



IUP Counseling Department Newsletter

Welcome to the Winter 2013-2014 edition of the Counseling Department Alumni Newsletter. Clearly, winter has arrived in Western PA. We had snowy December graduations for Indiana and Penn Center (Pittsburgh) (pictures on p. 12). There are links throughout this newsletter taking you to further details for each topic. For example, you can link to our new Dean's website by clicking on her name below.

We **welcome** our new **College Dean, [Dr. Lara Luetkehans](#)** to IUP and appreciate all the support she has already provided. She had been chair of the Department of Educational Technology, Research, and Assessment at Northern Illinois University in DeKalb. Dr. Luetkehans holds a doctorate in instructional technology from the University of Georgia.

Dr. Jeff Samide (1977, 1990) was named the College's Distinguished Alumni Scholar (p. 8) and alumnus Tom Steiner (1983) shares his journey as a professional counselor (p. 9). Our graduate assistants are highlighted on pages 6 –7 and a list of recent professional presentations by faculty and students appears on page 13.

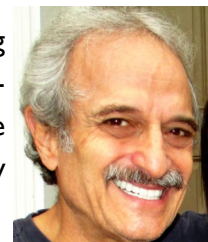
We admitted two new **full-time, daytime** Clinical Mental Health Counseling cohorts this past Fall, for both our Indiana and Pittsburgh area campuses. This was in addition to our usual recruitment efforts for evening students. As always, we appreciate alumni and current students spreading the word about our programs; we couldn't do this without you. We have scheduled **information sessions** on both campuses in Jan. and Feb. (see p. 7).

Read about the upcoming **CCTS Conference on Adolescent Mental Health** to be held on Mar. 7th (p. 4) and the **11th annual School Counselor Professional Development Day** on Jan. 17, 2014 (registration begins at 8:45; workshop ends at 3:00 pm).

Read about important announcements related to the **expanded PreK-12 school certificate** (p. 5), **Federal Loan Repayment Funds** (p. 5), and **summer electives** (p. 9).

For 20 years, I have enjoyed editing this newsletter with assistance from GA's; currently Kailyn Hall is my GA. This semester, as always, I was excited about the new students who began the program, bringing new ideas and experiences, and delighted for the students who graduated last week, ending this part of their journey and starting a new adventure.

Debbie and I are traveling to Carefree, AZ (the name says it all) during part of the break and to Colorado in February. Our youngest son, Jeremy is a junior and preparing to apply to colleges. Life is good! The faculty and I wish you a wonderful holiday season and a healthy new year!

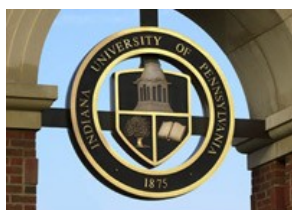


Bob Witchel



Inside this issue:

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IUP Counseling Department Newsletter

Faculty News

Dr. Guth will be participating in the [Malawi Counseling Institute](#) being held in [Malawi, Africa](#) beginning in January 2014. Ten counseling professionals from the United States were selected to be a part of this institute that is being sponsored by the National Board for Certified Counselors. Dr. Guth will work with the Guidance, Counselling and Youth Development Centre for Africa where she will engage in service learning in a local school providing counseling services and consultation. She will also conduct counseling workshops/presentations to students, counselors, teachers, and administrators in Malawi as they work to further develop the counseling profession. This experience will enhance Dr. Guth's teaching and scholarship at IUP as she plans to share her experiences with students and other counseling professionals. She is very grateful to the IUP University Senate Research Committee and Dean of the College of Education and Educational Technology who provided support for this initiative.

Dr. Desmond and her husband, James, continue to enjoy life with two little ones. Their oldest, Mason, is almost seven and is enjoying first grade. He is turning into quite the Steelers fan and can't wait to go to his first game at the end of the month. Their youngest, Maya is three and a half. She started preschool and recently learned to sing Frosty the Snowman in Spanish. The winter months involve birthday party planning and a trip to Florida to visit family.

Professionally, Dr. Desmond just presented with school counseling student, Monica Truitt at the [Pennsylvania School Counselors Association](#) conference (pictured) on the topic of children and trauma. In addition, an article titled, "A problem-based approach to skill acquisition and cognitive complexity with pre-practicum supervisees" was accepted for publication in *The Clinical Supervisor*. The article will be available in 2014. Dr. Desmond also received a promotion to Full Professor this year and is quite relieved to have successfully navigated this process.



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

Locally, Dr. Desmond is co-chairing IUP's eleventh annual School Counselor Professional Development Day January 17, 2014 at the Kovalchick Center. She hopes to see many IUP alumni at this event.

Enjoy the holiday season!!!

CCTS Held Fall Workshop - DSM-5

The IUP Center for Counselor Training and Services (CCTS) hosted Jack Klott, MSSW, LISW, CSW, for a one-day workshop entitled, "Uncovering the DSM-5®." The workshop was held on Tuesday, October 22, at the Greensburg Garden and Civic Center in Greensburg, PA, with 85 students and professionals in attendance.

During this workshop, participants gained an understanding of concepts that motivated the changes in the DSM-5®, including their impact upon certain diagnoses and the way in which diagnoses are made. Specific focus was given to those diagnostic categories and classification that received the most significant reformulations.

Participants seemed to enjoy Mr. Klott's presentation with one person relating, "Superb training! Outstanding lecturer and hugely relevant, timely topic. Jack Klott made the DSM-5® not just understandable, but a 'go to' source for understanding the processes of insight, reliability, and validity in diagnosing mental health illness."

ACES Conference in Denver, CO

This past October, I was given a great opportunity by Dr. Sibyl West to co-present with her at the [Association for Counselor Education and Supervision \(ACES\)](#) National Conference in Denver, Colorado. Dr. West and I had been working on a research project regarding evaluative feedback in the supervision process since the beginning of the semester, which was the topic that was accepted at the conference. Evaluative feedback refers to the constructive feedback that is offered to counseling students during the course of their education, especially during practicum and field supervision. Dr. West had been accepted to present on this topic at the conference earlier in the spring, and since I had become involved in the research, she wanted to include me in the presentation as well.

Our presentation was entitled, “A Counselor Education Program’s Model for Gatekeeping Practices: Examining the Student Review Process.” Our main focus was to provide a framework to the audience so that they could borrow practices or construct new ones to use in their own institutions. We provided the Indiana University of Pennsylvania’s Counseling Department model, and also included some of the preliminary student perspectives found in our research. The presentation was well attended by several educators and professionals, and provoked an excellent discussion on the necessity of feedback in the supervision process. Attendees shared their own models of practice that they currently use, and also offered suggestions for future usage.

This was a phenomenal experience for me, not just because I got to travel to such a beautiful city, but also because I received excellent resources and made valuable connections. I attended other presentations on cutting edge concepts in the counseling field, and met counselors and counselor educators from all over the country. I cannot thank Dr. West enough for the chance to present at this conference, and I hope to attend many more conferences in the future!

Ashley Coombs, Clinical Mental Health Graduate Student, Penn Center Cohort 14

PA Counseling Association Conference

The [PCA](#) conference was an energizing opportunity to enhance professional development, network with colleagues, and celebrate our professional identity. I wanted to take a moment and recognize the strong IUP Presence at this year’s conference. I want to offer a special thank you to Dr. Nadene L’Amoreaux for her invited presentation on Ethical Issues and the important changes that are pending with the ethical code.

Dr. Michelle Bruno, Alisha Bashaw, Connie Kramer, and Courtney Williams conducted a presentation on critical issues impacting girls.

Dr. Holly Branthoover and Sara Stanton offered a presentation on Reality Therapy used in inpatient settings. Dr. Branthoover was also part of a presentation on national leadership in the counseling profession.

Dr. Michelle Bruno and Connie Kramer (along with Dr. Melissa Ockerman of DePaul University) presented findings from a cyberbullying study among middle school students.

In addition, IUP proudly hosted the first effort to unite Chi Sigma Iota chapters from around the state. A special thank you to the following individuals for helping prepare for the event, volunteering during the conference, and assisting with marketing the opportunities that come with membership in this national honor society: Ashley Coombs, Erin Howard, Connie Kramer, Georgina Hllinski, Siobhan Sickels, Sara Stanton, and Courtney Williams.

Our chapter of [Chi Sigma Iota](#) is working to organize some exciting events for [Counselor Awareness Month](#) (April 2014) as well as some other workshop ideas for both campuses. Please contact Michelle Bruno for more information (mbruno@iup.edu).

Dr. Michelle Bruno, PCA President Elect

IUP Counseling Department Newsletter

CCTS conference on adolescence to feature an array of alumni speakers

Counseling alumni will be highlighted presenters at the Spring conference being organized by the [Center for Counselor Training and Services \(CCTS\)](#). The one-day event on adolescent mental health will feature seminars by four Counseling graduates and will be held on **Friday, March 7**, at the Kovalchick Convention and Athletic Complex in Indiana. The conference theme is **“Adolescent Mental Health: Building Resilience for Early Adulthood.”**

“It is shaping up to be a terrific event,” said Dr. McCarthy, CCTS Director. “The plans have been coming along quite well, and I’m grateful for the range of speakers, particularly the Counseling alumni, who are participating in the conference.” The four alumni presenters are John Frain, Corrin Linkes, Ryan Klingensmith, and Connie Kramer.

Mr. Frain, the Director of the Office of Juvenile Justice and Delinquency Prevention for the Pennsylvania Commission on Crime and Delinquency, will be one of the two keynote speakers in the morning of the event. The other keynote will be delivered by Dr. Mary Margaret Kerr, Chair and Professor of the Administrative Studies Department at the University of Pittsburgh.

Six afternoon breakout sessions are scheduled, and participants will choose two of the hour-long presentations.

The topics for the day are:

Relationships Still Matter: What Students Need from their Schools (keynote by Dr. Kerr)

Pennsylvania’s Juvenile Justice System Enhancement Strategy and its Implications for Behavioral Health Practitioners (keynote by Mr. Frain)

School-Based Prevention of Depression in Adolescence (afternoon breakout session by Dr. Courtney McLaughlin, IUP Department of Educational and School Psychology)

Empowering Girls for Life (afternoon breakout session by Dr. Michelle Bruno, IUP Department of Counseling, and Ms. Kramer)

The Student Assistance Program (SAP) Overview and Insight (afternoon breakout session by Ms. Linkes)

Youth Mental Health and Social Network Trends for Professionals Working with Children and Teens (afternoon breakout session by Mr. Klingensmith)

Health Disparities among LGBT Youth (afternoon breakout session by Ms. Melissa Perkins)

The “Solution Street” Tour: Taking Teens toward Hope with Solution-Focused Counseling

An e-brochure will be sent to the CCTS email list and posted to its website in January, and discounted registration rates for alumni and students will be in effect until February 14. If interested in being added to the CCTS email list, please contact Dr. McCarthy at john.mccarthy@iup.edu.

Counseling Alumni Advisory Board

On behalf of the Center for Counselor Training and Services (CCTS), Dr. McCarthy would like to salute the efforts, dedication, and assistance by the members of the CCTS Advisory Board. Their assistance to the Center is greatly appreciated!

CCTS Advisory Board members: 2013-2014

Maame Bempah**	Dr. Hilliary Creely	Connie Kramer*	Corrin Linkes*
Heidi Cressley*	Rich King*	Lisa Koperek*	Kathryn Sclesky*

*IUP Department of Counseling alumna/alumnus

**Current IUP Counseling student

PDE announces the change to a single PreK-12 certificate.

In November, PDE announced the change to a single certificate and mandates that all training programs be in compliance by June 30, 2014. As you may now, we moved our program to K-12 in 2011 and the new training standards rely heavily on the ASCA model and CACREP, so we are in good shape. While we have work to do to come into compliance with the new training competencies, the School Committee plans to have all the needed curriculum changes completed this spring.

Are you an alumni who currently holds one certificate, either Elementary or Secondary? If so, this change may be very good for you. It appears that PDE will allow us to approve you for the second certificate if you pass or have passed the Praxis II. This test is electronic, with paper testing available only as an accommodation with test dates, times, locations, and registration information available at <http://www.ets.org/praxis/pa/requirements> - Professional School Counselor CDT Code 5421 / PDT Code 0421. To date, it is not clear what the exact process is for applying for the new certificate. Our plan is to communicate and work with alumni as they navigate this process. As the process unfolds, we will post information BOTH on our website and on the department's Facebook page.

Department Website - <http://www.iup.edu/counseling/students/default.aspx> in the School Counselor Certification Forms section

[Department Facebook page](#) – Indiana University of Pennsylvania – Department of Counseling <https://www.facebook.com/pages/Indiana-University-of-Pennsylvania-Department-of-Counseling/289433684411941?ref=hl>

11th annual School Counselor Professional Development Day on Jan. 17, 2014 (registration begins at 8:45; workshop ends at 3:00 pm). Information to be emailed soon.

Alumni and Licensed Professional Counselors

An article on Federal Loan Repayment Funds for Mental Health Counselors recently came to our attention. We think this is a great opportunity for our graduates who are LPCs who still have outstanding educational debt and who work in Health Professional Shortage Areas (HPSAs). We believe that many of our alumni are serving in these areas. This really could be an incredible opportunity for folks to get relief from the costs of their education. We believe that the repayment may also include undergraduate loans as well.

Here's our request: The department would like to work with a few alumni who are qualified (see below) and help them navigate the application process. Our hope is to work with them to learn the details of the process and then use what we learn to provide trainings to help all our alumni who qualify apply for these funds!!!

If you are interested in helping, please contact Dr. Dandeneau by email, cdanden@iup.edu, or at the department office 724-357-2306

To Qualify, Licensed Professional Counselors (LPCs) must:

1. Have a master's degree or higher degree with a major study in counseling from a school accredited by a U.S. Department of Education nationally recognized regional or State institutional accrediting agency;
2. Have at least 2 years of post-graduate supervised counseling experience;
3. Be certified as a National Certified Counselor (NCC) or a Certified Clinical Mental Health Counselor (CCMHC) by the National Board for Certified Counselors; AND
4. Have a current, full, permanent, unencumbered, unrestricted health professional license, certificate or registration (whichever is applicable) to practice independently and unsupervised as an LPC in the State in which they intend to practice under the NHSC LRP

*** Click here to Read about [Bill to Mandate School Counselor Ratio's in PA](#) ****

IUP Welcomes New and Returning Graduate Assistants!

Emily Armstrong- Emily is a first-semester masters student in the Clinical Mental Health Program. She had a mini 8-hour per week assistantship for the Fall semester with Dr. Wilkinson at IUP's Indiana campus. Most of her duties involved assisting Dr. Wilkinson with research. Emily ran some initial statistics on survey data, and worked on collecting data for a new study he is beginning. Another major project that she has worked is taking inventory of the assessment library on the Indiana campus.

Susan Brookman- Susie is a GA to Dr. Bruno. She assists Dr. Bruno with various projects; gaining many new skills during the experience, such as: technology, transcribing, coordination, communication and familiarity with instruments. She is part of the ROX program introduced by Dr. Bruno. She has a 7 year old boy, Jax. In her spare time she is a mom, wife, friend, mentor and resource coordinator to a Lawyer and professionals working with Mental Health related issues in their practices. Susie is involved in Autism awareness education and advocate at IEP meetings for children and families.

Nicole Crawford- Nicole earned her bachelor's degree in Psychology at IUP. Currently, Nicole is enrolled in the Clinical Mental Health program at the Indiana campus. She has a strong interest in working with children and adolescents. Nicole is a part-time GA for Dr. Marshak and has been assisting her with gathering information for her upcoming book on single parents raising children with disabilities. She also assists Dr. Marshak with class preparation.

Kelly Fox- Kelly is a first year student studying for her masters in Clinical Mental Health Counseling. She is a mini-GA for Dr. Desmond. Kelly's responsibilities include, revising professional papers and documents, researching information about school counseling and admissions.

Kimberly Franey- Kimberly is currently studying for her Master's Degree in School Counseling at the Indiana Campus. Kimberly is a GA for Dr. Nadene L'Amoreaux, helping her with class preparation, article searches, presentations, and other departmental related responsibilities. In addition, she works at Mount Aloysius College in the Community Engagement Office as the Project Assistant for Community Engagement and Social Entrepreneurship. Kimberly is newly married, and enjoys spending time with her husband and their Pomeranian.

Melissa Habedank- Melissa earned her B.S. in Human Development & Family Studies with a minor in Psychology from Penn State University. She is currently enrolled in the Clinical Mental Health Counseling program on the Indiana campus, where she is a Graduate Assistant for Dr. McCarthy. As a GA she works for the Center for Counselor Training and Services and assists Dr. McCarthy with various projects. Melissa's professional interests include working with adults with substance abuse and mental illness and volunteering with hospice. She is interested in Motivational Interviewing, Self-compassion and Mindfulness techniques.

Kailyn Hall- Kailyn is a first year graduate student studying for her Masters in Clinical Mental Health Counseling at the Penn Center Campus. She received her B.A. in Communications at Penn State University. Kailyn is a part-time GA to Dr. Witchel and is responsible for the maintenance of the Counseling Department website, as well as the compiling of the department's newsletter. She also assists Dr. Witchel with editing a book he is writing, and hopes to have published within the year. Kailyn currently works full-time as a Foster Care and Permanency Recruiter in Washington, PA.

Elyse Horomanski- Elyse is a GA to Dr. Bruno for Fall 2013 at the Penn Center campus. She is a first year, part-time, graduate student in the School Counseling program at the Penn Center campus. Some of her responsibilities in working with Dr. Bruno have included organizing files for classes, updating data for the ROX program and other data analyzing tasks. In addition, she has worked on gathering materials for Dr. Bruno's promotion this semester. Working with Dr. Bruno this semester has allowed her the opportunity to capture what goes on behind the scenes with Dr. Bruno's projects and coursework through and within IUP.

Erin Howard- Erin Howard is honored to be serving as Dr. Bruno's 10-hour GA for the 2013-2014 fall and spring semesters. She is currently in her 2nd year in the M.Ed. in School Counseling program, and has been helping Dr. Bruno with Chi Sigma Iota, ROX site visits, and class preparation. Her work as a college admissions advisor inspired her to pursue school counseling, and she is looking forward to helping students develop academically, career-wise, personally, and socially. Erin is a graduate of Florida State University's program in Humanities, and spends her free time studying opera and watching FSU football and basketball.

Daisy Kmetz- Daisy is a first year student in the School Counseling program at the Indiana campus. She is a GA to Dr. Branthoover where it's her responsibility to keep up-to-date with the process of administering the GSA National Counselor Examination. She was also involved in mapping our counseling programs to meet the CACREP Standards. Daisy also assists Dr. Branthoover in helping her prepare for class. Daisy also works at IUP's Career Development Center as a Mock Interviewer and Career Development Advocate.

Graduate Assistants (Continued)

Sarah Louthier- Sarah received her undergraduate degree at Duquesne University with a double major in English and Psychology. She is studying to get her masters in Clinical Mental Health Counseling at the Penn Center Campus. Sarah is Dr. Witchel's mini-GA. Sarah has collaborated with Dr. Witchel to create the Counselor Link and has been working with him to edit a future non-fiction book. Sarah also works for Family Behavioral Resources as a TSS.

Sean McCormick- Sean serves as a mini-GA to Dr. Marshak for the Fall 2013 semester. His main responsibility is to do research for Dr. Marshak's upcoming book. In addition to research, he has assisted her in preparing for her presentations. Sean is in the Clinical Mental Health Counseling program and would like to specialize in working with children and adolescents, especially with anger management issues.

Collin Nordby- Collin is a second year Clinical Mental Health Counseling student and will be graduating in the summer of 2014. Collin is Dr. Dandeneau's GA for the 2013-2014 academic year and his responsibilities include independent data analysis, working collaboratively with Dr. Dandeneau on research and publication, preparing for CACREP reaccreditation, assisting Dr. Dandeneau in preparing for meetings and class, attending faculty meetings, and assisting in marketing and recruiting analysis for the Counseling Department.

Brittany Seese- Brittany is a first year, full-time graduate student currently studying for her Masters in Clinical Mental Health Counseling at the Penn Center campus. She is a part-time GA to Dr. West for the 2013 fall semester.

Sabrina Streightif- Sabrina is currently studying for her Masters in Clinical Mental Health counseling and is Dr. Guth's full-time GA. Sabrina assists Dr. Guth with Field and Practicum Experience coordination and execution. In her spare time, Sabrina enjoys watching hockey, drawing, and playing with her puppy.

Monica Truitt- Monica earned her B.S. in Elementary Education from IUP. She is currently a second year graduate student in the School Counseling M.Ed. program. Her professional interests include using creative strategies in counseling children at the elementary level. As a GA, she works for Dr. Desmond doing research on using creative techniques with children who have experienced trauma. Monica co-presented with Dr. Desmond on this topic at the PSCA Annual Conference recently.

Kelsi Whetsel- Kelsi is a first year MEd student and is currently Dr. L'Amoreaux's 8-hour mini GA. She has been working with her this semester on organizing and putting together her promotion box for full professor. Kelsi attended the PCA Conference in State College with Dr. L'Amoreaux and her additional GA to help with her presentation on Ethics. She has learned so much from being Dr. L'Amoreaux's GA and looks forward to returning next fall.

Additional GA's not included: Chelsea Brown, Tiarra Burton, Shayna Cousins, Alyssa Geiger, Melanie Mottin, John Tucker, Allyson Weekly

Recruiting Applicants for Fall 2014

Alumni and Current students are our best source of recruiting new student applicants. Listed below are the upcoming Information Sessions on both the Indiana and Pittsburgh campuses. If you know of someone interested in attending they can call 724-357-2306 (Indiana) or 412-824-1999(Pittsburgh).

Updated

Information Sessions For Perspective Students

January 28, 2014
6:00 p.m.
Indiana Campus, Stouffer Hall, Room 109

January 30, 2014
7:30 p.m.
Penn Center Campus, Building 4

February 25, 2014
6:00 p.m.
Indiana Campus, Stouffer Hall, Room 109

February 27, 2014
7:30 p.m.
Penn Center Campus, Building 4

IUP Counseling Department Newsletter

2013 Distinguished Alumni Scholar—College of Education and Educational Technology

Jeff L. Samide, EdD, NCC, LPC is Associate Professor of Counselor Education at California University of Pennsylvania. He holds the additional credentials of Master Addictions Counselor (MAC) and Approved Clinical Supervisor (ACS) from the National Board of Certified Counselors. Dr. Samide earned his M.Ed. in Counseling with certification in Elementary School Counseling in 1977 and an Ed.D. in Counseling in 1990. Both of his graduate degrees were earned at IUP.



Dr. Samide's interest in counseling began during his college years at St. Vincent College when he worked part time as a mental health assistant in the inpatient unit of Latrobe Area Hospital. There he came to understand that a therapeutic relationship built on unconditional positive regard, empathy, genuineness and honesty were powerful curative forces in their own right. Throughout his career, Dr. Samide sought to incorporate those building blocks into his practice of counseling, whether working with victims of sexual abuse and other crimes, or the perpetrators.

His experiences in career development have spanned thirty years. His interest was renewed as he assisted his daughter, Rosie, as she made decisions about her path in life. Dr. Samide is co-editor of the career development series, *Research in Career Development*. In 2011, he published his first co-edited book titled, [Career Development in Higher Education](#). His second co-edited textbook on career development titled, *Career Development across the Lifespan: Communities, Schools and Higher Education* is scheduled for publication in the fall of 2013. He is particularly proud of the large number of writers who have contributed their expertise to the books, many of whom are former students and counselor educators in the PASSHE system, including IUP.

Dr. Samide has also published on a variety of other topics including spirituality and existential counseling, the fusion of art, science and technology into counselor education, clinical supervision and folklore. Throughout those writings, Dr. Samide has sought to better understand and integrate humanistic counseling and teaching theory into practice.

As a psychotherapist with over thirty-five years' experience, he has expertise in working with individuals and families suffering from a variety of problems including addiction, sexual abuse, domestic violence and more. He has provided testimony in the Commonwealth of Pennsylvania courts well over two hundred times. Past positions include clinical director at a chemical dependency rehabilitation center, individual and group psychotherapist in a variety of settings, consultant, school counselor, and mental health emergency case worker specialist. In addition to teaching, Dr. Samide maintains a clinical consultation practice dealing with children, youth and family issues in Westmoreland County PA.



provided testimony in the Commonwealth of Pennsylvania courts well over two hundred times. Past positions include clinical director at a chemical dependency rehabilitation center, individual and group psychotherapist in a variety of settings, consultant, school counselor, and mental health emergency case worker specialist. In addition to teaching, Dr. Samide maintains a clinical consultation practice dealing with children, youth and family issues in Westmoreland County PA.

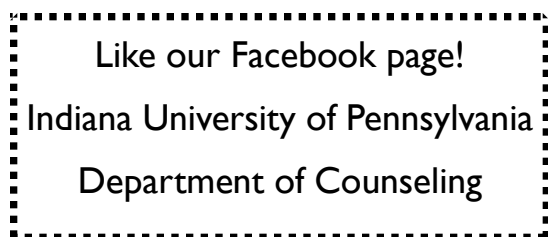
(Pictured left, Dr. Jeff Samide and Norma Samide with faculty; Additional Pictures on page 9).



Dr. Jeff Samide and wife, Norma, with Drs. Marshak and Witchel, members of Jeff's Dissertation Committee



Dr. Samide with Drs Dandeneau and McCarthy



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, position announcements we become aware of, and programs.

Summer Elective Being Offered – COUN 673 Wellness Based Counseling

Are you interested in learning strategies for enhancing wellness in self and others? If so, this exciting elective is being offered in a week long format on the Indiana campus June 16 to June 20, 2014 (9:00 am to 4:25 pm). Participants will learn about models of wellness and human change and apply wellness counseling principles. Students will also experience a variety of wellness techniques such as yoga, mindful meditation, guided imagery, exercise, and much more. This course will be held in the relaxing College Lodge Ski Hut. If you have questions or need further information, please contact Dr. Lorraine Guth (724-357-5509 or lguth@iup.edu).

Other Summer Electives:

COUN 676 Counseling Issues in Adolescence (Indiana) May 12, 13, 15, 27, and 28th, 4:00—10:00 pm. Dr. McCarthy

COUN 738 Advanced Counseling Theory: Experiential Counseling. (Indiana) May 19—23, 8:30 a.m.—3:55 pm. Dr. Dandeneau

COUN 738 Advanced Counseling Theory: Reality Therapy / Choice Theory. (Pittsburgh) May 12 –30, Tues & Thurs., 4:45—9:50 pm Dr. Branthoover.

***COUN 673 Wellness Based Counseling, July 7—Aug. 7, Thurs., 4:45—9:50 pm. Dr. Bruno**

***COUN 672 Counseling/Consulting within Systems, (Pittsburgh) July 7—Aug. 7, Thurs., 4:45—9:50 pm. Dr. Wilkinson**

***Some of the above electives are designated for a cohort; however, there will likely be room on a first-come, first-served basis.**

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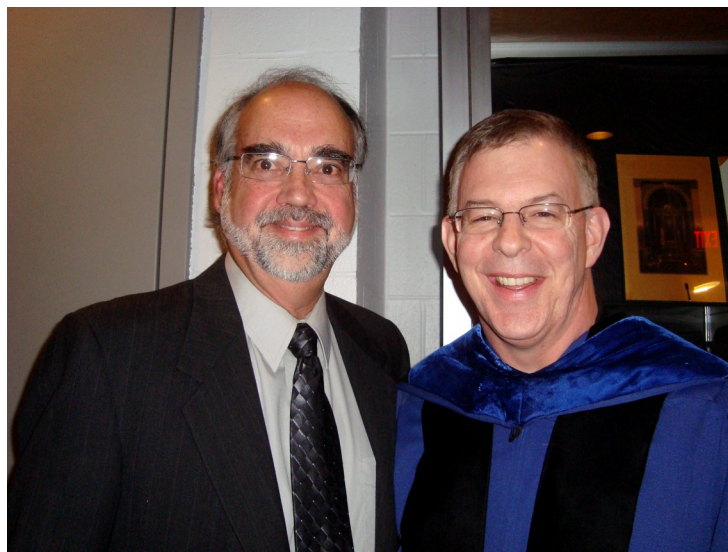
ALUMNI SPOTLIGHT—Tom Steiner, MA, NCC, LPC

To think that an illustrious 32-year counseling career started with a chance glance at a bulletin board in an unemployment office. Such was the experience of Tom Steiner, a 1983 alumnus of the Counseling program. Shortly after being laid off in his first position after completing college using the G. I. Bill, Mr. Steiner happened to see a 3”x5” index card that described a position as the Veterans and Admission Coordinator at Westmoreland County Community College (WCCC). Despite his lack of experience in higher education, he applied and got the position. “I was there for a week and realized that I needed a Master’s degree,” he explained. Based on his sister’s graduation from the IUP Counseling program in 1974 and his colleagues’ recommendation of the IUP program, he pursued his graduate degree for the next two years. “The classes were great,” he remembered. “The faculty had so much experience. They were just the best.”

After earning his Master’s degree, Mr. Steiner subsequently moved to other positions at WCCC and eventually became a professor and career counselor from 1987 to his retirement in 2013. His passion for career counseling was sparked by a post-Master’s IUP course taken at West Penn Hospital in Pittsburgh around 1991. The instructor, Dr. Gary Dean (IUP Adult and Continuing Education), is credited with boosting Mr. Steiner’s interest in this area of counseling. “He is the one who got me hooked on career development,” Mr. Steiner said. An NCC and an LPC, Mr. Steiner was also an active member of the Executive Board of the Pennsylvania College Personnel Association.

His advice to counseling students today echoed the theme of involvement. “Gather as much information as you can about the profession, particularly from practitioners,” he recommended. “It’s important for counseling students to see how big the field is.”

Mr. Steiner served as the Alumni speaker at the recent Indiana Counseling Graduation. He is pictured (below) with Dr. John McCarthy at that event.



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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- Dr. Wilkinson tyler.wilkinson@iup.edu

Emeritus Faculty

- Dr. Worzbyt jworz@iup.edu
- 904 Peltier Dr., Cary, NC 27519

Alumni News

Tom Steiner (1983) retired from Westmoreland County Community College as a Career Counselor/Professor, following a 32-year career that spanned admissions, financial aid and counseling. He held the rank of fall professor and was a National Certified Counselor (NBCC), a Licensed Professional Counselor and a member of Pennsylvania College Personnel Associations Executive Board,.

IUP Counseling Department Newsletter

Published semi-annually
by Counseling Department
Editor: Dr. Robert I. Witchel
Graduate Assistant: Kailyn Hall

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IUP Counseling Department Newsletter

INDIANA CAMPUS Graduation December 6, 2013



PENN CENTER CAMPUS (Pittsburgh) Graduation December 14, 2013 (Daytime Cohort One)



Conference Presentations by Department of Counseling Faculty since May, 2013 newsletter:

Bolded names are IUP Counseling faculty; Names underlined are current/recent students.

- 1) **Branthoover, H., & Bruno, M.** (October, 2013). *Supervision training for site supervisors: Addressing the 2009 CACREP standards*. Presented at the Association for Counselor Education and Supervision 2013 Conference, Denver, CO.
- 2) **McCarthy, J.** (October, 2013). *Teaching creativity: Lessons learned from the first time*. Presented at the Association for Counselor Education and Supervision 2013 Conference, Denver, CO.
- 3) **McCarthy, J.** (July, 2013). *Thinking out of what box: Innovative techniques to enhance professional development*. Presentation at the Summer School Conference of the Mid-Atlantic Research and Training Institute, Indiana, PA.
- 4) **Marshak, L.** (2013, July 27). *Strengthening your couples relationship while raising a child with cri du chat syndrome*. 5p- Society (National Cri du chat), Huntington, NY.
- 5) Prezant, F., & **Marshak L.** (July 13, 2013). *Strengthening your couples relationship and family while raising a child on the spectrum*. National Autism Society, Pittsburgh, PA.
- 6) **West, S.,** Butler, J.Y., & Shavers, M.C. (October, 2013). *Multicultural perspectives: Creating personal balance while trying to achieve effective teaching, scholarship, and service*. Presented at the Association for Counselor Education and Supervision 2013 Conference, Denver, CO.
- 7) **Bruno, M.,** Hinkelman, L., Kramer, C., Bashaw, A., Gaber, K., & Williams, C. (November 2013). *Let's hear it from the girls: Critical issues impacting adolescent girls*. Pennsylvania Counseling Association Conference.
- 8) Ockerman, M., Kramer, C., & **Bruno, M.** (June 2013). *From the school yard to cyber space: A follow-up study of bullying behaviors amongst middle school students*. Midwest Anti Bullying Conference.
- 9) **West, S.,** & Coombs, A. (October, 2013). *A counselor education program's model for gatekeeping practices: Examining the student review process*. Presented at the Association for Counselor Education and Supervision 2013 Conference, Denver, CO.
- 10) **Wilkinson, T., & McCarthy, J.** (October, 2013). *Economic factors and student choice: How might they affect counseling programs?* Presented at the Association for Counselor Education and Supervision 2013 Conference, Denver, CO.
- 11) **Wilkinson, T.,** & Meyer, G.A. (October, 2013). *Using technological media in data collection: Implications for qualitative research*. Presented at the Association for Counselor Education and Supervision 2013 Conference, Denver, CO.
- 12) **Wilkinson, T.,** & Wilkinson, M. (October, 2013). *Mutual empathy in supervision: Applying relational-cultural theory*. Presented at the Association for Counselor Education and Supervision 2013 Conference, Denver, CO.

Names underlined are IUP Counseling students presenting with faculty.

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 _____

Indiana University of Pennsylvania

Department of Counseling

206 Stouffer Hall

1175 Maple Street

Indiana, PA 15705-1058

In the future, we will notify you by **EMAIL** when the Newsletter 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!