



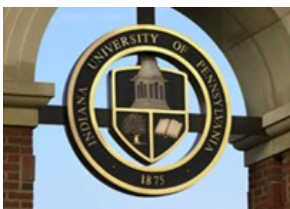
IUP Counseling Department Newsletter

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



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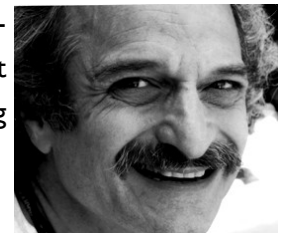
Welcome to the Spring edition of the Department of Counseling newsletter! The 2009-2010 academic year has come to an end and we held graduation ceremonies for students on both campuses a few weeks ago. In *The Five People You Meet in Heaven*, Mitch Albom says, "But all endings are also beginnings. We just don't know it at the time." As a number of students just ended their graduate experience, we admitted a new group of students to both campuses, who will begin their journey with us this summer or fall. On a more personal note, Dr. Kim Desmond and her family welcomed the birth of their second child, Maya Ruth on May 13th (picture on pg. 2). And, Dr. Kirsten Murray and her husband are expecting their first child in July. Other new adventures by faculty, including Dr. McCarthy's two trips to Armenia, are highlighted in this issue.

At our recent graduation, we honored **Megan Michalak** as the recipient of the Janet Fontaine Outstanding Student Award and **Heather J. Smith** was awarded the George Spinelli Scholarship for 2009-2010. The Department also made an award of Special Recognition to **Mary Kay McGaughy** (see pg. 4). We also learned that the YWCA of Greater Johnstown recently honored **Melana Pavich**, a secondary school counseling graduate, for her community service at the 24th anniversary of Tribute to Women. Congratulations!!

The faculty continues to engage in curriculum development to continue to meet new PDE and CACREP 2009 standards, as well as moving the school counseling program to a K-12 certificate. Check out information about a new student loan repayment pilot program that now includes LPC's (see website link on pg. 4). It was exciting to see many alumni at the **ACA** conference. A number of faculty, students, and alumni presented at the conference and **Dr. Branthoover**, President of PCA, played a major role in hosting the conference.

As I begin my 30th year at IUP I am aware of how quickly time passes and how appreciative I am of having such a rewarding career. On a personal note, my 13 year-old son, Jeremy had his Bar Mitzvah in March; my son Nicholas got married in Atlanta on April 28th (also his 32nd birthday), my stepson Josh is completing a human services internship at Glade Run this summer and will graduate in Aug., my daughter Sara is graduating from Ohio Univ. in June, my stepdaughter Rebekah got engaged, and my daughter Tonya is working on a Yacht in the Mediterranean this summer. Lots of endings and beginnings. Debbie and I are looking forward to our first trip to Hawaii in August. The faculty and I wish all of you a relaxing and fulfilling summer.

Bob Witchel



Faculty Updates

Dr. Guth was excited to mark her 12th year at IUP. Last summer she enjoyed attending the Counseling and Diversity Institute in Ireland and conducted a study on the impact that the institute had on the participants.

The following two pieces appeared in C. F. Salazar (Ed.), *Group work experts share their favorite multicultural activities: A guide to diversity-competent choosing, planning, conducting, and processing*. Alexandria, VA: Assoc. for Specialists in Group Work.

Guth, L. J., & Michalak, M. B. (2009). Tower of diversity. (pp. 124 -126).

Michalak, M. B., & Guth, L. J. (2009). Embracing uniqueness. (pp. 135 -137).

Guth, L. J. & Dandeneau, C. J. (2010, March). Constructivist supervision and the technology interface. Paper presentation at the ACA Conference, Pittsburgh, PA.

Patton, D., Fernandes, T., Snyder, K., Michalak, M. B., & Guth, L. J. (2010, March). Multicultural toolbox: Using creative group work activities to promote diversity awareness in schools and the workplace. Paper presentation at the PA Chapter National Assoc. for Multicultural Education conference, Indiana, PA.

Guth, L. J., Dandeneau, C. J., & L'Amoreaux, N. (2009, Oct.). Navigating the multiple layers of ethical issues in counselor education. Paper presentation at the Association for Counselor Education and Supervision (ACES) Convention, San Diego, CA.

Guth, L. J., Branthoover, H., Dandeneau, C. J., Desmond, K., Bruno, M., & Murray, K., & Onyett, L. (2009, Oct.). Utilizing innovative technology across the curriculum: Reflections from a panel of counselor educators. Paper presentation at the ACES Convention, San Diego, CA.

Guth, L. J. (2009, August). Understanding people with intersexuality: Research findings and counseling implications. Paper presentation at the Counseling and Diversity Institute, Dublin, Ireland.

Personally, her son, Alex, recently turned 11 and enjoys playing ice hockey and lacrosse. Her daughter, Adriana, is 7 and loves ice hockey, karate, and dance. Adriana also recently had her first acting debut as an orphan in the play Annie Jr. In her free time, Dr. Guth enjoys yoga and watching her children's activities.

Dr. Desmond and her family just welcomed the birth of their second child, Maya Ruth, on May 13th. Their three-year-old son, Mason, continues to assert his independence and wants to "help" with everything around the house. He is still figuring out what it means to be a big brother and is unsure about having to share his toys!



Professionally, Dr. Desmond gave two presentations at the ACA conference this March in Pittsburgh. Both presentations were related to counselor training. She was also fortunate to be invited to write a book chapter about preparing high school students for career development activities. The chapter will appear in a textbook titled *Career Development in Post Secondary Education*. Dr. Desmond co-wrote the chapter with her graduate assistant, Kayla Snyder.

On a national level, Dr. Desmond serves as a grant reviewer for the Department of Education. She continues to serve as a Book Review Board Member for *The Family Journal*. She is also honored to be on the editorial board for the *Journal of Counselor Preparation and Supervision* through the North Atlantic Association for Counselor Education and Supervision. In addition, Dr. Desmond continues to serve as co-chair of the Counseling Alumni Advisory Board which is currently seeking new members. If you are interested please send an email to kdesmond@iup.edu.

Dr. Murray wrote: "I have had an exciting and busy Spring Semester! I've enjoyed teaching the Family Issues in Counseling class again and also had the opportunity to prepare and teach Human Sexuality Issues

in Counseling. When ACA was hosted in Pittsburgh in March I presented on sexuality issues, holding an information session titled: *Counseling sexuality: A mindful approach embracing diverse client needs*. It was wonderful to have the opportunity to host ACA in Pittsburgh and see so many familiar faces! I also recently received news that I have been elected to a national office, and will be serving as secretary for the Association for Counselor Education and Supervision. I'm looking forward to the opportunities this will bring and am eager to serve our profession. On a personal note, my husband and I are expecting an addition to our family in July. We are busy in preparations and looking forward to welcoming our first baby home!"

Dr. Marshak was engaged in a number of projects related to disability throughout this past academic year. *The School Counselor's Guide to Helping Students with Disabilities* was published in December and was co-authored with Drs. Dandeneau, Dr. L'Amoreaux, and Fran Prezant. They were pleased that the appendices were authored by many of our students. Most recently, she co-authored a children's book which portrays an award-winning scientist, who has been blind since childhood, and the mollusks he studies. Her G.A., Danielle Wolfe, did a beautiful job with the graphics and layout. Along with Lindsay Swiss (a former G.A.) and Dr. Todd VanWieren of Disability Support Services at IUP, Dr. Marshak published a qualitative research study that examined reasons why college students with disabilities choose not to use accommodations.

It was also a busy year in terms of presentations. Her favorite was conducting a weekend marriage workshop for 55 couples who have children with Down syndrome. She also spoke at the International Family Therapy Association in Buenos Aires, the National Autism Association, and the Council for Exceptional Children, and parent support groups and conferences. In addition, she spent a lot of time in her role as the professional advisor of the Friendship Circle, an inclusion group that brings together typical and atypical children.

Faculty Updates Cont'd...

Dr. McCarthy writes, I had the “honor” of being accepted into a program where consultants from various Western countries help universities in countries that were former Soviet republics. The purpose of the program is to assist departments and to aid faculty who had returned with graduate degrees from Western Europe and the US. I was assigned to the Psychology Department at Yerevan State University (YSU) in Armenia. I knew little about the country. I recalled watching television one afternoon in the late 80’s, and the program was interrupted for a special news report about a devastating earthquake there. That was all that I could recall about this small, land-locked nation that is approximately the size of Maryland.

My two trips to Yerevan revealed a bustling city with welcoming people. During my first lecture, students stood upon my entry into the classroom! The room was sparse by our standards: a small desk at the front, a tiny blackboard. No computer, no Internet, and no screen. The students, were quite impressive in their attentiveness and the depth of their comments and ideas. They asked thoughtful questions, reflective of fine preparation.

Counseling as a profession does not exist in Armenia. There is no licensure, certification, code of ethics, or accreditation. Yet the University recently started a training clinic, and “counselors” (more likely called psychologists) are present in the schools and in the community. When speaking to a Theories class, I asked which approach they thought was best. I named various theories and asked them to raise their hands when I said their theory of choice. A few indicated that they were most in agreement with CBT, person-centered, or Gestalt, but the majority of students had not raised their hands. I wondered aloud, “What theory have I missed?” One student who understood English raised his hand and said, “Life’s problems.” He was speaking of existentialism, so I asked the rest of the class how many agreed with the “life problem” approach, and about 75 percent raised their hands.

I was most impressed with the experiences people shared. Having grown up during the Soviet rule, most adults spoke Russian in addition to their native Armenian. One eight-year-old boy I met spoke Armenian, Russian, and

English and was in the process of studying Spanish! The experience left me with a greater understanding and appreciation of the geopolitical situation in Eastern Europe. I now grasp the ramifications of having a closed border with a neighboring country. In this case, Armenia and Turkey did not have diplomatic relations. It would be as if the US and Canada had closed borders. Imagine, traveling to Canada, but having to fly to a third country (Greenland??) first, as no direct flights would be permitted.

Finally, in addition to having made new Armenian friends, I had the good fortune of developing several more colleagues in Eastern Europe and Central Asia through other meetings related to the program. Again I was struck by their resilience and dedication to teaching. I talked with one professor at Georgia State University (in Tbilisi...not the one in Atlanta) who recently started to use Moodle. I met other professors who had to translate books from English into the local language because of the lack of availability of texts and the inability of students to purchase books. These colleagues from Armenia, Serbia, Georgia, Moldova, Mongolia, Kyrgyzstan, and other nations have inspired me in ways difficult to explain. Nonetheless I hope to bring that inspiration into the IUP classroom...not only through my teaching and sharing of their stories, but, if the technology can permit, through direct interviews on Skype. All in all, it has been a rich, fruitful international experience that has touched me professionally and personally.

Dr. Cato co-chaired an ACA conference event at Pittsburgh Millionaires University Prep Middle School for the Association of Multicultural Counseling and Development Service Day. She co-authored a chapter on the foundation of the ASCA National Model in 'A Guide to Practicum and Internship for School Counselor Trainees' edited by Studer & Diambra, which was published in March. Dr. Cato also presented at the Ohio Association of Counselor Education and Supervision conference in Dublin, Ohio on minority student recruitment and retention in counselor education programs. Finally, Dr. Cato has been training since January to run her first 5k ever and in April, ran the Genesis Riverside Run for Adoption. In May, she also ran the 5k organized by the Pittsburgh's chapter of Girls on the Run International.

Center for Counselor Training and Services

Dr. Wubbolding

Group Work in Reality Therapy

Dr. Bob Wubbolding, one of the more renowned figures in the Counseling profession, offered a one-day workshop on “Group Work in Reality Therapy” through the CCTS in May. Wubbolding, one of the premier authors and practitioners in Reality Therapy, is Professor Emeritus of Counseling at Xavier University and an internationally known teacher, author and practitioner of Reality Therapy. His contributions to the theory and practice include the ideas of “Positive Symptoms,” “The Cycle of Counseling,” and the “Five Levels of Commitment.” He has written extensively on Reality Therapy, including *Reality Therapy for the 21st Century*.

Since January 2002, over 1200 area students, professionals, and faculty members have attended CCTS trainings.

School Counselor Professional Development Day 2010

Indiana area school counselors participated in a one-day CCTS workshop as part of the IUP’s seventh annual “School Counselor Professional Development Day” in January. The event was held at IUP and was financially supported by Dr. Mary Ann Rafoth, Dean of the College of Education and Educational Technology. The keynote speaker was Dr. Lee, who serves as the Director of Counselor Advocacy at the National Office for School Counselor Advocacy (NOSCA) of The College Board in Washington, DC. In the past four years, over 350 school counseling professionals had attended the yearly event.



Dr. Lee with Dean Mary Ann Rafoth

IUP Counseling Department Newsletter

Department Recognizes Incredible Counseling Students!

Outstanding Student Award

Megan Michalak is the recipient of the Janet Fontaine Outstanding Student Award for 2009 - 2010. 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. Megan is a student in the Community Counseling



track and has maintained a 4.0 grade point average. She received her undergraduate degree in psychology with a 3.6 grade point average from Lock Haven University.

Megan did presentations with Dr. Guth at the 2010 American Counseling Association and the PA-NAME conferences. She also has two activities published with Dr. Guth in the ASGW book, "Group Work Experts Share their Favorite Multicultural Activities". Megan was co-president of the Counselor Education Student Association and president of IUP's chapter of Chi Sigma Iota. She has served as Dr. Guth's graduate assistant for 2 years. Congratulations, Megan!

Spinelli Scholarship Recipient

Heather J. Smith is the recipient of the George Spinelli Scholarship for 2009 - 2010. 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. Heather is a student in the elementary school counseling track and holds a 4.0 grade point average. Heather's undergraduate degree is in psychology from Penn State University and she has experience as a therapeutic support staff person; family coordinator for Children, Youth and Family Services; and social worker for a nursing home. She is treasurer for the Counselor Education Student Association, and is a member of the Center for Counselor Training Services advisory board. Heather also volunteered her time to facilitate admissions interviews in the Department of Counseling. Upon



graduation, Heather hopes to obtain an elementary school counseling position and possibly pursue doctoral studies. Heather is interested in children from divorced parents, single parents, and abusive backgrounds. As a graduate assistant to Dr. L'Amoreaux since the fall, she does clerical work and research, and she is also assisting in the process of updating course materials. She is also a member of Phi Kappa Phi. In her free time, Heather enjoys spending time with her husband and extended family. Also, she enjoys reading and plays piano for a church on Sundays.

National Health Service Corps (NHSC) has announced a New Loan Repayment Pilot Program for part-time clinicians (**including LPC's**). Part-time clinicians can now receive up to \$50,000 in loan repayment in exchange for a four-year service commitment. See: www.nhsc.hrsa.gov/loanrepayment/halftime/default.htm

Congratulations Mary Kay McGaughy!

The Department of Counseling presented Mary Kay McGaughy, a 20-year member of the Stouffer Hall custodial staff with an award of Special Recognition at the departmental graduation ceremony on May 9, 2010. Mary Kay had been nominated for the Outstanding Student Award, but that award is exclusively for students, so the faculty developed a special award for her dedication to our facilities, faculty, and students. Mary Kay was noted for her cheerfulness, positive attitude, work ethic, and consistently going above and beyond the call of duty to make our department a special place.



Dr. Carone, Mary Kay, and Dr. Dandeneau

Alumni Updates

1977: Anthony W. Zumpetta, Ed.D retired from West Chester University in June 2008 after more than 35 years of service in corrections and in the SSHE. He is working on developing a consulting and training business called "Academic Solutions Plus." Also, he stated, "I'm very sorry to hear of Dr. Washburn's passing. She was an excellent professor and a major credit to the counselor education program."

2004: Dwayne Wisler, MA is working at Limerick Generating Station as an Armed Security Officer III. He stated, "I hope everyone had a joyous holiday and new year."

2010 Career Day Workshop for Pregnant and Parenting Teens

The 2010 Career Day Workshop for Pregnant and Parenting Teens was a great success. The program is a collaborative effort between the Department of Counseling and the Armstrong Indiana Intermediate Unit Pregnant and Parenting Teen Program. Thirteen counseling students volunteered their time and expertise in career development to present peer-reviewed workshops to over 30 teens. Counseling student and graduate assistant, Julie Sidorick, coordinated a financial aid speaker from IUP and a career fair for the event.



One group of students (above) conducted a workshop regarding career interests as they relate to career options. Presenters were (from left to right): Jennifer Sestina, Gayle Richardson, Casey Hartman, Jovitha Mudacumura, Tammi Donaldson, and (in front) Marina Morey-Sell. A special thanks to Dr. Bruno for working with the students as part of her assessment class.



Job-interviewing techniques was another workshop presented by (above, from left to right) Alexa Ford, Doug Francart, Megan Kulish, Abigail Jackson, and Danielle Wolfe. Thanks to Dr. Desmond for involving the students as part of her Diversity course.

Center for Counselor Training & Services Alerts

The CCTS is fortunate to have to a vibrant, active Advisory Board, and many of the members are alumni of both the IUP Community and School Counseling programs. Dr. McCarthy is extremely grateful for their time, dedication, and input! If you have ideas on topics of training, dynamic presenters, or possible venues for future CCTS workshops, please pass them along! Dr. McCarthy would love to hear from you. Want to get on the CCTS email/regular mail list to find out directly about upcoming workshops? It's easy...just send your name/address to ccts-coun@iup.edu. Is your agency or school district looking for specific training? Let CCTS come to you with specialized training in various formats and an array of topics. If interested, contact Dr. McCarthy at: (john.mccarthy@iup.edu or 724-357-3807).

Summer 2010 Counseling Electives

Indiana Campus

Wellness-Based Counseling: In this course, definitions and models of wellness will be presented. A theoretical model of human change processes will be examined. Using a specific model of wellness in combination with the model of change, students will explore human change and wellness from personal and interpersonal perspectives. Current methods and research on habit change, incorporating concepts of commitment, adherence, and maintenance of change will be considered. **June 14-18, 8:00 am - 3:00 pm. Dr. Guth**

Counseling Issues in Adolescence: This course examines research pertaining to challenging issues in modern adolescence. Commonly used counseling approaches are covered, and specific counseling issues pertinent to this development stage are explored in depth. **July 6, 7, 9, 20, 21 (8:00 am - 3:00 pm). Dr. McCarthy**

Penn Center

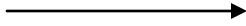
Grief Counseling: This course is an in-depth exploration of the grief process with a focus on grief counseling strategies. The differences between "grieving well" and complicated mourning will be explored, along with counseling strategies to facilitate a healthy grieving experience. Providing counseling to individuals (children--adult) and families experiencing the trauma caused by a loss such as suicide, death of a child/sibling, homicide, and unexpected death will be included. **June 3 - Aug. 5, Thurs. 7:20-9:50, Dr. Witchel**



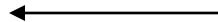
IUP Counseling Department Newsletter

IUP's Counseling Class of 2010

**Indiana Campus
Graduates**



**Penn Center Community
Counseling Cohort 9**



Penn Center School Cohort 4



**Guess who this faculty
member is? She was pied
at a recent fundraiser (find
answer on page 7).**



Important News for Recent Graduates

The following was received from NBCC related to those who graduated from our programs since July 2007: The applications of your students and alumni who applied and tested for the NCC in the 12 months prior to CACREP's decision to accredit the community counseling and school counseling tracks at IUP have been "converted" by our staff from their initial Board Eligible category to the GSA-NCC CACREP category. As such, those applicants are not required to document any post-graduate experience or supervision hours. That requirement of the NCC credential is waived for graduates of CACREP-accredited tracks. As soon as these applicants submit an official, final (sealed) transcript and their Counseling Supervisor's Endorsement form, they can be certified. For further information contact NBCC at 336-547-0607.

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/AO10**

Name(s): _____ Banner ID (if known): _@_____

Address: _____

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Phone Number: _____ This is: ___ home ___ cell

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Please mail this form along with your check made payable to Foundation for IUP to: Foundation for IUP, G-1 Sutton Hall, 1011 South Drive, Indiana, PA 15705-1046 Or, to pay by credit card, please complete the fields below, or visit www.iup.edu/giveagift and enter Account Number 4450 in the "Other" field to designate your gift.

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The Foundation for IUP is a 501(c)(3) organization; gifts to The Foundation are tax deductible as per IRS regulations. The official registration and financial information of the Foundation for Indiana University of Pennsylvania may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1-800-732-0999. For calls which originate outside of Pennsylvania, the telephone number is 717-783-1720. Registration does not imply endorsement.

Faculty email addresses

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

Newsletter on the Web

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

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.

IUP Counseling Department Newsletter

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 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):

Name _____ Year of Graduation _____ Degree _____

Address _____

Home phone _____ Work phone _____

Cell phone _____ Email _____

Place of Employment _____ Job Title _____

Publications _____

Presentations _____

Other news _____

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