

## **Professor of counseling co-authors two journal articles**

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Dr. Stephen Byrne, assistant professor of counseling at Alfred University (AU), recently had two journal articles published.

Byrne, along with 2013 AU graduate Brett Shufelt, authored “Factors for Personal Counseling Among Counseling Trainees” in *Counselor Education & Supervision*, Volume 53. The article explores the use of counseling among counselor trainees and the characteristics of consumers and non-consumers.

The majority of those surveyed reported that they had received counseling, while non-consumers indicated that they coped with problems in other ways but would consider counseling if they experienced trauma.

Shufelt, a graduate of the AU Counseling Program, is a school counselor for Bernabi Elementary School, Spencerport, NY.

Byrne&s second article, “Interpersonal Views of Narcissism and Authentic High Self-Esteem: It is not all about you!” was co-authored by Edward J. O&Brien of Marywood University, Scranton, PA, and appeared in *Psychological Reports: Relationships & Communications*. This study examines relationship issues in narcissists versus individuals with authentic high self-esteem. For the report, 147 undergraduates were assigned to rate someone (a “target”) they knew well who was most similar to a narcissistic prototype, an authentic self-esteem prototype, or a control person. Participants rating narcissistic targets reported significantly more interpersonal problems with the target than did participants rating authentic self-esteem or control targets. Authentic self-esteem was associated with positive social relationships.

Byrne holds a bachelor of arts degree in psychology from Boston College as well as a master of arts degree in psychology and Psy. D. in clinical psychology from Marywood University. His research interests include narcissism, trauma, counseling outcomes and processes, and relationships.