

The background of the slide is a detailed botanical illustration. It features various plants and flowers: a large yellow hibiscus with a dark red center on the left; a pink flower with a white center at the top left; a cluster of small white flowers on the top right; and a branch with small red flowers at the bottom center. Large green leaves are scattered throughout the composition, some overlapping the central text box. The central text is enclosed in a white rectangular box with a thin black border.

# Western Carolina University Counseling Connections

September 2019



## Practicum Experiences

*In this issue we will hear from students in their practicum semester about their sites, the population they are working with, and initial thoughts and feelings about their work.*

### Mikayla Buchanan

I am at the Balsam Center in Waynesville. This is an inpatient facility that offers up to an 8 day stay for individuals who are dealing with substance misuse, suicidality, and homicidality. The center is a 16 bed facility that serves ages 18-64. I do not start at my site until the second week of September! I'm very excited and nervous to work with an adult population. I have been predominantly with adolescents for much of my experience, where now I will be able to stretch my knowledge and experience opportunities. The population of substance use is also a foreign territory for myself, providing a packed semester of growth.

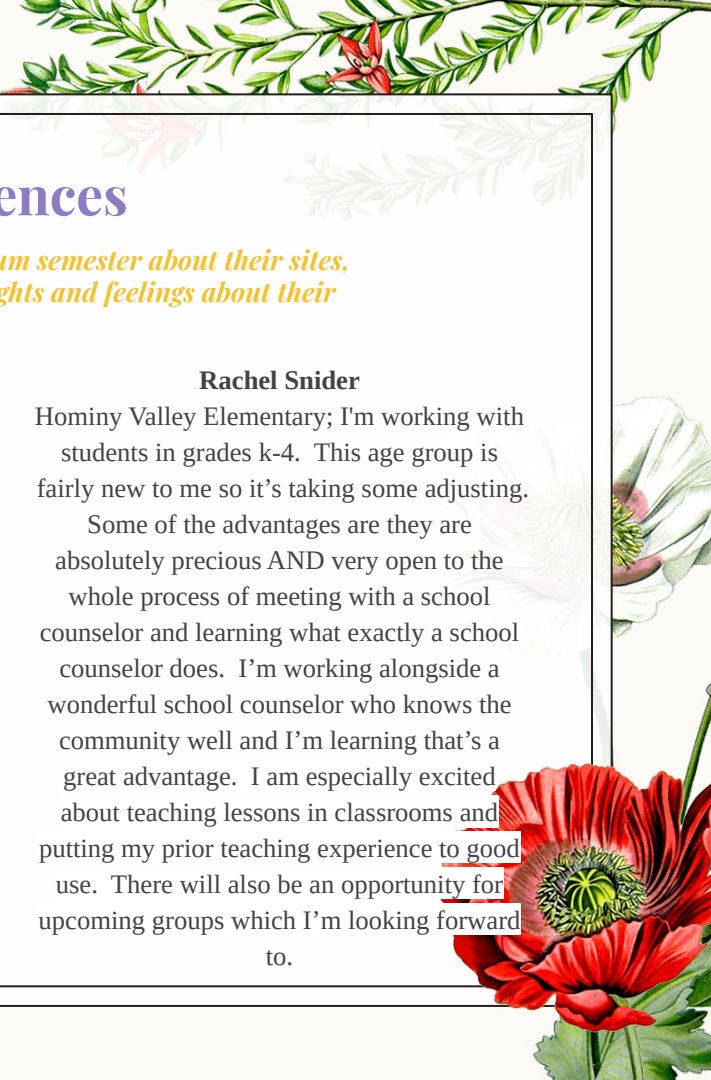
### David Wynn

Blue ridge treks; I'm working with teens, but the agency serves all ages and populations. After a year of learning in classrooms, I was ready to get out and try my hand at the work. My practicum site has been really supportive of my growth and expression as a young counselor. I have been leading an outdoor leadership group as well as meeting teenage clients at their schools. So far it's been an enlightening and challenging experience. Staying on top of notes and documentation is critical, especially as I take four additional classes. I am planning to stay here for my internship and hopefully beyond.

### Rachel Snider

Hominy Valley Elementary; I'm working with students in grades k-4. This age group is fairly new to me so it's taking some adjusting.

Some of the advantages are they are absolutely precious AND very open to the whole process of meeting with a school counselor and learning what exactly a school counselor does. I'm working alongside a wonderful school counselor who knows the community well and I'm learning that's a great advantage. I am especially excited about teaching lessons in classrooms and putting my prior teaching experience to good use. There will also be an opportunity for upcoming groups which I'm looking forward to.



# Practicum Experiences Continued

## Rachel Curcio

My practicum site is at Valley Springs Middle School where I am working with predominately 8th graders. It has been very interesting and exciting every week to step into the middle school setting (you never really know what is going to happen). I am looking forward to the rest of this semester learning from and working with this population.

## Megan Myers

I am currently working as a counselor trainee at Western's Counseling and Psychological Services Center with undergraduate college students. When I first got this site I was concerned about the amount of time I would be spending driving, and generally feeling some nervousness about the change. After working there for about three weeks now that worry has dissipated because I feel this will be a wonderful training opportunity. The team at CAPS is upbeat, funny and extremely thorough with their training. Last week I saw my first two clients.

Although I am feeling some anticipation about beginning this process, I am mainly feeling a deep sense of relief. It's a relief that I feel like I am finally where I belong right now in my life after working in a career that didn't feel right for six years. I think that relief will serve as motivation to get through a tough semester and ease some of the nerves I am experiencing. When I feel like a may not be enough or that I don't have the skills to be sitting with a client, I will take a moment to allow myself to feel peace. This peace comes from an understanding that my career is ever evolving. Each day I'm getting closer to where I hope to be, while developing a better understanding myself in the process.

Email [Tbnayowith1@catamount.wcu.edu](mailto:Tbnayowith1@catamount.wcu.edu) for registration form





## Practicum Experiences Continued

### Andrew Brady

I am at JFK Alcohol and Drug Treatment Center for my practicum. We serve adults 18+ with substance abuse disorders. I specifically work in the acute care unit where our population has substance use disorders and mental health disorders as well. I have loved my site so far and have learned a lot about motivational interviewing techniques and have had the chance to facilitate group counseling sessions on a regular basis. I work with an amazing team and have had the opportunity to receive feedback and supervision from multiple different professionals. I would recommend this site to everyone, especially if you are pursuing your LCAS!


### Leah Guarino

I am at FIRST at Blue Ridge. FIRST is a therapeutic community for addiction. I am working in the women's sections. Female residents are able to see me (a counselor) as needed, and at least during their first 90 days, attend group daily. I have currently been doing individual sessions as well as running an anger management group. Initially I was incredibly nervous about the logistics of obtaining clients, what the proper protocols would be, and getting the appropriate amount of hours. However, after my third week, I've fallen into a routine and understand where to go from there. During my first individual session with my client, the basics learned in our helping class felt that they came back and were easily applicable. Both my site and university supervisor feel like safety nets but allow me freedom to learn by doing.

### Tessa Nayowith

Meridian Behavioral Health, day treatment in a school setting with kindergarteners-5th graders. Before practicum started I felt nervous about time management and whether I chose the correct population to work with.

After getting clarification on practicum requirements & walking in the door and meeting the kids that I'll be working with all semester, those worries faded away & I feel excited and so passionate about my placement! I haven't started individual sessions yet but I've had lots of therapeutic interactions with the kids. I'm excited to continue building strong relationships with them over the semester. For me the excitement of finally being in a placement is negating so much of the stress I felt before the semester started.





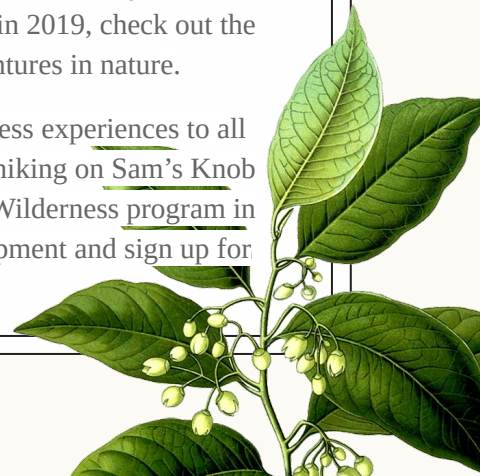
## WCU's Wilderness and Wellness Programs

Contributed by Megan Myers

Recently WCU's Counseling and Psychological Services Center has teamed up with Base Camp Cullowhee in conjunction with Campus Recreation and Wellness to create Wilderness as Wellness experiences for students. This series of programs began last Spring 2019 semester with a "de-stressor" hike before finals that involved elements of mindfulness and meditation. Jeremy Haas, the Associate Director of Outdoor Programs, took the time to speak with me about how this program originated and the goals for this program this semester.

This program grew with the goal of connecting students with the natural world, knowing that college students move quickly and don't have a lot of downtime. Additionally, Base Camp wanted to create a program that students at all experience levels felt they could participate in, as Base Camp typically has more rigorous outdoor activities. Base Camp Cullowhee offers many forms of outdoor adventures. In fact, WCU was rated "Top Adventure College" by Blue Ridge Outdoor Magazine in 2019, check out the article [here](#). However, this is the first focus it has had on the integration of mental health and adventures in nature.

This semester Base Camp Cullowhee in conjunction with Campus Recreation hopes to provide mindfulness experiences to all outdoor levels. The next mindfulness hike will take place on September 28th and will combine yoga and hiking on [Sam's Knob](#) for the wellness and wilderness experience. The team at Base Camp hopes to continue this [Wellness and Wilderness program](#) in the continuing semesters. Continue to check the Western Carolina website to follow the programs development and sign up for activities. Find more information [here](#).



# Upcoming Events

## Break by the Lake

Friday, October 11 2019

Registration Opens August 21st & ends October 4th 2019

### Morning sessions:

#### **Supporting Students with Autism Spectrum Disorder in the Regular Education Setting**

Presented by Jonathan Basset

#### **The Power of Choice: A Review of Substance Abuse with Adolescents**

Presented by Luke Gill

#### **Giftedness and Counseling: Definition, Recognition, Characteristics, & Counseling Approaches in Gifted Populations**

Presented by Gordon Smith

### Afternoon Sessions:

#### **Race Equity: Shifting the Culture of School**

Presented by Mark Ackerman and Craig White

#### **25 Ways to Implement CRM/Compassionate Schools**

Presented by Jody Montrie, Megan Gallagher, Katrina Oliver, and Michelle Smith

#### **Trauma Sensitive Classroom Management**

Presented by Kelley Eyster and Autumn Rice

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# Upcoming Events Continued



## **Appalachian Gestalt Therapy Institute Beyond the Empty Chair and Fritz Perls:**

A Description of the Myths and Misconceptions of Gestalt Therapy  
Friday September 20, 2019

**Description:** Through the years Gestalt Therapy has been seen by parts of the larger community as a reflection of Fritz Perls and his techniques. While Perls (and Laura) have helped developed Gestalt Therapy, to surmise that is the end all and be all of Gestalt is profoundly inaccurate. This workshop aims to correct those misconceptions and to provide an accurate description of contemporary Gestalt therapy. The process used will be both didactic and experiential.

**Presented by** Nicholas E.S. Emmanuel & Earnest A. McCoy

**Time:** 1-4pm

**Location:** 70 Woodfin Pl. Ste. 110

**Asheville, NC 28801**

**Cost:** Free

## **2019 NC School Counselor Association Conference**

**Preparing Together for Tomorrow**

**NC School Counselors: Developing Roots**

**November 13-15, 2019**

**Embassy Suites Resort & Convention Center**

**Charlotte-Concord, NC**

**Now accepting proposals for graduate student poster presentations!**

To submit a presentation, click [here](#) and go to Graduate Poster Sessions.

**Deadline 9/23.**





## Upcoming Events Continued

Licensed Professional Counselor Association of North Carolina Conference will be in Concord, NC October 24-26, 2019. This year, we have two ways for students to attend the conference for **free!!**

Students interested in volunteering will earn **free** attendance at the Conference on the day that they volunteer!! Volunteering enables students to participate in the conference by committing to 2 hours of helping out in exchange for attending presentations, meetings, NCBLPC updates etc.

**Volunteers must be LPCANC members**

Remember Students can join for \$25.00

**Interested students must pre-register!!**

[Register to Volunteer here!](#)

Also, returning this year, will be the **Career & Networking Fair** on Thursday October 24<sup>th</sup>, 2019 from 10am-3pm!!

**Attendance is free for LPCANC members.**

**Just \$25.00 for Non members**

Attendees will have the opportunity to meet representatives from **Universities, community agencies, and many other networking opportunities will be available for students.**

**In order to attend students must pre-register, click the [link to register](#)**



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## Relevant Articles

[The Answer To Burn Out At Work Isn't "Self-Care"—It's Unionizing](#)

[The Rwandan Prescription for Depression](#)

[How Microexpressions Can Make Moods Contagious](#)

[Hate Is Not a Mental Illness](#)

[How Culture Makes Us Feel Lost](#)

[Should Teachers Be Allowed to Touch Students](#)

[Congress Holds Historic Hearing on Childhood Trauma](#)



# Self Care Tips

## Sleep Hygiene

Pretend to color a giant piece of paper with a giant blue crayon

Don't look at screens within an hour of bed and put blue light blockers on your devices

Create a bedtime ritual to prepare to get to bed

Don't do homework in bed, leave bed as a place for sleeping

Do a body scan starting with the top of your head noticing as much of your body as possible down to your toes and count backwards from 10- if your mind stops thinking for just 10 seconds you will fall asleep

Don't exercise an hour within bed

Drink herbal tea

Essential oil diffuser







Thank you!!!

Support the newsletter. Help us with  
the newsletter next month!

Send information/articles to Tessa  
for review.

[tnayowith@wcu.edu](mailto:tnayowith@wcu.edu)

Special thanks to:

Mikayla Buchanan, Megan Myers,  
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