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37th Academic Chairpersons Conference,
Savannah, GA

I'm a Chair, but I Feel Like a Therapist

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Recommended Citation

Bridgmon, Krista; Alexander, Aaron; and List, Elizabeth (2020). "I'm a Chair, but I Feel Like a Therapist," *Academic Chairpersons Conference Proceedings*. <https://newprairiepress.org/accp/2020/colleagues/3>

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1) Presentation Title: I'm a Chair, but I Feel Like a Therapist

2) Presenter Information-Primary presenter CV/resume or biographical sketch:

Dr. Elizabeth List

Elizabeth List is a licensed clinical psychologist and has served as chair at three universities in her career. She is currently associate faculty and the Chair of the Psychology department at Northwest Nazarene University in Nampa, Idaho. She received her PsyD at Azusa Pacific University in Azusa, California. Dr. List specializes in teaching clinical skills- especially as they pertain to diversity, diagnosis, and human sexuality. Her current research interests are in how we can teach diversity sensitivity to majority cultures more effectively and how to better serve the university population through the application of basic clinical skills. "The demands of being a professor, an academic advisor, and a chair in this educational climate have required me to draw from my store of knowledge as a psychologist and a practicing therapist on a daily basis. If I can help equip my colleagues in navigating this daunting task, it is better for all of us."

Professor Aaron Alexander

Aaron Alexander joined the CSU-Pueblo Art Department as Chair in August 2018. Pedagogically speaking, Professor Alexander maintains three objectives: To demonstrate the necessary technical skills appropriate to each experiment, to emphasize the value of lateral thinking and visual analysis, and to mentor students in conceptualizing their own knowledge. Aaron earned his Master of Fine Arts in New Media / Photography from the University of Cincinnati; college of D.A.A.P. and his Bachelor of Fine Arts in Photography from SCAD. He has come to CSU-Pueblo from Florida where he served for 15 years as lead curriculum architect and head of the New Media + Photography specialization at St Johns River State College; Florida School of the Arts. Alexander's photography and time-based work has been exhibited through the Midwest and Southeast United States including a special screening at the Jacksonville Museum of Contemporary Arts Dance Film Festival where he discussed his film *Doxa Gune*.

Dr. Krista Bridgmon

Krista Bridgmon is a licensed psychologist, Educational Specialist and Nationally Certified Counselor. She is a Professor and Chair of the Psychology department at Colorado State University-Pueblo. She received her Ph.D. at Northern Arizona University in Counseling Psychology. Dr. Bridgmon specializes in innovative experiential pedagogy, development of counseling skills, and adolescent crisis intervention. Her current research interests include experiential teaching in psychology and curriculum development. "Many days, I feel blessed my academic background is in counseling psychology. As an administrator, I use my counseling skills every moment of every day serving as a GPS assisting colleagues and students to navigate their goals to fruition."

3) Disciplines: Education; Educational Leadership

4) Presentation Theme: Working with Faculty and Administration

5) Presentation Type: Interactive Workshop (105 minutes)

6) Abstract: Presenters will discuss and participants will practice active counseling skills including empathy, effective questioning, reflecting emotion and goal setting which will assist the evolving work-life concerns of faculty, staff, and students.

7) Keywords: Work-Life, faculty, academic leadership, counseling

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9) Presentation Documents: Description of the Session (300-500 word)

“We think we listen, but very rarely do we listen with real understanding, true empathy. Yet listening, of this very special kind, is one of the most potent forces for change that I know” (Rogers, 1995, p.134). This is the responsibility of the chair, to facilitate positive change through listening and forming relationships with students and colleagues.

Academicians are in a unique position. Countless hours and dollars are spent to specialize in a discipline only to arrive in a classroom with no training on how to be a teacher. Department chairs experience the same irony. Years are dedicated on perfecting the craft of being an effective educator, but rarely does a department chair have the experience, training, and expertise in problem solving, effective personnel management, conflict resolution and counseling.

For this seminar, we invite Chairs to evaluate the situations in their practice that resemble the work of a counselor. To prime and contextualize this interactive discussion, the presenters will ignite the inner-listener. Skills in listening to listen, not listening to respond will be at the forefront of the presentation. “People are just as wonderful as sunsets if you let them be. When I look at a sunset, I don't find myself saying, "Soften the orange a bit on the right-hand corner." I don't try to control a sunset. I watch with awe as it unfolds.” (Rogers, 1995). In addition, skills in accurate empathy, effective and appropriate questioning, goal setting, and confrontation will be discussed and practiced. Following the application of research and best practices, we will share several scenarios, strategies and best practices through which Chairs can support the work-life demands of their faculty, staff, and students, while at the same time demonstrate self-care.

Rogers, C. R. (1980). *A way of being*. (OKS Print.) Boston: Houghton Mifflin.