

# The Mental Note

## November Edition



Our next meeting is November 19<sup>th</sup>, **AND** it's chili night!! If you can come at 3:00, you have the opportunity to learn more about eating disorders from Dr. Susan Belangee. Starting at 4:15, we will begin our regular meeting, which will include a speaker from A Case for Dignity. We will also vote on t-shirt designs. Bring your appetite and \$5 to try sweet or spicy chili served with cornbread and cookies!

Did you miss last meeting?

That's okay! Here is what you missed!!

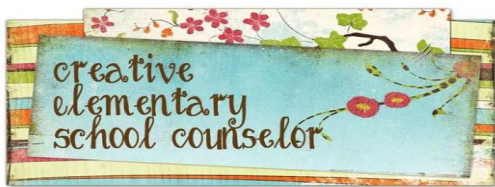
- We are doing a drive for A Case for Dignity. They collect new or gently used duffel bags and book bags. There is a list of items you can purchase below!
- We are having a t-shirt design contest. The winning design will be picked Nov. 19.
- We have a Pinterest!
- We discussed ideas of other things we can do this year. If you have any you would like to share please contact Dr. Bratton, Candace Sneed, or Sarah Castlen.

Our Pinterest

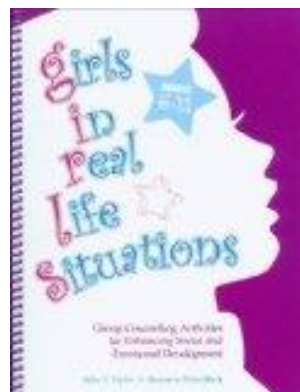
Have you visited our Pinterest yet? We hope so!! In case you haven't been able to find it, here is the link:

<http://www.pinterest.com/deptofcns/>.

Haven't had chances to look at it recently? Don't worry, here are our favorite pins!



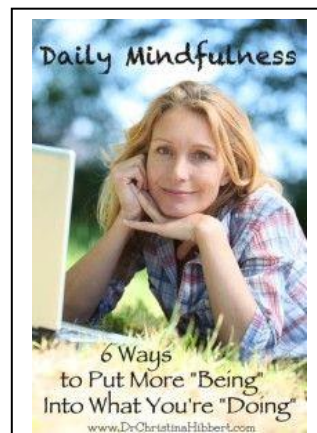
<http://creativeelementaryschoolcounselor.blogspot.com>



Some great group curriculum ideas



101 Art Therapy Activities



# KCA Conference

The following students and professors presented at the 2013 Kentucky Counseling Association Annual Conference! Congratulations to you all!



Candace Sneed presented a poster presentation on the **Penn Resiliency Program & Depressive Symptoms In Adolescents**. She also co-presented the poster for **Chi Sigma Iota- Omega Kappa Upsilon Chapter**



Cayce Brewer presented a poster presentation titled, **A Longitudinal Study: Describing the Effects Deployment has on the Wives Left Behind**.



Sarah Castlen co-presented a poster presentation on **Chi Sigma Iota- Omega Kappa Upsilon Chapter Promotes Counselor Identity**

## *More Presenters!!!*

Unfortunately, we couldn't get a picture of everyone that presented. Here are the other presenters:

**Emily Asposito** and **Lauren Early** presented: **Transexual's Perceived Life-Satisfaction Post Sex Reassignment Surgery**

**Ashley Bidwell** and **Mary Baksh** presented: **Prevalence of Co-Occurring Disorders and Appropriate Interventions**

**Dr. Imelda Bratton** and **Sarah Castlen** presented: **Hot Topics in Ethics**.

Lots of other students at Western also attended the KCA conference. We had some students share their thoughts on attending a conference and explain why they think it is important.

Ryan Dillon said, "KCA was an amazing experience. I will never forget my first time at a professional counseling conference. Everyone was extremely friendly and they were truly and honestly happy to see graduate students attend. I have always been passionate about being a counselor but KCA made me passionate about being a part of professional organizations."



Sarah Hagan said, “The KCA conference was an excellent opportunity for new graduate students to network with professionals, learn about current topics of interest in the Counseling field, and engage in meaningful conversations with individuals presenting research via poster presentations and/or interest sessions. I was able to receive continuing education credits as well as an Academy Certification for mental and clinical health. Three other WKU graduate students in my cohort met me at the conference; this allowed us to share notes on various sessions we attended as well as interact with Presidents and past Presidents of KCA as a group representing WKU. The fellow members of KCA, especially the members of the board, were extremely welcoming and encouraging toward new graduate students and new members. After viewing poster presentations and attending interest sessions, I have an increased interest in leading or co-leading such avenues of advocacy for the Counseling profession. The sessions I attended have already had a positive impact on current research I am doing, and I now know experts in the field I can contact for more information.”

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Please help the foster children of Kentucky! A Case for Dignity is an organization founded here in Bowling Green that gives backpacks and duffel bags to children who have none when they are taken away from their home. If a duffel bag or backpack is too expensive, don't worry, there are other ways to help! A Case for Dignity also needs:

Tearless Shampoo, Body Wash, Hairbrushes, Toothbrushes, Children's Toothpaste, Stuffed Animals, Coloring Books, Crayons, Bibles, Blankets, Deodorant, Journal, Pens, Markers, Personal Hygiene Items for Teens.

**\*\* Drop your items of in the Department Office or bring them to our meeting!!**

# Chattin' With Dr. Bratton

Integrating the use of Expressive Arts can be extremely beneficial for clients of all ages. It is especially beneficial for clients who have any type of speech and/or language issues, second language learning, cognitive issues, or for those who have difficulty with verbal expression. A popular Expressive Art technique commonly used in the counseling field is utilizing Art in counseling sessions. Art materials can range from a box of Crayola crayons, oil/acrylic/finger paints, scrap material pieces, cotton swabs, variety of papers, various types of scissors, empty toilet paper tubes, magazines... Almost anything you can imagine could be provided for clients to use as they create their “masterpiece.”

The following is an Art Activity that is designed for use with clients who have Body Image Issues. This can be adapted for use with children to adults. It can be used in a group or individual counseling session.

## Thankful For....

**Objective** – Assist clients in developing positive thoughts associated with food and body image. Client will identify a positive influence that food or their body has had in their life.

**Materials** – Paper or note cards

Any art material available to counselor

Envelope to place the finished product (optional step)

Postage to mail the finished product (optional step)

**Instructions** –

1. Have the client relax and reflect on a positive influence that food or their body has had during their life.
2. Tell the client that sometimes images that are not helpful are easier to think about, but to try to ignore those images or thoughts while they are working.
3. As they are thinking about any positive influences, have her also try to identify any symbols, images, colors, words, places, or things that they connect to their positive influence.
4. Let the client know that when she is ready, she may use the art materials to represent her symbols, images, etc. on the paper provided. She may choose to draw, color, cut, glue, or write about the positive influence. Provide quiet time for your client to work on their product.
5. When your client is done, she may choose what to share. If you are doing this in a group setting, allow clients to share what they are comfortable with to group members.
6. Explore any items you think are important that your client has shared.
7. Discuss how many times, Thanksgiving and Christmas holidays can add to the unhelpful images that clients have about food or their bodies. Let your client know that a lot of people have trouble with this. Talk about self-care and how it is important to remember the positive influences of food and the body. Suggest displaying the product created in session to help your client when those unhelpful images are difficult to ignore.



8. Have the client place the finished art product in the envelope, place their address on the front, and seal the envelope. (optional step – you may choose to have your client take the art product with them)

9. Mail the envelope for the client so they may receive it at the address provided.

For many counselors, the emphasis is on the process of the art experience as opposed to the final product. The act of creating something using various art mediums is therapeutic in itself. This can provide the client an opportunity to self-reflect and explore their thoughts using a different technique than talking. The counselor is an important part of this process. Instead of talking and directing the session, the counselor is a witness to the client's process and experience. The counselor refrains from qualifying comments such as "That's pretty" or "I like that." The emphasis is placed on the effort the client put into creating the product. For example "I noticed you spent a lot of time drawing..." This keeps the focus on the process as opposed to the final product as well as preventing the client from seeking the counselors approval.

If you would like to learn more about using Art or Expressive Arts in counseling, please contact Dr. Bratton at [Imelda.Bratton@wku.edu](mailto:Imelda.Bratton@wku.edu)

# See You Soon!!

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