



Counseling Connections

FRESH SETS OF EYES.....

In the counseling program here at Western Carolina University, there are many questions that might leave you with an answer that sounds like Friedrich Nietzsche when he said "You have your way. I have my way. As for the right way, the correct way, and the only way, it does not exist." Although this quote would seemingly negate the need for other's views, this sort of ambiguity can actually make a call for broader perspective. Variation in vision can often bring us more clarity in discovery of our own personalized "ways". This fall the counseling program is blessed with fresh perspective from not only a new cohort of students but also a new professor. In the following paragraphs we are given varying glimpses into how it feels to be new to the program this fall.

Through the compassionate guidance of professors, I am learning that counseling is not a sprint but rather a practice of endurance. As my zeal-led pursuit of counseling meets the challenging realities of this field, I find that my perfectionist behaviors will need to acquire new characteristics of patience as I settle in to this process of becoming.

In addition, I am learning more of the boundaries and roles of counseling. For instance, as I research cases of domestic minor sex trafficking, my stomach turns and my heart cry for justice comes forth. However, I have neither the responsibility of local law enforcement nor the judicial sentencing capability of a judge. My role as a counselor will be one of advocate on both a macro and a micro level. Yet my primary fight will occur on the front lines, through client-centered facilitation of growth and of healing. ~ Jen Hardin

My first semester in the CMHC program here at Western Carolina University has been a bit of a whirlwind. The vastly differing teaching styles of my professors have required me to be flexible in unexpected ways, but the professors' awareness of this has led to... continued on pg 2



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..... TO BROADEN PERSPECTIVES

several fun moments in class. It's been wonderful becoming acquainted with my program cohort group which has a great diversity of personality, experience, and learning styles. It has been a stressful adjustment trying to figure out the two campus locations, the varied expectations, and APA 6 while juggling family responsibilities and work. But I wouldn't trade it. I love learning about the profession I've dreamed of working in since high school. And my carpool mates are becoming fast friends. WCU turned out to be a good fit for me, and I'm looking forward to next semester already. ~ Jennifer Belham



I honestly had no idea the work load was going to be so intense, yet so enjoyable. I have worked on papers until 3 A.M., gone to bed tired, and woke up ready to do it again. I think the hardest thing for me has been trying to get organized. I am really terrible at organization, so starting classes in the program has been a great crash course in time management and organization in general. I think the best thing about being in the program is the feeling of support I get from my fellow students. I know that for me, I rely on others in my classes to help me understand troublesome concepts and elusive ideas. I love being in this program, and I think a large part of that comes from the fact that I love my cohort group so much. ~ Chris Kirby

"It was the best of times, it was the worst of times, it was the age of wisdom..." Actually, it is the return to Grad School. The start of the semester brings panic as I look over the numerous syllabi, doubt my ability to meet all the requirements, and wonder if I bit off more than I can chew. And then classes start, a routine starts to emerge, the first paper handed in, and a sense of calm and confidence comes from nowhere. The work is not difficult; the difficulty is staying on top of assignments. It helps to be studying a subject you truly feel passionate about, and it helps to be in a community of other enthusiastic learners. I think community is a good word to use for the counseling department at WCU; there is a real sense of cooperativeness, caring, and collaboration, and I am fortunate to be a part of it. ~ Jolene Gervasi

And some perspective from the newest member of our faculty...

When Bryan asked me to write something about my experiences as a "new" professor I thought, "Eeek! I'm still new." But, as I look up from my monitor to survey the empty spaces on my book shelves, I'm reminded of how new I really am to Killian 205 and the counseling program at Western Carolina University. So, how have I experienced this newness? I've been delighted by the support and warmth I've received from the faculty and staff - especially Denise Royer who has been a life-saver on all things big and small. I'm also thrilled to be working with students who are so clearly invested in their growth and development as counselors. Overall, this new venture at WCU has been both professionally and personally rewarding. ~ Dr. Heather Thompson

Compelling article from within

Congratulations to Eric Pitts for his major contributions to a challenging article that has been published this month in the Phi Delta Kappan Journal. The abstract reads as follows.

School leaders at all levels face multiple challenges and responsibilities. Starratt (2004, p. 62) supplements the traditional responsibility of doing no harm with a proactive responsibility to do good. School organizations and circumstances present a variety of forces that challenge ethical leaders to fulfill both of these responsibilities. Unfortunately, leadership preparation programs largely ignore the development of personal ethical foundations and the skills and tools that would allow leaders to fulfill proactive responsibilities. The need to do good and the fact that most principal licensure completers enter formal leadership roles as assistants requires a new way of looking at compliance and cultural change. Artistic insubordination is a theory of action inspired by non-violent protest and shaped by the ethics of care and critique. The theory describes five steps to determining acts of reactive and proactive resistance, including attention to the moral cost of compliance. Strategies for action are framed in terms of risk and complexity into three broad yet overlapping themes of tacking, circumnavigating, and breaching.

If you would like to read the article in its entirety it can be found through the Western Carolina University Library.

Buskey, F. C. & Pitts, E. (November, 2009). Training Subversives: The Ethics of Leadership Preparation. *Phi Delta Kappan*.

Announcements:

Congratulations to Dr. Lisen Roberts and Ms. Megan Carpenter for recently presenting at the North Carolina School Counselor Association Conference. Their presentation was titled *Affirming pop music for tween girls: The Hero in You*, and they are open to answering questions.

The ACA Foundation is now accepting applications for Scholarship Awards for the ACA 2010 Annual Conference. The Awards cover Conference registration fees for counseling grad students, with one Grand Prize Scholarship also providing 3 nights hotel for the Conference. For the ACA 2010 Annual Conference in Pittsburgh, the ACA Foundation is making a bigger effort than ever to ensure that more counseling graduate students will be able to attend and benefit. In addition to the Graduate Student Lounge at the Conference, and special ACA Foundation sponsored program sessions for graduate students, the Foundation will be awarding an increased number of Conference Scholarships to cover the registration costs for deserving counseling graduate students. Applications can be found at <http://www.counseling.org/Grad-Essay/registration.aspx>

Join in the fun! New Balance Girls on the Run 5K!!!! Saturday December 12, 2009 at 12 noon UNC-Asheville

Running Buddy

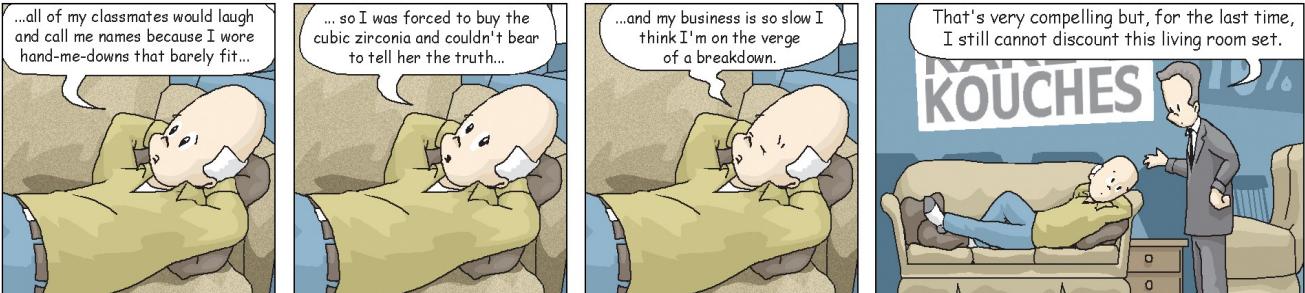
A running buddy escorts GOTR girls in the achievement of their 5K event. They provide encouragement and lots of high-five's throughout the race and especially at the finish line.

Participation as a Running Buddy is contingent upon clean background check.

Meet the girl you will be running with once prior to 5K - this means going out to the school she runs with and meeting her the week before the race at her last practice. Running or walking with your participant at the 5K, cheering her on, helping her do her very best! If you would like to be a Running Buddy, please download the registration form at <http://www.gotrwn.org/volunteer.html>

HUMOR AND INSPIRATION

Green Vegas
By Gary Kyle



A great plan for expression with many ages: Almost everyone likes music

Counselor : Adapted from the book *104 Activities That Build* by Alanna Jones. To order book: www.gamesforgroups.com.

Grade: Middle/High School

Topic: Relationships with Peers

Topic: To make friends, students need to talk to each other and share their thoughts and feelings. Students will design a CD cover and present it to the class. In doing so, s/he will share the type of music they like to listen to, which will help the student share his thoughts and feelings with the others.

Objectives: 1. Students will think about their life and feelings

2. Students will verbally share these thoughts with other people in the class.

Materials: One piece of white tag board or cardboard per person (cut into about 8"x8" square)

Colored markers, crayons, colored pencils, etc.

Glitter, glue, stickers, ribbons or anything else available for use when decorating a cover.

Introduction: The counselor says, "When people go to a music store, they spend time walking around looking at all of the selections and often will leave the store having bought a compact disk or two. The type of music a person buys and listens to can often times tell you quite a bit about that person. If each person made his/her own music recordings and designed the cover for the CD, others would probably learn much new information about the individual whose recording it is."

To create the CD cover: Give each person a piece of white tag board or cardboard (about 8 inches by 8 inches). Supply the group with all of the other supplies mentioned above and inform them that they are to create their own CD (Compact Disk) Cover. On the cover they need to have a title for their CD and any pictures or words that represent who they are. The CD cover is make believe and should be created and decorated with titles, songs, and pictures that represent the person who has created it. On the back they need to list the songs (real or make believe) that are on their CD. Side one should contain songs "about yourself" and on side two, songs about the "goals you have for yourself" (even though a real CD only has one side). After everyone is finished allow time for sharing.

Discussion questions:

1. What was the hardest part of this activity for you? Why?
2. What did you learn about others in the group?
3. Do you think anyone should have a different title or different songs? Why?
4. Is it hard for you to recognize positive things in your life? Why?

Questions for carpool contemplation

1. What do you think would be the hardest thing for you to give up on?
2. What is the strangest dream you've ever had?
3. Are you the kind of friend that you would want to have as a friend?

In the Midst of the Puzzles and Counseling Journey

There is a quietness that comes
in the awareness of presenting names
and recalling places
in the history of persons
who come seeking help.
Confusion and direction are a part of the process
where in trying to sort out tracks
that parallel into life
a person's past is traveled.
Counseling is a complex riddle

with scrambling and precision
to make sense out of nonsense,
a tedious process
like piecing fragments of a puzzle together
until a picture is formed.

Gladding, S. T. (1978). In the midst of the puzzles and
counseling journey. *Personnel and Guidance Journal*, 57,
148. copyright ACA.