

IUP Counseling Department Newsletter

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



Welcome to this edition of the Dept. of Counseling Newsletter. Another busy academic year has come to a close. The first cohort began taking classes in the Monroeville community counseling program this past January (see article in opposite column). We are now actively recruiting new students for a 2nd cohort to begin this fall. New

students began to enroll in the revised 48-credit school and community counseling programs and in the license only program. The newly formed Department of Counseling Advisory Board had its first meeting and we are seeking additional community counseling alumni to serve on this Board (see article on page 5).

Faculty have been actively involved with teaching, scholarly activities, and professional service (see pages 2-4). The 3rd Spinelli Scholarship was awarded to Nancy Chelgrin and Heidi Schrauder received the Outstanding Student Award (see page 4). For the 7th time, an IUP student received the "Graduate Student in School Guidance and Counseling Scholarship" awarded by the Pennsylvania School Counseling Association. Dana Capsambelis was this year's recipient (see page 4).

Thirty-one students, along with Dr. Guth and Dr. O'Rourke were initiated into the IUP chapter of the Chi Sigma Iota Honorary Society. Dr. O'Rourke presented "My Career as a Counselor" at the initiation ceremony.



We hope you find this issue of the Department Newsletter informative. We look forward to hearing from you about your professional activities and personal news!

Warmly,

Dr. Bob Witchel

Monroeville Community Counseling Cohort



The Department admitted the first cohort for the MA Community Counseling Program in Monroeville. Twenty students completed their first two classes, taught by Ms. L'Amoreaux and Dr. Witchel. The students bring a wide range of work experiences, from mental health, nursing, education, substance abuse, and related areas. They enroll in two courses per semester, allowing them to obtain their degree in eight semesters. As you can tell from the above picture, Nadene's newly acquired rabbit ears show how vibrant this group can be.

The program, administered by George Rogers, Assistant Dean, School of Continuing Education and coordinated by Dr. Witchel, is housed at the Monroeville Graduate and Professional Center, located in the Monroeville Mall Complex. The Center includes state-of-the-art educational facilities, and recent renovations added classroom space, a computer lab, and a classroom for distance education.

We are currently recruiting applicants for the cohort to begin in September 2000. Our goal is to admit an additional 25 students, and to begin a new cohort each September. If you are aware of potential applicants please have them contact Dr. Witchel at 724-357-4533 or email him at Bwitchel@grove.iup.edu. A web site for the program is located at:

<http://www.iup.edu/ce/Monroeville.html>

Faculty News



Upper Row: Drs. Fontaine, Worzbyt and Guth
Lower row: Drs. Dandeneau, Witchel, & Ms. L'Amoreaux

Dr. Dandeneau has had a busy spring as she continues her on-going department chair duties and teaching responsibilities. In March, she collaborated with criminology dept. colleagues by presenting a paper at the Academy of Criminal Justice Sciences - 2000 Annual Meeting. The paper was entitled, "Establishing a 'Research Institution': The Partnership between IUP and the Pine Grove Prison for Violent Youthful Offenders."

Claire conducted several presentations with colleagues at the recent Pennsylvania School Counselor Association conference in Hershey, PA. She co-presented a workshop entitled, "Modeling the profession's future: Supervising interns" with Dr. Jan Fontaine; a workshop entitled, "Beyond Mad, Sad, Glad: Skills for counselors to creatively facilitate affective expression" with Dr. Lorraine Guth; and, one with IUP school counseling alumnae, Terri Koprivnikar entitled, "A Counselor's Journey into Technology: From technology -- Go away! to technology -- way to go!" - The powerpoint developed for this presentation can be viewed online at the counseling technology class website: <http://www.coe.iup.edu/ce681/studentprojects/>

Dr. Dandeneau will be presenting at the 9th annual Global National Career Development Association's conference to be held in Pittsburgh from June 22 - 24, 2000. Further information can be found at <http://www.ncda.org/ci.htm> The topic of her presentation is "Teaching career counselors to use technology - an emerging challenge."

Dr. Dandeneau is also excited to share several professional highlights. First, a book chapter that she co-authored with Dr. Sue Johnson in the IUP English department has recently been published. The title of the book is Using literature to help troubled teenagers cope with health issues. It was edited by Cynthia Bowan and published by Greenwood Press: Westport, CT.

Faculty News

Dr. Dandeneau (continued)

The chapter is titled: "Normalcy was all she wanted: Learning to live with diabetes." Also, Dr. Dandeneau along with several members of the SCI Pine Grove Project were presented the Graduate Dean's Award for Outstanding Commitment to Sponsored Programs.

Dr. Dandeneau continues her work as part of the SCI Pine Grove Evaluation Team. This summer, she and other members of the evaluation team will be trained along with the newly hired staff members of the institution. Once the prison is completed and in operation, the evaluation team research office will actually be located on-site. Dr. Dandeneau is quite thrilled to have the opportunity to work so closely with the prison staff and community.

Dr. Fontaine, recently appointed to the editorial Board of the Professional School Counseling journal, has had a busy spring, with three major professional presentations in four weeks. She co-presented a program "Culturally Competent Counseling: A Transgender Knowledge Base for Counselors" with Kathy Wilson, Outreach Director for the Denver Gender Identity Center, at the American Counseling Association National Conference in Washington, D.C. She also delivered an invited presentation at the Child and Adolescent Service System Program (CASSP) conference at Penn State on adolescent sexual minority issues. Dr. Fontaine co-presented with Dr. Dandeneau at the Pennsylvania School Counselor's Association annual conference in Hershey on how to supervise interns.

Dr. Fontaine was selected as a Trainer for the ASCA Train the Trainers project to facilitate workshops on the National Standards for School Counseling Programs. She will attend the ASCA national conference in Cherry Hill, NJ in June for a training workshop.

She and Dr. Guth are busy organizing the inaugural meeting of the Department's newly created Advisory Board, which will have its first meeting on May 10th. As coordinator for the Department's graduation ceremony, Spinelli Scholarship award, graduate assistantships selection process and outstanding student award, these end of the year activities keep her quite busy with teaching and field placement site visits tucked into her schedule as well.

Faculty News

Dr. Guth recently celebrated her son's first birthday. Alex is now walking and talking, and after attending IUP ice hockey games this season, he spontaneously started playing hockey and loves it. Dr. Guth continues to love parenting and her faculty position at IUP.

Drs. Guth and Witchel were recently awarded two grants from the University Senate Research Committee to study the self-concept, gender identity, body image, and sexuality in individuals with Congenital Adrenal Hyperplasia. They are beginning the data collection for these projects. Dr. Guth was also awarded a mini-technology grant from the College of Education.

Dr. Guth recently became an IUP Safe Zone member. Safe Zone members offer information, sensitivity, and understanding towards lesbian, gay, bisexual, and transgender issues on campus. Dr. Guth was the Awards Committee Co-chair for the Association for Specialists in Group Work and recently participated in the awards ceremony at the ASGW luncheon during the ACA conference in Washington. Recent publication and presentations:

Guth, L. J., Lopez, D. F., & Fisher, M. (2000). In-person versus Internet training: A comparison of student attitudes toward homosexuality. In NASPA (Ed.), Diversity on campus (pp. 21-22). Washington, DC: NASPA

Guth, L. J. & Dandeneau, C. (2000, April). Beyond mad, sad, glad: Skills for counselors to creatively facilitate affective expression. Presented at the Pennsylvania School Counselors Association Annual Conference, Hershey, PA.

Guth, L. J., Lopez, D. F., & Fisher, M. (2000, March). Traditional and Internet training: Comparison of student attitudes toward homosexuality. Paper presented at the 2000 World Conference of the American Counseling Association, Washington, DC.

Ms. L'Amoreaux is completing the final phases of her doctoral dissertation entitled, "Children diagnosed with ADHD and their perceptions of parental helpfulness with homework: A Q methodological study." An article she co-authored with colleagues from Kent State University entitled "Setting up on-line support groups using the Palace software" will be published in the June issue of the Journal for Specialists in Group Work.

Nadene taught Counseling Across the Life-span for the Monroeville program cohort during spring and she is developing a new elective, "Family Issues in Counseling", offered this summer.

Faculty News

Dr. Witchel has been busy coordinating the new Community Counseling program in Monroeville, including advisory students, teaching, marketing the program, and recruiting new students.

As mentioned in Dr. Guth's overview, Dr. Witchel and Selma Witchel, M.D. (Children's Hospital of Pittsburgh) are involved with two grant-funded projects assessing the life experiences of persons born with mixed genitalia. Part of the research project is to identify the need for counselors to provide services to individuals and families affected by this birth condition. Bob recently attended a workshop in Boston on Genital Ambiguity and outcomes of gender assignment.

In June, Dr. Witchel will be attending the American Academy of Psychotherapists (AAP) Summer Workshop in Sedona, AZ. As a part of this experience he will be participating in an ancient Inipi Sweat Lodge ritual, which can accelerate and intensify the therapeutic process. Dr. Witchel also maintains the AAP website, located at: <http://www.coe.iup.edu/aap/main.html>

He is also planning a therapeutic ropes course experience for the Monroeville cohort to be facilitated by the Hero's Journey Programs staff; website is: <http://www.herosjourneyprograms.com/>

Dr. Witchel recently received a mini-technology grant from the college of Education for his work on the Department's web sites, and for power point presentations he developed for his courses.

Dr. Worzbyt is in the process of completing the Caring Children Make Caring Choices grant project. Three trainings were scheduled during fall 1999 throughout PA. Dr. Worzbyt has written a chapter for the new enhanced PA Driver's Education Manual to be published in Spring 2000. He continues to review articles for the Journal of Research in Rural Education and recently reviewed the first draft of a child counseling book for Allyn & Bacon Publishers.

Dr. Worzbyt continues to work with Drs. O'Rourke & Dandeneau in writing the 2nd edition of Elementary School Counseling: A Blueprint for Today and Tomorrow to be published by Accelerated Development Inc., a Division of Taylor & Francis. A final project is entitled Guidance on Five Minutes A Day. Dr. Worzbyt is looking for classroom guidance activities (elementary & middle school) that can be completed in 5 minutes

Faculty News

Dr. Worzbyt (continued)

or less to be used by teachers at various times during the school day. If you have an interest in submitting an idea or activity, please contact Dr. Worzbyt, Stouffer Hall, IUP, Indiana, PA 15705, or call (724) 357-4537. Anyone submitting ideas used in this book will receive full credit for their contributions.

Ms. Robin Fako has completed her teaching internship this spring at IUP to fulfill the requirements for her doctorate in Counselor Education and Supervision from the University of Northern Colorado. She very much enjoyed the experience of working with the quality faculty and students at IUP and is excited about the opportunity of teaching the Adult Practicum in the second summer session.

Robin's dissertation is nearing completion and she hopes to defend at the end of June in order to graduate in August. Her dissertation focuses on examining the role of exercise on women's physical self-efficacy and body satisfaction. She will be Robin Rishel by then as she is preparing to be married on June 3rd.

Student Awards

We are pleased to announce that a number of our students have recently received awards and scholarships.

Outstanding Student Award

Heidi Schrauder was selected by the faculty as the outstanding counseling student for the year 2000. Heidi will receive an M.Ed. degree in school counseling in August 2000. Heidi has maintained an outstanding record of scholarship, and served two years as a Graduate Assistant in the Grad. School. Heidi is a member of Chi Sigma Iota, ACA, and PSCA. Heidi



was an officer for CESA, and she was involved with a number of community service projects. This is the sixth year the award has been presented and Heidi was among many outstanding graduates nominated.

Student Awards

Spinelli Memorial Scholarship

Nancy H. Chelgren is the third recipient of the Spinelli Memorial Scholarship, which recognizes outstanding scholarship and achievement. Nancy, a secondary school counseling major, resides in Punxsutawney and has worked for Community Action since 1981. Nancy was also the recipient of the Spinelli Scholarship in 1999.



PSCA 2000 Scholarship

We want to congratulate **Dana Capsambelis**, this year's recipient of the "Graduate Student in School Guidance & Counseling Scholarship" awarded by the PA School Counseling Association. Dana received her award at the PSCA annual conference in Hershey. As a graduate student in the M.Ed. secondary school counseling program, Dana has distinguished herself in a number of ways. She possesses a strong foundation in counseling skills and has actively pursued opportunities to practice and develop her knowledge base. She is seen by her peers as well as by the faculty at IUP as an individual truly committed to our field. She develops excellent rapport and elicits trust and respect with peers, faculty and a commitment to professional growth.



Dana expresses a sincere desire to be not merely a competent school counselor, but an excellent one. She willingly volunteers and takes risks in learning environments to facilitate the learning of her peers and colleagues. She has actively wrestled with issues facing students in schools across the nation, and desires to design solutions to these issues. She characterizes the essential qualities necessary to succeed in the field of school counseling.

While we celebrate with Dana, we are also pleased that she is the **seventh** IUP recipient of this award.

Alumni Advisory Board



The Department of Counseling Advisory Board met for the first time on May 10, 2000. The Board members include: Dennis Clawson (1980), Judith Conger (1970), Tony DelPrete (1996), Penny Dunmire (1975), Francine Endler (1994), Kelly Fox (1998), Fran Grandinetti (1972), Robert Gregory (1996), Dawn Knisely (1998), Linda Mayhue (1993), Tricia Murin (1997), Susan Sibert (1993), Patricia Young (1970), and Eileen Zanke (1984).

The Board was welcomed by Dr. Joyce Garrett, Associate Dean of the College. Dr. Dandeneau presented faculty and curriculum developments. All Department faculty attended the Advisory Board meeting. The Advisory Board began the process of designing their purpose and mission, and is planning to meet again in the Fall.

**ADVISORY BOARD NEEDS
COMMUNITY COUNSELING ALUMNI**

The response to our initial request for volunteers to serve on our Department's Advisory Board was superlative and we appreciate those of you who offered your services. While school counseling program alumni are well represented on the Board, we are interested in adding more alumni working in community settings. If you are interested in being on the Advisory Board, please contact Dr. Guth at lguth@grove.iup.edu or Dr. Fontaine at fontaine@grove.iup.edu. You can also call (724) 357-2306. We anticipate no more than two meetings per year... with the opportunity to directly influence the preparation of future master's level counseling services graduates. The next Advisory Board meeting will be in the fall. We hope you will consider offering your expertise to our programs.

SPECIAL PROJECTS - NEED ALUMNI HELP!

As many of you are aware, Mrs. Helen Buggs, the Department librarian for over 18 years, passed away in the Spring of 1999. The Department is planning to place a memorial plaque in the Library to honor her contribution to the Counseling program. In addition, we would like to establish and display an "Outstanding Student" award plaque, which, recognizes recipients of this award over the past six years and for future years. The total cost of these two plaques, with engraving, will be close to \$200.

Unfortunately, funds for such purposes have to come from donations to the Foundation for IUP. The Department of Counseling has an account with the Foundation for IUP, which can support these worthwhile projects. If you are able to make a tax-deductible donation, please mail it to: Foundation for IUP, 103 Sutton Hall, Indiana University of Pennsylvania, Indiana, PA 15705. Checks should be made out to the "Foundation for IUP" with a special notation to direct your donation to the Counselor Education account. We thank you in advance for your generosity and will inform you in future newsletters about our progress.

Dr. Spinelli Memorial Fund

If alumni wish to contribute to the Dr. Spinelli scholarship fund, they can contact the Annual Fund at (724) 357-5555 or write to the Office of Annual Giving, 313 Sutton Hall, IUP, Indiana, PA 15705. The annual award is \$400 and is given to a current M.A. or M.Ed. counseling student.

Counselor Licensing

The State Board of Social Workers, Marriage & Family & Professional Counselors has been preparing procedures to implement the licensing process. The Department has forwarded to the Board a response to a recent draft of the regulations. For more current details about up-to-date licensure issues we recommend you review: <http://academic.uofs.edu/organization/pca/pacpregs.html>

Notify Department of Job Openings

We are always interested in becoming aware of employment opportunities. A number of students graduate in May and August, and many are involved in searching for a school or community counseling position. If you become aware of position openings, please contact the Department at (724) 357-2306 or fax the job vacancy announcement to (724) 357-7821.

CE 636 and ARIN Partnership Activity



Dr. Dandeneau's Career Counseling and Development class, CE 636, continued the ongoing relationship with the Armstrong-Indiana County Intermediate Unit's (ARIN), Pregnant and Parenting Teen (PPT) program. During spring semester the class was organized in such a fashion that one of the major assignments was to design, plan, and implement a career life-planning workshop for those young people involved in the PPT program. On April 19th a half-day workshop entitled, CareerWorks II, was conducted at ARIN's facilities. A total of 28 youth from the PPT attended the program.



Working with Tammy Wolfe and Julie Valenti, the program specialists of the PPT program, was a leadership team composed three students, Laurie Khalouf, J.W. Sawtelle, & Laura Gordon (shown above). They coordinated the program including a "wake-up" motivational speech by Dr. John Worzbyt. Additionally, students in the CE 636 class conducted a needs assessment with the youth involved in the PPT program to plan the overall content of the workshop. The results of the needs assessment were then used to design and create four targeted mini-sessions in the following areas: Matching Interest to Careers; Skills to Obtain Jobs; Community Resources; Coping Skills. Dr. Dandeneau is appreciative of all the work her CE 636 students put into this event. It was their hard work and willingness to actively engage in the class assignment that made the day a great success.

Chi Sigma Iota



Dr. Kathleen O'Rourke presented "My Career As A Counselor" at the May 7, 2000 initiation ceremony of the Iota Upsilon Pi Chapter of the Chi Sigma Iota Honorary Society. Dr. O'Rourke also received an honorary induction

into Iota Upsilon Pi and thirty-one students and Dr. Lorraine Guth were initiated into the IUP chapter. Susan McLean, chapter president and Ms. Nadene L'Amoreaux welcomed the new inductees. A traditional candle lighting ceremony concluded the program. Chi Sigma Iota officers are Chance Petro and John W. Sawtelle (Co-Presidents) and Kelly Mack (Vice President and Treasurer).

Our Department on the Web

Dr. Witchel maintains the departmental websites on the Internet. If you have any suggestions feel free to e-mail any faculty member. <http://www.iup.edu/ce/>

Faculty email addresses

- Dr. Dandeneau: Cdanden@grove.iup.edu
- Dr. Fontaine: Fontaine@grove.iup.edu
- Dr. Guth: Lguth@grove.iup.edu
- Ms. L'Amoreaux: Nlamoro@grove.iup.edu
- Dr. Witchel: Bwitchel@grove.iup.edu
- Dr. Worzbyt: JCWorz@grove.iup.edu

This Newsletter on the Web

You can view this newsletter and previous issues on the Web, as well as link to other sites identified in the Newsletter. This Spring 2000 issue is located at:

<http://www.iup.edu/ce/newsletterSP2000.htm>

IUP Counseling Newsletter, Published semi-annually by the Counseling Dept.

Professor: Dr. Robert I. Witchel
Graduate Assistant: Jamie Fenstermaker

Alumni Updates

Thanks to all of you who responded to our Fall Newsletter. We are always pleased to hear from alumni. See the back of this page for a feedback form to return to us.

- 1978 Tai Fen Tseng**, Guidance Counselor, Rachel Carson Intermediate School, New York.
- 1980 Dr. Ronald Rufrano**, Elementary Principal and Central Cambria School District
- 1986 Teresa A. Bassi**, Director of Counseling Services, Coordinator of Disability Services at Seton Hill College
- 1990 John B. McIntosh**, Instructor, Penn State Altoona
- 1997 Anise Walker**, Counselor at Charles Co. Public Schools in Maryland
- 1998 Connie L. Violi**, Behavioral Specialist Consultant, Mobile Therapist, Blue Spruce Center
- 1999 Rosellen Lehman**, Educational therapist, Mediation trainer, Counselor, Johnstown Christian School and the Montaigne Clinic for Eating Disorders.

Looking For A New Job?

The Counseling Department often receives requests from employers (both schools and community agencies) for immediate openings in their organizations. We would like to know if any of our graduates are looking for employment so that we can link up qualified candidates with agencies and schools having vacancies. If you are looking for a new job, please contact Dr. Jan Fontaine at (724) 357-7593 or email her at: fontaine@grove.iup.edu.

An "employment form" will be mailed to you. These forms will be used to identify qualified individuals (e.g., whether you will consider a temporary position, geographic areas you will consider, etc.) to refer to openings.

An Alumnae Shares Words

Nanthalia W. McJamerson, a 1975 graduate of the Department of Counselor Education recently submitted feedback about the departmental newsletter. She included the following poem which she wrote in 1997 "in an effort to 'share'" her appreciation for professional counselors.

A Visionary's Eyes

**One day I was walking along,
 Feeling weary, devalued,
 Shrunken and lost.
 A visionary stopped to say
 "How are you?"**

I saw a reflection in the visionary's eyes:

**It was the image of
 an extraordinary person-
 a dancer, leaping as if
 in conquest of the dancing world;
 a blossom opening to a new day;
 a worker with ramrods to batter down
 the obstacles in others' way;
 a rotor for the lifting
 of those in his or her care;
 a soldier forging arms and armor;
 a bridge builder, laying down
 the means to get someone across
 the treacherous water.**

**I said to the visionary,
 "Let me turn to see
 whose reflection it is
 I see in your eyes.
 I would love to meet
 such a person."**

**The visionary said to me,
 "I am looking at you."**

**Instantly,
 My soul stopped shriveling
 And I was transformed!!**



Graduation May 2000



Department Advisory Board Members



Alumni Feedback

We want to know what our alumni are doing – professional activities, publications, employment and so forth. We 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 _____

E-mail _____ Work phone _____

Place of Employment _____ Job Title _____

Yes, I am interested in being added to the email list to be notified of counseling position openings.

Reactions:



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