A Message from the Chair:

Welcome to another Fall semester everyone. I’m writing this “Message from the Chair” from 35,000 feet above the ground, somewhere over Ohio. I’m on my way to Seattle for a counselor educator conference, and I’m sitting here, enjoying the flight. I love to fly. Don’t get me wrong; I’m no fan of security lines or rushing to make connections, or hoping my clothes go to the same airport I am.

But there’s something about flying that still seems magical to me, like I was a little kid. You go to the airport and watch the planes take off and land and wonder where people are going or from where they are coming. You spend a few hours in a little metal tube and you step out in a new place with a different culture and different norms and rules.

But I know not everyone likes flying. In fact, my seatmate is not a fan. She told me so. In the small talk I may have mentioned what I do and why I’m traveling so now we’re having a conversation about grounding techniques and heading off panic. But there’s something about my fellow traveler that I appreciate.

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Even though she’s clearly stricken with fear about flying, she’s on this plane. And that takes a lot of courage. I told her I thought she was brave.

**Fear is such a powerful emotion.** It’s important; fear keeps us safe. When we are small, we touch something like a hot pan on the stove and we learn an important lesson. Fear literally keeps us alive, but it can also hold us back.

When our fears are irrational, or unhelpful, or based in false assumptions…well, fear can be the thing that stops us dead in our tracks, when we can actually safely keep on going. It seems that anymore we try so hard to avoid discomfort, like fear, that we find any means possible of reducing it or eliminating it. But I wonder what we miss out on when we let our fear take the wheel and drive?

Sometimes if we lean in to difficult emotions we can find courage we didn’t know we had, and accomplish things we never thought possible. The woman sitting next to me is making her first cross-country flight, to visit family she doesn’t see often. What a great opportunity. I’ll close with this question for you—what opportunity is waiting for you if you can lean in to your fear? I’m not suggesting grabbing the hot pan on the stove is a good idea, but maybe it’s not as hot as you think. Maybe it’s worth finding out.

My best to you all!

*Dr. Owens*
A Message from Dr. Neale-McFall:

Greetings from Main Campus! Thank you for including me in your newsletter. Although I am enjoying the opportunity to provide leadership to the College of Education and Social Work, I do miss being at the Graduate Center and interacting with the wonderful and talented counselor education students! This new position has afforded me the opportunity to work with students and faculty across disciplines and I see just how instrumental we all are in creating a space for future students/clients to feel empowered.

In addition, I am continuing to focus on research as a cornerstone of informing curriculum and practice. I recently had a manuscript published in the Journal about Women in Higher Education and I am collaborating with faculty across the East Coast to look at workload equity among counselor educators. I am also leading a task-force for students who identify as parents to provide recommendations for how to best support this group of students at WCU. I encourage all of you to continue to reflect on your impact as a counselor-in-training and how you are making a difference, big or small, today and everyday moving forward!

PSU Adventure with the Adjuncts!

Secondary School Internship Scavenger Hunt

Secondary school internship students ask college advising questions of Nicola DiFronza-Heitzer, Director of Enrollment Management at Penn State University, Brandywine Campus before attending the annual PACAC College Admissions Fair. The students embarked on a college information gathering hunt, learning new information about the college advising process through conversations with representatives from 140 colleges and universities from across the nation.
A Letter from an Alumna:

To those of you I do not know already, my name is Nicole Rudderow. I graduated from WCU this past summer with my degree in Clinical Mental Health Counseling. I was very involved at West Chester working with various professors and students as a Graduate Assistant for the 2 years that I spent at the Graduate Center. I am currently working full time at Creative Health Services in Phoenixville as an Outpatient Mental Health Therapist. In this position I see a variety of clients of all ages, all socioeconomic statuses, and clinical diagnoses. I am very busy at my job working in community mental health, and accruing hours for my license. I am still involved with many of the professional relationships I built at WC, and will be presenting at the American College Counseling Association (ACCA) conference in Washington DC next year in 2020.

I will admit, self-care was something I always thought I was good at, until I graduated. I never realized how much of my life (hobbies, interests, social life, Hulu/Netflix) I had to put on hold while perusing my Master’s degree! It gets better, I promise!!! I now have more free time than I ever imagined, which I am filling with things I enjoy doing like volunteering with my certified therapy dog Paisley and hanging with friends and family.

Some advice I have for all of you future helpers…

1. **Remember why you entered into this field and what is important to you as a helper!** It can be difficult to remind yourself of this when you’re having a crazy day and your clients are in crisis. Take care of yourself!

2. **Don’t Settle and Be Patient!!!** When I was job hunting it killed me looking at entry level counseling jobs. I was really disappointed. If you know me well enough you know I am always working on my patience (which is still a struggle), yet I also know how important it is to advocate for myself professionally! It’s a delicate balance and not an easy dance as a new counselor. Find the job that is right for you, your needs, your wants, and your future.

3. **Have fun!** I remind myself every day to be creative as a counselor. Push yourself out of your comfort zone to try new things with your clients. Rely on your supervisors when you’re not sure. Go to trainings! I miss being a student, so trainings have become my new thing. There is so much I still need to learn, so stay curious!
Greetings from Chi Sigma Iota

The Delta Tau Kappa Chapter of Chi Sigma Iota here at West Chester University would like to welcome back all students and faculty and hope this fall semester has been treating you well!

My name is Abigail Small and I am currently serving as the Delta Tau Kappa chapter President of Chi Sigma Iota for the WCU Counselor Education Department. Working along side of me are two additional executive board members, eight committee chair people and two faculty advisors. Together we have been working very hard to promote our chapter and encourage fellow students to join us in events and membership.

Over the course of the semester the Delta Tau Kappa chapter hosts a variety of events including social gatherings, philanthropic fundraisers, chapter fundraisers and professional development opportunities. This fall semester we have hosted a Welcome Back Potluck, Coffee & Pastry Fundraiser, a Pumpkin Decorating contest to support Hope Springs Equestrian Therapy and a Student Assistance Program professional development gathering. Additionally, some of our members volunteered their time at the end of the summer to assist new students with their heavy boxes on Move-in Day, while others volunteered to help Dr. Alessandria with a relaxing pre-CPCE dog therapy event! We have more events planned before the end of this semester including a food drive benefiting the West Chester Food Cupboard (11/1-11/22), an Ugly Sweater Holiday Party (12/4), and a guest speaker from the WCU Counseling Center presenting on anxiety and depression in college students (11/19). Please be on the lookout for emails from our chapter secretary, Molly Minahan, for more information about the above events and more!

Membership

All Counselor Education students are welcome and encouraged to attend our events; we hope to see you there! If you are not yet a member or you are a member who is looking to get more involved, please reach out to me with any questions regarding available opportunities. There are multiple leadership positions within our chapter and we encourage current, new and prospective students to become involved!

If you are not yet a member and are considering joining, the process is simple and easy! Once you have completed 9 credits and have achieved a GPA of 3.5 or greater, you are eligible to join! You will receive an email from the Chapter Faculty Advisor, Dr. Asempapa, which will include instructions for joining. In order to become an active member you will need to visit www.csi-net.org to register, pay the $50 Annual National Dues and the $15 one-time chapter dues. We can’t wait for you to join us!

Upcoming Events:

- **West Chester Food Cupboard Collection Box** available 11/1-11/22. Boxes will be located in the Counselor Education Suite. Individuals are encouraged to donate both non-perishables and self-care items. A list of acceptable items will be included on the boxes.

- **West Chester University Counseling Center presentation on college student anxiety and depression**. 11/19 at 3pm in room 204.

- **Ugly Holiday Sweater Party**: Wear your Ugliest Sweater and come enjoy some Holiday treats! 12/4 in room 325 from 6:30-7:30.
Tips for Self-Care:

In the midst of midterms, presentations and the rest of life, take some time to check-in with yourself and see if you are practicing what you've learned, and what you will be helping others to learn. What are you doing for your professional and personal care?

1. **Cognitive reframing** – who is catastrophizing?! Being aware that you are thinking irrational thoughts is the first step to working on them. Try reframing, or check in with a peer or advisor for help in doing this.
2. **Peer supervision** – you have the largest group of peer counselors around you that you may ever have in your professional career. Check in with each other and see what strategies you all are using to get through the day.
3. Do your **organizational skills** need organization? Consider routine, checklists, and prioritizing on a daily basis. Be reasonable, there are only 24 hours in a day!
4. **Unplug**. Consider turning off your phone and other technological devices at a specific time of the day.
5. What **self-care strategies** are you practicing in the physical, social/personal, spiritual and cognitive areas?
6. **Breathe, exhale, repeat**… Take a deep breath, expanding your belly. Pause. Exhale slowly to the count of five. Repeat four times. Congratulations. You’ve just calmed your nervous system.
7. **Plan ahead** for what you need before the next ‘crunch’ time!


Presentations:


Hyatt-Burkhart, D. & Owens, E. W. (October, 2019). Empathy saturation: A new construct in vicarious exposure to trauma and counselor wellness. Educational session (60 minutes) at the Association for Counselor Education and Supervision Biennial Conference; Seattle, WA.

Owens, E. W., Boccone, P., & Hyatt-Burkhart, D. (October, 2019). You get an A! You get an A! Everybody gets an A! Grade inflation and gatekeeping in counselor education. Educational session (60 minutes) at the Association for Counselor Education and Supervision Biennial Conference; Seattle, WA.


Welcome to the Department!

Garbo Goodkin is our new Director of Field Experience. Garbo earned her undergraduate degree from Sarah Lawrence College, and her Counseling in Higher Education/Student Affairs Master’s Degree from West Chester University. After receiving her M.S., she worked at a Montessori school, the Domestic Violence Center of Chester County, and Chester County Futures prior to returning to West Chester for her current position.

Prior to moving to Pennsylvania, Garbo worked with children and adults with developmental delays and disabilities, traumatic brain injuries, and various mental health conditions in Vermont, North Carolina, and Arizona. She worked in finance for several years before returning to non-profit work in Chester County. Throughout her career, she remains strongly committed to providing support and care to underserved populations.

Garbo is an avid street photographer and enjoys exploring new and familiar places with a camera. She is excited to return to the Department of Counselor Education at West Chester University, and looks forward to connecting with students and faculty.

Program Reminders:

- If you have any news or announcements that you would like to be featured in the next newsletter, please e-mail GA’s Elizabeth Swierczek (ES917241@wcupa.edu) and Lauren Zazzarino (LZ917375@wcupa.edu)
- Field experience contracts are due Thursday, November 28th!
- Please check your D2L daily for department announcements and updates
- Make sure your Degree Candidacy is filed before the start of internship. Follow the instructions in the field manual. Without the Degree Candidacy form, your internship class will be dropped.
- Finals begin Tuesday December 10th and end Saturday December 14th
- Clearances have to be valid throughout the semester—don’t forget to renew them! (don’t forget about Liability insurance due each semester too!)
- Apply for graduation the semester before you plan to graduate on myWCU!