Counseling Department

Western Carolina University

February 2008

Volume 14, Issue 4

CACREP Accreditation

We are pleased to announce that we have received official notification from the CACREP Board that the Community and School Counseling Programs have been accredited through October, 2015. It is noteworthy that WCU has had continuous full accreditation from CACREP since the first accreditation in 1993. We, the faculty and students of WCU Counseling Programs, have much to celebrate in this accomplishment. Thank you for all you did to contribute to the successful site team visit and all you do to maintain the quality of this program that shines through its current students and alumni. The true gift of this program comes from what you provide clients through counseling services across western North Carolina and beyond.

Coming Full Circle

Mark your calendar! Friday, May 9, 2008, the WCU Counseling programs will host the Inaugural COMING FULL CIRCLE: COUNSELING CONFERENCE AND COMMENCEMENT on the WCU campus in Cullowhee. We expect this to become an annual celebration in our program. ALL students are invited and encouraged to attend. The morning (8:30am-12:30pm) will involve a professional conference featuring presentations by our interns and practicum students enrolled in COUN 624: Community Counseling Grant Writing & Program Management and COUN 665: Implementing School Counseling Programs. The afternoon (1:00pm-3:00pm) will consist of a graduation celebration and picnic for all 2008 Community and School Counseling graduating students.

Again, ALL students are invited and encouraged to attend. Both events are FREE for you (area professionals and guests will pay to attend). Come learn from your student colleagues and honor our soon-to-be graduates.

Note! If you’re not currently enrolled COUN 624 or COUN 665, you eventually will be, and then it will be YOUR turn to lead a conference presentation at COMING FULL CIRCLE. Come this year to see what the event is all about. Stay tuned for more details and registration information.

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Mark Your Calendar!
For the past three years, about this time I have a reoccurring sensation when I look into my closet while dressing for the day. I move the clothes on their hangers along the rod and there draped in dry cleaner plastic is the “blue suit.” It is the formal business attire with the understatements of confidence that escorted me into interviews for my new position as a counselor educator. I had never owned such a suit before as such equipment was not suitable for my job as a school counselor. I was more concerned about flexibility, adaptability and social similarity than power and prestige as a counselor. Such a suit would have donned me as an administrator or an insurance salesperson. Students would have found me old, out of step and stiff— not where any counselor wants to be. Yet, this blue suit is what I chose to present myself in for interviews with the academic elite, the graduate students I hoped to teach and the college administration (who ultimately make the hiring decisions.)

So, what is this sensation? It’s almost nausea but yet a good nausea if there can be one. I’ve always prepared myself for intense meetings by dressing in clothes I felt comfortable in, that flatter my body type, and make some statement of uniqueness. The blue suit did none of these— yet this suit somehow helped me to bridge the gap between my practical self and the theoretical want-a-be self. Maybe the nausea is really just remembering the anxiety I felt, moving into unknown territory and holding high expectations of myself. As I pause in the closet with this nausea, I feel it turning to a sense of pride and good fortune. Pride in looking back to see what I have accomplished and pride at knowing my family and friends have stood behind me no matter what. The good fortune comes because with the interviews came the job of my desire. It is good fortune that brought me to WCU as well as hard work.

As this year continues and you find yourself going to those interviews for the next step in your careers, I hope you too will find your “blue suit”, your means for finding faith in your ability and confidence in your training. It may not be your everyday attire that works but then it’s not everyday you receive a graduate degree and a new path in life. What you wear to an interview can serve many purposes. Our clothes help us to define who we are and where we’re going— if only for a couple of weeks out of one year. My “blue suit” still hangs as a reminder of my career accomplishments. I know it will never be enshrined like Elvis’s diamond studded outfits, but in my closet it does give me a little smile from time to time.

Happy job hunting!

Phyllis

We’re on the Web!
HTTP://CEAP.WCU.EDU/COUNSELING/GUIDES.HTM

From the Editor

I am pleased to present you with my first Counseling Connections newsletter as editor. I hope to continue its tradition, laid by Tania and other former editors, of producing a fun and informative publication for WCU’s counseling students.

This newsletter is a great place to show off the awesome work of students in our program. If you want to share about your presentations at a conference, book reviews, rants about psychoanalytic theory, excerpts from a paper you wrote for class, your creative writing or artwork, or even photos from a recent karaoke party, please email them to me at waalkes12@yahoo.com or give them to Mary Deck. The deadline for the next newsletter will be Monday, March 10.

I’m always looking for ways to improve Counseling Connections and I’d love to hear any comments, suggestions or ideas as well. ~Phil Waalkes
Child Centered Art and Play Therapy Workshop

You are invited to attend

"An Afternoon of Therapeutic Play, Art, and Art Education Focused in the Child-Centered Approach"

**What:** Play Therapy Workshop  
**When:** Friday, March 7th, 1:00-4:30 P.M.  
**Where:** Claxton Building, University of Tennessee campus  
**How Much:** $10 for students; $30 for professionals; $20 for professionals who currently supervise UT counseling students

Information forms and registration forms are available on our website at http://ceap.wcu.edu/counseling/.

CEUs are available!

Please email the coordinator, Whitney Locke, with questions at wlocke1@utk.edu.

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**Summer Class Schedule**

**COUN 633:** Crisis Intervention, MTWR 5:00-8:50pm, May 12-22, Cullowhee, Valerie Schwiebert  
**COUN 667:** DSM and Effective Treatment Planning, Saturdays 8:30am-5:00pm May 17-June 21, Cullowhee, Valerie Schwiebert  
**COUN 611:** Couples Counseling, MTWRF 8:00am-4:30pm, May 26-30, Asheville, Dale Brotherton  
**COUN 617:** Substance Abuse Counseling, MW 5:00-8:50pm, June 1-July 2, Asheville, Russ Curtis  
**EDPY 693:** Counseling Older Persons, online June 1-July 2, Valerie Schwiebert  
**COUN 677:** Spirituality in Counseling, MTWRF 8:00am-4:30pm June 16-20, Asheville, Mary Deck  
**EDPY 693:** Parenting Education, MTWRF 8:00am-4:30pm June 23-27, Asheville, Lisen Roberts  
**COUN 620:** Counseling Children and Adolescents, MTWR 5:00-8:50pm, July 7-17, Asheville, Phyllis Robertson  
**EDPY 693:** Nature as a Metaphor for Therapeutic Intervention, MTWRF times TBA including an overnight, location varies, July 21-25, Dale Brotherton  
**COUN 637:** Creative and Expressive Arts in Counseling, MTWR 5:00-8:50pm, July 21-Aug 1, Asheville, Phyllis Robertson
"Experience is, for me, the highest authority. The touchstone of validity is my own experience. No other person's ideas, and none of my own ideas, are as authoritative as my experience. It is to experience that I must return again and again, to discover a closer approximation to truth as it is in the process of becoming in me. Neither the Bible nor the prophets -- neither Freud nor research -- neither the revelations of God nor man -- can take precedence over my own direct experience. My experience is not authoritative because it is infallible. It is the basis of authority because it can always be checked in new primary ways. In this way its frequent error or fallibility is always open to correction. ~Carl Rogers

Advisory Committee Meeting

Are you interested in getting your feedback about the counseling program heard? The advisory committee meeting is coming up in March, so please contact one of the committee's following student members to have your opinions heard.

Jywana Dula, Community Counseling Student
Kristen Moore, School Counseling Student
Jesse Pitt, School Counseling Student
John Poston, Community Counseling Student
Regan Read, Community Counseling Student
Kristen Zalusky, School Counseling Student
Tim Hardin, School Counseling
Nicole Conner, School Counseling
Phil Waalkes, School Counseling
Marie Nemerov, Community Counseling
Melanie Norman, Community Counseling

Important Dates

Friday, February 15 — May 2008 Graduation Applications Due
Friday, February 22 — Group Interview Day
Friday, February 29 — Field Experience Forms Due
Saturday, March 1 — Counseling Conference in Columbia, SC
Friday, March 7 — Play Workshop in Knoxville, TN
Friday, March 14 — Advisory Committee Meeting
Friday, May 9 — Coming Full Circle
Wisdom is the reward you get for a lifetime of listening when you'd have preferred to talk. ~Doug Larson

Counseling Word Search

| S | C | Q | K | W | B | W | S | Y | W | E | T | A | Q | C |
| X | E | D | Y | S | V | H | C | C | V | H | B | F | P | N |
| N | G | I | K | M | P | G | U | A | G | O | D | E | Y | G |
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| G | P | M | I | T | F | N | Q | L | G | A | L | N | Y | T |

Word Bank

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<th>HIGHLIGHT</th>
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Stumped? Check out next week’s issue for the solution.