

# IUP Counseling Department Newsletter

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

**Welcome** to Spring and this issue of the Newsletter. The 2003-2004 academic year is history and we just completed an exciting weekend of graduation ceremonies and celebration. Students graduated on the Indiana & Monroeville campuses (see picture, p. 7) on May 7th and 8th. Also, over 70 people attended John Worzbyt's retirement dinner on May 8th. I enjoyed spending time with retired faculty – Everett Pesci & Jane Washburn and, it was nice to see Mrs. Ruth Spinelli and former graduate students, from as far away as Atlanta.

There are always new developments – the department has completed a search for Dr. Worzbyt's position and Holly Moore, from the Duquesne University doctoral program will be joining us in the fall (more on Holly in the fall issue). We proposed Monroeville as an alternate delivery site for the secondary school counseling program. The proposal was passed by the University Wide Graduate Committee on May 7<sup>th</sup> and will be reviewed by the University Senate this fall. We anticipate recruiting students for the first "school counseling cohort" to begin Jan. 2005.

This Newsletter contains lots of information about our students' professional accomplishments, including much success by students on a recent NCE test. In addition, my faculty colleagues have been quite productive; see updates in this issue. A recent workshop, coordinated by Dr. McCarthy and featuring Dr. Robert Brooks, brought over 100 alumni, students, and area professionals to campus for a very exciting and productive workshop (fall workshop information on p. 6).

My stepdaughter, Rebekah begins IUP in the Fall as an elementary ed. major, and my daughter,



Sara, is doing a month-long tour of Europe with the Music Ambassadors (playing bari-sax). John Worzbyt, thanks for sharing this path with me since '87. I begin my 24<sup>th</sup> year at IUP this summer; it is hard to believe. I hope you enjoy this Newsletter edition and stay in touch.

Dr. Bob Witchel

## John Worzbyt's Retirement Dinner

On May 8<sup>th</sup> at Indiana's Rustic Lodge, over 70 alumni, retired and current faculty, colleagues from around the university, family and friends of John Worzbyt came together to celebrate over 30 years of John's service to IUP, the counseling field and the community. John will be greatly missed; and, rumor has it that he may be back to work on a school grant project if it is funded. Below, are some pictures of this wonderful evening.



The Worzbyts- Jean, John, Janeen, and Jason



Dr. Everett Pesci (retired faculty), Ruth Spinelli



(Left to right) Jane Washburn (retired faculty), with alumni Dr. Bernard Oparah, Tom Washburn, and Dawn Oparah.  
[The Oparah's live in Atlanta]

**Student Spotlight**

By: Dr. John McCarthy, P.h.D.



The Student Spotlight is a new feature of the PCA, designed to honor selected counseling students or recent counseling graduates of merit. The inaugural pair of students in the "Spotlight" was Mary Ellen Trenga (right) and Shellie Andolina, both Dec. 2003 graduates of Monroeville Community Counseling program.

Ms. Trenga is a Child/Adolescent Supervisor at the Mon Yough Community Services MHC. She oversees a team of case managers who work with over 350 children & adolescents with serious emotional challenges. She works with parents, families, school districts, family centers, and community facilities. In May 2003, Ms. Trenga was awarded the Spinelli Scholarship. Her experience in the cohort-based graduate model was a highlight of her Counseling program experience. "What I liked most of all was having this wonderful pool of creative professionals around me throughout all of my classes," she said. "The networking opportunities alone were amazing, and the cohort was like nothing I had ever experienced."

Dr. Bob Witchel, her advisor said, "Mary Ellen brought years of experience to her academic journey. She was grounded experientially in the field and yet tackled new ideas and challenges with the excitement of a child on a new playground."

Ms. Andolina has served as a Clinical Specialist at Western Psychiatric Institute and Clinic for six years where she provides services to individuals who are homeless and with a mental illness. In her work Shellie has the opportunity to "see people develop insight and make small steps toward knowing themselves." She offers a wide range of services from assessment to direct interventions, both group & individual, as well as case management. Shellie said the graduate process enhanced her knowledge base, and she appreciated the cohort model. "My peers became almost like a second family to me. I really enjoyed the support and feedback from them," she said. Ms. Andolina hopes to work in a business-related counseling position.

Dr. Joe Utay said, "Shellie's approach in the Counseling program mixed serious intelligent focus with her continuous desire to learn along with great humor." Both Mary Ellen and Shellie passed the NCE-GSA in Oct. 2003.

### Counseling Students Inducted into the Phi Kappa Phi National Honor Society

The Phi Kappa Phi National Honor Society was founded in 1897 at the University of Maine. Its mission is "to promote and recognize academic excellence in all fields of higher education and to engage the community of scholars in service to others." Since 1897, over 1,000,000 students have been inducted. On April 24, 2004 several counseling students, Rachael Busch, Erin Sims, Kathy Johnson McLean, Debbie Witchel, and Danielle Rombach, from the Monroeville Campus, and Kyle Marie Campbell, Sonya Giuffe, Shannon Keith, and Stephanie Polosky, from the Indiana campus were inducted into the Phi Kappa Phi Following is background on some of these students:



D. Witchel, E. Sims, K. Johnson McLean, R. Busch  
Phi Kappa Phi Induction Ceremony, April 4, 2004

**Rachael Busch** graduated from Clarion University of PA with a BA in Psychology and minors in Women's Studies and Sociology. She is currently employed as the Customer Service Manager at Gateway Newspapers. After graduation, she wants to pursue her Ph.D. and hoping to pursue further training in Gestalt therapy. Her ultimate goal is to be a professor and to also provide counseling to adolescents and/or work with trauma survivors.

**Danielle Rombach** received her under-graduate degree in Psychology from Penn State University. Since then she has been working with adolescents in placement mostly in direct care positions. She currently works at Mars Home for Youth. After she earns her masters degree, she wants to do individual counseling with adolescents (preferably those with delinquency issues).

**Erin Sims** graduated from IUP with a BA in criminology with a minor in psychology. Currently, she is attending IUP as a member of cohort 4 in the community counseling program. Erin is employed by Vision Quest at a residential program for teen mothers and their babies.

### Phi Kappa Phi (con't.)

**Katherine Johnson McLean** graduated Summa Cum Laude from the University of Pennsylvania with a BA in Art. She is in the community counseling program. Currently, she lives in New Kensington with her two dogs, Pete and Lily and is a mother of two grown children, Jesse and Jason.

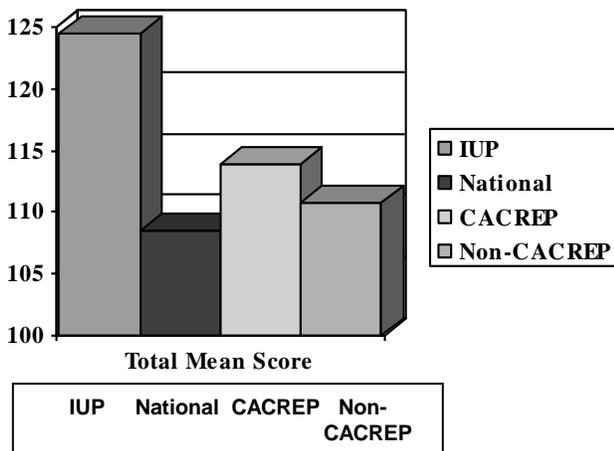
**Debbie Witchel** moved two years ago from New Hampshire where she was a counselor/case manager for 9 years at Behavioral Health Services. She also worked on a crisis hotline in New Haven, CT, as a counselor and at a Rape Crisis Center and at an EAP. Debbie is married to Dr. Bob Witchel and they live in Wexford with her three children. Her daughter, Rebekah, will be starting IUP in the fall, majoring in elementary education. Debbie graduated with a BS in social work in 1982. After graduating from IUP she hopes to attend the Cleveland Gestalt Institute.

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### Counseling Students Success on NCE

A picture (or a chart) is worth a thousand words. As you will see below, the IUP students taking the NCE on October 18, 2003 had a mean score of 124.50. The IUP student "mean scores" were higher than the National [108.50], CACREP departments [113.82] and Non-CACREP Departments [110.82] mean scores. Of the eight students who took the exam, all eight passed! We are very proud of the accomplishment of these students.



### Angelina Santus: Counseling Student



### Accepted into Doctoral Program

Angelina graduated from IUP in 2002 with a B.S. in Child Development/ Family Relations. In Aug. 2004, she will graduate from IUP with her M.A. in Community Counseling. Currently, she works as a Family Literacy Educator at ARIN Intermediate Unit in Indiana.

In the fall she will attend Iowa State University in Ames, IA. At Iowa, she will earn masters and doctoral degrees in Family Studies. All the classes necessary for the Ph.D. are also needed for the M.S. so she will earn both along the way. Angelina was assigned a teaching assistantship, which grants her a tuition waiver and stipend. She also received a \$3500 Consumer and Family Science scholarship for academic excellence.

Angelina wants to concentrate more on family studies than counseling for her Ph.D. because she is also interested in family dynamics, theories, and policies. The definition and structure of the American "family" has changed dramatically in the past few decades. With all the different topics to cover, she hopes to more deeply explore her own research interests which are role reversal and marital satisfaction, same-sex parenting, and the role of gender in couple's counseling.

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### Looking For a New Job?

The Counseling Department often receives requests from employers (both schools and community agencies) for immediate openings in their organizations. We help qualified graduates who are looking for their first place of employment link up with agencies and schools who have vacancies. If you are looking for your first job, please contact Dr. Fontaine at (724) 357-7593 or email her at: fontaine@iup.edu. An "employment form" will be mailed to you. These forms will be used to identify qualified individuals (e.g., whether you will consider a temporary position, geographic areas you will consider, etc.) to refer to openings. Please note that this service is only for individuals looking for their first job after graduation in the school or mental health counseling fields. The IUP Career Services is available for others by calling (724) 357-2235 or by email: career\_services@iup.edu

### Outstanding Student Award



Courtney Griswold, with Drs. Dandeneau & McCarthy

**Courtney Griswold** of Hollidaysburg, received the 2004 Outstanding Counseling Student Award during May commencement exercises. Courtney, daughter of Chuck and Debbie Griswold, received her master's degree in counseling (elementary school counseling track). She was honored for her outstanding academic performance. Courtney served as a graduate assistant in the department in addition to her studies.

She co-presented a professional paper at the PSCA Annual Conference in April 2004, entitled, "Operation School Counselor: A Support Group for Children of Deployed Military Personnel." The presentation was designed to provide school counselors with information about the affects that the military deployment of a parent has on a child. Participants were given activity ideas, resources and the outline of a six-session group exercise designed to support children experiencing the unique stressors of parental deployment.

Courtney will continue her research and work in this area following graduation, as she pursues her career as an elementary school guidance counselor in Jacksonville, NC, home to Camp Lejuene Marine Corps base.

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### Dr. Spinelli Memorial Fund

If alumni wish to contribute to the Dr. Spinelli scholarship fund, they can contact the Annual Fund at (724) 357-5555 or write to the Office of Annual Giving, 313 Sutton Hall, IUP, Indiana, PA 15705. The annual award is approximately \$400 and is given to a current counseling student.

### Spinelli Scholarship



**Stephanie Polosky**, an elementary school counseling major, received the 2004 Spinelli Scholarship. Stephanie has worked at the Community Guidance Center as a TSS since Dec. 2001. She has a BA degree in psychology from IUP, graduated Magna Cum Laude, and was a Provost Scholar for two years. Steph-anie gave a poster presentation at Eastern Psychological Association in 2002, and was in the IUP Psychology Honors Program for 2 years. She is a current member of ASCA, Psi Chi and Phi Kappa Phi. She has a GPA of 4.0 and will be graduating in Dec 2004. Stephanie shared:

"Through my work in the graduate program, I have had the opportunity to learn about myself and my work ethic. I currently work in a kindergarten classroom as a Therapeutic Staff Support Specialist. I am aware of how the program has influenced my work. I have gained an extreme amount of patience and more effective ways to deal with elementary-aged children.... As a guidance counselor, I am to work with all students. I have seen first hand the benefits an influential person has on a child's life. ..."

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### Students make presentations



Kristin Grosz



Jennifer McClarnon

On March 5, 2004, Jennifer McClarnon and Kristin Grosz were invited to present a career awareness program at Westmont Hilltop Middle School for 180 8<sup>th</sup> grade students. The students were broken up into 5 groups. The program included Jennifer and Kristin sharing their own personal stories as well as making students aware of the options open to them. Jennifer and Kristin also navigated a career website with the students to show them the value of career exploration and discovery. The program concluded with students asking career-oriented questions.

### Student Presentations (con't.)

Teresa Mrozowski, guidance counselor at Westmont, applauded Jennifer and Kristin and stated that the program was a huge success and the talk of the school. Jennifer and Kristin have been invited to present again for next year's 8<sup>th</sup> grade students.

On Thursday, April 29, 2004, the Admissions Office and Career Services hosted an IUP day for 155 6th graders, six teachers, and 12 chaperones from Hickory Grove Elementary School District. The children learned about IUP, the admissions process, and career services. In addition, the Counseling Dept. offered a program called Careers and Caring, developed and presented by Erin-Caitlen Rinker, a secondary school counseling student and president of CESA. Erin's presentation and activities centered around seven centers of care and their relationship to the world of work. The children participated in a career walk and explored a variety of careers through an activity that linked careers and caring. The children enjoyed the presentation and were eager to participate in the activities and the discussions that followed. Erin was Dr. Worzby's GA and has been working with him this year in finalizing a book entitled "Teaching Kids to Care and be careful." Ideas from this book were used in developing the workshop.



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### Faculty Updates

**Dr. John McCarthy** presented on "Depression in adolescence: The latest from the literature" in April at the ACA 2004 Annual Convention in Kansas City, MO. He also presented in Nov. with Courtney Griswold, his GA, on "Adolescent depression: Lessons from recent literature" at the Western Regional PA School Counselors Association Conference in Slippery Rock. Dr. McCarthy also presented at the PCA in State College, on "Counseling via the cognitive approach: Mind does matter." Recent publications include: Counseling via the cognitive approach: Mind does matter, and The counseling and help-seeking of males: A diversity perspective. Dr. McCarthy received two small grants: College of Education Technology Grant and Faculty Senate Research Grant. Dr. McCarthy's current projects include finalizing a manuscript, with his GA, on the identification and screening of adolescent depression, particularly in the schools.

### Faculty Updates (con't.)

**Dr. Robin Rishel** is pleased to share that her elective, "Wellness-based Counseling", offered in Monroeville this spring went very well. The students learned a great deal about how to work with clients from a wellness perspective and how to improve their own wellness. She presented at the PSCA conference with graduate student Courtney Griswold on "Operation School Counselor: A Support Group

for Children of Deployed Service Members". Robin is also happy to share that her husband, David, is safely home from a tour in Iraq with the 203rd MI BN from Aberdeen, MD. She and daughter, Katie, are excited to have him home.

**Dr. Janet Fontaine** continues with her efforts to make schools safe for sexual minority youth. She was invited to be a keynote speaker at the Rural School Counselor's Institute at Shippensburg University in Dec. She was recently honored to be one of only twenty professionals in the nation to be invited to participate in a newly formed ACA Task Force on Sexual Minority Youth and just returned from the inaugural meeting at ACA in Kansas City. She presented at the upcoming PSCA Conference on sexual minority youth issues. Dr. Fontaine has recently had a career fantasy met as she is teaching Elements of Research in Monroeville! I'm sure you can empathize with the students!

**Dr. Joe Utay** has been busy this both in and out of the classroom. In Nov., he co-presented with his GA, Megan Kojza, at the 2003 Western Regional PSCA Conference on "Advanced Guided Imagery: A 20 Step Process Explained and Experienced."

When not teaching, Dr. Utay works with children, adolescents, and adults at the Total Learning Center in Wexford. Making use of his 25 years of school and community counseling experience, he enjoys using a range of traditional and creative counseling tools with individuals, groups, couples, and families. For several years, Dr. Utay has co-authored with his wife, Dr. Carol Utay, monthly columns for North Hills Monthly Magazine and Northern Connections Magazine. Some articles published this past year are: Redefine Your Relationship. . It's going to change anyway; When Faced with Obstacles, Do the Stress Management Dance-Stop, Lift one Foot, Lean Forward; How Educational Evaluations Help Parents & Children: But first, do your homework; Ten Ways to Help Your Children Get Good Grades: Teacher's recommendations for keeping up & getting ahead.

The Utay's daughter, Andrea, is a freshman this year at IUP. Though he denies credit for her accomplishments, she is clearly his most proud achievement!

### Faculty Updates (con't.)

**Dr. Nadene L'Amoreaux-** On a personal note, I am happy to announce the birth of my daughter Callie Renee, born May 7, 2003. She is happy, robust, and a daily reminder of the wonder this world has to offer. Emma (3) is a proud big sister, and between the two of them I have more than enough to keep me busy! Professionally this has been a busy year for me as well. Last March I participated in

CACREP team member training in Anaheim California and was appointed to my first site visit in November. My interest and participation in the accreditation process also extends to spearheading our department's efforts in the NCATE accreditation process as well. Also in the fall I made two professional presentations. I presented on Children with ADHD and their ideas about homework at the PCA in State College. I also presented on incorporating information literacy into counselor education programs at the North Atlantic Region's Association for Counselor Education and Supervision (NARACES) in Canandaigua, NY. I have also been appointed to the editorial board for the Journal of the Pennsylvania Counseling Association. I am excited about the recent nice spring weather and am working in my garden!

**Dr. Lorraine Guth** was pleased to receive tenure in Fall 2003. It is hard to believe that her son Alex recently turned 5 and daughter Adriana is 1½. At IUP, Dr. Guth is currently the Chair of the University Senate Research Committee and serving on the Middle States Accreditation Self-Study Integrity Subcommittee. Dr. Guth was awarded a \$3,000 Proposal Development Incentive Plan grant to develop and submit a birth education and midwife services grant for external funding. She continues to work on several collaborative projects related to sexuality, technology, and group work. She has had the following publications and national conference presentations:

Guth, L. J., & McDonnell, Kelly A. (2004). Design-ing and utilizing class activities to meet specific core training competencies: Applying a developmental approach. *The Journal for Specialists in Group Work*, 29, 97-111.

Tyler, J. M., & Guth, L. J. (2004). Understanding on-line counseling services through a review of definitions and elements necessary for change. In J. W. Bloom and G. R. Walz (Eds.), *Cybercounseling and cyberlearning: An encore* (pp. 133-150). Alexandria, VA: CAPS Press & American Counseling Association.

### Faculty Updates

Guth, L. J., et.al. (2003, August). Examination of self-concept and sexual functioning of individuals with intersexuality. Paper presentation at the Annual Convention of the APA, Toronto, Ontario, Canada.

Guth, L. J., & Drummond, S. (2003, August). Using technology to enhance information literacy skills of counseling students. Poster presenta-tion at

the Annual Convention of the APA, Toronto, Ontario, Canada.

Guth, L. J., & L'Amoreaux, N. A. (2003, March). Using WebCT in counseling courses: Impact on students' technical competencies. Paper presentation at the ACA Annual Convention, Anaheim, CA.

## “KEEPING SCHOOLS SAFE: WHAT YOU NEED TO KNOW”

**When: Friday, October 1, 2004**

**Where: Indiana Holiday Inn**

**Time: 8:30 a.m. - 3:30 p.m.**

**CEU's: 5.5 hours of ACT 48 and NBCC**

### Objectives/Topics to be addressed:

- Strategies to make schools safer
- Using supervision and surveillance to improve campus safety
- Assessing unsafe places and times in the school day
- Developing emergency communications codes
- Bullying prevention

### Presenter: Mary Margaret Kerr, Ed.D.

- U.S. Court for the Central District of California
- Consent Decree Administrator for Los Angeles Unified School District
- University of Pittsburgh
  - Director of Education for patients with psychiatric problems
  - Associate Professor of Education and Child Psychiatry Director of outreach service at STAR-Center
- Author of six textbooks and multiple articles

For further information and to register contact the School of Continuing Education, 724-357-2227 or 800-640-7421

Programmatic questions should be directed to Dr. John McCarthy at 724-357-5700 or by emailing [jmccarth@iup.edu](mailto:jmccarth@iup.edu).

### AAP 2004 Conference Santa Fe, New Mexico

Journey back with us to our roots...2004 Institute and Conference - Spirit of Our Ancestors. The conference takes place November 10 – 14, 2004 in Santa Fe, New Mexico at the Eldorado Hotel, the only Four-Star hotel in Santa Fe! The key note speaker will be Lewis Mehl-Madrona, MD. Dr. Bob Witchel will be co-facilitating a ropes course

experience as a part of this conference. Visit [www.aapweb.com](http://www.aapweb.com), the American Academy of Psychotherapist's website for more details!

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### Our Department on the Web

Dr. Witchel and his GA, Rachel Miller, maintain the department website on the Internet. It is located at <http://www.coe.iup.edu/ce/> The website has had almost 15,000 hits since it's inception. If you have any feedback or suggestions feel free to email us.

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### This Newsletter is on the Web

You can view this newsletter and previous issues of our newsletter on the Web, as well as link to other sites identified in the Newsletter. This issue is located at:

<http://www.iup.edu/ce/newsletterSp2004.html>

### Alumni Updates

Thanks to all of you who responded to our Spring Newsletter. We are always pleased to hear from alumni. See page 8 for a feedback form to return to us.

1971 **Dr. Margaret A. Smith, M.ED.**  
Superintendent at Volusia County School District, which is a new position!

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### A Special Thank You

Dr. Witchel and Rachel Miller would like to thank Dr. McCarthy for his help with this Spring Edition of the newsletter. Thank You Dr. McCarthy!

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### Faculty email addresses

Dr. Dandeneau:	Cdanden@iup.edu
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Dr. Marshak:	Lmarshak@iup.edu
Dr. McCarthy:	Jmccarth@iup.edu
Dr. Rishel:	Rrishel@iup.edu
Dr. Utay:	Joe@totallearningcenter.com
Dr. Witchel:	Bwitchel@iup.edu

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### Graduation of Monroeville 3<sup>rd</sup> Cohort



Drs. Dandeneau, Utay, Rishel, McCarthy and Witchel, with 3<sup>rd</sup> Cohort  
May 7, 2004

### Alumni Feedback

*We want to know what our alumni are doing – professional activities, publications, presentations, current employment positions and so forth. We 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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