



WKU Counseling & Testing Center

August 2017

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Greetings from the Counseling & Testing Center staff. The new semester is almost upon us. M.A.S.T.E.R Plan is just around the corner and the hot weather will soon wane. Whether you are new to the WKU Community or a seasoned pro, we are here to provide a wide variety of mental health counseling and academic testing services for registered undergraduate and graduate students as well as consultation services to faculty and staff. The CTC's monthly newsletter offers information on various events and programs for the entire WKU community in an effort to inform and educate staff, faculty, and students, so please share this newsletter with your students.



OUR STAFF

Peggy Crowe, Ph.D. Director

Karl Laves, Ph.D. Associate Director

Susan Harper, M.A., LPCA, Staff Counselor

Brian Lee, M.A., LPA Staff Counselor

Elizabeth Madariaga, M.A. Coordinator, Sexual Assault Services

Betsy Pierce, M.A. Coordinator, Outreach

Masami Matsuyuki, Ph.D. Staff Psychologist/Training Coordinator

Sharon Ercey, B.S. Coordinator, Testing

Julia Johnson, A.A. Office Associate/Director of Awesomeness

Teresa Jameson, B.A. Office Assistant

Lindsey Hinken B.A. Masters Clinical Counseling Intern

Mark Logan, B.A. Masters Clinical Psychology Intern

Natalie Perkins, B.S. Masters Psychological Sciences Intern

Jeffrey Powers, B.S. Masters Psychological Sciences Intern

Star Animal Assisted Therapy Dog

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For more information about counseling, visit: www.wku.edu/heretohelp

For more information about testing services, visit: www.registerblast.com/wku

To become a fan of our Facebook page visit: www.facebook.com/WKU.CTC

Hours of Operation
Monday-Friday
8 a.m.-4:30 p.m.

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Counseling & Testing Center

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Potter Hall 409
(270) 745-3159
ctc@wku.edu

Staff Spotlight

The Counseling & Testing Center welcomes two new counselors this fall. Susuan Harper began in May and

Masami Matsuyuki joined the staff August 1. The Center is excited to have both of them on board.



Susan Harper

I am a Bowling Green native and two-time WKU graduate. I received my Bachelor's in Child and Family Studies in 2011, and taught Adult Education at SKYCTC until beginning my Master's program in 2013. I completed my Master's in Marriage, Couple, and Family Counseling in 2016, and began working as a Therapist at a community mental health agency. I love being a Counselor and I am very excited to be back on the hill and to be joining the CTC!

My personal interests include yoga, meditation, social justice issues, mindfulness, music, and so many more! I have a true passion for breaking stigmas associated with discussing mental health, and I am so grateful to be in a career field that allows me to do so.

I view my clients first and foremost as individuals, not as a diagnosis. I work to always come from a nonjudgmental and unbiased place, and to accept and meet my clients where they are in life, without expectations. I believe that a counseling office should provide a safe environment where clients are free to be themselves without fear of judgment. I view my role in therapy as that of a facilitator. I do not heal my clients, I cannot force any client to make changes within their own life; however, I can provide the client with tools and a path that will allow them to make their own changes and heal themselves. This healing process has no time limit, and can only occur when the client is ready. To me, being a counselor means not only holding space for my clients, but being an advocate and an ally, as well.

I was born and grew up in Osaka, Japan, spent many years of my adult life as an international student in Scotland and the United States, and earned a B.A. in English Language, an M.S. in Women's Studies, and a Ph.D. in Counseling Psychology. I've always been interested in cross-cultural communication, social justice, and healing arts and sciences, which is the shortest explanation for the choices that I've made about my education and career. I love counseling college students, taking various roles on a college campus, and helping people to learn how to help themselves. For leisure, I enjoy spending time with my husband (from Kentucky) and feathered companion (cockatiel) and practicing folk herbalism, permaculture gardening, and restorative yoga.

I believe that anyone can benefit from counseling as long as the person wants to learn, heal, and grow. We all want to be happy, and many of us don't know how. Some keys to happiness include: accepting our own unique life paths as they unfold; being kind and compassionate toward ourselves and other people we meet; following our hearts while using our minds wisely; learning the lessons with which our lives present us; and taking right actions while being congruent with our purposes, values, and aspirations, as best we can. A counselor can assist us in finding the keys we need and learning how to use them effectively. Also, we all need other people who support us in being who we are, dealing with predicaments of life, and healing from emotional wounds, or who challenge us to learn the hard lessons we would rather avoid. A counselor can be one of those people we meet in our lives who support and challenge us so that we can live our lives to the fullest. I've been trained to be a generalist clinician who can respond to various counseling needs associated with a broad range of psychological issues and mental disorders. I take an integrative approach to counseling within a feminist-multicultural framework, and when therapeutic interventions are called for, I tend to apply those derived from mindfulness-based cognitive therapy, interpersonal-process therapy, and psychosynthesis.



Masami Matsuyuki

Star's Report

I hope everyone enjoyed their summer as much as I did. Normally, I would take the whole summer off, but I did find time to come in to the office to do a little work during my busy summer vacation. I spent time playing and relaxing but also enjoyed a July Fourth celebration with many of my friends. A few of my work activities included donating food to the WKU Food Pantry (see below), visiting with the Housing & Residence Life Staff during training July 25, and just hanging out in the office. So don't forget, if you see me around campus, stop and say hello.



CTC sets Green Dot Training Dates

The Green Dot program is a comprehensive approach to violence prevention that capitalizes on the power of peer and cultural influence across all levels of the socio-ecological model. Informed by social change theory, the model targets all community members as potential bystanders, and seeks to engage them, through awareness, education, and skills-practice, in proactive behaviors that establish intolerance of violence as the norm, as well as reactive interventions in high-risk situations - resulting in the ultimate reduction of violence.

Green Dot Training will be held:

Monday, Aug. 28, 2:30-4 p.m. in the 4th floor Potter Hall Conference Room

Monday, Oct. 2, 10-11:30 a.m. in Downing Student Union, Room 2122.

Tuesday, Nov. 14, 2:30- 4 p.m., 4th floor Potter Conference Room

Please visit https://wku.co1.qualtrics.com/jfe/form/SV_8wazuEwirB9sFtr to sign up for any of these session.

For more information about Green Dot, please visit the CTC website at; <https://www.wku.edu/studentconduct/green-dot.php>



Star's Good Work

Star visited the WKU Food Pantry, operated by the Office of Sustainability, in early July to drop off food donations collected by the Counseling and Testing Center. The Office of Sustainability offers nonperishable food items, fresh vegetables (when in season), and limited toiletries to all WKU students, faculty and staff. No proof of need is necessary. Simply bring your WKU ID and you will complete a simple on-line form in the office each time you visit. The OOS welcomes all donations which can be dropped off at 503 Regents Ave. The top items on the Food Pantry need list are:

- Canned chicken in water
- Dried whole grains such as rice and pasta
- Dried or canned fruit and 100% juices
- Whole grain cereals and granola bars
- Peanut butter and jelly
- Hearty soups and canned pastas

After hours donations can be left in the Food Pantry collection bin on the front porch of the Office of Sustainability. If you have any donations you need picked up, send us an email (sustainability@wku.edu) and we will arrange a pick up.

STAR IS TURNING 2!!

Come help us celebrate Friday, Aug. 25, at the Counseling & Testing Center, from 11 a.m.-1 p.m., in Room 408, Potter Hall. We will have something sweet to share, and hope you will bring an item for the Bowling Green Warren County Humane Society in lieu of a gift for Star. So stop by to wish her a happy birthday, and Star says 'thank you' in advance for helping all those future pets.



Testing Corner

WKU offers the College Level Examination Program (CLEP) tests which allows students to earn college credits in a variety of subjects to include: history, math, science, political science, marketing, and English. The Center also provides Departmental Exams and the language assessment exams such as STAMP and BYU Flats.

Other exams include MAT, PRAXIS, LSAT, DSST, ACT, Residual ACT, NBCC, and HESI. For more information, please visit: registerblast.com/wku. PRAXIS information is available at ETS.org/praxis. Free study guides for all CLEP exams are available in the CTC, POH 409.

Support Group Spotlight

LGBTQIA Group

The Counseling & Testing Center "LGBTQIA" support group will meet again during the fall semester. For more information on day and time, please contact CTC at ctc@wku.edu.



Resources

Here To Help is the on-line mental health information page sponsored by the Counseling & Testing Center. Students can ask questions about school, relationships, personal issues, or just about life in general. You are welcome to ask a question, or browse previous questions and responses.

Question may be submitted to ctc@wku.edu.

The Counseling & Testing Center has several resources and on-line screenings available to students.

Website:

www.wku.edu/heretohelp

Counseling & Testing Center Blog:

<http://ctc.blog.wku.edu/>

On-line mental health screenings:

www.wku.edu/heretohelp/mentalhealthscreen.php



Big Red helps Elizabeth Madariaga get the word out to students to check out the Counseling & Testing Center's on-line resources.

Who are you going to call?

By Dr. Karl Laves
Associate Director

No, I am not promoting a recent Hollywood hit with this title. I am introducing some thoughts about the types of help you can find on campus for situations in which a student's behavior is causing you concern. Generally speaking, for the most part, by and large, you should consider the following guideline:

If a student's behavior leaves you feeling threatened, at immediate risk of physical assault, you should call WKU Campus Police. Calling 911 on campus will get you to the WKU Police Department or you can call 745-2548.

If a student's behavior leaves you feeling disrupted or disrespected you should call WKU Office of Student Conduct at 745-5429. Michael Crowe, Director of the Office of Student Conduct, has the authority to intervene in matters where a student's behavior is not in keeping with the student code of conduct.

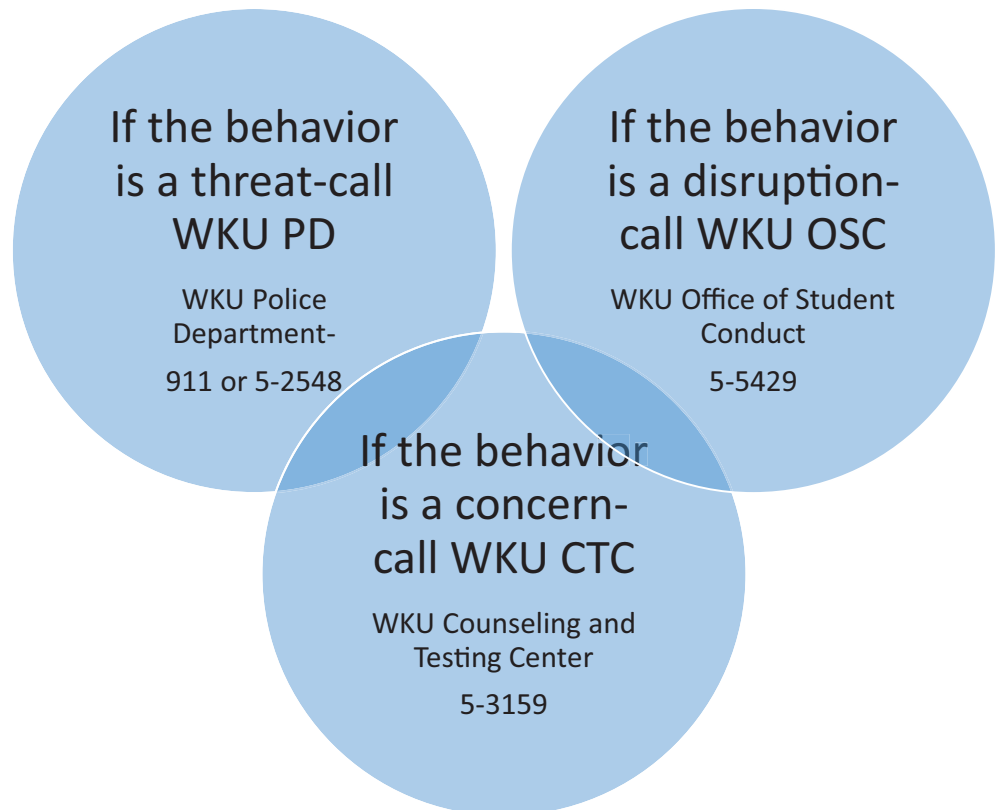
If a student's behavior leaves you feeling concerned, then you should call the WKU Counseling and Testing Center.

The Counseling Center staff will take information and then advise you on what can be done for the student. Just a reminder, sharing information about a student because you are concerned for the student's well-being is NOT a violation of FERPA. A student's safety trumps all other concerns.

Because students have rights to privacy and confidentiality, the three offices described here may not always be able to share information about a student, but they can all take information on a student. This is important to remember because the three offices communicate with each other to make the best response to a student in distress. For example, you might call the Counseling Center and

share some information about a student. The Counseling Center will take that information and decide if Student Conduct or Campus Police are needed. The Center will decide how to proceed with the information, but because of confidentiality the Center may not be able to let you know what steps will be taken. If that happens, know that the Center isn't trying to be difficult; they appreciate you sharing information but they are restricted by professional ethics and state law from sharing information about students/clients.

Sometimes it may be hard to distinguish between feeling disrupted or threatened. A student's odd behavior in class might be disruptive, disrespectful, and threatening. Again, if you ever feel threatened, no matter who the student is or what the student is doing, call Campus Police. Even if you feel concerned for a student but also feel disrupted/disrespected, call Student Conduct. Even depressed or anxious students need to abide by the code of conduct. And honestly if you are in a situation and you are not sure who to call, call any one of the three offices and we will figure out what is needed.



Women's Equality Day–August 26

Fun facts about August

August is the 8th month of the year and has 31 days. In the original Roman calendar the month of August was called Sextilis as it was the sixth month of the year. When January and February were added to the calendar, it became the eighth month of the year. It was originally 30 days in length, but an extra day was added so that it would equal the number of days in July, which was named after Julius Caesar. The month was later renamed Augustus in honor of the first emperor of Rome, Caesar Augustus.

August is the last month of summer. Holidays during the month include:

- Friendship Day
- Women's Equality Day
- National Catfish Month
- Harvest Month
- National Water Quality Month
- Peach Month
- National Immunization Awareness Month
- Get Ready for Kindergarten Month

People born in August fall under the sun zodiac signs of Leo and Virgo. Leos are known to be dramatic, creative and outgoing. Virgos have acute attention to detail and are the people most likely to dedicate themselves to serving. They also are loyal, hardworking and analytical.

Some famous people born in August include Martin Sheen, Dustin Hoffman, Whitney Houston, Kylie Jenner, Chris Hemsworth, Alan Shearer, Jennifer Lawrence,

Robert de Niro,
Robert Redford,
David Walliams,
Usain Bolt, James
Corden, Sean C
onnery, Macaulay
Culkin, Tony Bennett,
Barack Obama, Louis
Walsh, Geri Halliwell,
Barbara Windsor,
Richard Gere and
Halle Berry.

Singer Elvis
Presley died August
16, 1977.

On Aug. 24th in
79 A.D., the volcano Mount Vesuvius erupted, destroying
the city of Pompeii and others.

Civil rights activist Martin Luther King, Jr.'s famous "I
have a dream" speech was delivered on August 28, 1963.

Henry VI Part 1 and The Tempest are the only plays by
Shakespeare that mention the month of August.

The month of August is often referred to as the "dog
days of summer" but not because of pet pooches. It has to
do with the star Sirius, also known as the dog star, which
rose at the same time as sunrise during the month of August
in ancient Roman times.



Counseling Services

College should be challenging, not overwhelming

Interested in our services? There are two ways students can make an appointment:

1. Call our office at (270) 745-3159.
2. Stop by our office in Potter Hall, Room 409.

Once an appointment is made, we ask students to stop by the office prior to their appointment date to fill out paperwork. It takes about 20 minutes to complete. The one-time fee of \$20 (for paperwork and documentation that provides students with unlimited visits for their entire college career here at WKU) is due on the first appointment day and can be paid by cash or card only.

That's why we're here to help, offering our services Monday thru Friday from 8 a.m.–4:30 p.m. Our services are confidential and no information is released without the student's written permission, unless in an emergency situation. Individual and group counseling services are provided to help with coping strategies, conflict resolution, and crisis situations related to:

*College Adjustment
Stress Management
Relationship Concerns
Suicide Prevention*

*Decision-Making
Depression/Anxiety
Bipolar Disorder
Sexual Assault/Abuse*

*Problem Behaviors
Eating Disorders
Grief/Loss
... and more!*

Hours of Operation
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(270) 745-3159
ctc@wku.edu