

A Counselor's View of Italy - 2024

...an international institute and a refereed conference
for counseling graduate students,
counselors, and counselor educators

University of Holy Cross
New Orleans, Louisiana

in partnership with

NBCC International Capacity Building
National Board for Certified Counselors
Greensboro, North Carolina

www.nbcc.org

Two-Week Institute
in Tuscany, Italy

May 21 – June 7, 2024

The institute experience:

- This institute provides the opportunity to learn about counseling from American and Italian mental health professionals. It offers the comfort and security of a planned itinerary that includes an American guide who is fluent in Italian. Participants stay the entire two weeks in the same room in a magnificent 16th century villa that features a spectacular view of the Tuscan hillside or in a nearby modern apartment complex. Classes are held in a beautiful renovated chapel. Visits to a small Italian village are included that provide a flavor of Italy that can only be experienced in the rural countryside. Major cities in Tuscany will be visited including two days in the culturally rich city of Florence as well as Greve, San Gimignano, Siena, Pisa, Lucca, Pienza, Reggello, and Montepulciano, plus Assisi which is in Umbria.
- The University of Holy Cross has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4268. The University of Holy Cross is solely responsible for all aspects of the programs.



COVID-19 Announcement:

We anticipate that international travel will continue to be normal by summer of 2024. However, if Italy or the United States or guest houses, museums, or restaurants impose any type of restrictions on international travel at that time, participants must conform to participate in the institute.

Cost:

- \$2,845 United States Dollars (USD) Program Fee
 - (\$950 USD additional for a single room)

Included in the program fee:

- Room (shared room with shared bath); Single rooms available for additional fee of \$950 USD
- Most meals
- 30 continuing education hours (including 6 hours in ethics)
- All transportation within Italy
- Health and travel Insurance
- Entry to several museums included in the tours
- English speaking institute guide throughout trip
- Local guide in Siena
- 3 academic credits for degree-seeking University of Holy Cross students
- ½ tuition for students at other universities earning academic credit at the University of Holy Cross

Not included in the program fee:

- Your roundtrip airfare from your home to Rome, Italy
- Lunches on day trips to ancient cities
- Hotel room at Rome Airport or in Rome the evening of arrival and the evening prior to the flight back to the United States
- Wine, soft drinks, and snacks at the villa
- Personal purchases and gifts
- Tuition for participants who wish to earn academic credit if they are not University of Holy Cross degree-seeking students. See details below.

Rooms for the Institute:

- Some rooms share baths.
- Most rooms are in the villa or collonica at Casa Cares. See <http://www.casacares.it>. Some participants stay in modern apartments at Casa Pagni that are located a 10-minute walk or quick free shuttle ride from the villa. Apartment residents have kitchens and living areas in shared apartments. See these websites to view the apartments: <https://www.facebook.com/Casa-Vacanze-SantAgata-1461973050734207/> and <http://www.casavacanzesantagata.com/index.html>
- Participants will share rooms and bathrooms with one or more other participants unless the single room fee of \$950 USD extra is paid.
- Roommate requests will be granted to the extent possible.
- Participants will be asked their room preferences, but room locations are not guaranteed.

Credit options at the University of Holy Cross:

- 3 graduate credits in counseling (master's or doctoral level)
- 3 undergraduate credits in psychology or counseling

- See detailed information below regarding credit course options at the University of Holy Cross and other universities.

Application Information:

To apply for the 2024 institute, click on the link below, complete the application, and submit your payment:

<https://www.eventbrite.com/e/a-counselors-view-of-italy-2024-may-21-june-7-2024-tickets-674457148487?aff=oddtcreator>

You can either pay the deposit (and make two additional payments) or make the full payment when you apply. There is no deadline for applying, but once the institute has filled, no additional participants will be accepted. Capacity is limited so early applications are encouraged.

Payment Information:

Program Fee: \$2,845 USD
(\$950 USD additional for a single room)

Payment Schedule: \$300 USD deposit due upon approval of application; \$1,273 USD due on January 15, 2024; and final payment of \$1,272 USD due on March 15, 2024. (Note: If a single room is requested, the final payment will be \$2,222 USD.)

Financial Aid: Students who receive loans for their education may be eligible for increased loan amounts the semester they enroll in a study abroad program. Students who wish to make a presentation at an institute might be able to apply at their universities for travel to refereed conferences, if such funding exists. Very few grants exist for international study abroad experiences. If you need a budget for the institute to give to your financial aid officer at your university or if you need additional information about financial aid, contact the program director, Dr. Ted Remley at tremley@uhcno.edu.

Refunds:

COVID-19 Refunds: In the event the institute must be cancelled due to COVID-19 or any other similar world event, all payments made, including deposits, will be refunded.

Deposits: Deposits of \$300 USD are not refundable, except for the COVID exception above.

Participants Who Withdraw: Payments made in addition to the \$300 USD deposit are fully refundable until March 1, 2024 if participants withdraw. From March 1, 2024 to April 15, 2024, participants who withdraw will receive a refund of payments made in addition to the deposit less \$1,000 USD due to nonrefundable deposits that will have been previously paid for participants and administrative costs. After April 15, 2024, participants who withdraw will receive no refund.

Institute Cancellation Policy: Three months prior to the institute, if enrollment is not sufficient, the institute will be cancelled, participants will be notified, and all payments including deposits made to the University of Holy Cross for the institute will be refunded to participants. Participants are cautioned that if they purchase air tickets for travel to the institute that are nonrefundable or that include an itinerary change penalty and the institute is canceled due to low enrollment or for any other reason beyond the control of the university, they will be responsible for any financial loss related to such airfare purchases. The institute sometimes fills up in November or December of the previous year.

Institute is an Educational Group Experience

Participants in this institute are members of a large group and must be prepared to be part of a group educational experience. Individuals must be on time for bus trips, take other participants into consideration regarding noise at night, and generally be considerate members of a group. Participants (including faculty, students, professionals, and non-counselors) must make a commitment to arrive on the date and time the institute begins and stay until the date and time that the institute ends. If other obligations or personal interests will preclude participants from being with the group throughout the entire institute, individuals should not apply. Participants who need medical attention for respiratory problems, allergies, or similar conditions should secure antibiotics or other medication from

physicians before leaving from the United States. Individuals who have medical conditions that would require the attention of a physician during the institute should not apply (emergency physician or hospital visits are possible if necessary). During the institute, participants may not engage in any of the following activities: arrive after the institute begins or leave before the institute is over; rent cars to be used while the institute is in session; plan trips to cities other than those scheduled for the institute; spend nights away from the villa; or engage in other activities that interfere with the group nature of the experience for other participants. It is acceptable for participants to schedule personal trips within Italy or to other countries prior to or after the institute. Individuals who wish to visit other cities on their own while they are in Italy must schedule their visits either prior to the institute beginning or after the institute has ended. It is acceptable for participants to arrive at Casa Cares at the beginning of the institute on their own or leave Casa Cares for personal trips after the institute is over on their own rather than taking the bus back to Rome.

Non-Counselor Participants

Many non-counselors and non-mental health professionals have participated in this institute in the past. Some have come on their own, and others have been spouses, partners, children, relatives, or friends of participants. All participants will receive 20 continuing education hours. All lectures and workshops are open to all participants, but for non-counselors are optional. Non-counselor participants must attend some sessions including orientation and closing meetings. Non-counselors are welcomed to participate in the institute, but there are no discounts for participants who are not mental health professionals, even if they cannot use the continuing education hours they earn. Only institute participants are allowed to stay at the institute site during the dates of the institute.

Seeing Italy Before or After the Institute:

Since round trip airfare from the United States to Rome's Fiumicino Airport is individually arranged, participants may travel to Italy early and join the group in Rome or Reggello. Participants should arrive in Rome at least one day prior to the beginning of the institute to avoid the possibility of missing the bus to Casa Cares if their flight is late. Participants may stay over after the institute ends if they wish to further explore Rome or other parts of Italy or Europe on their own. Those who stay afterwards may choose to return home from a city other than Rome.



[Casa Cares near Reggello, Italy](http://www.casacares.it)
See <http://www.casacares.it>



The Beautiful Sunset
At Casa Cares



Participants at Ristorante Archimede



Dr. Brittany Dent Presenting Inside the Chapel where Seminars are Usually Held at Casa Cares



Speakers Antonella and Lorenzo Barbagli
Counselors from Arezzo, Italy
with Dr. Remley

**Tentative Daily Schedule
(May 21 – June 7, 2024)**

- 21 May (Tuesday): Depart U.S. to arrive in Rome a day before the bus trip to Casa Cares (hotels in Rome individually booked by participants)
 - 22 May (Wednesday): Arrive in Rome (hotels individually booked by participants)
 - 23 May (Thursday): Arrive Rome's Fiumicino Airport no later than 11 am; Bus to Casa Cares departs 11 am (or sooner if everyone arrives before 11 am)
 - 24 May (Friday): Seminars at Villa
 - 25 May (Saturday): Visit Florence; Uffizi Gallery
 - 26 May (Sunday): Seminars at Villa; Concert in the evening
 - 27 May (Monday): Visit Siena
 - 28 May (Tuesday): Seminars at Villa; Tuscan Dinner at Ristorante Archimede in Reggello
 - 29 May (Wednesday): Visit Montepulciano and Pienza
 - 30 May (Thursday): Seminars at Villa
 - 31 May (Friday): Visit to Florence, Statue of David at the Academy
 - 1 June (Saturday): Visit to Greve & San Gimignano
 - 2 June (Sunday): Seminars at Villa & Optional Afternoon Visit to Vallambrosa Monastery
 - 3 June (Monday): Visit Lake Trasimeno and Assisi
 - 4 June (Tuesday): Seminars at the Villa; Outlet Mall Shopping or Visit to Reggello
 - 5 June (Wednesday): Visit to Pisa and Lucca
 - 6 June (Thursday): Bus to Rome's Fiumicino Airport departs Casa Cares at 10:30 am; Arrive at Hilton Garden Inn Rome Airport Hotel or at Rome Airport Terminal 3 at 2:30 pm; Overnight stay in Rome (hotels individually booked by participants)
 - 7 June (Friday): Depart Rome for U.S.
-



Participants at the first 2023 Institute



Participants at the second 2023 Institute

Faculty Leaders

Dr. Ted Remley
Dr. Pat Thomas
Dr. Alex Becnel
Dr. Lisa Surrenc

Institute Director



Dr. Ted Remley

Dr. Ted Remley is the Director of the institute. He is a lawyer and counselor and is a former Executive Director of the American Counseling Association. Dr. Remley is a faculty member and director of the PhD program in the Counseling Graduate Program at the University of Holy Cross in New Orleans, Louisiana.

Institute Faculty Members



Dr. Pat Thomas

Dr. Pat Thomas is a former high school counselor and is a faculty member in the Counseling Graduate Program at the University of Holy Cross in New Orleans, Louisiana. Dr. Thomas is a former president of the Louisiana Counseling Association.



Dr. Alex Becnel

Dr. Alex Becnel is a faculty member in the counseling graduate program at Kansas State University. He and his wife Amy are researchers. Dr. Becnel received his PhD in counselor education and supervision from the University of Holy Cross in New Orleans, Louisiana. Dr. Becnel has been a participant at counseling international institutes in France, Ireland, and at Casa Cares in Italy.



Dr. Lisa Surrency

Dr. Lisa Surrency is a full-time administrator in a community counseling agency in New Orleans. She assists Dr. Ted Remley with the University of Holy Cross international institutes for counselors and teaches part-time in the counseling graduate program there.

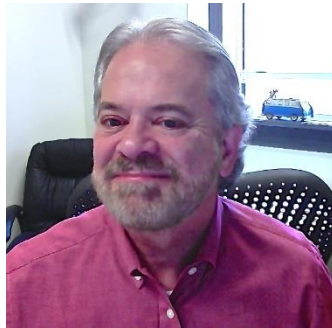
Affiliate Faculty Members

Dr. Mona Robinson
Dr. James Benshoff
Dr. Kelly James
Dr. Amy Upton



Dr. Mona Robinson

Dr. Mona Robinson is a retired professor and past chair of the Department of Counseling and Higher Education at Ohio University in Athens, Ohio. Dr. Robinson is the President and Owner of Tru-Rob Counseling and Consulting. She is widely published in the field of rehabilitation counseling. She is interested in counseling internationally and has traveled extensively. Dr. Robinson is a Fellow in the National Association of Multicultural Rehabilitation Concerns.



Dr. James Benshoff

Dr. James Benshoff is a Professor Emeritus of Counseling at the University of North Carolina-Greensboro and is a former President of the Association for Counselor Education and Supervision and is former Chair of the National Board for Certified Counselors Board of Directors.



Dr. Kelly James

Dr. Kelly James is an institute affiliate faculty member. She is a faculty member in the counseling graduate programs at Yorkville University in Canada. Dr. James is a Registered Play Therapist-Supervisor, a Licensed Professional Counselor, and National Certified Counselor. She has a counseling practice in Tulsa, Oklahoma treating individuals who have experienced trauma, counseling children and adolescents with challenging behaviors, and teaching parenting skills.



Dr. Amy Upton

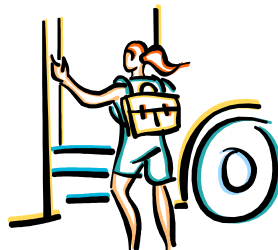
Dr. Amy Upton is an Assistant Professor and School Counseling Coordinator at the University of South Alabama in Mobile and is completing her 10th year in this position. Dr. Upton received her master's degree and PhD in Counselor Education from Old Dominion University in Norfolk, Virginia, and worked for 15 years as a middle school and high school counselor in Virginia and also taught as an adjunct faculty member at Old Dominion University. She passionately believes in the importance of the profession of counseling and specifically the impact that school counselors can have on students. Her areas of interest are professional identity development, multicultural competence, and advocacy for students and the profession. Dr. Upton has previously participated in both the Italy and Ireland Institutes with Dr. Remley. Dr. Upton has four children, three grandchildren, and two yellow labs and lives in Daphne, Alabama.

Serious Walking Required



Warning! Get in shape. This study tour involves lots of walking. It would be wise to exercise by walking more than usual in preparation for the trip. Each bus trip involves a walk down a steep hill from Casa Cares to the highway to meet the bus for departures, and walking back up the steep hill from the highway to Casa Cares upon our return. In addition, many of the ancient cities we visit are located on steep hills that must be walked up and down.

Motion Sickness?



Caution: If you tend to experience motion sickness, please be advised that the institute involves several bus rides through the Italian countryside on winding roads. If motion sickness is a serious problem for you, then you should not plan to participate in this institute. If medication can control motion sickness for you, then be sure to bring a supply with you and sit near the front of the bus. The three rows of front seats in the bus are reserved for faculty members and guides, but seats near the front will be available for you if you believe your motion sickness will be alleviated by sitting near the front.

Food Preferences & Allergies



The outstanding chefs at Casa Cares are vegetarian friendly. Even vegans are welcomed. But don't worry carnivores; there are plenty of meat dishes as well. If you have special dietary needs, be sure to list them on your application.

CREDIT COURSE OPTIONS

Participants who will earn academic credit and continuing education hours are required to attend program sessions.

Tuition is waived for degree-seeking University of Holy Cross students. UHC students may earn 3 academic credits for their participation in the institute without paying tuition.

Participants who are students at other universities may earn academic credit for their participation in the institute at their home college or university or from the University of Holy Cross. Participants who are students at another university may either earn credits at the University of Holy Cross (and pay the tuition to the University of Holy Cross at one-half the tuition rate) and transfer the credits back to their home institutions, or, if a faculty member at the student's home institution agrees, the student may earn academic credit (and pay tuition) at their home institution. There is a \$120 USD fee charged for each credit course completed at the University of Holy Cross. Participants at other colleges or universities who wish to earn credit at the University of Holy Cross must submit an application as a non-degree special student and register prior to the beginning of spring semester (which begins in January).

Those who wish to earn credit at their home college or university should contact Dr. Ted Remley at tremley@uhcno.edu for details regarding that possibility.

Participants who wish to earn 3 academic credits at University of Holy Cross (UHC) may choose from the options described below. If you wish a syllabus for one or more of these courses, contact the institute director, Dr. Ted Remley at tremley@uhcno.edu. It is possible other courses for institute participation may be offered at other universities.

Undergraduate Course Options at the University of Holy Cross

COU 300: Special Topics: Counseling in Italy

An elective undergraduate 3 credit counseling course. This course is primarily experiential and requires some readings, attendance at institute presentations and seminars, and a paper that focuses on the learning experiences of participants.

PSY 400: Special Studies: Counseling in Italy

An elective undergraduate 3 credit psychology course. This course is primarily experiential and requires some readings, attendance at institute presentations and seminars, and a paper that focuses on the learning experiences of participants.

Graduate Course Options (Master's Level) at the University of Holy Cross

COU 602: Social and Cultural Foundations

A master's level 3 credit course in multicultural counseling that is required for counseling master's degree students. Substantial academic work is required online prior to and after the institute to earn credit for this course.

COU 609: Professional Orientation and Ethics in Counseling

A master's level 3 credit course that is required for counseling master's degree students. Substantial academic work is required online prior to and after the institute to earn credit for this course.

COU 640: Special Topics in Counseling: Counseling in Italy

An elective master's-level graduate 3 credit course. This course is primarily experiential and requires some readings, attendance at institute presentations and seminars, and a paper that focuses on the learning experiences of participants.

Graduate Course Options (Doctoral Level) at the University of Holy Cross

COU 839: Advanced Multicultural, Ethical, and Legal Issues in Counseling

A doctoral level 3 credit course that is required at UHC for counseling doctoral degree students. Substantial academic work is required online prior to and after the institute to earn credit for this course.

COU 815: Doctoral Seminar in Clinical Studies: Counseling in Italy

An elective doctoral-level graduate 3 credit course. This course is primarily experiential and requires some readings, attendance at institute presentations and seminars, and a paper that focuses on the learning experiences of participants.

For further information, contact:

Dr. Ted Remley
Department of Counseling and Behavioral Sciences
University of Holy Cross
4123 Woodland Drive
New Orleans, LA 70131
tremley@uhcno.edu

Additional International Counselor Institutes in 2024

If you cannot attend this institute because the dates do not work for you, because it is full, or if you wish to consider other international counselor institutes offered by the University of Holy Cross for detailed information, visit <https://uhcno.edu/academics/ways-to-learn/intl-programs.php>. The following additional counselor institutes will be held in Italy and Ireland in 2024:

Italy Play Therapy Institute:
March 10-23, 2024

A Counselor's View of Ireland:
July 23 – August 3, 2024