



Satisfaction in Progress

Overwhelming. Whirlwind. Intense. Chaotic.

Those are just a few of the buzzwords that have been floating around for the past couple of weeks this semester.

I would like to just go ahead and call it what we are all thinking: a struggle.

This has not been easy. First-years have been hit hard with the reality of grad school (Hooray, CACREP!), and second-years have been hit hard with the reality of grad school + practicum (Hooray, real life!). And yet, despite all of it, here we are progressing along. Some have even called it exciting and exhilarating (yes, really).

During the first week of practicum, while filling out a self-assessment, I was asked to discuss my satisfaction with my personal and professional

progress in this program.

It is safe to say that I had a difficult time answering that question. What is satisfaction, really? It seemed so conclusive, so final.



Yet here I am, in the middle of this thing called grad school, so far from being finished. I have so much left to learn, so much left to experience. We are all works in progress. Should we be satisfied with that?

So like any self-respecting grad student, I decided to Google it.

Leave it to Gandhi to give a good perspective. He said, "Satisfaction

lies in the effort, not in the attainment."

So there it is. I had it all wrong. It is not about the end, the conclusion. It's about the process. It's about the chaotic, overwhelming whirlwind of a semester that this has been so for. Satisfaction lies in the process, the progress.

And as Frederick Douglass said, "If there is no struggle, there is no progress."

So here's to the struggle of making progress. May we embrace it and use it as a means to learn, grow, and pay it forward to our loved ones, to each other, and to our clients.

Maybe once we embrace it, once we embrace all of that awesome discomfort, it really will seem exciting and exhilarating.

Sam

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New Executive Director for BP Programs

This year marks a lot of changes for the programs at Biltmore Park, including a brand new administration office on the first floor and a new executive director.

Kevan Frazier, a native of Asheville, has a longstanding history of dedication and work

to the UNC system. He began leading the instructional site on August 18th.

Frazier succeeds Patsy Miller, who has retired after serving WCU for nearly 30 years. Frazier plans to build upon the strong foundation that Miller has built over the last several decades.



Kevan Frazier

Reflections from Expressive and Creative Arts in Counseling

SUMMER 2014



“Every child is an artist. The problem is how to remain an artist once we grow up.”

Pablo Picasso

Expressive art therapy encompasses a wide variety of creative practices, and is often seen as “the back door” into the human psyche by revealing clients’ views of their issues, finding solutions, and setting goals for change. Drawing, collage, painting, clay, drama, poetry, narrative therapy, dance, photography, music and even sand tray play can be used therapeutically when we have clients that just seem to be stuck. Employing creative counseling techniques can be welcomed by some clients as verbal communication sometimes falls short. Using the expressive arts can be beneficial to clients of all ages; but it’s important to keep in mind the

appropriateness of any expressive art therapy. As counselors, we can take a directive approach to properly match the client’s age, issue, and cultural considerations to find a best-fit creative therapy. And of course, see if client would be interested in a creative therapeutic exercise; some of which could be daunting or intimidating without a proper introduction to your theoretical approach and use of expressive arts in counseling in your disclosure statement. When it comes to using the expressive arts with clients, it crucial to remind them the art they make is not about being perfect or beautiful, it is more about the process. If you are considering using

expressive arts in your practice, you should get training in your area of interest and experience the techniques for yourself. Any counselor can easily incorporate expressive art therapies into their basic talk therapy to help build rapport and increase engagement with clients in any therapeutic setting. Networking with other counselors, researching professional organizations, and reading creative and expressive arts journals can be a great way to discover different creative therapies and opportunities for training.

-Bethany Holland, on behalf of the Summer 2014 Class

Interested in some creative and expressive arts experience? Check out this Level I training for guided imagery and music.



Level I training for the Bonny Method of Guided Imagery and Music

October 24th - 28th

9 am to 5 pm

in the Kenilworth neighborhood
in Asheville, NC

Primary Trainer: Carol Bush, LCSW, FAMI and founder of Atlantis Institute for Consciousness and Music

Assistant Trainers: Jen Worthen, LPC, MT-BC, FAMI and Jeanne Crawford, LCSW, FAMI

Cost is \$595. Scholarships may be available.
\$100 registration fee is due by October 1st.

Contact Jen Worthen with questions or to register:
828-216-4079; jenwolove@gmail.com

Conference Opportunities

Break by the Lake 2014

When: Saturday, September 26
8 a.m. to 3 p.m.

Where: Lake Logan Episcopal Center
Canton, NC

What: An outreach program of Western Carolina University through the Counseling Program for student support services personnel. Attendees have opportunities to learn from other counselors and experts in the community.

Cost: Early Registration \$35 (by Sept. 22)
Student/Retiree \$25
On-site Registration \$45
Student/Retiree \$25

Special guest Michael Beadle will present with Dr. Phyllis Robinson "An Invitation to Poetry" - an exploration of the use of poetry to empower and inspire children, adolescents, and adults in counseling.

For more information, refer to page 6 of this newsletter or go to breakbythelake.wcu.edu



**Lake Logan Episcopal Center
Canton, NC**

Head to the NCSCA website for information about graduate poster session opportunities at the 2014 NCSA Fall Conference!

2014 NCSCA Fall Conference

North Carolina School Counselors

are **R** **E** **A** **D** **Y**

developing
proficient
accomplished
distinguished

November 5-7, 2014
Sheraton Koury Convention Center
Greensboro, NC

BUILDING OUR FUTURE:
Strengthening Our Service

LPCANC LICENSED PROFESSIONAL COUNSELORS ASSOCIATION OF NORTH CAROLINA

Annual Conference September 25-27 2014

Sheraton Greensboro Hotel at Four Seasons
Joseph S. Koury Convention Center

Check out www.lpcanc.org for more information

ORLANDO
ACGA 2015
Conference & Expo

What: American Counseling Association's annual conference

When: March 12-15, 2015 (spring break)

Go to counseling.org/conference for more information about speakers, rates, and volunteer opportunities.

Scholarship Opportunities

BECAUSE WHO DOESN'T WANT A LITTLE EXTRA MONEY FOR ALL YOUR HARD WORK? EXACTLY.

North Carolina School Counseling Association

If you are a school counseling student, check out this opportunity to help pay for tuition (!) or fund a professional development opportunity (ASCA's national conference, perhaps? They even potentially fund travel abroad).

Applications must be postmarked by September 30th for Spring semester funding.

Go to [this website](#) to learn more information about application requirements and funding opportunities.



National Board for Certified Counselors Foundation

The NBCC Foundation provides scholarships to counseling students in order to increase the number of skilled counselors in underserved or never served communities. Scholarships are available to students who commit to serving military personnel and families, rural communities, and minority populations.

For more information about the scholarships available in the above categories, visit the [NBCC Foundation's website](#).



*Leveraging the power of counseling
by strategically focusing resources
for positive change*

WCU College of Education and Allied Professions

Several scholarships and awards are available to counseling students, including the Mary Deck/Break by the Lake scholarship, the Daniel Saddler scholarship, the Carole Hearn Curtis scholarship, and the Mary and Charles Wayte scholarship.

Check out [this website](#) for more information. Make sure to check out the Morrill Family Fund for research funding as well!



Counseling students receiving scholarships, Spring 2014

From Left:

Jordan Atkinson, the Mary Deck/Break by the Lake scholarship
Maggie Lee, the Carole Hearn Curtis scholarship
Lalagay Steelman, the Mary Wayte scholarship

What is NCCA? What is the NCGSA?

Looking for a great way to get leadership experience or broaden your resume? Want to get state-wide exposure to issues facing counselors in our state? Want to better the graduate school experience for yourself and others? These are all important reasons to join and get involved!

Why Get Involved in NCGSA?

The North Carolina Counseling Association (NCCA), is a division of the American Counseling Association, which serves the interests of counselors in the state of North Carolina. The North Carolina Grad Student Association (NCGSA) is a division of NCCA that deals directly with graduate students - from programming to networking to training! All for you, Grad Student!!

How Do I Get Involved? What's the Time Commitment?

To be a general member, just fill out your [NCCA Membership form](#) (**student membership is \$15**) and mark that you would also like to join NCGSA (**for \$5!!**). For **just \$20**, you will be a member of the NCCA AND NCGSA for the entire year and get access to all the trainings, networkings, and events targeted specifically for you! The time commitment as a general member is what you choose to make of it, although I **highly encourage attending the NCCA Conference in February at the Grandover Resort in Greensboro!**

To be an officer of the NCGSA, I would estimate a time commitment of 5-10 hours a quarter (that's 5-10 hours every three months). Most of this time is spent in meetings with the Executive Board, working on events or programs, and coordinating with other officers to ensure that we are reaching our grad school population. Timing is very flexible. After all, we **ARE** grad students!

Nominations for 2014-2015 NC Graduate Student Association Officers

The North Carolina Graduate Student Association is now accepting nominations for our 2014-2015 officers: President, Secretary, Treasurer, and General Member-at-Large. President is a two-year term that includes President (2014-2015) and Past President (2015-2016). The Secretary, Treasurer, and General Member-at-Large positions begin in Fall 2014 and continue until the end of May.

Nominations are due at the end of the day on **Monday, September 15**. Please email me (mhtajil@ncsu.edu) for more information or if you have any questions.

See the link for the nomination form: https://docs.google.com/forms/d/1W2v_R43IX34IZifCAZmhSax-53vTac9jyGCFw98sKZU/viewform

Position Descriptions

President: *The President shall be the Representative to the North Carolina Counseling Association Governing Council and shall preside at all Governing Council, and Governing Committee general meetings of the North Carolina Graduate Student Association. The President shall appoint the Parliamentarian of the Association and shall appoint non-voting representatives of affiliated standing committees. The President or designee shall serve as the delegate to the North Carolina Counseling Association, contingent upon the availability of funds, and, along with the Past President. The President shall hold ex-officio membership on all committees.*

Secretary: *The Secretary will maintain updated content on the website for the NCGSA and will share important news with the membership through the website and organization-wide emails. Every year, the association shall receive an updated copy of the membership database and ancillary information from the North Carolina Counseling Association management company.*

Treasurer: *The Treasurer shall have overall responsibility for the financial affairs of the North Carolina Graduate Student Association the including budget preparation, management and reporting responsibilities. The Treasurer shall have the responsibility for the authorizations of all expenditures and shall present financial reports at Governing Committee and Governing Council meetings, shall present a report at each Association Business Meeting, and shall oversee the yearly audit or review of the Association. Every year, the NCCA will receive an updated copy of financial records from the North Carolina Counseling Association management company. The Treasurer shall chair the Budget and Finance Committee and shall insure that the financial records of the North Carolina Graduate Student Association are audited or reviewed each year.*

The General Member-at-Large: *The General Member-at-Large shall attend all Governing Committee and Governing Council meetings. The General Member-at-Large shall oversee other committees and perform other functions as requested by the President.*

Other Opportunities:

Division News: Any news related to division projects (present or future), conferences, workshops, etc. **The editor for this section is responsible for** contacting division leaders to request information about current events, activities, etc.

(2) **Member spotlight:** Nominate NCCA members you feel deserve the spotlight! Please provide contact information for your nominee. **The editor for this section is responsible for** contacting and interviewing the nominated member spotlight person; if no individual is nominated from another NCCA member, the section editor is responsible for making the nomination from the NCCA member directory.

(3) **NC Diversity and Advocacy News:** Discussion of issues related to diversity, multicultural competency, and advocacy; topics could include discussions surrounding issues of race/ethnicity, gender, sexuality, age, religion, socioeconomic status, etc. in North Carolina. These topics may address the helping professions directly or indirectly. **The editor for this section is responsible for** communicating edits to those who submit to the section; if no submissions are received, the editor should plan to submit for the section.

If you are interested in holding any of these three positions, please email a brief statement of interest to Katie Kelly, the newsletter editor, at kcs002@bravemail.uncp.edu. Statements of interest should address why a student is interested in the position as well as any relevant experience. **The deadline to submit statements of interest is November 1st 2014.**

Break by the Lake 2014
Friday, September 26

Agenda



Educating, Connecting and Serving

WNC Annual Conference for Support Service Personnel

Early Registration ends on September 22, 2014

Go to breakbythelake.wcu.edu

for the registration form and more information about this year's conference.

NBCC CEU Credit: 5 Credits

- 8:15 – 8:45 AM Registration – Celebration Hall
- 8:55 AM Door Prizes
- 9 – 9:10 AM Welcome – Dr. Mary Deck in Celebration Hall
Introduction of Mary Deck Break By the Lake Scholarship Recipient: Jordan Atkinson
- 9:10 – 10:20 AM *Dr. Phyllis Robertson and special guest Michael Beadle "An Invitation to Poetry" — explore the use of poems to inspire, honor and empower children, adolescents, and adults in counseling. Implications for using expressive writing in counseling will be profiled along with a presentation by Michael of original, contemporary and classical poetry. The poems cover topics from family and nature to humorous parodies and playful songs.*
- 10:20 – 10:30 AM Break
- 10:30 – 12:00 Noon Morning Sessions
- Cortisol 101: Working with Traumatized Kids in Schools ***
Presenters: Dr. Elizabeth Graves and Jennifer Belham
- Sandplay Therapy ***
Presenter: Dr. Lynne Barrett
- Working with Parents in Poverty (encore presentation)***
Presenter: Dr. April Spencer
- Helping Students Digest Curriculum by Breaking It Into Outcomes**
Presenters: Peggy Baker, David Craig, and Susan Maxey
- 12:00 – 1:00 PM Lunch and Professional Dialogue
- 1:10 – 2:40 PM Afternoon Sessions
- Functional Behavior Assessment and the Continuum of Care***
Presenters: Brian Powchak and Michelle Perry
- Substance Abuse Prevention in High Schools: The ESTR Model***
Presenter: Bob Cummings
- Collaboration with the New School Counselor Evaluation Instrument**
Presenters: Dr. Annette Husson and Maegan Brown
- The Positive Impact of Counselor Leadership***
Presenter: Rena Sutton
- 2:40 – 2:50 PM Break
- 2:50 – 3:10 PM Closing Comments/Evaluations/Door Prizes (must be present to win)
- 3:30 – 4:30 PM **ACA Ethical Guidelines: 2014 update ***
Presenters: Dr. Lisen Roberts and Dr. Melodie Frick in Celebration Hall

* For NBCC license renewal credits totaling 5 credit hours, attendees will need to choose from the morning and afternoon sessions with an *asterisk and attend the Ethics session at 3:30 pm. Certificates of completion will be given out at the end of the Ethics session.

The WCU Counseling Program is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.