Spring Musings and Fresh Eyes

Spring is finally here after a long and dreary winter. Everything is coming back to life, the trees, the birds, and even us humans seem to have more bounce in our step. Even though it is the end of the semester, and there is no shortage of tasks to complete, I find it difficult to maintain the stress and anxiety that has been a hallmark of this semester. I don’t attribute this to any sort of advancement on my part, far from it. Instead I attribute this to the change in seasons.

We live in a beautiful part of the world, and I realize this more in the spring than any other time of year. It’s impossible not to notice the awakening world around me after it has been dark and quiet for so many months. I find myself in awe of the beauty of my surroundings. The newness and vibrancy continue to pull me out of my head and into my experience of the world around me. It feels like I’m seeing the world for the first time; seeing with fresh eyes.

In seeing the world around me with fresh eyes, I am also seeing myself with fresh eyes. And as the trees around me have blossomed, so too have I. A lot of growth and learning has taken place over the course of this semester (and over the course of the program) and the new growth in my surroundings is the perfect reminder of the growth that has taken place within. As you take time to appreciate the vibrancy and growth of spring, take time to honor and appreciate the vibrancy and growth within yourself.

V. Mattei

Important Dates and Information

School and Community Counseling Conference
WCU counseling faculty will present at this year’s SCCC, on April 25th. The topic is Go Brief or Go Home: Brief Therapy in work with children, adolescents, parents, and adults. The conference is presented by Buncombe County and Asheville City Schools.

Coming Full Circle
Thursday, May 9th in Cullowhee. The schedule of events is on page 3. If you have questions or are interested in attending, email Lisen at lroberts@email.wcu.edu

Graduation
Friday, May 10th, in Cullowhee
*If you are graduating in August/December, register for graduation through My Cat

Field Experience
If you will be in practicum or internship this fall, please complete the Placement Site and Supervisor Information form and send to Denise Royer at droyer@email.wcu.edu. The form can be found under the ‘Counseling Resources’ tab on the counseling website.
“Behold, my friends, the spring is come; the earth has gladly received the embraces of the sun, and we shall soon see the results of their love!”
~ Sitting Bull

Nancy Howell Scholarship

The Licensed Professional Counselors Association of North Carolina is currently accepting applications for the 2013 Nancy Howell Scholarship Award. The scholarship will be awarded to two graduate counseling students (one master’s and one doctoral) who exhibit involvement and leadership in counseling, as well as promise as future licensed professional counselors.

Licensure Website

CACREP recently announced a website that specializes in counselor licensure requirements for all 50 states. The website is very user-friendly and provides all the necessary licensure information and links in one place. Great resource for anyone who plans on becoming a licensed counselor! http://www.counselor-license.com/

*CACREP is not affiliated with the website

Career Services

All of us are, or will soon be searching for jobs. WCU Career Services offers a number of services to help students and alumni in all stages of their job search. These services are free of charge and include the following:
- Résumé and cover letter resources and critiquing
- Appropriate attire guidelines
- Interview skills and preparation
- Job search advice and resources

*Visit WCU Career Services webpage at careers.wcu.edu for more information on services offered. The ‘Information for Students and Alumni’ tab is especially helpful.

Congratulations!!

Congratulations to the following WCU counseling students on their scholarship awards:

- **Tiffany Franzo** - 2013 Carole Hearn Curtis scholarship
- **Sarah Broughton** - 2013 Daniel L. Saddler scholarship
- **Maegan Brown** - 2013 Mary Deck Break by the Lake scholarship
- **Lalagay Steelman** - Mary and Charles Wayte Graduate scholarship
- **Lilian Crutchfield** - College of Education and Allied Professions fellowship

Pictured right: Tiffany Franzo, recipient of the Carole Hearn Curtis scholarship
On Thursday, May 9th, in Cullowhee, the WCU Counseling Program will host its 6th annual counseling conference and commencement celebration, Coming Full Circle. If you or someone you know is interested in attending, please register. The schedule of events is as follows:

**Conferences at Killian 102 and the WCU University Center (UC)**

8:00 – 8:30 a.m.: Arrival, registration, and art exhibit, outside Killian 102
8:30 – 8:45 a.m.: Welcome and commencement slide show, Killian 102
8:50 – 9:50 a.m.: Session 1

**Reframing relationships: Connections among attachment theory, self-efficacy, and animal-assisted therapy**, Lindsey Dillon, Susi Platt, and Lisa Mazzonetto (Multipurpose room A, UC)

**Counseling the hyper-social: Understanding changing behaviors from social networks and gaming**, Amber Brown, Michael Hayes, and Andrea Moon (Multipurpose room B, UC)

**FUNDamentals of counseling: Preventing professional school counselor burnout**, Leah Davidson, Shyra Merila, and Jenita Pace (Catamount room, UC)

10:00 – 11:00 a.m.: Session 2

**The merits of carrots: Mental health applications of therapeutic farming**, Sarah Broughton, Vicki Mattei, and Zac Tompkins (Multipurpose room A, UC)

**Drug evolution in the 21st century: Conventional treatments for unconventional drugs**, Tiffany Franzo, Weesie Pigman, and James Posedel (Multipurpose room B, UC)

**Stand up: Bullying prevention in your school**, Amy Fahey, Crystal Fennell, Jonathan Lanier, and Kristen Lynch (Catamount room, UC)

11:10 a.m. – 12:10 p.m.: Session 3

**Beyond “Just Say No”**: Relapse prevention plans, Amber DeBruhl, Monica Dyck, and Laura McIvaine (Multipurpose room A, UC)

**Conditioning mental athletes: Being mindful in sports and the game of life**, Tommy Cox, Jennifer Full, and Sarah Keister (Multipurpose room B, UC)

**Trauma in the schoolhouse: Crisis response for school counselors**, Catherine Dillon Cottam and Hanna Woody (Catamount room, UC)

12:15 – 12:30 p.m.: Closing, CEU certificates, art exhibit, and door prizes, Killian 102

**Commencement picnic at the WCU Picnic Grounds**

1:00 – 2:30 p.m.: Picnic lunch, informal commencement honors, music by Low Down Sires

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**WCU Counseling Program’s**

**Second Annual Creative Arts Show**

Former and current counseling students, as well as faculty, are encouraged to display their art at this year’s Coming Full Circle. Art may include, but is not limited to the following: Pottery, drawing, sculpture, woodwork, collage, quilting, photography, drawing, painting, fiber art, basket work, etc.

If you are interested in displaying your art in the Creative Arts Show, please contact Tommy Cox at ktcox1@catamount.wcu.edu with the following information:

- Approximate size of your artwork
- Specific display needs (i.e. easel, wall hanging, free standing, flat on a table, etc.)
- Questions or concerns
Summer 2013 Courses & Textbooks

**COUN 617: Addictions Counseling**, Dr. Valerie Schwiebert, May 13-May 28, hybrid, MTW 5:00-9:50pm, BP Kelly,

**COUN 650: Career Development**, Dr. Phyllis Robertson, June 3-July 3, hybrid, 5:00-8:50pm, BP

**EDPY 693: Sexuality Counseling**, Dr. Melodie Frick, June 3-July 3, TR 5:00-8:50pm, BP

**EDPY 693: Parenting Education**, Dr. Lisen Roberts, June 17-21, MTWRF 9:00am-3:50pm, BP


OR

**EDPY 693: Play Therapy**, Dr. Heather Thompson, July 5-Aug 5, MW 5:00-8:50pm, BP

**EDPY 693: Positive Psychotherapy in Integrated Care**, Dr. Russ Curtis, July 5-Aug 5, fully online (might be 1-2 face-to-face meetings scheduled together), BP


Edited by Vicki Mattei