



IUP Counseling Department Newsletter

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

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Welcome to the Spring 2008 edition of the Department of Counseling Newsletter. As I am writing this introduction on May 20th, classes ended about two weeks ago and we held department graduation about ten days ago. While this should be a more relaxing time of the year, counseling department faculty are already teaching pre-summer session classes, preparing for a full summer schedule, and continuing to review applicant files for a summer admission's workshop for Penn Center. In addition, our response to the CACREP site team report is due in less than a week. A busy time!

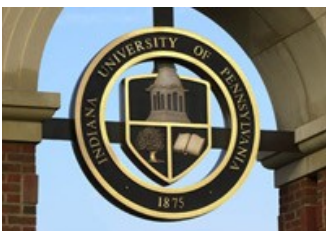
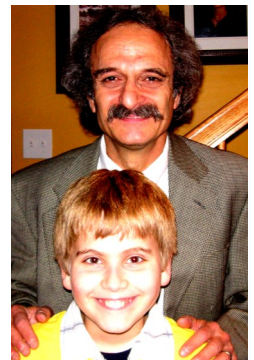
We just completed a very full spring semester, receiving a high number of applicants for all of our programs, and culminating with the **CACREP** four-day site visit last month. We are optimistic about a favorable decision by the CACREP Board by the end of July (see page 4). Faculty made numerous presentations at local, state/regional, national and international conferences; **Dr. Lorraine Guth** is presenting in Italy this week (see faculty activities on pages 2-3).

A number of students have been recently honored — April Astorino was awarded the **George L. Spinelli** Memorial Scholarship and Cathyann Simmons was named this year's **Janet Fontaine** Outstanding Student (see page 4). The **CCTS** had a successful and full year of training events and Dr. McCarthy already has scheduled four workshops for 2008-2009 academic year (see pg. 5).

The Digital Counseling Training facility is up and running at Penn Center, offering the type of technology which we have had on the Indiana campus for a number of years. Elective courses for both Fall 2008 and Spring 2009 have been selected and can be found on page seven. The University and the Counseling Dept. is making a transition to a more advanced and easier-to-navigate website; if you visit our site this summer you are likely to find both "old" and "new" sections of our website.

I just spoke with **John Worzbyt** who has relocated to North Carolina. Although enjoying retirement, John is working 20 hours a week on a spin-off of the "Beating the Odds" program he worked on years ago, called "Quarterbacks of Life Mentoring Program." The focus is on providing role models for elementary and middle school children to overcome obstacles and realize their full potential. John is back at it, developing curriculum, writing grant proposals, and developing a teacher training package related to the "Quarterbacks" program. The website is: www.quarterbacksoflife.com John would love to hear from alumni; his address and email is listed on page 7.

I will soon be starting my 28th year at IUP and will be celebrating my 60th birthday next month. Have you heard that 60 is the new 40? Years ago, I saw 60 as old but now that I am here, I feel I'm at mid-life, with hopefully many active years ahead. Jeremy, my 11-year-old keeps me young; in April we had a family trip to Lancaster, and we're heading to a Pirates game and the Zoo this weekend. My daughter, Rebekah graduated *summa cum laude* on May 10th from IUP and is looking for a elementary teaching position. My daughter, Tonya is leaving next week for Europe to work on a Yacht.



Cheers, **Bob Witchel**

Faculty Updates

Dr. Michelle Bruno has an assessment review entitled *Review of Student Styles Questionnaire*, in press. It will appear in *A Counselor's Guide to Career Assessment Instruments* (5th ed.).

Dr. Bruno, along with Dr. McCarthy and a colleague at California University of PA, published *Suicide Prevention and Postvention Within the College Culture* in the Winter issue of the *Journal of the Pennsylvania Counseling Association*.

She also co-authored an article with Dr. Lisa Hinkelman of The Ohio State University, entitled *Identification and Reporting of Child Sexual Abuse: The Role of Elementary Professionals*. The article is being published in the May 2008 edition of *The Elementary School Journal*.

Dr. Stacia Carone I am so pleased to report that I have completed my third semester in the Dept. of Counseling. Working with such a supportive faculty group and dedicated students has provided me with a very meaningful and fulfilling experience. This spring, I had two presentations: "Utilizing a Problem-Based Learning Approach to Facilitate Social Skill Development in Elementary Students" at the Pennsylvania School Counselor Association conference; and "Communicating with Students with Disabilities" at the School Counselor Professional Development Day at IUP. I co-coordinated the Career Day Workshop with the Armstrong Indiana Intermediate Unit's Pregnant and Parenting Teen Program, and thank Drs. Bruno and Desmond for reviewing proposals and contribut-

ing to the event. I also want to thank the students who presented workshops to facilitate career development of the participants.

On a personal note, my daughter completed kindergarten and won 5 medals in a recreational figure skating competition. I look forward to spending time together with my family this summer playing tennis, figure skating, and swimming.

Dr. Kimberly Desmond has been enjoying her son, Mason. He turned one in February and has been very busy walking around exploring his world. He has taken to figuring out how to open doors, cabinets, and cupboards to see the contents. He is keeping everyone on their toes!

Dr. Desmond is currently involved in a research study examining models of com-



prehensive school counseling with Dr. Mary Graham. In addition, she is starting a research study on parenting in counselor training with Dr. Kirsten Murray. Most recently, she presented at the American Counseling Association in Honolulu, and the Pennsylvania School Counselor Association in Lancaster. Dr. Desmond continues to serve the ACA on a national level as a member of the Publications Committee. She is also a book review board member for the *Family Journal*.

In addition, Dr. Desmond continues to be a contributing editor for *Counselor Audio Source*. Most recently she contributed an interview with Lloyd Onyett, Assistant Dean of Technology, on the virtual world of *Second Life*. She is looking forward to playing outdoors with her husband and son this summer.

Dr. Lorraine Guth was excited to mark her 10th year of service in the Dept. of Counseling. Dr. Guth is the Internship Coordinator and serves on the IUP Senate Research Committee. She just left for the Counseling in Italy conference where she will conduct an international presentation and study counseling practices in Italy. She is excited to learn more about the culture of this country.

Additionally, Dr. Guth continues to engage in several collaborative projects related to technology and diversity. She has had the following presentations:

Guth, L.J., & Marshak, L. (2008, March). *The impact of disabilities on counselor attitudes: A review of research findings and innovative training strategies*. Poster presentation at the American Counseling Association Convention, Honolulu, Hawaii.

Dandeneau, C.J. & Guth, L.J. (2008, March). *Updating clinical training facilities: Challenges and Strategies*. Roundtable presentation at the 2008 International Counseling Psychology Conference, Chicago, IL.

Guth, L.J. & Dandeneau, C.J. (2007, June). *Nonlinear Supervision Process Model (NSPM): Augmenting existing supervision theories*. Paper presentation at the Third International Interdisciplinary Conference on Clinical Supervision, Amherst, NY.

Faculty Updates

Personally, her son Alex recently turned 9 and attends Eisenhower Elementary School. Her daughter Adriana is 5 and attends Keys Montessori School. In her free time, Dr. Guth enjoys watching her children's ice hockey and baseball games. She is also looking forward to taking boating, fishing, and Idlewild Amusement Park trips this summer.

Dr. John McCarthy continues to direct the Center for Counselor Training (CCTS). In addition, he has published three articles since the last newsletter. He addressed the help-seeking of counseling students in "Helping Trainees Overcome Barriers to Seeking Help" in the Journal for Humanistic Counseling, Education and Development. Along with Dr. Bruno and a colleague at California University of Pennsylvania, he wrote on youth suicide in an article entitled "Suicide prevention and postvention within the college culture" that appeared in the Journal of the Pennsylvania Counseling Association. Finally, he was the primary author in an article on teen depression, "Looking back at adolescent depression: A qualitative study" that was published in the Journal of Mental Health Counseling. (One of the co-authors was IUP alum, Christine Sherman.)

Dr. McCarthy also presented on adolescent depression at the 2008 ACA conference and at the CCTS seminar in April. He will be presenting at the 2008 Pacific Rim International Counseling Conference in Hong Kong in July. Prior to that, he will be offering a

guest lecture at National Chengchi University, a place where he taught 20 years ago, in Taiwan.

Dr. Laura Marshak In addition to teaching, I have been very involved with activities related to my most recent book. During the past academic year, I spoke at many conferences and support groups on the topic of marriage (or long-term relationships) while raising children with disabilities. These presentations included two international conferences and many others. What I really enjoyed was the fact that my audiences were parents of children with a wide range of disorders including spectrum disorders, Prader-Willi Syndrome, life threatening food allergies, etc. It has been a very interesting year and I have learned a great deal in the process. I also ended up being in a few magazines in the popular press such as Working Mother magazine, Autism File, and a mention in Redbook.

Dr. Dandeneau and I are currently working on writing a book entitled: The School Counselor's Guide to Working With Students With Disabilities (Practicalities and Possibilities). I have also been serving as the advisor of the Friendship Circle in Pittsburgh, a group that focuses on social inclusion. This has kept me really busy on the weekends with bowling groups, art clubs, and other activities that include children with a variety of needs and abilities.

In a few weeks, I will be leaving for my "dream" vacation: a gorilla trek in Uganda and Rwanda. I can't think of anything I would rather do.

Dr. Kirsten Murray was awarded an ACES Grant in collaboration with Dr. Kim Desmond to study the impact of counselor training on student's relationships with their children. They hope to begin their research this summer. In addition, she traveled to Honolulu in March to attend the annual ACA Conference. While there, she presented two content sessions titled "Attending to Your Couple Relationship During Counselor Training" and "Maintaining Counselor Wellness: Lessons from the ACA Taskforce on Counselor Wellness and Impairment."

Dr. Holly Branthoover co-facilitated a presentation on *Infusing the ASCA National Model into School Counseling Preparation* with Drs. Desmond and Bruno at the ACES national conference in Columbus, OH. Based on that presentation, Dr. Branthoover is working with her colleagues on an article titled, *Strategies to Operationalize School Counselor Standards in Counselor Education*. Along with Dr. Bruno, Dr. Branthoover secured a University Senate Research Committee grant to conduct a study titled *Practicum in Counselor Education: An Examination of Current Practices*. Data from this nation-wide study is currently being analyzed for use in making any necessary changes or updates to the department's practicum courses. Drs. Branthoover and Bruno are also working on an article to release their findings to a national audience.

In addition, Dr. Branthoover created a new course for the department, Crisis Counseling, first taught in Spring 2008. Dr. Branthoover continues her crisis volunteer work on the Red Cross Disaster Action Team, Southwestern PA Branch and her private practice work in the Pittsburgh area.

IUP Counseling Department Newsletter

George L. Spinelli Memorial Scholarship Awarded

April Astorino, a graduate student in the Secondary School Counseling track of the Department of Counseling, was recently named the 2008 recipient of the George L. Spinelli Memorial Scholarship by the Scholarship Committee of the College of Education-Educational Technology. Criteria for the scholarship include faculty evaluations and written essays on applicant's personal characteristics related to being a professional counselor; contributions to the program and the Department; and their professional career plans. April is a native of Punxsutawney and is a 2000 graduate of Punxsutawney Area High School. She was recently inducted into Chi Sigma Iota, an international honor society in counselor education, and is a member of the IUP Counselor Education Student Association, PSCA, and ASCA. She also served as a graduate assistant in the Department of Counseling for the 2007-2008 academic year. She will be doing her internship in the fall in the Punxsutawney Middle and High Schools counseling department. Her undergraduate degree is in Communications Media from IUP.



Dr. Janet Fontaine Outstanding Student Named

Cathyann Simmons, one of the recipients of the 2007 Spinelli Scholarship, was named this year's Outstanding Student. Cathyann, a member of Community Counseling Cohort 7, received a plaque for this honor at the Penn Center Graduation Ceremony. A single mother with three daughters, after retiring from a 20-plus-year career as a court stenographer, Cathyann returned to school to become a massage therapist. She then began Hakomi training, a body-centered psychotherapy technique, which became the impetus for her entering the counseling program. In addition to her work as a massage therapist, she has served for the past year as a hotline volunteer with Crisis Center North, a domestic violence center in the North Hills area of 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. Maintaining a 4.0 GPA, Cathyann is a member of Phi Kappa Phi, the Greater Pittsburgh Counseling Association, the ACA, the United States Association of Body Psychotherapists, and the American Bodywork and Massage Professionals.



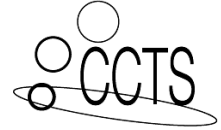
CACREP Site Visit

A CACREP site visit team spent four days in April meeting with faculty, students, alumni, intern site supervisors, and administrators. The team visited both the Indiana and Penn Center (Pittsburgh) locations. Both the School and Community Counseling programs were reviewed. While the final outcome of accreditation will be determined at a CACREP Board meeting scheduled for July 16-19, 2008, the report from the site team was quite favorable. Many thanks to alumni who participated in the process and to Dr. L'Amoreaux who coordinated the entire process! Stay tuned for the CACREP Board's decision by the end of July.

ARIN Pregnant and Parenting Teen Career Day

The collaborative "Career Day" workshop sponsored by the Armstrong Indiana Intermediate Unit's (ARIN) Pregnant and Parenting Teen program and the IUP Department of Counseling was held on March 7, 2008 at the HUB. Several master's degree candidates in the Department of Counseling designed and presented career education workshops for local pregnant and parenting teens. These students, Shanna Rovida, Kelly Webb, Marina Morey-Sell, Brenda Ambrisco, Erica Zinnser, and Kathleen Vanderkolk, did an excellent job presenting useful career education workshops on resume writing, job interviewing, and career exploration. Graduate Assistant Alex McConnell helped coordinate the event along with Drs. Carone, Desmond, and Bruno. This event takes place every semester and is a community based service learning project that provides IUP counseling students the opportunity to share their career education and counseling expertise with local teens.

Center for Counselor Training and Services



Mark your calendars for upcoming 2008-2009 CCTS trainings!

Friday, October 3: Dr. Kirsten Murray will offer a one-day training on supervision at the Indiana Holiday Inn.

Friday, December 5: Dr. Nadene L'Amoreaux will present a half-day workshop on ethics at the Lamplighter Restaurant in Delmont, PA. This workshop has been approved by the State Board of Social Workers, Marriage and Family Therapists and Professional Counselors, and meets the continuing education requirement for training in ethical issues for Licensed Professional Counselors and 2009 renewals. In this seminar, Dr. L'Amoreaux will cover the updated Code of Ethics of the ACA.

Friday, March 6: A one-day workshop, "70 Strategies for Counseling Difficult, Defiant Adolescents," presented by Dr. Fred Hanna of the University of Northern Colorado, will be held at the Eberly Auditorium. He also presented an exciting workshop for CCTS in the Pittsburgh area in 2007.

Friday, May 8: Antonio Hardan, MD, of the Stanford University School of Medicine, will offer a one-day workshop on autism in the Eberly Auditorium, IUP Campus.

A good way to keep updated on CCTS activities is to join the email list. If you would like to be added, send your email to Dr. John McCarthy at john.mccarthy@iup.edu.

The Fifth Annual Counselor Professional Development Day Held Jan. 11, 2007

Held on January 11, the fifth annual "School Counselor Professional Development Day" was another success in the string of such yearly events offered to the school counselor community and attracted 73 area professionals. Dr. Robert Davies, Vice President for University Relations, offered the morning welcome, and Dr. Tony Atwater, IUP President, gave luncheon remarks. The afternoon featured breakout sessions by the Department of Counseling faculty, and these sessions included "Working with Students in Poverty: Overcoming Barriers to Academic Success" (Dr. Mary Graham); "Communicating with Students of Disability" (Dr. Stacy Carone); "Supervision in School Counseling" (Dr. Kirsten Murray); and "Solution-Oriented Brief Therapy with Adolescents" (Dr. John McCarthy).

Other Workshop Activities During Spring Semester 2008

CCTS enjoyed continued success during the Spring 2008 semester, thanks in part to two half-day workshops offered by department faculty members. Dr. Nadene L'Amoreaux and Dr. Mary Graham offered seminars on "A Refresher on Ethical Issues for Counselors" and "Counseling Clients from Poverty," respectively. Both were held at the Indiana Holiday Inn in February.

In April, CCTS collaborated with the IUP Alumni Association in offering a free half-day workshop featuring Mr. Steve Pasierb, President and CEO of the Partnership for a Drug-Free America. Mr. Pasierb addressed emerging drug threats facing youth today. Finally, in late April, CCTS featured a past president of the ACA, Dr. David Capuzzi, who spoke on teen suicide.

Since its inception in 2005, CCTS has attracted 986 participants to its regional trainings. Special thanks for its success go to Ms. Amy Thompson, the graduate assistant who has done tremendous work for the Center for the past 18 months.



IUP Counseling Department Newsletter

Graduation — May 9-10, 2008



←
**2nd Monroeville
School
Counseling
Cohort**



Drs. Branthoover, Bruno and Dandeneau



↑
Indiana Campus Graduates



←
**7th Monroeville
Community
Counseling Cohort**



CONGRATULATIONS!

Fall 2008 Indiana and Monroeville Electives

Addictions & Addictions Counseling (COUN 674) **Monroeville**, Tues. 7:20-9:50pm. This course provides an opportunity to develop an understanding of the addictive process and its relation to counseling clients with a variety of chemical and behavioral addictions. This course examines theories, techniques, and practices of addictive behavior and addictions counseling. **Dr. Bruno**

Introduction to Diagnostic Issues (COUN 671) **Monroeville**, Tues. 4:45-7:15pm and **Indiana**, Mon. 8:00-10:30pm. This course provides an overview of the various mental disorders with a focus on the history of the major classification system definitions of various disorders, their criteria, and counseling approaches. **Dr. McCarthy**.

Spring 2009 Monroeville Electives

Solution Focused Brief Counseling (COUN 738) **Monroeville**, Thurs. 4:45-7:20 pm. This course will examine the practical and research dimensions of solution-oriented brief therapy as well as other short-term counseling approaches. Students will learn the fundamentals of the solution-oriented framework and other related brief approaches to change before applying these models to adolescents and adults in both school and community settings. **Dr. McCarthy**

Grief Counseling (tentative title) (COUN 681) **Monroeville**, Thurs. 4:45-7:20 pm. An in-depth exploration of the grief process and counseling strategies to facilitate a healthy grieving experience. Providing counseling to individuals and families experiencing special types of loss, such as suicide, death of a child, homicide, unexpected death will be included. **Dr. Witchel**

Newsletter on the Web

You can view this newsletter and previous issues of our newsletter on the Web. You can find this issue at: old.www.iup.edu/ce/Newsletters/index.shtm

Faculty email addresses

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- Dr. Murray kirsten.murray@iup.edu
- Dr. Witchel bwitchel@iup.edu

Emeritus Faculty

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

Department of Counseling Advisory Board

Dr. Bruno and Dr. Desmond would like to extend a warm thank you on behalf of the Counseling Department to the members of the Advisory Board: Bob Gregory, Denise Fazi, Rhonda Sprenger, John Tate, Penny Dunmire, Jen Lieb, Sherry Shields, and Tricia Murin. Their participation in this spring's meeting and CACREP site visit was greatly appreciated. The department values the Board member's input on important issues such as the assessment library, and looks forward to seeing everyone in the Fall!

Alumni Updates

1986: Jay Elder is currently working as a guidance counselor for Central Westmoreland, a vocational school with ten sending school districts.

1997: Tricia Murin is employed as a school counselor at Central Cambria Middle School. In March 2007, She published "If You're Bothered," a book written for counselors, teachers, and administrators regarding helping children stand up for themselves in positive ways against bullying. It includes lesson plans and other school programs and is available through youth-light.com

She also presented "Sticks and Stones" about relational aggression and other topics across Pennsylvania and presented information at the "National Mean Girls Conference" in Las Vegas this past June. She is currently available to make presentations and can be contacted at tmurin@cchs.K12.pa.us

2006: Ann W. Hartman is employed with SPS Behavioral Health RIP/ATS Day Treatment program and became a Certified Co-Occurring Disorders Professional (CCDP) through the Pennsylvania Certification Board in December, 2007.

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Graduate Assistant: Angela Orbin

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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