

IUP Counseling Department Newsletter

COUNSELING PROGRAMS EARN CACREP ACCREDITATION

We are proud to announce that in July 2008, our Community Counseling and School Counseling master's degree programs received accreditation from the Council for Accreditation of Counseling and Related Educational Programs (CACREP). Both programs were described by the accrediting agency as programs that "substantially meet the requirements for accredited status." Agency officials also recognized IUP's faculty in the program for the "time, energy, and commitment" offered through the accreditation process.

"Accreditation is validation of a program's academic excellence and its ability to adequately prepare students for work in the counseling profession," said Dr. Claire Dandeneau, department chairperson. "Achieving accreditation is the result of documenting our work and

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Welcome to the Fall/Winter issue of the Department of Counseling Newsletter. As you already read on page one, we are excited about being awarded CACREP accreditation. The fall semester has come to a close and editing this newsletter is my last piece of work before the holiday break begins.

As always, the faculty have been very involved in many professional activities since the last newsletter issue. In the next column, you will read about many workshops, both locally, nationally, and internationally, presented by our faculty. CCTS, under the leadership of Dr. McCarthy, has an excellent lineup of workshops this coming year, including the return of one of my favorite presenters, Fred Hanna on March 6, 2009. DON'T MISS HIM!

The University has designed a new website and our department web pages also have a "new look." We are interested in your feedback and any recommendations you may have about our website.

We have proposed three new electives to the graduate curriculum committee - Crisis Counseling, Counseling Issues in Adolescence, and Grief Counseling. We have also recommended that Diagnostic Issues for Counselors, an already approved course, be required for M.A. students. We are also discussing changes for the school counseling curriculum.



The faculty and I wish you a wonderful holiday season and a healthy new year.

Bob Witchel

Faculty News

Dr. John McCarthy presented "Adolescent Depression: The Black Cloud That Won't Seem to Go Away" at the 2008 Asia Pacific Rim International Counseling Conference in Hong Kong. Dr. McCarthy also presented "Let's Get Entrepreneurial" at the 40th Annual PCA Conference in October. Teresa Fernandes, IUP Department of Counseling student, co-presented.

Faculty presented at the North Atlantic Regional Association for Counselor Education & Supervision (NARACES) Fall Conference in Portland, Maine:

Drs. Bruno and Branthoover presented "Filling in the Gap: An Exploratory Study of how CACREP Programs Implement Practicum."

"Promoting Counselor Wellness: Teaching Wellness Concepts to Counselor Trainees" was co-presented by Dr. Murray.

"Use Your Feeling Words: A Look at How Counselor Training Informs Your Parenting" - Drs. Murray and Desmond.

"Reading Between the Lines: Methods to Address Student Plagiarism" - Drs. Murray, Bruno, and Dandeneau.

"The Nonlinear Supervision Process Model In Action" was presented by Drs. Guth and Dandeneau.

"Help-Seeking Tendencies Among Counselor Trainees Attending a Branch Campus" was presented by Dr. Bruno.

"Under the Tuscan Sun: Potential for a Renaissance" was co-presented by Dr. Guth.

"A Focus on Connectivity and Meaning for Students: The Path to Service Learning" presented by Dr. Desmond.

Faculty News

Dr. Laura Marshak was the keynote speaker at the Univ. of Michigan's Investing in Abilities Week. She spoke to health professionals and parents on strengthening couples relationships while raising children with serious illnesses or disabilities. She also presented "Disability in a Family Context" to the Ann Arbor Center for Independent Living. Dr. Marshak spoke to a support group for parents of children with disabilities at the Midland JCC in New Jersey. Most recently, she spoke on sustaining a healthy marriage while raising children on the spectrum at the National Autism Conference in Fort Lauderdale, FL.

Dr. Bruno serves as chair of the Pennsylvania Counseling Association Professional Development Committee.

ACCA Fall Meeting

IUP was a co-sponsor at the Fall meeting of the Allegheny County Counselors Association. This event for school counselors was held Oct. 13th at Chartiers Valley Intermediate School. Various IUP departments were involved, including coordination by the Center for Counselor Training and Services. Drs. McCarthy, **L'Amoreaux**, and Witchel gave presentations while Jim Begany, Associate V.P. for Enrollment Management gave a keynote address.

Scott Shaw, counseling student, presented an educational session entitled "Career Counseling for Military Veterans" at the 40th Annual PCA Conference in State College.

Workshop on Adolescents

Dr. Fred Hanna will be presenting a one-day event titled "70 Strategies for Counseling Difficult, Defiant Adolescents" on Friday, March 6, 2009, at the IUP Eberly Auditorium.

Dr. Hanna to Speak at
Franklin Regional

The Counseling Department at the Franklin Regional School District and CCTS are co-sponsoring a free lec-

The workshop will cover a variety of angles for counseling difficult adolescents such as myths, the precursors model of change, drug approaches, admiring negatives, and attention seeking.

Dr. Hanna is the Director of the School of Applied Psychology and Counselor Education at the University of Northern Colorado. Prior to UNC, he served as Professor of Counseling at Johns Hopkins University for 11 years. He currently serves as a trainer to community agencies and school systems across the United States.

More information about this workshop can be found at the CCTS website or by contacting the Center at 724-357-3807. Credit card registrations can be processed by calling 724-357-2223. The deadline for early registration is February 9, 2009.

Kristen Bernot graduated from Saint Vincent College with a bachelor's degree in Psychology and a minor in English. She is currently enrolled in the community counseling program, specializing on adults and adolescents. She hopes to work at a college or university setting and is interested in understanding how family dynamics influence individuals. Kristen is a member of Chi Sigma Iota and CESA. She is the

Kathleen Vanderkolk received her undergraduate degree in Psychology from Penn State Behrend and is enrolled in the child community counseling program. Kathleen likes working with kids, especially those with special needs. As a "floater" G.A., she works for various faculty at different times doing a variety of work. In her free time, Kathleen likes to play with her puppy Rigby and her bunny Eva. She also enjoys watching movies and visiting friends when she has the time.

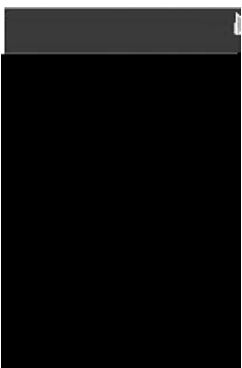
Danielle Wolfe attended Penn State University where she received a B.S. with distinction in Art Education (studio emphasis) and she also received a Certificate of Graphic Design from Seton Hill University, and has PA State Teacher Certification for Art, K-12. Danielle is currently enrolled in the Community Counseling Program and is a member of CESA. Her professional interests included career counseling and geriatric counseling. She works as a G.A. for Dr. Marshak and devotes all efforts to illustrating, editing, and formatting the textbook that Dr. Marshak is co-authoring. The book targets school counselors and how to best work with children with disabilities. She works as a freelance graphic artist, specializing in printed materials (illustration, textbook layout, business cards, typesetting). Her two-year old Lhasa Poodle rescue dog is her greatest interest. She also enjoys working on home improvement projects, her own artwork, and studies in enlightenment.

Drs. Dandeneau, LAmoreaux, Guth and Branthoover met with Representative Jim Wansacz on Friday, October 3, 2008 at IUP. Rep. Wansacz sits on the professional licensure committee for the Pennsylvania House of Representatives. He is an IUP alumna and wanted to see the IUP counseling program due to his interest in counselor training and licensing. The faculty members also took the opportunity to

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IUP Alumni Author Books

Ben Butina, a community counseling graduate, authored the book "How to Find a Good Therapist." This book walks the reader step-by-step through the process of choosing a therapist. It covers the various professions, degrees, and therapeutic approaches. It also deals with issues like insurance and payment, treatment setting, and finding referrals. Ben was inspired to write this book after looking for similar material and realizing that most of what



he found was at least 20 years old. He recommends this book as a resource for beginning graduate students. The book is available on Amazon.com.

able on Amazon.com.

Dave Wheatner, a community cohort 6 graduate, has written a book entitled "Naked Idealism." Dave describes this book as a self-empowerment guide. The book offers many tools applicable to counselors and counseling students.



In it, he blends peculiar life tales with theory and tools from the fields of counseling, management, life coaching, political psychology, organizational behavior, and even environmental health.

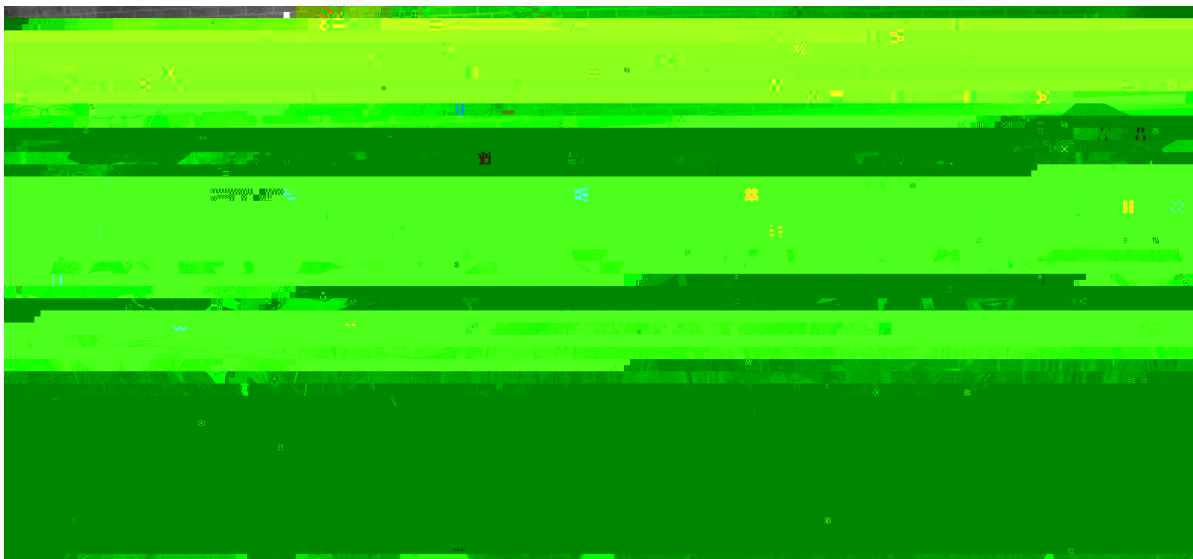
is designed for people who seek to reduce the stress in their own lives while increasing authenticity and improving the world. The book is available through Amazon.com or can be ordered through most book-

stores. For more information, visit nakedidealism.com.

Ryan Klingensmith, a December 2008 community counseling graduate, has written a novel called "Quiet Room Charlee." The novel focuses on a young man about to turn 18 who has spent several years in psychiatric hospitals and group homes for kids struggling with emotional difficulties. The title character must decide to challenge his history or flee his psychological scars.



Ryan's book is available through Amazon.com and can also be ordered through Barnes and Noble or Borders Bookstores. For more information, visit ryanleeklingensmith.com/quiet_room_charlee



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

Alumni Feedback

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