



IUP Counseling Department Newsletter

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

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Welcome to the Fall issue of the Department of Counseling Newsletter. After 8 years, we have changed the design of the newsletter, and hope you like it. As always, it has been a busy Fall semester and the department continues to evolve and grow. In addition to Holly Moore joining the department as our newest faculty member (see p. 2), we welcomed new students to our Indiana campus programs and 28 new students in the 6th Monroeville community counseling cohort. Our student population will increase further in the Spring semester as we add 28 additional students to the new secondary school counseling program in Monroeville. In total, we will have about 100 students enrolled in Monroeville; we have come a long way since our Monroeville programs began in 2000. Speaking of department expansion, some discussion has just begun to explore a doctoral program. I hope to have more information to report in the Spring issue of the Newsletter.

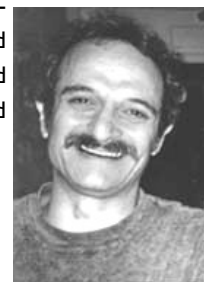
We are offering a number of electives during spring and summer semesters for alumni who are seeking additional credits toward licensure. Courses focusing on additions counseling, gestalt therapy, sexual abuse counseling, creative counseling approaches and diagnostic issues, will be offered.

Robert E. Wubbolding, Ed.D. will present a one-day workshop on April 27, 2005 titled, Using Reality Therapy with Disengaged, Disillusioned, and Resistant Students, and Clients (see p. 2). In addition, the department will co-sponsor with the College, the 2nd Annual School Counselor Professional Development day on Jan. 7, 2005. This year's focus is on Children and Resiliency (see p. 6).

We are proud of Kelli McLeod who is the first counseling student in over 15 years to write and successfully defend a master's thesis (see p. 6). We are seeking new members for the Dept. Advisory Board (see p. 3). The Digital Training Lab continues to expand and students are utilizing this state-of-the-art facility on the Indiana campus.

I am in my 24th year at IUP and 18th year in the Department. I continue to be excited and energized about our students, the growth of our programs, and my colleagues. We have come a long way since 1990 when there were only four counseling faculty. I am always excited when I hear from alumni, and wish you all a happy holiday and healthy new year.

Bob Witchel



New School Counseling Program at Monroeville Center

After 5 years of successful recruitment of six community counseling cohorts (over 150 students) and the graduation of three cohorts, we have just admitted 28 students to the first secondary school counseling cohort to begin in January, 2005. We are very pleased with the response we received from perspective applicants. In short, there is tremendous interest in this program, and as a result we

are considering a proposal to recruit an additional cohort for next fall semester. In order to continue to offer this program we will need to increase the number our faculty.

Drs. Dandeneau and Witchel provided leadership for the marketing and recruitment process, along with excellent work by Paula Sandusky, Director—Marketing, recruitment

and off-campus programs, School of Graduate Studies and Research. Paula Sandusky has worked endlessly in promoting our programs, especially those in the Pittsburgh area, and she has become an integral member of the Counseling Dep't family. Students completing the program will receive an M.Ed. In Secondary School Counseling and certification.

IUP Counseling Department Newsletter

IUP Welcomes Mrs. Holly Moore



**New IUP faculty member,
Mrs. Holly Moore**

Mrs. Holly Moore joins the Counseling Faculty as an Assistant Professor. Mrs. Moore has extensive education and experience in both the schools and in community settings. IUP recently added the Secondary School Counseling program to its Monroeville campus, where Mrs. Moore will be teaching. In addition, Mrs. Moore will also be teaching classes in Indiana. With her experience we are pleased to be offering an addictions elective in the spring semester!

Mrs. Moore obtained her Master of Education, Community Counseling Services degree, as well as obtained her School Counseling Certificate (K-12) from Duquesne University in

May 2001. She is currently completing her Doctor of Education, Counselor of Education and Supervision from Duquesne. She is specializing in crisis intervention/management. Many of her publications and presentations involve crisis management.

Mrs. Moore has taught graduate level courses while at Duquesne, where she was a doctoral graduate assistant and an adjunct faculty member. She also conducted research and co-wrote and published the school's counseling department newsletter.

In the past, Mrs. Moore has worked as a Guidance Counselor at Markham Elementary School in Mt. Lebanon. She

has also worked as a Community Corrections Counselor in Pittsburgh, Pennsylvania where she conducted individual counseling and case management services among other duties. In the past she has also worked as an Institutional Corrections Counselor where she managed an average caseload of 175 adult male inmates in a maximum security prison setting.

The IUP Counseling Department warmly welcomes our newest faculty member, Mrs. Holly Moore. Holly's extensive background in community and school counseling will make a great addition to the Dept.

Please join us in welcoming Mrs. Holly Moore to the Department of Counseling.

IUP Spring Workshop – April 27, 2005



**Workshop Speaker:
Dr. Robert E. Wubbolding**

The IUP Counseling Department proudly presents Robert E. Wubbolding, Ed.D. in "Using Reality Therapy with Disengaged, Disillusioned, and Resistant Students, and Clients." The workshop will take place at Eberly Auditorium on Wednesday, April 27, 2005 for one day only. The workshop will address the basics of Reality Therapy, strategies to deal with denial, resistance, and hostility, and

will help develop skills for assisting students and clients to conduct self-evaluations, thereby accepting responsibility for their behavior. The workshop presenter, Robert E. Wubbolding, Ed.D. is an internationally known practitioner, author, and lecturer on Reality Therapy. He has written over 125 articles, essays, and textbook chapters on Reality therapy and authored 10 books based on the therapy. He

has also produced six videos on helping clients to change via Reality therapy.

All are welcome and encouraged to attend the workshop. Special discounts are available to those who register early. For more information in regards to registration and fees please contact Dr. John McCarthy at (724) 422-5700 or by e-mail at jmccarth@iup.edu.

First Master's Thesis in 15 Years

On October 8, 2004, Kelli C. McLeod was the first counseling student in over 15 years to write and successfully defend a master's thesis. She conducted an excellent study titled "School Counselors' Work With LGBQ Students: Barriers and Supports to Programmatic and Responsive Services". Her thesis committee consisted of Lorraine J. Guth (chair) and Claire J. Dandeneau and Janet H. Fontaine (members).

Kelli created a survey to gather information about Pennsylvania secondary school counselors' ($n = 162$) experiences working with LGBQ students. Information was collected regarding their perceptions of (a) barriers to and

supports for the provision of school programmatic and responsive services, (b) level of preparedness to deal with LGBQ issues provided by graduate and/or post-graduate training and personal experiences, and (c) self-competence to work with LGBQ students. She utilized quantitative and qualitative research methods.

The specific factors identified that most influenced the provision of programmatic and responsive services were attitudes, knowledge, resources, student initiative, behaviors, politics, confidentiality, invisibility, advertising and others. Some of these factors provided both barriers and provided supports (e.g., negative attitudes

posed barriers, while affirming attitudes posed supports). School counselors' perceptions of preparedness to work with LGBQ students were positively correlated with their perceptions of supports for responsive services. School



Above: Kelli McLeod with Drs. Dandeneau, Fontaine, and Guth.

Left: Dean Butzow attended the thesis defense meeting.

counselors' perceptions of preparedness were positively correlated with their self-competence to work with LGBQ students.

These results along with others are fully discussed in her thesis. Dr. Guth noted "I am very proud of Kelli's accomplishments. Her study findings will be very useful to secondary school counselors and others who serve students who are lesbian, gay, bisexual, or who are questioning their sexuality. She has made a significant contribution to the literature on this topic."



Attention: Seeking Department Advisory Board Members

The Department of Counseling has been utilizing the expertise of an **Advisory Board** since 2000 to increase communication between the department and professionals in the field. At this time, we are in need of former graduates with experience in the community (mental health, addiction, private practice, etc.) and school counseling areas (elementary, secondary, vocational, special education) to serve as Department Advisory Board members.

We are **soliciting self-nominations** for these seats. You must be willing to attend **two meetings** per year, typically a late afternoon meeting followed by dinner, and serve a term from 1 to 4 years. We would like members to share their ideas and opinions regarding such areas as curriculum, changes in the field, the alumni newsletter, departmental events, etc.

If you are interested in nominating either yourself or a colleague, contact Dr. Claire Dandeneau (cdanden@iup.edu) or Ms. Holly Moore (hmoore@iup.edu) by the end of January 2005. New members will be selected during the Spring 2005 semester. **We hope you will consider offering your expertise to our programs.**

IUP Counseling Department Newsletter

IUP Welcomes New Graduate Assistants!

•**Susie Fuller:** Susie graduated from Penn State University in May 2004 with a B.A. in Psychology. She is from New Florence, PA. Currently, Susie is in the secondary school counseling track. Her interests are in football, she loves watching it (especially Penn State football!!!) Susie is Dr. Janet Fontaine's graduate assistant.

•**Nicole Galluzzi:** Nicole graduated from Clarion University in May 2003 with a B.S. in Psychology and a concentration in Women's Studies. She worked for a few months as a Drug and Alcohol Counselor at a Residential Substance Abuse Treatment Program at Huntingdon State Correctional Institution and as a TSS with Nulton Diagnostic & Treatment Center.. She is in the Community Counseling Program - Adult/Adolescent track. In addition to office work, she is busy working on PA Counselor Association material. She hopes to work in Corrections (correctional counseling), and is interested in specializing in Drug and Alcohol Counseling. Her long term goal is to get licensed and open her own private practice. Nicole's hobbies and interest include reading, shopping, and spending time with friends and family. Nichole is Professor Holly Moore's graduate assistant.

•**Aziz Heard:** Aziz graduated, with honors, from Bowie State University in May 2004 with a B.S. in Pedology: Child Studies and a Minor in Math. This is his first semester in the Community Counsel-

ing program – adult/adolescent track. Last summer Aziz studied abroad in Ghana, West Africa. Mr. Heard enjoys working out and playing basketball. Aziz is currently Dr. Guth's graduate assistant.

•**Jayna Mood:** Jayna graduated from UPJ in 2002 with a B.S. in elementary education. Since graduation she has worked as a TSS before receiving this position as graduate assistant last January. Currently, she is in the community counseling program (focusing on children) and should do her internship this summer. Here at IUP, she handles the admissions work and has been very involved in the development of the electronic portfolio that all of our students are now being required to complete. She is originally from Curwensville, Pennsylvania, but currently lives in Johnstown with her husband, Micah. She hopes to one day work at/manage a children's home for abused and neglected children (and possibly do some teaching one of these days). Her interests and hobbies include theatre, music/singing/playing guitar, reading, painting, creating homemade greeting cards, cooking/baking, and watching movies. As an interesting side note: her father, Van Johnson, graduated from IUP with an M.Ed. about 12 years ago, and her sister, Katie Johnson, has just started in the M.A. program. Jayna is Dr. Claire Dandeneau's graduate assistant (see p. 5).

•**Jessica Paglia:** Jessica graduated from IUP with a B.S. in Psychology this past May. This is her first semester in the Community Counseling program with a concentration in working with children. She enjoys playing tennis, going to the gym, being with friends and family, reading, and traveling. Jessica is Dr. John McCarthy's graduate assistant.

•**Heather Hulings-Shirley:** Heather obtained her B.A. in English with a women's studies minor from IUP. She is in the elementary school counseling track and began this program in January 2003. She is also working as a crisis intervention specialist at the Open Door. This is an agency that deals with substance abuse related issues. She is planning on completing her M.Ed. degree in December 2005. Heather is Dr. Laura Marshak's graduate assistant. Currently they are working together on projects related to student disabilities and the support services available to students to help them succeed in the educational setting.

•**Rebecca Rose Sorg:** Rebecca is from St. Marys, Pennsylvania. She just graduated from Penn State in May with my B.A. in Psychology and a minor in Health Policy and Administration. Currently she is in the Community Counseling Track, with her focus on adolescents and adults. She enjoys yoga, painting, drawing, and nature!! Rebecca is Dr. Robin Rishel's graduate assistant.

Faculty Updates...

Dr. John McCarthy, Jessica Paglia, and Amy DeAngelo recently presented "Is H-E-L-P a four-letter word?" at the 36th annual convention of the Pennsylvania Counseling Association at State College. Ms. Paglia is a first-year student in the Counseling program, and Ms. DeAngelo is a May, 2004 graduate of the Counseling program.

Dr. Bob Witchel and Will Heindel (adjunct faculty, Gestalt Institute of Cleveland) recently presented a one-day workshop on "Adventure-based Therapy: Becoming Rooted in the Earth and Energized by Spirit, at the 2004 American Academy of Psychotherapists Conference in Santa Fe, NM. The conference title was Spirits of Our Ancestors.

IUP: A Johnson Family Affair

Van Johnson graduated from the IUP M.Ed. program with elementary certification in 1992. Two of his daughters, Katie and Jayna, are now students in the Counseling Dept. Van returned to West Branch Elementary School where he had been teaching for 17 years and continued to teach until last year when he was hired as the elementary school guidance counselor. Johnson also holds a degree in elementary education, has certification in special ed., has an associate's degree in Science, and has obtained a second master's degree in elementary education. He cur-

rently lives in Curwensville, PA, with his wife Joyce, and is the father of four: Jayna Mood and Katie, Jillian, and Ben Johnson.

Katie, of Curwensville, PA, entered the M.A. (child focus) program this fall. She currently works as a TSS in the Clearfield County area. She is a graduate of Juniata College (2004) with a degree in psychology. She hopes to one day work with young children who have mental health issues.

Jayna entered the IUP MA (child focus) program in the fall of 2003 and plans to do her field placement this summer. She

graduated from UPJ in May 2002 with a degree in elementary education and currently resides in Johnstown with her husband, Micah. Jayna works as the graduate assistant for Dr. Dandeneau, chair of the counseling department, and is very involved with the counseling admissions process. Jayna hopes to one day work in or run a children's home for abused and neglected children.



Katie, and Van Johnson ('92), and Jayna Mood

Spring and Summer 2005 Electives

Spring 2005 Monroeville

Addictions and Addictions Counseling (COUN 681) - spring semester (Jan. 11th) on Tuesdays, 4:45-7:15 in **Monroeville** and **Summer semester on Campus**. The Summer class will be a 1-week format, June 20th - June 24th, 8:00AM to 4:30PM. Course content is designed to be applicable for both school and community counseling majors. The addiction process will be discussed in relation to both chemical (drug and alcohol) and process (gambling, overeating, sex, etc.) addictions. Course will examine theories, techniques, and practices of addictive behavior and addictions counseling. **Holly Moore**

Advance Counseling Theory: Gestalt Therapy (COUN 681) This class meets in **Monroeville** beginning Jan. 11th, on Tues. from 4:45PM to 7:15PM. Gestalt Therapy is a dynamic approach to self-discovery and personal development, with a primary focus on "awareness" of present experience, and "self-responsibility." This course extends beyond Counseling Theory (COUN 637), as it offers further exploration of Gestalt Therapy as a conceptual theory and a psychotherapeutic practice. We will review theoretical origins and development of Gestalt Therapy, learn and practice therapeutic strategies, and explore a wide range of applications of Gestalt including, working with individuals, groups, children, couples, families, and persons having substance abuse or mental health diagnoses. **Bob Witchel**

Sexual Abuse: Counseling Strategies. (COUN 681) This class also meets in **Monroeville** starting January 13th, on Thurs. from 7:20PM to 9:50PM. Disclosure of sexual abuse (childhood and adulthood) has challenged mental health professionals in a wide range of settings. This class offers an intensive training experience on responding effectively to persons who have experienced sexual abuse that can lead to numerous developmental and emotional difficulties. The course offers specific therapeutic strategies to promote the healing from sexual abuse for children, adolescents, and adults. **Bob Witchel**

Summer 2005 Indiana and Monroeville

Creative Approaches in Counseling (COUN 681) Monroeville, Tues. 7:20-9:50 pm. The rationale for using creativity within the counseling process will be explored followed by the practical aspects of using art, music, drama, movement, common objects, games, and intuition to help clients reach their goals. Ethical considerations and limitations to creative approaches will also be covered. **Joe Utay**

Introduction to Diagnostic Issues in Counseling (COUN 671) Indiana, Pre-Summer session; dates for class: 5/11, 5/18. & 5/25 (Wed. 5-9 pm), 5/13, 5/20 (Fri. 5-9 pm) and 5/14, 5/21 (Sats. 8 am - noon; 1-3 pm). This course provides an overview of the various mental disorders with a focus on the history of the major classification system definitions of various disorders, their criteria, and counseling approaches. **John McCarthy**

IUP Counseling Department Newsletter

2nd Annual School Counselor Professional Development Day - Jan. 7

The Department of Counseling and the College of Education and Educational Technology is holding its 2nd Annual School Counselor Professional Development day. This year's focus is on special needs students, both gifted and at risk. Entitled "**Children and Resiliency.**"

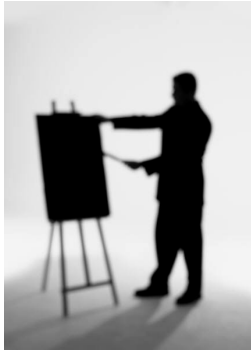
Speakers will address the resiliency and special needs of these populations. Special attention will be afforded to how school counselors can help foster and support learning environments (K-12) for these students. The free work-

shop will be held from **9:00 to 2:30 on Friday, January 7, 2005**, at the Hadley Union Building on IUP's campus.

Those interested in attending should call the Counseling Department at 724-357-2306 to reserve a seat. Seating is limited to the first 100 counselors, so don't delay!!!

When you call, you will be asked for your name, address, school district, and phone number and then sent a confirmation letter along with the workshop agenda. Please note this event is **not lim-**

ited to IUP alumni, so you are welcome to extend the invitation to your colleagues!



Act 48 for Educators

Attention Persons holding Pennsylvania K – 12 Educator Certification

According to Act 48, signed by Gov. Tom Ridge in 1999, anyone holding an active Pennsylvania professional educator certificate must participate in furthering his or her education. Professional educators must obtain **six credits of college study**, six credits of continuing professional education courses, 180 hours of continuing professional ed. programs, activities, or experiences, or a combination of credits or hours equivalent to 180 hours every

five years in order to maintain active status. The deadline for those who were already certified when the law came into affect is **June 30, 2005**. You may apply completed IUP course work that was **NOT** required for your degree to Act 48 requirements. If you have such classes, you must request that these IUP course credits be submitted to the Pennsylvania Department of Education, which can be done on-line at:

<http://www.iup.edu/registrar/act48/act48bannerinst.htm>

School Counseling alumni need to be aware that if you don't complete your ACT 48 requirements by June 2005, you could lose your certification.

If you are still in need of ACT 48 course work, please see the elective announcements in this newsletter on page 5.

Alumni Updates

1962: Jim Scott, MA. Coordinator of services for students with learning/physical differences at Saint Joseph's University

1975: Mirram Dausley, M.Ed. Elementary and Jr. High Counselor at Appalachia IUP

1980: Ellen M. (Huet) Ricketts, M.Ed. Retired to Sun City Center, Florida

1982/89: Jeffrey J. Smith B.S./ M.Ed. Elementary Guidance Counselor at Huntingdon Area School District

1998: Christie (Bodnar) Biro M.Ed. Elementary school counselor at North Allegheny School District, McKnight Elementary School

2000: Jennifer (Trempus) Noro, M. Ed. Jr. High Guidance Counselor at Butler Area School District

2002: Diane Dean, MA. Clinical Specialist at UPMC



Looking for a Job?

The Counseling Dept. 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 e-mail 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.

Dr. Spinelli Memorial Fund

If alumni wish to contribute to the Dr. Spinelli Memorial Fund, they can 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 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: www.iup.edu/ce/newsletter/fall2004.html

Faculty email addresses

Dr. Dandeneau: cdanden@iup.edu
 Dr. Fontaine: fontaine@iup.edu
 Dr. Guth: lguth@iup.edu
 Mrs. Moore: hmoore@iup.edu
 Dr. L'Amoreaux: nlamoro@iup.edu
 Dr. Marshak: lmarslak@iup.edu
 Dr. McCarthy: jmccarth@iup.edu
 Dr. Rishel: rrishel@iup.edu
 Dr. Utay: joe@totallearningcenter.com
 Dr. Witchel: bwitchel@iup.edu

Emeritus Faculty

Dr. Worzbyt: jcworz@iup.edu

Dr. Witchel and his GA, Rachel Ayers, maintain the dept. website at www.iup.edu/ce. The website has had almost 15,000 hits since its inception. If you have any feedback or suggestions feel free to email us.

**When your heart speaks
take good notes...**

Anonymous

IUP Graduates Can Request to Take the NCE Exam on Campus

Graduates from the IUP counseling program are eligible to take the NCE exam at the Indiana, PA testing site. Here is how the process works.

First, graduates must apply for the exam directly to NBCC.

Second, once approved to take the exam, graduates can contact Dr. Guth, the GSA-NCC campus coordinator, to request their testing site be changed to the Indiana location.

This request for the April exam needs to be made by **January 31, 2005**. When you contact Dr. Guth (lguth@iup.edu or 724-357-5509) please provide her with your full name, graduation date, and NBCC ID#.

IUP Counseling Department Newsletter,

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Editor: Dr. Robert I. Witchel
Graduate Assistant: Rachel Ayers

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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