



IUP Counseling Department Newsletter

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



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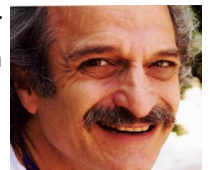
Welcome to the Spring 2011 edition of the Counseling Department newsletter. Another academic year has come to an end and not without transitions which seem to have become an ordinary part of life. We held graduations for both Indiana campus and Pittsburgh students (see pictures, p. 4-5). A group of school counseling graduates are the first to obtain K-12 certification. We have had a positive response to recruiting and admitting students to our new full-time day programs for both campuses; a school counseling cohort will begin this fall in Indiana and a community counseling cohort will begin classes at Penn Center East in the Pittsburgh area. In addition, we have admitted students to evening programs and anticipate increasing our total enrollment by 30 students.

Faculty are involved with international projects and presentations. Dr. McCarthy traveled to England, Portugal, Turkey, and Armenia during his sabbatical (see p. 3). Dr. Marshak presented at the International Family Therapy Association's World Congress in the Netherlands, and Dr. Guth will be heading to Bhutan in South Asia in the Fall (see p. 2). Read about other faculty activities on pages 2-3. Work continues to progress on our curriculum development and revisions related to new CACREP and PDE standards. Courses being proposed include, Crisis and Addictions, Clinical Mental Health Counseling Program Management, Disabilities, Counseling and Consulting within Systems, and Counseling Children.

After four years, Dr. Kirsten Murray will be returning to her western roots to teach at the University of Montana. We highly value Kirsten's contributions to students and our department (see p. 3). After six years, our Dean, Mary Ann Rafoth will be leaving for a position at Robert Morris University. Dr. Rafoth has been an excellent supporter of our department and we are sad to see her depart and wish her the best in her new position.

On a personal note, after 30 years, I am ending my private practice in Indiana, PA but I am continuing my practice in Pittsburgh. My step-daughter, Rebekah is marrying Doug Arnold on June 26th; both are IUP alums. After many years in the luxury yachting industry, my daughter Tonya (an IUP alum) has left yachting and is relocating to Florida. My son, Nick is a student at Savannah College of Art and Design in Atlanta, where he lives with his wife Jennifer. My step-son, Josh will be starting the Community Counseling program this fall and works at Glade Run. My son, Jeremy (14) is one of 100 eighth and ninth graders nationwide who was inducted into the American Hebrew Academy Honor Society. Debbie, Jeremy, and I will be vacationing on Catalina Island off the coast of California in August. I invite you to stay in touch. The faculty and I wish you an enjoyable and healthy summer!

Bob Witchel



Faculty News

Dr. Lorraine J. Guth is very excited about two international trips she will be taking. First, she was selected to attend the “Bhutan Institute: Helping to Establish the Profession of Counseling in an Ancient Land” being held in Bhutan in October 2011. Bhutan is a small landlocked country in South Asia and has purposely preserved its traditional culture in a fast-paced modern world. Twelve counseling professionals in the United States were selected to be a part of this institute. These professionals are from a variety of institutions including IUP, Old Dominion University, Saint Francis College, State University of New York at Plattsburgh, and University of North Carolina-Greensboro. The group traveling to the institute has been invited by one of the queens of Bhutan, making delegation members official visitors to the country. Institute participants will spend the first two weeks providing direct counseling services to Bhutanese residents in schools, an inpatient psychiatric unit of a hospital, and a women’s center. During the third week, the selected university professors in the delegation will conduct presentations at the Royal University of Bhutan and will provide consultation to help establish the counseling profession in this country. This institute is hosted by the National Board of Certified Counselors (NBCC) and Old Dominion University (ODU). Dr. Guth expects to learn a tremendous amount about the culture, practices, religion, and current, limited counseling practices in Bhutan. She will contribute her knowledge and skills to further develop the counseling profession in this country and present the information learned from this exciting international outreach effort in her classes.

Second, she will be conducting the presentation “Why study abroad: Overview of Ireland counseling and diversity institute outcome research at the second Asia Pacific Rim International Counseling Conference in Hong Kong in July. This will be a great opportunity to meet and learn from counselors from around the world.

Other scholarly endeavors include the following publication and presentation.

Buono, L., Uellendahl, G., Guth, L. J., & Dandeneau, C. J. (2011). The use of technology in counselor education and supervision. In G. McAuliffe & K. Eriksen (Eds.),

Handbook of counselor preparation: Constructivist, developmental, and experiential approaches (pp. 377-392). Los Angeles: Sage Publications.

Guth, L. J., McAuliffe, G., & Michalak, M. (2010, September). Beyond US borders: Impact of a study abroad institute on counselor trainees’ multicultural competencies. Paper presentation at the North Atlantic Regional Association for Counselor Education and Supervision Conference, New Brunswick, NJ

Dr. Guth was recently honored with the Association for Specialists in Group Work (ASGW) President’s award. As a division of the ACA, ASGW is dedicated to group work practice, training, and scholarship. Dr. Guth has been the ASGW Awards co-chair since 1997. This award was presented to her for “extraordinary service to the Association for Specialists in Group Work.” All of the award recipients for this year were announced at the ASGW luncheon at the ACA conference in New Orleans on March 25, 2011.

Personally, her son, Alex, recently turned 12 and enjoys playing ice hockey and lacrosse. Her daughter, Adriana, is 8 and loves ice hockey, karate, and acting. Adriana is in the play *Alice in Wonderland Jr.* as a baby caterpillar. In her free time, Dr. Guth enjoys yoga and boating in the summer.

Dr. Laura Marshak: This semester flew by and I was able to speak at some very interesting conferences. These included speaking at PSCA with Dr. Dandeneau and our graduate assistants, Meghan Kulish and Moira Jackson. I was also very happy about being the keynote speaker at the Michigan Autism Project’s conference for families of children on the spectrum. They had requested that I speak on the topic of keeping marriages and long-term relationships healthy while raising children with autism disorders. Perhaps the most interesting destination was the International Family Therapy Association’s world congress that was held outside of Amsterdam. The focus of that talk was on the strategies that parents of children with severe disabilities use to successfully transform some of the painful aspects of their experiences to achieve a high quality of family and personal life. I drew from some of my work with parents of children with rare, life-

threatening and/or very severe disabilities and illnesses.

Most recently, I spoke at the Conference for Exceptional Children’s annual conference about developing positive vocational self concepts in young children with disabilities. In a few weeks, I will be going to Vancouver for the Down Syndrome Association Conference of Canada. They asked me to speak about marriage and, of course, I could not resist booking a few extra days to go on a grizzly bear tour on Vancouver Island. Speaking of adventures (right before the semester started), I had the thrill of seeing a tiger in the jungles of India.

Dr. Kim Desmond and her husband, James, are keeping busy with two little ones. Mason is now four and has completed his first year of preschool. Maya turns one this May and is proving from a young age she has a mind of her own! The time has gone by fast and they are both growing so quickly. They are all looking forward to a summer filled with bike riding, swimming, and relaxation.

Professionally, Dr. Desmond in collaboration with her graduate assistant, had an article titled *Combining Service Learning and Diversity Education* published in the *Making Connections* journal. In addition, along with colleagues at other universities an article about doctoral student supervisory development was just accepted for publication in *Journal for International Counselor Education*.

During the spring 2011 semester, Dr. Desmond also had the privilege of designing and teaching an advanced counseling techniques course focusing on interventions for children and adolescents. The course format was largely experiential and this was the first time the course was offered in the counseling department. Students had the opportunity to create and experiment with activities specifically geared to children and adolescents. They had fun “playing” all semester long.

Nationally, Dr. Desmond was recently appointed to the American Counseling Association Professional Standards Committee. She also continues to serve as a reviewer for the United States Department of Education Grant program and CACREP. Enjoy the summer!!!

Faculty News cont'd...

Dr. John McCarthy: Since the Royal Invitation to the Royal Wedding never arrived—I am still convinced that it fell out of the bicycle of the Royal Delivery mail carrier—my family and I left Cambridge on April 27 after a delightful 3 1/2 months there.

It was somewhat ironic: As we headed toward Heathrow that morning, the Queen was walking down one of the main streets of the city to commemorate an anniversary of one of the University's Colleges. What a treat it would have been to see her!

My sabbatical in the Faculty of Education at the University was a tremendous experience, and, on the home front, my partner was a hero in home-schooling (excuse me, "home-educating" in British terms) our two children. We lived in a relatively "new" home built in the 1840s. It was a 10-minute cycle ride to the Education Building, which was an extremely stimulating place that offered lectures by international professors nearly every day.

I offered lectures there and was humbled by the types of people who attended. In one event, about 70 percent of the group was composed of visiting Chinese scholars. A Japanese psychologist specializing in adolescent alcohol use came to another. (Yes, she is now scheduled to speak to a class of mine this summer...) I also had the chance to do a good bit of writing, including the shell of a book that I wanted to write for years and an article on mental health in Armenia. My major project, however, was an examination of how counselors are trained in the UK and Ireland. I visited various institutions and talked to the respective course directors about their programs. It has been a most interesting project. Finally, I took a meditation class at the Cambridge Buddhist Center, and I truly see a wonderful connection with it to a segment on counselor wellness and with, to my surprise, the Gestalt approach.

Travel was an integral part of our weekends, as we ventured around England and got to see Stonehenge, the London sites, and one of the four remaining copies of the Magna Carta in a beautiful cathedral in Salisbury. One of my personal high-

lights was visiting France for the first time as well. I also went to Portugal and Turkey for professional meetings and concluded the venture with three days of workshops at Yerevan State University in Armenia. All in all, the sabbatical was an experience that I will no doubt value for many years.

Dr. Kirsten Murray: Hello all. If nothing else, this has certainly been a year of



change for me. After the arrival of our son in July, my husband and I made a decision to return westward. We will soon be enjoying the mountains in Missoula, Montana. I have accepted a faculty position with The University of Montana in the Counselor Education Department and will be training students in mental health and school counseling masters programs, as well as preparing doctoral students in a counselor education program. While I am looking forward to returning to my western roots and raising my family closer to our extended families, my departure from IUP remains bitter sweet.

I would like to take this opportunity to thank the colleagues and students that have made my time at IUP meaningful. I am lucky to have encountered you on my professional journey and appreciate all that you've added to my experience. Please do not hesitate to look me up in Montana and stay in touch! Wishing you all my very best! Dr. Murray was honored at Graduation and was presented with a plaque saying, "We are honored to have been part of your journey—2007-2011."

Dr. Sibyl Cato has just completed her second year at IUP. She had the opportunity to present at the American Counseling Association conference in New Orleans, LA on school counseling advocacy. She continues to proudly serve on the editorial board for the *Journal of Humanistic Counseling*.

Dr. Cato also recently got engaged to Mr. Christopher West and the two are excited about planning their wedding. This spring, Dr. Cato also ran her very first half marathon in Columbus, Ohio!

Emeritus Faculty News

Dr. John Worzby:

My last big project involved working with the United States Army (2009-2010) as a consultant charged with redesigning aspects of the *Quarterbacks of Life Student Mentoring Program* (a program I developed for the Beating the Odds Foundation) which is now being used in JROTC programs throughout the U.S. Last summer, I was involved in training over 2000 JROTC instructors throughout the country in how to use materials I created on success, program mentor stories, and the Stepping Stones to Success. I am now working with the founder and CEO of the Beating the Odds Foundation in establishing working relationships with the Department of Defense education programs, National Education Association, and a number of state departments of education all of which are in various stages of negotiation. If these projects materialize, we will be in a great position to expand our services and add new materials to what we have to offer.

We have added 2 additional Quarterbacks of Life Mentors to our list of working mentors. One is Quinton Aaron, who starred in the movie, *The Blind Side* and Bethany Hamilton, professional surfer who lost her arm in a shark attack at age 13. A movie on Bethany's life, entitled *The Soul Surfer*, was released for public showing last month. We have some additional monumental things happening nationally that could surface in the coming months. When and if they do, I will share them with you.

IUP Counseling Department Newsletter

Student Awards



Heather Smith is the recipient of the **Janet Fontaine Outstanding Student Award for 2010-2011**. The recipient of this award was nominated by peers or faculty as a student who stands out as a leader and who has strong academic skills. Heather graduated from the Elementary School Counseling Track with a 4.0 grade point average. She received her undergraduate degree in Psychology with a Business Option from Penn State University in 2006.

Heather has co-presented with Drs. Guth and Dandeneau at the Pennsylvania School Counseling Association Conference. Heather also did a presentation regarding technology in counseling with her peers at the School Counselor Professional Development Day. She has been treasurer and president of the Counselor Education Student Association and president of IUP's chapter of Chi Sigma Iota. She has worked as a case worker and a therapeutic support staff. Her scholarship is represented by membership in several honors societies: Chi Sigma Iota, Delta Mu Sigma, Phi Kappa Phi, and Psi Chi. She has served as Dr. L'Amoreaux's graduate assistant for 2 years and has been always willing to volunteer her time for departmental activities. Heather has been accepted and will attend Kent State University for Doctoral Studies in Counselor Education. Congratulations, Heather!



Ashley Prokop is the recipient of the **George Spinelli Scholarship for 2010 - 2011**. Dr. Spinelli was the first chairperson of the Department of Counseling. The Spinelli scholarship is awarded in his name to a student who excels in leadership and scholarship.

Ashley is a student in the elementary school counseling track and holds a 4.0 grade point average. Ashley received her undergraduate degree from Penn State University in Secondary Education/Communications. She has experience as a reading/language arts teacher.

Ashley was the graduate assistant in the Associate Provost's Office, and she is co-president of the Counselor Education Student Association. She is a member of the honors societies Chi Sigma Iota and Phi Kappa Phi. Ashley was also chosen for a competitive undergraduate teaching internship where she was able to teach an entire year in a 7th grade classroom. Committed to helping children, Ashley chaired a program that collected dresses for underprivileged children to wear at their formal dances. In describing her love of professional school counseling, Ashley shares a quote by Confucius: "Choose a job you love, and you will never have to work a day in your life." Congratulations Ashley!

Indiana Campus Graduation



Front row: Jason Mangold, Abigail Jackson, Barbara Stager, Heather Simendinger, Heidi Cressley

Back row: Tanya Oliver, Vanessa Britton, Kelly Fredley, Jovitha Mudacumura, Julie Sidorick, Heather Smith, Melissa Beck

Penn Center Graduation



Community Counseling Cohort #10: (from left)
Fawn Clark, Melissa Eller, Ashley Asbaugh, Joyce Dawes, Sara Affalter, Samantha Hughes



School Counseling Cohort 5:
Front row—Joan Germany, Alicia Schmidt, Amy DiGennaro, Maria Vivirito, Heather Duncan, Alissa Smith,
Back row—Dr. Branthoover (Advisor), James Eller, Garret Dunlap, Julie Osekowski, Alana Harteis, Amanda Stoupis



At the Indiana campus department graduation, Dr. Claire Dandeneau presented **Dr. Lloyd Onyett**, the Assistant Dean for Technology, with a “Special Recognition Award” for the advancement of Counselor Education through his dissertation: “A Technology Assisted Counseling Observation System: A Study on the Impact on Teaching and Learning.” We appreciate all that Dr. Onyett has contributed to our department and congratulate him on his achievement of his doctoral degree.

IUP Counseling Department Newsletter

Alumni Focus

Jim Scott (1962): “I always enjoy receiving the IUP Counseling Department Newsletter and especially the Alumni updates. I thought that I would take a minute to reflect on my years at Indiana and the professional career that I followed. I graduated from IUP (then called, State Teacher’s College at Indiana, PA) in January, 1958 with a major in business and a minor in counseling. In September, 1958, I was employed as a counselor at the Mars Area School District. In May, 1962, I earned my Master’s Degree in Counseling at IUP (the name then was Indiana State College). During these years, I worked part-time in the Dr. George Stouffer’s Psychology Clinic in the Keith Lab School and earned my certification as a School Psychologist. I continued working in the Mars School District. I also attended Duquesne University and the University of Pittsburgh and eventually earned certification as a Supervisor of Special Education. In September, 1962, I was employed by the Norristown Area School District as the School Psychologist and Supervisor of Special Education. I attended Temple University and eventually earned certification as the Director of Pupil Services in Norristown. I remained in this position until June, 1992, when I retired under the Mellow Bill.

In September, 1992, I was employed by Saint Joseph’s University in Philadelphia as the Director of Services for Students with Disabilities. I am 78 years old now and go to work every day and am doing what I enjoy most—counseling students. If I have been successful in my professional career, I owe it to the outstanding education and close supervision that I received from the staff at IUP. Especially helpful were Dr. Cordier, Dean, Dr. George Stouffer, Dr. Allen, Dr. Louri, and Dr. Spinelli just to mention a few. Good luck to you as you prepare future counselors for the challenges that our youth face in an ever-changing environment.” Editor’s note: Many thanks Jim Scott for your wonderful note. We look forward to hearing from other alumni.

Alumni Updates

Seth J. Budai (2010) is employed as a school counselor for Winters Mill High School in Carroll County.

Anise Walker (1997) is employed as an EWI Organizational Facilitator at John Hopkins University Center for Social Organization in Schools.

2011 Career Day Workshops for Pregnant and Parenting Teens



The 2011 Career Day Workshop for Pregnant and Parenting Teens was a great success. The program is a collaborative effort between the Dept. of Counseling and the Armstrong Indiana Intermediate Unit Pregnant and Parenting Teen Program. Seventeen counseling students volunteered their time and expertise in career development to present peer-reviewed workshops to the teens. Over 40 teens attended the workshop.

One group of students conducted a workshop regarding career interests as they relate to career options. The students worked with Dr. Bruno to develop an interactive and innovative workshop for the teens. The students were Nicole Hornick, Rachel Teeter, Holly VanDyke, Ashley Rossi, and Melissa Kubecki. Job interviewing techniques was another workshop presented by Dr. Carone’s practicum class—Doug Francart, Megan Kulish, Tammi Donaldson, and Lyndsay Blystone.

Kyle Bellinger, Dr. Carone’s graduate assistant coordinated the job fair for the event. Dr. Desmond worked with students from her advanced theory class to develop a resume-writing workshop and to coordinate an interactive activity for the job fair. Students included: Kyle Bellinger, Megan Kulish, Tammi Donaldson, Lyndsay Blystone, Jovith Mudacumura, and Heather Simindinger, Heidi Cressley, Jim Ellermeyer, Tanya Oliver, Vanessa Britton, and Barbara Elkin.

Congratulations to our students for your contributions for such a special service-learning event!

As a way to acknowledge the mark of quality by our accreditation and being named the 2010 Outstanding Counselor Education Program by the PA Counseling Association, 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/AO11

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Newsletter on the Web

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

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Department Website Dr. Witchel and his GA, Rebecca Hahn, maintain the dept. website at www.iup.edu/counseling. If you have any feedback or suggestions feel free to email us at bwitchel@iup.edu



Mrs. Ruth E. Spinelli passed away on May 8, 2011 at the age of 93. Mrs. Spinelli's husband, Dr. George Spinelli, was the first chairperson of the Department of Counseling, until his retirement in 1983. In 1997, Mrs Spinelli established the Spinelli Memorial Scholarship awarded each year to a student who excels in leadership and scholarship. The Department faculty are grateful for Mrs. Spinelli and her family's support throughout the years. You can read an interview with Mrs. Spinelli in the Fall 2002 newsletter at: www.iup.edu/page.aspx?id=43721

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 \$400 and is given to a current counseling student.

Counseling Alumni Listserv

If you want to join the Counseling Alumni Listserv send an email to Dr. Dandeneau at (cdanden@iup.edu) with the subject "Join Listserv." This listserv will allow you to keep up-to-date on current information, such as job opportunities we receive, alumni updates, and upcoming workshops. As a subscriber to the listserv, you will also be able to send emails to the list with information you think alumni would like to have.

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Published semi-annually

by Counseling Department

Editor: Dr. Robert I. Witchel

Graduate Assistant: Rebecca Hahn

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) the Department's return address below:

Name _____ Year of Graduation _____ Degree _____

Address _____

Home phone _____ Work phone _____

Email _____

Place of Employment _____ Job Title _____

Publications _____

Presentations _____

Other news _____

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