

# Connection Newsletter

March 1, 2019

Volume 23, Issue 1



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## Upcoming Events:

- ◆ Mar 8 Site Supervisor Luncheon
- ◆ Mar 15-16 Gottman Couples Therapy final session
- ◆ Mar 22 CPCE Exam
- ◆ Apr 6 Counseling Program Graduation dinner
- ◆ Apr 13 NCE exam
- ◆ Apr 19 Semester ends
- ◆ Apr 27 Commencement



## In Need of Strength? From Kay C. Bruce, PsyD

#MyVerse has been an initiative at our church encouraging people to identify a life verse and share it with others. **2 Chronicles 16:9** speaks of God's desire to strengthen those whose hearts are fully committed to Him. When I am growing weary, I need to check and ensure that I am completely committed to what God has called me to do—not pleasing people or doing all of the “shoulds” but focusing on what is most important. It is so encouraging to read that He looks for opportunities to strengthen us when we are devoted to Him!

Spring semester is already picking up steam with summer registration beginning March 1st. In addition to our normal course offerings, here are a few “extras” to notice:

\*CNS507H Human Life Span Development, Laurie Bloomquist, Tuesdays 6/25-8/06, 8AM-12:15PM.

\*CNS518E Career & Lifestyle, 1, 2, or 3 credits, Hannah Acquaye, Online.

\*CNS523 Human Sexuality, 1 or 2 credits, Jena Abaria, Friday and Saturday, June 14-15, 8:30AM-4:30PM.

\*CNS565LH Narrative Therapy, 1 credit, Dave Wenzel, Friday and Saturday, May 18-19, 8:30AM-4:30PM.

\*Professional Identity and the Business of Counseling Workshop, 6 clock hours of continuing education, Dave Wenzel, Friday, May 31, 8:30AM-3:30PM.

Also, note that we have purchased a new paper shredder for the second floor of Bueermann and one for the library so that you can shred presentations after case conference class. See Ken Logan’s article for more privacy and security reminders.

We will soon be celebrating with our graduating students. Graduates please save the date, April 6th on your calendar—you will not want to miss a very fun evening! This is your Counseling Program Graduation dinner. To those who are not yet graduating, be encouraged—these folks made it!

May your heart be committed to the Lord and may you experience His strength in your life!

# ***Program Policies regarding Confidentiality as preparation for your career in the community!***

**Dear Students:**

***We want to remind you about some of our program policies regarding client confidentiality as you work with clients at your internship sites and prepare for your case conference presentations.***

## **Encrypted flash-drive**

1. All data regarding your clients (session recordings, case conference reports, transcripts, etc.) must be stored on a department-issued encrypted flash-drive. Please do not store data on personal flash drives, computers, devices, or in online cloud storage.
2. Your encrypted drives must be transported in a locked bank bag. If you do not have one yet, please obtain one and use whenever transporting your encrypted drive.
3. Please refrain from copying files from the encrypted drive over to a personal computer to print reports or present videos. If you do not know how to do this, please seek out assistance from someone who does.

## **Printed case conference documents**

1. Case conference presentation documents have been printed out in the library and left on the printer in full public view. Never do this. Be sure to pick up your documents if you print them.
2. Some client reports have been thrown away, whole, into the trash in the library. Trashed presentation documents need to be shredded. Also, be sure to shred client reports after you complete your case conference presentation. You can utilize the department shredder if you do not have one. We highly recommend you get one for your personal use. Tearing up a report is not the same thing as shredding it.
3. As noted above, files should not be copied to a local computer. Printing should always be done directly from your encrypted flash drives.
4. If a file is copied from your encrypted drive to a computer, you will need to delete the file using special HIPAA compliant software. Using the software completely removes the file from your computer. To avoid the need for using this software, print or view files directly from your flash drive.

## **Use of personal phones for client contact**

1. Students should only use phones and phone numbers with clients that are provided to them by the internship site. Clients should never be given a student's private phone number. Additionally, students are not allowed to purchase a secondary personal phone to use with their clients.
2. If the internship site provides a google voice number for you to use, you should not be available to respond to clients outside of your scheduled work time at your internship site.
3. If clients have access to a site voicemail to reach you, be sure that an appropriate crisis line referral number is referenced for your clients on the voicemail message.

## **Internship site requirements**

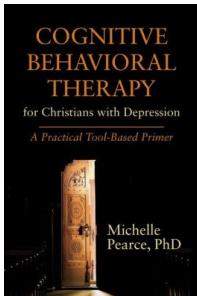
1. Please do not begin working at a site unless it has been approved by the program. Hours will not be counted toward your work requirement if the site is not approved.
2. New internship site requests are available from Sandy. Site visits are currently taking three months to process due to the number of requests and process involved in vetting a new site and new supervisor(s). Please plan ahead if you want to work at a site that is not currently in our database.
3. Students cannot be supervised (as an intern) by a counselor that they see (or have seen in the past) for therapy. This constitutes a dual relationship and is both unethical and illegal.
4. Please keep this in mind when choosing a therapist for your required therapy hours, as you will be unable to utilize them for supervision.
5. Students may intern at any Western Seminary approved site as long as the student has not been a client of that counseling agency within two (2) years prior to the start of the practicum/internship experience.

If you have any questions about any of these policies, please see a faculty member or program administrator for more information.



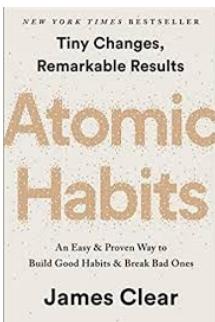
## Good Reads by Dr. Norman Thiesen

Books to consider for your reading list — and everyone should have one!



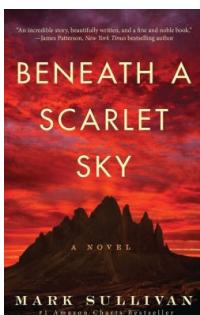
### **Cognitive Behavioral Therapy for Christians with Depression: A Practical Tool-Based Primer** By Michelle Pearce

Great book on how to integrate faith/religious issues into a treatment modality. If you lean toward (or are interested in) CBT this would be worth reading to help you see how you can utilize faith concepts (without violating ethical principles) in your treatment of clients.



### **Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones** By James Clear

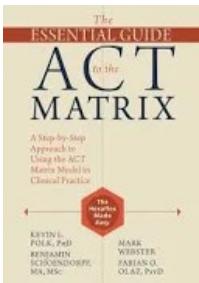
Probably one of the best books I've read on the research on habit formation and behavior change. This is a great suggestion for clients if you are into suggesting practical books for them to read. He also has a blog site (much of the book comes from that) that is worth subscribing to and following.



### **Beneath a Scarlet Sky: A Novel** By Mark Sullivan

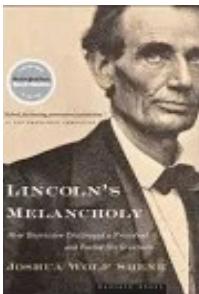
**Setting is in WWII in Italy – a true story about people in the resistance movement. It has some really interesting twists and turns that make the story almost unbelievable. Just an enjoyable, fascinating story (of a terrible and difficult time) that will capture you.**

## Continued from pg. 2 Spring 2019 Reads by Thiesen



### **The Essential Guide to the ACT Matrix: A Step-by-Step Approach to Using the ACT Matrix Model in Clinical Practice** By Kevin Polk, Benjamin Schoendorff, Mark Webster, Fabian Olaz

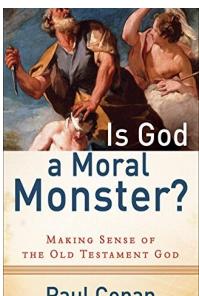
If you are into ACT (or curious about) as a therapy modality this is a must read. Like the title states the book will help you in utilizing the ACT concepts into your practice. Easy to understand and incorporate.



### **Lincoln's Melancholy: How Depression Challenged a President and Fueled His Greatness**

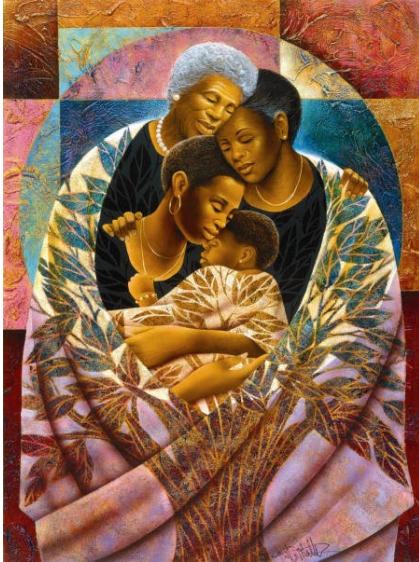
By Joshua Shenk

The book focuses on the Lincoln's struggle with depression most of his adult life. He proposes that his depression and learning to cope with it lead to his handling of the Civil War in such a profound fashion.



### **Is God a Moral Monster? Making Sense of the O.T. God** By Paul Copan

Have you ever wondered about some of the parts of the O.T.? Why does God do some of the things that he does – which seem really offensive to us (like kill everyone in a city). This is a great book to help you understand what is going on and why. Received some great insights that I had never considered. In the counseling world that's known as an AHA! Moment.



## ***Publications of Hannah Acquaye, PhD.***

***To peek your interest, read up!***

### **Recent publication:**

The Journal of Counseling and Development published a conceptual paper I did with one of my friends from University of Central Florida. Blount, A. J. & Acquaye, H. E. (2018). Promoting wellness in refugee populations. *Journal of Counseling and Development*, 96, 461-472

#### **Abstract:**

Refugee populations experience risk factors that may influence their wellness. As the number of refugees continues to rise, it is important for professional counselors, counselor educators, and counselors-in-training to be aware of techniques for supporting wellness in this population. This article addresses risk factors to refugee wellness within the indivisible self model of wellness (Myers & Sweeney, 2004) and highlights current wellness trends and the importance of a prevention-based treatment paradigm for helpers working with refugee populations.

### **Publication Under Review: Special Issue of the Journal for Specialists in Group Work**

Acquaye, H. E., John, C., Bloomquist, L., & Milne, N. M. (2019). Using the Post-Traumatic Growth model to explore trauma narratives in group work with African refugee youth. *Journal for Specialist in Group Work*

#### **Abstract:**

African American youth and African refugee youth encounter systemic racism in similar yet different ways. Because of the inherent traumatic experiences encountered by refugee youth, the added discrimination during their acculturation processes elevates their trauma and stressor-related symptoms. This paper uses the Posttraumatic Growth Model to explore some steps in facilitating an 8-week group therapy for African refugee youth in the US school system. Culturally-sensitive recommendations are also provided.

### **Just Submitted for Review:**

Jackson, R., Acquaye, H. E., Boanca, G., & Thiesen, N. (February, 2019). A journey through romantic heartbreak and growth: An exploratory phenomenological study. *Journal of Social and Personal Relationships*

#### **Abstract:**

Romantic heartbreak is common, affects all genders, and spares neither adolescent nor adult. When relationships end, people experience signs like depression, shame, insomnia, and immune dysfunction. Some of these signs are consistent with trauma-related symptoms like depression and PTSD. This study used a phenomenological lens to interview eight adult females who were purposefully sampled. Questions explored their journey through romantic heartbreak, outlook on life, and posttraumatic growth. Six themes and several sub-themes emerged. The themes were attraction, relational bloom, shift, end, recovery, and growth. Results indicated that even though attraction occurred for all participants, some experienced more physical attraction while others focused on internal virtues of the lover. Further, those who had closure after the breakup healed more quickly than those who avoided communicating with the ex-partner.

Finally, post traumatic growth in this sample was strongest in the area of changed philosophy and renewed purpose in life. Several implications are discussed, including the need for therapists to treat heartbreak as they would any issue involving death, yet have a positive psychological mindset knowing that growth can come out of this "death."

## **Blog from a recent Graduate.**

**Take it away Heather Blasi...**

Greetings Faculty, Alumni, and Current Students:

It seems like yesterday since I picked up my cap and gown. In two short months, it will be a year since I've walked across that stage and was handed my diploma. To current students who are eagerly awaiting that glorious moment, I give you one piece of advice: take each day at Western as a gift. Don't get me wrong, most of us shouted 'Hallelujah!' from the rooftops at the thought of no more homework. Yet, many of my fellow alumni reminisce about the camaraderie and support within your community at Western. Something that will be forever cherished. Also, the daily comedy show between Dr. Logan and Dr. Thiesen never gets old.

I've since started my career as a school-based counselor at Westview High School. In this realm of work, I support the entire family unit from a strategic and structural based perspective. It is a whole new ball game. I will be honest, the thought "what would Ken Logan do" has popped into my head a time or two. This was not the route I was initially expecting to go, nor see myself long-term, but boy has it really evolved me as a clinician. I think one of the things that has been reassuring as I stretch and grow is not underestimating the training I've received. I also continually reassure myself that even if I'm still wrapping my head around a new idea or theory my supervisor puts in front of me, I can't forget that I'm working with real people. I'm not working with problems that need to be solved. Being a warm and welcoming presence goes a long way in setting you up in getting into some really great work. Stepping out of graduate school and out from under our professors' wings can be scary. Sometimes you find yourself navigating through differing opinions of those who have received training elsewhere. This can be both alarming, yet motivating all at the same time. I can confidently say that I'm so appreciative of where I am, even if I do feel like a fish out of water at times. Yet, I recommend the challenge wholeheartedly as a newer clinician. I hope you all are enjoying the ride of grad school, even the twists and turns that come your way. I pray that you find strength from each other, and trust that you are being formed into the person that God has always planned for you to be.

Blessings

