

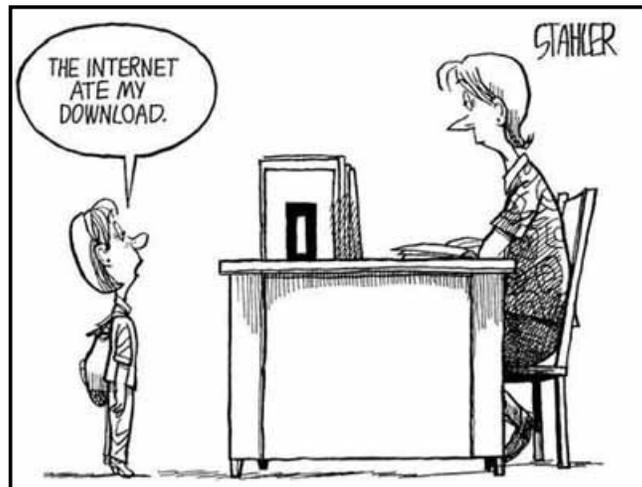


# Counseling Connections

## School Bells Ringing, Children Singing.....

Yes, it is time to dust off the old book bag, sharpen pencils, spend exorbitant amounts of money on textbooks, and hit the ground running. Welcome back to all who are returning and a big welcome to all those who are just starting the journey. Regardless if you are on the 2-year, 3-year, or 6-year track, balancing graduate courses with the rest of your life can be a challenge.

You will hear over and over the term 'self-care' stressed by your professors. Take heed and do not dismiss the importance of the message. Graduate school is not for the weak of heart or spirit. No matter how many courses you are taking in a single semester, the workload can be taxing. Now is not the time to neglect the activities that you enjoy; in fact, it is a good time to adopt new, creative ways to relax and refresh yourself.



### Consumer Reports Gives a Nod to the Counseling Profession

Photo courtesy of www.neandernews.com

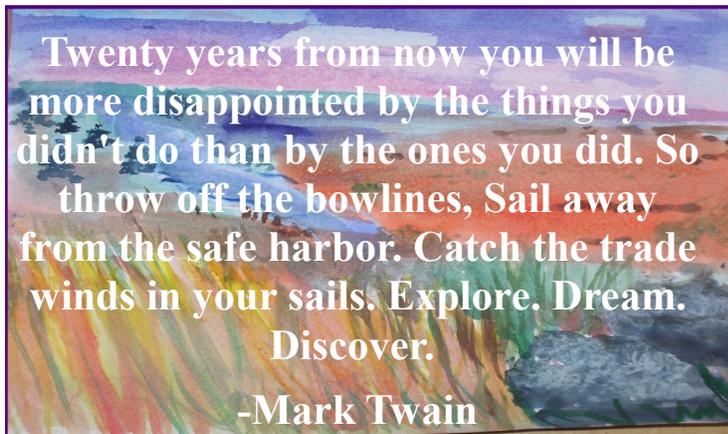
*Consumer Reports* has for the first time included professional counselors in its annual article on depression. In the article, "Depression & Anxiety: Readers Reveal the Therapists and Drugs that Helped" which appeared in the July 2010 issue of *Consumer Reports*, professional counselors are included in a list of mental health providers in the care and treatment of clients suffering from depression and/or anxiety. *Consumer Reports* had previously recognized social workers and psychologists but had neglected to include licensed professional counselors for rating by its readers. The ACA had written letters to the consumer magazine to point out the omission. Licensed professional counselors now rate equally in helpfulness along side both social workers and psychologists in the July issue. (The complete article can be found on the ACA website or [ConsumerReports.org](http://ConsumerReports.org).)

**The ACA Podcast Series  
Has Arrived**

Visit the American Counseling Association at [www.counseling.org](http://www.counseling.org)

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# Learning Online: Career Counseling Revisited



This summer, the Career Counseling course was designed as a hybrid course with roughly half of the course sessions meeting face to face and the half through online assignments. There are always observations to be made when a course is presented online for the first time and this course was no exception. Evaluations from the course indicated that for the most part students liked not meeting face to face as frequently (economically and time wise) and liked not having to purchase a textbook. They found the activities and assignments meaningful and relevant to counseling practice. However, there appeared to be a generational difference between students when it came to the number of hours spent in front of a computer reading. This takes me to one assignment for the class, an opinion paper on the benefits/costs of online career counseling. There were some opposing views on the effectiveness of online counseling

as it does not allow for the establishment of a client-counselor relationship which for some is essential for understanding and lasting change to occur. Alyssa Dotson, brought up a valid point in that witnessing nonverbal cues and interpreting emotions from online writing can be difficult when attempting to identify the true meaning and intentions of words typed. However, others such as Jennifer Abshire pointed out that online counseling allows for greater flexibility and access of services for some clients and helps to remove the stigma associated with visiting a mental health center. Most students accepted that online career counseling was going to be the future mode of access but there was reluctance and professional inquiry into whether or not it would possess the same quality and effectiveness as meeting with clients in person. This questioning of effectiveness brings me back to the hybrid class. Is online instruction as effective when we no longer see the reactions of students in class that allows us feedback on material presented? Is it all about being flexible, time saved, and allowing for greater access? Is there something lost with not having the relationships in the classroom? And, is online instruction for everyone, regardless of topic, age, interests, skill levels, and stamina for sitting in front of a computer? I learn everyday of more online master's level counseling programs and more students seeking the convenience of learning from their own home. Yet, there's a part of me that continues to hang on to the reluctance expressed by students about not having the relationship to work from in promoting change and understanding. I guess the debate will continue until someone conducts the research that straightens it all out for us. Perhaps there's a research project here for someone? Any takers?

Contributed by Phyllis Robertson



The annual **Break by the Lake Conference for Student Service Personnel** will be held on **Friday, September 17, 2010** at Lake Logan Episcopal Center in Canton, NC. Registration begins August 10, 2010 through the Counseling Programs at Western Carolina University.

The main presenters will be Phil and Gaye Johnson whom you may have heard on public radio. Phil and Gaye perform their traditional American acoustic music for audiences across the globe but choose to reside in the mountains of NC in Polk County. The pair have produced a weekly radio program called *Cornbread & Sweetmilk Time* and released their first album with the same title. They have appeared on *Fire on the Mountain* television series and on public radio's *Prairie Home Companion*. Their eclectic style incorporates everything from traditional Country Music to Western Swing, Bluegrass, and Country Rock, performed by Gaye on lead vocals and guitar, and Phil on guitar, mandolin, resonator guitar and harmonica. The currently produce and host "*The King Pup Radio Show- Small time Opry*" available on 50 radio stations and on the World Wide Web at : <http://www.radiouyur.com>

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. Lunch is included in the registration fee (and we have reports that the food is even better than at Junaluska!)

Plan to join us this year as we learn in a place of beauty while rejuvenating and connecting with others.

See pages 4-6 for more information, agenda, and registration form.

# Break by the Lake 2010

Friday, September 17

## Agenda



# Educating, Connecting and Serving

Annual Conference for Student Service Personnel

Early Registration begins

August 10 and ends on September 10, 2010

Go to <http://www.wcu.edu/6888.asp>

Or [breakbythelake.wcu.edu](http://breakbythelake.wcu.edu) for more information

NBCC CEU Credit: 5 Credits

8:15 – 8:45 AM	Registration – Celebration Hall
8:55 AM	Door Prizes
9 – 9:15 AM	Welcome – Dr. Mary Deck in Celebration Hall
9:15 – 10:15 AM	<b><i>Phil and Gaye Johnson</i></b> <b>The Johnsons are traditional acoustic music artists who play a variety of music genres from Country Music to Western Swing, Bluegrass, and Country Rock. With five albums and international coverage of their radio shows, Phil and Gaye bring a unique perspective of the cultural heritage of music from the mountains.</b>
10:15 – 10:30 AM	Break
10:30 – 11:45 AM	<u>Morning Sessions</u> Best Practice for Implementing Effective Family Interventions Presenter: Travis Durham Schools Out! Lessons from the School of Hard Knocks Presenters: Cyndi Felosa and Dawn Van Gelder Effective Use of CBT with Teens who are Overweight Presenters: Susan Borgman and Heather Richardson You know what they say about accountability ... Presenters: Janna Scarborough and Wendy Logan Cuellar Let's Take It Outside: Group Activities for Team Building Presenter: Todd Murdock
11:45 AM – 1:15 PM	Lunch and Professional Dialogue
1:15 – 2:30 PM	<u>Afternoon Sessions</u> Introduction to African Drumming Presenter: Andy Gwynn Group Counseling: To Play or Not to Play Presenter: Heather Thompson Integrating Technology and School Counseling: Two Approaches Presenters: Annette Husson and Philip Waalkes Twins Are People, Two Presenters: Jennifer Graves Belham and Elizabeth Graves Discovering Lake Logan's Secrets- Guided Nature Walk Presenter: Glenn Barnett
2:30 – 2:40 PM	Break
2:40 – 3 PM	Closing/Door Prizes (must be present to win) Game room open until 5:00 in Boojam's Cave!

### 2010 Break by the Lake Planning Committee:

Beth Anderson, Mt. Pisgah Academy  
Paul Battenfeld, Asheville City Schools  
Heather Bullock, Jackson County Schools  
Michelle Butler, Madison County Schools  
Megan Carpenter, Wilkes County Schools  
Mary Deck, WCU Counseling Programs-Retired  
Carl Firley, Buncombe County Schools  
Judy Holt, Henderson County Schools

Annette Husson, Haywood County Schools  
Leanne Mullen, Henderson County Schools  
Phyllis Robertson, WCU Counseling Programs  
Steve Sandman, Buncombe County Schools  
Buck Tanner, Henderson County Schools  
Phil Waalkes, Jackson County Schools  
Bryan Wilson, WCU Counseling Programs  
Jerri Wommack, Buncombe County Schools

# Registration Information

To keep our costs down and still have a beautiful retreat setting we moved the conference to the Lake Logan Episcopal Center outside of Canton and simplified the registration process.

This agenda and a [printable registration form](http://www.wcu.edu/6888.asp) is available at <http://www.wcu.edu/6888.asp>

or [breakbythelake.wcu.edu](http://breakbythelake.wcu.edu)

**Make checks out to *Haywood County Schools Foundation*** Mail payments to:

*Non-refundable registration fee includes lunch & NBCC CEU Credits*

*Break by the Lake  
WCU Counseling Programs  
Department of Human Services  
91 Killian Building Lane, Rm 204  
Cullowhee, NC 29723*

**Cost:** Early registration - \$50.00 until September 10th

Student and Retiree - \$25.00

On site Registration - \$60.00 (Please bring exact amount as change will not be available.)

**NBCC and CEU credits: 5 hours**

Upon receipt of your registration form and payment, a confirmation will be sent via e-mail. Checks are made out to Haywood County Education Foundation. You will receive a receipt in your registration packet at the conference. If you have any questions about your payment you may contact Phyllis Robertson at [probertson@email.wcu.edu](mailto:probertson@email.wcu.edu) or Denise Royer at 227-7310. If your Central Office is responsible for submitting your registration fee – please verify that the registration fee has been paid and that you are pre-registered so we have you in our lunch count.

**New this year!** Consider bringing your favorite classroom lesson plan or group activity in electronic form to share. We will be combining all contributions into a resource file to be accessed on our webpage. The equipment for downloading your files will be in Boojam's Cave. Also, all day long the room will be available for games and networking. If you want to look at the facilities check out the Lake Logan website at [www.lakelogan.org](http://www.lakelogan.org).

Water, Water, everywhere but ....

Again, this year we will not be supplying individual bottled water but rather ice water from a dispenser. Please help our effort to support the environment by bringing your own water bottles to fill!



*We're looking forward to seeing you!*

Directions to Lake Logan: Don't trust your GPS for directions.

FROM THE EAST (I-40 West ASHEVILLE)

- Exit #37 (East Canton), left at bottom of ramp
- Right on Hwy 19/23 all the way into Canton
- Just before bridge, turn left on Hwy 110 South (Sorrells St.)
- Go 6 miles on Hwy 110, cross over Hwy 276, going straight, where the road becomes Hwy 215 (Love Joy Road).
- After approx. 2.5 miles, the road ends at a stop sign.
- Turn left onto Lake Logan Road. Go approx. 3.6 miles to our entrance
- LLEC office is on the left 6 miles from Hwy 276

FROM THE WEST (HWY 23/74 KNOXVILLE, ATLANTA)

- Exit #98 (West Waynesville), right at bottom of ramp
- Left on Hwy. Business 23 and travel 2.0 miles into Waynesville.
- Right on Hwy. 276 South for 6 miles
- At Bethel Grocery, turn right on Lake Logan Road
- LLEC office is on the left 6 miles from Hwy 276



*Educating, Connecting and Serving*



**For Student  
Support  
Services  
Personnel**

**Please print legibly:**

Name (use preferred name as this will be used to print nametags)

Position

School Name

School County/System

School Address

City, State, Zip

School Phone

Email Address for confirmation

**Complete and mail this form with the non-refundable registration fee to:**

**Break By the Lake  
WCU Counseling Programs  
Department of Human Services  
91 Killian Building Lane, Rm 204  
Cullowhee, NC 28723**

***Make checks payable to: Haywood County Schools Foundation***

*Non-refundable registration fee includes lunch & NBCC CEU Credit: 5 Credits*

- **Early Registration fee by September 10, 2010 - \$50**
- **Registration fee *on-site registration* - \$60**
- **Student or Retiree Registration fee - \$25**

**Reserve a spot for me – pre-registration fee of \$50 is enclosed (\$25 if student or retiree)**

**Reserve a spot for me – I will pay on-site registration fee of \$60 (\$25 if student or retiree)**

Upon receipt of your Registration Form, a **confirmation will be sent via e-mail**. If you do not receive confirmation by September 14, 2010, please contact Phyllis Robertson or Denise Royer at 828/227-7310 or 828/227-7207. If your Central Office is responsible for submitting your registration fee – please verify prior to coming that the registration fee has been paid and that you are pre-registered. Thank you and we look forward to seeing you at Lake Logan.

**Early Registration begins**

**August 10 and ends on September 10, 2010**

**Go to <http://www.wcu.edu/6888.asp>**

**Or [breakbythelake.wcu.edu](http://breakbythelake.wcu.edu) for more information**