



IUP Counseling Department Newsletter

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

COUNSELING PROGRAMS EARN CACREP ACCREDITATION



We are proud to announce that in July 2008, our Community Counseling and School Counseling master's degree programs received accreditation from the Council for Accreditation of Counseling and Related Educational Programs (CACREP). Both programs were described by the accrediting agency as programs that "substantially meet the requirements for accredited status." Agency officials also recognized IUP's faculty in the program for the "time, energy, and commitment" offered through the accreditation process.

"Accreditation is validation of a program's academic excellence and its ability to adequately prepare students for work in the counseling profession," said Dr. Claire Dandeneau, department chairperson. "Achieving accreditation is the result of documenting our work and outcomes and reflects that we are meeting our mission, which is to prepare and train school and community counselors who are actively engaged in scholarship, practice, and reflection to promote their professional competence and personal development.

Dr. Dandeneau said much of the credit for achieving accreditation goes to Dr. Nadene L'Amoreaux, coordinator of the on-site accreditation visit and chief author of the department's expansive self-study report that was prepared for the accreditation review, and to Mary Ann Rafoth, Dean of IUP's College of Education and Educational Technology. Dean Rafoth worked to fully understand the accreditation standards of our discipline and then worked collaboratively with us to meet those comprehensive and rigorous standards."

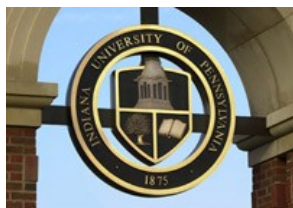
Attaining CACREP accreditation is a significant achievement by our counseling faculty, students and alumni, support staff, and administration in the College of Education and Educational Technology, the School of Graduate Studies and Research and the University. (recent graduates—see important information related to obtaining NCC on page 3)

Inside this issue:

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- Recent Graduates, NCC & CACREP
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DR. BRANTHOVER ELECTED PCA PRESIDENT- ELECT

Dr. Branthoover was elected president-elect of the Pennsylvania Counseling Association (PCA). She assumed this role on July 1, 2008, and will begin her term as President on July 1, 2009. Dr. Branthoover came to the Department of Counseling in summer 2004. She is an NCC and LPC, is in private practice in Pittsburgh, and volunteers for the American Red Cross Disaster Action Team.

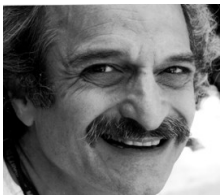


Welcome to the Fall/Winter issue of the Department of Counseling Newsletter. As you already read on page one, we are excited about being awarded CACREP accreditation. The fall semester has come to a close and editing this newsletter is my last piece of work before the holiday break begins.

As always, the faculty have been very involved in many professional activities since the last newsletter issue. In the next column, you will read about many workshops, both locally, nationally, and internationally, presented by our faculty. CCTS, under the leadership of Dr. McCarthy, has an excellent lineup of workshops this coming year, including the return of one of my favorite presenters, Fred Hanna on March 6, 2009. **DON'T MISS HIM!**

The University has designed a new website and our department web pages also have a "new look." We are interested in your feedback and any recommendations you may have about our website.

We have proposed three new electives to the graduate curriculum committee - Crisis Counseling, Counseling Issues in Adolescence, and Grief Counseling. We have also recommended that Diagnostic Issues for Counselors, an already approved course, be required for M.A. students. We are also discussing changes for the school counseling curriculum.



The faculty and I wish you a wonderful holiday season and a healthy new year.

Bob Witchel

Faculty News

Dr. John McCarthy presented "Adolescent Depression: The Black Cloud That Won't Seem to Go Away" at the 2008 Asia Pacific Rim International Counseling Conference in Hong Kong. Dr. McCarthy also presented "Let's Get Entrepreneurial" at the 40th Annual PCA Conference in October. **Teresa Fernandes**, IUP Department of Counseling student, co-presented.

Faculty presented at the **North Atlantic Regional Association for Counselor Education & Supervision (NARACES)** Fall Conference in Portland, Maine:

Drs. Bruno and Branthoover presented "Filling in the Gap: An Exploratory Study of how CACREP Programs Implement Practicum."

"Promoting Counselor Wellness: Teaching Wellness Concepts to Counselor Trainees" was co-presented by **Dr. Murray**.

"'Use Your Feeling Words: A Look at How Counselor Training Informs Your Parenting'" - **Drs. Murray and Desmond**.

"Reading Between the Lines: Methods to Address Student Plagiarism" - **Drs. Murray, Bruno, and Dandeneau**.

"The Nonlinear Supervision Process Model In Action" was presented by **Drs. Guth and Dandeneau**.

"Help-Seeking Tendencies Among Counselor Trainees Attending a Branch Campus" was presented by **Dr. Bruno**.

"Under the Tuscan Sun: Potential for a Renaissance" was co-presented by **Dr. Guth**.

"A Focus on Connectivity and Meaning for Students: The Path to Service Learning" presented by **Dr. Desmond**.

Faculty News

Dr. Laura Marshak was the keynote speaker at the Univ. of Michigan's Investing in Abilities Week. She spoke to health professionals and parents on strengthening couples' relationships while raising children with serious illnesses or disabilities. She also presented "Disability in a Family Context" to the Ann Arbor Center for Independent Living. Dr. Marshak spoke to a support group for parents of children with disabilities at the Midland JCC in New Jersey. Most recently, she spoke on sustaining a healthy marriage while raising children on the spectrum at the National Autism Conference in Fort Lauderdale, FL.

Dr. Bruno serves as chair of the Pennsylvania Counseling Association Professional Development Committee.

ACCA Fall Meeting

IUP was a co-sponsor at the Fall meeting of the Allegheny County Counselors Association. This event for school counselors was held Oct. 13th at Chartiers Valley Intermediate School. Various IUP departments were involved, including coordination by the Center for Counselor Training and Services. **Drs. McCarthy, L'Amoreaux, and Witchel** gave presentations while Jim Begany, Associate V.P. for Enrollment Management gave a keynote address.

Scott Shaw, counseling student, presented an educational session entitled "Career Counseling for Military Veterans" at the 40th Annual PCA Conference in State College.

Center for Counselor Training and Services (CCTS)

Workshop on Adolescents

Dr. Fred Hanna will be presenting a one-day event titled "70 Strategies for Counseling Difficult, Defiant Adolescents" on Friday, **March 6, 2009**, at the IUP Eberly Auditorium.



The workshop will cover a variety of angles for counseling difficult adolescents such as myths, the precursors model of change, drug approaches, admiring negatives, and attention seeking.

Dr. Hanna is the Director of the School of Applied Psychology and Counselor Education at the University of Northern Colorado. Prior to UNC, he served as Professor of Counseling at Johns Hopkins University for 11 years. He currently serves as a trainer to community agencies and school systems across the United States.

More information about this workshop can be found at the CCTS website or by contacting the Center at 724-357-3807. Credit card registrations can be processed by calling 724-357-2223. **The deadline for early registration is February 9, 2009.**

Dr. Hanna to Speak at Franklin Regional

The Counseling Department at the **Franklin Regional School District** and CCTS are co-sponsoring a free lecture by Dr. Hanna. This one-hour talk for parents, students, and educators will take place on Thursday, **March 5, 2009**, in the Franklin Regional Middle School auditorium. The program is entitled, "How to Achieve a Win-Win with Your Teenagers: Five Techniques for Positive Change." For more information, contact CCTS at **724-357-3807** or visit the CCTS website.

IUP Hosting School Counselors' Professional Development Day

Many area professional school counselors will once again begin the new year with a visit to IUP, as the sixth annual "School Counselor Professional Development Day" on **January 9, 2009**.

The keynote speaker will be **Dr. Lisa Hinkelman**, assistant professor from the Ohio State University. She will offer the morning segment entitled "College and Career Planning for Underrepresented Students."

CCTS to Offer Workshop on Autism

CCTS is pleased to announce that **Dr. Antonio Hardan** will be conducting its Spring 2009 workshop. The one-day event, "Autism: From Research to Clinical Practice," will be held on Friday, **May 8, 2009**, at the **IUP Eberly Auditorium**.

The workshop will cover assessment and diagnosis; psychology and neurobiology; cognitive, behavioral, and psychosocial interventions; and pharmacological and alternative treatments.

Dr. Hardan is an Assistant Professor of Psychiatry at the Stanford University Medical Center and is the Director of the Autism and Developmental Disorders Clinic. He is an expert on autism. His work was the recent feature on the cover page of *Clinical Psychiatry News*. He has extensive clinical and research experience in the field of developmental disabilities including autism.

For more information, contact CCTS at 724-357-3807 or visit the CCTS website. Credit card registrations can be processed at 724-357-2223. **The deadline for early registration is April 3, 2009.**

NCC & CACREP Important News for Recent Grads

The following was received from NBCC related to those who graduated from our programs since July 2007:

The applications of your students and alumni who applied and tested for the NCC in the 12 months prior to CACREP's decision to accredit the community counseling and school counseling tracks at IUP have been "converted" by our staff from their initial Board Eligible category to the GSA-NCC CACREP category. As such, those applicants are not required to document any post-graduate experience or supervision hours. That requirement of the NCC credential is waived for graduates of CACREP-accredited tracks. As soon as these applicants submit an official, final (sealed) transcript and their Counseling Supervisor's Endorsement form, they can be certified.

For further information contact NBCC at 336-547-0607

Let CCTS bring customized workshops and trainings to your school districts and community agencies. Call 724-357-3807

IUP Welcomes New and Returning Graduate Assistants!

Kristen Bernot graduated from Saint Vincent College with a bachelor's degree in Psychology and a minor in English. She is currently enrolled in the community counseling program, specializing on adults and adolescents. She hopes to work at a college or university setting and is interested in understanding how family dynamics influence individuals. Kristen is a member of Chi Sigma Iota and CESA. She is the graduate assistant for Drs. L'Amoreaux and Carone, and helps them researching, and preparing for conferences and presentations. She enjoys spending time with her fiancé and visiting with family. She also likes to scrapbook and read in her spare time.

Teresa Fernandes received her B.A. in psychology from Penn State and is currently enrolled in the secondary school counseling program. In the field of psychology, she is interested in infant/caregiver attachment. She has experience working in a lab focusing on attachment. In school counseling, she is interested in how adolescents' relationships with their parents influence their emotional well-being and academic performance in school. Teresa is Dr. John McCarthy's graduate assistant and her primary responsibility is organizing workshops for CCTS. In her spare time, she likes writing and drawing.

Amber Machesky has a B.S. in Psychology from the University of Pittsburgh and is now enrolled in the secondary school counseling program in Monroeville. Amber is Dr. Holly Branthoover's G.A. and maintains practicum materials, and provides other support. In addition, Amber currently works at Southwood Psychiatric Hospital in the Mental Retardation/Dual Diagnosis program. Her professional interests include adolescent drug and alco-

hol prevention services and health education. She is a member of Psi Chi and Phi Eta Sigma.

Jason Mangold graduated from IUP with a B.S. in Child and Family Studies and a minor in Sociology. He is currently enrolled in the elementary school counseling program. He is a member of the National Association for the Education of Young Children. His professional interests include child abuse and neglect, autism, and developmentally appropriate practices in the classroom. Jason works as Dr. Claire Dandeneau's G.A. He does a lot of work for the departmental admissions process as well as assisting Dr. Dandeneau and Dr. Marshak with their book. Jason spends most of his free time playing guitar, reading, and watching hockey or football. He also loves to travel and attend concerts.

Megan Michalak is a G.A. for Dr. Lorraine Guth. She is in her second year in the community counseling adult track. She is a member of ACA and PCA. Megan is interested in crisis counseling, family and couples counseling, and gender issues. She is a proud big sister to her siblings, Mitchell and Melanie, and enjoys spending free time with friends and family.

Angela Orbin received her B.S. in communication, media and technology from La Roche College. She is currently in her second year in the secondary school counseling program at Penn Center in Pittsburgh, and is a member of Chi Sigma Iota. Her interests include intervention and prevention, health and wellness, and how outside factors influence the school experience. She works as a G.A. for Dr. Bob Witchel on the counseling department newsletter and the counseling department website. She also works for Dr. Michelle Bruno, assisting with classroom materials, research, PCA, and other vari-

ous projects. Outside of school, Angela is busy raising her two young daughters and enjoys spending time with her family, her friends, her two dogs, and volunteering in her community. She also enjoys baking and reading when she has time.

Kayla Snyder graduated from IUP with a degree in Elementary Education with an Educational Psychology minor. She is now enrolled in the elementary counseling program. She is interested in character education, bullying, crisis response, LGBTQ youth, and cultural diversity. Kayla is a member of Phi Kappa Phi Honor Society, PSEA, Council for Elementary Science International, Reading Rockets, Tolerance.org, Edweek.org, and is looking forward to joining CESA, ASCA and ACA. She is a G.A. for Dr. Desmond and also substitutes in her home school district. Kayla enjoys snowboarding, watching football, and going to concerts.

Julie Wojtaszek received her bachelor's degree in August 2008 from Penn State Behrend. Her degree is in Human Development and Family Studies. She is enrolled in the Community Counseling Adult and Adolescent program. Her professional interests include working with at-risk adolescents and their families, as well as positive youth development and leadership development in youth. Julie is a G.A. for Dr. Murray. Her duties include performing literature searches for presentations and assisting with research and preparation of class materials. She is also a waitress and the Program Coordinator for the Ark of Learning Mentoring Program through the Salvation Army and the DuBois School District. Julie enjoys spending time with her family, boyfriend, and friends and likes to sing and play the piano (sometimes for weddings), cook, and read.

Graduate Assistants, Con't.

Kathleen Vanderkolk received her undergraduate degree in Psychology from Penn State Behrend and is enrolled in the child community counseling program. Kathleen likes working with kids, especially those with special needs. As a "floater" G.A., she works for various faculty at different times doing a variety of work. In her free time, Kathleen likes to play with her puppy Rigby and her bunny Eva. She also enjoys watching movies and visiting friends when she has the time.

Danielle Wolfe attended Penn State University where she received a B.S. with distinction in Art Education (studio emphasis) and she also received a Certificate of Graphic Design from Seton Hill University, and has PA State Teacher Certification for Art, K-12. Danielle is currently enrolled in the Community Counseling Program and is a member of CESA. Her professional interests included career counseling and geriatric counseling. She works as a G.A. for Dr. Marshak and devotes all efforts to illustrating, editing, and formatting the textbook that Dr. Marshak is co-authoring. The book targets school counselors and how to best work with children with disabilities. She works as a freelance graphic artist, specializing in printed materials (illustration, textbook layout, business cards, typesetting). Her two-year old Lhasa Poodle rescue dog is her greatest interest. She also enjoys working on home improvement projects, her own artwork, and studies in enlightenment.

Alumni Spotlight

Stephanie McHugh, a school counseling graduate, is currently taking on the task of organizing the RAMP Application with the Upper St. Clair School District. She is hoping to have the process complete by February 2009. More information to follow in the Spring newsletter!

Linda Gates is a celebrated employee with the Good Grief Center, where she began as an intern six years ago. She co-facilitates three support groups for the bereaved and her coworkers and supervisors praise her for commitment to supporting the grief stricken. Linda has helped provide hope to hundreds of people. Linda is also involved with JourneyCare, a healing arts program using music, audiovisuals, and interactive experiences directed toward caregivers who care for others.

Attention: Monroeville Community Counseling Cohort 4! Karen Tuschel would like you to send her an update! She would like to compile information to send to responding cohort members and perhaps organize a reunion. Contact Karen at ktuschel@comcast.net.

Recruiting Students for Fall 2009

Alumni and current students are often our best recruiters of new student applicants. We are accepting applications for both the Indiana and Penn Center campuses for Fall 2009. Information about the admission's process is available on our website - www.iup.edu/counseling under "for prospective students."

Faculty meet with James Wansacz, State Representative

Drs. Dandeneau, L'Amoreaux, Guth and Branthoover met with Representative Jim Wansacz on Friday, October 3, 2008 at IUP. Rep. Wansacz sits on the professional licensure committee for the Pennsylvania House of Representatives. He is an IUP alumna and wanted to see the IUP counseling program due to his interest in counselor training and licensing. The faculty members also took the opportunity to discuss HB 1177, which is a bachelor's level licensure bill for Human Services Professionals in Pennsylvania.

IUP Counseling Student Raises Money for AIDS

Melana Pavich raised \$1,000 in donations and traveled to Atlanta in October to participate in the AIDS Walk Atlanta. Melana lived in Atlanta for three years and participated in the event in 2003 and 2004. The death of a friend from AIDS in 2007 prompted her recent fundraising efforts which she began in June with a letter-writing campaign and followed with a "Tastefully Simple" party to help her reach the \$1,000 mark. Donations can still be made on her behalf at the AIDS Walk Atlanta web site: www.aidswalkatlanta.com/

Alumni Advisory Board

The Board met on Nov. 19, 2008. A website is being designed to include board member's information. Drs. Bruno and Desmond want to thank the alumni advisory board for a productive fall meeting. We look forward to seeing you in the spring. If you would like your bio information added to the Advisory Board website, please contact Michelle Bruno at: mbruno@iup.edu

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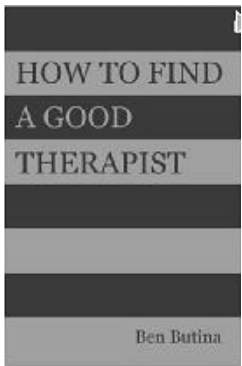
Editor: Dr. Robert I. Witchel

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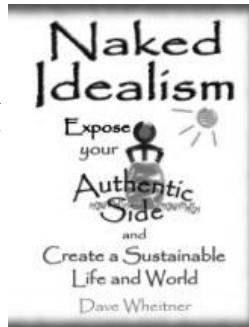
IUP Alumni Author Books

Ben Butina, a community counseling graduate, authored the book "How to Find a Good Therapist." This book walks the reader step-by-step through the process of choosing a therapist. It covers the various professions, degrees, and therapeutic approaches. It also deals with issues like insurance and payment, treatment setting, and finding referrals. Ben was inspired to write this book after looking for similar material and realizing that most of what



he found was at least 20 years old. He recommends this book as a resource for beginning graduate students. The book is available on Amazon.com.

Dave Wheatner, a community cohort 6 graduate, has written a book entitled "Naked Idealism." Dave describes this book as a self-empowerment guide. The book offers many tools applicable to counselors and counseling students.



In it, he blends peculiar life tales with theory and tools from the fields of counseling, management, life coaching, political psychology, organizational behavior, and even environmental health. *Naked Idealism* is designed for people who seek to reduce the stress in their own lives while increasing authenticity and improving the world. The book is available through Amazon.com or can be ordered through most book-

stores. For more information, visit nakedidealism.com.

Ryan Klingensmith, a December 2008 community counseling graduate, has written a novel called "Quiet Room Charlee." The novel focuses on a young man about to turn 18 who has spent several years in psychiatric hospi-



tals and group homes for kids struggling with emotional difficulties. The title character must decide to challenge his history or flee his psychological scars.

Ryan's book is available through Amazon.com and can also be ordered through Barnes and Noble or Borders Bookstores. For more information, visit ryanleeklingensmith.com/quiet_room_charlee



Campus Graduates— December 5, 2008

As a way to acknowledge the mark of quality by our accreditation by the Council for Accreditation of Counseling and Related Educational Programs (CACREP), the Department would like to further support Community and School Counseling students by defraying their registration and travel costs for professional conferences and for coursework in other countries. Your support may also be dedicated to faculty initiatives. Thank you! **4450/NCSPF/SUBS/AO09**

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Dr. Spinelli Memorial Fund

If you wish to contribute to the Dr. Spinelli Memorial Fund, contact the annual Fund at (724) 357-5555 or write to: The Office of Annual Giving, 313 Sutton Hall, Indiana University of PA, Indiana, PA 15705. The annual award is \$400 and is given to a current counseling student.

Newsletter on the Web

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

Faculty email addresses

Dr. Branthoover holly.branthoover@iup.edu
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Department Website has a new look. Dr. Witchel and his GA, Angela Orbin, maintain the dept. website at www.iup.edu/counseling. If you have any feedback or suggestions feel free to email us at bwitchel@iup.edu

Counseling Alumni Listserv

If you want to join the Counseling Alumni Listserv send an email to Dr. Dandeneau at (cdanden@iup.edu) with the subject "Join Listserv." This listserv will allow you to keep up-to-date on current information, such as job opportunities we receive, alumni updates, and upcoming workshops. As a subscriber to the listserv, you will also be able to send emails to the list with information you think alumni would like to have.

Alumni Updates

Sarah Wadsworth (2007) is currently employed with the Clearfield Area School District as an elementary school counselor.

Daniella K.C. Errett (2005) is currently employed as an instructor with Pennsylvania Highlands Community College. Married since 2005, her first child was born in October 2006 and her second child in July 2008.

Dr. Susan M. Sibert (1993) Susan works for the Purchase Line School District as the Curriculum and Federal Programs Coordinator. She completed her doctoral degree in May 2008 at IUP. She now has a D.Ed. in Administration and Leadership Studies.

Ernie Macioce (1975) is employed with Milestone Centers Inc. as a the Mental Health Residential Director of a 58 bed facility.

Carla Baldwin is currently a principal in the Greater Latrobe School District.

Alumni Feedback

We want to know what our alumni are doing – professional activities, publications, presentations, current employment positions and so forth. We also want to update our mailing list, and obtain e-mail addresses. We are interested in knowing about employment and internship opportunities for our current students. Please return this form (add additional sheet if needed):

Name _____ Year of Graduation _____ Degree _____

Address _____

Home phone _____ Work phone _____

Email _____

Place of Employment _____ Job Title _____

Publications _____

Presentations _____

Other news _____

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