



WESTERN CAROLINA  
UNIVERSITY  
COUNSELING PROGRAMS

# Counseling Connections

NEW STUDENT EDITION

AUGUST 2014

*“Life is either a daring adventure or nothing. To keep our faces toward change and behave like free spirits in the presence of fate is strength undefeatable.”*

*Helen Keller*

## INSIDE THIS ISSUE:

Meet Faculty and Students	2
Advice from Second Years	3
Fall 2014 Textbooks	4
Important Dates	4
Lunch and Learn Series	5

## The Journey and The Change

I have been staring at this screen for quite some time, trying to figure out the right thing to say to help prepare you for the incredible journey on which you are about to embark. I realize that sounds rather cheesy and cliché, and a year ago I would have easily rolled my eyes and shrugged it off as nonsense if someone had said that to me. Yet here I am, saying it to you and meaning it with every cell of my body. So what changed?

Well, I did.

Let me explain.

You have probably already read and signed the informed consent for this program. It states, “We consider personal development to be at least as important as the professional and educational development of the counselor.” **At least** as important. Why?

I remember sitting in Russ’s Intro class during one of the first weeks last year, and he answered that question like this: As a counselor-in-training, you are your tool. A carpenter can use a saw, a pilot can use an airplane, an artist can use a paintbrush. All you have is you. And just as a carpenter must keep the saw sharp and the artist must clean the paintbrush, so too must you learn to keep yourself balanced, healthy, and honed for the work you do.

By default, then, in order for you to be the best counselor you can be, then you must develop your-

self on a very personal level, right?

Absolutely.

Here’s the thing. There is a bit of a catch.

There will be times when you are so exhausted from the rest of life that it affects how you are as a student and counselor-in-training. There will be times when you sacrifice the quality of your APA for a night by yourself or with a friend or partner. There will be times when you question why you are doing this at all.

In other words, there will be times when you just cannot keep yourself as balanced, healthy, and honed as you would like.

I am here to use the oldest trick in the book and to tell you that it’s normal. It’s not just normal, it’s okay. You are essentially entering into an experience in which you will embody not only a graduate student and counselor but also a client. You will have times when you are head over heels passionate about this journey and times when you are not. You will learn new things and find which ones work for you and which ones don’t. You will prioritize and understand the immense importance of self-care. You will learn who you can rely on, and you will be surprised by how quickly you grow strong bonds with people who are willing to do the same (your cohort).

You have an opportunity to un-

derstand the power of the very profession in which you are about to be trained—by experiencing it firsthand.

(And for those of you who already have a background in the field, this is no less applicable to you.)

So here is my advice, even though we are not really supposed to give advice. (Which is why we have dedicated an entire page to it).

Immerse yourself. Be the first to say hello to a member of your cohort. Strike up a conversation with a faculty member. Go to a conference...or five. Present at one. Volunteer. Have a cohort member teach you something new. Read that book you have been wanting to read. Question things. Take your assignments seriously; they are there for a reason. Eat well. Work as hard as you play.

And most of all, go with it. Embrace the change because it will happen no matter what. Be willing to develop yourself on a personal level so that you can pay it forward to your clients, family, and friends. If you can do that, then I can promise you that in a year, you will look back in awe on this incredible journey on which you have embarked.

Until then, embrace the process, the all-too-present ambiguity, and the undeniable power of a person willing to grow.

Sam

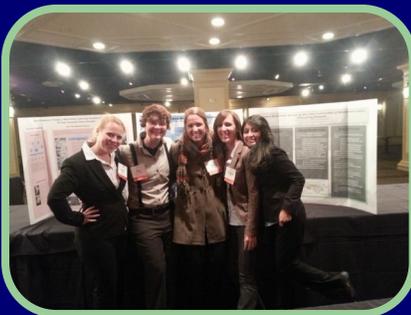
# Meet Faculty and Students

*"If you are wondering how you might connect with a faculty member whom you would like to have as a mentor, we'll let you in on a little secret. Professors, supervisors, and advisors love to work with sincerely committed, fully engaged, and curious trainees."*

*From Thriving!  
Echterling et al., page 207*



From Left to Right: Drs. Valerie Schwiebert, Phyllis Robertson, Heather Thompson, Russ Curtis, Melodie Frick, Lisen Roberts. Not Pictured: Dr. Dale Brotherton



**Pictured Left:**  
Students presenting posters at the NC Counseling Association Conference



**Pictured Right:**  
Students in Phyllis's Cross-Cultural Class, Spring 2014



**Pictured Above:** Second year students at your group interview!



**Pictured Left:**  
Students at Break by the Lake 2013 (to be held this year on Friday, September 26th)

# Advice from Second Years

***"The suspense is terrible. I hope it will last."***

**-Oscar Wilde**

We were in your shoes just a few short months ago, and you will be in ours much faster than you think. At any rate, we do wish we had received a bit of advice from second years about what to expect because, well, the suspense **was** terrible. So we have provided some for you here. By no means does this cover the gamut: We *could* tell you about the most difficult aspects of each class, we *could* tell you what to expect on your first role play, we *could* tell you how to staple a paper correctly. But we won't. You will hear this a thousand times, and I promise that it will sink in: You just have to trust the process.

Get comfortable with ambiguity.

-Amy M.

Don't expect to move mountains. It's just not as important as you might think.

-Steve W.

Don't be afraid to let your cohort members see you vulnerable, with weaknesses exposed. Know that even those who seem to "have it all together" are just as scared as you are when you step into your first role play (and don't get me started on the fish bowl).

-Mallory L.

The CACREP paper is a pain, but you can use it on all papers yet to come. I still have it on my desktop and reference it for almost every paper

-Sarah R.

Prof appropriate response: Learn to trust yourself. Like reeeeeaaally trust yourself. And trust the journey. Like reeeeeaaally trust the journey. But also know your limits.

-Natasha C.

Learn how to manage your time, and cultivate your interests in the field.

-Katrina U.

Use all of your support networks: professors, your cohort, second years, and family and friends.

-Kristin K.

When possible, give yourself one day per week when you do not work on any school work. Go out and enjoy the beautiful area, take care of yourself, and spend time with your family and friends.

-Shannon V.

Create a cohort Facebook page. Best FREE therapy ever!

-Mark A.

Get ready to LOVE this program for all it has to offer. Take it slow and as it comes.

-Kim G.

Embrace your power. Make friends with the darkness. And then, with the same gentleness and compassion that you would show a child, give yourself permission to change.

-Natasha C.

Talk to your cohort!

-Lalagay S.

***"No matter what accomplishments you make, somebody helps you."***

**-Althea Gibson**

# Fall 2014 Textbooks

## COUN 602: Professional and Ethical Issues in Counseling

Remley & Herlihy (2013). *Ethical, legal, and professional issues in counseling* (4<sup>th</sup> ed.). Pearson. ISBN 9780132851817

American Psychological Association (APA). (2009). *Publication manual of the American Psychological Association* (6<sup>th</sup> ed.). APA. ISBN 9781433805615

(optional) Echterling et al. *Thriving!: A manual for students in the helping professions*. Any edition (1<sup>st</sup> or 2<sup>nd</sup>) is fine for this optional/recommended book.

(optional) Especially if you're new to APA formatting, any APA support manual, such as:

*Mastering APA style* (2009) by APA

*An easy guide to APA style* (2013) by Schwartz, Landrum, & Gurung

*APA made easy* (2012) by Matkovich

## COUN 605: The Helping Relationship

Ivey, Ivey, Zalaquett, & Quirk. (2011). *Essentials of intentional interviewing: Counseling in a multicultural world* (2<sup>nd</sup> ed.). Belmont, CA: Brooks/Cole. ISBN 9780840034564

## COUN 623: Introduction to Clinical Mental Health Counseling

no book

## COUN 640: Measurement and Appraisal in Counseling

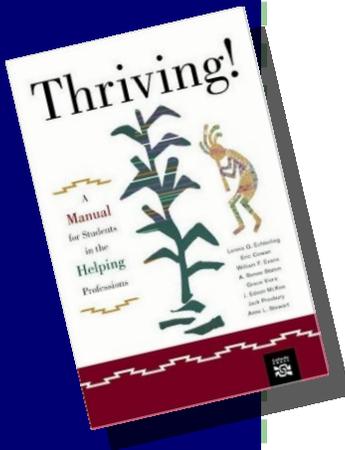
Hayes. (2012). *Assessment in Counseling* (5th ed.). American Counseling Association. ISBN 9781556203183

## COUN 660: School Counseling Program Development

Golden & Henderson. (2007). *Case studies in school counseling*. Pearson. ISBN 9780130494849

American School Counseling Association. (2012). *The ASCA national model: A framework for school counseling programs* (3<sup>rd</sup> ed.). Alexandria, VA: Author.

*“Reading is a means of thinking with another person’s mind: it forces you to stretch your own.”*  
Charles Scribner, Jr.



## Important Dates

### New Student Orientation and Picnic:

Friday, August 22nd from 8 a.m. to 2 p.m. (further details during first week)

\*2nd year mentors to join from 12 p.m. to 2 p.m.

### First Counseling Programs Lunch and Learn:

Friday, September 5th from 12 p.m. to 1:30 p.m.

\*see flyer on page 5 for further details



# WCU COUNSELING PROGRAMS

## LUNCH & LEARN SERIES

2014-2015

### WHEN

First Fridays (except April)  
Noon to 1:30 p.m.

### WHERE

WCU Biltmore Park Instructional Site  
28 Schenk Parkway, Asheville, NC  
Third Floor, Room # 342

### COST

Free to attend  
\$5 per session for NBCC-approved CEU  
credit

**BRING YOUR OWN LUNCH**

### Series Topics

#### SEPTEMBER 5

Mindfulness with  
Scott MacGregor, LPCA, LCAS-A,  
CFLE

#### OCTOBER 3

TBA with  
TBA

#### NOVEMBER 7

TBA with  
TBA

#### DECEMBER 5

Counseling Reception &  
Silent Auction  
Biltmore Park, 7 p.m.

#### FEBRUARY 6

Self-Care with  
Dr. Mary Deck, PhD, LPC

#### MARCH 6

TBA with  
Dr. Melodie Frick, PhD, LPC-S,  
NCC, ACS

#### APRIL 10

TBA with  
TBA

#### THURSDAY, MAY 7

Coming Full Circle  
Cullowhee, 8 a.m.