

Spring 2012 Newsletter

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February 2012

Professional Counseling Department

Upcoming Conferences and events

- Wisconsin School Counseling Association (WSCA) Annual Conference Feb 22-24
- Opening the School Gates Conference March 3
- Wisconsin Women in Higher Ed Leadership (WWHEL) workshop April 19
- Wisconsin College Personnel Association (WCPA) Professional Development Institute April 20

Inside this issue:

CSI Events	2
Graduation Information	2
Scholarships	3
Counseling Sessions	3
Camp Erin Information	4
News from India	5
Words Hurt	6
Food for Thought	7

Welcome Back!

Welcome back to all of our students! Some of you may be preparing to graduate in May, while others are preparing for practicum and internship, or gearing up for your second semester with the program. In any case, we are happy to have you all back and are

ready to start a new year and a new semester!

department office in N/E 001 or call (920) 424-1475.



Have a great semester!

As always, if you have any questions or concerns throughout the semester, please feel free to stop by the

~ Kristen Nyholm
~ Kathy Schoofs
~ Jeremiah Slinde

Practicum/Internship for Fall 2012

Keep in mind that ***Practicum and Internship Applications are due***

April 15

You will receive an email from Paula in early March with additional information and the revised applications.

It is highly recommended to start looking for your site now! You should know what your site is before you begin the application process.

For more information on possible practicum and internship sites, there is a Practicum/Internship Sites binder with known potential sites located in the Professional Counseling Department office N/E 001.

We're on Facebook!
Find us at UW Oshkosh
Professional
Counseling Department
and click "Like" to
get important updates
throughout the
semester!



Upcoming CSI events!

CSI Meeting: Monday
February 13th 315-
415pm - Make your
own Sundae!

**Food/Personal Hy-
giene Drive:** February
15 - March 15
Look for an email with
more information.

**Big Brothers Big Sis-
ters Bowl For Kids'
Sake:** Friday March 2nd
6-9pm

**Shamrock Shuffle 5k
Run/Walk:** Saturday
March 10th

CSI Movie Night:
Thursday March 29th
7:30pm - 9:30pm,

CSI Meeting: Wednes-
day April 11th 3-4pm

**CSI Initiation Cere-
mony:** Friday April 27th
Time & Place: TBD

Counselor Preparation Comprehensive Examination - CPCE

If you plan on graduating this spring (and began the program in Fall 2009 or after) you should be signed up for Professional Counseling 799, 001 (Registration for Comprehensive Final Exam).

If you have not signed up for this course, please see Paula ASAP.

The exam will take place on **Friday, March 2 from 9am-1pm in Sage 2221.**

Please bring a Personal Check or Money order payable to CCE (no cash or credit cards) in the amount of \$45 the day of the exam.

Spring 2012 Graduates

If you plan to graduate this Spring, your application for graduation is due to the Office of Graduate Studies by **Friday, February 24, 2012.**

Please watch for an email from the Office of Graduate Studies with additional information.

Also, please email Paula (geier@uwosh.edu) if you are planning on graduating in Spring 2012.

The Hooding Ceremony will take place May 11th at 6:00pm in Reeve Memorial Union.

Find more information and the application at: <http://www.uwosh.edu/gradstudies/resources/forms/application-to-graduation>



Course Registration

Summer 2012

Registration for summer 2012 courses will begin **February 20, 2012.**

Fall 2012

Registration for fall 2012 courses will begin **February 27, 2012.**

Watch for an email from Paula with additional information.

TitanWeb

Scholarship\$



Don't forget about our two department scholarships!

The Pete Havens Scholarship awards **\$500** to one recipient and the Kenneth W. Morrison Scholarship awards **\$350** to one recipient.

You should have received an e-mail from Paula with the application information.

Applications are due **February 10th.**

The scholarships will be presented at the University's annual Honors and Awards Ceremony on April 27th at 3:30pm in the Music Hall of the Arts and Communication Building.

Address/Phone number Update:

Please make sure to keep your address and phone number updated in Titan Web. You can update your local address and phone number through Titan Web. Your home address can be updated by filling out a form in Registration (located in Dempsey 130).

Required Counseling Sessions

IMPORTANT

Students who will be taking practicum in Fall 2012 must have their 6 counseling sessions completed this semester and their "Verification of Personal Counseling Experience" form turned in to the department office by

May 11, 2012.

Students will not be able to register for practicum if this requirement is not met.

Days and times still available for sessions include:

Tuesdays - 11am, 12pm, 1pm, 430pm & 530pm

Thursdays - 11am, 12pm, and 1pm

Interested in Volunteering at Camp Erin 2012?

Greetings Professional Counseling Students!

I want to share an opportunity that is available to you in the late summer of 2012. Some of you might be aware that our department is in the process of building a collaborative relationship with MargaretAnn's Place in Milwaukee. This organization has a mission of providing support, education and awareness for grieving children and their families, and the Milwaukee community-at-large. For the past two years, MargaretAnn's Place has been selected as the provider for a national summer camp called [Camp Erin](#); MargaretAnn's place will again be leading the structure and organization for Camp Erin 2012.

There are Camp Erin sites across the United States, yet each camp is connected with a Major League Baseball (MLB) team – in our case, Wisconsin has a Camp Erin site that is affiliated with the Milwaukee Brewers. Jamie Moyer, a former major league pitcher, founded Camp Erin – largely based on his interest in supporting children and families who are grieving. Hence the connection between MLB and Camp Erin ...

More specifically, Camp Erin is a weekend-long experience filled with traditional camp activities combined with grief education and emotional support; activities are facilitated by grief facilitators and trained volunteers. This summer, Camp Erin will be held in Lake Geneva, Wisconsin from Friday, August 24 – Sunday, August 26; please bear in mind that as a volunteer, you are expected to be at camp from approximately 1000am on Friday through 100pm on Sunday. Yes ... it is tiring ... and yes – this camp is also incredibly enriching. The following is an excerpt from the Camp Erin website:

“At Camp Erin, children are comforted knowing that there are other children who have experienced similar situations and understand what they are feeling. At Camp Erin, children have an opportunity to address their feelings and memorialize their loved ones. They are provided with the tools and resources needed during and after camp, including memories and friendships that last long after camp is complete.”

I am writing to you to stimulate your curiosity in being part of an amazing and meaningful weekend with kids (ages 6 -17) and other volunteers. Last summer, 10 students from our program and I volunteered at Camp Erin - I can tell you that we learned a great deal. We also came away from this experience with a number of ideas and suggestions for how Camp Erin could be made even better this summer. This has led to a solid and on-going collaboration between our program and MargaretAnn's Place, and a team of student volunteers from last year is heading the planning and organization of numerous facets of Camp Erin this year. In addition, MargaretAnn's Place is looking to have our students head the Grief Facilitation activities at this year's camp, and there will be training for those who will be fulfilling this role. There will also be a number of other volunteer opportunities for those not wishing to be involved in Grief Facilitation.

If you'd like to learn more about Camp Erin and being a part of this growing collaboration, please attend one of the two following information sessions:

Wednesday, March 7th, 2012 – 715pm – 815pm – Clow 9

Monday, March 11th, 2012 – 315pm – 415pm – Clow 9

Take care, and I hope to see you at an upcoming information session ...

Charles

Love and Affection is the Medicine

While in India, our students visited the Integrated Institute of Rehabilitation for the Disabled (IIRD) and were photographed by several newspapers. Here is one of the clippings.



प्यार और दुलार है इनकी दवा

अपनत्व भरी गोद में मुस्कुराए मंद बुद्धि बच्चे

अमर उजाला ब्यूरो

आगरा। उनकी अपनत्व भरी गोद पाकर मंद बुद्धि बच्चों के कुम्हलाए केदो पर मुस्कान तैर उठी। आश्रय मंद बुद्धि संस्थान, जंगजीत नगर, राजपुर श्री में शुकवार को आए सूर्यसेर के छात्रों ने बच्चों में प्यार और दुलार बांटा। बच्चों के साथ ज्वलत बिस्वाकर उन्हें खास होने का एहसास कराया।

मिस्कानिन्स युनिवर्सिटी के काउंसिलिंग गाइड्स के छात्रों का स्वागत संस्थान के स्टाफ ने टीका लगाकर किया।

काउंसिलिंग एंड गाइडंस के छात्रों ने इंडिया न बच्चों के कोर्डीनेटर व साथ ज्वलत प्रसिद्ध बिस्वाकर मनोबिज्ञानिक डॉ. तुलसी के नेतृत्व कराया उन्हें 14 छात्रों ने खास होने इंडी से डेड का एहसास इस्टीमेट ऑफ रिसे बिलिटे शन फार द डिसेब्लिड के बच्चों के साथ स्पेशल एक्टिविटी की। एच लीडर डॉ. चार्ल्स ने बताया कि विशेष बच्चों को समाज किनारे ठकेल देता है। हमारे देश में और यहां एकर से ही हलाला है। इन बच्चों को प्यार और देखभाल की जरूरत है। यही इनकी सबसे बड़ी दवा है। संस्थान के संस्थापक अनिल जोसेफ ने सभी का आभार ज्वलत किया।

स्वायंस क्लब ने बच्चों के साथ मनाया सर्विस डे। संस्थान को गोद लेने वाले स्वायंस क्लब आगरा आभार ने शुकवार को आईआईआरडी में स्वायंस क्लब इंटरनेशनल के फाउंडर मेलविन जॉन्स का जन्मदिन सर्विस डे के रूप में मनाया। विदेशी छात्रों के साथ केक फाटकर क्लब ने बच्चों में खुशियां बांटी। डिस्ट्रिक्ट गवर्नर जितेंद्र चौहान ने सूर्यसेर के दल के सेवा कार्य की सराहना की। लखन निर्मल चोपड़ा ने कहा कि उन्हें सेट की उपाधि दी। संस्थान स्वायंस क्लब आभार के सफल आरोप चौबे ने किया। क्लब ने डॉ. चार्ल्स, डॉ. तुलसी को मोंमेंटो देकर सम्मानित किया। इस मौके पर

जंगजीत नगर स्थित आश्रय मंद बुद्धि संस्थान में अमेरिका से आए विदेशी दल ने बच्चों के साथ कौटी खुशियां।

Agra: the depressed mentally challenged children became happy and smiled with affection as they found the hugs and lap of Wisconsin students. The USA students shared their love and affection with mentally challenged children of Ashray, Jangjit city, Rajapur Agra. The Wisconsin students became the special people to do such kind of thing.

The students from Wisconsin were welcomed by staff of the institution in a traditional way by putting red color dot on the forehead. Under the coordination of famous clinical psychologist from india, Dr. Tulsi, the 14 students participated in special activities with mentally challenged inmates of Ashray institution. On this occasion Prof. Charles Lindsey, the group leader said that mentally challenged children of any country are sidelined and everywhere it is the same situation. The most important part is to integrate them with normal persons through love affection and care and this is the biggest medicine for them. The coordinator of the institution, mr. Anil Joseph

expressed his deep gratitude for the visit and help of Wisconsin students.

PEOPLE FROM LIONS CLUB CELEBRATE THEIR SERVICE DAY WITH MENTALLY CHALLENGED CHILDREN: Lions club AADHAR, which actively takes care of Ashray institution celebrated the birthday of Mr. Melvin Jones, the founder of Lions Club International as Service Day at the Ashray institution. Wisconsin students also participated in this club activity by cutting the cake and enjoying time with the challenged children. The District Governer of Lions Club, Mr. Jitendra Chauhan appreciated the efforts of Wis-

consin students and their selfless service. Lady lioness Dr. Nirmal Chopra, a Gynecologist by profession became emotional in her speech and she said that these students have saintliness and they are real saints. The convener of the Lions Club, Secretary Mr. Ashok Chaubey convened the entire function and he on behalf of Lions Club and Ashray Institution presented a memento to Prof. Charles and Dr. Tulsi

(News from Malaysia will be featured in our mid-semester newsletter!)

Words Hurt Week at Appleton High School



Amney and Tom speaking at Word Hurt Week at Appleton East High School

On Friday, February 3rd, two faculty members, Tom Scofield and Amney Harper, traveled to Appleton East High School at the request of Professional Counseling Student, Lana Thiel (who teaches at the school) to speak at their Words Hurt week. Words Hurt week is a program the school puts on to address the impact of hurtful words on diverse individuals. Lana does a large part of the organizing and planning for the various events through the week. You could feel the energy, interest, and excitement of the students in the hall as you walk past the tables and exhibits the students have put together for the week. Before the session began, two high school students gave a very moving spoken word performance, to which the students all cheered.. During their talk, Amney and Tom sat on the edge of the stage and shared with a full auditorium of high school students about anti-LGBT bullying, its impact, and what they can do to prevent and respond to it. Amney and Tom shared personal stories and then did an experiential guided narrative with the students. Several students came up afterward to share how they felt about the session. After their session, Professional Counseling Department Alumni, Josh Puls, took to the stage to talk to the students about cyber-bullying and sexting. It was such a wonderful event to be able to be a part of. Getting out and connecting with students in the community and being able to perhaps make a small contribution to ending relational violence in our schools ended the week on a decidedly positive and heartfelt note.



-from left to right- the two students who gave the spoken word performance, Amney, Lana, Tom, and one of the students who helped to organize the event. Alumni, Josh Puls, is preparing for his session in the back right.



Food for Thought from Tom

The following is an annual narrative, written by Tom's friend, Rick Halstead. Tom thought it would be appropriate to share with the students of the Professional Counseling Department.



Greetings,

Once again, thirteen full moons have come and gone and it is time again for my annual Groundhog Day letter. For those who are new to this communiqué, years ago I stopped sending greeting cards during the Winter Solstice season due to the fact that everything is so hectic and stressful in late December. I just simply prefer to keep the “dark time” of Winter Solstice a period for quiet reflection as opposed to the all too prevalent hurry-scurry madness that just seems to set in at that time of year. Now, at least north of the equator, there is movement away from longer nights and toward more warmth and light. Winter is clearly still with us but the early signs of the Sun's full return are becoming evident. The most significant indication of this is the arrival of this special day in the New Year - Groundhog Day!!

Perhaps it is because of increased uncertainty in the world that now, more than ever before, millions of people find great comfort in knowing for certain whether we will, or will not, be exposed to six more weeks of winter. I cannot think of a better way to ex-

plain why, on this one special day, so many people focus on just one rodent and ask that all important question that comes but once a year - “Did the Groundhog see his shadow?” The more I think about this event every year, the more I marvel at the gift that this furry little fellow brings and gives freely to all who care to receive. Out of more than 1,500 living rodent species including: mice, rats, hamsters, guinea pigs, gerbils, beavers, muskrats, porcupines, ferrets, chipmunks, raccoons, hedge hogs, squirrels, skunks, possums, naked mole rats (burrrrrrrr!), prairie dogs, marmots, chinchillas, voles, and those crazy lemmings (just to mention a few) - it is just one special groundhog that possesses the gift of weather prognostication. Therefore, I am compelled to write once again this year - Hail the Groundhog!

As I have recounted before, I begin thinking about this letter each year just prior to Thanksgiving. It is then that I get a bit anxious about the fact that I don't have a reasonably good topic to explore. Each morning, while on a long walk, I sort through the year's events or observations I might have made and written down. Usually, I come up with nothing!! Time moves forward. The holidays approach - and I got nothing. New Years comes and goes - still nothing. Then, somehow a topical figure emerged from all the background noise and my fingers get to dance, once again, across the keyboard. This year, however, was different. This year the whole message was provided in one instant just a few days following Christmas day. It was the

morning of December 28th and I hear it. While getting ready to head out with Mia for our early morning walk I heard a short piece on the news about a message left by a teenager just prior to his death. My visceral response was one of dread. My fear was that this was another sad story about a troubled teen that had slipped through various forms of help and support and took his life. My initial assumptions proved to be incorrect.

The young man who died was Ben Breedlove. For several years prior to his death he had developed a rather large following on YouTube by posting short videos on his channel providing peer advice to teens on a variety of topics important to adolescents (e.g. dating, personal identity formation, fitting into a social group, etc.). At one point Ben shared that although he loved sports he was restricted from participating due to a heart condition that he had lived with since birth. He went on to explain that there was no cure for this particular condition which involved an uncontrollable thickening of the heart muscle. He also shared with viewers that all people have set backs in life and yet it is important to cope with those obstacles and move forward doing the best with what one is given. Ultimately, it was this heart condition that proved fatal. On Christmas morning while he was playing with his younger brother in his family's back yard Ben died.

The news story I heard focused on the fact that, unbeknownst to his family, Ben had posted a very different type of video on his (*continued on new page*)

You Tube channel which appeared shortly after his death. The video, entitled: *This is My Story - Ben Breedlove*, was produced simply by using a series of hand written cards which Ben pulled from a stack and held each one in front of his mouth so as to be captured by the camera. Below I have provided the URL to this video. The story he tells is about the fact that he has lived with a serious heart condition, a recounting of the three times he had cheated death, what he experience during each of those times, and the conclusions he drew.

Ben's Video - <http://www.youtube.com/watch?v=vw5HLT-TyRs>

If you just watched Ben's video you know that his story is as compelling as the means by which he chose to convey the narrative. At the conclusion of the video he takes the opportunity to challenge others to tell their own story. Here is where it became extremely interesting for me. Many individuals have responded (*continued on next page*) to Ben's challenge by telling their own personal story. I have provided links to a small sampling of people who were inspired by the challenge.

Maddie - who was born without her left hand tells her story of doing the most with what one has regardless of what one might be missing. <http://www.youtube.com/watch?NR=1&feature=endscreen&v=N5rmgdw3E7w>

Nakiya - shares her own diagnoses of what it is like to live with a life threatening heart condition. <http://www.youtube.com/watch?v=hyJsr-RNy-Q>

Danielle - who lived with chronic depression and in moving past it found a deeper sense of self. <http://www.youtube.com/watch?v=H2CVQVrC4pg>

[v=H2CVQVrC4pg](http://www.youtube.com/watch?v=H2CVQVrC4pg)

Anonymous - a young woman who survived a very painful form of brain and nerve cancer. <http://www.youtube.com/watch?v=WBSjDrZHXV8>

Chelsey - who shares her story of regrets for holding back telling her sister how important she was to her and implores others not to wait but rather just act so as to ensure loved ones know how you feel. <http://www.youtube.com/watch?v=3R031a53UIs>

Amber - a girl who had been removed from her home and deals with long term consequences of neglect. <http://www.youtube.com/watch?v=a0vT3h3XijY>

Ashleah - a 15 year old shares her story of her struggle to fit in with a peer group at school. <http://www.youtube.com/watch?v=GZMF3luDi5E&feature=related>

Each of these individuals, and there are many more, were motivated to share their stories in a very public manner. As I thought about these acts of sharing, I drew from them two important elements. First, they served as an affirmation of how important it is to first get in touch with one's own personal narrative. It is clear that there is great value in sharing one's story with others. This is not always an easy task but one well worth giving a try. Doing so can establish a special form of connection that supports healing for one's self and in some cases might serve as inspiration to others. The second level of awareness is that everyone has a personal narrative that serves as a primary driver for understanding the nature of the self, others with whom one has relationships, and beliefs about the world and how it all works. Since everyone operates from these various forms of

"living stories" it may be well worth the time and attention it takes to really listen to the personal narratives of those with whom you are closest. It is within these stories that the deepest felt meanings are held and may be expressed. Finally, one last video suggestion for you all to consider watching as a bit of a guide for whatever days, weeks, months, or years that may be ahead. I have to assume that this video was produced by Ben Breedlove's family. It is a montage of pictures that span the course of Ben's 18 years of life. <http://www.youtube.com/watch?v=VPCCJ5tieqE>

If you trust images to convey meaning, you might conclude, as I have, that Ben had a zest for life that was truly impressive. Further, it might have occurred to you, in its simplest form, the overall purpose of life itself is that it is to be lived fully and in an open and engaged manner. Two of the pictures were embedded with following captions that I have chosen to keep in the forefront of my mind going forward and will leave with you.

"And in the end, it's not the years in your life that count. It's the life in your years."

and

"One day your life will flash before your eyes, make sure it's worth watching."

As always, I wish all the best for you and yours and if the Groundhog casts a shadow may it never fall across your life's path.

Cheers,

Rick Halstead (Tom's friend)

Inspired by Ben Breedlove
(1993 -2011)