



Counseling Connections

It's Been a Long Cold Lonely Winter...



It most certainly has been; in fact, the mountains have experienced record cold temperatures and accumulated snowfalls. Shorter days, dangerous mountain roads, higher energy bills, school closings then add to that the stresses of graduate school, work and/or parenthood, it is no surprise if we might get stressed and depressed at times, but “Neither snow, nor rain, nor heat, nor gloom of night stays these courageous” counseling students... How exactly do you keep yourself going through the winter? What self-care activities do you engage in during the winter to keep yourself renewed and fresh?

Personally, I don't find cold weather very appealing but it doesn't make me loathsome like it used to (non-attachment, non-judgment mindfulness does help!). On the other hand, I LOOOOVVVEEEE being outside- therein lies the predicament. In the times when the snow

isn't so deep that I'll sink, I have taken walks, preferably uphill so that I can get warm quickly. I haven't gotten to do that as much as I would have liked.

I found that I have been going out to eat a lot more since the weather got cold, which seems to serve the purpose of making me feel better (I love good food, who doesn't?), and keeping me indoors where its warm. Also, I have spent a good amount of time getting together with friends to do indoor activities like crafting, playing card games and board games, making meals, carrying on lengthy conversations, etc. I would have liked to have spent more time doing personal projects like pleasure reading and working in my art studio but its hard to justify that when school work is always in the back of my mind!

To stay warm I've taken lots of hot baths, acquired and warm and fuzzy sweatsuit, bought a space heater, and piled on another layer of blankets onto my bed where I've spent an exorbitant amount of time studying or playing on the computer. The best way to stay warm though is with my lapcat, Pumpkin, or snuggling with my sweetie, Joe. Cabin fever does sink in from time to time and when the restlessness gets overwhelming, I just get in my car and drive somewhere, usually to the grocery store or the thrift store.

One thing is for sure- I can't wait for Spring!!!!!!!!!!!!

~Miriah Lantz-Wagner

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It's Been a Long Cold Lonely Winter... continued

To shake off the winter blues, which this year seems to be an especially dark shade of navy, I try to have a trip planned for the spring. This year I'm flying to Tuscon over spring break to see my sister and feel the heat of the desert sun... and it couldn't come any sooner. In the months before my trip, I try to exercise regularly, or at least walk the dog when our mountain road is not covered with snow! I don't own any skis. In the Fall I discovered Zumba. It's a dance/aerobics class. I do it once or twice a week, depending on the amount of school work I can walk away from for an hour. It's been super helpful over the winter months. It's a not only an awesome workout, but it's good for my brain, too. The sun is out while I write this, and it's supposed to be a warm day, so hopefully winter is on it's way out! I'll be happy to see it again, but not until next year!

~ Jennifer Abshire

How have I kept myself renewed and fresh this winter with more snow and comps persistently looming? Staying present, knowing that spring WILL eventually come, and focusing on what needs to be done along with a heavy dose of self-care. Probably the most pleasant stress-reliever that came more-or-less unexpected was our new dog, Moxie. I knew I wanted another dog after I lost my beloved dalmation, Justice, a year ago, but had put off getting one until after I graduate. Moxie came through some friends who needed to find her a new home. Moxie truly has moxie! She has brought so many moments of fun and pleasure since we got her in January. Moxie is pure joy and exuberance. She lives in the moment and loves to play. What a lesson for renewal. I've noticed that she makes everyone who meets her smile. Smiling is good. Other self-care activities include: getting out in the sun, walking (the dog), water aerobics, dancing weekly, and rest when needed. (No, I wasn't kidding when I showed my interview day prospective students group the places where I take catnaps on campus.) Another thing that has made this winter bearable is that I truly love my internship site at the Good Samaritan clinic in Waynesville. I feel a sense of reward and accomplishment at applying the skills I've learned these last two years; that's a real confidence booster. I also feel such humility and awe that clients are willing to share their deepest hurts and most vulnerable selves with me. It is with gratitude that I serve this population. That in itself is a spirit lifter when I find myself sinking into stress and "woe is me" thinking. Additionally, having a supportive family, community and program staff keeps me focused that the end is almost here. Yay!

~Luella Heetderks



Thank you for sharing ladies...Here Comes the Sun!



Seasonal Affective Disorder (SAD)

SAD is depression that occurs at the same time every year, but for most sufferers find their symptoms start in the fall and continue through the winter months. Many of us find ourselves feeling low on energy or moody during the winter, but there are others that suffer from more than the winter blues. Winter-onset SAD symptoms may include: depression, hopelessness, loss of energy, social withdrawal, anxiety, or difficulty concentrating.

Why is SAD more prevalent during the winter? Reduced levels of sunlight can disrupts the body's internal clock leading to depression; the change in season can also disrupt levels of melatonin which regulates sleep patterns and mood, and lack of sunlight also causes a drop in serotonin, another brain chemical that regulates our moods.

What are the treatment options? You can start by making your environment sunnier and brighter by opening shades, trimming trees that might block sunlight, or sitting closer to windows. Get outside. Even a short walk in the sunshine can improve your mood. Try to exercise regularly; physical exercise has been shown to reduce stress and anxiety. Light therapy has been widely used and can be effective for many sufferers, but for those whose symptoms persistent or worsen, a visit to the doctor might be required.

For further information visit the Mayo Foundation website at www.Mayoclinic.com/health/seasonal-affective-disorder/DS00195

Twins Are People Two

I and my twin sister, Elizabeth Graves (School Counselor 10 years and now a PhD student in Counselor Education at UNCG) prepared and presented a seminar called, "Twins Are People Two" at the 2010 NC Counseling Association Conference in Concord, NC on February 19th. It was well attended due to the increasing number of twins coming of age due to aging moms and infertility treatments that have increased the twin birthrate by 60% since the 1960s.

We presented a research review on twin relationships across the lifespan with implications for counseling twins from adolescence through adulthood. While there is a great deal of research that has *utilized* twin populations in the study of nature/nurture issues, there is surprisingly little research that has been conducted *on* twins and the twin relationship. As a result, those who work with twins, including teachers, administrators, and mental health professionals, may find themselves questioning: 1.) What defines a healthy or unhealthy twin relationship? 2.) How can the needs of individual twins best be met within their respective systems? And 3.) How can those individual needs be met while honoring the unique nature of the twin relationship? The presentation addressed these questions using relevant research findings. Best practices for working with twin clients of all ages were also shared. A similar presentation may be offered at Break by the Lake 2010.



~ Submitted by Jennifer Belham, Community Counseling Student

Alumni Happenings

Greetings to all counseling students and faculty! My name is Jen Worthen, and I am a graduate of the program. I am now an LPC, and I also hold the credentials of MT-BC (Music Therapist-Board-Certified), and FAMI (Fellow with the Association for Music and Imagery). It is the FAMI credential that I want to speak about here.

In conjunction with the MS in Community Agency Counseling, I completed training in a method referred to as the Bonny Method of Guided Imagery and Music (GIM). GIM was named after the Music Therapist who founded the modality, Helen Bonny. It took me three years to complete the training, and I can honestly say it was the best thing that I ever did for my personal and professional growth and development. I believe that it could benefit you in an equally powerful way.

I share this with you because I want to make you aware of my availability to provide individual GIM sessions for you for those of you that might feel that you would benefit from doing some personal therapeutic work. I am also in the process of becoming a Primary Trainer in the method and would be thrilled to find a group of students who wish to participate in a Level I training in order to begin to learn how to use this powerful, transformative method with clients. There are three levels total for those who wish to continue on after Level I. Finally, I am more than willing to provide supervision for those who are working towards getting their LPC after graduation.

I realize that this was a very brief introduction to me and my work. I would love to hear from any of you with further questions using the contact information below. Also, I am providing Jolene with a list of resources that she can provide for you if you are interested in learning more.... Thank you so very much for taking the time to read this, and I wish you the best on your graduate journey!

Jen Worthen, LPC, FAMI,

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Looking for Alumni!! It would be nice to keep in touch and track those who went before us in the Counseling Program. A kind of "Where are They Now" feature. If anyone has any contact information (please get their permission) regarding our Alumni, please forward it on. Thanks!

Required 2010 Summer Textbooks

COUN 617: Substance Abuse Counseling. Critical Incidents in Addictions Counseling (2005), Kelly and Juhnke, American Counseling Association.

EDP 693: Positive Psychotherapy in Integrated Care. Required books:

- 1) Behavioral Consultation and Primary Care, Robinson and Reiter (2007), Springer.
- 2) Authentic Happiness, Seligman (2002), Free Press, 3) Positivity, Fredrickson (2009), Crown.

Summer EDPY 693-60: Parenting Education. Required book:

Campbell, D., & Palm, G. F. (2004). Group parent education. Thousand Oaks, CA: Sage. ISBN: 978-0761927679 or 0761927670.

EDPY 693—Nature as a Metaphor for Counseling, I will be using Walking on the wind: Cherokee teachings for harmony and balance by Michael Garrett (1998). There will be additional readings provided on-line.

Community News

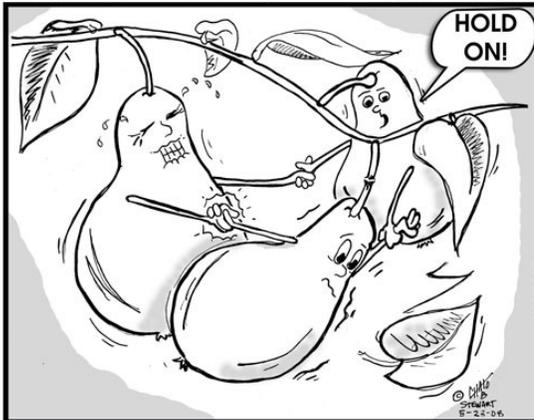
Safe Schools for All: Anti-bullying film screenings, workshops set in Asheville. On April 28, 29, and 30 the Asheville group Safe Schools for All, with underwriting from The 300 Club,

Credit Suisse, and UNC-Asheville Alliance, will host anti-bullying workshops and screen the films *Let's Get Real* and *Straightlaced*. All events are open to the public.

Safe Schools for All is a collaboration of local agencies that support the Schools Violence Prevention Act by working to eliminate all forms of bullying and harassment and supporting youth as advocates. Partners in collaboration include the Center for Diversity Education at UNC-Asheville, Asheville Jewish Community Center, Asheville City Schools, Our VOICE, North Carolina Stage Company, and Evergreen Community School to name a few. For more information regarding the workshops and schedule, visit <http://diversityed.org/node/63> or call Center For Diversity Education at 828.232.5024 or 828.250.2376.

MentalHealthHumor.com

By: Chato B. Stewart



Pear to Pear Support

www.MentalHealthHumor.Today.com

From the Editor: Thanks again to everyone who contributed this time around. Your ideas and opinions are important, so please send contributions or ideas for future newsletter editions to me at jolenegervasi@gmail.com.

ACA Podcast Series:

In 2008, ACA launched a series of podcasts aimed to help you save time and money as you strive to stay well-informed on professional issues. These podcasts—prerecorded interviews posted on the ACA website—can be downloaded to your computer so that you can listen to them at your convenience while at home or work. They also can be added to your iPod for use while taking a walk, on the treadmill, in the car, or whenever you have time.

Kickball Anyone?

1st Annual counseling Department kickball game

Thursday May 6th immediately following the coming full circle picnic

Do you want to blow off some steam after finals? Well, bring a change of clothing to full circle and come ready to kick some balls and take some names.

Questions or concerns contact Chelsea Armfield at chelseaanfield@gmail.com



Announcements/Upcoming Events

2010 Annual Multicultural Play Therapy Center Conference

The University of North Carolina at Charlotte • June 28—July 1, 2010

The UNC Charlotte Multicultural Play Therapy Center at is pleased to announce its 4th Annual Play Therapy Conference , June 28—July 1, 2010, in the UNC Charlotte College of Health and Human Services Building. The conference goal is to help professionals in the fields of mental health broaden their knowledge and clinical skills in play therapy by providing high quality training.

Information about the conference and registration is available at <http://education.uncc.edu/oeo/pt>. Participants will earn continuing education credits (CEUs) from the Association for Play Therapy and National Board of Certified Counselors. Participants may register for any of the days.

The schedule for the conference is:

June 28-29

Blending Play Therapy with Evidence-Based Treatments for Trauma

Dr. Janine Shelby, Assistant Professor in the Geffen School of Medicine Department of Psychiatry at UCLA

June 30

Family Play Therapy: Integrating and Experiencing the System in Play Therapy

Sandra Penn, Doctoral Student, Department of Counseling at UNC Charlotte

July 1

Experiential Understanding of Poverty: Implications for Play Therapy

Drs. Lyndon Abrams, Phyllis Post, and Peggy Ceballos ,Department of Counseling at the UNC Charlotte

We invite you to share this information with interested colleagues and professionals.

Please feel free to contact Phyllis Post (ppost@uncc.edu) if you have any questions about the content of the sessions or other play therapy offerings at UNC Charlotte. Questions regarding registration should be directed to Julia Dagenhart at jpgdagh@uncc.edu or (704) 687-8998.

Coming Full Circle

Western Carolina University's 3rd Annual Counseling Conference and Commencement Celebration on Thursday, May 6, 2010 at the WCU campus in Cullowhee. Further information and registration forms will be coming soon so check your email for details, but in the meantime here is a peek at the day's sessions:

Session One—

~ **Que? What? Activities that Promote Multicultural Awareness and Respect in Schools**, Nicole Conner and Anne Hafer

~ **Positive Psychotherapy: Improving Well-Being and Self-Care in Adults with Diabetes**, Luella Heetderks

~ **No Boys Left Behind: A Closer Look at Ineffective and Effective Ways to Discipline Adolescent Boys**, Megan Monk, Ashley Witt, and Erin Shelton

~ **Coming Together: Integrating Mental and Physical Healthcare in Rural Communities**, Janet Sutton and Susan Denny

Session Two —

~ **Movin' On Up: Transitions to Middle School and High School**, Ann Torrence, Mandi Corn, and Briana Rabon

~ **Giving Young Children Social-Emotional Voices Through Reflective Practice**, Robin Minick

~ **The Virtual Playground: Looking at the Effects of Cyberbullying on Grades K-12**, Megan Carpenter and Megan Jones

~ **Welcoming Her Back: Understanding Women Veterans Returning From Iraq and Afghanistan**, Justina Prenatt and Bruno Soares

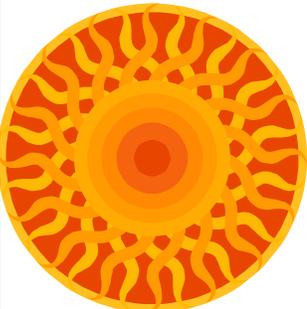
Session Three —

~ **The ASCA National Model: Scaling the Mountain of Implementation**, Amy Mace and Brandon Young

~ **Little Orphan Annie is Only a Myth: Helping Foster Families**, Eric Pitts, Sharmain Thomas, and Morgana Davis

~ **Bibliotherapy from A to Z**, Tara Ross-Mowrey and Elizabeth Gillespie

~ **Popular Film as a Cross-Curricular Tool for Character Development and Awareness**, Bryan Wilson



Publication/Presentation News

Publications

- Buskey, F. C. & **Pitts, E. M.** (November, 2009). Training Subversives: The Ethics of Leadership Preparation. *Phi Delta Kappan Journal*.
- Curtis, R., Van Horne, J. W., Robertson, P.,** & Karvonen, M. (2010). Outcomes of school-wide positive behavioral support program. *Professional School Counseling, 13*(3), 159-163.
- Curtis, R., & Robertson, P.** (2010). Prayer and meditation: A review of research. *Counseling and Values, 28*(2), 11-32.
- Robertson, P.** (2010). The use of peer supervision in a group setting. [Case study]. In G. Corey, B. Haynes, P. Moulton, & M. Murator (Eds.), *Clinical Supervision in the Helping Professions (2nd ed.)*. Alexandria, VA: American Counseling Association.
- Robertson, P., Deck, M.,** & Isenhour, G. (2009). Education/Training and consultation with school personnel. In M. Dougherty (Ed.), *Psychological Consultation and Collaboration in School and Community Settings (5th ed.)*. Belmont, CA: Brooks/Cole/Thomson Learning.
- Rollins, J. (2010, January). Reconnecting the head with the body. *Counseling Today, 44-49*. Included in this interview about integrated care was **Eric Christian** (MAEd., 1999), Director of Integrated Care at MAHEC, and a picture of **Andrew Bednarzik** (MS, 2009) consulting with a physician at his internship site, MAHEC Family Practice.
- Schwiebert, V.** (2009). Needs assessment. In B. Erford (Ed.) *Encyclopedia of counseling*. Alexandria, VA: American Counseling Association.
- Schwiebert, V.** (2009). Selecting a career assessment instrument. In E.A. Whitfield, R.W. Feller, & C. Wood (Eds.) *A counselor's guide to career assessment instruments (5th ed.)*. Columbus, OH: National Career Development Association.
- Sealander, K., Brady, A., Duffy, M., **Schwiebert, V.,** & Gallagher, L. (2009). On the road to highly qualified via a data-based mentoring process. In Bullock, L.M., Gable, R.A., Wong-Lo, M., & Cardona, M.C. (Eds.), *Broadening the Horizon: Recognizing, Accepting, and Embracing Differences to Make a Better World for Individuals with Special Needs*. ICSE: Alicante, Spain. 225-227.

Presentations

- Belham, J., & Graves, E.** (2010, February). *Twins Are People Too*. Presented at the North Carolina Counseling Association, Concord, NC.
- Buskey, F. C. & **Pitts, E. M.** (2009, November). *The Role of Ethical Checking in Courageous School Leadership*. Presented at the University Council of Education Administration Conference, Anaheim, CA.
- Denny, S.** (2010, March). *To climb or not to climb: Increasing self-efficacy in college freshmen*. Presented at the Western Carolina Graduate Research Symposium, Cullowhee, NC.
- Pitts, E. M.** (2010, March). *Artistic Insubordination*. Presented at the Western Carolina Graduate Research Symposium, Cullowhee, NC.
- Pitts, E. M.** & Buskey, F. C. (2010, March). *Exploring the Spirituality of Artistic Insubordination: Tapping an educator's resource for student-advocacy*. Presented at the New Democratic Ethical Educational Leadership Conference, Philadelphia, PA.
- Pitts, E. M.** (2010, March). *Savvy School Counselors: Student-advocacy and moral development*. Presented at the New Democratic Ethical Educational Leadership Conference, Philadelphia, PA.
- Roberts, L. C., & Carpenter, M.** (2009, November). *Affirming pop music for tween girls: The Hero in You*. Presented at the North Carolina School Counselor Association, Greensboro, NC.
- Robertson, P., & Wilson, B.** (2010). *Gay/Straight: They're all the same to me*. Presented at the 9th Annual Southeastern Conference on Cross-Cultural Issues in Counseling and Education at Savannah, GA.
- Robertson, P., & Curtis, R.** (2009). *Using Expressive Arts for Healing and Growth*. Presented at the Break by the Lake Western Region School Counselor and Student Services Personnel Fall Conference, Lake Logan, NC.
- Thompson, H., & Thomas, A.** (2010, April). *Domestic Violence Interventions for Young Children*. To be presented at the Virginia Association for Psychologists, Norfolk, VA.
- Thompson, H.** (2010, February). *Child-Witnesses of Domestic Violence: The Evolution of a Counseling Group*. Presented at the Associations for Specialist in Group Work, New Orleans, LA.