges - that makes me feel good about my job.

Do you have a particular clinical philosophy?

My clinical philosophy is more of an integrative perspective than a strict adherence to one modality. I believe in customizing therapy to the individual - not the diagnosis - along with maintaining a strong therapeutic rapport and alliance. I try to consider a person's level of psychological reactivity, stage of change, preferences, coping style, culture, and religion/spirituality. More specifically, I believe in the power of the therapeutic relationship. I think Irvin Yalom said it best when he said, "The relationship is the therapy."

Thanks for all you do, Justin!

Thank you, Counselors, for all that you do!



COUNSELING AWARENESS MONTH | APRIL 2019

Staff Shout Outs!

Thank you to everyone who helped to plan the social work, counseling, and discharge coordinator luncheon and celebrations! Our chief nursing officer, Laura Webb, and social work coordinator, Caroline Cahn, look forward to traveling throughout the health system to continue the celebration!

The **Towson Adult Service Line** would like to recognize the following staff:

- Manda Lollar (A7)—Facilitating group in CROP
- Elena Michelson (TE)—Completing PSEs on CAU
- Jen Mittelman (Sullivan)—CBT consults with patients on TG
- Lydia Moshili (2H)—Completing PSEs on TE and CAU
- Melissa Nolan (2F)—Completing PSEs on CAU
- Lauren Ruest (CAU)—Offering to provide coverage on A7
- Courtney Haile (TE)—Completed PSE on CAU
- Susan Allen (2H)—Offered to help with PSE on CAU
- Matt Casey (2H)—Offered to help with PSE on CAU

Professional Development in Counseling

Continue to develop your practice with these resources:

- [American Counseling Association](#)
- [Counseling Today](#)
- [COUNSGRADS Listserv](#)
- [DIVERSEGRAD Listserv](#)
- [National Board for Certified Counselors](#)
- [The Professional Counselor](#)
- [i-counseling](#)