



IUP Counseling Department Newsletter

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

Welcome to the Spring/Summer 2015 edition of the Counseling Department Newsletter. Please share this newsletter with any alumni you network with as they may not have received this information; ask them to send us their email address. And, make sure to update your email and other information to continue to receive this newsletter and latest information from the Counseling Department and IUP (see p. 11).

Congratulations to **John Tucker**, recipient of the Dr. Janet Fontaine Outstanding Student Award and to **Alexandra Lepilina** and **Rachael Goss**, George Spinelli Scholarship winners (see p. 5).

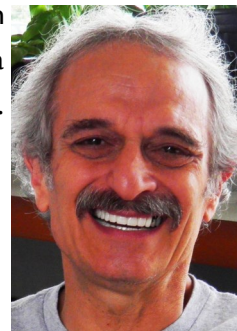
Faculty have shared recent scholarly activities, including international travel to Africa, and India (see p. 2). The Center for Counselor Training & Services has changed its name to the **IUP Center for Creativity and Change** and will sponsor a one-day workshop with internationally known lecturer, author, and practitioner of Reality Therapy, Dr. Robert Wubbolding, on Friday, October 2 at the Greensburg Garden and Civic Center (see pgs. 8-9).

After a national search, we are excited to announce that **Brittany Pollard**, Counselor Education PhD Candidate from University of Tennessee at Knoxville, will be joining our faculty this Fall semester. Brittany was one of four recipients of the Extraordinary Graduate Student Teaching Award, a university-wide award given to graduate students for extraordinary performance in teaching. We will share more about Brittany in our December newsletter.

While we have completed our initial admission's process, our final **Fall 2015 application deadline** is **June 24th** (see p. 9). We are continuing to develop a Counseling Doctoral program (see p. 9 for an update), and we have added more flexibility for students to progress through their degree program on a part-time or full-time basis (see p. 9).

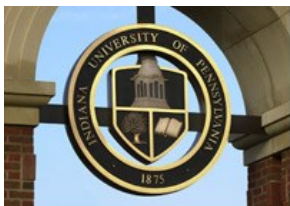
We continue to update and expand our Counseling Department **Facebook** page (link on p. 8); check us out and "like us." Thanks to faculty who contribute to this newsletter, and a special thanks to my Graduate Assistant, **Kailyn Hall** for her work on the newsletter and department website. I am looking forward to a lighter summer of teaching one class as I begin my 35th year at IUP. Enjoy your summer!!

Bob Witchel



Inside this issue:

- Faculty News
- Center for Creativity and Change
- Upcoming "Creative Change" Workshops
- Student Awards
- Graduations
- Doctoral Program Update
- Full-time program Option



Faculty News

Dr. Lorraine J. Guth has had an incredible 17th year at IUP. She is excited to return to Malawi, Africa for a sabbatical project this summer where she will be working with the Guidance, Counseling, and Youth Development Centre for Africa. She will be engaging in a career enhancement project that involves international teaching, scholarship, and service. She was honored to receive a PASSHE Faculty Professional Development Council Award and an IUP University Senate Research Committee Award to support this meaningful endeavor.

Together with Dr. Laura Marshak, Ellen Stewart, and Courtney Williams, Dr. Guth conducted the presentation "Social justice: Strategies for making counseling accessible for people with intellectual disabilities" at the American Counseling Association (ACA) Conference in Orlando, Florida. She also co-presented "International counseling in the warm heart of Africa: Counselor reflections and current research" at the ACA Conference and "Authentic social advocacy: Counseling in Malawi" at the North Central Association for Counselor Education and Supervision Conference in St. Louis, Missouri. Other Collaborative Publications include:

Guth, L. J., Lorelle, S., Hinkle, J. S., & Remy, T. (2015). Development and implementation of an international counseling outreach effort in Bhutan: A group stage conceptualization. *Journal for Specialists in Group Work*, 40. 22-37.

Guth, L. G., & Streightif, S. R. (2015). Inflating your "SELF." In C. S. Bhat, Y. Pillay, & P. R. Selvaraj (Eds.), *Group work experts share their favorite activities for the prevention and treatment*

of substance use disorders (pp. 223-225). Alexandria, VA: Association for Specialists in Group Work.

Guth, L. G., & Goodwin, B. J. (2015). Filling your recovery bucket. In C. S. Bhat, Y. Pillay, & P. R. Selvaraj (Eds.), *Group work experts share their favorite activities for the prevention and treatment of substance use disorders* (pp. 312-316). Alexandria, VA: Association for Specialists in Group Work.

Goodwin, B. J., & Guth, L. G. (2015). What do you know about your ethnic, racial, and/or culture groups and how your identity impacts recovery? In C. S. Bhat, Y. Pillay, & P. R. Selvaraj (Eds.), *Group work experts share their favorite activities for the prevention and treatment of substance use disorders* (pp. 119-123). Alexandria, VA: Association for Specialists in Group Work.

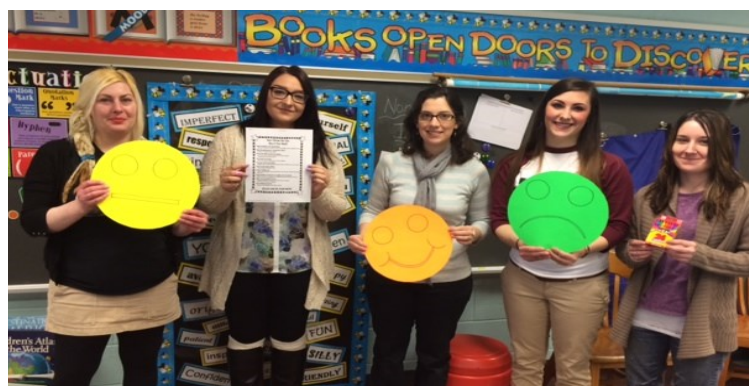
Personally, her children, Alex (16) and Adriana (12) are growing up and continue to be involved in sports. She is looking forward to spending time with her family during the summer.

Dr. Kim Desmond has been staying busy with her two children now ages 5 and 8. They are looking forward to a summer vacation with family at the beach. Her husband, James, is working on completing his hours for his License as a Professional Counselor.

Professionally, Dr. Desmond will be starting her ninth year at IUP. She continues to serve as a CACREP site review member traveling to counseling programs across the country ensuring standard compliance. In addition, she has been chairing an initiative in supervision training for the Association for Counselor Education and Supervision.

This semester, Dr. Desmond and her Advanced Counseling Techniques class, had the privilege of working with IUP Alumna, Sonya Guiffre, to provide classroom guidance lessons to fourth graders (see pictures below). Dr. Desmond is appreciative of the strong connection alumni have to the department and their willingness to collaborate on projects.

Starting in the fall of 2015, Dr. Desmond will be developing the CACREP self-study for reaccreditation. We are proud to be one of the first programs in the nation to use the newly released 2016 CACREP standards (<http://www.cacrep.org/news/2016-cacrep-standards-available-in-pdf-format/>).



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Dr. John McCarthy My six years in the international program--spending most of my time in the Republic of Georgia and Armenia--came to an end with my visit to Tbilisi in April (pictured below). I am incredibly grateful for this experience, as I had the privilege to work with many highly dedicated scholars and students in Eastern Europe and Central Asia. I plan to continue my interest in international mental health this Fall by participating in the Singapore Counseling Association Symposium in October. I'll be presenting on creative solution-focused counseling.

As my 15th year at IUP closes, I want to salute and thank my graduate assistants for their tremendous help. I hope to see many of you at the Center's event on Reality Therapy in the Fall...and please stay tuned for a workshop on creativity and counseling by Dr. Sam Gladding in Spring 2016!



Dr. Laura Marshak and Courtney Williams, an alumni, will be traveling to Chennai, India in August to present at the World Congress on Down Syndrome. Their presentation will be based on their research with more than 300 fathers of children with down syndrome. The emphasis of the talk will be on integrating what they learned with a cross cultural model of adjustment to disability. In addition, they will have a poster session focused on innovative models of training physicians to lessen the stigma associated with Down syndrome when interacting with parents and others.

Dr. Marshak is happy that her new book is finally in print after three years of writing. ***Going solo while Raising children with disabilities*** is the first book that focuses on diverse solo parents raising children with a broad range of disabilities. It includes chapters on solo fathers, spouses of deployed military, divorced and never married parents. Her goal was to give voice to the life stories, insights and strategies of the solo parents she sought out and met during the past few years as well as incorporate what she knows about adjustment to disability and coping.

Dr. Bob Witchel I presented a workshop at the **Greater Pittsburgh Counseling Association** on May 15th related to Trauma Counseling using a Somatic Experiencing Model and Gestalt Therapy Interventions. Among those attending the workshop (pictured at left) were two alumni: Joan McCullough-Crissman (Community Counseling Cohort 5) and Robert Miller (Community Counseling Cohort 8).

I will be attending the AAGT (Association for the Advancement of Gestalt Therapy) Northeast Conference in New Jersey in June and fulfilling Board Member responsibilities.

My son, Jeremy, is graduating with high honors from Fox Chapel Area High School next week and he will be in the first coed freshmen class at Chatham University this Fall, majoring in Social Work. My granddaughter, Abigail was born on Jan. 7th and joins her older brother, Noah, who will turn three in June.



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Dr. Spinelli Memorial Fund

If you wish to contribute to the Dr. Spinelli Memorial Fund, contact the Office of Annual Giving at (724) 357-5555 or write to: The Office of Annual Giving, 411 Sutton Hall, Indiana University of PA, Indiana, PA 15705. The annual award is given to a current counseling student.

Alumni - Job Leads

As graduation occurred a few weeks ago, we have many recent alumni looking for counseling positions in both school and community settings. If you know of any position openings either in school or agency settings, please email them to Dr. Dandeneau (cdanden@iup.edu) and she will post them on our FACEBOOK page, or you can link to our FACEBOOK page: [Indiana University of Pennsylvania—Department of Counseling](#) and post the job announcement yourself. *Thanks in advance for helping!*

IUP Counseling Department faculty, students and an alumna present

Two IUP Counseling Department students and an alumna were among the presenters at the fifth annual **Chi Sigma Iota Pennsylvania Statewide Conference** held in State College in early April. Cathy Kane, a student in the School Counseling program, and Melissa Habedank, a 2013 graduate of the Clinical Mental Health Counseling program, offered a 50-minute presentation entitled “Professional Development Starts Now.” Erik Messinger, a student in the Clinical Mental Health Counseling program, also presented on “Wellness: A Foundation and Corresponding Research.” Both seminars also included **Dr. John McCarthy**, professor of Counseling. All of the presenters are pictured below (left to right: Dr. McCarthy, Erik Messinger, Cathy Kane, and Melissa Habedank).



Department of Counseling Names 2015 Spinelli Scholarship Recipients



The Spinelli Scholarship is in memory of Dr. George Spinelli (pictured at left), a genuine, caring and compassionate counselor and counselor educator who was the first Chair of the Counseling Department and who remained chair until he retired from IUP in 1983. **Alexandra Lepilina** of Indiana, PA, and **Rachael Goss** of Pittsburgh, PA, were named as the 2015 recipients of the George L. Spinelli Memorial Scholarship in the IUP Department of Counseling. Both students were awarded the Scholarship at the commencement ceremonies in May.

Dr. Alexandra Lepilina, a student at the Indiana campus, is in the Clinical Mental Health Counseling program. She has her MD degree from the Sechenov Moscow Medical Academy and also worked for six years in the Department of Cell Biology at the Duke University Medical Center in Durham, NC.



Ms. Rachael Goss, a student at the IUP Pittsburgh location is also in the Clinical Mental Health Counseling program. She has earned two degrees at IUP, a Master's degree in Sociology and a bachelor's degree in Religious Studies. In addition to her work on her Master's degree in Counseling, Ms. Goss is an adjunct instructor at Point Park University and LaRoche College.

Janet Fontaine Outstanding Student Award



John Tucker, a student at the IUP Pittsburgh location, and member of Professional School Counseling Cohort 9, received the Janet Fontaine Outstanding Student Award for 2015. John was presented this award by Dr. Branthoover at the Graduation ceremony in Pittsburgh on May 8th. John will be moving to Florida as he has obtained a school counseling position to begin this Fall.



Dr. Janet Fontaine

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Indiana Campus May 2015 Graduation Ceremony



Connie Kramer, MA (2012)
Alumni Speaker, Pittsburgh Graduation



Dr. Teri Madura Connelly, (MA, 2005)
Alumni Speaker, Indiana Graduation

IUP Pittsburgh (Penn Center) Graduation—May 2015



School Counseling Cohort 9 (above) and Clinical Mental Health Counseling Cohort 14 (below)



IUP Counseling Department Newsletter

It's a new name with a fresh mission: The IUP Center for Creativity and Change.

Formerly known as the Center for Counselor Training and Services (CCTS), the new Center—known as “**Creative Change**” for short--will continue to offer its workshops throughout Western Pennsylvania and will expand its repertoire to also provide training on creativity-related topics.

“I am tremendously excited by this shift in our Center,” said Dr. John McCarthy, Director of the Center for Creativity and Change. “‘Creative Change’ will bring some dynamic speakers and topics to the Indiana and Pittsburgh areas that will be geared for a range of disciplines and professionals.”

The roots of the Center, which was started in 2005, will still be evident with its workshops tailored primarily to school counseling and clinical mental health professionals. “The Center will continue to do this,” said McCarthy, noting that an October 2015 workshop on Reality Therapy has been scheduled. A one-day event on creativity in the counseling profession is also being planned for Spring 2016.

Since 2005, over 1200 individuals have received training through the Center’s workshops that feature nationally and internationally known experts. The Center for Creativity and Change will continue to be located in the IUP Department of Counseling, which offers Master’s degree programs in both Indiana and the IUP Monroeville Graduate and Professional Center.

For more information, contact the IUP Center for Creativity and Change at creativity-coun@iup.edu.

Upcoming and Recent Center for Creativity and Change Workshops

Fall workshop on Reality Therapy

The IUP Center for Creativity and Change will be host an internationally known lecturer, author, and practitioner of Reality Therapy, **Dr. Robert Wubbolding**, for a one-day workshop on Friday, **October 2**. The event will be held at the **Greensburg Garden and Civic Center in Greensburg, PA**, and his workshop is entitled “Individual Counseling and Group Work in Reality Therapy.”

Dr. Wubbolding is professor emeritus of counseling at Xavier University and the Director of The Center for Reality Therapy in Cincinnati, Ohio. Dr. Wubbolding has taught Choice Theory and Reality Therapy in the US, Europe, Middle East, and Asia. Dr. Wubbolding’s contributions to the theory and practice include the ideas of “Positive Symptoms,” “The Cycle of Counseling,” and “5 Levels of Commitment.” He has also significantly expanded the procedure of evaluation in Reality Therapy. His books on Reality Therapy include “Employee Motivation,” “A Set of Directions for Putting and Keeping Yourself Together;” and “Reality Therapy for the 21st Century.”

More information about the workshop and registration can be found on the Center for Creativity and Change website (www.iup.edu/counseling/centers/). A discounted early bird registration is available until Monday, September 21.

May Seminar on Counseling

The IUP Center for Creativity and Change hosted a “Spring Seminar on Counseling” on Friday, May 15, at the IUP Monroeville Graduate and Professional Center. Two presentations were offered by IUP Counseling professors, Drs. McCarthy and Witchel, on a range of topics, including Gestalt counseling, and creative thinking and problem-solving.

Attention Former Graduates

The Department of Counseling has been utilizing the expertise of an **Advisory Board** since 2000 to increase communication between the department and professionals in the field. At this time, we are in need of former graduates with experience in the community (mental health, addiction, private practice, etc.) and school counseling areas (elementary, secondary, vocational, special education) to serve as Department Advisory Board members. We are soliciting self-nominations for these seats. You must be willing to attend one meeting per year through conference call, Internet, or smart phone. We would like members to share their ideas and opinions regarding areas such as curriculum, changes in the field, the alumni newsletter, departmental events, etc. If you are interested in nominating yourself or a colleague, contact Dr. Kim Desmond (kdesmond@iup.edu mailto:(kdesmond@iup.edu) We hope you will consider offering your expertise to our programs.

Doctoral Program—Update

Drs. Desmond is providing leadership for the development of a **doctoral program** in Counselor Education and Supervision at IUP. The first step in the process, the Letter of Intent, has been submitted. Once approved, the doctoral program proposal with credit and curriculum requirements will be reviewed. We are hoping to start a doctoral cohort in the fall semester of 2016. Stay tuned!

Pittsburgh area programs now offer Part-time and Full-time Options

To respond to recent students' needs to move more quickly through the 60-credit counseling programs, we are now offering both part-time and full-time options to Pittsburgh area students. These options have been available on the Indiana campus for many years. We are also recruiting for a daytime full-time cohort on both campuses for this fall.

Recruiting for Fall 2015

While we have completed our initial admission's process, we are still actively engaged in the **recruitment process** for new students for this Fall's Professional School Counseling and Clinical Mental Health Counseling programs for both campuses. Our final **Fall 2015 application deadline** is **June 24th**. As we are always interested in enhancing our pool of applicants for programs on both campuses, please encourage potential applicants to contact either Dr. Dandeneau or Dr. Witchel. **Alumni are our best recruiters!!**

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) to:

Dept. of Counseling, Stouffer Hall, Room 206, 1175 Maple Street, Indiana, PA 15705. 724-357-2306

Name _____ Year of Graduation _____ Degree _____

Address _____

Home phone _____ Work phone _____

Place of Employment _____ Job Title _____

Publications _____

Presentations _____

Other news _____

IUP Counseling Department Alumni Survey.

Below is a link to the IUP Counseling Department Alumni Survey. We are asking you to take this brief (approximately 10 minute) survey in order to provide the department critical feedback about your training experience at IUP. Collecting data regarding alumni experiences is mandated as a part of our CACREP accreditation, so your survey response not only provides important information about your training experience but also assists the department in maintaining CACREP accreditation.

https://iup.qualtrics.com/SE/?SID=SV_1N6HXyoPhYwk9dH

In addition to the IUP alumni survey link, a second survey link is provided below for an **Employer Survey**. We are asking you to provide this link to your current supervisor/employer for them to complete this brief (approximately 5 minute) survey. Again, data from employers is needed for CACREP accreditation, so sharing this survey with your employer assists the department in quality improvement and professional accreditation.

https://iup.qualtrics.com/SE/?SID=SV_50y4okeRsPI5sdT

If possible, please complete the survey by **August 30, 2015**. We thank you in advance for taking the time to provide feedback to the department. We value your response and will use the information gathered to engage in continuous program evaluation and improvement.

As a way to acknowledge the mark of quality by our accreditation and being named the 2010 Outstanding Counselor Education Program by the PA Counseling Association, the Department would like to further support Clinical Mental Health 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/AO15

Name(s): _____ Banner ID (if known):_@_____

Address: _____

City: _____ State: _____ Zip Code: _____ Phone Number: _____

Email: _____

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Or, I would like to pledge \$ _____ and pay my gift in 1 2 3 4 consecutive month installments

Please mail this form along with your check made payable to Foundation for IUP to: Foundation for IUP, G-1 Sutton Hall, 1011 South Drive, Indiana, PA 15705-1046 Or, to pay by credit card, please complete the fields below, or visit www.iup.edu/giveagift and enter Account Number 4450 in the "Other" field to designate your gift.

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Expiration date: _____ Signature: _____

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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

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Emeritus Faculty

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- 904 Peltier Dr., Cary, NC 27519

Department Website Dr. Witchel and his GA, Kailyn Hall, 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

Like our Facebook page!

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[Department of Counseling.](#)

Alumni Updates

Brian Coiner (2002), Middle School counselor at Franklin Regional School District, won a Districtwide "2014-15 Excellence Award."



Updating your Email & Other Information

To continue receiving all the latest information from the Counseling Department and the University, update your **email address** as well as other information at the following website: www.iup.edu/upper.aspx?ekfrm=37027

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