

SHEENA GREENSTONE



NAVAJO

About Me:

I am a Doctoral student in the combined School and Counseling psychology program at Northern Arizona University. I currently work as a school counselor on the Navajo Nation and I do fieldwork in school psychology at the same school. I am interested in working on the Navajo Nation in the school system providing counseling and assessment services. I am interested in learning as much as I can about substance use, trauma, and anxiety/depression because those are the most prevalent issues in Native country. I want to have a solid understanding so I can best support my community.

Personal/Professional Goals:

I plan to work with the IHS then transition to self-employment to provide counseling and assessment services to children and other community members. I would like to work and provide services to children and adolescents.

Requests from SIP Members:

I think just having more conversations about how to help our communities and how to stay motivated when things get hard or discouraging.

Words of Advice:

That doing a dissertation is hard and sometimes I am not motivated to finish it but I have to remind myself that I am doing it for my students. To show them that we can do hard things even when we don't think we are good enough or not smart enough because it's something we really want. Lastly, I want them to understand why it's important to have a good reason to do something because that's what motivates you to finish it.