

COUNSELOR'S CLIPBOARD

Department of Counseling and College Student Personnel

Fall '09



A MESSAGE FROM OUR CHAIR

Greetings!

I want to sincerely welcome you to a new academic year. I hope that you take advantage of the numerous opportunities this year will offer in learning about yourself and each other as well as our profession and the world in which we practice.

As you might expect the Department was busy over the summer teaching, researching, writing, and preparing for the new academic year. We also took advantage of occasions for renewal that included travel, reading, and reflecting.

As some students may be aware, our accrediting agency (CACREP – the Council for Accreditation of Counseling and Related Educational Programs) is no longer accrediting Community Counseling programs. Consequently, the Department stopped admitting students into that specialization in the spring of 2009 and is phasing out the 48 credit hour community counseling option. Instead, we are offering a 60 credit hour Clinical Mental Health specialization. Of course we continue to offer specializations in college counseling, college student personnel, and school counseling.

Speaking of CACREP, this year our Department will begin in earnest our self study in preparation for our accreditation review in 2011. This means that during this year you will most likely be asked to participate in our assessment efforts. For example, all Field II students will be required to take the Counselor Preparation Comprehensive Examination during the fall semester on either [11/14 from 9-11 pm](#) or [11/19 from 4-8 pm](#). More information on that exam will be provided during Field II class. Dr. Kathryn Newton will coordinate our CACREP self study efforts.

Returning students will notice new names of two courses that more appropriately reflect current content. CNS 588 (previously Advanced Psych Skills) is now called Counseling Strategies and Techniques. CNS 524 (previously called DSM IV and Psychopathology) is now called DSM IV and Psychopathology from a Counseling Perspective.

I am looking forward to the new learning opportunities this upcoming semester will bring us. Please contact me or any of our wonderful faculty members if you have any questions or concerns.

I hope that you have an inspiring semester!

Sincerely,

Dr. Jan Arminio

Professor and Chair, Department of Counseling and College Student Personnel

New student Orientation

A department orientation will be held for new students on **September 1, 2009 from 4 pm - 6 pm** in **Shippen Hall 100**. Any student beginning classes during the fall 2009 semester should attend. This is an important meeting where student expectations will be discussed, including departmental policies and procedures. Attendance is strongly encouraged as students will be responsible for the material shared. A light dinner will be served.

Mandatory Practicum Meetings

The department will hold **mandatory meetings on September 21 (for School) & 22 (for Mental Health & College Student Personnel)** for students planning to schedule practicum during spring 2010. The purpose of these meetings is to review guidelines for Practicum. Students are required to attend the session designed for your particular area of specialty since your advisor will be present.

**In preparing for the meeting you are asked to do the following:

1. Pick up a list of Practicum/Field sites (by specialty) which will be available in the lobby or the department website (<http://webspaceship.edu/counsel>) under **forms**.
2. Make preliminary decisions about what sites to choose.
3. Talk to your advisor (who will be available at the meeting) and get permission to pursue this site.

***Both meetings will be held in Shippen Hall 100 from 5pm-6:30pm**

***New Supervisor Forms are due by October 23, 2009**

****All internship paperwork is due to Dr. Brooks by October 30, 2009**

APA writing workshop:

September 8th, 5pm
Shippen Hall room 100

All new students are strongly encouraged to attend this workshop. Returning students may also want to attend to learn the updated APA style. Our department attempts to standardize our writing format and every student is held to the APA writing guidelines and standards. You **MUST** learn to navigate scholarly writing and mastering the APA style is the only way to do it for this program. Most classes will require The APA Writing Manual, 6th Edition as a reference text. **Please bring it with you to this workshop.** During this workshop, a brief guide along with writing samples will be provided. Dr. Todd Whitman will be facilitating.

December Graduates

Students graduating in December are required to apply for graduation **by September 11, 2009**. Applications are available in the Registrar's Office (Old Main 111) and online. If you have any questions concerning this process, contact the Registrar's Office at (717) 477-1381.



Change of Name or

Address These forms are now available in the first floor lobby of Shippen Hall. If your name or address has changed, remember to complete the form and submit it to Janice Allen in Shippen 123 as soon as possible.

School Counseling Students Please be advised that you are to complete the PRAXIS PPST Exam before candidacy. Students must pass all required PRAXIS Exams before being certified by the Pennsylvania Department of Education (PDE). If you have questions, see your advisor. **Registration for the PRAXIS is at 1-800-853-6773. The registration fee is \$50 and the cost for all 3 tests is \$130.** You may go to www.ets.org/praxis for more information. **Also school counselors must apply for PDE certification by completing forms 338-C and 338-G the fee is \$40.** Information on PDE certification is available in the information shelves on the 1st floor of Shippen Hall.

NCE Packets Any student planning on taking the NCE, packets are available from Dr. Todd Whitman (Shippen Hall Rm. 115).

Shippensburg University Dept. of Counseling and College Student Personnel is now on



Join the group for the latest counseling and college student personnel job postings and other helpful announcements.

**REMINDER!!! ALL
NEW
SUPERVISOR
FORMS FOR THE
SPRING 2010
SEMESTER ARE
DUE BY
10/23/2009**

**ALL INTERNSHIP
REGISTRATION
FORMS FOR
SPRING 2010 ARE
DUE BY 10/30/2009
NO EXCEPTIONS**

Scheduling Information

Please be advised that the department prioritizes student scheduling based on credits earned. Prior to the start of scheduling, you will receive information via your Ship email from Janice Allen regarding this process. Once it is time to schedule, you will need to do it through our department website, webspace.ship.edu/counsel/

Remember, our scheduling deadlines and process is different from the Registrar's Office.

Clearances

You must show proof of clearances (varies depending on track) and proof of insurance the first day of each practicum, field I, Field II, and Advanced Field. More information on this will be provided during the Practicum Meetings. A hard copy of this information is available in the lobby.

For the Child Abuse Clearance, go to www.dpw.state.pa.us/. Click on Publications and Form (left side); click on Child Abuse History Clearance Form. You will need to download the form and send it in with a \$10 money order. These forms are also available on the first floor lobby of Shippen Hall.

For the State Police Clearance, you can download the form from www.dpw.state.pa.us/. Just Click on State Police Request for Criminal Record Check on the forms and Applications page. Or, you can go to <https://epatch.state.pa.us/Home.jsp> and request online (credit card required). Immediate, printable results if you do it that way.

To register for FBI fingerprinting, go to <http://www.pa.cogentid.com/index.htm> , and click on PDE for school work or click on PDW for mental health work. The fee is \$40 for PDE and \$35 for PDW, and a credit card is required for the payment. After registering, print out the control form, click on home, click on PDE/PDW again, and click on Print Locations and Hours.

*For more information and site locations are available on the department website, under form.

Conferences 2009/2010

ACA:	Pittsburg, PA	March 18-22, 2010	http://counseling.org
ACPA:	Boston, MA	March 20-24, 2010	www.myacpa.org
ASCA:	Dallas, TX	June 28- July 1, 2010	http://www.schoolcounselor.org
PCA:	State College, PA	Oct 30-Nov 1, 2009	www.pacounseling.org
PCPA	Greensburg, PA	Oct. 18-20, 2009	www.pcpa.net
NAMI:	Harrisburg, PA	Oct 28-Nov 1, 2009	http://namipa.nami.org
NASPA	Chicago, IL	March 6-10, 2010	www.naspa.org

Attending the above conferences is a great opportunity for students to keep up with current issues of the counseling field, and it will also provide great connections to people in the field. Presenting at conferences with faculty members is also strongly recommended for students. Faculty members enjoy the opportunity to work and present with students, and students might consider asking a faculty to co-present with them. There were several students who presented at the ACPA, NARACES, PCA, and PSCA conferences, and they enjoyed their experience.

The Proposal Submission Dates

If you decide to do a presentation at a conference, the proposal submission dates are often months in advance of the conference.

Other Helpful Tips to Know

Book Store: please be sure to visit the book store website for all course required texts. Their website is <http://bookstore.shipstudent.org>. If you have any questions about the listing, you can call the bookstore at (717)477-1400

Email: Our department communicates primarily through email. With your student status, you are given a Ship email account. You can access your Ship email by clicking on My Mail at the top of school website. You will need to enter your email address and password to access your account. For those of you who want to forward this email to one you use more often, go to the school website and click on My Info at the top. Enter your username and passwords. Click on Register; click on forward email at left; follow instructions. **It is vital to check your email regularly.**

The Student Manual: is available on the website (<http://webspace.ship.edu/counsel/>), and it has important resources for getting your questions answered. Much of the following is there as well.

Travel Voucher: Ship has a stipend that anyone with an internship can apply for to help cover travel expenses! Go to <http://webspace.ship.edu/ipssp/forms.html>, print and complete the "travel reservation" form also including complete address of site, supervisor name, and your contact info. Send form to Margaret Light, Internship Program Coordinator in OM 113, 477-1317. Once approved, print and fill out the "travel voucher" form found on the same site.

Chi Sigma Iota (CSI)

Chi Sigma Iota is the international honor society of professional counselors. CSI was created for counselors-in-training, counselor educators and professional counselors whose career commitment is to service and research through professional counseling. The mission of CSI is to promote excellence in the profession of counseling. Students must be recommended for membership in the Upsilon Chapter of CSI and completed 15 hours of course work with a GPA of 3.5.

This fall the Upsilon Chapter at Shippensburg University is planning a mentoring program. Current members of CSI will be matched with new students in the counseling department to create a mentor relationship. We are also planning a variety of social events and hope to generate a new webpage as well as recruit new members.

Current Chi Sigma Iota Officers

President: Michelle Hayworth

Treasurer/Secretary: Danielle Newcomer

Student Advisory Council (SAC)

The purpose of SAC is to serve in an advisory role by:

- Responding to and suggesting ideas concerning Department policy.
- Suggesting new program ideas/topics to be considered by the Department for future programs.
- Making recommendations to the Department based on program needs and concerns of the student body.
- Referring students with specific course complaints to the proper due process.

Current SAC Members

Paven Purswani
Shelby White
Tomomi Kikkawa

Attention Runners

Last July our Ship students received an email from me regarding interest in running the Philadelphia marathon, half marathon, or 8K. A group of students and professors trained and ran the full and half marathon, and 8K races. In the spring of this year another group of students and faculty ran in the Pittsburgh Marathon running the relay, full, and half marathon races. Because of the interest in the past, I'm sending out another email.

We are in the midst of summer with cooler temperatures awaiting us in the fall. At this point running in a race may not be at the top of your "to do" list, however, I would like to plant a seed for you to consider. The first weekend in October (Saturday, October 3rd) is the inaugural Freedom Run held in Shepherdstown, West Virginia (thank you Karen Miller for the initial information on this race). A variety of races will be held that day (a Full Marathon (26.2 miles), a Half-Marathon (13.1 miles), a 10K (6.2 miles), and a 5K (3.1 miles). The website is <http://freedomrun.org/Default.aspx> It's only an hour or so from Shippensburg and will be held in the historic and beautiful village of Shepherdstown. With less than 10 weeks to go before that October weekend, my hope is to stir interest and have a group from Shippensburg run in one of the four runs.

If you are not able to run the October weekend, there is the Philadelphia Marathon on Sunday, November, 22. That race consists of a full and half marathon as well as an 8K. The website for that race is <http://www.philadelphiamarathon.com/home> This race will be much larger than the October run and will have all the energy of 10,000 people pushing individual limits.

If you are interested in one or both weekends, please email me cwbroo@ship.edu so I can place you on an email list for future informational emails. I would also like to show a powerful DVD on training for the marathon before a class some evening for those interested in running a marathon at some point (or maybe the spring semester!). I also like to try and get a group to run at least one training run together before a race.

Please consider one of the runs and if interested, go ahead and sign up to ensure yourself a number.

Growing Edges Community Counseling Clinic

As you already know, the counseling department has started the Growing Edges clinic in the Spring of 2008. This program is coordinated by Dr. Bill McHenry and has been serving people in our community. After the clinic was started, Drew's Hope and the Re-Visions program followed with partnerships from the Drew Michael Taylor Foundation and the For-Sight Vision, Inc. agency in York.

Drew's Hope is a no-fee grief and loss support program for children, adolescents, and their families. The first Drew's Hope groups were facilitated by students in the Department of Counseling and College Student Personnel. These groups completed six meetings and had a Remembrance Ceremony to honor their families and loved ones. The next set of groups will start mid-September. Please contact Dr. McHenry or Dr. Hess if you would like to volunteer as a facilitator for this fall.

Here is a quote from one of the students who facilitated Drew's Hope:

"Working with grief is not an easy thing to do as I sit there with the intense pain of others. Working with Drew's Hope groups has taught me that loss can be felt in many ways, and that not everyone will feel the same at any given time. It has also taught me that through grief human resilience can abound and draw others together as they share common thoughts and experiences. It amazes me of the wisdom that is gained when we experience death, and how dealing with death can promote a kind of thankfulness for the things that we have, and the time that we have been given." -Jen Young

How Can You Help?

**The clinic has been helping people from the community while enhancing the educational experience of counseling students. The clinic always needs volunteers to assist in any form, particularly in webpage design, data processing and analysis, and programming. If you would like to contribute to the clinic by offering any form of help, please contact Dr. Bill McHenry.

Coming Up

Dr. Kathryn Newton will be starting a program that offers a combination of financial planning services with personal counseling through weekly group discussions.

How can you support the Drew Michael Taylor Foundation?

Go to www.goodsearch.com and type Drew Michael Taylor Foundation in the box of "who do you goodsearch for?" and verify your entry. Set up this search engine site as your home page. Each time you search something, the foundation receives a penny. Also, check out the GoodShop category which is displayed on the bottom of the webpage. If you are an online shopper, go to the website through GoodShop. Each time you shop, the foundation receives a certain percentage of the money you spend. This is a great way to support the foundation! You may also spread the word to others about the foundation to support!

**If you would like to know more about the Drew Michael Taylor Foundation, please visit the website at www.drewmichaeltaylor.org.

How Was Your Summer?

Dr. Jan Arminio spent the summer teaching the Research Seminar, hiking the Wicklow Way in Ireland, wrote a chapter in the *Leadership Handbook* on "Establishing and Advancing a Leadership Education Program" to be published next year, tore a ligament rock climbing, and updated the student manual. She also read *Where I am From* by Borrego and Manning that she would highly recommend. It is a collection of essays written by under-represented students in higher education.

Dr. Andy Carey spent much of his time this summer writing and reading. He has been working on an article about the "true self" with two students for submission to JCD. He has also been doing many spiritual writings about various topics, but especially about the need to know love as the base for all good things to come, and that without knowing love our motives invariably come from a place of lack and deprivation. In connection with the topic of true self, he has also read a very good book entitled, "Hidden Wholeness" by Parker Palmer. For fun, Andy has played a bit of golf, ridden his mountain bike, and restored an old treasure chest. He looks forward to being more his true self this fall.

Dr. Kurt Kraus had a very enjoyable summer. He has taken to visiting Linebaugh's auction on the outskirts of Shippensburg on Thursday mornings and bidding on far more shrubs and plants than he has lawn to plant them in!

Academically, he was busy teaching Group in Term IV. He recently returned from a meeting in Paris with UNESCO followed by a week in Oxford and Coventry England where he attended meetings and the International Counseling Association's (IAC) annual "roundtable" meeting. Even though a roundtable in England - there were sadly no knights or swords in stones. Kurt is really excited for an exceptionally busy schedule this fall with the National Board for Certified Counselors and Affiliates. His fall courses will have heavy emphasis on virtual classrooms (Bb) which he is excited to engage in. He is in his final year as a Board of Director for the National Board for Certified Counselors - and is becoming both anxious for and dreading the culmination of such a wonderful opportunity to shape and grow the Counseling profession - domestically and internationally. His service to the NBCC over the past 5 years has been a professional highlight of his career so far.

Finally, Kurt and his co-author Dr. Anne Geroski, professor at the University of Vermont, published their newest book *Groups in Schools: Preparing, Leading, Responding* this autumn (Geroski & Kraus, 2010, Merrill/Prentice Hall). Kurt and Anne were doctoral students together and this publication is incredibly rewarding.

Kurt wishes everyone a wonderful, productive semester - and is anxious for classes to begin!

Dr. Bill McHenry spent a lot of time this summer playing with his family. He has also been working on writing several articles and books. Dr. McHenry and Dr. Brooks had their book *A Contemporary Approach to Substance Abuse and Addiction Counseling* published this summer by ACA. Dr. McHenry has also been doing lots of gardening this summer.

Dr. Kathryn Newton has been working on several articles over the summer; topics include the recovery process for women who are dependent on methamphetamine and issues for African American women who have been mandated to substance abuse treatment. She recently submitted an article that addressed issues of classism in group work. This fall, Kathryn will be working with Dr. Bill McHenry, Dr. Hong Rim (Grove College of Business) and Head Start to initiate a support group for local families dealing with financial stressors. The group, offered through the Growing Edges clinic, will be a blend of practical tools offered by graduate students in the business program, and coping skills and support facilitated by counseling students. This is an exciting addition to clinic services and timely given the economic downturn. Kathryn is also looking forward to continuing to provide play therapy services through the Growing Edges clinic. She will be continuing her work as the Multicultural Consultant to ALGBTIC, a national division of ACA that addresses the counseling concerns and needs of lesbian, gay, bisexual and transgender persons. Kathryn will be presenting at local and national conferences this year, sharing her work in the areas of substance abuse, wellness, and LGBT advocacy. On a more personal note, Kathryn fully enjoyed the summer, spending time travelling, biking, reading (for fun!), cooking, and on the beach with friends and family. She was approved as a foster parent and had her first placement – a one-month old girl. As a result she has considerably increased empathy for students and colleagues who are parents.

She looks forward to seeing everyone this fall – new and continuing students alike!

Dr. Todd Whitman had a busy summer teaching three classes, playing outside, and traveling. The highlight of his summer was a three-day, 300-mile solo bicycle ride from Shippensburg to Syracuse, NY. He saw a lot of beautiful places and met some wonderful, quirky people along the way. He found that the “endless mountains” region near Scranton was indeed seemingly infinite, but he made it through there with persistence and some help from Red Bull.

Dr. Whitman has also read several noteworthy books that he would like to pass along to anyone interested. *Freakonomics: A Rogue Economist Explores the Hidden Side of Everything* by Steven D. Levitt and Stephen J. Dubner is a provocative and measured glimpse about the world we live in, and how we erroneously ascribe causality to things. What *really* caused a reduction in crime in the 1990s? Remember that axiom about correlation not equaling causality? It's a biggie in this book. Cool stuff even if you're not a stat geek. For a more titillating picture of modern life, try *The Night of The Gun* by David Carr, which is a memoir about his battle with cocaine and alcohol addiction. However, this is no ordinary book about addiction and recovery. Carr uses a very inventive and clever way to collect <ahem> data about his life that underscores the subjective and qualitative nature of perception. As you read this book, you will eventually learn more about who had the so-called “gun” of the story, but you'll learn more about yourself and the way you see the world around you. Enjoy!

Academic Calendar Fall 2009



31 School Starts



1 New Student Orientation **4-6pm**
 8 APA Writing workshop **5pm**
 11 Fall 2009 Graduation Applications Due
 21 Mandatory Practicum Meeting **School 5-6:30pm**
 22 Mandatory Practicum Meeting **CSP/MH 5-6:30pm**



9 Fall Break Begins
 14 Classes resume **8:00am**
 23 New Supervisor Forms Due
 27 Supervisors Luncheon **12-3pm**
 30 All Internship Registration Paperwork Due



17 MH Candidacy **1-3pm**
 17 School Candidacy **1-5pm**
 24 MH Candidacy **1-3pm**
 25 Thanksgiving Break Begins
 30 Classes resume **8:00am**



7-11 Final Exams
 18 Graduate Commencement

Department Directory (717) 477- Add Extension

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