

IUP Counseling Department Newsletter

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



Welcome to this edition of the Dept. of Counseling Newsletter. As we quickly approach the year 2000, IUP celebrates its 125th anniversary, and the Dept. of Counseling continues to evolve. We welcome back Dr. Claire Dandeneau! After serving as Interim Graduate Dean during the past year, Claire has resumed her chairperson responsibilities. We are delighted

to welcome Nadene L'Amoreaux who has joined the faculty full-time.

In addition, we are pleased to announce that Bobbie Douglass is our new Department secretary. Linda Butler retired this past summer after completing over 30 years with the Department (see articles on page 2). Shirley Frampton has also joined the Department as librarian (see story on page 2).

As you can see, we are in a period of transition and growth. Students are beginning to enroll in the revised 48-credit programs. We are heavily involved with marketing and recruiting students for the Community Counseling Program scheduled to begin in Monroeville in January 2000. Construction is underway at the Monroeville Graduate and Professional Center in preparation for new programs. In addition, we are beginning to hear from alumni interested in taking courses in the license-only program.

This Newsletter includes new developments related to the implementation of the counselor license law in PA, and further information on the Dept.'s license-only admission status (see pg. 6). We are forming an alumni advisory board (see pg. 5), and we are offering new courses alumni may have an interest in taking (pgs. 6-7). We hope you find this issue of the Newsletter informative and look forward to your reactions!

Dr. Bob Witchel



Robin A. Fako is joining our faculty during spring semester 2000 to complete a teaching internship. Robin is completing her doctoral coursework and dissertation at the Univ. of Northern Colorado and will graduate in May of 2000 with a doctoral



degree in Counselor Education and Supervision. Robin's dissertation focuses on examining the role of exercise on women's physical self-efficacy and body satisfaction. Robin is scheduled to teach two courses during the spring semester as well as work with other faculty to complete her internship experience.

Robin's specialization areas include child and adolescent counseling and supervision of individual and group counseling. Her research interests include health and wellness counseling models and applying these strength-based models to counseling as well as supervision. Robin recently presented at a national ACES convention on "Developing a Rights of Children Workshop" focusing on the unique role that counselor educators have in building bridges between academia and community agencies and schools to provide comprehensive care for children.

Robin's BA degree is from Denison University, and her M.S.Ed. in school and community counseling is from Duquesne University. She is a National Certified Counselor and a certified school counselor in PA. She has experience working with children and adults in agencies and college counseling centers. We welcome Robin Fako as our first teaching intern and hope alumni get the opportunity to interact with her.

**IUP Counseling Newsletter, Published
semi-annually by the Counseling Dept.**

Professor: Dr. Robert I. Witchel
Graduate Assistant: Jamie Fenstermaker

Linda Butler worked for over 30 years in the Dept. and retired in June 1999. We wish Linda much happiness and appreciate her many years at IUP. Linda wrote the following:



1968 1999
I started at IUP on 9/3/68.

"I was 17 years old and younger than everyone in the Guidance and Counseling Department.

In 1968, the Dept. was located in the basement of Uhler Hall. George Spinelli was Chair, and the faculty included, Jim Wilson, Everett Pesci, Robert Saylor and Ed Shaffer. In 1969, Jane Washburn joined the staff when the Elementary School Counseling program began. In 1972, John Worzbyt arrived. I grew up in the Department and was very lucky to have a wonderful group (family) to work with. In 1977 the Department moved into the new education building, Stouffer Hall.

I was very fortunate to have met many wonderful people over the 30 years I worked at IUP. I have made many lasting and valued friendships with many students, student workers, and colleagues in the years I spent at IUP. Currently, I am keeping busy with our student rental business, chauffeuring my daughter, Jillian, who will graduate from high school this coming year, to and from school each day. I am enjoying being a domestic engineer and Gramma to my 8-month old Golden Retriever Grandson-dog, Brady. I go to the Fitness Center each day and just keep busy. I am happy to have a more relaxed routine each day. I recommend retirement to anyone who has the opportunity to take it! Best Wishes! Linda"

New Librarian



Shirley Frampton is our new Dept. librarian. She worked at Brody's, and is the proud mother of three daughters, one son, and seven grandchildren. Her daughter received her Master's degree from the IUP Counseling Dept.

Future plans for the library include placing all the library materials on the computer for easier searching. One more interesting fact about our new librarian: though most of her education was through the Indiana schools, she spent a year and a half of her high school education in Alaska, when it was still a territory. We welcome Shirley Frampton to the Department.



Bobbie Douglass recently became the secretary for the Depts. of Counseling, Adult and Community Ed., and Student Affairs in Higher Ed. Bobbie has been employed by other IUP offices including, Human Resources, the Assistant Vice President for Administration, Maintenance, and the S. W. Jack Cogeneration Facility.

Bobbie is taking classes to obtain an Associate Degree in Computers and Office Information Systems. She is married to George Douglass who is foreman of the Grounds Department at IUP. They live on a small farm near the village of Home where they enjoy the outdoors and taking care of their pets. Bobbie and George also like to fish as often as they can. We welcome Bobbie to the Department!

~~Top: Drs. Fontaine, Worzbyt and Guth~~
Bottom: Drs. Dandeneau, Witchel, & Ms. L'Amoreaux

Faculty News



Dr. Fontaine has had a busy fall semester. In October, she was invited to attend the inaugural Gay, Lesbian, Straight Educators Network (GLSEN) research roundtable held in Atlanta. This meeting brought together researchers on gay, lesbian, bisexual and transgender youth issues from throughout the country and was held in conjunction with GLSEN's national conference on g/l/b/t youth issues. Dr. Fontaine was selected as a manuscript reviewer for the *Psychology of Women Quarterly* and a test reviewer for the Mental Measurements Yearbook. She continues to serve as a resource to the educational community on g/l/b/t youth topics. Among her department duties, she coordinates efforts to assist recent graduates with securing desired employment; and, along with Dr. Guth, she is involved in recent efforts to establish an alumni advisory board.

Faculty News

Dr. Dandeneau is pleased to be back in the Department. While she is happy to be back to teaching and chairing the department, she misses the fine staff at the Graduate School and Research (GS&R); "They are an excellent group of folks." Dr. Dandeneau shares, "I went in not knowing what to expect. Frankly, I knew that I was unprepared for the challenges that were to come. The staff helped me tremendously. I am most grateful to them for all that they did (and continue to do)."

As for her other activities, Dr. Dandeneau recently became co-chair of the SCI Pine Grove Evaluation Work Group. SCI Pine Grove is a prison for Young Adult Offenders who have been waived to adult court and, subsequently sentenced as adults, to the Pennsylvania Department of Corrections (PDC). The facility is currently under construction just east of Indiana. The evaluation group will work collaboratively with the PDC to evaluate the facilities' programs. As a result of this involvement, Dr. Dandeneau also serves on the joint PDC/IUP Evaluation Steering Committee.

Dr. Dandeneau continues to be interested in the use of technology by counselors. She recently became a member of the Association of Counselor Education and Supervision's task force on distance technology in counselor education. She has designed a course called "The Counselor and Technology" (see article, pg 6). In the near future, the department hopes to make this an elective for students in the program and a service course for alumni who want to learn more about technology.

Dr. Guth's new family member, Alex, is doing great. He is a happy and healthy 7 month old. He has two teeth and began eating baby food (carrots are his favorite).

Dr. Guth continues to love her position at IUP and has been involved in teaching, research, and service activities. In the teaching area, Dr. Guth is teaching a special topics course in Human Sexuality Issues for Counselors. This is the first time this class has been offered at IUP (see article on pg. 6).

In the research area, Dr. Guth is currently collecting survey data for a study that is exploring student's attitudes toward homosexuality. She is collaborating with Dr. Mike Tyler from Florida Gulf Coast University on this project. She is also beginning a joint research endeavor with Drs. Bob

Faculty New

Dr. Guth (continued)

and Selma Witchel to explore the self-concept, gender identity, body image, and sexuality of individuals who were born with mixed genitalia. If you have an interest in this project, please contact Lorraine Guth by phone (724-357-5509) or e-mail her at: lguth@grove.iup.edu. Additional recent scholarly activities include:

Tyler, J. M. & Guth, L. J. (1999). Using media to create experiential learning in diversity issues. Journal of Multicultural Counseling and Development, 27, 153-169.

Guth, L. J., Lopez, D. F., & Fisher, M. (1999, August). Development of traditional versus Internet teaching methods in homosexuality issues. Poster presentation at the 1999 World Conference of the American Psychological Association, Boston, MA.

Dr. Guth is currently serving on the University Senate, and College of Education Research and Diversity Committees. She is also the Awards Co-Chair for the Association for Specialists in Group Work.

Ms. L'Amoreaux is the most recent addition to the Department. Nadene and her husband have moved to the Indiana area, along with two cats, and are enjoying getting acquainted with Indiana.

Currently, she is teaching Supervised Practicums and Individual Analysis. Nadene is also completing her doctoral dissertation from Kent State University. Her research involves an exploration into the perceptions of children who have been diagnosed with ADHD regarding parental helpfulness with homework issues. Nadene is involved with the data collection phase, which involves conducting a Q-sort with children who have been diagnosed with ADHD and who are between the ages of 9-14 years. She is currently seeking additional children for this project (see related article on page 5).

Nadene co-authored an article with her colleagues from Kent State University, which is slated to be published in March 2000. The article is entitled "Setting up on-line support groups using the Palace software" and will be published in the Journal of Specialists in Group Work.

Faculty News

Dr. Witchel has completed his year replacing Dr. Dandeneau as dept. chair and returned to full-time teaching. As he is coordinating the new MA program in Monroeville, he has been busy marketing and recruiting students for this site.

Dr. Witchel has collaborated with Dr. Guth and Selma Witchel, M.D. (Children's Hospital of Pittsburgh) on writing three grant proposals related to assessing the life experiences of individuals born with mixed genitalia. One grant has been funded and they await word on the others. Part of the research project is to identify the need for counselors to provide services to individuals and families affected by this birth condition.

Dr. Witchel and Dr. Jay Mills (IUP Counseling Center) presented a workshop entitled, Engaging One's Own Life Forces as a Developing Therapist at the American Academy of Psychotherapists (AAP) Institute & Conference held in Chicago (Oct. 1999). Dr. Witchel also maintains the AAP website located at: <http://www.coe.iup.edu/aap/main.html>

Dr. Witchel recently participated in a "Ropes Course for Therapists", which is an outdoor adventure experience. For further information either contact Dr. Witchel or see the following website: <http://www.herosjourneyprograms.com/>

Dr. Worzbyt is in the process of completing the Caring Children Make Caring Choices grant project. Three trainings are scheduled during fall 1999 throughout PA. Dr. Worzbyt has written a chapter for the new enhanced PA Driver's Education Manual to be published in Spring 2000. He continues to review articles for the Journal of Research in Rural Education and recently reviewed the first draft of a child counseling book for Allyn & Bacon Publishers.

Dr. Worzbyt continues to work with Drs. O'Rourke & Dandeneau in writing the 2nd edition of Elementary School Counseling: A Blueprint for Today and Tomorrow to be published by Accelerated Development Inc., a Division of Taylor & Francis. A final project is entitled Guidance on Five Minutes A Day. Dr. Worzbyt is looking for classroom guidance activities (elementary & middle school) that can be completed in 5 minutes or less to be used by teachers at various times during the school day. If you have an interest in submitting an idea or activity, please contact Dr. Worzbyt, Stouffer Hall, IUP, Indiana, PA 15705, or call (724) 357-4537. Anyone submitting ideas used in this book will receive full credit for their contributions.

Graduate Assistants

Working with our faculty this year are eight graduate assistants. Our graduate assistants for the 1999-2000 academic year are:

Renee Cook (M.Ed., Elementary) hailing from Brooklyn, NY received her B.A. from South Carolina State University in Early Childhood Education. Renee works with Dr. Dandeneau, assisting with research & administrative projects. Upon completion of her degree, Renee looks forward to counseling young children in her community and the New York metropolitan area.

Arriba Davis (M.A.) received her B.A. from IUP in May 1998 majoring in psychology and a concentration in criminology. Her goals are to continue working with young adults and see that they are provided with positive role models. Her G.A. is with the College of Educ. Dean's Office where she serves as coordinator of the Academic & Career Assistance Center. Arriba attends meetings for the Diversity Committee and participates in a minority mentoring program.

Jamie Fenstermaker (M.Ed., Secondary) received her B.A. in Human Services from the University of Pittsburgh, where she continues to reside. As Dr. Witchel's G.A., Jamie assists in the publication of the department newsletter and with a number of research projects. She is also involved with recruiting students for the Monroeville program. Upon completing her degree, Jamie hopes to continue her earlier work with homeless children in the Pittsburgh area.

Jennifer Hadel (M.A.) is from Leechburg, PA. She graduated last May from Edinboro Univ. with a B.A. in Psychology. Jennifer is working with Dr. Worzbyt, assisting him with research for two texts he is writing. She has also been helping with the editing process of Dr. Worzbyt's Caring Children Make Caring Choices Manual and helps prepare for his class lectures.

Amber Matthews (M.Ed., Elementary) is originally from Manessa, PA and graduated last May from IUP with a BA in Child Development/Family Relations. As Dr. Fontaine's graduate assistant, Amber assists with the Counselor Link publication and with client screening.

Heidi Schrauder (M.Ed., Secondary) is from Allison Park. Heidi received her degree from IUP in sociology with a minor in psychology. She is a G.A. at the Graduate School working with the admissions process. She plans to graduate in Aug. 2000.

Graduate Assistants (con't)

Linda Hood (M.A.) commutes from Ligonier. She graduated from IUP with a degree in Early Childhood Education. Linda worked as a substitute teacher, and in nursery schools through HeadStart, and as a therapeutic staff support personnel. As Ms. L'Amoreaux's GA, Linda assists with classroom preparation and research. She also works with Dr. Dandeneau coordinating the admission's process. She hopes to acquire the skills necessary to work with entire families from her experience in the Community Counseling program.

Patricia Sisak-Brown (M.A.) resides in the Indiana area. Patricia received her undergraduate degree from IUP in December 1998 with a major in Rehabilitation. As Dr. Guth's graduate assistant, Patricia is helping with research on Congenital Adrenal Hyperplasia, as well as a study on Homosexuality.

ATTENTION: ADVISORY BOARD FORMING SEEKING NOMINATIONS

The Counseling Department is creating an Advisory Board to utilize the expertise of and increase communication with professionals in the field. We would like to identify 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. Currently, we anticipate the Board will meet twice yearly, typically over an evening meal. We would like members to share their ideas and opinions regarding such areas as curriculum, changes in the field, etc.

If you are interested in nominating yourself or a colleague, contact either Dr. Jan Fontaine (fontaine@grove.iup.edu) or Dr. Lorraine Guth (lguth@grove.iup.edu) by the end of January 2000. Members will be selected during the Spring 2000 semester and we anticipate the first Advisory Board meeting will be in August. We hope you will consider offering your expertise to our programs.

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 would like to know if any of our graduates are looking for employment so that we can link up qualified candidates with agencies and school having vacancies.

If you are looking for a new job, please contact Dr. Fontaine at (724) 357-7593 or email: fontaine@grove.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.

Children Diagnosed With ADHD Needed for Research Project

Nadene L'Amoreaux's dissertation research pertains to children's perceptions of parental helpfulness with homework. She has interviewed ten children and needs to identify **20** additional children between the ages of 9-14 who have been diagnosed with ADHD. Children will be asked to sort a stack of 24 cards, which contain statements about things parents might do to help them with homework, according to those activities that they most prefer to those activities that they least prefer. The time needed to complete the sort varies with each child, but should last no longer than an hour.

Alumni having contact with 9-14 year old children with ADHD are invited to contact Nadene L'Amoreaux at (724) 357-2049. Those interested in participating can directly contact her at the same telephone number.

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 \$400 and is given to a current M.A. or M.Ed. counseling student.

New Counseling Courses

The Counselor and Technology is a class taught by Dr. Dandeneau this fall. The course emphasizes individual learning goals and hands-on computer experience. The class is designed for counseling students who desire developing a basic understanding of computers and a basic level of skill & competence, a necessary tool in the world's ever-progressing technological advancement. Web page development, utilization of productivity soft-ware, chat room and e-mail proficiency, and Internet searching are a few of the areas covered.

Students develop their own learning goals for the class as stated in a learning contract. The class offers students the opportunity to develop their computer skills, particularly in relation to how computer literacy can be a useful tool for any counselor. Knowledge about Internet searches regarding counseling-related information is shared, as well as information about counseling related listservs, Internet provided counseling services, and career and continuing education. Dr. Dandeneau hopes to "publish" the students' work on a specially designed homepage. Look for the address in the Spring 2000 Newsletter or a link will be included in the Dep't. Web site. If you are interested in including this class in your future coursework, contact Dr. Claire Dandeneau through e-mail at cdanden@grove.iup.edu.

Human Sexuality Counseling is a new course taught by Dr. Guth. This course, offered in the fall semester, provided an overview of the major issues, theories, current research, and treatment implications for the practice of human sexuality counseling. Through many experiential activities students increased their awareness, knowledge, and skills in the area of human sexuality. In addition, excellent guest speakers visited the class to discuss a variety of sexuality issues including birth & breast-feeding; gender identity; gay, lesbian, bisexual, & transgender issues; & sex therapy.

Dr. Guth has clinical training and research experience in human sexuality issues. At Indiana University, she studied with Dr. Alan Bell, a world-renowned sex educator, researcher, and therapist. She also had a sex therapy rotation during her doctoral internship at the University of Tennessee Professional Psychology Internship Consortium.

Counseling Issues for Families is scheduled to be offered by Nadene L'Amoreaux this summer.

Counselor Licensing

The final Licensure Board members have been appointed to the State Board of Social Workers, Marriage & Family & Professional Counselors. The Pennsylvania Alliance of Counseling Professionals (PACP) has prepared suggested regulations for grandparenting and licensing of professional counselors and marriage and family therapists. The suggestions were developed in consultation with leaders of the member organizations of the Alliance and their national counterparts. Drafting of the suggestions began in June of 1999. The suggestions were forwarded to the State Board for consideration as the Board undertakes the task of developing regulations to implement the licensing law. This information was excerpted from the following web site. For more details we recommend you review: <http://academic.uofs.edu/organization/pca/pacpregs.html>

We will do our best to advise individuals on how to proceed with licensure issues, but the Licensing Board will have the final authority on all licensing decisions. So, though we will be happy to help, the faculty cannot be held accountable for the subsequent decisions of the Board, especially as many procedures are still to be decided. See following article.

License-Only Admission Option

This new Dept. of Counseling admission option was discussed in the May 1999 Newsletter. We want to offer further clarification about this admission status. The License Only option is designed for individuals who need additional credits to meet licensure standards. You must have a master's degree with either: (a) **a minimum of 36-credit hours and meet all other criteria for grandparenting** as outlined by the Licensing Board, **or** (b) 48-credit hours. The criteria can be found at:

<http://academic.uofs.edu/organization/pca/pcaleg.html>

Interested alumni should contact the Dept. to discuss which courses they might enroll in at IUP for credit beyond their master's degree. The final determination of courses acceptable for licensure would be made by the state licensing board. If a student had a question about a course being accepted for licensure, they should contact the Licensing Board. Applicants for the "License Only" status must meet similar admission requirements as degree-seeking applicants, which include a minimum 3.5 graduate grade point average. See page 7 for possible courses.

Upcoming Courses and Workshops

Alumni interested in applying for the License Only option may want to consider enrolling in the following courses, in order to obtain additional graduate credit to meet licensing requirements:

Spring Semester 2000

Diversity Issues in Counseling Wed. 5:20 - 7:50
Career Development Thurs. 5:20 - 7:50
Prof., Ethical & Legal Cons. Mon. 5:20 - 7:50

May 22-26 (9am-5pm) Diversity Issues in Counseling

Proposed Summer Session 1 (June 5 - July 7)

Counselor & Technology Tues. 5-9; & 6/10, 6/24
Ethical & Legal Issues Mon. & Wed. 5 - 8:30 p.m.

Proposed Summer Session 2 (July 10 - Aug. 10)

Family Counseling Wed. 6:30-10 p.m.; & 7/22 & 8/5
Career Development Tues/Thurs. 5:00 - 8:30

Summer session registration will be by telephone and Fall semester registration will be web-based.

Monroeville Program

The Dept. is recruiting potential students for the Community Counseling Program (MA) to be offered at the IUP Monroeville Graduate and Professional Center located at 470 Mall Circle Drive, Monroeville. Bob Witchel is coordinating the program, which plans to admit about 25 students into the first cohort to begin classes in January 2000. A second cohort is will be recruited for September 2000. If successful, we anticipate admitting a new cohort each September. Students will enroll in 2 courses each semester (including summers) allowing the program to be completed in two and a half years.

As alumni often recruit and refer prospective students, we encourage you to share this new program location with persons in the Greater Pittsburgh area. Further information can be obtained by contacting:

Dr. Witchel at (724) 357-2306, or
Email: Bwitchel@grove.iup.edu

Website: <http://www.iup.edu/ce/Monroeville.html>

Newsletter on the Web

You can view this newsletter and previous issues on the Web, as well as link to other sites identified in the Newsletter. This Fall 1999 issue is located at:
<http://www.iup.edu/ce/newsletterF99.htm>

Upcoming Conferences

March 21-25, 2000

Building Counseling Competencies for the New Millennium American Counseling Association 2000 World Conference, Washington, DC

April 13 - 16, 2000

Back to the Future PA School Counseling Association, Hershey, PA

Our Department on the Web

Dr. Witchel maintains the departmental websites on the Internet. If you have any suggestions feel free to e-mail any faculty member. <http://www.iup.edu/ce/>

Faculty email addresses

Dr. Dandeneau: Cdanden@grove.iup.edu
Dr. Fontaine: Fontaine@grove.iup.edu
Dr. Guth: Lguth@grove.iup.edu
Ms. L'Amoreaux: Nlamoro@grove.iup.edu
Dr. Witchel: Bwitchel@grove.iup.edu
Dr. Worzbyt: JCWorz@grove.iup.edu

Alumni Updates

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

- 1969 Marcia deKramer**, School Counselor, Prince William County Schools (VA)
- 1973 Sandi Lechner**, Elementary Counselor, Kiski Area school District
- 1983 Ted Buterbaugh**, Career Counselor and Assessment Specialist, United Way of Greater Johnstown Employment & Training Program, and Adjunct Sociology and Psychology instructor, Mt. Aloysius College.
- 1992 Tom Callahan**, Clinical Director, Twin Lakes Center for Drug and Alcohol Rehabilitation.

Notify Department of Job Openings

We are always interested in becoming aware of employment opportunities. A number of students will graduate in December and many are involved in searching for a school or community counseling position. If you become aware of position openings, please contact the Department at (724) 357-2306 or fax the job vacancy announcement to (724) 357-7821.

Alumni Feedback

We want to know what our alumni are doing – professional activities, publications, employment 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 _____

E-mail _____ Work phone _____

Place of Employment _____ Job Title _____

Yes, I am interested in being added to the email list to be notified of counseling position openings.

Reactions:



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