

The Mental Note

March Edition 2014

Mark your calendars!!

Our next meeting will be Tuesday, April 8th at 4:14. Dr. Sauerheber and some of our colleagues will be informing us about Adlerian theory.



An
Update

- Our last meeting consisted of a study session for the Comprehensive Exams led by Dr. Bratton. Students getting prepared for their Practicum in Marriage and Family and Mental Health met with Dr. Hayward.
- Comprehensive Exams were taken March 8th. Now we are anxiously awaiting our results!
- There is a mandatory **School Counseling Internship Orientation** on **Thursday, April 10** at **3:30 p.m. in GRH 1065**. All future interns are required to attend.

CSI
Invitations

For those of you who have been looking for your CSI invitations in your inbox, you should have received them! CSI invitations were sent out and we are just waiting for you to join us! We hope you will join us in our quest for knowledge and self-improvement.

Have you started following us on Pinterest yet? If you haven't, check it out! Pinterest is a great way to find activities and ideas for your counseling sessions. Choose to follow us on Pinterest by **Friday, April 4th** and come by the Counseling and Student Affairs Office for a free candy bar!

Attention!!

All of our current CSI officers are projected to graduate in May! No need to panic, but we need your help! Would you like to be an officer next year, or know someone who you believe would be a great addition? Please email Dr. Bratton at Imelda.bratton@wku.edu by **APRIL 4** with your recommendation. Voting will be in April, so be sure to participate!

Faculty and Student Accomplishments

The *Kentucky School Counseling Association* conference was held in Lexington, KY March 5th through 7th. Many professors and students participated. **Dr. Dye** and **Tanay Lawson** presented on Wednesday and Thursday morning on the topic of using Yoga Calm with boys. **Dr. Stickle** presented on Friday morning and spoke with counselors about self-care. **Dr. Mason** presented on Friday morning as well, speaking about Mindfulness and its uses. **Dr. Bratton, Arielle Dayberry, Jennifer Payne, Mallory Rogers,** and **Sarah Castlen** presented information and activities on Adventure-Based Counseling.



Dr. Sauerheber has recently completed Levels 1 & 2 Training in Gottman Method Couples Therapy. She also has recently had an article published:

Duba Sauerheber, J. & Bitter, R. (2014). An Adlerian approach in premarital counseling with religious couples. *Journal of Individual Psychology*, 69(4), 305-327.

In addition, **Dr. Sauerheber** has recently presented a presentation on Adlerian therapeutic interventions at the Society of Individual Psychology in Boise, Idaho.

Upcoming Events

Tuesday, April 8

CSI meeting

Thursday, April 10

School Counseling Internship Orientation

Saturday, April 12

NCE Test Day

Monday, April 14

Registration for 2014 fall semester begins