



IUP Counseling Department Newsletter

A semi-annual newsletter for the IUP Department of Counseling alumni and students

Welcome to the Winter 2012 - 2013 edition of the Counseling Department Alumni Newsletter. After 19 years of publishing and printing this semi-annual newsletter, we have decided to make the move to a digital newsletter. In the future, we will notify you by EMAIL when it is available on our Department Website. In order for us to accomplish this, we are asking you to update your email address and other contact information with the IUP Alumni Affairs office. You can do this in three ways: 1) simply call 800-YES-2IUP; 2) send an email to alumni-relations@iup.edu; or 3) fill out the form on the Alumni Affairs website: <http://www.iup.edu/upper.aspx?ekfrm=37027>. Currently, we only have about 1,000 emails for the over 2,050 counseling alumni who receive this newsletter. So, please update your email address so we can stay in touch with you!



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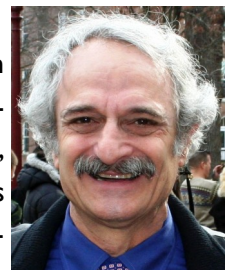
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As always, the Counseling Department continues to move forward in a number of ways. We are again a faculty of twelve with **Dr. Tyler Wilkinson** joining our faculty this Fall (see p. 2). In addition, we have doctoral teaching interns from Kent State, Duquesne and Auburn University spending the year with us (see p. 3). Our thirteen Graduate Assistants received their undergraduate degrees from nine colleges and universities (see p. 4-5).

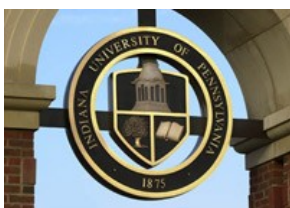
We are excited about recruiting for two new **full-time, daytime** Clinical Mental Health Counseling cohorts to start Fall 2013, for both our Indiana and Pittsburgh area campuses. This is in addition to our usual recruitment efforts for evening students. We appreciate alumni and current students spreading the word about our programs; we couldn't do this without you. We have scheduled information sessions during January and February (p. 5).

We **welcome President Michael Driscoll** to IUP and are pleased that he joined our Penn Center graduates for a picture a few weeks ago at Dec. Graduation (p. 3). Read about the upcoming CCTS workshop with **Dr. Fred Hanna** and the **10th annual School Counselor Professional Development Day** on Jan. 25, 2013 (p. 6). Our Facebook page continues to be utilized by alumni, and current and prospective students; find and "like us" at Indiana University of Pennsylvania—Department of Counseling. We use Facebook to update you about counseling dept. issues and programs.

I have been editing this newsletter for 19 years and whenever I talk with or see an alum I ask them if they still receive our newsletter. This happened this week at Sam's Club when I saw **James Stombaugh** (M.Ed., 1987); he said he reads every issue. Jim - let me know if you read this one, and get your email in so you can read future newsletters. The faculty and I wish you a wonderful holiday and healthy new year!



Bob Witchel



IUP Counseling Department Newsletter

Welcome to Dr. Tyler Wilkinson, Auburn University



I would like to start off by saying that my first few months here at IUP have been quite enjoyable. The students and the faculty in the Department of Counseling are true delight with whom to spend time. Everyone has made my transition as the new faculty member quite pleasurable. It's encouraging to have the opportunity to work with faculty who take their role as counselor educators very seriously. Moreover, the students here are some of the nicest, hardest-working students with whom I have had the pleasure of working.

I moved here last May from Auburn, Alabama where I finished my Ph.D. in Counselor Education and Supervision at Auburn University. My clinical experience includes working in in-patient hospital and private practice settings. Much of my work includes marriage/family counseling and individuals with chemical/behavioral addictions.

Considering I am from the south, the transition to the Pittsburgh area as been quite enjoyable. I think I don't have much of an accent but I have already been told it comes out at times.

I enjoy running (I am contemplating training for the Pittsburgh Marathon), soccer, Pittsburgh sports (I am supposed to say this, I think), food and wine (feel free to tell me your favorite restaurants), and spending time with my family. (Some current students may have already had my wife for a class). We have a 2-year-old son and a daughter who is expected to arrive during Christmas.

I also want a dog currently, and am considering a Newfoundland, an Old English Sheepdog, or a Bernese Mountain Dog. For those who have yet to meet me, please feel free to stop by my office or introduce your self if you see me first. I like getting to know our students and alumni.

Faculty News

Dr. Desmond and her husband, James, continue to enjoy life with two little ones. Their oldest, Mason, loves to tell people he is five and **a half**. Their youngest, Maya is two. The winter months involve birthday party planning and a much needed trip to Florida to visit family.

Professionally, Dr. Desmond just presented with counseling student, Lydia Albin at the Pennsylvania School Counselors Association conference on the topic of building school and community partnerships. An article titled, "The Use of Therapeutic Letters in Addressing Parent-Child Attachment Problems" was also accepted for publication in *The Family Journal*.

Nationally, Dr. Desmond continues to serve as a site reviewer for CACREP program compliance and just completed two site reviews. In addition, she serves on the American Counseling Association Professional Standards Committee.

Locally, Dr. Desmond is co-chairing IUP's tenth annual School Counselor Professional Development Day January 25, 2013 at the Kovalchick Center. She hopes to see many IUP alumni at this event.

Enjoy the holiday season!!!



Dr. McCarthy - On the personal front, I had a sensational summer, the highlight of which was being in a children's play with my daughter. It was my first (and likely last!) role since my first grade holiday play.

Professionally, I continue to explore international ventures in counseling and mental health. In August, three co-authors and I published an article in the *International Journal for the Advancement of Counseling*. It outlined the status of mental healthcare in Armenia. Two co-authors were with Yerevan State University in Armenia, and the third person was my former graduate assistant, Heidi Cressley (MA, 2010).

In Nov., I attended and presented at an international meeting in Istanbul that was connected with my role in the Academic Fellowship Program (AFP). Shortly after that, I spent a week at Tbilisi State University (TSU) in the Republic of Georgia (see picture below), a visit that was again connected with AFP. It was a most enlightening and interesting week with a series of meetings and lectures at TSU, and I see myself as truly fortunate to have this opportunity and privilege.



Current Doctoral Students Teaching in Our Department

We are fortunate to continue to have doctoral interns teach in our counseling programs. Interns receive supervision from Dr. Desmond and teach on both the Indiana and Pittsburgh area campuses.

Morgan Wilkinson

My name is Morgan Wilkinson and I am doctoral candidate at Auburn University. I am currently collecting data for my dissertation, a study on gender differences in Work-Life Balance and Psychological well-being. I am also interested in research related to social justice issues, especially the problem of human trafficking. At IUP, I have taught Career Counseling but also have experience teaching Practicum and Research Design. I am originally from Atlanta, GA but we are looking to set down some roots in Aspinwall, PA. I love almost all things artsy and creative, wish I had unlimited frequent flyer miles, and enjoy running. Most importantly I love spending time with my husband, Tyler, and son, Gray (also our daughter, Millie, arriving 12/30).

Lisa (Piccar) Maloney

I am a Duquesne University doctoral candidate, Counselor Education and Supervision program, 3rd year. My dissertation topic is - Response to Intervention and Instruction (RTII) with social/emotional issues. Specifically, tier two interventions and their effect on students with internalizing and externalizing behavior issues. I am also interested in relational aggression, bullying prevention, and school wide positive behavior results. I live in Greensburg, PA with my husband Timothy and my three boys – Jack, Seth, and Brock. I also have a dog, Quincy – he's one of the family. The courses I have been teaching at IUP are Lifespan, individual and group practicums. I am a graduate of IUP in 1997 with a MEd in School Counseling and Elementary School Counseling Certification. I received my Secondary Certification at Duquesne University August 2010.

Pictured below: Graduates Cathaleen Robinson and Lori Jean Haller with Dr. Bob Witchel



Debra London

Debra is a Doctoral student at Kent State University in Ohio and a Professional Counselor working in Cleveland, Ohio. She has taught Counselor Education classes at both Kent State University and IUP. In her clinical work, Debra works at the Free Clinic of Greater Cleveland. The Free Clinic provides behavioral and medical services to adults who do not have medical insurance. Her clinical caseload tends to focus on issues such as depression, anxiety, and substance abuse.

Debra's research activities focus on three areas; mindfulness, use of new technologies in Counselor Education, and L/G/B/T issues in counseling. She routinely gives presentations on each of these topics along with incorporating her learning into her work as an instructor. Debra's dissertation research will focus on the benefits of incorporating mindfulness training into counselor education. Her hope is that this type of training will provide developing clinicians with a tool set that will increase the students ability to be present with client's, experience better self-care, and learn valuable intervention techniques to use with clients.

In the classroom, Debra strives to infuse the content with real world experience. She challenges her students to go beyond knowledge acquisition and towards an understanding of the implications of course content for the student and the students future clients. She brings humor and passion to her courses along with a dedication to her students and their learning.

December 2012 Penn Center Graduates

Celebrating at Dec. graduation held on the Indiana campus; Pictured below, from left to right: Andrea Stewart, Lynde Rozier, IUP President Michael Driscoll, Lindsay Miller, Dr. Bob Witchel, Lindsay Fahey.



IUP Welcomes New and Returning Graduate Assistants!

John Tucker received his B.S. in Human Development and Family Studies from The Penn State. He is currently enrolled in the School Counseling program at Penn Center and works as a G.A. for Dr. Cato. His professional interests include working with at-risk youth, collaboration in schools, and technology in schools. John currently works as a sales manager and enjoys sports, going to the movies, photography, and hanging out with his wife.

Melissa Habedank earned her B.S. in Human Development & Family Studies with a minor in Psychology from Penn State. She is currently enrolled in the Clinical Mental Health Counseling program on the Indiana campus, where she is a GA for Dr. McCarthy. As a GA she works for the CCTS and assists Dr. McCarthy with research projects. Melissa's professional interests include working with adults with substance abuse and mental illness. She is interested in Motivational Interviewing, Solution-Focused Therapy, and Mindfulness techniques. In her free time, she enjoys traveling, kayaking, music and her adorable cats.

Hillary Smith earned her B.A. in Psychology with a minor in Sociology at IUP. She is currently enrolled in the Clinical Mental Health Counseling Program and her professional interests are career counseling, overall wellness, and adolescent body image dissatisfaction. As a GA, she works for Dr. Desmond at the Indiana campus. She helps with gathering research and creating supplemental materials for professional conferences. In her spare time, she enjoys attending aerobics classes, spending time with family and friends, and watching the Investigation Discovery channel.

Jennifer Kelly earned her BA in psychology from Franklin College, Franklin, IN. She is a second year graduate student currently in Clinical Mental Health Counseling track. She is a G.A. for Dr. Dandeneau. Jennifer is the President of CESA and the treasurer for Chi Sigma Iota. Her professional interests are working with severely impaired psychiatric adults. Jennifer enjoys running, watching movies, and spending time with her family and friends.

Monica Truitt earned her B.S. in Elementary Education from IUP. She is currently enrolled in the School Counseling M.Ed program. Her professional interests

include social, emotional, and behavioral issues of children, especially at the Elementary level. As a GA, she works for Dr. Desmond. In her free time, Monica enjoys spending time with her family, friends, husband, Josh, as well as working part-time at Hoss's.

Katie Lukehart earned her B.S. in Psychology from Stevenson University in Baltimore, MD. She is currently enrolled in the Clinical Mental Health Counseling Program and her professional interests include adolescent and young adult counseling, LGBT concerns and ally support, and multicultural counseling. As a GA, she works for Dr. Lorraine Guth at the Indiana Campus. She has been helping Dr. Guth with tasks relating to her role as the Field Placement and Practicum Coordinator, and also assists her in her role as the Coordinator of the Indiana Digital Counselor Training Facility. In her free time, Katie enjoys spending time with friends and family, watching reality television, reading, and most importantly, shopping.

Lydia Albin earned her B.A. in Philosophy and Psychology from California Univ. of PA. She is enrolled in the School Counseling program. Her professional interests include cognition, adolescent identity development, spirituality and existentialism. As a GA she works for Dr. Branthoover at the Indiana campus, helping with tasks relating to research and assisting with various professional and academic roles. In her free time, Lydia plays strategy and board games with her husband Thomas, spends time at her church, and works on a website she shares with friends.

Connie Kramer is currently a third year student in the Community Counseling program at Penn Center, and has proudly worked as Dr. Bruno's G.A. for the past 2 ½ years. As a GA, Connie's responsibilities include assistance with class preparation research, proofreading/editing, and PCA Secretarial responsibilities. Her areas of interest include cyber bullying, bullying, parenting, and addiction. Over the last two years, she has served as the Principal Investigator in a research project focusing on cyber bullying among middle school children, and has had the privilege of presenting these findings with Dr. Bruno at an Anti-Bullying Conference held at DePaul University in Chicago. Connie currently

serves as the Professional Development Chair of Pittsburgh Counseling Association and is also a member of Chi Sigma Iota and the ACA. Presently, Connie is fulfilling her internship experience requirements at Western Psychiatric Institute and Clinic and Jade Wellness. She is an active certified group exercise instructor and a certified Pilate's instructor. Connie keeps busy with her three teenage children, gardening, walking her two dogs, cooking, reading, and playing Scrabble.

Shawna Smithbauer earned her B.S. in Psychology from Valley Forge Christian College. She is currently enrolled in the Clinical Mental Health Counseling Program. Her professional interests include adolescent depression, PTSD, and crisis. As a GA, she works for Dr. Wilkinson, helping with research and preparing for classes. In her free time she enjoys running, reading, and spending time with family and friends.

Aimee Yatzkanic earned her B.S. in Psychology from Saint Vincent College. She is her 2nd year of the Clinical Mental Health Counseling program. Her professional interests include children with Autism and disabilities in children through adults. She has been a TSS at Family Behavioral Resources for a year and a half and has worked for Dr. Sibyl Cato for two years. In her free time, she enjoys spending time with family, friends, and her boyfriend. Aimee also enjoys reading and being outdoors.

Courtney Williams earned her B.S. in Applied Health Science from Indiana University in Bloomington, Indiana, majoring in Human Development and Family Studies with a double minor in Psychology and Sociology. She is currently in her 2nd year in the Clinical Mental Health Counseling Program at Penn Center and has worked as one of Dr. Marshak's G.A.s for the past 2 years. Courtney is currently the vice president of CESA at Penn Center. Her professional interests include disabilities, families, adolescents, and maternal mental health during pregnancy and through the postpartum period. In addition to raising her two children (Aiden, 5 and Madelyn, 2), Courtney is a trained Doula and is in the process of becoming certified. She is also active in the Down syndrome community in Pittsburgh, and serves as one of the Down Syndrome Ambassadors for Western Pennsylvania to the National Down Syndrome Society.

Graduate Assistants, Con't.

Jessica Borowitz earned her B.S. in Psychology from IUP. She is enrolled in the Clinical Mental Health Counseling Program. Her professional interests include working with geriatric and adolescent populations as well as wellness counseling. As a GA, she works for Dr. L'Amoreaux at the Indiana campus. She has been helping Dr. L'Amoreaux with the Indiana campus Counselor Link as well as other duties. In her spare time, Jessica likes cooking and spending time with her family and friends.

Alisha Bashaw earned her B.A. in Technical Journalism: Television News and Video Communication with a minor in English from Colorado State University in Fort Collins, CO. She is currently a second year student in the Clinical Mental Health Counseling program at IUP at Penn Center and been working as Dr. Witche's GA for the past two years. She serves as the president of the Penn Center CESA chapter, and is a member of Chi Sigma Iota, the American Counseling Association, and the Greater Pittsburgh Counseling Association. Her professional interests include working with adolescents, creative arts expressive therapy, prevention strategies, self-esteem development, existentialism, resiliency and trauma, narrative therapy, and eating disorder treatment. In her free time, she enjoys playing and singing music, writing, jazzercising, local theater, watching MacGyver, and *still* pondering the next pet she will own.

Behavioral Specialist License

If you are seeking verification of training to meet the new Behavioral Specialist License, you must send certain documentation to the Department of Counseling. There is a link to a form you will need to submit to us on our website: www.iup.edu/counseling



PSCA Conference

Lydia Albin, Lyndsay Smith, Sarah Carlisle, Monica Truitt, and Erin Rebling.

December Graduate Hayley Foster Awarded



Haley Foster received the Western Psychiatric Institute and Clinic's Making-A-Difference Award. A McKeesport native, Haley recently moved to Butler. Haley received a bachelor's degree in child development and family relations from IUP in 2004 and graduated in Dec. with her master's degree in community counseling. Haley is a service coordinator at Western Psychiatric Institute and Clinic working with the chronically homeless in the Neighborhood Living Project, a program that uses grants to secure housing for those in need. In her free time, she volunteers to help her clients go to the food bank and offers them cooking classes. Haley said, "I feel very honored, though I feel it's really what my job entails. It's just part of my job."

A Closer Look at Cooking group was established by Haley in January, 2011 after monthly visits to the homes of consumers to the need for cooking classes, despite access to the ingredients. Foster often noticed fresh fruits and vegetables going bad because consumers did not know how to prepare them.

She then discovered Produce to People food banks, and began taking her clients to obtain food. In the following weeks, Foster would find simple and unique recipes to use with the donated food. The clients would come to the office to make a meal with Foster, and they take with them meal preparation skills for their families.

The cooking group has been recognized through WPIC, and Foster has also been awarded the '**WPIC Dignity and Respect Champion**', recognizing the group's top-notch originality, skill building, knowledge acquisition, and effort put forth.

Information Sessions for Prospective Students

Indiana Campus, Stouffer Hall, Rm 109

January 30, 2013 5:00 p.m.

February 11, 2013 7:00 p.m.

Penn Center East— Monroeville/Pittsburgh area

January 31, 2013 7:30 p.m.

February 14, 2013 7:30 p.m.

To register, or for more information, contact Kelly Duplin at 724-357-2306.

CCTS Hosts Dr. John Krumboltz

Dr. John Krumboltz, a pioneer and leading figure in career counseling, offered a one-day CCTS workshop in October on How Career Professionals can Create More Satisfying Lives. □ The workshop was held at the Kovalchick Convention and Athletic Complex in Indiana, PA.

About 75 participants attended the event, and this included 15 alumni and 36 students. The American Counseling Association designated Dr. Krumboltz as a Living Legend in Counseling in 2004. He is a professor in the School of Education at Stanford University and has taught there since 1961.

He addressed various topics, including the Happenstance Learning Theory (HLT) and maintained that the goal of career counseling is to aid clients in taking action to accomplish greater satisfaction in their career and personal lives, rather than focusing on a sole career decision.

Dr. John McCarthy (pictured with Dr. Krumboltz), CCTS Director, expressed excitement about Dr. Krumboltz's visit to IUP. "To have a presenter of his stature conducting a CCTS workshop is a true honor," McCarthy said. He is a legendary figure in the profession. □ Lisa Koperek (school counseling cohort one) is also pictured with Dr. Krumboltz.



CCTS to Bring in Dr. Fred Hanna—4/12/13

Asian Meditation Therapies Workshop

Dr. Fred Hanna, Professor of Counselor Education at the University of Northern Colorado (UNC), will present a one-day workshop entitled, "Asian Meditation Therapies: Mindfulness and Beyond." The workshop will be held on Friday, April 12, at the Greensburg Garden and Civic Center in Greensburg, PA.

Before arriving at UNC, Dr. Hanna served as Professor of Counseling at Johns Hopkins University for 11 years and remains a Faculty Associate there. He has both studied and practiced Asian meditation and spiritual techniques for over 40 years, including extensive travels through Asia for nearly two years. Dr. Hanna has developed and published many clinical techniques derived from Asian psychologies and has presented them at seminars around the country. His expertise on spirituality was featured in a recent (October 2012) *Counseling Today* article. Dr. Hanna is the author of the book *Therapy with Difficult Clients: Using the Precursors Model to Awaken Change*. A popular national speaker, he has delivered over 400 presentations around the country, including two CCTS workshops in the past. Dr. Hanna is well known for both his humor and his unique insights.

In this workshop, he will address various topics, including the dynamics of meditation, transcendence, practical techniques, and the applications of different types of meditation and mindfulness. Workshop information is available on the CCTS website or can be obtained by calling 724-357-3807. An early registration period with discounted attendance fees is offered until March 4.

School Counselor Professional Development Day

This **free** workshop will be held from 9:00 am to 3:00 pm on Friday, **January 25, 2013** at the Kovalchick Convention and Athletic Complex on the **IUP campus**. The theme of the Day is "**Fostering Student Achievement: Offering a Voice of Hope and Empowerment, Through Advocacy.**" Participants will be given attendance certificates verifying their participation and Act 48 hours will be given. To register, please call the Department of Counseling at 724-357-2306 between 9:00am-4:00pm. When doing so, you will be asked for your contact information, your Act 48 identification number, and if you are an IUP graduate.

Penn Center CESA's 'Hope for the Holidays' Toy Drive

The Counselor Education Student Association (CESA) at Penn Center collected toys for a 1 and 3-year-old boy for the holidays through Star 100.7's 'Hope for the Holidays' to benefit The Children's Institute's Project STAR, which serves local foster and adoptive families of children with special needs of circumstances in the Pittsburgh area. Donations for 69 sponsored families were collected, and will be distributed over the holiday season. Thank you to everyone who donated this year! Happy holidays!

As a way to acknowledge the mark of quality by our accreditation by the Council for Accreditation of Counseling and Related Educational Programs (CACREP), the Department would like to further support Community and School Counseling students by defraying their registration and travel costs for professional conferences and for coursework in other countries. Your support may also be dedicated to faculty initiatives. Thank you! **4450/NCSPF/SUBS/AO13**

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Dr. Spinelli Memorial Fund

If you wish to contribute to the Dr. Spinelli Memorial Fund, contact the annual Fund at (724) 357-5555 or write to: The Office of Annual Giving, 313 Sutton Hall, Indiana University of PA, Indiana, PA 15705. The annual award is given to a current counseling student.

Newsletter on the Web

You can view this and previous issues of our newsletter at www.iup.edu/counseling in the news section.

Faculty email addresses

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 904 Peltier Dr., Cary, NC 27519

Counseling Alumni Advisory Board

The Counseling Alumni Advisor Board are talking with board members about holding meetings in both our Indiana and Penn Center locations. If you have an interest in serving on the board please send an email to Dr. McCarthy or Dr. Cato.

Alumni - Important!!

Alumni Surveys

The Counseling Department plans to survey alumni about job placement experience. Alumni will be sent a postcard related to this survey. In addition, alumni will be asked to identify their employer which will allow us to get their input about our counseling programs. This information will be helpful in our continuing to meet CACREP standards.

Alumni News

Tina Matey (2003) currently works for the Department of Veteran's Affairs as a Certified Rehabilitation Counselor in Pittsburgh, PA.

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Published semi-annually
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Editor: Dr. Robert I. Witchel

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Department of Counseling

Alumni Feedback

We want to know what our alumni are doing – professional activities, publications, presentations, current employment positions and so forth. We also want to update our mailing list, and obtain e-mail addresses. We are interested in knowing about employment and internship opportunities for our current students. Please return this form (add additional sheet if needed):

Name _____ Year of Graduation _____ Degree _____

Address _____

Home phone _____ Work phone _____

Email _____

Place of Employment _____ Job Title _____

Publications _____

Presentations _____

Other news _____

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