

IUP Counseling Department Newsletter

, a part-time secretary, began her employment in the Counseling Department at IUP in July of 2009. Before coming to IUP, Kelly was an office manager for a promotional marketing company. In her spare time, Kelly enjoys horseback riding on her farm, baking, shopping, and spending time with her family. She also coaches boys and girls youth basketball and junior high track. She resides in Brush Valley, PA with her husband, Joe, and her daughters, Taylor and Madison.

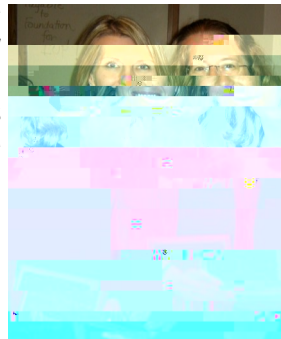
joined the Counseling Department in the Fall 2009. Dr. Cato attended Truman State University obtaining a BA degree in English, and the University of Arizona for a Master's in School Counseling and Guidance. She recently graduated from The Ohio State University with a Ph.D. in Counselor Education. Her dissertation focused on Counselor Education Programs at Historically Black Colleges and Universities and CACREP accreditation. Additional research and scholarly interests include professional identity of school counselors, school counselor supervision and school counseling in urban settings.

Dr. Cato was a school counselor at Carson Middle School in Tucson, Arizona. She is a member of the American Counseling Association (ACA), Association of Counselor Education and Supervision (ACES), the American School Counseling Association (ASCA), and the Association of Multicultural Counseling and Development (AMCD). She has presented at the ACES national conference, the Transforming School Counseling (TSC) national conference, as well as various presentations in Columbus, Ohio. Dr. Cato also serves on the Editorial Board for the Journal of Humanistic Counseling Education and Development (JHCEAD). We welcome Dr. Cato to our Counseling Faculty!

was awarded tenure in May 2009 and was promoted to Associate Professor. She made two presentations at the ACES 2009 conference: *Crisis, disaster, and other trauma causing events: Training students in the 2009 CACREP Standards*, and *Utilizing Innovative Technology Across the Curriculum: Reflections from a Panel of Counselor Educators*. Dr. Branthoover has kept very busy in her office as President of the Pennsylvania Counseling Association (PCA) and will be sponsoring a reception at ACA in Pittsburgh this March. Dr. Branthoover hopes to see all of our IUP alumni at the reception!

is participating in the International Academic Fellowship Program (AFP) in the Higher Education Supis parti21(

Drs. Lorraine Guth and Holly Branthoover were recipients of the College of Education and Educational Technology Awards for Faculty Recognition. The awards



for Outstanding Teaching, Service and Teaching were given by Dean Rafoth at the beginning of Fall semester. Dr. Dandeneau nominated Drs. Guth and Branthoover for the awards and said, "We could not have aligned our clinical instruction program objectives to meet the rigorous CACREP clinical instruction standards without Dr. Guth's and Dr. Branthoover's tireless dedication to the details of policy and process and their incredible time intensive contributions. The end result of their efforts is that we did receive a very favorable clinical instruction review by our CACREP site evaluators and are now nationally accredited."

The CCTS will offer two exciting workshops featuring two counseling legends this spring. Both events feature return visits to the area for both internationally known presenters. Dr. _____, one of the premier authors and practitioners in Reality Therapy, will offer a one-day seminar on Group Work in Reality Therapy on Friday, February 12. Reality therapy is based on the principle that human beings need not be controlled by external forces. Rather, they are responsible for their own behavior and can be motivated to choose effective or ineffective behaviors to fulfill their own internal needs. The _____ system is a practical method for implementing reality therapy in large or small groups: counseling and classroom. This workshop presents specific ways to integrate reality therapy into the stages of group development. Participants will derive concrete and specific strategies for communicating and working with self-referred group members and with involuntary clients.

On April 9-10, _____ of the University of North Texas will present a two-day training on Child Parent Relationship Therapy (CPRT). Dr. Lanneret is one of the preeminent experts in counseling children. This event is a practical how to workshop that includes training/treatment outlines for the 10 sessions and how to teach child-centered play therapy skills. He will outline the toys and materials needed and discuss techniques for involving parents in the learning process as well as the importance of balancing training with parents' emotional needs. Demonstrations and video segments of Dr. Landreth's CPRT parent training sessions will also be shown. CPRT's preventative nature and relatively brief treatment time frame make this treatment model attractive in today's mental health climate. Venues for both workshops will be determined in mid-December, and registration information can be found on the CCTS website (<http://www.iup.edu/counseling/centers/default.aspx>).

Many school counselors are expected to participate in IUP's seventh annual School Counselor Professional Development Day at the start of the new year. The event will be held on Friday, January 8, in the Ohio Room of the Hadley Student Union and is financially supported by the College of Education-Educational Technology.

The professional development activity is an event aimed at recognizing and honoring the work of professional school counselors throughout western PA. Over 350 school counseling professionals have attended the annual event over the past four years.

The keynote speaker for the one-day event will be delivered by Dr. Vivian Lee, Director of Counselor Advocacy at the National Office for School Counselor Advocacy (NOSCA) of The College Board in Washington, DC. She will be addressing effective school counseling practices taken from schools that received College Board Inspiration Awards. Dr. Lee is a former teacher, secondary school counselor, director of guidance and counseling, and full-time counselor educator at Old Dominion University and the University of Scranton. She served as membership chair for PCA and a trainer for the Education Trust National Initiative for Transforming School Counseling. She has authored and co-authored articles and book chapters on developing school counseling programs, conflict resolution and violence, and group counseling.

Dr. Lee is a co-director of the NOSCA-CSCOR Fellows Program, a new national initiative designed to build a community of young scholars by supporting doctoral-level counseling students who are interested in pursuing dissertations in the area of college-readiness counseling. Since 2004 she has served as adjunct professor at University of Maryland, College Park. Dr. Lee worked in public education for 24 years before joining the College Board in 2004. She received her Master's and Doctoral degrees in counseling from the University of Virginia.

The workshop is coordinated by CCTS, an IUP Center created to develop professional workshops and training for community and school counseling professionals throughout the region. CCTS is directed by Dr. John McCarthy, professor of Counseling.

The event is free of charge, and Act 48 credits are available at the conclusion of the event. The registration deadline is Thursday, Jan. 5th. Interested school counselors may register by calling 724-357-2306, and more information about the event can be obtained by contacting CCTS at 724-357-3807 or at ccts-coun@iup.edu

Did you know? Since 2002, over 1,150 people have participated in CCTS/Dept. trainings. In the last four years, nearly 375 school counselors from Western Pennsylvania have attended the annual School Counselor Professional Development Day.

Ms. Kim Poling, Clinical Program Manager of the Center for Teens at Risk (STAR-Center) in Pittsburgh, addressed the critical topic of self-injurious behaviors among teens at the Fall 2009 CCTS workshop. The event was held at CCAC-Boyce Campus and attracted 270 attendees.

earned a B.A. in Psychology with a minor in French from Pennsylvania State Univ. Sara is in her second year of the M.A. Program at Penn Center. As a GA for Dr. Branthoover, she helps with class preparation, practicum coordination, and PA Counseling Assoc. (PCA) activities. Sara's professional interests include family, career, and crisis counseling. She is the membership chair for the PCA, and a member of the ACA. Additionally, Sara works with special needs children as a Therapeutic Staff Support (TSS). In her free time, Sara loves running, watching films, reading, and spending time with her husband and two dogs.

earned her B.S. from Slippery Rock University in Communications/Public Relations. She is currently enrolled in the M.A. Program at IUP and her professional interests include teen depression, and family and adult counseling. She is a member of CESA and ASCA and volunteers in her church's teen ministries. As a GA she works for Dr. McCarthy at the Center for Counselor Training and Services. In her free time, she enjoys watching her son, Corban, play football and basketball for Punxsutawney Area H.S., visiting her daughter, Aubren, at Anderson Univ. in Anderson, IN, walking, biking, and being a part of her church's drama team.

earned a B.A. in Psychology with a minor in Sociology

earned her B.S. in Elementary Ed. with a minor in Educational Psychology. She is currently enrolled in the Elementary Counseling program and her professional interests include topics

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Jane Washburn, professor emeritus of counselor education passed away on July 9, 2009. As a professor, she was adored by staff and students alike. Additionally, Jane orchestrated the development and accreditation of IUP's Elementary School Counseling Program. Jane's accomplishments extended out into the community. Jane was one of the first elementary guidance counselors in the state of Pennsylvania and helped to develop a preschool and Kindergarten at Delmont Presbyterian Church where she was a very active church elder. For a number of years, she also served at Gateway school district as an elementary school counselor and teacher. Jane also taught at Franklin Regional school district and at Westmoreland County Community College.

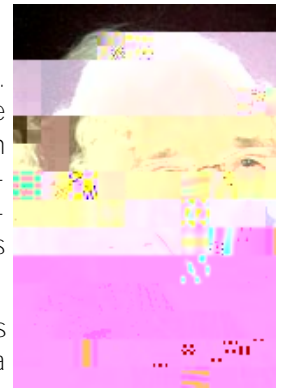
Jane was not only an accomplished woman professionally, but personally as well. Following her husband's death in 1953, Jane raised six sons aged 12 to younger than two years old while she attended college and later taught college. Her brother, Robert Burt, described her as a loving and dedicated mother. Her love of everyone in the family was most important. Following a battle with pneumonia, Jane C. Washburn passed away at William Penn Care Center in Penn Township on July 9, 2009, one day after celebrating her 88th Birthday. Jane left a lasting legacy of helping both at IUP and in the community.

I joined the Counseling Department at IUP in the fall of 1969 and retired in 1983. During those formative years of our development, we began to shape our legacy through the development of quality counseling programs that surpassed the professional standards of the day with respect to the quality and depth of our course offerings, detailed program requirements, and comprehensive field experiences. Jane played a major role in these activities and was responsible for orchestrating the development and accreditation of our elementary school counseling program. I was hired in 1972 to assist Jane in this endeavor.

Perhaps Jane's most significant and long lasting contribution to our Department and her students was the emphasis she placed on helping them to understand and experience what it truly means to be a helping person. She helped them to understand that the most effective counselors were the ones who lived what they practiced. Jane was a positive role model, a caring and supportive mentor, and an impactful teacher who reminded us daily of our purpose for being---to touch people's lives (children & adults) in ways that will help them to develop and release their own potential as care givers and builders of caring communities (home, school, & society). Jane helped her students to experience a sense of joy and pride in assisting others to create purposeful and meaningful lives; and she taught them how to face adversity with courage and a positive attitude of mind, something she lived every day. Her own life experiences, which included the death of her husband and raising six young boys while managing a career, prepared her to share with others these valuable life lessons. These personal attributes and some not mentioned, helped to foster lasting relationships with her students, many of whom, kept in touch with her throughout her retirement years.

On a more personal note, Jane Washburn was my role model, mentor, office mate, and a mother figure. We taught courses together, co-presented at conferences, developed new course offerings, and fostered a loving and deep friendship that will stay with me for the rest of my life. Jane was also patient, but persistent. She encouraged me to write a book that I often talked about, but never found the time to write. For nearly 32 years her persistence resulted in my writing this book, a book that I dedicated to Jane for her steadfast support and a lifetime of caring.

I wish to conclude my remarks and end this tribute to Jane with words from someone who knew Jane best and whose own life was transformed for the better because Jane was present in so many important ways. The person of whom I speak is Linda Work Butler. Linda was our Department secretary and office manager from 1969 until her retirement in 1999. Linda was 18 years old when Jane came into her life. Here in her own words are Linda's reflections: Jane was my friend, my mother, and my idol. I was fortunate and blessed, at the age of 18, to work for such a strong-willed and persevering woman. She lost her husband at an early age and raised 6 fine boys into respected men with families of their own, managed a career in order to make ends meet, and readily offered works of encouragement to those in need when she too was faced with so many difficult life challenges. She taught me so much and I am a better person for having known her. I will always cherish the life lessons learned from you and have passed so many of them on to my own children and grandchildren. Thank you! Jane.



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):

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