



IUP Counseling Department Newsletter

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

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Welcome to this Fall issue, the 10th year that I have been editing this alumni/student newsletter.

Jan Fontaine's passing on September 16th has made me more aware of how precious life is, and how grateful I am both personally and professionally. The many letters and cards we received about Jan clearly identify the significant impact she had on those of you (and us) who knew her. Jan's impact on our Department and the people who have been here during the past 16 years will continue to be felt. This issue is dedicated in memory of Jan. Pictures and remembrances of Jan appear on pages 2 and 3.

The department is continuing to expand and thrive. Dr. McCarthy has developed the Center for Counselor Training and Services (CCTS); upcoming events appear on page 5. As the CCTS develops, we will announce how it can be a resource to you.

With the admission of a 2nd school counseling cohort in Monroeville, we are now beginning to search for the first of two full-time tenure track faculty. We are also searching for another faculty position, and plan to fill Dr. Fontaine's position.

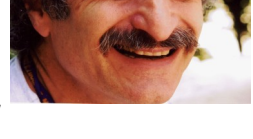
The Monroeville programs will be moving to Penn Center, a larger space, later this spring. We currently have about 120 students attending classes in the Pittsburgh area and continue to recruit students.

In this issue, we highlight the Graduate Assistants

joining us this year. Dr. Holly Moore shares her two-week experience in Louisiana providing mental health services to victims of Hurricane Katrina. Dr. Dandeneau is initiating a Department Alumni Listserv (see p. 7) to increase our connection with alumni.

My wife and I just returned from Toronto as we attended the American Academy of Psychotherapists (AAP) Conference. I am responsible for chairing a similar conference in Nov. 2008 to be held in Savannah, GA or Charleston, SC. I invite you to view a new PowerPoint about AAP, located at www.aapweb.com

Some news about my children: Sara, majoring in music, marched with the Ohio University 110 Marching Band in the Macy's Thanksgiving Parade in NY. Rebekah is a Sophomore in the IUP Elementary Ed. program, and Josh is planning to major in History Ed. at IUP next fall. My oldest daughter, Tonya is working and living on a yacht currently docked in Ft. Lauderdale, and my son, Nick is working as a computer draftsman in Savannah. Jeremy is attending 3rd grade at the Waldorf School in Pittsburgh. Debbie, my wife is a therapist treating abused children at Auberle in McKeesport. I hope you enjoy this newsletter. Please let us know about you... take care,



Bob Witchel

Dr. Janet H. Fontaine Outstanding Counseling Student Award

On October 1, 2005, at the Memorial Service for Janet Fontaine, the Outstanding Counseling Student Award was renamed the "Dr. Janet H. Fontaine Outstanding Counseling Student Award." The yearly award will be in memory of Dr. Fontaine and in honor of the numerous contributions she made to the Department of Counseling over the past 16 years. Dr. Fontaine had the idea of

such an award in 1990. In May of each year, one graduating student (either December of May/August) from the Counseling Dept. is recognized at graduation as someone who has completed their degree program in an exemplary manner. We invite alumni to contribute to the Counselor Education Dept. Fund (4450), in honor of Jan, by contacting the Foundation for IUP at (724) 357-3184.



IUP Counseling Department Newsletter

Remembering Dr. Janet H. Fontaine...



As most of you are aware, **Dr. Janet Helen Fontaine** passed away peacefully on Friday, Sept. 16, 2005, at her home. Jan was born June 1, 1943, in Woonsocket, R.I. Since 1989, she was an esteemed full professor in our Department. Prior to coming to IUP, Jan served as director of the Moorhead State University (MN) Counseling Center. Dr. Fontaine had also worked as a counseling center psychologist at Colorado State University and the University of Northern Colorado (UNC). At UNC, she was appointed director of the career development and testing center. Having received her doctorate from the University of Hawaii, teaching on U.S. Military bases in West Berlin and England, she developed an interest in multicultural counseling and diversity issues and fostering safe school environments.

Dr. Fontaine made significant contributions to the Department of Counseling, IUP and the professional counseling and psychology community. She was a recognized expert in the area of sexual minority youth as was evidenced by her many publications and presentations. She was an invited member of the Gay, Lesbian, and Straight Educators Network Inaugural Research Roundtable and the American School Counselor Association (ASCA) Liaison to the American Psychological Association (APA) Healthy Gay, Lesbian, and Bisexual Student Project. Her work also focused

on the training of school counselors and the quality of school counseling programs. She held national positions as an editorial board member for the Professional School Counseling Journal, a trainer for the ASCA National Standards, and CACREP Site Reviewer. She was a Licensed Professional Counselor, Master Career Counselor, and National Certified Counselor. She touched the lives of many in a variety of ways. She will be greatly missed. Her devoted partner of nine years, Carol Townsend, arranged for a memorial service at the Newman Center on Oct. 1, 2005. During this service, counseling faculty, alumni and current students shared heartfelt memories of Jan.

Dr. Claire Dandeneau shared— The Department of Counseling represented Jan's academic family. Like all

families we are connected to each other by our shared experiences, our relationships, our caring for one another, and our traditions. Through the years, Dr. Fontaine contributed much to the family. We will most certainly miss having her with us. She played many roles in our family and took charge of so many tasks - we are experiencing a tremendous void with her loss - and I am sure that we will for a long time to come. We, the faculty, as her academic family, want to honor her memory in a special way.

In 1995, Jan, the advisor of our Counselor Education Student Association (CESA), helped create the department's annual Outstanding Student Award. The award has been given for the past ten years to the student in the department who represents the best in attitude, academics, and achievement. One of Jan's roles was to coordinate the award process as it was presented each year at graduation. In Jan's honor, during her memorial service, the Outstanding Counseling Student Award was renamed the "**Dr. Janet H. Fontaine Outstanding Counseling Student Award.**"



Pictures:

(Above) Dr. Jan in 1989 when she arrived at IUP

(Top Left) Jan and her baby, Cody, both wearing bowties

(Opposite Page, top) Jan holding Alex Guth-Borowski

Remembering Dr. Janet H. Fontaine...

Bob Witchel shared— I first met Jan when she arrived at IUP in Aug. 1989. I was dept. chair, and including Jan there were only 4 of us in the Counseling program. We had something in common as we both had come to IUP from Minnesota. I last saw Jan on August 27th. I had not seen her since she was at the Monroeville Center sometime in March. She had literally dragged herself to Monroeville to teach that night. We sat side by side and she shared her feelings about the turn her life had just taken.

When I visited her on Aug. 27th I was greatly moved by her. We held hands for a long while. I told her how important it was to me when she told me in 2002 that she admired how I continued to re-create a new life for myself; I had just decided to get married.

I shared with Jan that when she arrived in 1989 that she was the only woman in a dept of 8 men; I said how pleased I was that this was no longer the case, as there were now 7 women and 3 men in the dept. Her whole face smiled.

I brought greetings from the 1st Monroeville school cohort (which she taught in spring semester) as I had shared with them that Jan was quite ill. Again, she smiled "big" and then said "it's a bummer when an instructor can't make it to class" which she couldn't do at the end of spring semester.

Jan mostly had a look of gentleness and peace on her face on Aug. 27th. The music playing throughout the time I was there was calming, and her dog and cat were close by her side. I felt honored to be able to be with her that day and over the past 16 years. She was passionate about her work and dedicated to her students. Being with her on Aug. 27th reminded me again of my own mortality and knowing that someday I will be in a place similar to where she was, and hope that my friends and family will be with me to help me in my journey.

A very significant quote for me is from Morrie Schwartz (Tuesdays with Morrie) – "Death ends a life not a relationship." So – my relationship with Jan continues....

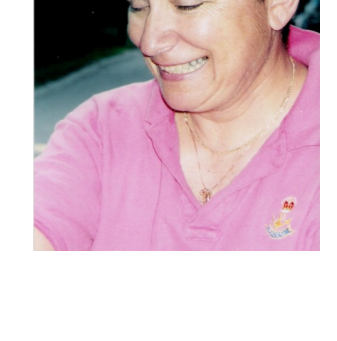
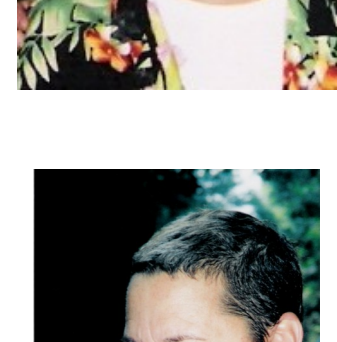
Lorraine Guth shared— When I think of Jan, several words come to my mind such as intelligence, advocacy, dedication, caring heart, organization, incredible sense of humor, fountain pens, fine dining, and candy. She made a significant impact on my life.

I fondly recall the tour she gave me of Indiana during my IUP interview. She welcomed me into the Department and showed me the organizational ropes. We co-coordinated the Advisory Board. Speaking of the Advisory Board and graduation meal functions, she imparted significant words of wisdom for me, "Don't forget to bring containers for leftovers".

She also had a deep affection for my children. When I came to IUP I had the first baby in the Dept. in many years. After the birth, she asked Claire "Do you think Lorraine will let me hold Alex?" After several visits with Alex across the room, she came closer, held him for the first time, and rubbed his head in a circular fashion. After that she conveyed caring for all of the children born to faculty in the Department. When my kids would come to the office, they would have a ritual of having to go to Jan's office for candy. She had a stock pile in her office and she would always greet them with enthusiasm. However, Jan wasn't satisfied with her drawer and one day she came in with a candy machine for the kids. I will never forget the happy look on my kids' faces when they used this candy machine for the first time. Jan was so happy to share in the excitement.

I will miss her smile and the words of wisdom she gave me.

During one of the last times I saw her, she dictated a letter to the Department. At the end of the letter she said "I wish you all the ability to enjoy what this wonderful world has to serve us. God Bless." I believe this would be her wish for everybody that is reading this newsletter.



Dr. Moore Aids in the Relief of Hurricane Katrina Victims...



On September 10, 2005, Dr. Holly Moore left Pittsburgh for Baton Rouge, LA to provide mental health services to victims of Hurricane Katrina. As with other resources during this disaster, mental health professionals were in short supply to the gulf coast region.

The Red Cross, the agency typically providing such services,

made a plea for assistance through several professional associations. Dr. Moore was recruited through the National Board of Certified Counselors, one of the professional associations the Red Cross contacted for assistance. Typically in disasters, the Red Cross requires mental health volunteers to be Red Cross trained. Due to the enormity of this disaster, all certified and licensed mental health professionals were accepted, regardless of Red Cross training.

Dr. Moore was assigned to the Pearl River area of Louisiana, a town near the Mississippi border. This area was hit by the eye of the hurricane and sustained significant wind and water damage.

Dr. Moore lived in an evacuee shelter for two weeks. Working with a team of three other mental health workers, she provided assistance to five shelters in the Pearl River/Slidell area. During a disaster, the Red Cross provides crisis intervention and case management services, not therapy or counseling. Dr. Moore was involved in providing these services to staff as well as residents of the shelters. Included in the case management activities were such things as processing financial assistance, helping to locate lost/missing family members, family relocation, and a children's activity program. Many of the shelter residents had significant medical, mental health,

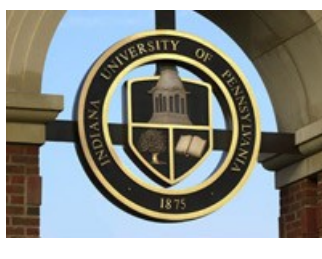
domestic violence, and drug and

alcohol issues prior to the hurricane. These issues had to be addressed through crisis intervention as well as the issues that directly resulted from the hurricane.

Dr. Moore returned home on September 24, 2005, barely making it out of Louisiana in the wake of Hurricane Rita. Although she experienced the hardships of living in a shelter, she found the experience extremely rewarding. Since returning, Dr. Moore has decided to officially join the Red Cross for both the local and national disaster response. She is in the process of completing her training at this time.



**New Part-time Instructor:
Kathryn Sclesky**



Kathryn Sclesky joins the IUP Monroeville Center this semester teaching Educational Appraisal to the 2nd School Counseling cohort. Kathy is a 1996 graduate of the IUP School Counseling program.

Kathryn's background is extensive and shows a wide range of experiences and interests. Currently and for the past eight years, she has worked at Ligonier Valley School District as an Elementary School Counselor at Laurel Valley Elementary. Prior to that, she was a middle school counselor for Westmont Hilltop School District and worked for the ARIN intermediate unit for the last ten years serving many roles.

Starting her career as a tutor for Project LIFE at the ARIN intermediate unit, Kathryn began working with children in Homeless and Domestic Violence Shelters, then served as a Program coordinator for non-traditional students in the vocational programs. The ironic thing about her position is that while a tutor, she met Dr. Fontaine who encouraged her to go to graduate school at IUP. This past summer, she was asked to teach a class of Dr. Fontaine's who she credits for her initial reason for pursuing this profession.

Kathryn absolutely loves teaching graduate students and feels as though she is collaborating with a

group of creative colleagues when she teaches.

She is very social and enjoys many athletic activities, such as: golfing, biking, and skiing. She serves as the Vice President for the Westmoreland County Counselor's Association for which she is the program coordinator for their meetings. In addition, she serves on many committees for her school district.

Kathryn loves teaching graduate students, and says that she is very thankful to have been led down a path that has never stopped her from experiencing exhilarating and interesting opportunities. We welcome Kathryn Sclesky back to the department.

Center for Counselor Training and Services (CCTS) Upcoming Events...

We would like to take this opportunity to list the upcoming **CCTS Events** for Spring 2006!

Conflict Resolution Training February 10-11, 2006 at IUP's Monroeville Professional Center, Monroeville, PA. Learn about different conflict styles and discover communication and mediation skills to resolve conflicts. The Pittsburgh Mediation Center "Conflict Resolution Training" assists participants in developing fundamental skills for working with conflict. The workshop is grounded in experiential learning and includes lecture, discussion, exercises, and

skills practice.

A Six-part Videoconference Series

Time: 9:00 am to 11:00 am in 255 Stouffer Hall at IUP's Main Campus. Dates and topics include:

Jan. 11, 2006 Recovery Transformation of Psychiatric Care

Jan. 25, 2006 Evidence Based Treatment in Psychiatry for Adults and the Elderly

Feb. 8, 2006 Managing a Client with Violent Behavior

Feb. 22, 2006 Evidence Based Treatment in Psychiatry for Children and Adolescents

Mar. 8, 2006 Reactive Attachment Disorder

Mar. 22, 2006 Family Resilience, Helping to Engage Families

These events are FREE, but seating is limited. Registrations will be taken on a first-come, first serve basis. Individuals can attend one or more of the video-conferences. Topics and registration information available at CCTS website (<http://www.iup.edu/ce/More/springworkshops.shtml>).

Solution-Oriented Brief Therapy

May 3, 2006, Eberly Auditorium, IUP introduces **Mr. O'Hanlon** (right),

known worldwide as being a leader in Solution-Oriented Brief Therapy.

Register today by going to (www.iup.edu/ce/more/springworkshops.shtml).



3rd Annual School Counselor Professional Development Workshop - Jan. 13, 2006

The CCTS is proud to announce the 3rd Annual School Counselor Professional Development Workshop. The workshop is being coordinated by CCTS on behalf of the Admissions Office. It will be held on January 13, 2006 from 9:00 am to 3:00 pm, on the IUP campus. The focus of the workshop is on the proposed career standards. The keynote speaker will be Jay D. Cannon with a presentation entitled, "Career Development: Turning Dreams into Reality." Jay is the State Administrator for Career Counseling Services, Bureau of Career and Technical Education, PA Department of Education. His presentation is intended to help teachers and parents build and nurture "Career Dreams" within the minds of students. Also speaking will be Mike Curley, Beth Ann Haas and Scott Major, from the Lancaster County Career and Technology Center (LCCTC). They will be presenting, "A Virtual Learning Tool to Teach the Career Education & Work Standards." With a grant from the Bureau of CTE, the LCCTC has developed a virtual teaching and learning tool for the Career Education & Work Standards for grades 3, 5, 8 & 11. Their presentation will review the tool and provide participants with access to the web site. There is no cost to attend the event. Morning refreshments and lunch will be provided. Registration is limited to the first 100 counselors. To reserve a seat, call 724-357-2306 by **December 20th**, and provide your name, mailing address, email address, school district and telephone number.

Spring and Summer 2006 Electives

Spring 2006 - Monroeville

Current Issues in Counseling (COUN 681) - Spring Semester (Jan. 19th) on Thursday's, 7:20-9:50 PM held at the **Monroeville Campus**. Course content is designed to introduce new happenings in the field, offering graduate students in the Community and School Cohort an opportunity to read about, critique, and discuss current issues and approaches in our exciting ever-changing field. **Dr. Joe Utay**

Wellness-Based Counseling (COUN 673) - Spring Semester (Jan. 19th) on Thursdays, 4:45-7:15 PM held at the **Monroeville Campus**. After the most current and interesting thoughts about wellness in counseling are reviewed, the focus of the course will be practical methods for helping our clients assess, improve, then maintain their wellness. **Dr. Joe Utay**

Summer 2006 - Indiana and Monroeville

We are planning to offer electives on the Indiana and Monroeville campus this summer. While we will have specific course information in the Spring semester newsletter, we recommend that you sign up for the Alumni Listserv in order to receive more timely information about these electives.

IUP Counseling Department Newsletter

We Welcome the New 2005-2006 Graduate Assistants!

•**Whitney Fry** graduated from IUP in 2001 with a B.S. in Communications Media. After graduating, she worked in Public Relations and at the U.S. Postal Service. She is in the Secondary School Counseling program in Monroeville. She currently works as an Assistant Administrative Case Manager and plans to work as a School or Vocational Counselor after graduation. Whitney enjoys live music, singing, aerobics, and web design. Whitney is Dr. Witchel's G.A.

•**Sherry Shields** graduated from IUP with a BA in the Psychology Honors Program with a minor in Criminology. She is in the Secondary School Counseling program. Her professional interests lie in validating counseling interventions with empirical support. She is currently involved in the ASCA, ACA, and APA. Sherry says that she enjoys making her house as "homey" as possible. Sherry is Dr. L'Amoreaux's G.A.

•**Jesse Virago** graduated from the University of California at Santa Cruz in 2004 with a B.A. in American Studies. She is in the Community Counseling Track in Monroeville. Her professional interests lie in body-centered psychotherapy. She is nationally certified in Therapeutic Massage and Bodywork and licensed in Florida as a Massage Therapist. Jesse also has a massage therapy practice near Shadyside Hospital in Pittsburgh and is a member of the United States Association for Body Psychotherapy. Jesse is an avid biker, reader, and enjoys hiking, yoga, and tai chi. Jesse is Dr. Utay's G.A.

•**Aziz Heard** graduated from Bowie State Univ. in 2004 with a major in Pedology (Child Studies) and also has a minor in math. He is enrolled in the Community Counseling program. He plans to work in addiction counseling. Aziz is currently a member of CESA and is an assistant coach

for the IUP Women's Basketball team. In his free time, Aziz enjoys playing basketball, weightlifting, and "praising his Lord, Jesus Christ."

•**Christine Sherman** is from Kittanning, and graduated from IUP in 2001 with a B.S. in Psychology. Upon graduation, she moved to Rhode Island to work in the Information Technology field. Christine is in the School Counseling program and was employed as a TSS until she began her assistantship with Dr. McCarthy. In her free time, she enjoys singing, playing piano and spending time with her family.

•**Sarah Wadsworth** graduated in May of 2005 with a child development degree from IUP. She is enrolled in the Elementary School Counseling program. Her main focus as a G.A. include the mailings for the PA Counseling Association. Sarah notes that her faculty advisor, Dr. Moore is extremely helpful as a mentor since she has a lot of experience in the counseling field. Sarah is Dr. Moore's G.A.

•**Lindsay Swiss** graduated in April of 2005 from the Univ. of Pittsburgh at Greensburg with a B.S. in Psychology. She is in the Secondary School Counseling program. She is a member of Psi Chi, Phi Kappa Phi, and CESA. She works at Western Psychiatric Institute and Clinic as a Milieu Therapist in the child and adolescent unit. She primarily is responsible for co-facilitating psycho-educational and therapeutic activity groups, managing crisis situations, providing clinic interventions, and assisting in the implementation and maintenance of the program. Her interests lie in working with the at-risk population and children with disabilities. Outside of work, she likes to go to Penguin games, spend time with her family and friends, gardening, and training her newly adopted puppy, Coco Chanel. Lindsay is Dr. Marshak's G.A.

•**Courtney Tucker** graduated in 2004 from IUP with a degree in Criminology with minors in Psychology and Sociology. She currently is enrolled in the Community Counseling (Child track) program. She is employed by Family Behavioral Resources and works with children with behavioral problems.

•**Lauren Smith** graduated with a B.A. in Psychology from Saint Francis University in May 2005. She is enrolled in the Elementary School Counseling program. Her professional interests are to pursue her NCC while she begins her career in a school. After graduation, she would like to spend a year or so overseas doing international missions. Lauren's work as a G.A. involves handling admission procedures and other dept. projects. She enjoys participating in activities with her church and hanging out with her family and friends. Lauren is Dr. Dandeneau's graduate assistant.

•**Jennifer Alker** graduated in 1998 from Gwynedd-Mercy College with a BS in psychology. She worked in various mental health settings including an acute respite care facility, partial hospitalization program, supervised residential services, and outpatient mental health center. She is a certified Parents As Teachers educator and her most recent work experience involved providing education and services to pregnant and parenting teenagers. She is enrolled in the Community Counseling program. She has two children, Alexa (5) and Kyla (3). Jennifer is currently a GA for Dr. L'Amoreaux and recently co-resented with her at the PCA conference on the topic of developing and using supervision contracts. She plans on working as an outpatient therapist at a community mental health center.

Counseling Alumni Listserv

A new listserv has been created for alumni. This listserv will allow the Department to keep you up-to-date on current information. For example, we often receive job notices that quickly need to be filled. By joining this listserv, you will receive occasional emails to keep you informed of job opportunities,

workshops that will be offered, alumni updates, and more. As a subscriber to the list, you will also be able to send emails to the list with information that you think alumni would like to have. To join the list, send an email to Dr. Dandeneau at (cdanden@iup.edu) with the subject "Join Listserv."

"Everyone and everything that shows up in our life is a reflection of something that is happening inside of us."

- Alan Cohen

Newsletter on the Web

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

www.iup.edu/ce/newsletter/fall2005.html

Faculty email addresses

Dr. Dandeneau: cdanden@iup.edu
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 Dr. Utay: jutay@iup.edu
 Dr. Witchel: bwitchel@iup.edu

Emeritus Faculty

Dr. Worzbyt: jcworz@iup.edu

Dr. Witchel and his GA, Whitney Fry, maintain the dept. website at www.iup.edu/ce. The website has had over **43,000** hits since its inception. If you have any feedback or suggestions feel free to email us.

IUP Counseling Department Newsletter,

Published semi-annually
 by Counseling Dept.

Editor: Dr. Robert I. Witchel

Graduate Assistant: Whitney Fry

Dr. Spinelli Memorial Fund

If alumni wish to contribute to the Dr. Spinelli Memorial Fund, they can 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.

Alumni Updates

2004: Jill Roda worked as a Clinical Counselor for North Hills Youth Ministry. Jill presented a speech on the "Empowerment of Women" in 2004 and had her second child, Grace Helen on 4/29/05. Congratulations!

1996: Jay Elder is employed as a Guidance Counselor for Central Westmoreland CTC. His wife is currently attends IUP for Vocational Instructional Health.

1967: Lenn D. Grace, M.A., D.N. is a retired Psychology Instructor and Counselor and has worked 32 years as a U.S Steel Worker and Foreman. One of his main interests today include "Holistic Health," which he states that "Spirit is the life, mind is the builder, and physical is the result." Lenn notes that George Spinelli, his former mentor, was one of the greatest ones ... humble, kind and intelligent.



Alumni Feedback

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

Name _____ Year of Graduation _____ Degree _____

Address _____

Home phone _____ Work phone _____

Email _____

Place of Employment _____ Job Title _____

Publications _____

Presentations _____

Other news _____



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