



## Alumni Excellence Award Winner is Dr. J. Scott Young

by Phil B. Clarke

The Alumni Excellence Award was created by the Department of Counseling and Educational Development with the purpose of acknowledging outstanding achievement of graduates of the program. The award is presented to graduates who, after completing the program, demonstrate exceptional achievement in several areas of the profession. This year's Alumni Excellence Award recipient is Dr. J. Scott Young, who was presented the award at the American Counseling Association conference in Anaheim, California. Classmate, colleague, and close friend Dr. Craig Cashwell described Dr. Young as "the consummate professional, sound scholar, brilliant teacher. He provides vital service to the profession." Dr. Young kindly set aside time to answer a few questions about his life and career.

**PBC:** Your bachelor's degree was in business administration. What led you to pursue your graduate studies in counselor education?

**JSY:** The decision to pursue graduate education in counseling was the result of an existential and career crisis. After college I spent three years as a salesman for a company that manufactured computer forms, such as the form on which your power bill is printed. I found the work very unsatisfying. I entered personal counseling for myself and it was an absolutely transformative process. I learned I had the power to make changes and one of these changes was to play to my strengths.

**PBC:** What was most memorable about your experience at UNCG?

**JSY:** Living in poverty in a house on Walker Avenue that my parents were afraid to come



*Dr. J. Scott Young wins the Alumni Excellence Award.*

*(Continued on page 2)*

## Marilyn Wolf Wins the 2003 Distinguished Practitioner Award

*I'm always redefining the work that I do.—Marilyn Wolf*

by Preston Yarborough



*Marilyn Wolf honored as 2003 Distinguished Practitioner.*

Marilyn Wolf, MEd, LPC, CCAS, NCC, and President of the Licensed Professional Counselors Association of North Carolina (LPCANC) (*need a few more certifications, Marilyn?*) is this year's recipient of the Distinguished Practitioner Award. Marilyn received her award during the UNCG Alumni and Friends Gathering at the annual conference for the North Carolina Counseling Association, held February 20, 2003. This award serves to recognize one who demonstrates an ability to impact individuals and/or

groups at a grassroots level, one who develops exemplary programs, and one who demonstrates professional services impacting groups of persons at the local, state, or regional level. "My biggest challenge is to keep my work interesting," Wolf stated. Wolf's work and passions are one in the same. She does not and has not judged her work by the amount of recognition or accolades it receives. Process serves to motivate Wolf; her reward is the continuance of her education. Wolf instinctively seems to develop a new pas-

*(Continued on page 3)*

### In This Issue

Dr. Korkut Prepares for Return	2	National Award Recipients	7
Dissertation Defenses	3	ACA Conference	8
The Art of Counseling	4	CSI / CESA Reception	9
CSI Initiation Ceremony	4	CSI Update	11
Student Accomplishments	5	CESA Update	11
Faculty Accomplishments	5	Internship Insider	12
Alumni Accomplishments	6		

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**Dr. Darlene Daneker**, *Lecturer*  
**Dr. Laura Dean**, *Lecturer*  
**Dr. Kenneth Simington**, *Lecturer*  
**Dr. Shawn Spurgeon**, *Visiting Assistant Professor*  
**Dr. Tom Sweeney**, *Visiting Professor*  
**Dr. Patty Von Steen**, *Lecturer*

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**Kara J. Wiergacz**, *Editor*  
**Dr. L. DiAnne Borders**,  
*Faculty Advisor*

**Dr. Young**  
*(Continued from page 1)*

into, but the rent was only \$125 a month. I remember living off Ramen noodles and 5 lb. buckets of Kroger peanut butter, buying used books on existential philosophy, literature, and psychology from Ben at the Browsery downtown. As far as the program goes, I always enjoyed the course work (really!) and I sort of used it (the classes) as a jumping-off point to study in-depth the things I found most interesting—Jungian psychology, existentialism, religion, supervision, family systems, etc. Dr. DiAnne Borders was undoubtedly the single most influential faculty member to me because she always pushed me to do my best work. I also met one of my best friends while in the doctoral program—your own Dr. Craig Cashwell.

**PBC:** You said you were involved in research. What are your current research interests?

**JSY:** My current research interest is the interaction of religion and spirituality within the process of counseling. This has been the thrust of my research all along. I am very intrigued by the variety of philosophies,

practices, and beliefs people use to make meaning of their lives. Therefore my research has mostly involved various aspects of these phenomena. Specifically, I am interested in how counselor training can address spirituality and religion and how spiritual growth is impacted by counseling.

**PBC:** What one (or two or three) thing(s) is it imperative for counseling students to learn?

**JSY:** This is an interesting question. I believe it is imperative that counseling students, regardless of specialty, learn basic pharmacology, assessment, diagnosis, and cognitive behavioral interventions. Although I am not particularly medically-oriented, these are the treatments that are demanded by the powers that be. Also, I think it is imperative that counselors learn a “best practices” approach to providing services. There are some very good publications on the treatment of specific disorders, which discuss both the medical and interpersonal (i.e., counseling) treatment of problems. I say all of this with the full recognition of the tension that exists between counseling and the other mental health disciplines. I simply see it as naïve to avoid any approach that will

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## Turkish Visiting Scholar Prepares to Return Home

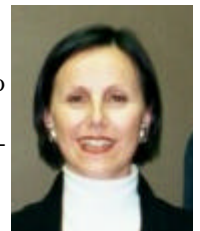
by Heather L. Smith

Dr. Fidan Korkut, a visiting scholar from Turkey since January 2002, was recently asked to reflect on her thoughts as she prepares to return home in May. With the United States at war in Iraq, some of her concerns surround changing political and social dynamics not only in her country, but around the world. To stay informed she reads Turkish newspapers online and is attentive to American news. Dr. Korkut has noticed differences between Turkish and American news. For example, during pre-war negotiations, the news from each country provided different information. Each culture, she states, communicates a unique perspective.

Dr. Korkut shared her concern regarding the overall message that war sends young people everywhere. During her stay in the United States, she has been writing about problem-solving and conflict resolution subsumed within a prevention philosophy. “War makes it more difficult to communicate to students that violence is not the

solution,” Dr. Korkut explained.

As she prepares to return home, she is also aware of the new conservative Turkish government, voted into office last November. She believes that there will now be changes in social, economic, and academic life. However, those who know her know that Dr. Korkut is well-equipped to acculturate back into Turkey after living in the United States for 16 months. Dr. Korkut possesses a keen desire to understand, strong coping skills, empathy, a non-competitive nature, a consistent practice of ethical responsibilities, and a fantastic ability to connect with others. Dr. Korkut requested a few words, “I want to say thank you to all of the faculty members. They made my work easier and helped a lot. They made my life nice. At the same time, the students were so friendly to me.” Best wishes to you, Dr. Korkut!



*Dr. Korkut has shared much with students while at UNCG.*

**Dr. Young**

(Continued from page 2)

relieve suffering because of turf wars. At the same time, I am very interested in and use alternative treatments (energy work, holotropic breath work, Gestalt, etc.) with my clients and students.

**PBC:** What have you been involved in since graduating from UNCG?

**JSY:** I am a faculty member in Mississippi State University’s Department of Counselor Education and Educational Psychology and am currently teaching a variety of core courses while providing supervision to counseling students. I am also involved in producing research, advising master’s and doctoral students, and directing and serving on dissertation committees. Outside of the University, I serve as an editorial board member for the *Journal of Counseling and Development*, I am president of the Association for Spiritual

Ethical and Religious Values in Counseling, and give weekly group supervision to community counseling employees seeking licensure. I also maintain a part-time counseling practice for families, couples, and individuals.

**PBC:** Thank you for sharing your experiences and insights. Congratulations and best of luck in the future!

Several colleagues had words to share about Dr. Young in letters of support nominating him for the award. One colleague at Mississippi State said he was “quite impressed not only at Scott’s steady productivity in scholarships, but also the quality of his contributions.” Another noted Dr. Young’s noteworthy personal qualities, including “honesty, integrity, sincerity, dependability, and service to others.” Dr. Young is clearly not only an asset in the academic world, but also in the larger community, and is highly deserving of this award. Congratulations!

### Spring Dissertation Defenses

**Suzanne Degges -White**

The Relationships Among Transitions, Chronological Age, Subjective Age, Wellness, and Life Satisfaction in Women at Mid-life

**W. Bryce Hagedorn**

The Identification of Sexual Ad-

diction Counseling Competencies: A Study of Professional Addiction Clinicians

**Holly Hartwig**

The Relationship Among Individual Factors of Wellness, Family Environment, and Delinquency In Adolescent Females

**Daniel L. Sander**

The Fit Between the Leisure Activities Finder Items and Holland's Hexagonal Model: A Multi-Dimensional Scaling Analysis

**Joshua C. Watson**

The Effects of Expectations

About Counseling, A thlete Status, and Gender on the Attitudes Toward Help-Seeking Behavior of College Students

**Randolph H. Watts, Jr.**

Safeguarding Factors for Gender Role Conflict in Adolescent Males

**Dr. Wolf**

(Continued from page 1)

sion each year or so: “When I start feeling the work I’m doing is not allowing me to be who I really am, to use my talents in the way that I think [they] need to be used, a new door opens.” This eclecticism is a hallmark of Wolf’s career and one of the distinguishing factors that make Ms. Wolf such a deserving recipient of this award.

Wolf, a native of High Point, North Carolina, graduated with her master’s in education in counseling from UNCG in 1987. Since then, Wolf has single-handedly worked in nearly every facet of counseling services. She began her counseling career in UNCG’s career development center. From there she moved on to serve as executive director for a women’s non-profit organization. She returned to an educational environment as Director of Counseling for High Point University, while also serving as an adjunct faculty member. After approximately six years at High Point University, Wolf felt herself drawn toward more clinical interests.

Wolf gained considerable experience while working for Charter Behavioral Health System as an outpatient psychotherapist. She credits her dear friend, our own Joe Jordan, for inspiring her in this direction. Wolf began developing her addictions specialty during this period. She later provided pain management counseling at Integrative Therapies in Greensboro and has since established her own private practice in Greensboro, where she has

operated as a private practitioner since 1997.

In addition to her professional work, Wolf also began noting the challenges that Licensed Professional Counselors faced in North Carolina. She joined the fledgling LPCANC in 1999 and served on its Board of Directors. She is now currently completing her second year as its president. Wolf proudly announced that in the past year this organization has increased its size by 25 %. Wolf is also a published writer, workshop and retreat facilitator, and public speaker. Would it surprise you to know that Marilyn doesn’t describe herself as a go-getter?

In speaking to Wolf’s colleagues, she was described as a person with “endless energy” who “can accomplish the work of three people.” Colleagues say she has a fantastic sense of humor and a passion about her work and the profession. In fact, it has been said that “within 30 seconds of the beginning of a conversation with her, she will have you signed up to be involved in a leadership position within LPCANC.” Another colleague wrote, Wolf “is a fighter to be sure; yet, her sense of humor, her diplomacy, and her positive energy draw people into constructive dialogue and win-win outcomes.” Clearly, Wolf is a valuable asset to the counseling profession and to the community.

Wolf indicated that couples counseling and perhaps family counseling are likely to occupy her attention in the near future. Wolf has had a fascinating, diverse career and is most certainly a “Distinguished Practitioner” of whom UNCG’s Counseling and Education Department can be proud.

# Gladding Shares "The Art of Counseling"

by Beth Waterson

Dr. Samuel Gladding opened an afternoon's expedition into the artistic side of the science of counseling at UNCG's Curry Building on February 7, 2003, with his oft-stated comment, "I'm a counselor." Dr. Gladding, associate provost and professor of counseling at Wake Forest University, is a pillar of the counseling profession. He is the author of numerous articles and books, including *Counseling as an Art: The Creative Arts in Counseling*. His love of the field and delight in exploring new ways for humans to express themselves while healing is evident in the Puck-like joy he exudes while sharing stories and elements of his work.

Although he affirmed that he set out as a Rogerian counselor, Dr. Gladding became increasingly interested in expressive and artistic therapies as a way to connect with clients who showed a penchant for creativity. When clients brought in poems, songs, or drawings to explain their situations, he recognized a new way of communicating with them and sought out helpful resources in the field. With a goal of reframing experiences in creative ways, he believes that the advantages to be experienced by clients through use of the creative arts in counseling include increased hope, greater clarity and focus, decreased egocentricity, recognition of emotions, and, ultimately, an ability to see humor in life's enigmas. Through creativity there is an "arranging or rearranging of elements so that a new and productive process or product results."

Along with a resource list that can be used to gain more information on creative and expressive arts therapies, Dr. Gladding offered some experiential exercises to introduce the concept of the creative arts in therapy to the uninitiated. Some participants enjoyed "The Five-Minute Writing Sprint," a tool to help combat blocked emotions and fatigue through stream-of-consciousness

journaling. By writing in the moment, individuals may be able to reconnect to their emotions. Dr. Gladding also introduced Albert Ellis' "Rational Humorous Songs" which help clients express strong emotions as lyrics set to the tune of innocuous melodies such as "Jingle Bells." Much of the workshop was devoted to exploring Robert Eberle's "SCAMPER" techniques originally devised to help children "substitute, combine, adapt, modify/magnify/minify, put to other uses, eliminate, and reverse/rearrange" emotional responses. In essence, Dr. Gladding stated that "the method helps empower people to do things for themselves long after the sessions are over."

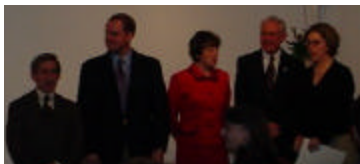
Participants were encouraged to explore lines of music, literature or the public lexicon such as "one day at a time" or "carpe diem" which they have adopted as life mottos. Knowing which lines clients live by can provide valuable insights for counselors. Another creative technique helps clients recognize limited language use through an exercise using multiple adverbs for a single action. Dr. Gladding stated, "Most clients are not stuck as much as they are stuck; the challenge is to help them get unstuck without becoming unglued."

When asked what he most hoped participants would take away from the three-hour workshop, Dr. Gladding replied, "I hope students will see that there are many ways to work therapeutically and the creative arts is one of these ways...not the only way." All of the students enjoyed and appreciated the seminar and look forward to utilizing the creative techniques in their future work as counselors.



Dr. Gladding shares SCAMPER technique with CED students.

## 2003 CSI Initiation Ceremony



### New Initiates

Lakeshia Marche Alexander  
Heather Leigh Calihan  
Leah K. Christensen  
Philip Branker Clarke  
Jennifer L. Coleman  
Heather Leigh Davis  
Elisabeth K. Derby  
Julie Christine Duffy  
Anita L. Durr  
Robin Alicia Griffin  
Sarah Madeline Hale  
Kelly L. Heritage  
Eileen Kathy Hogan  
Melissa L. Jennings  
Katie Maria Kersey  
Suzanne E. Ladka  
Jennifer B. Locklear  
Tarica Renee May  
Alicia Ann McMahan

Dena Renee McTyre  
Matthew Clark O'Connor  
Olubunmi O. Okunade  
Laura Marinn Pierce  
Jessamyne Rice  
Catherine Aimee Sears  
Ebony Michelle Smith  
Janna Corinne Smith  
Jennifer Jane Smith  
Kim McQueen Spell  
Julie Stephan  
Elizabeth Lee Waterson  
Cindy Marie Webster  
James Preston Yarborough

### Membership Transfer

Cynthia Cristin Jackson  
Chris Pizarik  
Michael Pizarcik  
Clay Rowell

by Kara J. Wiergacz

The Upsilon Nu Chi chapter of Chi Sigma Iota International, the Counseling Academic and Professional Honor Society International, installed 33 new initiates and transferred 4 memberships during their annual initiation ceremony held on Friday, February 7, 2003. Chi Sigma Iota International (CSI) is the international honor society of counseling professionals and counselors-in-training who are dedicated to excellence in scholarship, research, and clinical practice. Initiates must have completed at least one full academic term of courses in a graduate counseling program and have achieved a grade point average of 3.5 or better on a scale of 4.0.

Departmental faculty, staff, University leaders, family, and friends all convened to honor the initiates. Current CSI President Matthew Shurts presided over the

ceremony, with several guest speakers offering their congratulations to the new members from the podium, including Chancellor Dr. Patricia Sullivan, Dean Dr. Dale Schunk, Department Chair Dr. DiAnne Borders, CSI International representative Dr. Thomas J. Sweeney, and faculty member and CSI faculty advisor Dr. Jane E. Myers. Chi Sigma Iota Leader for Excellence, Dr. Samuel Gladding, was the featured initiation speaker.

The initiation ceremony concluded with Vision 2003, a brief speech from president-elect Casey Barrio about her plans for Upsilon Nu Chi next year, and the passing of the gavel from Shurts to Barrio. The ceremony was followed by a reception attended by initiates, their family members and other guests, faculty and staff, fellow students, and the guest speaker.

Congratulations new initiates!

# News and Notes

## Student Accomplishments and News

**Atticia Bundy** is the SACES Graduate Student Committee Co-Chair again for this academic year 2002-2003. She is also on the Editorial Board for the *Journal of College Counseling* until 2005 and co-editor of a special section of the *JCC* on Nontraditional College Students that will be published next academic year.

**Julie Duffy** presented the lecture, "Encouraging Change: Incorporating Counseling Techniques into Your Medical Nutrition Therapy" for the Medical Nutrition Therapy class (NTR 573) for senior dietetics majors at UNCG. She has also been chosen to be a community member on the 2003-2004 UNCG Dietetic Internship Admission Committee, which selects and ranks applicants applying to UNCG's Dietetic Internship Program.

**Melinda Gibbons**, her husband Tony, and big brother Benjamin are pleased to announce the birth of Ryan Davis Gibbons, born at 2:57 a.m. on March 31, 2003. Ryan weighed 7 lbs, 12 oz, and was "a monstrous 19 3/4 inches," according to Tony.

**Joseph P. Jordan** was recently appointed Regional Vice-President of the North Carolina Substance Abuse Professional Certification Board.

**Holly Landry** became engaged to Brady Johnson in October 2002 and is planning a July 18, 2003, wedding in Sparks, Oklahoma.

**Alicia McMahan** became engaged to Eric Brown on February 1, 2003, and is planning an August 2, 2003, wedding.

**Preston Yarborough** and his wife Mendy had their second child, Margaret (Maggie) Hamlin Yarborough, on Wednesday, March 12, 2003. She weighed 8 lbs, 5 oz. She joins big brother Nathan.

## Faculty Accomplishments

**Dr. L. DiAnne Borders** and **Dr. Marie Shoffner** co-authored a chapter entitled "School counselors: Leadership opportunities and challenges in the schools," which appears in the recently released book, *Leaders and Legacies: Contributions to the Profession of Counseling*, edited by West, Osborn, and Bubenzer.

**Juhnke, G. A.** (2003). School violence: Assessment, prevention, and response. Greensboro, NC: NBCC/ERIC/CASS 10 CEU "I Counseling Learning Module."

Also, **Juhnke, G. A.** (2003). When terrorists strike. Greensboro, NC: ERIC/CASS (<http://ericcass.uncg.edu/digest/2002-09.html>)

**Dr. Fidan Korkut** was the guest of honor of The University of Georgia Department of Counseling Psychology in March 2003. Dr. Korkut was honored at a wine and cheese gathering with faculty and the UGA school counseling research team. She presented on counseling in Turkey for the department.

**Myers, J. E.** (2003). Coping with caregiving stress: A wellness-oriented, strengths-based approach for family counselors. *The Family Journal*, 11, 1-9.

Chang, C. Y., & **Myers, J. E.** (2003). Korean translation of the Wellness Evaluation of Lifestyle (WEL): An assessment challenge. *Measurement and Evaluation in Counseling and Development*, 35, 239-250.

**Dr. Jane Myers** and **Dr. Tom Sweeney** were both selected as one of 23 "noted leaders" in the counseling profession. Their biographies related to this honor are recorded in a just released book, *Leaders and Legacies: Contributions to the Profession of Counseling*, edited by West, Osborn, and Bubenzer.

**Dr. Shawn Spurgeon** and his wife celebrated the birth of twin boys on Thursday, April 10, 2003, at 6:32 pm and 6:34 pm. Shane Quincey Spurgeon was born first and weighed 5 lbs., 7 oz., and Michael Alwyn Spurgeon was born second and weighed 6 lbs. Both of them were 19 1/2 inches long.

# Alumni Accomplishments

## **Publications & Presentations:**

**Dr. Leslie Armeniox** ('00) initiated a support group for individuals struggling with eating disorders, which she co-leads with Kerry Duncan, RD. She also coordinated a Hill Day for the American Dance Therapy Association and related organizations which was held April 4, 2003. The focus was IDEA reauthorization. Leslie also presented on ethical and legal issues in clinical supervision and the workplace for internship supervisors at Drexel University in Philadelphia in February. The workshop integrated scenarios from the 1999 *60 Minutes II* documentary, *Safe Haven*, which featured Dr. Armeniox.

**Chang, C. Y.** ('98), & Myers, J. E. (2003). Korean translation of the Wellness Evaluation of Lifestyle (WEL): An assessment challenge. *Measurement and Evaluation in Counseling and Development*, 35, 239-250.

**Christie Cornwell** ('91) presented in November in Asheville on the treatment of sexual offenders for the Mountain Area AHEC.

Richburg, J. M., & **Fletcher, T. B.** ('00) (2002) Emotional intelligence: Directing a child's emotional education. *Child Study Journal*, 32, 31-38.

Also, Richburg, M., **Fletcher, T.**, & Roberts, P. (2002). Education in the new millennium: The Zen of team teaching. *Journal of Educational Planning*, 13, 62-69.

**Garrett, M. T.** ('96), Bellon-Harn, M. L., Torres-Rivera, E., Garrett, J. T., & Roberts, L. C. (2003). Open hands, open hearts: Working with Native youth in the schools. *Intervention in School and Clinic*, 38, 225-235.

Also, **Garrett, M. T.** (2002). The four directions. In J. L. DeLucia-Waack, K. Bridbord, & J. S. Kleiner (Eds.), Group work experts' favorite activities: A guide for choosing, planning, conducting, and processing (pp. 119-122). Alexandria, VA: ASGW.

Also, **Garrett, M. T.** (2003). Counseling Native Americans. In N. A. Vacc, S. DeVaney, & J. M. Brendel (Eds.), Counseling multicultural and diverse populations (4th ed; pp. 27-54). New York: Brunner-Routledge.

**Holcomb-McCoy, C.** ('02) (2002). Importance of the CACREP school counseling standards: School counselors' perceptions. *Professional School Counseling*, 6, 102-111.

**Rayle, A. D.** ('02), & Myers, J. E. (2003). Older persons. N. A. Vacc, S. DeVaney, & J. M. Brendel. (Eds.). Experiencing and counseling multicultural and diverse populations. Muncie, IN: Accelerated Development, Inc.

Also, **Rayle, A. D.**, co-presenter. (2003, February). An investigation of the Multidimensional Inventory of Black Identity (MIBI) with Latino, Native American, and Euro-American undergraduates. 2003 Multicultural Roundtable on Cross-Cultural Psychology and Education, Teachers College. Columbia University, New York, NY.

**Strange, K.** ('01), co-presenter. (2003, March). "Grieving Losses: Taking Care of Yourself" at a conference in North Carolina.

**Young, J. S.** (2002). Single-subject research design for school counselors: Becoming an applied researcher. *Professional School Counseling*, 6, 146-154.

**Robertson, P.** (2002). When parents want to know: Responding to parental demands for confidential information. *Professional School Counseling*, 6, 156-161.

## **New Positions & Relocations:**

**Ashlea Ball** ('02) will be serving as a counselor for Duke University's Talent Identification Program at Davidson College this summer.

**Gina Bowers** ('90) is serving as the Executive Director of Retention Services at Harrisburg Area Community College in Harrisburg, Pennsylvania, on an interim basis while the college examines the organization of Student Services for the future. Gina also holds rank as an assistant professor of Computer Information Systems and Web Development and is the counselor for that academic division of the College. She will be promoted to associate professor with tenure as of July 1, 2003, after serving the college for approximately 10 years.

**Dr. Michele Briggs** ('01) and her husband Andy had a baby boy, Benjamin Louis Briggs, on April 4, 2003. He weighed in at 7 lbs. 15 oz. and is 21 inches long.

**Rae-Anne Butera** ('99) and her husband Jeff had a baby girl, Catherine Lena Butera, on January 17, 2003.

**Dr. Wendy Charkow Bordeau** ('01) has accepted a position as Assistant Professor of Counseling Psychology at Georgian Court College in Lakewood, NJ, beginning August 2003.

**Angel Devoe** ('02) is working as a Bereavement Counselor/Liaison at The Hospice of the Florida Suncoast in Parrish, Florida.

**Kathy Kirstner** ('01) achieved Licensed Professional Counselor status as of March 1, 2003.

**Leanne Hasenfus** ('01) became engaged on February 8, 2003.

**Dr. Andrea Dixon Rayle** ('02) was the recipient of a \$20,000 grant for the study of mattering and prevention groups with middle school students titled "Kyrene prevention project," as well as the recipient of an ACES 2003-2004 research grant for "The search for mattering: A construct validity study."

**Stephanie Rudi** ('00) is working at Highland Rivers Mental Health in Atlanta, Georgia, as a therapist for children and adolescents.

**Leslie Veach** ('99) accepted a new job as Assistant Director for Community Service and Leadership at UNCG.

**Dr. James Wachsmuth** ('96) and **Laura Klutz-Wachsmuth** ('97) celebrated the birth of Jonah Carter Wachsmuth on March 4, 2003. He joins big sisters Jenna and Jaden and big brother, Jared. Jim continues to serve as adjunct faculty at Lenior-Rhyne, where he has been teaching for the past two years. He teaches the consultation course during the fall semesters and this summer he will also add a marital counseling class.

## 2003 National Award Recipients

Congratulations to this year's American Counseling Association and Chi Sigma Iota national award winners! These were awarded during the receptions at the March 2003 ACA conference in Anaheim, CA. Citations regarding the recipients are summarized below.

### 2003 National ACA and ACA Foundation Awards:

**Dr. Craig Cashwell**, with co-authors Dr. Tammy Cashwell and Julia Shcherbakova, ACA Best Practices Research Award  
This new award recognizes "Best Practice" research projects by ACA members. Projects that further the evidence-base for counseling practice are considered and each project needs to include original research or the synthesis of research literature supporting a practice or approach. Drs. Cashwell and Cashwell and Shcherbakova co-wrote the article, "Effect of Client and Counselor Ethnicity and Preference for Counselor Disclosure," which is currently in press in the *Journal of Counseling and Development*. The purpose of the research was to study the influence of both counselor and client ethnicity on client preferences for counselor self-disclosure in a sample of White and African-American students.

**Suzanne Degges-White**, AADA Research Article Award  
This award is presented by the Association for Adult Development and Aging for outstanding research in the area of counseling older adults. Ms. Degges-Whites study, "Midlife Transitions in Women: Cultural and Individual Factors," was honored at the AADA breakfast at ACA.

**Keith Mobley and Dr. Myers**, ACES Research Grant  
This award is given by the Association for Counselor Education and Supervision to help support doctoral research. Mr. Mobley's study entitled, "The Relationship Among Age, Gender Role, Conflict, and Wellness in Two Cohorts of Male Counselors," was funded in the amount of \$250.

**Dr. Sylvia Nassar-McMillan** ('94), with co-author Dr. Julie Hakim-Larson, ACA Best Practices Research Award  
The purpose of this research was to clarify mental health needs of Arab Americans. Their article, "Counseling Considerations among Arab-Americans," is currently in press in the *Journal of Counseling and Development*.

**Dr. Gerald Juhnke**, Ralph F. Berdie Memorial Research Award  
This award supports research in college student affairs or related areas of counseling and education and was created to honor innovative ideas that would create directional changes in the field of counseling and college student personnel work. He was noted as "a major researcher on assessment and diagnosis of substance abuse at the college level." He is currently involved in continuing his research on college student dysfunctional alcohol use.

**Dr. Jane Rosen-Grandon** ('98), Don Dinkmeyer Social Interest Award

who have made outstanding contributions in the counseling profession to families. Dr. Rosen-Grandon has served families for over twenty-five years. She has been a regular columnist in a Greensboro, NC, newspaper writing on topics of interest to families. Additionally, she has developed a marriage satisfaction inventory for use in couples counseling, established programs for families and presented them locally and nationally, written for magazines, appeared on radio talk shows, led community service trainings, and done pro bono counseling for teens. She is currently maintaining a private practice and actively volunteering in the community.

**Randolph Watts**, AAC Donald Hood Student Research Grant  
This award, sponsored by the Association for Assessment in Counseling, is an annual program that recognizes and honors students seeking to complete research that shows promise for future outstanding contributions to the counseling profession. Mr. Watts received a cash award, a certificate of recognition, and acknowledgement of the award in AAC Newsnotes for his dissertation study, "Gender Role Conflict in Adolescent Males: School and Family Safeguarding Factors."

### 2003 Chi Sigma Iota National Awards:

**Casey Barrio**, Fellowship/Internship Awardee  
Fellows and interns must be Chi Sigma Iota members in good standing, in the early years of their professional activity, and must be willing and able to participate in all activities related to the CSI Fellowship/Internship Program during their Fellowship period, which include attending the ACA Conference, attending the CSI Leadership Seminar, representing his/her chapter at the CSI Business Meeting, and attending the CSI Awards Reception.

**Bryce Hagedorn**, Outstanding Doctoral-level Student  
This award recognizes an individual CSI member who has excelled in scholarship, extra-curricular involvement, service to the profession, and evidences excellence and commitment as a doctoral level student. Mr. Hagedorn was selected from a candidate pool of students from over 230 chapters to receive this impressive award.

**Anne Powers** ('01), **Dr. Jane Myers**, Dr. Lynn Tingle, and John Powers, CSI Outstanding Research Award  
This award was designed to recognize and honor researchers whose recent work shows sound scholarship and promise for outstanding contributions to the profession. Their study, "Wellness, Perceived Stress, Mattering, and Marital Satisfaction among Medical Residents and Their Spouses," focused on the effects of medical training on their spouses and medical marriages. The study examined over 80 couples and compared participants scores on several questionnaires with existing norm scores.

**Matt Shurts, Casey Barrio, and Dr. Jane Myers**, Advocacy Award  
Their poster was entitled, "Counselor Wellness."

**Carrie Wachter**, Outstanding Entry-level Student  
This award recognizes an individual CSI chapter member who has excelled in scholarship, extra-curricular involvement, service to the profession, and evidences excellence and commitment as an entry level student. Ms. Wachter was selected for this prestigious award from an

**American Counseling Association**  
**March 23-25, 2003**  
**Anaheim, California**

by *Kara J. Wiergacz*

The annual American Counseling Association (ACA) conference was held in Anaheim, California, from March 23-25, 2003. UNCG was well-represented; students, faculty, and alumni attended and made presentations throughout this week. Good work UNCG!

**Presentations:**

Learning Institute: **Dr. Lori Crutchfield** ('95), co-presenter  
Technology-enriched teaching and practice in counselor education

Learning Institute: **Dr. Sandra Ritter** ('01)  
Substance abuse issues for school counselors: The fundamentals

Learning Institute: **Dr. Garry Walz**, co-presenter  
Integrating the Internet into counseling: Current trends and best practices in cybercounseling

**Dr. Craig Cashwell, Dr. Tammy Cashwell**, co-presenters  
Effect of client and counselor ethnicity and preference for counselor disclosure

**Matthew Shurts**, co-presenter  
Panel on international issues in counseling: Challenges and collaboration for global counseling

**Randolph Watts and Dr. L. DiAnne Borders**  
Understanding the inner worlds of boys: Masculinity and gender role conflict

**Dr. Rose Marie Hoffman** ('96), co-presenter  
How well do graduate admissions committees select tomorrow's school counselors?

**Dr. Brian Dew** ('00), co-presenter  
Gay parents: No longer a paradox

**Dr. Moshe Tatar** (former Upsilon Nu Chi scholar)  
Dilemmas and strategies of Jewish and Palestinian counselors in Israeli schools

**Dr. Sandra Ritter** ('01)  
Stimulating students: Introducing opportunities for research

**Leah Madamba** ('00), co-presenter  
Wilderness therapy programs: What they are and why they work

**Dr. Catherine Chang** ('95), co-presenter  
Addressing White privilege, oppression, and racism: Challenges and rewards

**Dr. Michele Kielty Briggs** ('01), **Dr. Simone Lambert** ('01), co-presenters  
Couples connecting: Maintaining intimacy through spirituality and counseling

**Dr. Ray Wooten** ('91), co-presenter  
Breathwork: Using breath to integrate body, mind, and spirit

**Dr. Debbie Newsome** ('99) and **Dr. Marie Shoffner**  
Factors affecting youth's career interests in science, math, and technology

**Dr. Gerald Juhnke**, co-presenter  
Piloting the Substance Abuse Subtle Screening Inventory-Adolescent form  
Clinical assessment with substance abusing clients

**Dr. John Culbreth** ('96), co-presenter  
Grassroots advocacy for comprehensive K-12 school counseling programs

**Dr. Jane Myers**, co-presenter  
Celebrating baby-boomers transition to Golden Age-Gerontological counseling

**Suzanne Degges-White**, co-presenter  
Bias in the administration and interpretation of assessments for gays and lesbians

**Dr. Debbie Newsome** ('99), co-presenter  
Helping the undecided college student formulate career options

**Dr. J. Scott Young** ('96), co-presenter  
Single-subject research for school counselors: Why and how to become a researcher

**Dr. Brian Dew** ('00), co-presenter  
Sexual addiction and the Internet: Implications for the gay male client

**Dr. Andrea Dixon** ('02), co-presenter  
Beyond birthright: American Indian women as scholars and researchers

**Dr. Lori Brown** ('95), co-presenter

*(Continued on page 9)*

## 2003 CSI and CESA Recognition Reception

The following students were presented with awards at the CSI/CESA Reception held Thursday, April 24, 2003.  
Congratulations!

### Chi Sigma Iota - Upsilon Nu Chi Chapter Awards

Outstanding Entry-Level Student Award	Carrie Wachter
Outstanding Doctoral Student Award	Bryce Hagedorn
Chi Sigma Iota International Fellow	Casey Barrio

### Marian Pope Franklin Awards

Master's Entry-Level	Phil Clarke
Master's Second-Year	Lori Wainright
Doctoral Level	Matthew Shurts

### The Counselor Education Student Association (CESA) Awards

Outstanding Master's Student Award	Connie Johnston
Outstanding Master's Student Award	Marinn Pierce
Outstanding Master's Student Award	Preston Yarborough
Outstanding Doctoral Student Award	Suzanne Degges -White
Outstanding Doctoral Student Award	Carman Weaver
Outstanding Doctoral Student Award	Derick Williams
Outstanding Cohort Award – 1 <sup>st</sup> -year master's	Preston Yarborough
Outstanding Cohort Award – 2 <sup>nd</sup> -year master's	Heather Smith
Outstanding Cohort Award – 1 <sup>st</sup> -year doctoral	Casey Barrio

#### ACA

*(Continued from page 8)*

Pedagogy and technology in counselor education

**Dr. Shawn Spurgeon**, co-presenter

Speaking truth to the power structure: A town meeting with up and coming African Americans

**Dr. Jane Myers** and **Dr. Thomas Sweeney**

The indivisible self: An empirically-based, emerging model of wellness

**Julie Stephan**, co-presenter

School counseling in the new millennium: Solutions to the top ten ethical dilemmas

**Dr. Natasha Mitchell** ('01)

The role of acculturation and wellness in academic achievement

**Dr. Simone Lambert** ('01) and **Dr. Andrea Dixon Rayle** ('02)

Play therapy with multicultural and structurally diverse families

**Jeanne Stec**, co-presenter

State of mind versus state of being: Facing the fiction of a

homosexual life

**Dr. Laura Dean** ('91)

The CAS standards: A tool for assessing college counseling services

**Joshua Watson**

College students' attitudes toward seeking college counseling services

**William Bryce Hagedorn** and **Dr. Gerald Juhnke**

Counselor training in sexual addiction: Are students prepared?

**Dr. Sylvia Nassar-McMillan** ('94), co-presenter

Counseling considerations among Arab-Americans

**Dr. Ray Wooten** ('91)

The Shamanic journey: A technique and practice for spiritual and personal growth

**Dr. Sondra Smith Adcock** ('97), co-presenter

Preparing the Spanish speaking school counselor

# North Carolina Counseling Association Annual Conference

February 20-21, 2003

Charlotte, North Carolina

## NCCA Leadership Positions for 2002-2003

**Dr. Michael Garrett** ('96), President, NCASGW

**Dr. Carol Dice** ('02), President, NCCAADA

**Dr. Kenneth Simington** ('96), Ethics committee chair

**Dr. Sylvia Nassar-McMillan** ('94), Archivist

## Presentations

**Melinda Gibbons** and **W. Matthew Shurts**

Computer-based assessment and counseling: Some preliminary considerations

**Dr. Keith M. Davis** ('99), co-presenter

Creativity in counseling and teaching: Ways of working with expressive arts

Teaching eco-therapy: Ancient roots and new paradigms of healing

**Melanie Harper** and **Michael K. Pisarcik**

Sexual minority mid and later life adults: Wellness

**Casey Barrio** and **Daniel M. Paredes**

Developmental counseling and therapy: Planning effective interventions

Logical and natural consequences: Behavior change vectors

**Jeremiah B. Wills** ('01) and **W. Matthew Shurts**

Advocating for marriage: Should counselors have a role?

**Michael K. Pisarcik** and **Chris T. Pisarik**

Choosing a Ph.D. program in counselor education: Some perspectives from beginning doctoral students

**Melanie Harper** and **Carman Weaver**

Spirituality and religiosity: Assessment approaches for adults

**Julie Stephan**

Collaborative group consultations with parents & teachers:

Managing children's misbehavior proactively

**Dr. Russ Curtis** ('00), **Dr. J. Scott Glass** ('99), co-presenters

Counselor tears: Understanding students' views about weeping in sessions with clients

Exploring the Chakra system in an effort to expand our understanding of health and illness

**Heather Smith** and **April Forsbrey**, co-presenters

Research and practice: Building a bridge using a developmental, ecological framework

**Dr. Fidan Korkut**

Attitudes toward prevention and development among Turkish counseling educators

**Dr. Shirley B. Huffman** ('99), co-presenter

Integrating a constructivist approach and the creative arts in career counseling: Finding the unique self

Forgiveness: Interventions for healing mind, body, and spirit

**Melissa Murray Canter**

Using early recollections as an assessment tool

**Dr. Martha C. Rhyne-Winkler** ('88), co-presenter

Counseling and advocating for clients and families with chronic health conditions

**Chris Pisarik** and **Clay Rowell**

Developing counselor identity

## **Internship Insider**

*(Continued from page 12)*

Sarah finds herself dealing with students' academic concerns and struggles as well, and has realized that they tend to relate to development. "I've learned a lot about developmental issues," she remarks. "The North Carolina curriculum expects so much of the students, often more than they are capable of developmentally." Again, sometimes providing children with coping skills is the best service school counselors can provide. "We do the best we can, and then we have to trust that things will turn out okay," says Sarah.

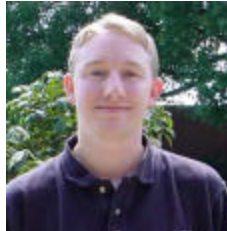
At Thomasville Primary, Sarah is provided with both support and independence. She is assigned students for individual counseling based either upon what she does especially well or in order to provide her with a challenge. Though she often makes

different decisions than her supervisor would make, Sarah feels that Catherine respects those decisions and consistently supports her. "I've learned a lot from her," says Sarah. "We have very different styles, and I've learned a lot from that as well." She has also learned the importance of listening to children. "They are smarter than we give them credit for, and they are more capable of letting us know what they need than adults often realize."

When asked how her experience at Thomasville Primary has changed her, Sarah replies, "It's made me even more determined to be a helper." Though the atmosphere of this high-risk school can be stressful, she appreciates the challenge. "It's been a great experience. Anything I do from now on will only be *as difficult* or easier. Only later, the burden will be all on me."

## NEWS FROM UPSILON NU CHI

by *Matthew Shurts, CSI President*



It was a great honor to be a member of Upsilon Nu Chi as I watched a number of our members receive awards at the CSI Interna-

tional Awards Ceremony in Anaheim: incoming President-Elect Carrie Wachter was named Outstanding Entry-level Student; incoming President Casey Barrio was awarded a CSI Fellowship; Bryce Hagedorn was chosen as the Outstanding Doctoral Student; and alumna Anne Powers, Dr. Jane Myers, and Anne's husband, Mike, were honored with the Outstanding Research Award. For one chapter to produce so many international award winners, and to do so year after year, is a tribute to our membership, our faculty advisor,

and our Awards Committee. As such, I want to recognize the hard work not only of the award winners, but also of Melinda Gibbons and Julie Stephan, the Awards Committee co-chairs, and Dr. Jane Myers, our faculty advisor and ad hoc Award Committee member.

Although it is wonderful when our membership is acknowledged internationally, this spring was an exciting time for our chapter here at home as well as we welcomed new members through initiation and recognized excellence among our membership at our joint awards ceremony with CESA. In addition, our members engaged in service projects, developed a newsletter, provided professional development projects and funding, and participated in a variety of other exciting endeavors. We also acquired brand new office space in the remodeled Elliot University Center, which will benefit our chapter for years to come. All of this has and continues to occur in the midst of NCCA, ACA,

internships, comps, final exams, and numerous other scholastic responsibilities! I want to stress that despite being pulled in many directions, our membership achieved great things this year. Although I cannot recognize each individual in this article (believe me, I would if I had more room!), let me take this opportunity to thank all the members of Upsilon Nu Chi who have played a role in another banner year for our chapter!

As I look back on my term as President of our Upsilon Nu Chi chapter, I am proud of all the successes that we have had. However, I know that next year's Executive Council, led by President-Elect Casey Barrio, will be even more successful. During her time as President-Elect, Casey has been instrumental in helping me lead our chapter, and I know she will build upon the achievements we have accomplished during her Presidential term. Best wishes for CSI in the future.

## NEWS FROM CESA

by *Jim Middleton, President*



This is, for many, the most beautiful time in Greensboro, with the dogwoods and azaleas in full bloom everywhere and every-

thing welcoming spring. Not unusual in our weather was the brief snowstorm in March, which some of us enjoyed several weeks ago. Our watches and clocks have been set forward, giving us days long enough for school in addition to extracurricular activities. UNCG offers a wide variety of potential for involvement for all students and staff and we advise you to check the various schedules promoting fun and relaxing events in and around the school each spring.

Our program continues to provide access to training through which to

grow and expand our interpersonal relationships and knowledge of the field of counseling. CESA and CSI continue to sponsor interesting "Brown Bag Lunches" for spring. These group gatherings are hosted during the lunch hour by CESA and feature speakers from the community professions, as well as faculty and other students whose goal it is to present on varied topics reflecting different aspects of counseling. Students have so far enjoyed presentations on grief and loss issues presented by Darlene Daneker, as well as what to expect in an internship experience presented by the second-years.

This semester was also kicked off with a brand new fundraising opportunity for both CESA and CSI. The first-year master's cohort has proven exceptional in every aspect of the program, and it is no surprise to see how successfully they have joined together to undertake the task of working the event

booths at the Greensboro Coliseum Complex. You and your newly elected leadership will decide whether this effort will continue next year or be replaced with an even better fundraiser to supplement your education. Congratulations to the newly elected officers for the 2003-2004 school year: Preston Yarborough, president; Marinn Pierce, internal vice-president; Melissa Jennings, external vice-president, Eileen Hogan, treasurer; and Jennie Locklear, secretary.

Finally, we ended the year with a Departmental awards ceremony and reception, hosted by CESA and CSI. Many thanks to those involved in planning and coordinating this event and congratulations to all of the award winners!

I have enjoyed serving you as this year's CESA president and thank all of those who have contributed to our success this year. Have a great summer!

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## Internship Insider: Thomasville Primary

by Aimee Sears

Sarah Blair rushes on a Friday afternoon from her internship at Thomasville Primary School to her assistantship in the Counseling and Consulting Clinic. She spends three days a week at the school, 7:30 am until 3 pm, in addition to taking classes and juggling her assistantship and yet another job. When asked if her internship has made her life more hectic, she replies, "You can't even imagine." But for Sarah, the experience she is gaining makes it all worthwhile.

Sarah's internship supervisor, Catherine Tucker, is the school counselor at Thomasville Primary. As the only counselor in the school, she expresses gratitude for her intern. "It's a very big help, especially when interns are capable of functioning independently. The wait time for seeing a counselor is cut in half." Interns find themselves performing the same tasks as the counselor, including teaching classroom guidance one day a week, leading groups, seeing children for individual counseling, consulting with teachers and parents, and doing behavior management. "I'm not sitting there holding their hands," says

Catherine, adding, "Dr. Shoffner has done a good job preparing her students to be in the schools."

However, it would be impossible to fully prepare counseling students for the challenges Thomasville Primary presents. The size of the school alone is a challenge; it serves 750 students from kindergarten through 2<sup>nd</sup> grade. Eighty-five percent receive free or reduced lunch; many of the students live in poverty and face significant difficulties in their lives. "It's a high-risk situation," says Sarah. "We try to give them the coping skills they need to get through it." As part of their effort to provide the children with these necessary coping skills, Catherine and Sarah lead a Theraplay group. "It's different from play therapy," notes Sarah. "It's based on attachment disorder." They provide group members with nurturing and challenge, types of interactions that most children receive from their parents as infants. Another group, scheduled to begin soon, will focus on helping second-graders with their social skills.

(Continued on page 10)

### MOVING? Let us know!

Name	_____
Old Address	_____
City	_____
Day Phone	_____
State	_____
Zip	_____
Name	_____
New Address	_____
City	_____
Day Phone	_____
State	_____
Zip	_____
E-mail	_____

Write us when you move — preferably six weeks in advance.

Mail this form to:  
**Mrs. Venus Pinnix**  
**UNCG**  
**PO Box 26170**  
**Greensboro, NC 27402**  
Or email: [ced@uncg.edu](mailto:ced@uncg.edu)