

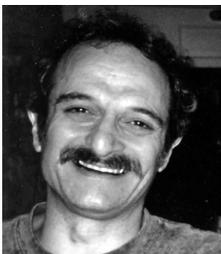


IUP Counseling Department Newsletter

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

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Welcome to the Spring 2005 edition of the Department of Counseling Newsletter. Growth is in the air again, as we enter spring and end another full academic year. The growth I am referring to is the recent announcement to offer the secondary school counseling program in Monroeville/Pittsburgh area. Our first school cohort (of 26 students) began their path toward an M.Ed. Degree in January 2005. We are currently recruiting for the 2nd school cohort to begin in late August 2005 and will admit students to this program every Fall semester; this will add additional faculty to the department.

We are discussing revising our former doctoral program. If you have suggestions about whether this should be an Ed.D. or Ph.D. degree, part-time vs. full-time program, location, and whether you are interested in pursuing a doctoral program, please contact us.

We are offering elective courses (for ACT 48 credit) in Indiana, Monroeville, and Wexford and a distance education course this summer.

As in life, we have experienced joys and sadness in our Counseling Dept. family. We celebrated the birth of Robin Rishel's son, Benjamin David on March 1st and Holly Moore's completion of her doctoral degree.

I am sad to share that Dr. Jan Fontaine has had a reoccurrence of cancer and is taking some time off. We are all hopeful that she will be able to return. If you would like to send Jan healing thoughts, you can forward them to the dept. and we will be sure she receives them.

Bob Witchel

Dr. Dandeneau Awarded PSCA Counselor Educator of the Year

Dr. Dandeneau was honored on April 22, 2005 at PSCA in State College, in the Pennsylvania School Counselor Association's 24th annual award competition. Claire received the award for the Counselor Educator at the Post-Secondary level. Attending the ceremony with Claire were her partner of 17 years, Martha Ann Godwin, her mother Leona Dandeneau who flew out from Rhode Island for the banquet, and her sister Jeanne and her brother-in-law Dick who traveled from North Carolina to attend. This is a great honor for Claire and she is both humbled and thrilled by the recognition. Claire was nominated for the award by Dr. McCarthy who also solicited nomination letters from former student Tony Del Prete and Drs. Guth and Worzbyt. Claire would like to say thanks to everyone for making her years here at IUP such a great experience. Specifically thanks to (Continued on page 7).



Martha Ann Godwin and Dr. Dandeneau with her mother, sister Jeanne and Brother-in-law, Dick..

Faculty Updates

Dr. Lorraine Guth was pleased to be promoted to the rank of full professor in the Fall 2004. At IUP, Dr. Guth continues to serve as the Chair of the University Senate Research Committee and as a member of the Middle States Accreditation Self-Study Integrity Subcommittee. She also serves on the University Tenure Committee and Research Institute Advisory Board. At the national level, Dr. Guth is the Association for Specialists in Group Work Awards Committee Co-Chair.

Dr. Guth continues to engage in several collaborative projects related to technology and diversity. She has had the following publication and presentation:

Guth, L. J., Lopez, D. F., Rojas, J., Clements, K. D., & Tyler, J. M. (2004). Experiential versus rational training: A comparison of student attitudes toward homosexuality. *Journal of Homosexuality*, 48, 83-102.

McLeod, K., & Guth, L. (2005, April). School counselors work with LGBTQ students: Barriers and supports to services. Presentation at the Pennsylvania School Counselors Association Conference, State College, PA.

Personally, it is hard to believe that her son Alex recently turned 6 and daughter Adriana is 2½. In her free time, Dr. Guth enjoys attending Alex's ice hockey and flag football games and watching Adriana's swimming and ice skating lessons. She is also looking forward to trips to Idlewild Amusement Park this summer.

Dr. John McCarthy is in his fourth year in the Counseling Department at IUP. He presented on adolescent depression at this year's ACA conference in Atlanta. He also has projects accepted for the PSCA conference and the Association for Counselor Education and Supervision (ACES) conference in September. He had an article in the recent *Journal of Multicultural*

Counseling and Development. In the Fall, he will be teaching a first-time elective on cognitive therapy (main campus class). As the coordinator of the Department's continuing education workshops, he invites any suggestions on potential topics or speakers. This summer he looks forward to being a faculty-in-residence at Idlewild (specializing in Mr. Rogers trolley) with his partner and two daughters.

Dr. Holly Moore successfully defended her dissertation titled, "Effects of Emotional Intelligence Training on Incarcerated Adult Males Involved in Pre-Release Programming" on January 10, 2005. She presented on her dissertation topic at the Forensic Rights and Treatment Conference in Grantville, PA in December 2004 and again at the American Counseling Association Conference in Atlanta, GA in April 2005. In addition, she has an article in press with the *Journal of Counseling and Development* that was co-authored with Rick A. Myer of Duquesne University. The article is titled, "Crisis in context theory: An ecological model." Dr. Moore is pleased with the success of her elective, Addictions and Addictions Counseling scheduled for summer 2005. She continues her service on the University Judicial Board and as membership chair for the PA Counseling Association.

Dr. Joe Utay has been busy over the past year having fun teaching, presenting, writing and counseling. He recently had a manuscript accepted for publication in *Instructional Psychology*. Co-authored with his former G.A. Megan Kojza, the article is titled, "Guided Imagery as an Effective Therapeutic Technique." Another manuscript, "Improving Social Skills: A training presentation to parents," will soon be published in the journal, *Education*.

Dr. Utay is about to speak on stress management approaches at the Pennsylvania School Counseling Association state conference and was accepted to speak on "Props: The therapeutic use of common

objects" at the Association for Counselor Education and Supervision national conference. As a licensed Marriage and Family Therapist, he is also involved in the regional chapter of the Pennsylvania Association for Marriage and Family Therapy and was asked to facilitate group supervision at their next regional meeting.

At Total Learning Centers (TLC), which he co-founded with his wife in 1999, Dr. Utay enjoys offering Play Therapy and other counseling and evaluation services to the community. Starting May 13, he offers an IUP elective held at TLC: "Stress Management for School Professionals."

On a more personal level, this has been quite an emotional year for Dr. Utay. On one hand, his father passed away. On the other hand, his brother got married and his daughter Andrea made the Dean's List as a sophomore at IUP. All things considered, he concludes this was an important year, full of valuable relationships with incredible students, colleagues, clients, and family.

Dr. Nadene L'Amoreaux's daughters Emma (4) and Callie (2) keep her very busy and young at heart. This is a fun time of year as they are finally able to venture outdoors to enjoy flowers, their sandbox and ladybugs. Her garden is almost ready for planting and she hopes to be seeing some lettuce poking up in the near future!

Professionally this has been a busy year as well. She was awarded tenure this year, and looks forward to her continued involvement with the Department of Counseling. She will continue in her capacity as a member of the editorial review board for the *Journal of the Pennsylvania Counseling Association*. She has been working with her graduate assistant (Rachel Campbell) to develop two on-line courses on ethical and legal issues. Both courses are scheduled to run this summer and she is looking forward to teaching via distance education. On campus she has been serving as Grievance Chairperson for the faculty union and finds that her counseling skills come in handy. This position has required her to also be a member of the State Grievance

Faculty Updates

Committee, and this spring she will be taking on the position of assistant chair for the state committee. Dr. L'Amoreaux has also been appointed to the state Meet and Discuss team and is really learning the ins and outs of state level governance. Within the department she has been on a course release in the spring semester to work on departmental projects. She is amazed that her sixth year at IUP is drawing to a close!

Dr. Laura Marshak has been busy with several different activities. She is working hard to complete a book entitled: *Sustaining your marriage: a guide for parents of children with disabilities*. In addition she completed a book chapter on integrating Jewish spirituality into counseling for a book edited by Daya Sandhu that will be published in the next few months. A chapter, coauthored with Milton Seligman, on group psychotherapy for persons with physical disabilities was published in an edited book by DeLucia-Waack, Gerity, D., Kalodner, C. and Riva, M. (Eds.), Sage Publications. In collaboration with Dr. Ferrell and Mr. Todd Van Wiren, she will be presenting at the Council for Exceptional Children's National Conference; the presentation is on the internal and logistical barriers that prevent college students with disabilities from utilizing

needed accommodations.

She is very much looking forward to teaching an elective in Monroeville in the Fall: *Understanding disability: Applications to individual, group and family counseling*.

Dr. Bob Witchel - I just completed a five-year, post-tenure review allowing me to reflect on my work. I am completing my 24 year at IUP and 19th year in the department. Time has certainly flown by and I continue to enjoy the special opportunities teaching provides me to contribute to the work of future counselors.

On April 30th, I presented a workshop titled, *Ethical behavior: Playing it safe or coloring outside the lines.*, at the Rubinfeld Synergy Conference in Philadelphia. I was just asked to chair the 2008 American Academy of Psychotherapists (AAP) Institute and Conference. I will be traveling to Los Angeles in June to attend the AAP Summer Workshop, including two days of work as a member of the Executive Council.

I am recruiting students for the new Monroeville School Counseling program and the Community Counseling 7th cohort. As we are planning to move into a new facility in Monroeville, I have thought about creating a celebration event for Monroeville alumni and current students.

On a personal note, I am excited and proud about my wife Debbie completing her Master's degree with the Monroeville 4th cohort. In the fall she will be resuming her career as a mental health professional. I am also proud that my daughter, Sara, who will be graduating from high school and has been admitted to the Music School at Ohio University in Athens. She is a very talented musician and has been a member of a number of competitive music ensembles in Ohio. My son Nicholas is completing a certification in drafting in Savannah, GA. and my daughter Tonya is director of Conference and Catering Services at The Mansion on Forsyth Park, a new hotel in Savannah, GA.

My step-daughter Rebekah is completing her freshman year as an elementary education major at IUP and was just inducted into the IUP chapter of Kappa Delta Pi, an International honor society in the field of education. My step-son, Josh is entering his senior year and plans to attend IUP in 2006 as a history major. And finally, my son Jeremy is completing 2nd grade and plans to attend the Waldorf School in Pittsburgh in the Fall. Life is full!

When your heart speaks
take good notes...

Anonymous

Solution-Oriented Brief Therapy Speaker Coming to IUP

Interested in learning more about solution-oriented brief therapy? Internationally renowned Bill O'Hanlon, M.S., will be addressing this topic on May 3, 2006, so mark your calendars now. The event will take place in the Eberly Auditorium.

He has written close to 20 journal articles and 25 books including *Rewriting Love Stories: Brief Marital Therapy*, *Solution-Oriented Hypnosis: An Ericksonian Approach to Inner Healing*, and *You Can't Make Me!: Successfully Managing Strong-Willed, Oppositional and Defiant Children*. He has given workshops internationally, including England, Wales, Ireland, Finland, and Sweden, on a variety of therapeutic techniques and interventions.

Mr. O'Hanlon received his M.A. in Family Studies with a specialization in Marital/Family therapy from Arizona State University and has been a practicing counselor for 30 years.

The workshop is sponsored by the Counseling Department and is being held in conjunction with the IUP School of Continuing Education. Registration information will be available in the summer.

Attention Certified School Counselors: Act 48 Credit Opportunity!

Improving Professional Practice in Instructional Settings: Ethical and Legal Issues Refresher for School Counselors.

Online course!

Earn 3 graduate credits towards your Act 48 hours from the comfort of your home or office by enrolling in COUN 590-801. Dr. L'Amoreaux is offering this **on-line** course, designed to provide an ethical and legal issues refresher for the already certified professional school counselor. Considerable emphasis is placed upon the understanding and application of ethical standards, legal statutes and professional issues which affect school counselors when making critical decisions about clients in school settings. [This course is not for IUP degree credit; but can be used to meet Act 48 requirements]. This course will run June 6-August 11.

For application and enrollment information, go to <http://www.iup.edu/summer>; or contact Dr. Nadene L'Amoreaux, (724) 357-2306, nlamoro@iup.edu for more information.

Stress Management for School Professionals: Counselors, teachers, psychologists, and administrators

This course is taught at the Total Learning Center, Wexford, PA.

Stress Management for School Professionals: Counselors, teachers, psychologists, and administrators, in training and in the field, will enjoy learning research-based and creative stress management tools for their students, supervisees, and themselves. Learn how approaches can be individualized, flexible, planned, and practiced. This summer elective is conveniently scheduled for Fridays and Saturdays. Enjoy seven categories of stress management tools in only five class meetings. This elective can be used for an Act 48 credits. All five class meeting will be held at the Total Learning Center in Wexford, PA. May 13 - 3:00-9:00 pm, June 17, 18, 24, 25 - 9:00 am-5:00 pm

The instructor is Dr. Joe Utay, For application and enrollment information, go to <http://www.iup.edu/summer>; or contact Dr. Utay at Jutay@IUP.edu.

Congratulations to the Spinelli Fund recipients

Sonya Giuffre entered the M.Ed. program (elementary focus) in 2003. She graduated in 2000 from the University of Pittsburgh at Johnstown with a degree in elementary education. Sonya lives in Johnstown with her husband and has worked for Children's Paraclete, Inc. for the past 5 years. In her spare time she loves to be in the outdoors, reading, singing, scrap-booking, and spending time

with her friends, family, and dog. She graduates in Dec. 2005.

David Wheatner entered the MA program in Monroeville in Sept. 2004. Dave's interests include the application of counseling psychology to the development of healthy leaders, the relationship between mental health and our environments, and the individual and familial psychological foundations of what are often viewed as

societal-level ills. Dave holds a B.A. in Psychology from Yale University and an M.S. in Public Policy and Management from Carnegie Mellon's Heinz School. He enjoys music composition, beat-boxing, gardening, cooking, bicycling, hiking, camping, reading, and thoughtfully conversing. He is currently a public health research and IT consultant with the Univ. of Pittsburgh's Center for Healthy Environments and Communities.



Dr. Claire Dandeneau, David Wheatner, Sonya Giuffre, Dr. John Worzbyt

Pamela Morrow - Current IUP student wins PSCA \$1,000 student scholarship!

Pam is a student in the secondary school counseling program and will be completing her field experience in the fall.

Way to Go Pam!

ASCA Speaker Coming to CCAC

On November 4, 2005, Carolyn Stone from the University of Florida is speaking at the CCAC-Boyce Campus, for the counseling department, IUP Monroeville Campus. She will be speaking on Ethical and Legal Issues in School Counseling. Carolyn Stone has been a Counselor Educator at the University of North Florida since 1995 where she teaches and researches in the area of school counselors in the accountability climate of educational reform and legal and

ethical issues. Prior to becoming a counselor educator, Carolyn spent 22 years with the public schools in Jacksonville, Florida as Supervisor of Guidance for 225 counselors, an elementary counselor, high school counselor, and a teacher at the middle school level. Dr. Stone currently serves as ASCA's Ethics Chair, is a Past-President for the Florida Counseling Association, and the Florida Association for Supervisors and Counselor Educators. Her 60 publications include three books for

school counselors on school counselors as leaders, advocates, and systemic change agents in an accountability driven climate and legal and ethical issues. Dr. Stone's professional path at every level has prepared her with first hand experience and an understanding of the richness and challenges of the world of school counselors.



IUP Fall Workshop

Dr. Kristene Doyle, the Assistant Executive Director at The Albert Ellis Institute in New York, will offer a one-day workshop on Rational Emotive Behavior Therapy (REBT) in the treatment of adolescents and adults. The seminar will take place on October 21, 2005, in the Student Union Hub on the IUP campus. Participants will have the opportunity to learn how to understand this theory of emotional disturbance and change; how to apply the ABC model; how to identify client's dysfunctional thoughts; how to challenge and dispute client's dysfunctional thoughts; and how to construct and teach clients to have adaptive new thoughts. Dr. Doyle received her Ph.D. in Clinical and School Psychology from Hofstra University and specializes in REBT in children and adolescents, and outcome and dissemination. She also serves as an adjunct assistant professor at St. John's University.

The workshop is sponsored by the Counseling Department and is being held in conjunction with the IUP School of Continuing Education. Registration information will be available in the summer.

Summer 2005 and Fall 2005 Electives

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**

Fall 2005 Indiana Campus

Introduction to Cognitive Therapy (COUN) Indiana, Wed. evenings. Cognitive Therapy, a short-term, empirically supported approach to change that was developed in the 1960's, will be explored in significant depth. Participants can expect to learn much more about the theory and practice cognitive conceptualizations, structure of the counseling session, and interventions reflective of this approach. Though participants are not expected to have significant experience in cognitive therapy, they are expected to have completed "COUN 617: Basic Skills." **John McCarthy**

For further information contact the Department of Counseling at 724-357-2306.

Congratulations Phi Kappa Phi and Chi Sigma Iota Inductees



Phi Kappa Phi is a national honor society that recognizes and encourages superior scholarship in all academic disciplines. Since this society's creation in 1897 at the Univ. of Maine, elite students from Maine to the Philippines and from Alaska to Puerto Rico have been invited to join this elite group.

On April 3, 2005, a number of our counseling students were invited to IUP's Honors Day where they were inducted into Phi Kappa Phi. These students included: Indiana campus - Rachel Ayers, Kristin Grosz, and Jennifer McClarnon. Monroeville campus - Alicia Bisaha, Michael Edelstein, Michele Hackney-Morris, Valerie Ignatenko, Jessica Iole, Joan McCullough, and Katja Smithley.

On April 10, 2005, 30 new members were inducted into the local chapter, Iota Upsilon Pi, of the Counseling Academic and Professional Honor Society International, Chi Sigma Iota. Inductees were: Samantha

Ayers, Sandra Burgoon, Carrie Burkhart, Troy Carabaugh, Meri Collins, Heather Daugherty, Michael Eddy, Michael Edelstein, Lisa Elkin, Susie Fuller, Sonya Giuffre, Kristin Grosz, Jessica Hetrick, Jason Kuzemchak, Kristen Leard, Sarah Macklin, Jennifer McClarnon, Justin McDonald, Angela Miller, Jayna Mood, Pamela Morrow, Eugene Myers, April Previte, Erin-Caitlin Rinker, Wendy Salsgiver, Rebecca Shaw, Erin Sims, Kathryn Smith, Rebecca Sorg, and Christine Tibbott. New officers were also installed: President - Kathryn Smith; V.P. - Christine Tibbott; Sec. - Heather Daugherty; and Treas. - Michael Eddy. The event was attended by University administrators and many family and friends of the inductees. Dr. L'Amoreaux gave the keynote speech entitled, "Within a tiny acorn is the potential for a mighty oak." Dr. Dandeneau notes, "We should really send a note of thanks to those students, now alumni, who worked so hard to establish the IUP chapter. Your legacy continues!"

Alumni Spotlight: Robert J. Gregory, MA, Ed.S.

Robert graduated from IUP with an MA in Counseling Services in 1996. He is employed as a school psychologist at the Westmoreland I. U. assigned at the New Kensington-Arnold School District and the newly formed Resolve West Partial Hospitalization Program. The purpose of the program is to fill a gap in the continuum of services available for adolescent consumers of mental health services in the school.

Robert is currently a National Board Certified/PA Level II State Certified School Psychologist, a PA Licensed Professional Counselor, and a Certified Sentence Mitigation Specialist. He is also completing his doctoral studies in the Educational and School Psychology Department at IUP. His Doctoral Specialty Internship is being completed as a clinician at Allegheny Children's Initiative (ACI) located in Pittsburgh, PA, where he utilizes Family Systems

interventions for families with school-aged children. Robert's dissertation focuses on evidence-based interventions being utilized by school pre-referral teams.

On a personal note, Robert and his wife Susan celebrated the birth of their daughter, Madalyn Leigh on May 3, 2004.

Robert has served as a member of the Alumni Advisory Board since its inception, and encourages all IUP Counseling Department Alumni to consider serving a term on the board. Additionally, Robert encourages any current community counseling student interested in internship possibilities at Allegheny Children's Initiative to contact him at:

Robert.j.Gregory@verizon.net

Tricia Murin: IUP Alum

Receives PSCA Multiple-Level School Counselor of the Year award

Tricia is a 1997 graduate of the Elementary School Counseling program and currently a professional school counselor in the Central Cambria School District for grades K-8. The department celebrates in her tremendous success. She was nominated for this achievement award by her superintendent, Dr. Susan Makosy and school counselor Walt Clark - both IUP Department of Counseling alumni!! Congratulations Tricia!



Dr. Dandeneau and Tricia Murin

Members of the 4th Monroeville Cohort Graduate on May 6, 2005



Top: K. Corcoran, K. Tuschel, D. Witchel, S. Eicher, V. Piscar **Bottom:** N. Davis O'Leary, M. Doehring,, R. Busch, D. Rombach, S. Fielder.

Dr. Dandeneau—PSCA Award (con't. from p. 1)

The alumni who uphold the reputation of the department, you all are a true testament to our department's ability to produce compassionate and prepared counselors. Thanks to all of you I still "counsel" clients/students, albeit vicariously! To our current students who, like those before you, dedicate yourselves to your educational experience and demonstrate such a passion for learning and counseling. I absolutely love sharing the journey with each of you. To my faculty colleagues who make it fun to come to work, you are all visionaries and student-centered counselor educators; I am blessed to work with each of you as individuals and as a whole. And lastly, my thanks to Diane Brocius, the departmental secretary; your steadfast commitment to the department is treasured. I am so grateful for the "behind the scenes" work that you do and I treasure our wonderful working relationship and the laughs we share.

Newsletter on the Web

You can view this newsletter and previous issues of our newsletter on the Web. This issue is located at: www.iup.edu/ce/newsletter/Spring2005.html

Faculty email addresses

Dr. Dandeneau: cdanden@iup.edu
 Dr. Fontaine: fontaine@iup.edu
 Dr. Guth: lguth@iup.edu
 Dr. Moore: hmoore@iup.edu
 Dr. L'Amoreaux: nlamoro@iup.edu
 Dr. Marshak: lmarshak@iup.edu
 Dr. McCarthy: jmccarth@iup.edu
 Dr. Rishel: rrishel@iup.edu
 Dr. Utay: jutay@iup.edu
 Dr. Witchel: bwitchel@iup.edu

Emeritus Faculty

Dr. Worzbyt: jcworz@iup.edu

The Dept. website is at www.iup.edu/ce. The website has had almost 36,000 hits since its inception. If you have any feedback or suggestions feel free to email Dr. Witchel.

IUP Counseling Dept. Newsletter,

Published semi-annually

Editor: Dr. Robert I. Witchel

Graduate Assistant: Rachel Ayers

Alumni Updates

1967: Elaine Berry M.Ed.

Ms. Berry has retired from the Los Angeles Unified School District as a principal of Human Resources Specialist.

1985: Stephanie B. Harman M.Ed.

Ms. Harman retired in 2000 and is proud to be at home with her grandchildren.

1969: Dr. Joseph A. Kloba M.Ed.

Dr. Kloba was promoted to the position of Provost and Chief Academic Officer at Palm Beach Atlantic University in West Palm Beach Florida, in Aug. 2003. He previously served as half-time Associate Provost and half-time director and professor of the Graduate Counseling Psychology Program.

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 one or more current counseling students.

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):

Place of Employment _____ Job Title _____

Publications _____

Presentations _____

Other news _____



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