



# Counseling Connections

## The Mary Deck Scholarship

In recognition of her extraordinary work, friends, colleagues, and students are establishing this new endowed scholarship fund for counseling students to honor Mary Deck, a professor of counseling and a Licensed Professional Counselor. A native of Forest City, North Carolina, Dr. Deck joined the faculty at Western Carolina University in the fall of 1990. She has been employed as a social worker, a special education teacher and a school counselor, and was assistant professor in counselor education at the University of Alabama for four years before coming to Western Carolina University, where she completed her M.A. Ed in school counseling.

In 1997, Dr. Deck was instrumental in rejuvenating a regional conference dedicated to providing education, renewal and opportunities for collegiality in the Western North Carolina region. This rejuvenated conference for student services personnel is Break by the Lake. The scholarship's name was formerly called the Break by the Lake

Scholarship Fund, but it will now be appropriately renamed The Mary Deck Scholarship.

### Scholarship Criteria

This one-time scholarship will be awarded each December in the amount of \$500 to a graduate student in the counseling program who has demonstrated a commitment to professional development including presentations, service and an involvement in community and civic activities. Preference will be given to full-time students who are eligible for field placement in the fall of the coming year.



### How to Donate

The goal of this fund is to reach a minimum of \$10,000, the amount necessary for endowment. The Mary Deck Scholarship is made possible through Break by the Lake Conference registration fees and private donations. Contributions made in memorial to family and friends are welcomed. Checks of any amount can be made payable to the Mary Deck Scholarship Fund. Give your check to the registration desk at Break by the Lake or mail it to:

Phyllis Robertson, Ph.D.

Dept. of Human Services

91 Killian Building Lane, Room 211

Western Carolina University

Cullowhee, NC 28723

### INSIDE THIS ISSUE

The Mary Deck Scholarship	1
Break by the Lake	2
Book Review by Phil Waalkes	2
Career Counseling Conference in Charlotte	3
Substance Abuse Conference at Duke	4
Change by Mary Deck	5
Fun and Games	6

# Break by the Lake

The annual Break by the Lake Conference for Student Support Service Personnel will be held on **Friday, September 26, 2008** at Lake Junaluska Assembly in Waynesville, NC. The guest speaker is Dr. William Purkey, Professor Emeritus at UNC-Greensboro. Dr. Purkey will be sharing with us his wealth of knowledge about Invitational Counseling as it relates to drop-out prevention. Breakout sessions following the morning program will cover topics on working with children in poverty, understanding autism and Aspergers, gangs and risky behaviors including the choking game, groups for boys, working with ESL youth, bullying/relational aggression, health and wellness, and activities to promote and energize character education programs. The conference is a local opportunity to teach and learn for school counselors, school social workers, school psychologists, school nurses, resource officers, school administrators, community counselors, and many others in the educational and helping fields. Registration is \$50 (early), \$60 (on site), and \$25 for students and retirees. Lunch is included in the registration fee. CEU credits are .5 hours. Plan to join us this year as we learn in a place of beauty while rejuvenating and connecting with others. **You can register online at <http://www.wresa.org>.**



## Book Review

[Shyness: How Normal Behavior Became a Sickness](#) by Christopher Lane

Reviewed by Phil Waalkes



Anyone familiar with the updating of the Diagnostic and Statistical Manual of Mental Disorders (DSM) is aware of the politics and profits surrounding its contents. Counselors and other professionals are often taught to view the DSM and the process of labeling a client with a mental disorder with caution, but what about those with motivations different from mental health professionals?

Despite the title, *Shyness: How Normal Behavior Became a Sickness* is about much more than social phobia; it's a scathing commentary on drug companies' greed at the expense of ordinary people who have been convinced that their personality traits like shyness are mental disorders. With a tremendous amount of research including searching through many previously unpublished documents, Christopher Lane explores the history behind how social anxiety disorder was added to the DSM-IV, how companies disguised as advocacy groups went about promoting social anxiety disorder through advertisements and celebrity television appearances, and the massive advertising campaigns promoting these drugs. Social phobia is Lane's most prominent example of this phenomenon.

My favorite chapters were those examining the history of shyness in Western culture and our culture's dramatic shift in our perception of shyness in the last twenty years. From the ancient Greek's prizing of bashfulness to Charles Darwin's insistence that shyness was an adaptive, socially-learned trait important for the survival of humanity, our present culture has a more negative view of shyness than any other time in the history of Western civilization. Lane says that in the last thirty years through the work of drug companies shyness has changed from something that was accepted and often valued into a disorder that needs to be cured.

Whether you agree with his assessment, Lane's passion for his case is undeniable without seeming paranoid and the breadth of his evidence is impressive. Yet, even aside from this book's controversial thesis, this book shines light on many ideas in our culture that are important for counselors to consider. Despite his criticisms, Lane does not propose a method for ways to combat the ideas about shyness and other mental illnesses broadcast by drug companies. At its core, the problems Lane proposes are fueled by a desire for people to have an easy solution to their emotional and social problems rather than undertaking difficult emotional work. By promoting counseling and letting the effectiveness of our focus on behavioral and psychological change outshine messages from other sources, we can help reduce the stigma surrounding shyness and ease its negative impact on clients.

# Career Counseling Conference in Charlotte

Central Piedmont Community College and CPP invite you to our October 7, 2008 “**Counseling to Type: Motivating Students and Clients through Individualized Career Counseling**”\* workshop. Learn to increase students' and clients' motivation by adapting counseling strategies to type preferences. The workshop is based on the concept that the best career exploration and job search strategies capitalize on the natural strengths of type preferences. Discussion topics and activities will cover:

- Review of type basics
- Counseling strategies for individual preference pairs
- ST-SF-NF-NT counseling motivators
- Using the function pair Z model in the job search
- Addressing counselor biases and potential client pitfalls
- Case study applications
- MBTI® reports and support materials review

The six-hour program complements previous CPP career assessment workshops and is facilitated by Catherine Rains, M.S., CPP Education Consultant, a former director of university career services and an assessment trainer with 20 years experience in career counseling and program development.

The workshop is designed for career counselors and academic advisors who support college and high school students, as well as all practitioners who help adults with career decisions. This program has been approved for National Board for Certified Counselors (NBCC) CEUs.

## Workshop Schedule

9:00 - 9:30 a.m. Sign-in and networking  
9:30 a.m. Program begins  
12:30 - 1:30 p.m. Lunch on your own  
4:00 - 4:30 p.m. Program ends



CENTRAL PIEDMONT COMMUNITY COLLEGE

To register, please click here <http://www.cpp.com/counseling>, or call CPP Customer Relations at 800.624.1765.

Your cost for attending the workshop is only \$85 per person, in advance. Registrations may be cancelled for a full refund up to five business days before the workshop date.

Thank you for your interest and we hope to see you in Charlotte, NC.

We're on the Web!  
[HTTP://CEAP.WCU.EDU/  
COUNSELING/GUIDES.HTM](http://ceap.wcu.edu/counseling/guides.htm)

## From the Editor

Welcome back, everyone (or just Welcome for those just joining the program). Thank you to Mary for her wonderful submission to this issue of the newsletter.

During this fall semester *Counseling Connections* will once again be coming out monthly and we are looking for your submissions. If you'd like to publish your thoughts on counseling, your experience with the program thus far, your poetry, stories or art, or information about conferences email them to me at **phil-waalkes@gmail.com** or give them to Lisen Roberts.

As always I'd love to hear any comments, suggestions or ideas you have. ~Phil Waalkes

# Substance Abuse Conference at Duke

**Reducing Substance Use among Adolescents: Bringing Science Down to Earth**  
**October 13-14, 2008 ~ Terry Sanford Institute of Public Policy, Duke University**

Adolescent substance use is a persistent problem in the United States. Although the Centers for Disease Control and Prevention has reported that the prevalence of alcohol, tobacco, marijuana, cocaine, inhalant and illegal steroid use among high school students declined between 1995 and 2003, the downward progress of these prevalence rates has since stopped in all categories. Moreover, while rates of alcohol and tobacco use are generally lower than they were in the early 1990s, other illegal substances are now used more frequently than they were at that time.

The goal of this conference is to establish a meaningful dialogue between the prevention research, practice and policy-making communities to understand what strategies for reducing substance use initiation have worked and to propose new strategies. Researchers will present assessments in both the science of prevention and efforts to translate that science into effective interventions. Practitioners will deliver formal responses to these reviews; after these responses, the audience will have an opportunity to react, share insights, and help to shape the future of prevention research.

The conference's five sessions will be organized over a day and a half to cover a range of perspectives on prevention, from the neurological underpinnings of substance use to psychological views of individual vulnerability and peer group interactions, to broader sociological views of how schools and other institutions can be designed to minimize the risk of substance use. Please plan to attend both days.

**Cost :** Free; registration is required. [Register online now.](#)

## **Presentations :**

*Connections between Neurobiology and Drug Abuse Prevention*

Michael Bardo, Director, Center for Drug Abuse Translation, University of Kentucky

*Title forthcoming*

Kathleen Carroll, Professor of Psychiatry, Yale University

*Individual-Level Intervention Programs for the Prevention of Substance Abuse in Children and Adolescents*

Janis Kupersmidt, President and CEO, innovation Research and Training, Inc.

*Recent Findings on Peer Group Influences on Adolescent Substance Use*

Bruce Simons-Morton, Chief, Prevention Research Branch, DESPR, NICHD, NIH

*Peer-Group Interventions to Prevent Substance Use*

Kenneth Dodge, Director, Center for Child and Family Policy, Duke University

*The Impact of Social Institution Design on Substance Abuse and Other Risky Behaviors*

Randi Hjalmarsson, Assistant Professor, School of Public Policy :PlaceName, University of Maryland

*A Social Institutional Perspective on the Problem of Adolescent Substance Abuse*

Tama Leventhal, Assistant Professor, Eliot-Pearson Department of Child Development, Tufts University

*Keeping Adolescents on the Straight and Narrow Path: Integrating Disciplinary Perspectives*

Jacob Vidor, Associate Professor of Public Policy Studies, Duke University

This conference is supported by grant 1 P20 DA017589 from the National Institute on Drug Abuse, awarded to the Duke University Transdisciplinary Prevention Research Center and a grant from Duke's Arts and Sciences Research Council. Contact Erika Layko at 919-613-9350 or [ehlayko@duke.edu](mailto:ehlayko@duke.edu) with any questions.



# Change

by Mary Deck

We are hearing much about “change” during this political season, and “change,” historic change, will follow the November 4<sup>th</sup> election, whatever the outcome. We will either have an African American president in 2009 or a female vice president. “Change” will come. I am also thinking a lot about the professional/personal “change” that 2009 will bring for me, as I enter this last year of being a faculty member at Western.

I find myself reflecting on all the “change” I have seen happen within WCU. I have worked under 3 chancellors, 3 graduate deans, 2 college deans, 3 associate college deans, and 6 department heads, and three counseling program directors. Within the program itself, I have been blessed to have been a part of considerable “change”. When I arrived in 1990, I was the youngest counseling faculty member and only female with four males. Three of those colleagues have retired and the last one, our current dean, will retire this year. Watching Jim Morrow retire in 1995 and Larry Grantham in 2000, who were my mentors and dear friends, are part of the losses that come with change that I still grieve at times. We know that change and loss also bring gain.

I have been remembering some of the program changes and gains I’ve seen in 19 years. Dr. Jim Morrow laid the ground work in the late 80s by moving us to 48 hours and shepherded us through our first CACREP site visit in 1992. Vast curriculum and program improvements have happened since then. Dale revamped groups, multicultural, and family courses when he arrived in 1993. He brought an expertise in family counseling, a student-centered approach to teaching and supervision, and a deep love for all aspects of WCU. Early on, he approached the Speech & Hearing Clinic for us to use their laboratory space for COUN 605.

Valerie brought new courses adding DSM and counseling older persons when she came in 1995 and encouraged us to change the applicant interview process to a more efficient group format with full faculty involvement. She also began overseeing the periodic program evaluations required by CACREP. Russ came in 2000 to add vitality and structure to the field placement process and to coordinate the supervision workshops we provide annually for site supervisors. He brought alternative, cutting edge treatments to theories, videotaped practice to techniques, and expanded the breadth of the substance abuse course. (He also brought his stand-up comedy.)

The make-up of the faculty expanded to 6 full-time faculty in 2001 when Lisen joined us from across the campus and brought all her energy and enthusiasm, as well as a grounded knowledge of the inner workings of the university. She took what had been a frustrating course (for everyone), COUN 665 implementing school counseling, and turned it into a capstone experience starting the forerunner of Full Circle with the school counseling mini-conferences.

Phyllis joined us most recently in 2005 bringing a wealth of practical school counseling experience to COUN 660 and to counseling children and adolescents; she also took on school counseling field placements in addition to multicultural and creative arts. For five years, 1999-2004, Michael Garrett was our colleague who added wit, wisdom, and harmony and whose personhood helped all of us be better counselors, educators and supervisors.

And most recently, we expanded the program to 60 hours with all of its changes.

Yes, I have seen “change.” The best “change” has been watching novice beginning counselors grow into professionals who are helping “change” the lives of students and clients and the perceptions of professional counseling all across the state, region and country.

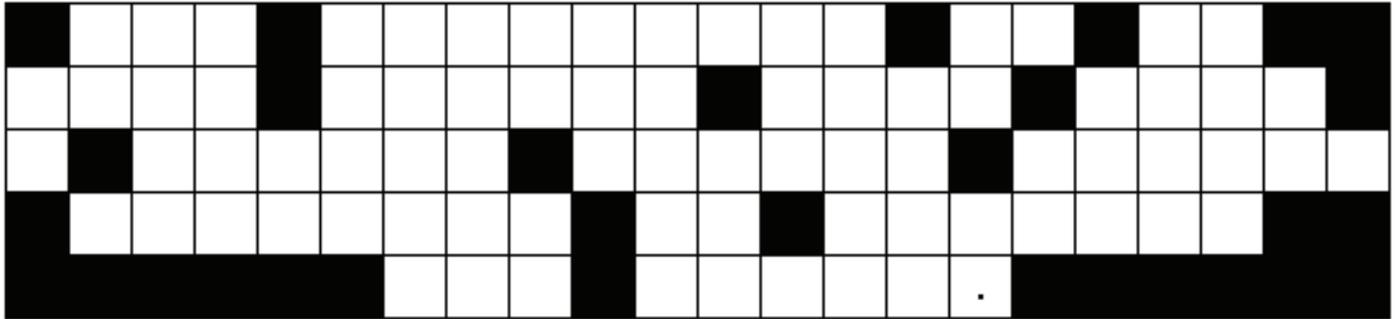
Now, after 25 years in the profession as a student and faculty member, I am ready for the next change, my own retirement. I will leave so very proud to have been part of all these “changes,” and I will leave smiling at Life’s gift of witnessing these “changes” and of being eager to hear of all of the “changes” and gains yet to be.



# Fun and Games

## Fallen Phrase Puzzle

Solve this puzzle by matching the white squares with the correct corresponding letters below. One letter from each column will belong in one white box in each column. When solved correctly, you will discover a quote by Anne Frank.



T B O E

O A W I H D T O U I D V E

H T I N O E O D R M E L T D T O A I

A S S W R T L N G E Y O N L E P B E F O R

T H A T N G O N E M W F R N M I R W I S T E



## Letter Tiles Puzzle

Unscramble the tiles to reveal a quote by Robert Frost.

E E	N E D	E A R	T H I	O U T	I N	U P	D S
E L	O N .	W O R	N G	G O	T H R	I C	L I
A B	E R Y	S U M	E S	A N	E V	F E :	I T
I ' V							
