“Between the idea and the reality, between the motion and the act, falls the shadow.”
- T. S. Eliot

The time has changed again. The darkness comes earlier. We acknowledge the coming of winter with religious and pagan remembrances. Halloween, All Saints Day, Guy Fawkes Day, Day of the Dead, Samhain, Deepavali, Veterans’ Day and even King Tut Day. We seem to prepare for winter by honoring the dead and the things that lie in shadows. It’s as if we want to enter the darker months with a gesture of respect.

Carl Jung considered our darker side, the Shadow, to be an integral part of the human psyche, along with the Self, the Anima and Animus, and the Persona. The Shadow is the instinctual, unacknowledged side of a person. It is the part of us we don’t like and don’t want others to see. Jung posited that if we do not look at our shadows, they grow stronger and many theorists suggest that it is healthier to look into our own dark corners and bring everything into the light. In fact, to incorporate those aspects of who we deny we are into our full self, thus gaining a measure of control. This is part of what we do at Halloween, disguising ourselves as ourselves—with witches’ masks and devil horns, a gypsy skirt or pirate’s hat. For one day a year we give the world a glimpse of who we would have been if things had been different. We display our wild, strange side—receiving approval and sometimes prizes.

Although Jung had a somewhat negative view of the shadow, it could be that the shadow just needs recognition and reframing. A wild side could be a brave one. A critical shadow could be discerning. A certain ruthlessness could be a respect for the practical. If we take some time to look in the shadows to see what influences are there, and if we accept and integrate those aspects of ourselves that we hide from, perhaps we can achieve greater wholeness.

This coming winter may be a good time to take a peek into the shadows to see what we can find. It may be that we find some weakness that we can strengthen, or an apprehension we can overcome. Or perhaps we will discover a new Halloween costume, an old saint or the tomb of King Tut.

If it seems as though this winter you might need help to examine the shadows, the Counseling Centers at Western and at UNCA are available to support you. You can contact them at 828-227-7469 in Cullowhee or 828.251.6517 in Asheville.

R. Henry
I recently went to the national conference of the Association of Counselor Educators and Supervisors (ACES). It was my first time to this particular conference. Usually I attend practitioner-oriented conferences, so this, a full focus on counselor preparation programs was exciting. Many of the sessions I chose to attend were related to my program director role (e.g., strengthening orientation, meeting and documenting CACREP guidelines). I ran a poster session on our admissions interview day.

I left the conference, as I’d hoped and expected, with new ideas for classes and for our program. But it was the unexpected lesson that impacted me most. As I talked with faculty and program directors from counseling programs in colleges and universities around the country, I kept picking up the same theme. Bottom line: We are good. I felt so proud to be a part of Western Carolina University Counseling Programs.

Specifically, the difference I sensed between good programs (ours) and well, developing programs, was: We are precisely that, a PROGRAM. We are not a series of disjointed classes. We are a PROGRAM. We share a collective identity and a sense of belonging. We all contribute to making the whole larger than our individual selves. In my session on our admissions interview day, I mentioned that we include time for our applicants to interact with some of our current students. Participants liked that idea and saw the value, but shared that there was no way they could get any students to volunteer to do that. One added, “Well, it would be impossible for us, most of our students live 30 or 45 minutes from our campus!” (Pause for effect. You see the statement there; I needn’t clarify my thinking about our program.) In the Orientation session that I attended, the questions and comments were similar: “How do you get students to show up?” Even, “how do you get FACULTY to show up?” For us, it’s so simple. We invite; people come. We say, “This is important” and you’re there. We all contribute. We all own the process and the outcomes.

So: THANK YOU, students and faculty; thank you alumni and community partners. Together, we make Western Carolina University Counseling a true program – something far bigger than any of us individually. I am humbled and honored to be among us. Thank you, for collectively creating and maintaining an “us.”

-Lisen Roberts, proud WCU Counseling Program Director

The Poverty Project has continued its yearlong education program, providing service opportunities and events to raise awareness of global and local poverty. These events included a screening of “Inside Job”, a documentary that takes a closer look at what brought about the financial meltdown and a Stop Hunger Now food packing event.

On November 14, at 6:00 p.m. there will be a chance to participate in the Oxfam Hunger Banquet. Participants will randomly draw tickets that assign them to different income levels, based on the latest statistics about the number of people living in poverty. Depending on where they sit, some receive a filling dinner, while others eat a simple meal or share sparse portions of rice and water. Participants gain a new perspective on the root causes of hunger and poverty — and often feel motivated to do something to help. For more information, please contact Derald Dryman at dadryman@wcu.edu.

You can find more information on the WCU Poverty Project webpage, http://ww.wcu.edu/29252.asp, or the project’s Facebook page, http://www.facebook.com/WCUPovertyProject.
Frank Warren Presents Post Secret
November 15 at 8:00 p.m. at Lipinsky Auditorium

Frank Warren has been called the “most trusted stranger in America.” Every day he receives hundreds of artfully made postcards containing people’s darkest and lightest secrets. His community mail art project delves into the fear associated with keeping secrets, and the power of telling them. Every month over 7 million people visit the website, postsecret.com, and help to raise hundreds of thousands of dollars for the National Suicide Prevention Hotline, 1-800-SUICIDE.

Professor Russ Curtis wants to remind students that it is appropriate, appreciated and essential to send thank you letters to their site-visit contacts, as well as practicum and internship site supervisors (once completed). It is best to send hand-written notes or typed letters (not emails). This level of professionalism goes a long way.

It is time to order books for Spring! The following are required:

Coun 615: Counseling the Culturally Diverse, 5th Ed., Sue
Coun 620: Counseling Children and Adolescents, 4th Ed., Vernon
Coun 630: Theory and Practice of Counseling and Psychotherapy, 8th Ed., Corey
Coun 633: Crisis Intervention Strategies, 6th Ed., James
Coun 665: Solution Focused Counseling in Schools, 2nd Ed., Murphy
Coun 667: DSM IV, 4th Ed., APA (The complete manual, not the small version)
Selecting Effective Treatments, 4th Ed., Seligman
Coun 687: ACA Ethical Standards Casebook, 6th Ed., Herlihy
The lights begin to twinkle from the rocks:
The long day wanes: the slow moon climbs: the deep
Moans round with many voices. Come, my friends,
'Tis not too late to seek a newer world.
Push off, and sitting well in order smite
The sounding furrows; for my purpose holds
To sail beyond the sunset, and the baths
Of all the western stars, until I die.
It may be that the gulfs will wash us down:
It may be we shall touch the Happy Isles,
And see the great Achilles, whom we knew.
Though much is taken, much abides; and though
We are not now that strength which in the old days
Moved earth and heaven; that which we are, we are,
One equal-temper of heroic hearts,
Made weak by time and fate, but strong in will
To strive, to seek, to find, and not to yield.

~ Alfred Lord Tennyson

*Summer Field* Meditation

Take a deep breath in through the nose and out through the mouth.
Allow your body to just let go.
Become aware of any tension in your body and just breathe into that area for a moment.....
Now as you take in each breath say to yourself "I am.." and as you breathe out say to yourself "relaxed", in "I am"
.....out "relaxed", "I am.....relaxed".
Just allow your mind and body to be peaceful, if thoughts come just let them pass and go back to focusing on your breath, as it now gently flows in through your nose notice the coolness of the air just as it enters your nostrils............
"I am relaxed"........
Now picture yourself in a beautiful meadow, surrounded by wildflowers, you can hear birds a little way off and you know that you are completely safe.
You can feel the warmth of the sun on your face and body. As you gently lay down on the soft grass and feel supported by the earth and warmed by the Sun - You know that you have everything you need.
Your mind, body and spirit are happy healthy and relaxed.......
Just lie here for a moment and enjoy this wonderful place of peace and calm.
Now when you are ready just breathe a little more deeply, feel the vital flow of energy through your body as you gently come back to the room and continue on with your day refreshed and re-energized, knowing that you can return to your special place of calm anytime you want just by recalling it.
Announcements

Laughter and Learning in the Mountains

The annual Break by the Lake Conference for student support services personnel was held on September 23, 2011 at the Lake Logan Episcopal Center in Canton. The main speaker was Michael Reno Harrell, a nationally renowned storyteller who had the conference attendees laughing and sighing as he ruminated about his childhood and adulthood growing up in the mountains. Every year at the conference, we try to find local talent to begin our day with song, stories, magic, and inspiration to help us deepen our appreciation for the life and culture of our wonderful mountain communities. This year over 130 counselors, social workers and other school personnel joined in a day of learning about how to reach students through the use of T’ia Chi, culinary arts, budgeting and saving lessons, and classroom guidance lessons. We also explored the effects of child-witnessing domestic violence, white counselors working with racial minority students, LGBT identity development, and dual relationships. The overall evaluations of the conference rated the experience as excellent and very relevant to the work actually done with students. The planning committee will soon be busy working on next year’s agenda and is open to suggestions for presenters. If you know of a local artist who works with youth, we’d be interested in learning about him or her for next year’s conference. So, save the date of September 27th, 2012 and plan to attend. Contact Phyllis probertson@email.wcu.edu with your ideas.

Mary Deck Break by the Lake Scholarship Recipient

The Break by the Lake Planning Committee is pleased to recognize Jennifer Belham as the first recipient of the Mary Deck Break by the Lake Scholarship. The scholarship in the amount of $500 is given annually to a graduate student in the counseling program who has demonstrated a commitment to professional development including service, presentations, and an involvement in community and civic activities. Preference is given to second year students who are in field placement having completed a minimum of 30 hours. Jennifer’s application revealed that she is active in service to her professional and home community even while juggling coursework and internship. We hope the award will support her in the completion of her program and shows our appreciation for all that she does in service to others.

Feeling Creative?

This summer Expressive and Creative Arts in Counseling will be offered as an elective in counseling. The course will cover therapeutic practices such as music, dance, poetry, and art therapy; phototherapy, cinematherapy, bibliotherapy, sandtray therapy, and yes, even some adventure therapy. We will learn through experience and share what works in best practice with clients from all walks of life. The intent is to have the course in July in eight evening meetings at UNCA. Come with your crayons, chalk, drums, and cameras in hand. For more information contact Phyllis probertson@email.wcu.edu

Volume 18, Issue 2, Page 5
**ACa and ASCA…**

The American Counseling Association is holding two major competitions for counseling graduate students—the Gerald and Marianne Corey Graduate Student Essay Competition and the ACA Future School Counselors Essay Competition.

**Each** competition offers a Grand Prize of:
- $1,000 Grant
- Free Registration for the ACA 2012 Annual Conference
- Publication of the essay submission in *Counseling Today*

**Each** competition also provides 4 Runner-Up Prizes of:
- $350 Grant
- Free Registration for the ACA 2012 Annual Conference
- Publication of the essay submission in *Counseling Today*

**Each** competition also provides 15 Honorable Mentions
- Free Registration for the ACA 2012 Annual Conference

For more information check out the ACA website at www.counseling.org

---

**In the Counseling World…**

**Resources**

- Licensed Professional Counselors Association of North Carolina
  www.lpcanc.org

- American Counseling Association
  www.counseling.org

- American School Counselor Association
  www.schoolcounselor.org

- http://www.counseling.org/Counselors/PractitionersGuide.aspx

- National Institute of Mental Health
  www.nimh.nih.gov

- National Board for Certified Counselors
  www.nbcc.org/Newsletter

- North Carolina School Counselors Association
  www.ncschoolcounselor.org

---

**Congratulations** to counseling graduate students Megan Coaplen and Autumn Rumfelt on their stellar presentations at the State Conference of the North Carolina School Counselors Association in Greensboro on November 4. Look for an article sharing their exciting experiences in an upcoming newsletter.

---

“When we are unhurried and wise, we perceive that only great and worthy things have any permanent and absolute existence, that petty fears and petty pleasures are but the shadow of the reality.” - Henry David Thoreau