Dear Friends, Scholars, and Loyal Alumni:

Although I have clear and present limitations, I’m not usually stymied by ambivalence; nonetheless, I’m mired in it right now. I have spent the last three years as Chair of the WIU Counselor Education program and I have had the privilege of coming to work and spending the day with my friends. It has truly been a joy to serve as Chair of the longest continually accredited Counselor Education Program in the state of Illinois.

I have been blessed to have had this opportunity and I am deeply grateful to have served such a professional group of COEHS administrators and such a creative, hard-working, and committed faculty. My colleagues have worked tirelessly to secure full CACREP accreditation until 2016; they have revised and strengthened admissions standards which are designed to increase our newly recruited students and faculty.

Finally, during the months of March and April, the Counselor Education program worked closely with the architectural steering committee and the architectural firm of Holabird and Root, to execute the Planning Study which will establish the footprint required for the second construction phase of WIU’s River Front Campus. In the current configuration, a clinical teaching laboratory has been included for the Counselor Education Program.

WIU students are at the heart of the WIU storied tradition. Many WIU graduates have gone on to serve clients and the profession with distinction. Our decision to join the WIU faculty was anchored in our long-standing respect for this program, therefore it is with very mixed emotions that Mary, my bride of forty three years, and I have decided to pursue our volunteer passions and go wherever the prairie wind may take us.

Thanks to everyone for having faith in our ability to be helpful.

Respectfully,

Dr. Frank Main

Diane Heisner: Administrative Professional

If you’ve contacted WIU-QC’s Counselor Education Department in the past seven years, you’ve probably had contact with department administrative professional, Diane Heisner. Diane sees students through the application process and all the way through graduation. She is an invaluable member of the Department team. Throughout her years with the Department various changes have taken place. Diane says the biggest change is the increase of non-traditional students as well as an increase in students with diverse backgrounds.

Diane and her husband, Frank, live in Prophetstown, Illinois. She has three children. Rachel is a junior in high school; Jeff is 21 and is attending WIU in Macomb. Scott is 23 and recently finished his duty in the U.S. Marine Corp. He will begin attending college in the fall.

In her spare time Diane likes to garden, read, play on the computer, and be with her family. Diane is happy to report that she is in good health!

Diane is not the only one you’ll find at the desk when you come to the department. Diane shares her desk with the department mascot – a beautiful blue beta fish named Sydney (CNED).
Faculty Scholarly Activities and Announcements

The faculty for the Counselor Education Department stay busy outside of the classroom! Here is a brief sampling of what our faculty have been doing to further their professional development and the development of the profession.

Dr. Alexander-Albritton

Dr. Alexander-Albritton has had her paper, “The Role of an Interpreter: Unique Dynamics in Teaching and Supervision,” published in Compelling Counseling Interventions: Vistas. She also authored “Women Counselor Educators: Level of Job Satisfaction While Raising Children.” This paper is based on a program presented at the Association for Counselor Education and Supervision Conference that was held in Columbus, Ohio.

Her current research interests include wellness, and women in higher education and levels of job satisfaction.

She is also featured in Dr. Hamann’s DVD conducting a simulated counseling interview with an adolescent client using Cognitive Behavioral techniques and theory.

Dr. Hamann

While on sabbatical in the spring 2009 semester, inspired by the famous “Gloria” tapes, Dr. Hamann created “Solution Focused Brief Counseling: Three Counseling Approaches: One Adolescent Client.”

In this tape, Dr. Hamann interviews the client using solution focused brief counseling techniques, and two of his colleagues demonstrate other counseling approaches with the same client. Each counselor also gives an introduction to the theory he or she is utilizing, and the three do a wrap up discussion. The DVD is being marketed and distributed by Microtraining and Multicultural Development, Inc.

Dr. Hamann was also an invited presenter at a counseling academy in October, during which he presented on solution focused brief counseling for school counselors.

He continues his private practice one day a week.

He welcomed his sixth grandchild, and fifth grandson, Luca James, in November, 2009.

Dr. Main

A faculty development award named after Dr. Main continues to be given out annually at the University of South Dakota. This award is presented to a faculty member there who seeks to pursue an activity specific to his or her continued professional development.

Dr. Main is also working on a manuscript on a case based approach to couples counseling. He hopes to finish this manuscript later this year.

Next June (2011), Dr. Main plans to present a two day training and workshop in Atlanta, Georgia.
Dr. McFarland

Dr. McFarland has been active writing, presenting, and being involved in professional organizations. He is a co-author of a book chapter on counseling children with special concerns in Ann Vernon’s (2009) book *Counseling Children and Adolescents*. He also co-authored a section of the Encyclopedia of Counseling on the history of career counseling.

Dr. McFarland conducted workshops on violence in same sex couples and ethics for school counselors. He also presented on ethics at the fall 2009 Illinois Counseling Association [ICA] state convention. He and Dr. Alexander-Albritton conducted a poster session on field based practicum sites at the ACES convention. He is also featured in Dr. Hamann’s DVD utilizing reality therapy.

Dr. McFarland was also the chair of the ICA counseling program committee, a role in which he selected proposals to be featured at the convention. He is also the state archivist for ICA. In this role, he is in charge of the historical record of the organization, and collects and archives the files in Macomb.

Dr. Nikels

Dr. Nikels continues her leadership of and involvement with PACERS – see the story on page 5 for a description of this exciting program.

She has also been active consulting with several schools. The topic of her consultation varies. Some past consultations have involved crisis intervention, and the implementation of developmental school counseling programs. In addition to helping schools develop such programs, she is on the state committee to rewrite the Illinois curriculum for developmental counseling, representing counselor educators.

Dr. Nikels has also been conducting professional presentations, including presenting with students at the Quad City Youth Conference on behalf of QCAD. She has also presented on the topic of digital abuse.

She is currently working with a colleague on an article on digital abuse, which she hopes to publish soon.

Dr. O’Ryan

Dr. O’Ryan’s latest publication is the article “A Phenomenological Exploration of the Experience of Dual Career Gay and Lesbian Couples,” co-authored with Dr. McFarland and published in the *Journal of Counseling and Development*.

She was also chairperson of the committee to hire a new faculty member for the Departmental position created as the Community Counseling track transitions from 48 hours to a 60 hour Clinical Mental Health Counseling track.

For an article on the new faculty member Dr. O’Ryan’s committee hired, see the feature on the next page.
Curious about the program transition that prompted the search for a new faculty member?

New Faculty Spotlight

The Counselor Education program is pleased to announce the hiring of Shawn Parmanand as the newest faculty member of Western Illinois University’s Counselor Educator Department. Mr. Parmanand received his Master’s degree in counseling from Idaho State University where he continues to work on his Ph.D., which will be conferred this summer. He has primarily worked with adolescents in the Juvenile Justice System on individual and family basics. He also enjoys group work and helped to implement a county wide parenting program in Bannock County in Idaho.

Mr. Parmanand is most interested in student selection, gate-keeping and remediation for counselor education students. His dissertation, entitled Faculty Perception of Selection of Master’s Level Counseling Students: A Qualitative Outlook Toward the Future is a grounded theory study highlighting the process and experience counselor educators engage in when selecting Master’s level students.

Mr. Parmanand has been married to his wife, Heather, for eight years. They have a four year old son, Ariah. They also have a dog, Bibby, named after the basketball player Mike Bibby, one of Mr. Parmanand’s favorite basketball players. He and his family are looking forward to setting forth on a new chapter in their lives as they move to Moline. He looks forward to playing a part in the growth and knowledge of the students at Western Illinois University, as well as having the opportunity to learn from the students.

Counselor Education Program Grows

Beginning in fall 2010, the Western Illinois University Community Counseling program will start the transition to Clinical Mental Health Counseling. Clinical Mental Health Counseling will require 60 hours, an additional 12 hours from what was previously required. This shift is a result of a new CACREP requirement for counselor education.

New classes will be phased in beginning with Crisis and Trauma Counseling and Foundations and Professional Orientation to Clinical Mental Health Counseling offered in the fall 2010 semester. Students admitted after fall 2011 must take the new courses. Students admitted prior to fall 2011 are not required to take the courses but are encouraged to, as there are benefits, such as increased licensure and reimbursement ability across states.

The new courses to be instituted for the Clinical Mental Health Counseling track are:

- **CN519**: Crisis and Trauma Counseling (Both Clinical Mental Health and School Track)
- **CN520**: Foundations and Professional Orientation to Clinical Mental Health Counseling
- **CN521**: Standards of Care and Management in Clinical Mental Health Counseling
- **CN522**: Psychopharmacology in Counseling
- **CN549**: Professional, Legal, and Ethical Issues in Clinical Mental Health Counseling

The new course to be added solely to the school track is:

- **CN602**: Principles of Mental Health Diagnosis and Pathology for Practitioners in School Settings

Dr. Shawn Parmanand with his son Ariah and wife, Heather.
Student Counseling Association

The Counseling Association has had another great year, full of volunteering and educational presentations to the WIU-QC community. The Counseling Association started off the 2009-2010 school year by reading books to children in an after-school program, working with Habitat for Humanity, and assisting members of the Special Olympics in a bowling tournament. Members of the Counseling Association then cooked and served a spaghetti dinner to a church community and assisted the Humility of Mary Shelter with cleaning out and painting apartments so that new individuals can move in and call their apartment a home. We will end our school year by volunteering at the “Take Back the Night” event in April. Not only has the Counseling Association engaged in monthly volunteer activities, but they have helped other organizations at WIU with their scheduled events, including the Society of Educators Block Party and will be contributing to the Student Government Health and Wellness Fair.

The Counseling Association has offered educational presentations to the WIU and Quad Cities community on topics of: Bullying Prevention, Wellness and hope to schedule a presentation on Child Abuse Prevention. Lastly, the Counseling Association hosts a major event called “Manage Your Stress Week”. This event is held during finals week of each semester as a way to help students relax and prepare for finals. Free massages, food and entertainment are offered to the WIU-QC students and faculty.

The Counseling Association officers for the 2009-2010 school year were:
President:
Molly McGreevey
Vice President:
Karrie Bovee
Treasurer:
Tim Burbridge
Social Chair:
Jamie Leech
Secretary:
Leaha Jones

For the upcoming 2010-2011 school year, the officers will be:
President:
Christiana Headley
Vice President:
Jamie Leech
Treasurer:
John Creger
Social Chair:
Andrea Pierson
Secretary:
Adrienne Lavin

Did you know that by being accepted into the Counselor Education Program, you automatically become a member of the Counseling Association? Don’t forget to list this valuable membership on your resume or vita and get involved in the organization!

PACERS

In its second year of operation, the PACERS program (Positive Achievement and Creativity Equals Righteous Success), has achieved many of its goals. In fall 2009, two PACERS students were named to the honor roll, and several others have shown marked improvement in their grades, attendance, and overall academic success. In addition to fostering academic success, PACERS places a high priority on service activities, planning endeavors once per month. Working closely with the Martin Luther King Center in Rock Island for many of the activities, PACERS students and mentors have served and cleaned up meals for Thanksgiving, wrapped presents for the community at Christmas, celebrated MLK Day, and helped clean the Rock Island Mission Christian Family Care Center.

PACERS is excited about adding a new class of first-year students to the program in fall 2010, and continuing to work with the juniors and sophomores. For contact information, calendars, updates, and current newsletters, visit the PACERS website:
http://www.wiu.edu/users/pacersu
"Whether you are a first year counseling student or finishing up your Master’s degree, I would suggest saving up your money to go to the ACA 2011 conference in New Orleans or any in the future."

-Karrie Bovée

My very first American Counseling Association conference was a blast! I think it was so exciting because I went with my fellow classmates: Dan, Leaha, Jamie, and Francis. Pittsburgh was the perfect city to host this year. We were able to do some sightseeing of local attractions like the Incline, which is a trolley that goes straight up the side of a hill. We also ate at the original “Primanti Brothers” restaurant and Hard Rock Café. On the first day, we had an incredible learning institute that covered suicide prevention. We also had so many classes during our stay, and I was able to get to academy certificates in Child and Adolescents and School Counseling.

It was exciting to be surrounded by so much counseling knowledge. We were in awe of seeing Gerald Corey, who is an author of many of our counseling books. It was amazing to see the man from our books come to life right in front of three thousand people. He still has plenty of expert advice and is very friendly in person. I saw him on the last day of the conference wearing a baseball hat and plain clothes. I said how much I enjoyed his keynote address and he said, “You recognize me even when I am in cognito?” It was precious.

The other big keynote speaker was Patti Digh, who spoke from her book Life is a Verb: 37 Days to Wake Up, Be Mindful, and Live Intentionally. In her talk, she reminded all of us that we can be generous, speak up, love more, and trust ourselves. As well as many other life skills we should try to follow each day.

The various classes covered a variety of topics, from play therapy to spirituality. If I could have been in two classes at once, I would have teleported myself from one room to another. I thoroughly enjoyed my entire experience and will plan going to another one in the future.
Chi Sigma Iota

Chi Sigma Iota partnered up with the Counseling Association earlier this semester for an after-school program in Rock Island, IL. This program was a vital outreach to the young children involved and CSI, in conjunction with the Counseling Association, was able to provide them with a unique experience.

Chi Sigma Iota again partnered with the Counseling Association for a winter clothing drive. This was another instance of community outreach to help those who are less fortunate. We had a long winter this year and were able to contribute greatly to those who needed it.

Chi Sigma Iota also teamed together with the Robert Young Center for Community Mental Health in efforts to raise funds for the National Alliance for Mental Illness (NAMI). A Trivia Night took place on Friday April 9, 2010. All proceeds benefited the alliance for consumers suffering with mental illness. This was an exciting evening that truly demonstrated community outreach.

Chi Sigma Iota has also hosted study sessions for the NCE and CPCE. These sessions provided a study atmosphere that allowed and encouraged the skills to refresh and prepare for the two exams. These sessions aimed to boost student confidence and help to ensure successful transition from student to professional.

Four members of Chi Sigma Iota attended the American Counseling Association Annual Conference in Pittsburgh, PA. Our chapter of CSI was represented by the President - Daniel C. Scritchfield at the CSI Leadership Meeting. This meeting provided useful tools, information, and other exciting news to pass on to future members and executives.

As President of Chi Sigma Iota and on behalf of the other executive members, I look forward to meeting the new members and passing the torch along.

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Alumni Update

Please send this form to: Department of Counselor Education, Western Illinois University Quad Cities; 3561 60th St. Area 286, Moline, IL 16265; or complete it online at www.wiu.edu/counselored/alumni.html

Name__________________________________ Graduation Year_______

Name while attending WIU _________________ Home Phone__________________

Email Address__________________________ Address__________________________

Advanced Degree________________________ City______________________________

State_________ Zip___________ Employer_______________________________

Work Address____________________________ City______________________________

State _____ Zip _______ Work Phone______________ Job Title__________________

Any personal or job related news?

_________________________________________________________________________________________

_________________________________________________________________________________________
Alumni Spotlight: Linda VanDerLeest

Linda VanDerLeest is a practicing school counselor, the recently elected mayor of Geneseo, and a graduate of the WIU Counselor Education Program.

Q: As a distinguished Alumna from the Western Illinois Counseling Program, how did your schooling prepare you for success?

A: First, I had a strong network consisting of excellent professors who brought their real world experiences from their work in the counseling field to our classroom. I appreciated their commitment to me as a student as well as to the WIU counseling program.

I had a strong network of fellow educators (students) who not only supported me throughout the program but also challenged me to achieve my ultimate goal. We tapped into each other's strengths. This allowed us to maximize our individual successes in a program that challenged our inner will yet rewarded us with an occasional laugh or two.

I relied on mentors (our internship and practicum supervisors) who were active in their profession and demonstrated their passion for school counseling.

Ultimately, my success was rooted in defining my own professional and personal goals as a school counselor. I then set out to draw from the experiences and lessons found in my "network" to define who I wanted to be as a school counselor.

Q: What is a professional goal that you have for yourself?

A: Every day we are faced with challenges whether in our private or professional life. The climate of our culture is ever changing. Change offers its share of new adventures. My goal is to cling to the principles that have afforded me many successes over the years. Ideally, I would like every decision, choice, or plan to end in success. However, I am a realist.

Do I fear failure? Who doesn't? However, when fear determines our direction, we are only fearful. We will never take on the challenge to change. It is from the failures that I learn the most. So not only is my goal to cling to my principles but also have the will to accept failure and the fortitude to admit a mistake and either find the positive in a negative or determine a new direction in my personal and/or professional life.

Q: If you could tell students or practicing counselors one piece of advice, what would it be?

A: First, check your ego at the door when you go to work and leave your emotions and the trials of the day at the door when you leave. It is critical to define a boundary between your professional and personal life.

Second, surround yourself with a group of people who challenge you, stand by you through thick and thin, and leave enough space for you to grow.

Finally, never forget the words and actions of today will pay dividends in the lives of those you will work with. Recently, I had a student return to the high school on a professional visit. Before he went about his job, he stopped in to visit. I wondered when he walked into my office, what he would have to say. I remembered that I was pretty hard on him for some of the decisions he was making when he was in high school. He briefly reminded me of those times and quickly moved to words of gratitude and thanks. He told me had I not been as honest with him some of his decisions and choices, he’d have never become the man he is today. He said:

“When fear determines our direction, we are only fearful. We will never take on the challenge to change.”

-Linda VanDerLeest

Contributed By Jake Glazier

“when fear determines our direction, we are only fearful. We will never take on the challenge to change.”

-Linda VanDerLeest

Congratulations to our Spring 2010 Graduates!