



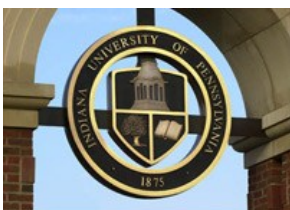
IUP Counseling Department Newsletter

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



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Welcome to the Winter 2011-12 edition of the Counseling Department newsletter. I always enjoy writing this opening page as it offers me an opportunity to update you on what is happening in the Counseling Department and reminds me of the constant progress from year to year. Under the leadership of Dr. Branthoover this fall, one significant development relates to comprehensive program and curriculum revisions. Faculty have completed multiple curriculum proposals that have resulted in the following changes. Both the MA and MEd programs have been approved by the University Senate to increase to 60 credits and the community counseling program has been renamed “clinical mental health counseling.” In addition, the school counseling degree will soon prepare students to be certified K-12. A number of new and revised course proposals have been submitted to the curriculum process allowing both programs to address the changing needs of the professional counselors as well as revised CACREP and PDE standards.

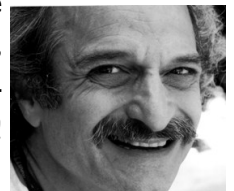
We are very excited to announce our 2nd Celebration Banquet, to be held on April 20, 2012 on the Indiana campus. This will be an evening to showcase and honor recent and past successes of alumni, students, and the Department. See page 6 for complete banquet information and an RSVP. We will also be making our first “Heroes in Helping Awards” at this event saluting youth in grades 6-12 who have demonstrated exemplary involvement in helping activities related to their schools or communities. Application guidelines will appear on the Department of Counseling website; the deadline for applications is March 20, 2012.

We are excited to announce the Department of Counseling page on Facebook; Check it out and “like” our Facebook page, “Indiana University of Pennsylvania Department of Counseling.” There are many pictures and lots of department information included.

We currently have five doctoral students teaching in our programs this year. They enrolled in doctoral programs at Kent State University, Ohio University, and Duquesne (see page 2). Four IUP counseling alums (Michael Watterson, Megan Michalack, Teri Madura, and Jennifer Pfeuffer) are enrolled in doctoral programs as far away as Idaho State University, and while space in this printed newsletter edition did not permit including their stories, you can read about their journeys in the **online version on the our Website**.

We are recruiting for a faculty position, as well as for students for all programs for Fall 2012. Information sessions for prospective students are scheduled (see our website for dates). Let us know if you are aware of employment, practicum/internship opportunities; our students are looking! The faculty and I wish you a wonderful holiday and healthy new year!

Bob Witchel



Faculty News

Dr. Holly Branthoover was selected for the 2011 Pennsylvania Counselor Association (PCA) President's Award. As she presented the award, Jen Barna, PCA president, recognized Branthoover for "outstanding dedication" to the organization and for a "long and impressive record of service." Branthoover was also recognized for her role in creating the association's first supervision registry, a secure, online registration process to connect highly qualified supervisors with counselors working to become licensed. Dr. Branthoover has served in a number of leadership roles in the PCA, including president-elect, president, past president, and membership committee chairwoman.

In addition, Dr. Branthoover serves as chairwoman of the North Atlantic region of the ACA. In this position, she is a mentor and supporter of more than nine branch counseling associations in the eastern U.S., Europe, Puerto Rico, and the Virgin Islands. Because of her role, she gave a presentation in September at the District of Columbia Counseling Association membership drive and kickoff.

Doctoral Student Instructors: We had doctoral counseling students from Kent State, Duquesne, and Ohio Univ. teaching this year:

Gina Gordon, MEd, NCC, a doctoral candidate in the Counselor Education and Supervision PhD program at Duquesne University, is teaching in our program this year. Gina is an NCC and professional school counselor at Blackhawk Intermediate School. She earned a BA in Elementary and Special Education from Mercyhurst College in 2001, and a MEd degree in School Counseling from Slippery Rock University in 2005. Since 2006, Gina has served as an elementary school counselor in The Blackhawk School District. She is a certified trainer for The Olweus Bullying Prevention Program, and has trained various schools on how to implement this program. Blackhawk Intermediate School's school counseling program received The American School Counselor Association's Recognized ASCA Model Program (RAMP) Award in June 2011.

Dr. Lorraine Guth was one of 12 counselor educators from the United States chosen to be part of the National Board of Certified Counselors (NBCC) Thunder Dragon Institute in Bhutan held in October, 2011. The initiative was designed to help establish the counseling profession in this small landlocked country in South Asia. She spent two weeks providing direct counseling services to Bhutanese students in a local school and also provided training to the principal, teachers, counselors, and students. During the third week, she delivered a presentation on Group Work and Group Counseling Skills at the NBCC International Counseling Conference in Thimphu, Bhutan. She also co-conducted a presentation for the Bhutan Ministry of Education highlighting the work that was done in the schools and recommendations for school counseling in the country. The service work and presentations were well received. This project was made possible by support from the University Senate Research Committee Small Grants Program, President's Supplemental Travel Fund, COE-ET Dean, Graduate School, and Department of Counseling. Dr. Guth with students pictured below.



Kristin Bruns, MA, PC, NCC, a doctoral candidate at Kent State University studying Counselor Education and Supervision, is completing her first semester of teaching with IUP at the Penn Center. "I am currently in my internship phase, which consists of this teaching position, as well as a clinical placement at an agency in Ohio, where I primarily work with teens. I am also finishing my third year teaching fellowship at the KSU Counseling and Human Development Center. My current research interest areas include: protective factors, suicide pre- and intervention, as well as the clinical population on the college campus. I'm currently involved with a research team at KSU, and am in the process of starting two studies this upcoming spring semester. I was busy this fall, presenting on my research interest areas at NACACES in Nashville, TN, as well as AOCA in Columbus, OH. I anticipate graduating in May 2013 and hope to seek out a tenure-track faculty position at that point. I'm excited to be teaching this spring for another semester at the Penn Center. I have really enjoyed my time working with the students, and have appreciated all of the guidance from those working there. I would like to thank Kim Desmond (my supervisor) as well as the staff and faculty at the Penn Center for the support, consultation, and fielding all of my questions. This has been a wonderful experience for me!"

Dr. Ed Jacobs Presents Impact Therapy Workshop

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. Some students attending the workshop are pictured below with Dr. Jacobs (L to R: Merry Wili, Jennifer Kelly, Lyndsay Smith, Rondae Bulter, and Erin Rebling).



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Center for Counseling Training and Services to Offer Dialectical Behavior Therapy Workshop

The IUP Center for Counselor Training and Services (CCTS) will be featuring a workshop on Dialectical Behavior Therapy (DBT) on Friday, **January 27, 2012**. **Dr. Safdir Chaudhary** will present an "Introduction to Dialectical Behavior Therapy" at the IUP Monroeville Graduate and Professional Center.

Dr. Chaudhary is Medical Director for S'eclairer, an organization devoted to the dissemination of evidence-based practices that is located in Delmont, PA. He is Diplomate of the American Board of Psychiatry & Neurology in General Adult, Addiction, Geriatric and Forensic Psychiatry. He has been practicing psychiatry for the past 20 years and has received two years of intensive training by Behavioral Tech Research, Inc. in learning and implementing DBT.

Kimberly S. Ruth, a Licensed Professional Counselor and a CAC diplomat at S'eclairer, will serve as the co-presenter for the workshop. She graduated from California University of Pennsylvania with an MS in Community Counseling.

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

Individuals can register by calling the IUP Research Institute at 724-357-3934 or 357-2223. Space is limited for this event. More information about this and other future workshops can be found at the CCTS website (<http://www.iup.edu/counseling/centers/default.aspx>) or by contacting the Center at 724-357-3807 or at ccts-coun@iup.edu.

Alumni—Important!!

Update your **email address** as well as other information at the following website:

<http://www.iup.edu/upper.aspx?ekfrm=37027>
to receive all the latest information from the Counseling Department.



IUP Welcomes New and Returning Graduate Assistants!

Lyndsay Smith received her BA in Public Relations from Westminster College. She is currently enrolled full time in the School Counseling Program, and is a member of CESA. She works as a GA for Dr. Carone at the IUP main campus. She loves to spend her free time outside whether it's hiking or reading a book on the porch.

Jessika "Lydia" Albin earned her B.A. in Philosophy and Psychology from California University of Pennsylvania. She is currently enrolled in the School Counseling program. Her professional interests include addiction, job satisfaction, cognitive psychology, and existentialism. As a GA she works for Dr. Branthoover at the Indiana main campus. She has been helping Dr. Branthoover with tasks relating to her roles as the Curriculum Coordinator and chair of the North Atlantic Region of the American Counseling Association. In her free time, Lydia enjoys going on adventures, stargazing, drawing with sidewalk chalk, playing strategy board games and video games with her husband Thomas, and continuing her studies in philosophy and history.

Courtney Williams earned her B.S. in Applied Health Science from Indiana University in Bloomington, Indiana, majoring in Human Development and Family Studies with a double minor in Psychology and Sociology. She is currently enrolled in the Community Counseling Program at Penn Center and works as a G.A. for Dr. Marshak. Courtney's professional interests include disabilities, families, adolescents, and maternal mental health during pregnancy and through the postpartum period. In addition to raising her two children (Aiden, 4 and Madelyn, 1), Courtney is a trained Doula and is in the process of becoming certified. She is also active in the Down syndrome community in Pittsburgh, and is a co-coordinator of a playgroup for children with Down syndrome and their families.

Jessica Bork earned her B.S. in Psychology from Indiana University of Pennsylvania. She is currently enrolled in the Community Counseling Program and her professional interests include child and family counseling. As a GA she works for Dr. L'Amoreaux. In her free time, she enjoys walking her dog, running, and cooking.

Stephanie Stahl earned her B.S. in Psy-

chology from Messiah College. She is currently enrolled in the School Counseling Program, and will graduate with a K-12 certification. As a GA, she is working with Dr. Kimberly Desmond for the second year in a row, which has afforded her many professional development opportunities including participating in numerous presentations, co-authoring articles, and collaborating on departmental endeavors. Stephanie is a member of PSCA, CESA, and IUP's chapter of Chi Sigma Iota. Her professional interests include crisis, mental health, solution focused therapy, motivational interviewing, and educating others about our field. In her free time, she enjoys visiting her family, spending time outside, completing DIY projects, cooking, and watching football.

Connie Kramer received her B.S. in Early Childhood Education and is enrolled in the Community Counseling program at Penn Center. Her areas of interest include marriage and family, cyberbullying, parenting and eating disorders. As an GA for Dr. Michelle Bruno, Connie's responsibilities include helping with PCA materials, and assisting with class preparation. Connie is currently vice president of the Monroeville branch of CESA, and a member of PCA and ACA. She is a certified group exercise instructor and a certified Pilates instructor. Connie spends her free time driving her three teenagers to activities, hiking in the park with her two dogs, gardening, reading, and playing Scrabble.

Katie Lukehart earned her B.S. in Psychology from Stevenson University in Baltimore, MD. She is currently enrolled in the Community Counseling Program and her professional interests include adolescent depression, college counseling, and wellness. As a GA, she works for Dr. Lorraine Guth at the Indiana Campus. She has been helping Dr. Guth with tasks relating to her role as the Field Placement and Practicum Coordinator, and also assists her in her role as the Coordinator of the Indiana Digital Counselor Training Facility. In her free time, Katie enjoys spending time with friends and family, watching reality television, reading, and most importantly, shopping.

Sarah Carlisle earned her B.S. in Psychology with a minor in Marketing from Stephens College in Columbia, MO. She is currently enrolled in the School Counsel-

ing program at IUP, where she is a GA for Dr. McCarthy. As a GA she works for the Center for Counselor Training and Services. She is a member of CESA. Sarah's professional interests include adolescents, teen depression, and animal human interaction therapy. She currently works for New Story's Social Skills Program to help the social development of kids with autism. The joy of her life is her sheltie, Mira. She enjoys spending time with her friends and family in her free time.

Aimee Yatzkanic earned her B.S. in Psychology from Saint Vincent College. She is currently enrolled in the Community Counseling Program as a first semester graduate student. Her professional interests include children on the Autism Spectrum and childhood depression and anxiety. She is currently a TSS at Family Behavioral Resources and works as Dr. Sibyl Cato's GA. In her free time, she enjoys spending time with family, friends, and her boyfriend. Aimee also enjoys reading and being outdoors.

Moirra Jackson earned her B.A. in Sociology with minors in Psychology and English from Saint Vincent College. She is currently a second-year student in the Secondary School Counseling program. Her work interests include bullying in schools, self-esteem building, multicultural awareness, working with students with disabilities, and working with at-risk youth. She is a GA for Dr. Dandeneau and she helps with research, website development, and departmental projects. In her spare time, Moira enjoys attending concerts, watching movies, snowboarding, and spending time with her friends and family.

Alisha Bashaw earned her B.A. in Technical Journalism: Television News and Video Communication with a minor in English from Colorado State University in Fort Collins, CO. She is currently a student in the Community Counseling program at IUP at Penn Center and is Dr. Witchel's GA. Her professional interests include working with adolescents, prevention strategies, self-esteem development, overall wellness, narrative therapy, and eating disorders. In her free time, when she isn't exploring her new home of Pittsburgh, she enjoys playing music, editing video, writing, and pondering the next pet she will own.

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Summer 2012 Electives Offered

Indiana Campus:

COUN 738 Advanced Counseling Theory: Experiential Counseling; Dr. Dandeneau; May 21-25 (8:30—4:00 pm).

COUN 673 Wellness-Based Counseling; Dr. Guth; June 18—22 (9:00 a.m.—4:25 pm).

COUN 672 Family Issues in Counseling; Dr. McCarthy; June 4—July 6; Mon. and Wed (4:45—7:15 pm).

COUN 672 Family Issues in Counseling; TBA; July 9—Aug. 10; Tuesdays (4:45—9:50 pm).

COUN 681 Counseling Students/Clients with Disabilities; Dr. Marshak; June 4—July 6; Mon. & Wed (4:45—7:15 pm).

COUN 677 Crisis Counseling; Dr. Branthoover; June 4—July 6; Thurs. (4:45—9:50 pm).

COUN 677 Crisis Counseling; TBA; July 9—Aug. 10; Mon. & Wed; (7:20—9:50 pm).

Penn Center East Campus:

COUN 681 Diversity and Multicultural Issues in the Media that Impact the Counseling Relationship; Dr. Cato May 14—31; Mon—Fri (4:45—7:15 pm).

COUN 673 Wellness-Based Counseling; Dr. McCarthy; May 14-18; (9:00 a.m.—4:30 pm).

COUN 676 Counseling Issues in Adolescence; Dr. McCarthy; May 21, 22, 24, 29, and 30. (4:45-9:45 pm) plus 10 hrs. online.

School Counselor Professional Development Day

Area professional school counselors attended the ninth annual “School Counselor Professional Development Day” on Friday, December 16 at the Kovalchick Convention and Athletic Complex. The event was financially supported by the IUP College of Education-Educational Technology.

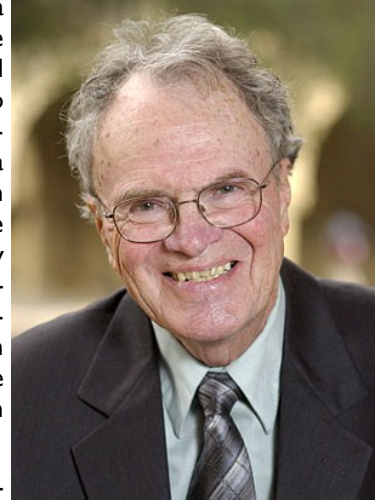
The “Professional Development Day” is an event aimed at recognizing and honoring the work of professional school counselors throughout western Pennsylvania.

The theme for the event this year was “Current Issues in School Counseling: Proving our Worth.” The morning segment featured a panel of school counselors discussing contemporary challenges. This was followed by breakout sessions conducted by Counseling faculty and students. These workshops addressed relational aggression; adolescent depression; addressing career issues with students with disabilities, and school-to-work standards.

The afternoon segment was highlighted by a focused presentation on “Proving our Worth,” and Ms. Stephanie McHugh, an IUP alum and Guidance Supervisor at Baldwin High School, provided the closing presentation.

Career Counseling Expert to Speak at IUP

Dr. John Krumboltz, a pioneer and leading figure in career counseling, will offer a one-day workshop entitled, “Helping to Create a Meaningful Life in a Difficult Economy through Career Counseling.” The workshop is sponsored by the IUP Center for Counselor Training and Services and will be held on Friday, April 20, at the Kovalchick Convention and Athletic Complex.



Dr. Krumboltz is a professor in the School of Education at Stanford University and has taught there since 1961. He became a full professor in 1966.

For more than 50 years, he has been an international scholar and leader in the field. His research in career development, behavioral counseling interventions, and social learning theory in career development represented groundbreaking work. He has authored or co-authored over 200 publications.

The American Counseling Association designated him a “Living Legend in Counseling” in 2004. Two years later, Dr. Krumboltz was given the Outstanding Achievement Award from his alma mater, the University of Minnesota, where he received his Ph.D. degree in Educational Psychology in 1955.

His many other honors include the American Psychological Association (APA) Award for Distinguished Professional Contributions and the Leona Tyler Award from APA's Division 17 (Counseling Psychology).

Dr. John McCarthy, CCTS Director and a professor in Counseling, expressed excitement about the event. “To have a presenter of Dr. Krumboltz’s stature to conduct a CCTS workshop is a true honor,” McCarthy said. “He is a legendary figure in the profession.” Workshop information is available on the CCTS website or can be obtained by calling 724-357-3807.

Dr. Krumboltz will also be a distinguished guest at the Department of Counseling’s **Celebration Banquet** that evening. The event will honor award and scholarship recipients and will also be held at the KCAC. (see page 6 for more information).

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IUP Counseling Department Newsletter

Alumni Celebration Banquet

Dear Alumna/Alumnus,

Looking to reconnect with old friends and former faculty from your graduate school days? Here's one way: Join us for the **Department of Counseling's "Celebration Banquet,"** an evening to showcase and highlight recent and past successes of alumni, students, and the Department. This business-formal event will be held on the Indiana campus in the **Kovalchick Convention and Athletic Complex on Friday, April 20, 2012,** from 5:30-9:30 p.m. and promises to be a fun-filled evening.

Faculty from the 1970's to today will be invited to attend. We will also be **honoring alumni** for their dedication to the counseling profession. The Department will recognize the 2012 recipient(s) of the **George L. Spinelli Memorial Scholarship**, a tribute to Dr. Spinelli's long-standing contribution to the Department, and the **Janet A. Fontaine Outstanding Student Award**. We will also be presenting our inaugural **"Heroes in Helping"** award to area youth for their contributions. This award is co-sponsored by the Counselor Education Student Association (Indiana campus); the Department of Counseling; and the Center for Counselor Training and Services. Finally, a legend in the Counseling profession, **Dr. John Krumboltz** of Stanford University, will be a guest of honor and will be receiving an honorary award from the Department.

Cost of the dinner is \$30 per person, and an rsvp card appears below this invitation. **(Checks can be made payable to "The Foundation for IUP." Please respond by Tuesday, April 10.)**

A tentative agenda appears at right. If you would like more information on this event, please contact Dr. John McCarthy at john.mccarthy@iup.edu. I hope to see you on April 20!

With warmest regards,

Department Chairperson

RSVP Card

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

I/We can attend and would like the following entrée (see complete menu on the tentative agenda above):

_____ Chicken _____ Vegetarian (Cost of the dinner is \$30/person. This is not a charitable donation.)

And, I have enclosed a gift of \$ _____ for the Department of Counseling's general fund.

I/We cannot attend. Enclosed is my/our contribution to the Department of Counseling's general fund of \$ _____

Name _____ Address _____

City/State/Zip _____ Phone _____ Email _____

Tax deduction is limited to the excess of the contribution above the value of goods and services provided.

The Foundation for IUP is a 501(c)(3) organization; gifts to the Foundation are tax deductible as per IRS regulations. The official registration and financial information of the Foundation for IUP may found online at www.iup.edu/foundation or from the Pennsylvania Department of State by calling toll free within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

4450/NCSPF/SUBS/AO12

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 Counseling Celebration Banquet

Mail to: The Foundation for IUP, GI Sutton Hall, 1011 South Drive, Indiana, PA 15705

We hope to see you there!!

As a way to acknowledge the mark of quality by our accreditation by the Council for Accreditation of Counseling and Related Educational Programs (CACREP), the Department would like to further support Community and School Counseling students by defraying their registration and travel costs for professional conferences and for coursework in other countries. Your support may also be dedicated to faculty initiatives. Thank you! **4450/NCSPF/SUBS/AO12**

Name(s): _____ Banner ID (if known): _@_____

Address: _____

City: _____ State: _____ Zip Code: _____ Phone Number: _____

Email: _____

Please accept my gift of \$ _____. (Please specify *Account Number 4450* on your check.)

Or, I would like to pledge \$ _____ and pay my gift in 1 2 3 4 consecutive month installments

Please mail this form along with your check made payable to Foundation for IUP to: Foundation for IUP, 103 Sutton Hall, 1011 South Drive, Indiana, PA 15705-1046 Or, to pay by credit card, please complete the fields below, or visit www.iup.edu/giveagift and enter Account Number 4450 in the "Other" field to designate your gift.

Please charge my Visa MasterCard American Express Discover. Card Number _____

Expiration date: _____ Signature: _____

The Foundation for IUP is a 501(c)(3) organization; gifts to The Foundation are tax deductible as per IRS regulations. The official registration and financial information of the Foundation for Indiana University of Pennsylvania may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1-800-732-0999. For calls which originate outside of Pennsylvania, the telephone number is 717-783-1720. Registration does not imply endorsement.

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 jworz@iup.edu
904 Peltier Dr., Cary, NC 27519

Alumni Updates

Kate Ivory (2008) is proud to report that as of July, 2010, she is a Nationally Certified Counselor, and in May, 2011, she became a Licensed Professional Counselor.

Angel Falbow (2008) passed away on May 22, 2011, at the age of 29 as a result of a car accident. Angel was a mental health therapist at Pyramid Healthcare.

Marisa Evans (2007) is looking for graduate students interested in a Community Counseling internship for the fall and spring semesters. Email mevans@mtaloy.edu for more information.

Robert Gregory (1996) has obtained his license as a clinical psychologist after working as a school psychologist with Westmoreland Intermediate Unit for many years.

Newsletter on the Web

You can view this and previous issues of our newsletter at www.iup.edu/counseling in the news section.

Department Website Dr. Witchel and his GA, Alisha Bashaw, maintain the dept. website at www.iup.edu/counseling. If you have any feedback or suggestions feel free to email us at bwitchel@iup.edu.

IUP Counseling Department Newsletter

Published biannually
by Counseling Department
Editor: Dr. Robert I. Witchel
Graduate Assistant: Alisha Bashaw

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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 _____

Indiana University of Pennsylvania

Department of Counseling

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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

Hi Everybody, My name is Megan Michalak and I graduated from Indiana University of Pennsylvania with my masters in Community Counseling in 2010. Since then, I have moved to Idaho and I am currently pursuing my counselor education degree at Idaho State University. Five years ago, I would never have guessed I would be living in Idaho, but working towards a PhD is something I have considered since I was in my undergraduate program. The program here at ISU is 3 years and I am currently in my second year. This is a year jam packed with important milestones (in February I will be taking my comprehensive exams and I will begin writing my dissertation over the holiday break) and although it is stressful, I know that by enduring this year I will get where I want to be. There are number of experiences that contributed to my journey into a doctoral program-the most important being my mentors. I had the great honor of receiving a graduate assistantship with Dr. Lorraine Guth. Dr. Guth was not only willing to explore my thoughts & feelings regarding counselor education, but she also had an instrumental role in shaping who I am as a person. I also had the fortune of working with a former faculty member, Dr. Kirsten Murray, who was the first to allow me to discuss what a PhD program would look like for me. She gave me the space to struggle with the decision between a counselor education program and a counseling psychology program. It is my passion for counseling and the great experiences I had with Dr. Guth, Dr. Murray, and the other faculty members at IUP that helped me discover that I wanted to become a counselor educator (and not a counseling psychologist). In addition to finding a mentor, it was helpful for me to participate in local and national conferences, both as a participant and a presenter. I was able to network, build my resume, and most importantly get experiences that helped to inform me about what it is like to be in a PhD program and be a counselor educator. Scholarship is something that is very important to me and it was fostered by the support I received in the department. There are certainly days where I want to pull my hair out, hide, and cry, but I have never questioned whether the decision to pursue a career in counselor education was right for me. Knowing that I get to support students, advocate for counselors, contribute to my profession through scholarship, and make a difference in my community makes the stressful days much easier to handle. If you are at all interested in pursuing a PhD program, please feel free to contact me. I would be happy to explore this process with you further! Megan Michalak, Idaho State University, michmega@ius.edu.

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 done learning. The field of psychology is so broad and I wanted to be more specialized as well.

Throughout my time at IUP, I sought guidance from several professors, including Dr. McCarthy and Dr. Bruno and they were wonderful! They took the time to discuss the options available to me after graduation. They both supported the option to continue my education and obtain a doctorate in psychology.

Over the course of a year, I devoted time to learning about the different PhD and PsyD programs and weighing the pros and cons. I chose Carlow University for several reasons. The professional and personable faculty was inviting from day one. Their PsyD in Counseling Psychology was a solid program and it would allow me to gain the education that I wanted and still be able to stay local. Carlow also was recently APA accredited, which means that further doors will open in terms of professional connections and practicum/internship sites. I am a member of both APA and PPA, and serve as PPA's Graduate State Advocacy Coordinator.

I was awarded a Graduate Assistantship during my first year at Carlow, which included teaching the undergraduate course "Introduction to Psychology". I am currently in my second year of Carlow's PsyD program and continue to teach several undergraduate courses in psychology and counseling. In addition to teaching, I am currently in my first practicum placement at Children's Hospital, in the Transplant Psychology Unit. I provide therapy to children and families pre/post transplants, along with conducting transplant evaluations. This experience has been rewarding in many ways. My hope is to secure my second practicum experience at The Watson Institute or similar placement where I can continue to work with children with special needs.

I have also recently identified my dissertation topic as well. I will be using the MACI assessment with the High Functioning Autism/Aspergers population and assessing if a repeated "personality type" emerges alongside the predictable behavioral symptoms. I have a very strong interest in personality assessments and my goal is to incorporate them into both my dissertation and continued work as a clinician.

I have another year and a half of coursework, and then my (final) fourth year is devoted to an internship and dissertation. Ultimately, my final goal would be to diagnose and provide psychological treatment to children. I would enjoy incorporating personality/IQ assessments, CBT and play therapy into such treatment.

Teri Madura (MA, 2005); doctoral student at The University of Akron

I am currently a pre-doctoral psychology intern with the Vanderbilt University – Department of Veterans Affairs Professional Psychology Consortium. This is part of the final stages to completing a Ph.D. in Counseling Psychology. My path to getting here was slightly abnormal, but I can say for sure that I would not have changed a thing.

I received my Master's degree in Community Counseling from IUP in August 2005. I had been working at a nearby community mental health agency full-time as I was completing my Master's and they offered me a position as an outpatient therapist upon degree completion. I had always wanted to pursue a doctoral degree, but I needed a break from school and I was happy working there. After several months, I decided to apply to a few programs and just see what happened. I was unsure if I wanted to pursue counseling or clinical psychology programs, so I decided to apply to both. (I am a little biased at this point, but the difference I have witnessed between the two programs is that counseling programs tend to focus more on multicultural issues and strengths-based concepts, whereas clinical programs follow more closely to the medical model. In the end, we more or less end up with the same employment opportunities). This may not have been the most strategic way of pursuing higher education, but it worked for me! I ended up getting accepted into the PhD Counseling Psychology program at Gannon University. I was ecstatic!

I began my studies in August 2006 and received experience with individual, group, marriage and family therapy, and assessment. There were so many opportunities to get involved not only within the university, but the community as well.

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 university decided to phase-out my program. I quickly organized myself and began applying to other doctoral programs. Some were sympathetic to my situation, and some were not. I ended up getting accepted to The University of Akron and transferred there in August 2008.

The three years I spent at The University of Akron have been integral to my development as a psychologist. Not only did I *actually learn* how to analyze and interpret statistics, I was invited to write three book chapters, present at professional conferences and workshops, and work on a psychological committee devoted to the needs of Ohio psychologists. The depth of my abilities to not only value, but to understand how to transform research into practical interventions has been an asset to my development. I was introduced to the area of suicidology, which has become a research passion of mine. In addition, I was able to receive practicum training in neuropsychology and as a consultation-liaison in a medical trauma center.

My academic path is definitely not the norm, but I've been blessed to have experienced two different doctoral programs. They each have their strengths and weakness and I have been able to merge these experiences to add breadth to my abilities. This combination of program strengths was especially helpful when interviewing for internship positions, which is an extremely competitive process. I was fortunate to be matched with the Vanderbilt University/Veterans Affairs Consortium and am thrilled with my training experiences here. I have completed two rotations so far (Neuropsychology and recovery for veterans returning from Iraq and Afghanistan) and will complete a rotation in Polytrauma (PTSD along with at least one physical disability, usually a traumatic brain injury) and Hospice. I'm also receiving training with Vanderbilt University's Psychological Counseling Center providing LD/ADHD assessments for undergraduate and graduate students. This has helped to fill a gap in my previous training by gaining exposure to various cognitive and personality tests as well as the completion of integrated reports.

Happily, I am in the final stretch of obtaining my degree. I will defend my dissertation early next year and plan to graduate in August 2012. It definitely has been a long haul and although there are times when I curse the homework, the late nights and the missed social events, I know that ultimately it's worth it. I am much more confident in my skills and abilities. I also believe that my doctoral training has provided me with the knowledge needed to be an effective clinician.

My goals are to continue working within a VA setting focused on the area of trauma recovery with veterans returning from the Iraq and Afghanistan wars. I'm energized by the evidenced-based treatments that exist and it has been fascinating to watch the excitement in their faces as they are able to live their lives without PTSD.

The Community Counseling program at IUP prepared me well for a degree in Counseling Psychology. There was a great deal of overlap between what I learned at IUP and what was taught during my first doctoral year. In addition, the live supervision model utilized by the Community Counseling program was integral to the development of my skills and confidence as a clinician. I highly encourage those of you who are considering continuing your education past your Master's degree to go for it! It is a commitment; however you will reap the rewards for the rest of your life.

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