

Western Carolina University

Counseling Connections

Fall 2020

Editor: Bethany Root



"Real change, enduring change, happens one step
at a time."

-Ruth Bader Ginsburg





Program News: Publications

Congratulations to WCU Counseling program faculty members with recently published research, including:

Curtis, R. C., & Likis-Werle, E. (2020, Fall).
Undisclosed infidelity. *Carolina Counselor*,
p. 29-32.

Thompson, H., Frick, M., & Curtis, R. (2020). A
multipoint qualitative analysis of group
training: Counseling student perspectives and
self-efficacy. *The Journal of Counselor
Preparation and Supervision*, 13(3).
<http://dx.doi.org/10.7729/42.1367>
<https://repository.wcsu.edu/jcps/vol13/iss3/1>

Dameron, M. L., Camp, A., Friedman, B., & Foxx, S. P.
(2020). Multicultural education and perceived
multicultural competency of school counselors.
*The Journal of Multicultural Counseling and
Development*, 48(3), 176-190.
<https://doi.org/10.1002/jmcd.12176>

Foxx, S. P., Grimmert, M., & Dameron, M. L. (2020).
Examining the use of digital storytelling in a
multicultural counseling course. *The Journal of
Multicultural Counseling and Development*, 48(3),
137-148. <https://doi.org/10.1002/jmcd.12173>



Program News: Publications

WCU Counseling program current and former faculty members also worked with graduate students and alumni to publish the following research:

Robertson, P., Graves, E., Bobilya, A.J., Murdock, T., Brotherton, D., and Hunter, S. (2020). An exploratory study of the benefits of a three-week cycling expedition for potential first-generation, college-bound students. *Journal of Outdoor Recreation, Education, and Leadership*, 12(4), 409-416.

Curtis, R., Roberts, L., Graves, E., Thompson, H., Wynn, D., Krantz, D., & Weiloch, V. (2020). The role of psychedelics and counseling in mental health treatment. *Journal of Mental Health Counseling*, 42(4), 323-333.

The 2019 WNC Mental Health and Substance Abuse Agency Report

The annual report is now available [online](#).

Program News

A Message from Dr. Elizabeth Graves about the Spring 2021 Motivational Interviewing (COUN 693-80) and Transpersonal Dreamwork (COUN 693-80) Courses

Due to the limiting nature of online technology in teaching high-interaction and dynamic clinical courses, and, given the guidance we are now receiving from the UNC System to prepare for the Spring semester potentially being another of hybrid/online learning, the Motivational Interviewing course is being postponed until 2021-2022. Please be aware that if we are all out of pandemic by March or April, I (Dr. Graves) pledge to offer a free one-day training to CMHC/PSC students who want a solid intro to MI (offered on a Saturday, so Interns can participate).

In place of the MI course, I will be offering a fully-online course in Transpersonal Dreamwork. This course is designed to help you help your clients work with and harness the power of their own unconscious to move their soul/psyche/spirit development forward - not just for their own sakes', but also for the work of the species on this planet. For those of you without a familiarity with Deep Ecology or Depth Psychology approaches, this work is rooted in Jung, Hillman, Woodman, VonFranz (psychology) - and also Joanna Macy and James Lovelock (ecology).

(continued)

Transpersonal Dreamwork (COUN 693-80)

Dr. Elizabeth Graves (Spring 2021/Saturdays)

Course capped at 16 students

Course Rationale: Social psychology research is showing that this pandemic has resulted in a significant resurgence in dreaming and similar forms of deep imagination practice. Indeed, even mental health clinicians in this age of pandemic are finding that more and more of their clients are bringing in to session their dreams. Since most American helping clinicians receive no training in dreamwork in their graduate programs, many are presently seeking formal training in how to harness clients' dreams toward self-understanding and growth.

Course Description: This course is designed to do just this - to help future clinicians build a firm foundation and starting point for how to work with clients' dreams and harness this unconscious material for client growth and self-understanding. The transpersonal psychology emphasis in this course, however, will go beyond just dreamwork skills. Going one step further (from Individual Psychology into Depth Psychology), this course emphasizes the vital role of individuals' dreams to the waking up of the human collective in this liminal age (pandemic, climate catastrophe, racial/gender/sexuality culture shift, and political unrest). How can we attend to the individuals' dreams who are sitting before us *and* move the collective unconscious work of cultural transformation forward? Come find out.

(continued)

Transpersonal Dreamwork (COUN 693-80)

Dr. Elizabeth Graves (Spring 2021/Saturdays)

Course Schedule: The course will meet 9 a.m. to noon on Zoom the following Saturdays: Jan. 16 & 30, Feb. 13 & 27, Mar. 13 & 27, Apr. 10 & 24, and May 1, plus weekly small group meetings on Zoom to practice dreamwork skills.

Coursework: Students will...

1. Keep a dream journal (submitted weekly),
2. Meet with a small group weekly (tailored to members' schedules) to process their dreams (individual focus),
3. Read original texts (in both dreamwork and in deep ecology),
4. Take quizzes on the reading to ensure the text material is understood,
5. Practice collective processing of dreamwork in whole-class, in-class meetings,
6. Write a final paper processing the reading, the individual/group dreamwork practice, and the collective nature of the dreamwork practice.

Note from Dr. Graves: The bulk of the workload is the reading. A reading list will be sent to enrollees in December for those who wish to get an early start. Quizzes will be simple, designed to ensure the reading (foundational to the practice) is completed and comprehended. If it scares you to turn in a dream journal because "I never dream!", let me assure you that you do dream. Respectfully, if you didn't dream at all, you'd likely be a resident in a psychiatric inpatient hospital, as not-dreaming constitutes a serious sleep disorder. Rather, memory of dreaming tends to be the issue - and there are many behavioral aids to assist you with recall. Once you start dreaming, I assure you, the hits just keep coming!

Please contact Elizabeth Graves at eggraves@email.wcu.edu for additional information.



Program News: Student Interest Meetings

This fall, the Counseling Program has organized a series of student interest meetings to help build the student community for those feeling isolated due to COVID-19 restrictions and/or feeling under-represented in the program. These are not counseling groups, but rather a chance to get to know other students.

Students of Color & Diversity

Oct. 16, 12:30-1:30 p.m.

This meeting is for everyone who identifies as students of color who would like to meet/support each other while in the program. A WCU Counseling alum will also attend to share his experience.

LGBTQIAA+ Students:

Oct. 17, noon-1 p.m.

This meeting is for all students who identify within these communities who would like to meet/support each other while in the program. WCU Counseling alums will also attend to share their experiences.

The 40+ Club:

Oct. 23, noon-1 p.m.

This meeting is for all students who are 40-years old+ who would like to meet/support each other while in the program.

Students in Recovery:

Oct. 23, 5-6 p.m.

This meeting is for all students who are in recovery and would like to meet/support each other while in the program.

To RSVP, check your email and respond to the meeting invite.



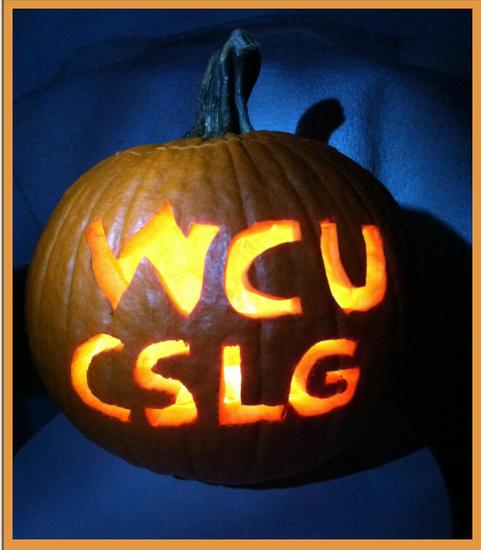
Program News: 2020 Pumpkin Carving Contest

The WCU Counseling program will be hosting the 2020 pumpkin carving contest.

There is no theme, be creative!

Send your pumpkin photos to curtis@wcu.edu by 8 p.m. on Thursday, October 29.

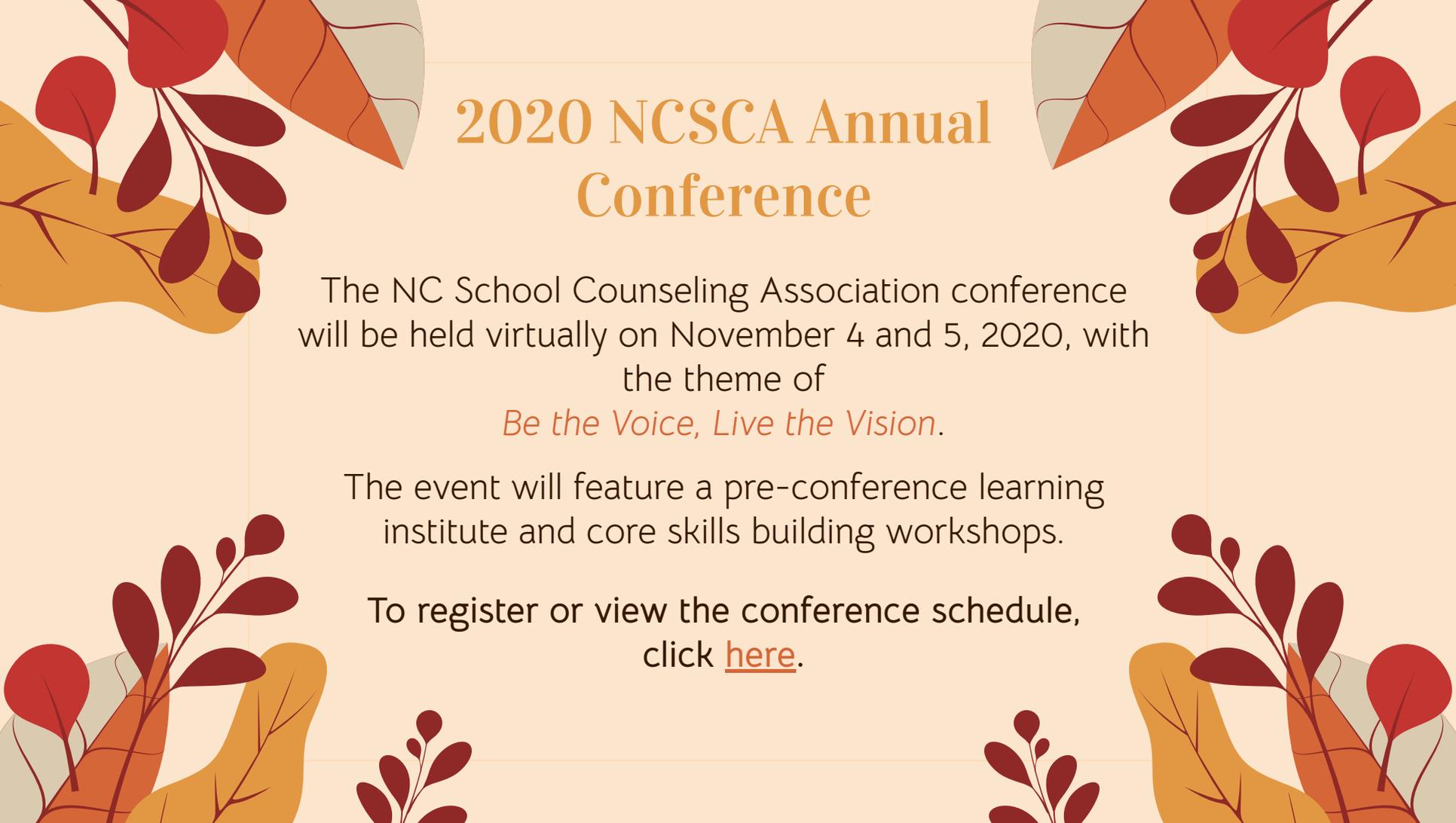
All halfway decent pumpkins will be displayed on the [WCU Counseling Facebook page](#). You can also share your pumpkin on social media using the hashtag [#wucounjack](#).



Credit: Dr. Russ Curtis



Credit: Dr. Russ Curtis



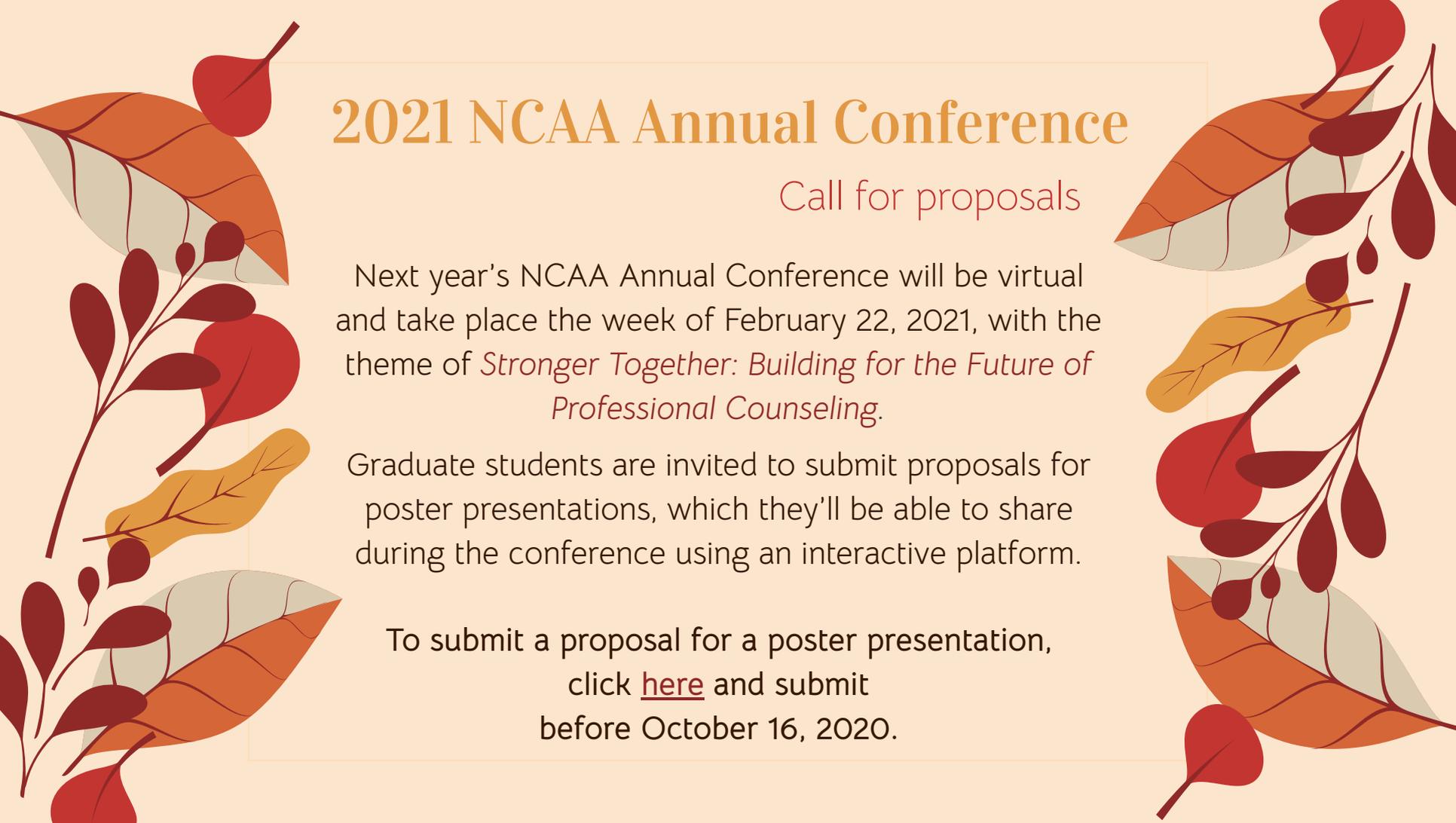
2020 NCSCA Annual Conference

The NC School Counseling Association conference will be held virtually on November 4 and 5, 2020, with the theme of

Be the Voice, Live the Vision.

The event will feature a pre-conference learning institute and core skills building workshops.

To register or view the conference schedule, click [here](#).



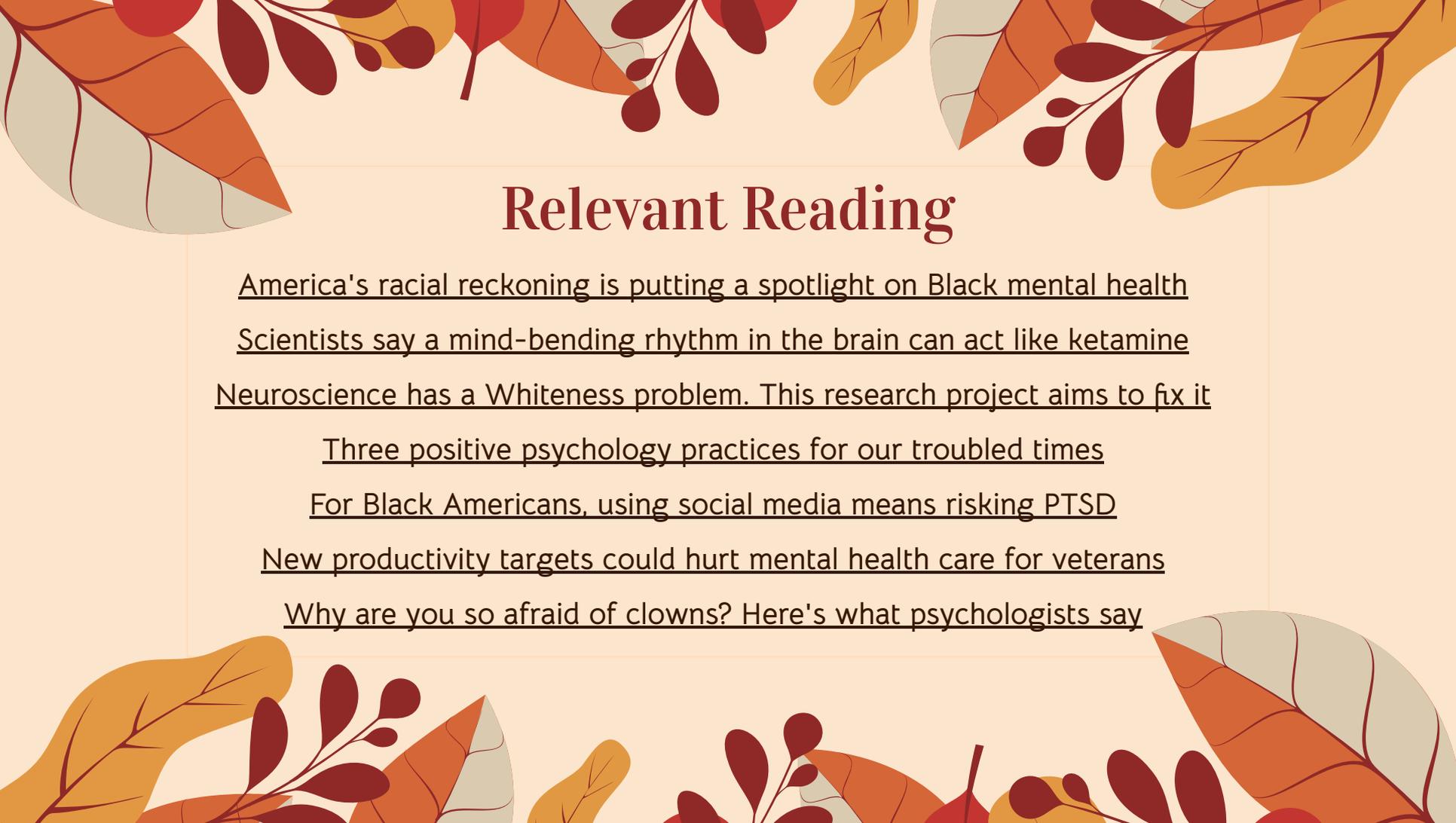
2021 NCAA Annual Conference

Call for proposals

Next year's NCAA Annual Conference will be virtual and take place the week of February 22, 2021, with the theme of *Stronger Together: Building for the Future of Professional Counseling*.

Graduate students are invited to submit proposals for poster presentations, which they'll be able to share during the conference using an interactive platform.

To submit a proposal for a poster presentation, click [here](#) and submit before October 16, 2020.



Relevant Reading

[America's racial reckoning is putting a spotlight on Black mental health](#)

[Scientists say a mind-bending rhythm in the brain can act like ketamine](#)

[Neuroscience has a Whiteness problem. This research project aims to fix it](#)

[Three positive psychology practices for our troubled times](#)

[For Black Americans, using social media means risking PTSD](#)

[New productivity targets could hurt mental health care for veterans](#)

[Why are you so afraid of clowns? Here's what psychologists say](#)



Thanks for reading!

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please send information, articles,
and news to Bethany for review at
broot@wcu.edu