

IUP Counseling Department Newsletter

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



Welcome to this edition of the Counseling Dept. Newsletter. As always, we are immersed in a busy and exciting semester. The article in the opposite column shares good news about receiving approval to add 2.5 tenure track faculty to the Department primarily to respond to the growing Monroeville program. Drs. Rishel and McCarthy have hit the ground running, by contributing to the Department, students, and the mental health community. Dr. McCarthy will join me in the fall as co-editor of the Newsletter. We have started a search for a half-time faculty member, bringing the counseling faculty to 8.5 members by next fall.

This is a busy time as we recruit and review applications for the campus and Monroeville programs. We appreciate alumni recommending our programs to potential students.

We have included two Alumni Spotlights -- Bob Sukolsky (1991), a Program Director at Spectrum Family Network, and Susan Sibert (1993), a school administrator in the Purchase Line School District. Dr. Dandeneau has provided timely information related to licensure. I strongly recommend you review this information!

We have included information about special topics courses being offered this summer, and "A Wellness Day for Counselors" offered on April 19, 2002 in Monroeville. We have also included a peek at what it is like for students to receive their degree as part of a cohort.



On a personal note, I'm surrounded by boxes as I am moving in two days. I was married on February 24th in Florida, and my wife, Debbie, and her children will be moving to Western PA next month. This is exciting for me and it's a "good life." We hope you find this

issue informative.

Dr. Bob Witchel

Counseling Department Adds Two Full-Time Faculty

Thanks to the advocacy work of Dr. John Butzow, Dean of the College of Education and Educational Technology, the department received 2.5 permanent faculty positions to support the growth of the department, primarily the Monroeville MA program. The department chose to forgo a national search because we were so impressed with the work of Dr. Robin Rishel and Dr. John McCarthy. As a result, we were able to move both of them from their current temporary positions to permanent tenure track positions! We chose to forgo a national search because their strong skills and expertise complements ours, they have already demonstrated their commitment to the department and our off-campus programs; and they are tremendous individuals to work with and have already begun to assimilate into our departmental culture.

Dr. John McCarthy received his doctorate from The University of Missouri-Kansas City, an APA accredited institution. He is a licensed psychologist in PA and has 4 years teaching experience in counseling at the graduate level.



Dr. Robin Fako-Rishel completed her doctorate at the University of Northern Colorado. She is a nationally certified counselor, a certified school counselor in PA, and also is a licensed professional counselor in Colorado.



We "officially" welcome them to the counseling department faculty!

Dr. Claire Dandeneau

Alumni Spotlight: Bob Sukolsky

I am currently a Program Director at Spectrum Family Network. Spectrum Family Network is a non-profit social service agency that provides a broad range of services to children and families across five counties in western Pennsylvania. Our central office is in Allegheny County, with offices in Westmoreland, Washington and Fayette Counties. We also serve a small population in Beaver County. I am responsible for the offices in Westmoreland, Washington and Fayette. There are approximately 42 staff serving between 200 and 300 families in these three offices. While these three offices predominantly provide in-home services, we also provide foster care, residential, family based mental health, wrap around and drug and alcohol services. We are preparing to provide MISA services in Washington County.

Our agency philosophy is to keep families intact, but if that is not possible, to provide them with a safe, nurturing environment in which to grow. We believe in partnering with the family and other service providers to engage in a strength-based, respectful therapeutic approach that addresses the needs of both the children and the families. Our approach is contextual and systemic in nature, as we see our families and ourselves as a part of the communities in which we live and work and attempt to connect these families with the community. Because of this belief, we strive to be culturally competent.

I have been employed at Spectrum Family Network (formerly Alternative Program Associates) since I graduated from the Counseling Department at IUP in December of 1991. I was originally hired as an in-home therapist, was promoted to clinical supervisor, then Program Manager and finally Program Director in July of 2001. This job has been frustrating, challenging and rewarding all at once. I still utilize many of the skills developed as a therapist, but in a different context.

In addition to my full-time position, I also maintain a small private practice, which provides individual, family and couples counseling. I have been an adjunct instructor at Duquesne University for the past two years. I taught in the Counselor Education program at Seton Hill College, but quit to obtain more education. I am currently pursuing an Ed.D in the Clinical Supervision and Counselor Education Program at Duquesne University.

**Alumni Spotlight: Susan Sibert
Proud Words of an Alumni**

Those of us who work in counseling are used to dealing with difficult situations and problem solving.

We know that anytime the office phone rings, it could bring a new challenge or complaint. Who wouldn't like to receive a call that brings good news and a compliment? Recently, Dr. Claire Dandeneau received such a call from me, a Counselor Education alumni from 1993.

I work as a school administrator in the Purchase Line School District in Indiana County and recently chaired an interview team for an elementary counseling position. A number of the candidates for the position were IUP graduates. I was so impressed with the quality of the applicants that I really wanted to share my observations with Dr. Dandeneau, who was thrilled but not surprised. I found the quality of the IUP applicants to be excellent.

In talking to the candidates during the interview process, I could see the high standards of course work expectations and the depth and breadth of the internship experiences coming through. Our interview team was so impressed, we wanted to share our experience with the department.

The interview team was so pleased, in fact, that they hired IUP graduate Cindy Risinger to fill the position. We are excited to have a superb counselor like Cindy working with our students, faculty and parents.

Since graduating from the program in 1993, I have earned a second master's degree in Educational Leadership as well as elementary and secondary principal certification from St. Francis College in Loretto. I have worked as a teacher, elementary counselor, secondary counselor, and I am now in my fourth year as an elementary principal and district federal program coordinator.

I have also served as a adjunct faculty member in IUP's Counselor Education program and at Mount Aloysius College in Cresson.

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**Attention all Alumni:
Licensure Update**

~ By Dr. Claire Dandeneau

*The grandparenting window for licensure is now open, **BUT** will close quickly.*

The impact of licensure in Pennsylvania on alumni of our program is quite varied. Everyone should be informed that the Governor has extended the grandparenting for licensure to **February 19th of 2003**. The extension will allow for more alumni to apply to be licensed under this section of the law. Many of you have called seeking assistance. I have done my best to help you and tried to respond to your individual needs/cases. I wish there was a one-step easy process that the department could do to facilitate the licensure and grandparenting process for all of you. Since this is new to all of us and we are under a very quick time deadline, I thought that it might be helpful to provide a list of frequently asked questions and answers.

The deadline for grandparenting has been extended, but what does that mean in practical terms? There are several criteria for grandparenting, but the one that is most critical is that you must hold a national counseling credential. This means you must be a Nationally Certified Counselor (NCC). Information about the NCC credential can be found at <http://www.nbcc.org>. In order to get the NCC, many of you may need: courses to total 48 credits, a multicultural/social foundation course, a career class or an ethics class, and in some cases, a second "field" experience. If you are NOT a NCC and are wanting to apply for licensure under the grandparenting clause, it is **critical** that you understand that there is **ONLY ONE** exam (one of the criteria for NCC) being given between now and the end of the grandparenting time period. The deadline for applications to sit for the October 19th exam is July 15th. Normally, you would need to have all course work requirements completed by the deadline. However, I have made arrangements with the National Board for Certified Counselors to allow our students to apply with course work in progress over the summer. To do so, there are three stipulations: 1. Your application must be completed and submitted to NBCC by the July 15th deadline; 2.) it must be accompanied by a letter from me verifying that you are enrolled in the coursework; and 3.) you submit an official

Licensure Update (Continued)

transcript **as soon as** you complete the coursework. Please remember that you still **MUST** meet all the general requirements, not just the coursework, to be eligible to sit for the exam and receive your NCC.

Can the department audit my transcripts and tell me what courses I need to sit for the NCE

exam? The National Board for Certified Counselors (NBCC) officially conducts the audit process that makes one eligible to sit for the exam. The department is not in a position to make any decisions with respect to your eligibility for the exam. Our best advice: Call NBCC for an application or print out the application that is available on-line (you must have Adobe). In that application, there is a course checklist called the Verification of Coursework. All you need to do to conduct a self-audit is to place the courses that appear on your transcripts in the appropriate places on the checklist and you will know exactly what type of courses you will need to sit for the exam.

Are there any grandparenting provisions for alumni who graduated with less than a 36 credit hour degree? I have talked with the State Board of Social Workers, Marriage and Family Therapists and Professional Counselors and there is absolutely no way to get licensed under the grandparenting section of the law.

I have done my own course audit and know that I need additional classes, what should I do to be able to take classes this summer? You need to apply to the graduate school either for a one course only or if you need more than one course, for the licensure only admission status. You can get an application by calling 724-357-2222. All registration for courses and the actual course schedules are on-line. There is no longer telephone registration or paper schedule booklets. You will receive information on how to register from the Graduate School and course offerings can be found at <http://www.iup.edu/ursa>.

If I can be of assistance, please call the department at 724-357-2306.

We recommend that you consult the State Board of Social Workers, Marriage & Family & Professional Counselors website for further details about up-to-date licensure issues:

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

Special Thanks!!

Dr. Dandeneau and the department would like to extend a special thanks to several alumni:

To **Kelly Fox** for providing a class tour of the Indiana Career Tech Center.

To **Dawn Knisely and Dennis Clawson** for their calls/faxes about job openings for recent alumni and current students.

The Department would like to thank our librarian, **Shirley Frampton**, for keeping the library open for

the students. Shirley has found a different job, but has stayed on to help the department keep the library functional for students.

Students Present at PSCA Conference

Kim Stoklosa and Dr. Claire Dandeneau – “Would You Like Your Own Personalized Guidance Page?”

Nicole Dunmire and Dr. Nadene L’Amoreaux – “Children Diagnosed with ADHD and Their Perceptions of Parental Helpfulness with Homework.”

Barbara Rhine, Megan Schoenfeld, and Dr. Worzbyt – “Home and School Strategies for Caring and Community Building.”

Ebony Holliday and Nicole Jackson – “Self Esteem: How It Affects Minority Students in School”

Erica Faye – “Religion in the Guidance Office”

Barbara Rhine and Megan Schoenfeld – “People Building Strategies for Classroom Learning and Caring.”

Our Department on the Web

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

Faculty email addresses

Dr. Dandeneau:	cdanden@iup.edu
Dr. Fontaine:	fontaine@iup.edu
Dr. Guth:	lguth@iup.edu
Dr. L’Amoreaux:	nlamoro@iup.edu
Dr. McCarthy	jmccarth@iup.edu
Dr. Rishel	rishel@iup.edu
Dr. Witchel:	bwitchel@iup.edu
Dr. Worzbyt:	jcworz@iup.edu

Special Summer Course Offerings

The Counseling Department will be offering two Special Topic courses this summer. These courses are available for Act 48 credits.

“Caring Children Build Caring Communities: Classroom Strategies for Learning and Caring” COUN 681 001

Caring Children is a dynamic, interdisciplinary, and experientially based workshop for educators who wish to help children care more deeply,

manage risk more responsibly, and experience life more fully. Props, magic, humor, storytelling, and other techniques will be used to teach: Life has Value, Seven Themes of Caring, Good Habits – Bad Habits, Hazards and Dangers, Learning to be Careful, and Adventures in Community Building in the Classroom. Schools become caring and safe places when all the people in them become generous care givers and appreciative receivers of care.

This class will be offered June 24-28, 2002 from 8:30 am – 4:30 pm and is appropriate for elementary school teachers, administrators, and graduate students.

Special Topics: "Diagnostic and Treatment Issues for Counselors" COUN 681 002

This course provides an introduction for counseling students on the various mental disorders with a focus on the history of the major classification system, definitions of various disorders, and the corresponding diagnostic criteria. Current research on treatment approaches for counseling professionals will be examined. Finally, this course is designed to help students’ view the mental health needs and challenges of clients from a lifespan and multicultural perspective.

These classes will be meeting May 18th, June 1st, 8th, 15th, and 22nd from 8 am –12 pm and 1pm – 4 pm with a 1 hour lunch break from 12 – 1 pm.

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 counseling student.

Wellness Course Offered for First Time

Dr. Robin Rishel is excited to be teaching a newly offered elective, COUN 681: Wellness-based Counseling, being offered at the Monroeville campus this spring. This course was selected by the first Monroeville cohort as an elective. With the collaboration of Dr. Jane Myers from the University of North Carolina, Dr. Rishel developed this course and reports that it has been an exciting and rewarding challenge.

In the course, students are learning about theories surrounding personal change as well as assessing their personal levels of wellness and past change attempts. Assignments include taking a

wellness assessment, scoring the instrument and designing a personal wellness profile and plan using a wellness workbook. Students are also to administer and evaluate one other volunteer client. Students are working in groups under the headings designated by the Wheel of Wellness, critiquing research articles and presenting group projects on each of the following topics: Spirituality, Work and Leisure, Self-Direction, Friendship and Love. There are also a number of guest speakers that have been invited to share their expertise on such areas as Spirituality and Worksite Wellness programs.

The students seem enthusiastic about the course and Dr. Rishel hopes to teach this class again in the future.

Workshops and Conferences

ACA Annual Conference – “Unity Through Diversity” New Orleans, LA, March 21-26, 2002.

PCA Conference Annual Conference - October 25 – 27, 2002

ASCA Annual Conference - “One Vision, One Voice” Miami, FL, June 29- July 2, 2002.

PSCA Annual Conference – “School Counseling: An Uplifting Experience” Lancaster, PA, April 24-27, 2002.

This Newsletter is on the Web

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

<http://www.coe.iup.edu/ce/newsletterSpring02.html>

A Wellness Day for Counselors

One of the foundations of the counseling profession is the promotion of the well-being of clients and counselors. With this in mind, “A Wellness Day for Counselors” is a workshop designed to provide time of renewal and rejuvenation during this emotionally difficult year. Participants will have the opportunity to rediscover and learn new ways of healthy self-care as well as methods of helping students and clients from various wellness perspectives.

“A Wellness Day for Counselors” will take place on April 19, 2002 from 8:00 am – 2:15 pm at the Radisson Hotel and the IUP Graduate Professional Center in Monroeville and includes keynote speaker, Leslie Bonci, Director of Sports Medicine

Nutrition for the Department of Orthopedic Surgery and the Center for Sports Medicine at the University of Pittsburgh Medical Center, and three breakout sessions. The cost for this workshop is \$25 for graduate students, \$50 for IUP alumni or IUP internship supervisors, and \$75 for professionals. The registration deadline is **April 12, 2002**. For more information regarding registration for this workshop, please contact The School of Continuing Education at 724-357-2227 or 800-845-0131.

Any questions regarding program content can be directed to Dr. John McCarthy at 724-422-5700 or jmccarth@iup.edu.

Looking For A New Job?

The Counseling Department often receives requests from employers (both schools and community agencies) for **immediate openings** in their organizations. We help qualified graduates who are looking for their **first** place of employment link up with agencies and schools who have vacancies. If you are looking for your first job, please contact Dr. Fontaine at (724) 357-7593 or email her at: fontaine@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. 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 at (724) 422-2235 or you can email them at: career_services@grove.iup.edu.

Did You Know?

Interesting Facts about the Faculty

The Counseling Department just recently completed a 5-year review and self-study. Within this study, it was found that the faculty does much more than teach a few classes. According to this 5-year study written by Dr. Nadene L’Amoreaux, the Counseling Department faculty does plenty in their “free time.”

“In addition to making progress toward college and department goals, Counseling Department faculty are also actively involved with departmental, college and university committees as well as university governance. In addition, the faculty members are actively involved in various scholarly activities and service activities. During this review period, they have collectively held memberships in 32 professional organizations, including ACA and APA and their respective branches, divisions, or affiliations; they have conducted approximately 65

presentations at the local, state, regional, and national levels; and they have approximately 36 publications ranging from book reviews to peer reviewed articles in premier counseling journals.”

Alumni Updates

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

- 1968 Betty S. McCoy**, Supervisor at Christian Counseling Services of Indiana.
- 1982 Michele Takei**, Counselor in Private Practice.
- 1991 William E. Bock**, Sr. High School Counselor, Penn’s Valley Area School District.
Stacy Scaletta Carone, Assistant Professor of Rehab. Psychology & Counseling at the Univ. of North Carolina, Chapel Hill.
Laura L. Vereb, Grief Counselor at Bowser-Minich Funeral Homes.
- 1996 Jenny White**, Guidance Counselor at Punxsutawney Area High School.
- 2001 Melissa Hartman**, Behavior Specialist Consultant for Family Psychological Consultants
Marci Creel, Developing first elementary guidance program for Union School District in Clarion County.

Impact Therapy Workshop with Dr. Ed Jacobs



On February 1st, the department sponsored a workshop with Dr. Ed. Jacobs, entitled “Impact Therapy: A Creative Approach to Brief Therapy” at the CCAC, Boyce Campus in Monroeville. School counselors, community and mental health counselors, graduate students, and other professionals were in attendance to gain more knowledge about Dr. Jacob’s multi-sensory approach to counseling.

Video segments and role-play scenarios were used to demonstrate various techniques and creative props that could be implemented into the counseling process. Dr. Jacobs commented, “It’s a wonderful profession – if you have the skills.”

Video segments and role-play scenarios were used to demonstrate various techniques and creative props that could be implemented into the counseling process. Dr. Jacobs commented, “It’s a wonderful profession – if you have the skills.”

Throughout the workshop he emphasized the importance of counselors adding to their ‘toolbox’ and acquiring new effective skills that could be beneficial for clients.

For more information about Impact Therapy, visit <http://www.impacttherapy.com/>. The department will be sponsoring a spring workshop. This workshop, A Day of Wellness for Counselors, will be held on April 19. There is a discount registration fee for current students. All are welcome to attend. (See article on page 5)

Counseling Department Student Awarded Scholarship



This spring, Barbara Rhine, an elementary school counseling student, was awarded a scholarship from the Pennsylvania School Counselors Association (PSCA). Barbara competed with students across the state for the PSCA

scholarship. Barbara and three other students were awarded money according to the application they submitted.

In order to be eligible for the scholarship, students had to complete an essay and secure a recommendation from a supervisor at their school. The scholarship will be awarded at the PSCA conference on April 25, 2002 during the awards ceremony.

What is it like to be in a Cohort?

As a graduate student at IUP on the Indiana campus, one attends classes and meets different people from class to class. As a graduate student at IUP on the Monroeville campus, one attends class with the same people, since Monroeville is operated as a cohort program. We like to think of a cohort as “members of a community of practice.”

There are many advantages to attending graduate school as a cohort member. One is given the opportunity to grow and mature greatly with the help of fellow cohort members and you are also given the opportunity to watch your fellow cohort members grow, develop careers, and mature into counselors. Because one attends classes with the same people, there is an increased level of accountability. By this, we mean that students cannot hide in the background and usually will actively participate in classroom discussions. Another bonus is the support the cohort provides as everyone moves toward a common goal in the graduate program.

The students also credit Dr. Witchel for bringing them together and helping them form a strong bond as cohort.

Contributing cohort members: V Taylor El (1st Cohort), Mary Ellen Jarrett (3rd cohort), Stacie Sebastian (2nd cohort) and Linda Gates (2nd cohort).

CESA and Advisory Board Team Up for Career Day!

On May 1, 2002, the Counseling Department Advisory Board and CESA (Counselor Education Student Association) have teamed up to present the Counseling Department students with an opportunity to prepare for employment opportunities after graduation.

Students will be given the opportunity to hear a panel discussion on "What Would I Like in a Counselor I Hire?" There will also be a time period reserved for students to participate in mock interviews and resume critiques.

A Conversation with Dr. Ed Nardi - Questions from Our Secondary School Counselors

Dr. Nardi, are there ways that IUP can help support strong high school students who are interested in the College of Education?

I would love to collaborate and work with high school counselors to identify exceptional students for the various programs offered within the College of Education and Educational Technology. I do

have some scholarship funds available to assist these strong students, and I would be happy to talk with you about them and their application to the College of Education and Educational Technology here at IUP. For those of you who are unfamiliar with the College's programs, it might be helpful to know that we have the following degrees:

A Bachelor of Science in Communications Media; A Bachelor of Science in Elementary Education; A Bachelor of Science in Early Childhood Education; A Bachelor of Science in Education of the Exceptional Child; A Bachelor of Science in Education of Persons With Hearing Loss; and A Bachelor of Science in Rehabilitation.

The scholarship funds are limited and going fast. Please call me if you have interested students.

I have several students interested in the teaching profession, but they are still undecided. Are there any IUP students who would be available to come and talk with them about the University and what it is like to be a teacher education student at IUP?

Actually, we have been working with the Dean's Student Advisory Council and they are in the process of developing a "speakers bureau" for such regional activities. My office, in collaboration with the IUP admissions office, would be glad to work with you to arrange a time for our students to come and talk with your students.

I am always available to talk with you as you help students plan their academic careers and are considering IUP and programs within the College. I can be reached at 724-357-2480. Should you call, please make sure that I know that you are an IUP alumnae of our school counseling program. I'd love to be able to tell Dr. Dandeneau that I am connecting with you and fostering relationships between the College of Education and Educational Technology and our IUP Masters program alumni.

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.



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