



# Counseling Connections

## The Coming Full Circle Schedule

May 9, 2008—Cullowhee, NC

Conference at the WCU University Center

**8:00 – 8:30 a.m.:** Arrival, registration  
(Multipurpose room A)

**8:30 – 8:45 a.m.:** Welcome address  
(Multipurpose room A)

**8:50 – 9:50 a.m.:** Session 1

- *Middle school girls: Healthy bodies and healthy relationships*, Jessica Goodrum and Leanne Mullen (Catamount room)

- *Connecting mental health professionals with the community*, Tania Arcos, Emma Pluta, and Robarn Danzman (Cardinal room)

- *Cover the radar: School counseling needs of academically and intellectually gifted (AIG) students*, Ami Fish and Amanda Herbert (Multipurpose room B)

**10:00 – 11:00 a.m.:** Session 2



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- *You go girls! Empowering girls through connecting with self, nature, each other, and community*, Lisa Shows, Kathy Hogan, and Marie Graven (Catamount room)

- *Beyond GED: A Guide to Your Future*, Rebecca Howell, John Poston, and Regan Wilds (Cardinal room)

- *Gr8 info 4 u: Educating parents and students about MySpace and Facebook and internet safety*, Katie Vaughn and Heather Richardson (Multipurpose room A)

- *Racially integrated classrooms: Who wants it? History, current teen attitudes, and resources for the future*, Katie Wohlford and Jesse Pitt (Multipurpose room B)

**11:10 a.m. – 12:10 p.m.:** Session 3

- *Working with special populations: At-risk and special education*, Kristen Zalusky and Reagan Locke, (Catamount room)

- *Paving a way: Establishing a counseling center at SCC*, Emily Dailey, Bryony Williams, and Jywana Dula (Cardinal room)

- *“I h8u...jk”: A counselor’s look at cyberbullying*, Katie Kellet and Meghan Horne (Multipurpose room B)

**12:15 -12:30 p.m.:** Closing address, CEU certificates, door prizes (Multipurpose room A)

Commencement at the WCU Picnic Grounds

**1:00 – 3:00 p.m.:** Picnic lunch, commencement honors

For registration forms go to  
<http://ceap.wcu.edu/counseling/studentinvolvement.htm>

## Fun in Cullowhee and Sylva

by Tim Hardin

Imagine this... You just finished your weekly counseling classes and tomorrow is Friday. You are stuck in Cullowhee/Sylva and do not want to see Asheville until next week. You are extremely bored. What do you do? Where do you go? What do you eat? Well friends, fret no more for Cullowhee/Sylva really does exist and you can find some pretty nifty things to do on the weekend if you search for them. So, I will do my best to give a brief summary of some of the organizations that provide entertainment.

First, you have Last Minute Productions (LMP). Organized in 1978, LMP has been providing cheap entertainment to WCU students for 30 years! From movies to concerts, comedians to poets, LMP may have something to entice you. For an up-to-date calendar or more information, visit <http://lmp.wcu.edu> or call 828.227.7479.

Second, if you are looking for outdoor adventures on a graduate student budget, then look no more. Base Camp Cullowhee (BCC) provides all the necessary equipment, training, and trips for the outdoor enthusiast. BCC, located in Brown Cafeteria, allows students to take organized trips with them, rent your own outdoor equipment, or learn from some of the best trainers around at little cost. Best of all, the entire goal is to get you outdoors and into the wild. For more info, visit <http://www.wcu.edu/univcenter/outdoors/> or call 828.227.3633.

Third, also located in Brown Cafeteria, is The Cats Den. A new recreation space for students, The Cats Den offers pizza, subs, fries, and a brownie blast that will knock your socks off. And after you eat, show your Cat Card and play any of the arcade or table games for free. The Cats Den features a Nintendo Wii, pool tables, a ping-pong table, and many of your favorite arcade games. For more info, visit <http://www.wcu.edu/4586.asp> or call 828.227.3118.

Fourth, sports fanatics can find some of the best SoCon action around, right here in Cullowhee. Cata-mount Athletics are in full swing and you can catch all the action on any given night when the Catamounts are at home. And best of all, it is free to watch with a valid Cat Card. For current schedules, visit <http://catamountsports.cstv.com/>.

Fifth, you have the multi-million dollar Fine & Performing Arts Center located on the WCU Campus. The FPAC has hosted such acts as Jay Leno, Craig Karges, and Jeff Dunham. You can also attend some of the best theatrical performances in Jackson County. The University Players are always performing something so check out an updated schedule at <http://www.wcu.edu/fapac/index.html> or call 828.227.2479.

Now, let's take a trip outside of WCU and look at four of my favorite things to do. First, there is the Fun Factory in the Smokies, located in Franklin, NC. The Fun Factory offers the latest in arcade games, a two 18-hole miniature golf courses, a go-kart track, bowling, & laser tag. Also featured here is the cheapest and best pizza buffet around. So, take a short trip to Franklin and visit The Fun Factory. For more info, visit <http://www.thefunfactory.bz/> or call 828.349.8888.

Second, Soul Infusion in Sylva offers a wall of tea, great organic food, and one of the most unique atmospheres I have ever seen. Occasionally, there will be live music as well. For more info, visit <http://www.soulinfusion.com/>.

Third, do not forget dessert! Visit Jack the Dipper located in the East Sylva Shopping Center. Jack the Dipper offers "killer ice cream at a price that won't leave you bleeding". Featuring 32 flavors and a great hang-out spot, Jack the Dipper will surely become a favorite. For more info, visit <http://www.jackthedipper.com/index.php>.

Finally, if you are looking to take a relaxing train ride through the mountains of Western North Carolina, then look no further than the Great Smokey Mountains Railroad located in Dillsboro & Bryson City, NC. Take a day excursion or dinner train to see some great sights like junk cars stacked up along the river banks to help prevent erosion. Truly a unique trip, GSMR offers some wonderful excursions. For more info, visit <http://www.gsmr.com/>.

Well, I hope that these few things will keep you busy for the rest of the semester and free from boredom. If you want more information or have questions, please feel free to email me at [tk.hardin@hotmail.com](mailto:tk.hardin@hotmail.com).

Coming Next Issue . . . Fun in Asheville

# Textbooks for Summer and Fall Classes

## Summer Textbooks

### COUN 620: Counseling Children and Adolescents – Phyllis Robertson

- *Counseling Children and Adolescents* by Ann Vernon, 3rd ed. (ISBN: 0891083049)

### COUN 637: Creative and Expressive Arts in Counseling – Phyllis Robertson

- *The Creative Arts in Counseling* by Sam Gladding, 2nd ed. (0131956264)
- Suggested Supplement Textbook: *Sourcebook in Expressive Arts Therapy* by Sally Atkins, et al. (1933251379)

### COUN 667: Diagnosis and Treatment in Counseling – Valerie Schwiebert

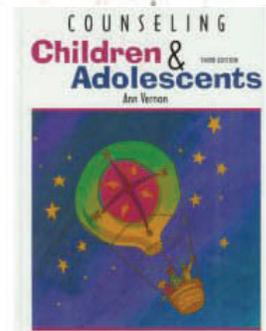
- Either the TR (0890420254) or the red and gold edition (0890420629) but must buy the entire edition, not just the pocket guide
- *Selecting Effective Treatments* by Linda Seligman, et al. (0787988685)

### COUN 677: Spirituality in Counseling – Mary Deck

- *Explorations in Counseling and Spirituality: Philosophical, Practical and Personal Reflections* by Christopher M. Faiver, et al. (053457582X)

### EDPY 693: Parenting Education – Lisen Roberts

- No textbooks (free reading packet)



## Fall Textbooks

### COUN 615: Multicultural Counseling – Phyllis Robertson

- *Counseling American Minorities* by Donald Atkinson (0697361853)

### COUN 660: School Counseling Program Development – Phyllis Robertson

- *Comprehensive School Counseling Programs: K-12 Delivery Systems in Action* by Collete Dollarhid, et al. (0205404413)

### COUN 670: Research in Counseling – Valerie Schwiebert

- *Research Design in Counseling* by Paul Heppner, 3rd edition (053452348X).

### COUN 686: Practicum in School Counseling

- Ethics text already purchased (0131789619)

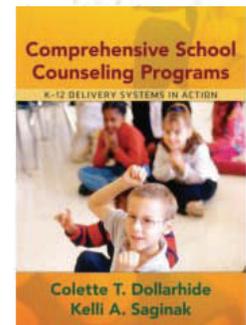
## Recommended Websites for Buying Textbooks

[Bookfinder.com](http://Bookfinder.com) – compares prices of textbooks at many different websites

[Textbooks.com](http://Textbooks.com) – low prices, good service and free shipping

[Amazon.com](http://Amazon.com) – often has prices cheaper than the campus bookstore

[Half.com](http://Half.com) – similar to eBay, usually has the cheapest prices and allows you to sell old textbooks





Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only this that ever has.

-Margaret Mead

## Book Reviews

*A New Earth: Awakening to Your Life's Purpose* by Eckhart Tolle

Reviewed by Melanie Norman

Years ago I read a book interview between Bill Moyers and Joseph Campbell called The Power of Myth. Campbell didn't really offer spiritual know-how so much as spiritual background, but reading that book nonetheless became the catalyst for a renewed perception of religion and spirituality. What was missing in The Power of Myth was the knowledge of how to attain what you are seeking spiritually.

And this is where Eckhart Tolle picks up in his most recent spiritual guide, A New Earth: Awakening to Your Life's Purpose. For those looking for a similar rendition of the Bible, A New Earth is not for you. But anyone seeking personal growth and an open mind will find a gem suitable for all spiritual beliefs.

A New Earth flows smoothly and is inherently easy to understand, but in order to grasp the entirety of Tolle's message multiple readings are probably necessary. The first reading lends itself to a surface understanding, as the amount of information verges on overwhelming. But with even only one read, Tolle sends a distinct message: the real purpose of your life is to become fully aware of the present moment.

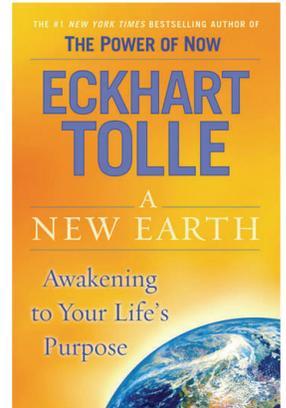
As a central theme in the book, Tolle advocates for awareness in the present moment, in the Now. This awareness is blocked by the ego. Tolle uses ego to signify how people reduce who they are as a being to the word "I". When people allow themselves to be identified only with I, they minimize their existence to such forms like their gender, their material belongings, their mind, and so on. Continuing to dwell upon the future and the past leave people trapped in this ego state. However, becoming fully aware of the present moment and seeking fulfillment of life in the moment of Now provides the path to transcending the ego consciousness. Rather than focusing on what was or what will be, focus on Being:

*"People believe themselves to be dependent on what happens for their happiness, that is to say, dependent on form. They don't realize that what happens is the most unstable thing in the universe. It changes constantly. They look upon the present moment as either marred by something that has happened or shouldn't have happened or as deficient because of something that has not happened but should have. And so they miss the deeper perfection that is inherent in life itself, a perfection that is always already here, that lies beyond what is happening or not happening, beyond form." (p. 213)*

Tolle continues saying that true joy in one's life, true abundance is found not in the forms in your life but emanate from within you. Abundance and scarcity are actually inner states of being and when people awaken to the abundance within themselves, they suddenly recognize the abundance surrounding them.

A New Earth is meant to serve as a vehicle for shifting the consciousness of those ready to make a change. The "heaven" that people find experience freeing themselves from their ego will bring about "a new earth" in the material world. But bringing about "a new earth" begins from within and gradually from the individuals ready to make the leap.

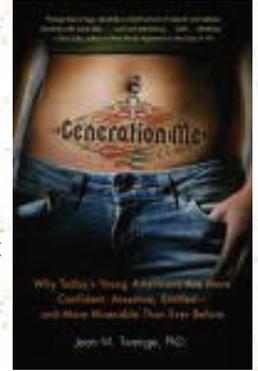
**"You do not become good by trying to be good, but by finding the goodness that is already within you, and allowing that goodness to emerge."** p.13 (one of my favorite quotes from the book)



# Book Reviews

*Generation Me: Why today's young Americans are more confident, assertive, entitled—and more miserable than ever before* by Jean M. Twenge

Reviewed by Russ Curtis



Before I begin, know that Dr. Twenge fully expects the label “GenMe” to change to something like iGen or Geni based on the fact that this was the first generation raised with internet, cell phones, iPods and such. And, if you don’t care for the label GenMe, know that my generation, GenX, is commonly referred to as “Slackers,” and a movie by the same name was made and does a good job portraying GenX. Finally, early on in the book she quotes a source that says (I’m paraphrasing), *We are shaped more by the times in which we are raised than by our own parents.* We could, of course, argue this point but I doubt many of us would deny the influence of our culture on our thoughts, feelings and behaviors. Few people like to be categorized and clearly we are all unique individual with different life experiences, so the purpose of this book (and this review) is to create awareness about just one more factor that could, to varying degrees, affect how we see the world.

According the Dr. Twenge’s analysis of research about people born in the 80s and later, she believes many interrelated factors have influenced the thoughts, feelings and behaviors of GenMe. First, because of the legalization of abortion in the mid-70s and increased birth control options, GenMe is the most “wanted” generation ever born. Being most wanted means GenMe were the most cared-for, coddled, and scrutinized generation to date. In essence, GenMe was supported and pushed to do their best, to excel at sports, music, academics, social stuff—and this has inevitably led to a lot of stress—which, naturally, could explain reasons for the increases in anxiety and depressive disorders experienced by this generation.

Second, being most wanted likely spurned the “self-esteem” craze where every child was told that he/she was gifted (which I personally believe) but, according to Twenge, this created situations where the natural consequences for not doing well in school or sports, music (what have you), were “hidden” from students so as to not “damage” self-esteem. For example, trophies given to every player, no Most Valuable trophies awarded, and parents arguing with teachers about every grade given (sometimes even in college!). Several times throughout the book Twenge refers to research supporting the fact that self-esteem is only minimally correlated with grades and not with many other important variables including, level of education obtained and job performance. She does say that there is plenty of research supporting the notion that “self-control” is highly correlated with all the above, including decreased drug/alcohol use and decreased teen pregnancy. As such, parents and educators should pay much more attention to increasing children’s self-control.

Third, Twenge suggests that the “self-esteem” message GenMe received growing up was “empty” in that it didn’t require mastering skills or accomplishing personal goals, instead people were told they were special simply because they were special (I believe everyone is special but I also see her point). This in turn led GenMe to expect to get all “As” and make \$75,000 by the time they are 30 (when in fact the medium income for 30 year olds in \$27, 500).

Fourth, Twenge goes further to say that the self-esteem craze is what is leading to an “externalized” generation, meaning, when Johnny makes bad grades, it’s not his fault, it’s the teacher’s fault; when Sarah doesn’t make the traveling basketball team, it’s not about her ability as much as an unfair coach. Twenge says that this is particularly problematic because one thing psychologists can agree on is that an “external locus of control” leads to a host of problems (i.e., high school and college drop out, crime, drug use). In essence, blaming others (externalizing) protects one’s self-esteem.

Fifth, GenMe definitely has a tough road ahead and Twenge talks in length about the societal challenges, including: the skyrocketing housing, education, health care, and day care costs. As such, GenMe recognizes the need for a two income household in order to be able to afford a home in a neighborhood that is not rife with drugs and such. But, this poses all kind of problems when deciding to have children and whether to stay at home or pay for day care.

*Continued on the next page.*

# Book Reviews

*Generation Me* reviewed by Russ Curtis continued

Finally, educators have to be entertainers because of the instant gratification created from all the new technology. Teachers not only have to do every lecture on PowerPoint but there must be video clips embedded with plenty of clip art. Also, service learning is highly valued and bodes well for what many of our faculty are doing. Take Dale, for example, who is having group counseling students counsel 8<sup>th</sup> graders transitioning to high school. I think this also bodes well for our program in general in that practicum and internship are such integral components—which is not the case with other unrelated graduate programs. It definitely gets me thinking about having students administer and interpret assessments with people outside the classroom in the Assessment class, and once we get a big lab (hopefully similar to what UNCG or UNCC has) theories will be taught in Cullowhee where we can move to the lab the second half of class to conduct role-play. Twenge also stressed the need for GenMe'ers to receive career counseling early in their lives to help them determine their strengths and weaknesses so they can make more realistic career decisions.

After reading this book, I was left with many questions. For me personally as a teacher, I will continue to figure out ways to include more service (without putting students in potential ethical binds), providing a realistic picture of what students can expect when they graduate, tying theory to real life application, insuring as much as possible that assignments are valuable learning experiences that ultimately enhance their understanding of practice, to name just a few.

How will GenMe'ers counsel their generation and beyond? Will talk therapy alone suffice for most problems? Will there be a need for more active approaches including: outdoor/adventure therapy, using virtual reality as a therapy tool, neurofeedback therapy and other devices, such as chakra measuring software, where clients can see the immediate results of their efforts? How will this effect how you, future counselors, conduct classroom guidance, psychoeducational groups, group, family and individual therapy?



## Play Therapy Conference

**Play Therapy for the Healing Journey of Grieving Children**

Presented by

Dr. Marie-Jose Dhaese, RPT-S, RCC, ATR, CET

The North Carolina Association of Play Therapy Spring Conference & Annual Meeting

Crowne Plaza Resort, Asheville, NC

Friday & Saturday, April 4 & 5, 2008

For more information & registration form, go to [www.ncapt.org](http://www.ncapt.org).

Questions? Contact Jocelyn at (336)766-0246 or [wbradburn@msn.com](mailto:wbradburn@msn.com)



Simplicity is the outward sign and symbol of depth of thought.

-Lin Yutang

# On Being More Genuine with Strangers

by Phil Waalkes

In the past few months, I have been trying to become more genuine in my relationships, to share more meaningful and emotional parts of my life with people close to me. As an introvert, I usually surround myself with a handful of deep relationships as opposed to a large circle of more superficial friends and I am often befuddled at some people's ability to share personal information about themselves with people they don't know well. While I'm comfortable with a smaller circle of friends, I am striving to open up to more people, to share my interests, experiences, ideas and passions with others and to accept the fact that people who are worth my time will respond to me with friendship and compassion.

A few weeks ago, I was walking down my street to Western's campus to teach study skills to freshmen. My walks back and forth to campus provide me a great opportunity to think and, even at 8am, I had dove into my inner monologue, probably mulling over being more assertive or how I had grown as a person since entering the counseling program or what I was going to eat for lunch. Therefore, I was mostly oblivious to the older man walking a few feet ahead of me, pausing every few minutes to peer into his binoculars. I caught up with him after a few minutes and, as I was passing him, he said, "Do you want to look?"

Noticing his unkempt grey beard and dirty sweatshirt up close (imagine Dale after living in a cave for a week), this man intrigued me. "Okay," I said, taking the binoculars and looking aimlessly at some point on the horizon.

Through the binoculars, I noticed the sky was blue for the first time that day and how little effort it took a pile of sticks to exist, all while feeling a little uneasy that I had no idea what I was supposed to be looking at.

"The bird is over there," he said, pointing.

I whirled the binocular around a few times, but couldn't find it. I handed the binoculars back to him and then I saw a large brown bird flying overhead.

"Is that a hawk?" I asked, having never read a book about birds in my life.

He shook his head and told me what kind of hawk it was. We stood together a few more moments, both staring up at the hawk's flight path as if it were a meteor about to impact earth.

And then he walked away.

On the rest of my walk to campus, it struck me: being genuine with strangers is that easy. He was interested in bird watching and he wanted to share that with me. He was offering me a gift not only of his hobby but also of a window into himself.

What a wonderful way to be genuine with a stranger, by sharing a small, pleasurable moment with someone. Not only can you make someone's day better, but also express something personal about yourself, letting another experience your identity for a moment.

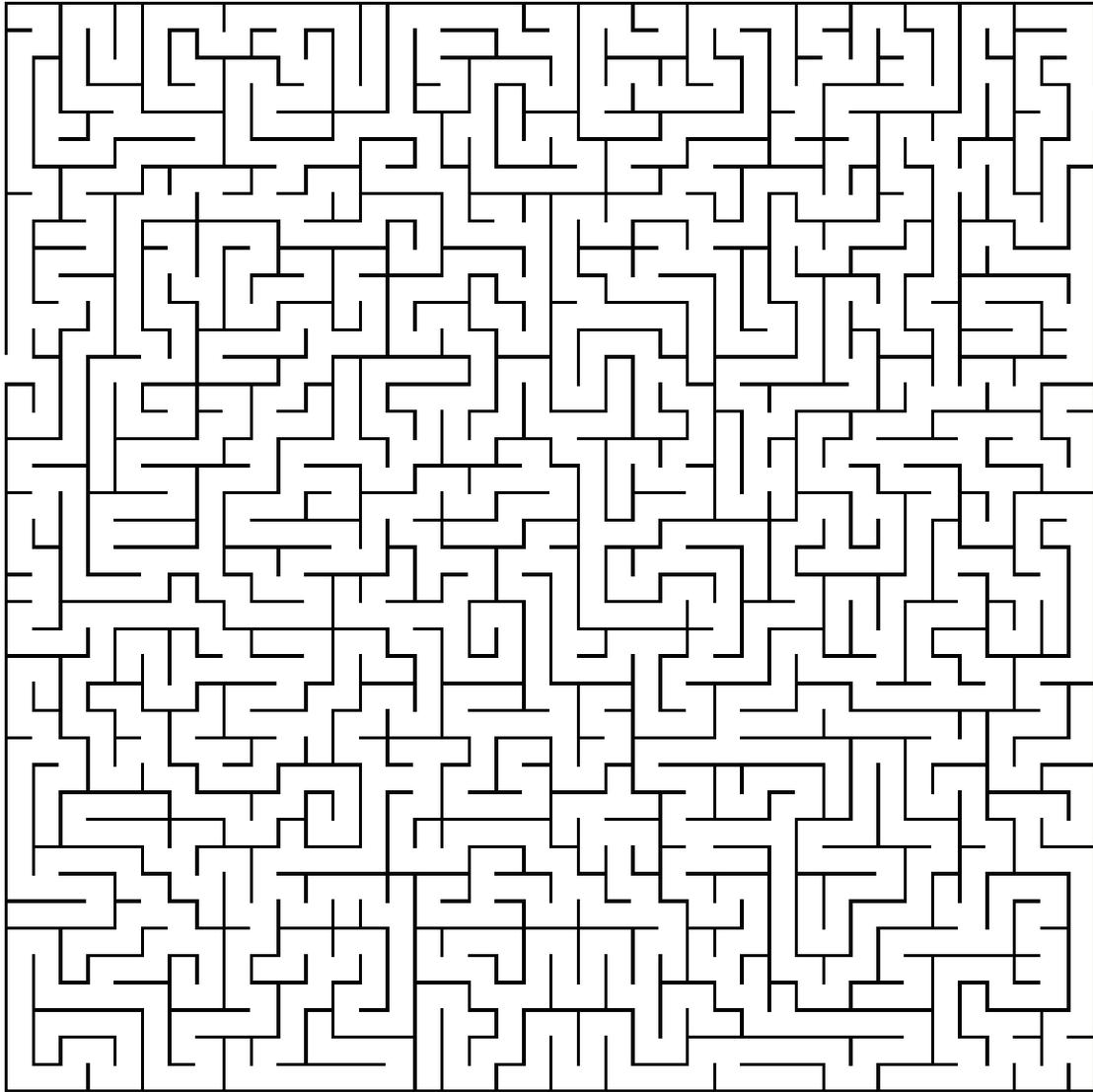
This man wasn't bragging about his knowledge of birds or sharing personal details about himself or feeling nervous about me rejecting him, but rather wanted to risk sharing his hobby with me. Sure, not everyone will have an interest in bird watching, but what better way is there to establish a genuine relationship with another person than by sharing the expression and the experience of yourself?



**Got something to share? Counseling connections is looking for your insights, reflections, rants, and creativity.**

Submit your writing to [waalkes12@yahoo.com](mailto:waalkes12@yahoo.com).

# Fun and Games



We're on the Web!  
[HTTP://CEAP.WCU.EDU/  
COUNSELING/GUIDES.HTM](http://ceap.wcu.edu/counseling/guides.htm)

## From the Editor

I hope you have enjoyed this issue and some of the new pieces like the book reviews and fun in Cullowhee/Sylva. Tim, Russ and Melanie all did an amazing job with their submissions.

I'd love to get more submissions for the April issue to help make this newsletter a place where students can communicate ideas with one another in writing, in addition to getting information about the program. I'm open to any many different kinds of writing or whatever creative ideas you might have. Please email submissions to me at [waalkes12@yahoo.com](mailto:waalkes12@yahoo.com) or give them to Mary Deck. The deadline for the next newsletter will be Friday, April 11.

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