



IUP Counseling Department Newsletter

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

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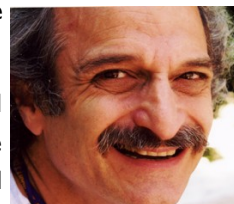
Welcome to the Winter issue of the Department of Counseling Newsletter. This issue is arriving slightly later than usual as I am completing my first Sabbatical in 27 years at IUP. A special thanks to my new Graduate Assistant, Angela Orbin for working on this newsletter, with little direction from me. This fall, we welcomed two **new faculty**, Dr. Kirsten Murray and Dr. Mary Graham and we are now a faculty of twelve (see page 2 for more about Mary and Kirsten). In this issue, we also included descriptions of each of our graduate assistants in the Indiana and Pittsburgh programs.

We are awaiting our **CACREP** accreditation site visit to occur April 13-16, 2008, which concludes a multi-year preparation process lead by Dr. L'Amoreaux (see article on page 6). In addition, we continue to explore a **doctoral program** (see Pg. 7) and hope to move ahead with our planning during Spring Semester. The **Center for Counselor Training and Services** (CCTS) directed by Dr. McCarthy has a full schedule of training activities for the Spring semester (see page 3).

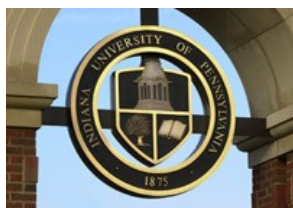
Dr. Dandeneau was recently re-elected as Chairperson for the next three years; with the exception of Claire's interim appointment as Graduate School Dean in 1998, Claire has served as Department Chairperson since 1996, a year after she arrived at IUP. The faculty recently honored Dr. Dandeneau for her excellence in leadership. **Monroeville program** alumni would be glad to know that a state-of-the-art Digital Counselor Training Facility (DCTF) has been added to the Penn Center East campus. This DCTF has been available on campus for a number of years and we are pleased to now offer this same high tech facility to our students in the Pittsburgh area.

Taking time away from teaching for a semester has been a valuable experience for me. In addition to having the time to begin writing a book related to persons born with a variation in their sexual development (sometimes identified as intersexuality), I have spent time exploring where I have been in my career/life and where I want to head as I reach my 60th birthday in June '08. Regularly hearing about the retirement plans of university colleagues, alumni and friends, and being asked "How many more years are you going to teach?" has caused me to begin to explore an important life issue—how do I want the rest of my life. Like all life decisions, the "truth" comes from within and as long as I feel that I am enjoying my work and contributing positively to the education and growth of others, then I will continue. I recently had correspondence from a professor of mine from my undergraduate program who is completing his 50th year of teaching at the college; his recommendation for a successful career was "stay vitally interested in your work." I felt some comfort to know that he experiences "vitality" even in his 50th year of teaching. While I don't know if I will teach for another 23 years, I liked what a friend said — he will continue to work until he wakes up one day feeling "I don't want to do this anymore."

I enjoyed seeing those of you who attended the recent Western PA School Counseling Conference and look forward to visiting with other alumni at the PSCA conference in Lancaster in April. The faculty and I wish you a wonderful and healthy new year.



Bob Witchel



IUP Counseling Department Newsletter

IUP Welcomes New Faculty to the Counseling Department

Dr. Mary Graham joined the Counseling Department in the fall of 2007. She completed her doctorate at Oregon State University in May of 2007. Her dissertation focused on the use of creativity in counselor supervision, specifically the use of children's literature to impact the working alliance in the supervisory relationship. Dr. Graham is a certified school counselor in the State of Washington. Dr. Graham has worked with elementary, middle school and high school students in both Washington State and Oregon. She also has an extensive background and experience working in juvenile corrections and with students at-risk.

This semester, Mary presented at the Association of Counselor Educators and Supervisors (ACES) conference and the Western Regional Pennsylvania School Counselor Conference. At ACES Mary presented her model of bibliosupervision to counselor educators and supervisors. At the Western Regional PSCA conference, Mary presented on strategies school counselors could use in assisting students in overcoming barriers of poverty.

Mary's current research interests include school counseling advocacy, poverty issues, and creativity in counselor education and supervision. She is currently working on a research project with another faculty member examining the ASCA National Model and State Specific Models of Comprehensive Guidance.

Dr. Kirsten Murray joined the Counseling Department in the fall of 2007, after completing her doctorate in Counselor Education and Counseling at Idaho State University. Kirsten is a Licensed Professional Counselor; her counseling background focuses primarily on work with couples and families. While in Idaho, she worked for several non-profit community agencies counsel-



ing families impacted by sexual abuse, addiction and juvenile corrections.

Kirsten's research interests are primarily qualitative and include investigating topics of supervision, wellness and sexuality. Her dissertation research examined the impact of counselor training on counseling students' couple relationships. She presented the findings of her dissertation research at the Association for Counselor Educators and Supervisors national conference and will present her findings at the American Counseling Association's annual conference in March.

Since arriving at IUP, Kirsten has focused on teaching Group Practicum, Introduction to Community Counseling and Lifespan and Development. In addition, she will be teaching an elective course in the spring that will introduce students to practicing from a family system's perspective.

Other Faculty News

Dr. Holly Branthoover, Assistant Professor in the Counseling Department, received the 2007-2008 Presidential Award of the Pennsylvania Counseling Association (PCA) at its recent annual conference in State College, PA.

The President's Award is an annual award given to a PCA member who exemplifies outstanding contributions to the association's mission. Dr. Branthoover was recognized for her services as Chair of the Membership Committee for the past four years. The PCA president, Dr. Paul West of Alvernia College, applauded Dr. Branthoover's dedication to PCA and her ability to resolve membership problems in an effective, timely manner. "Once we came up with a solution to a problem," he said, "I could always count on her to follow through and get things done."

Dr. Kimberly Desmond is preparing for a presentation on supervision for the American Counseling Association (ACA) in Honolulu, HI in March.

Her son Mason is approaching his one year birthday on February 14, 2008 and will accompany her and her husband, James, to Hawaii.

Dr. Mary Graham, assistant professor of Counseling, was chosen to participate in a one-day Emerging Leader training at the recent conference of the Association of Counselor Educators and Supervisors (ACES) in Columbus, Ohio.

The leadership workshop drew approximately 50 current and future counselor educators from across the nation, and selection was quite competitive. Applicants had to be nominated by ACES leaders to be potentially accepted for the training. Dr. Graham was nominated by Dr. Dale Pehrsson, associate professor of counselor education at UNLV.

According to Dr. James Benshoff, the coordinator of the training and a professor counselor education the University of North Carolina at Greensboro, the goal of the training was "to promote leadership opportunities at all levels within ACES and to begin preparing for the next generation of leaders in our profession."

Dr. Claire Dandeneau Honored by Faculty

Dr. Dandeneau was recently honored by the Department faculty for "overall excellence in leadership, vision, support, creativity, enthusiasm, and a wonderful sense of humor." The faculty also re-elected Claire for another three year term as Department Chairperson.



Center for Counselor and Training Services (CCTS)

Past President of ACA to Offer CCTS Workshops

The IUP Center for Counselor Training and Services (CCTS) is pleased to announce that Dr. David Capuzzi will be conducting two one-day workshops in the Spring 2008 semester.



The first event, "Youth Suicide: Prevention and Crisis Management," will be held Tuesday, April 29, at the Eberly College of Business and Information Technology on the IUP campus. The following day, April 30, Dr. Capuzzi will present "The Many Facets of Grief" at the CCAC Boyce Campus Performance Auditorium in Monroeville.

Besides being a past president of the American Counseling Association (ACA), Dr. Capuzzi is an Affiliate Professor in the Department of Counselor Education at Pennsylvania State University. Prior to joining the Penn State faculty, he was a Scholar-in-Residence and a Counselor Educator at Johns Hopkins University. He is also a Professor Emeritus and former coordinator of Counselor Education in the Graduate School of Education at Portland State University.

Dr. Capuzzi has authored, co-

authored and edited several text books and articles for ACA related journals. In addition, he has consulted with a variety of school districts and community agencies interested in initiating prevention and intervention strategies for adolescents at risk for suicide. He has facilitated the development of suicide prevention, crisis management, and postvention programs, as well as providing training on the topics of youth at risk, grief and loss. For more information, or to register, please call 724-357-3807 or email Dr. John McCarthy at ccts-coun@iup.edu.

Professional Development Day for School Counselors

CCTS will be presenting its 5th annual "School Counselor Professional Development Day" in January and the IUP campus.

The event will be held January 11th in the Ohio Room of the Hadley Union Building. This year's theme is how school counselors can ensure college and career readiness for every student. Dr. Peggy Hines, Director of the National Center for Transforming School Counseling will offer the day-long training entitled "Using Data to Ensure Student Success." Dr. Hines was a member of the writing team for the *ASCA National Model: A Framework for School Counseling Programs* and is the former school

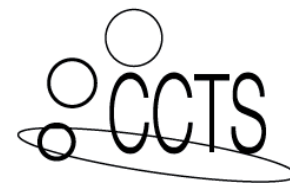
counseling director at Indiana State University and former professional school counselor.

The training is presented free of charge, and lunch will be provided for participants. Students can register by calling 724-357-2306 and more information can be obtained by contacting Dr. John McCarthy at ccts-coun@iup.edu.

February 8, 2008 (Friday), Indiana Holiday Inn; Two, three-hour Workshops

A Refresher on Ethical Issues for Counselors (3-hour workshop, 8:30—11:45 am) Dr. Nadene L'Amoreaux. Workshop will enable participants to learn the application of the *ACA Code of Ethics* to clinical practice; learn the application of ethics when working with minors; be able to maintain accurate documentation and record keeping; and be able to identify and maintain professional boundaries.

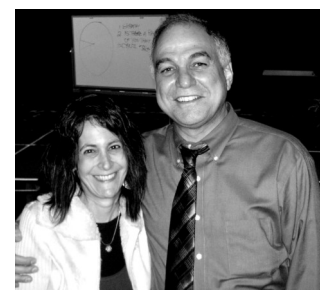
Counseling Clients from Poverty (3-hour workshop, 1:00—4:15 pm), Dr. Mary Graham. This workshop will examine the culture of poverty and the culture of poverty, and this seminar will aid counselors in understanding the impact of the culture of poverty on counseling and educational services and in learning specific strategies and techniques to increase counseling effectiveness.



More information about both workshops can be found on the CCTS website (<http://www.iup.edu/ce/CCTS.html>). Registration via credit card can be done by calling 724-357-2223. Act 48 and NBCC credits will also be available for both workshops. For more information, contact the CCTS office at 724-357-3807 or at ccts-coun@iup.edu.

Dr. Fred Hanna

Nearly 90 people attended the one-day workshop, "70 Strategies for Counseling Difficult, Defiant Adolescents," offered by Dr. Fred Hanna. Feedback on the workshop was overwhelmingly positive and CCTS hopes to arrange a similar workshop by Dr. Hanna in the Indiana area during the 2008-2009 academic year.



Dr. Fred Hanna with alumna Debbie Witchel, '05.

IUP Counseling Department Newsletter

IUP Welcomes New and Returning Graduate Assistants!

Erica Askey graduated from the University of Pittsburgh main campus in 2007 with a B.S. in psychology and a minor in sociology. She is currently enrolled in the secondary school counseling program. Erica has previous work experience as a research assistant with the University of Pittsburgh's Multimodal Treatment of ADHA (MTA) study and experience with children from working at a residential treatment facility for adolescents, and as a counselor at a summer treatment program for children with ADHD. She works as a G.A. for Dr. Desmond and Dr. Bruno. Her duties include helping to coordinate the Outstanding Student Award, preparing class materials, and other miscellaneous duties. Her outside interests include cooking, reading, playing sports and being with family and friends.

April Astorino received her B.S. in communications media from IUP with a minor in dance. She is currently enrolled in the secondary school counseling program and her professional interests include teens at risk and prevention programs. She is a member of CESA, ASCA and volunteers for the Make-A-Wish Foundation of Western Pennsylvania. As a G.A., she works for Dr. Guth on research projects and preparing materials for internships and practica. She is employed as a dance instructor for ballet, jazz, modern and condition classes at Van Dyke & Company in Punxsutawney, PA and acts as a rehearsal captain for the Mahoning Valley Ballet Co. In her free time, she enjoys photography, scrapbooking and spending time with her 3 year-old brother, Jackson.

Melissa Lynch received her undergraduate degree from IUP in elementary education and loved it. Now she is in the school counseling program and would also like to become a licensed professional counselor.

Her professional interests include drug and alcohol counseling, relational aggression, crisis intervention and advocacy for the physically disabled. She is a member of Chi Sigma Iota, ASCA and PSCA. Melissa works for Dr. Dandeneau and does a lot of work for the departmental admissions process and does research. She works at The Open Door, an alcohol and other drug treatment center as a crisis intervention specialist and also runs a group that focuses on educating and providing insight for clients. In her spare time, she likes to hang out with her family and friends, having bonfires and game nights, and traveling and taking road trips, swimming and reading.

Alex McConnell graduated from the University of Pittsburgh with a B.S. in psychology. He is currently enrolled in the community counseling program. As a professional, his interests include veteran's affairs, grief counseling and positive psychology. He is a G. A. for Dr. Carone and Dr. L'Amoreaux.

Karen Miller completed her undergraduate degree at Geneva and is now enrolled in the community counseling program. She works as Dr. Branthoover's G.A., assisting with PCA memberships and working on a practicum research project. Her husband and three sons at home keep her busy. Her interests in the fall are watching high school football and in the spring she enjoys watching high school baseball.

Angela Orbin received her B.S. in communication, media and technology from La Roche College. She is currently enrolled in the secondary school counseling program and is a member of ASCA, PSCA, ACA and PCA. She works as a G.A. for Dr. Witchel on the counseling department newsletter and the counseling department website. She also works for Dr. Bruno,

assisting with classroom materials, research, PCA and other various projects. Outside of school, she is busy raising her two young daughters and enjoys spending time with family, friends and being an active member of her community.

Anne Shick has her B.A. in sociology from IUP and is now enrolled in the community counseling program with an adult and adolescent focus. Her professional interests include alcohol and other drug counseling,, rehabilitation, education and family therapy surrounding the issue of addiction. She is a member of Chi Sigma Iota and currently works as a G.A. for Dr. Murray. Her duties include assisting with class preparation and conducting a variety of research. When not at school, her most pleasurable moments are spent with her family in and amongst the beauties of nature.

Amy Jo Thompson received her undergraduate degree in Psychology from IUP and went straight into the community counseling program. Her professional interests are vast, but include all aspects of adolescent development as well as emergency response, with a focus on mental health. She is a member of PSI CHI and the Society for Community Research and Action (SCRA). She is also a Red Cross Volunteer and an active participant in the Church of the Brethren Disaster Response Ministry. As Dr. McCarthy's G.A., she works on CCTS workshops and a research project. Amy Jo's two daughters are also students at IUP and she is recently engaged to a wonderful man. In addition, she sings as part of a female a cappella trio and plays the piano, gardens, canoes and writes when she has the time.

Graduate Assistants, Continued

Kelly Webb has a B.A. in sociology from IUP, and graduated as valedictorian of the sociology program in 2004. She is currently enrolled in the elementary school counseling program and works as a G.A. for Dr. Marshak. She is also employed part time at Beacon Ridge Nursing Home as a social services assistant. Outside of school, she enjoys visiting her family in Niagara Falls, NY. She loves music, especially The Cure. She also loves reading and Margaret Atwood is one of her favorite authors.

Erica Zinsser graduated from Penn State Behrend with a B.S. in Psychology and is now enrolled in the elementary school counseling program. She is a G.A. for Dr. Graham and works on putting together the Counselor Link, and doing research. She has spent the last two summers working at a camp for children with special needs and realized how much she enjoys working with children of different abilities. Her outside interests include staying physically active, enjoying the outdoors and spending time in Pittsburgh with her family.

Faculty presented at 2007 ACES (Association of Counselor Educators and Supervisors) conference in Columbus, Ohio. In addition to Drs. Murray and Graham (pg. 2), the following faculty presented: Dr Bruno - Counselors' Multicultural Counseling Competence: Raising Multicultural Awareness; Drs. Branthoover, Desmond & Bruno - Infusing the ASCA National Model into School Counseling Preparation; Dr. Desmond - Developing into a Supervisor: Guiding Students Through the Transition; Dr. McCarthy - Promoting Professional Development Among Students, Alumni, and Area Professional Counselors; and, Dr. L'Amoreaux - Student Remediation Plans. A number of students and colleagues co-presented with faculty. We were well represented!

Ruth C. Stacy ('65, '80) Counselor Scholarship Established

Dr. Ruth C. Stacy of Mayville, NY received her doctoral degree in 1980 and Master's degree in 1965 from the IUP Counseling Department. The Northern Chautauqua Community Foundation (NCCF) has announced the establishment of the "Ruth C. Stacy Counselor Scholarship Fund." Dr. Stacy has created this fund to support graduate level students majoring in school or mental health counseling. "The need for credentialed school and mental health counselors is a critical element to a healthy school and community environment" states Dr. Stacy. A strong advocate of the need for certified, experienced school counselors in Kindergarten through high school, Dr. Stacy is an experienced school and mental health counselor. Dr. Stacy maintains her certification with the Pennsylvania and New York State Education Departments.

Students accepted in an accredited school counseling or mental health counseling Master Degree graduate program are encouraged to apply for the scholarship. Accreditation is by the Middle States Commission on Higher Education and The Board of Regents of the University of the State of New York or by the Council for the Accreditation of Counseling and Related Programs (CACREP). Those interested in applying should compile the following: documentation of acceptance in an accredited Master Degree graduate program; a copy of Bachelor Degree(s) with transcript(s) indicating a 3.0 or above average; current occupation and age; three professional references; and, a one page description of his/her reasons for seeking the degree and plans upon completion. This information should then be sent to the NCCF at 212 Lake Shore Drive West, Dunkirk. For additional information, contact the NCCF office at 716-366-4892.

Dr. Witchel recently spoke with Dr. Stacy about her scholarship development and her strong interest in supporting graduate students pursuing a master's degree in counseling. Dr. Stacy wanted to share with alumni and current students her recent work, by telephone and via the internet, providing counseling to counselors working w/ Katrina victims; the stress level experienced by counselors responding to people impacted by the Katrina was enormous and needed to be addressed. She was also very proud to share her celebrating 57 years of marriage to her husband, Jim. Ruth Stacy can be reached by emailing her at: rcstacy32@roadrunner.com

IUP Counseling Department Newsletter

Congratulations to Cathy Anne Simmons and Alexandra Krynski, Spinelli Scholarship Awardees

Two IUP at Penn Center – East (Pittsburgh) recently received Spinelli Scholarships. **CathyAnn Simmons**, a single mother with three daughters and a member of Community Counseling Cohort 7, after retiring from a 20-plus-year career as a court stenographer, went back to school to become a massage therapist. She then began a training program in a body-centered psychotherapy technique, which became the impetus for her entering graduate the counseling program. In addition, to her work as a massage therapist, she recently was trained to be a volunteer with the Crisis Center North, a domestic violence center in the North Hills area of Pittsburgh. She is now engaged in an internship at Mercy Behavioral Health in Pittsburgh. Cathy sees herself working in an agency or managed care setting and eventually developing a private practice incorporating her alternative experience, with a long-term vision of being involved with or starting a healing center for women and/or victims of trauma. **Alexandra Krynski**, a member of school counseling cohort 3, works as the Special Projects Coordinator for the Bureau of Children and Adolescent Services, a part of the Allegheny County Department of Human Services. She has presented on the national level at the 20th Annual Research Conference on Children's Mental Health and is currently working on a book chapter that focuses on involving young mental health service recipients in program evaluation and continuous quality improvement in collaboration with the University of South Florida. In the past she has held a variety of direct-service roles working with transition-age young people in the fields of behavioral health, special education, and juvenile justice, allowing her to become acutely aware of the need for cross-systems knowledge, communication, and coordination.

Attention Alumni!

The Counseling Department is seeking alumni to serve on the advisory board. This is an opportunity to remain active in the ongoing development of the school and community counseling programs. The primary responsibility of an advisory board member is to provide feedback to the department regarding student training and services. The time commitment involves attending one meeting per semester for approximately two hours. Members are asked to serve a three-year term. Meetings are usually held mid-way through the semester at Foster Dining Hall on the Indiana Campus and parking passes and refreshments are provided. If you are interested in finding out more information, please contact Dr. Kim Desmond at kdesmond@iup.edu or at 724-357-3812. Please consider helping to strengthen the IUP Counseling Department by sharing your voice.

CACREP Accreditation

We are pleased to report that our efforts toward CACREP accreditation continue to move forward. We submitted our self study to the CACREP board in June 2007. In September we learned that we were approved for a site visit, which is now scheduled for April 13-16, 2008. In this time frame, we will be on the CACREP board's July 2008 meeting agenda, at which time we will learn whether or not we have been given accreditation. While alumni and current students have been able to participate in the self-study process, we will be looking for alumni and current students to participate in the site visit as well. Opportunities include attending meetings with the site visit team members. If you would like to participate in these meetings, please let us know as soon as possible so that we can notify you of meeting dates/times/locations. Additionally, we will be taking review team members to some sites that have provided practicum and/or internship experiences for our students. If you would like to have a particular site considered for such a visit, please contact us with your recommendation. We look forward to reporting on our status in the next newsletter as we continue to move toward accomplishing our goal of accrediting our counseling programs. For more information contact Dr. Nadene L'Amoreaux nlamoro@iup.edu

Doctoral Program

We continue to consider proposing a doctoral program. We appreciate all alumni and current students who completed the needs assessment survey regarding the need for a doctoral program. We now have data indicating what focus a doctoral program might take, whether it should be a part-time or full-time program, and what is the preferred times and locations for a doctoral program. All of this information will be helpful as we continue to pursue with Dean Raffoth the development of a doctoral program. We will continue to share further developments in future Newsletters as we move ahead in our planning process.

Dr. Spinelli Memorial Fund

If alumni wish to contribute to the Dr. Spinelli Memorial Fund, you can contact the annual Fund at (724) 357-5555 or write to: The Office of Annual Giving, 312 Sutton Hall, 1011 South Drive, Indiana, PA 15705. The annual award is given to one or more current counseling students.

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/winter2008.html

Faculty email addresses

Dr. Branthoover	holly.branthoover@iup.edu
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Dr. L'Amoreaux:	nlamoro@iup.edu
Dr. Marshak:	lmarshak@iup.edu
Dr. McCarthy:	jmccarth@iup.edu
Dr. Murray	kirsten.murray@iup.edu
Dr. Witchel	bwitchel@iup.edu

Emeritus Faculty

Dr. Worzbyt jcworz@iup.edu

Dr. Witchel and his GA, Angela Orbin, maintain the dept. website at www.iup.edu/ce. If you have any feedback or suggestions feel free to email us.

IUP Counseling Department Newsletter

Published semi-annually

by Counseling Department

Editor: Dr. Robert I. Witchel

Graduate Assistant:: Angela Orbin

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.

Alumni Updates

1980: Dr. Ruth C. Stacy, NCC has now retired from counseling and a Ruth C. Stacy Counselor Scholarship Fund is now available through the Northern Chautauqua Community Foundation. See article on page 5 of this Newsletter issue.

1985: Dr. Nancy Ritsko is working as an outpatient therapist for Brookville Behavioral Health, Inc and is currently researching a connection between spirituality and mental health. She is also working on a children's book on coping.

1998: Christie Biro is employed as a school counselor at McKnight Elementary in the North Allegheny School District.

2005: Debbie Witchel became a Nationally Certified Counselor in July, 2007, a Licensed Professional Counselor in Oct., 2007, and is now in private practice, with offices in Fox Chapel and the Wexford/Cranberry Township area. You can visit her website at www.witchelweb.com

2007: Dody Wellock received the Clinical Advocate Award at this fall's Torrance State Hospital Chestnut Ridge Best Practices Annual Training Conference.

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 _____

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