

Winter 2012
Volume XVIII, No. 1

IUP Counseling Department Newsletter

A biannual newsletter for Department of Counseling alumni, & current and prospective students

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Dr. John Krumboltz
to speak at IUP

Alumni Updates

The Center for Counseling Training and Services welcomed Dr. Ed Jacobs and Tori Stone to the Kovalchick Convention Center on IUP's Indiana campus on Friday, October 21, 2011 to present Impact Therapy: An Action Oriented Creative Approach to Change . Dr. Jacobs was the first speaker in a Counseling Department workshop occurring in Monroeville in 2002, and IUP was glad to have him back this fall!

Impact Therapy is a unique approach to counseling, integrating concepts from existing theories. The emphasis is on making counseling clear, concrete, and thought provoking, rather than vague, abstract, and emotional. Members of CESA were present and greeted the speakers with honor-

ary counseling sweatshirts. CESA members pictured above (L to R: Ashley Rossi, Tara Kane, Erin Rebling, Rondae Butler, and Jennifer Kelly).

Forty percent of the 60 people in attendance were alumni.

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Lyndsay Smith

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Celebration Banquet 2012

IUP Department of Counseling

Kovalchick Convention and Athletic Complex

Friday, April 20, 2012

Tentative Agenda

5:30-6:30 -- Hors d'oeuvres

6:30-7:30 --Invocation & Welcome:

Dr. Claire Dandeneau, Department Chair

Dinner Menu:

Stuffed Chicken Breast OR Vegetarian Lasagna
Roasted Red Potatoes
Green Beans
Mixed green salad with ranch and balsamic
Chocolate Mousse

7:30 -- Recognition ceremony

"Heroes in Helping" Awards

Dr. George L. Spinelli Memorial Scholarship Award

The Janet A. Fontaine Outstanding Student Award

Department of Counseling Alumni Recognitions

Honorary Award: Dr. John Krumboltz

Keynote Address: TBD

Make checks payable to: The Foundation
for IUP; Memo: Department of Counsel-
ing Celebration Banquet

Mail to: The Foundation for IUP, G1 Sut-
ton Hall, 1011 South Drive, Indiana, PA
15705

We hope to see you there!!

RSVP Card

YES! I would like to support the Department of Counseling Celebration Banquet on April 20, 2012.

Dr. Spinelli Memorial Fund

If you wish to contribute to the Dr. Spinelli Memorial Fund, contact the annual Fund at (724) 357-5555 or write to: The Office of Annual Giving, 313 Sutton Hall, Indiana University of PA, Indiana, PA 15705. The annual award is \$400 and is given to a current counseling student.

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

Dr. Branthoover	holly.branthoover@iup.edu
Dr. Bruno	michelle.bruno@iup.edu
Dr. Cato	Sibyl.cato@iup.edu
Dr. Carone	stacia.carone@iup.edu
Dr. Dandeneau:	cdanden@iup.edu
Dr. Desmond	kdesmond@iup.edu
Dr. Guth:	lguth@iup.edu
Dr. L'Amoreaux:	nlamoro@iup.edu
Dr. Marshak:	lmarshak@iup.edu
Dr. McCarthy:	jmccarth@iup.edu
Dr. Witchel	bwitchel@iup.edu
Emeritus Faculty	
Dr. Worzbyt	jcworz@iup.edu
904 Peltier Dr., Cary, NC 27519	

Alumni Updates

Kate Ivory (2008) is proud to report that as of July,

IUP Counseling Department Alums Share their Journey as Doctoral Students

Michael Watterson (MA, 2011); doctoral student at Carlow University

The process of getting into a doctorate program is exhausting at times. It was difficult to be working full time, in the masters program at IUP and applying for programs at the same time. My desire to continue my education came wanting more flexibility in my career. I want to continue to provide direct counseling, as well as being able to teach and supervise. I applied to only two programs as I spent much time examining the many programs available and determining what type of program I would want to attend. Eventually, I chose a counseling psychology PsyD program due to the emphasis on the practical application of skills rather than a focus on academia and research. After narrowing down the programs from PhD to PsyD, I then decided to apply to counseling psychology programs rather than clinical psychology. I liked the emphasis on wellness and strength based therapies rather than a deficit or pathological focus that many clinical psychology programs utilize. After the long application process, I was able to accept an offer to study at Carlow University, in Pittsburgh. The program is fairly new and just received APA accreditation. Currently I am in my first year at Carlow. The program is 3 years of course work and a final year for dissertation and internship. My goal is to work directly with clients, either in a community mental health/drug and alcohol agency or possibly a university counseling center. I would also like to teach on a limited basis sometime in the future. Due to just recently entering the program, I have had very limited opportunities so far; however, during the next year years, I will have the opportunity to participate in four different practica experiences at agencies, hospitals and college counseling centers throughout the area. Feel free to contact me for any more information that you may need.

Megan Michalak (MA, 2010); doctoral student at Idaho State University

Jennifer Pfeuffer (MA, 2007); doctoral student at Carlow University

After graduating from IUP's M.A. Community Counseling program, I decided to spend a few (more) years working in the mental health field. This included working as a Behavioral Specialist Consultant/ Mobile Therapist for BHRS, a Family Intervention Specialist at a residential treatment facility and as a Mental Health Therapist at WPIC's Community Treatment Team. While the experiences were valuable, I continued to desire more. It was simple for me, I was just not

I assisted with organizing mental health services for men at the local homeless shelter and provided court-ordered group therapy for divorced parents having custody issues. I was also able to complete several research projects and become more familiar with the statistics I had been avoiding for so many years! Unfortunately, in December 2007, the