



Happy New Year from the Counseling & Testing Center staff. CTC is open and ready for the Spring semester. 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

**Rutuja Chinchankar, Ph.D.** PsyD Applied Psychology

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

**Bobbie Jackson** Part-Time 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

**PLEASE  
SHARE**

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For more information about counseling, visit: [www.wku.edu/heretohelp](http://www.wku.edu/heretohelp)

For more information about testing services, visit: [www.registerblast.com/wku](http://www.registerblast.com/wku)

To become a fan of our Facebook page visit: [www.facebook.com/WKU.CTC](http://www.facebook.com/WKU.CTC)

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

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

# Staff Spotlight

## Counseling and Testing Center Research Graduate Students



**Natalie Perkins**

I earned my bachelor's degree in Psychological Science from WKU in the spring of 2016, and am currently working towards my master's degree in Psychological Science. In the master's program, I am heavily involved in research on suicide, self-injury, eating disorders, and other related constructs. I'm excited to serve the WKU community as an intern with the counseling center! My spare time is spent running, reading, volunteering with my church's youth group, and playing with my blind senior pup.



**Jeffrey Powers**

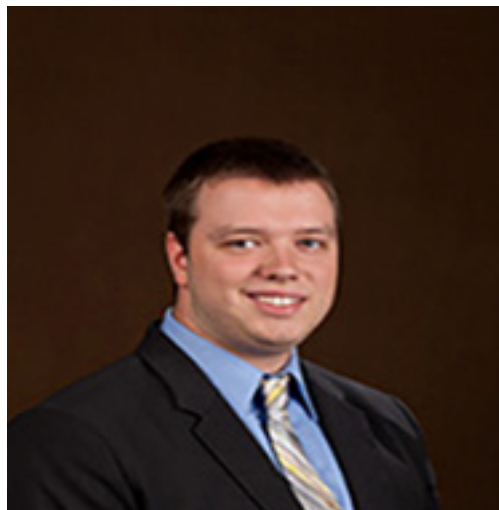
Jeffery Powers is a first year master's student in the Suicide Prevention & Risk Behaviors Lab. He graduated from WKU in May of 2017 with a B.S. in Psychological Science with a concentration in Clinical Science and a minor in History. His primary interests lie in the treatment of suicide, PTSD, addiction pathways, and traumatic brain injury, particularly within the United States armed forces. While not in the lab, Jeffrey enjoys hiking, snowboarding, shooting sports, golf and playing with his 120 pound Great Dane.

## Clinical Graduate Students



**Lindsey Hinken**

I graduated from Western Kentucky University in 2016 with a B.S. in Biology and minors in Psychology and Nutrition. I am currently in the WKU Clinical Psychology Master of Arts program. I am looking forward to pursuing my internship at the Counseling and Testing Center, where I will be able to serve the student body in a variety of ways and give back to the university that has given me so much. Outside of school, I love running, yoga, hiking, cooking, and spending time with my family.



**Mark Logan**

I have been on the Hill for several years now. I received my B.A. in Psychology from Western Kentucky University and am currently working toward my M.A. in Clinical Psychology here at WKU. I am very excited to be completing my internship at the Counseling and Testing Center and look forward to serving the campus community in a new capacity. Outside of school, I enjoy cheering on the Boston Celtics, spending time with my wife and puppy, playing video games and basketball, and watching Netflix.

# Star's Report

## Come Be My Valentine and Help a Good Cause!

- We are hosting a special event Feb. 14 from 11 a.m.-1 p.m. in
- Potter Hall conference room (4th floor beside the CTC).----Join me for
- **Valentine's Day** to say hello and have a cookie! We will once again
- be collecting donations for the WKU Food Pantry. Items needed:
- include 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, PB & J, and hearty soups and canned pastas.

**So come be my Valentine so we can share with others!**



## Brainstorming by Brian Lee



As more and more students come to institutions of higher education with more and more sophisticated technological capabilities, it becomes increasingly important for professionals working in a variety of settings within higher education to take full advantage of the many technologies available to help meet the emerging needs of today's students. As more and more students come to college with more and more sophisticated technological capabilities, it becomes increasingly important for professionals working in a variety of settings within higher education to take full advantage of the many technologies available to help meet the emerging needs of today's students. This may be particularly important within the context of students' mental health needs.

As a variety of data sources suggest, more students entering postsecondary educational institutions may be experiencing higher levels of mental health symptoms compared to students from prior generations; therefore, it becomes increasingly important to find new and creative ways to meet students' mental health needs in efforts to help them reach their highest levels of success. Check out the following links for more information about various technologies which could prove helpful in efforts aimed toward improving mental health. Let us know if we can provide any additional assistance in those efforts.

**Mood Tools** -- <http://www.moodtools.org/>

**Stop Breath Think** -- <https://www.stopbreathethink.com/>

**Belly Bio** -- <https://itunes.apple.com/us/app/bellybio-interactive-breathing/id353763955?mt=8>

**PTSD Coach** -- <https://www.ptsd.va.gov/public/materials/apps/ptsdcoach.asp>

**Virtual Hope Box** -- <http://t2health.dcoe.mil/apps/virtual-hope-box>

**What's Up?** -- <https://itunes.apple.com/us/app/whats-up-a-mental-health-app/id968251160?mt=8>

<https://play.google.com/store/apps/details?id=com.jacksontempra.apps.whatsup&hl=en>

**Depression Bipolar Support Alliance (DBSA)** -- <https://www.facebook.com/dbsabg/>

# Community Outreach



Free support group- open to all!

From 4pm-5pm on the following  
Wednesdays: 1/31, 2/14, 2/21, 2/28, 3/7,  
3/21, 3/28, 4/4, 4/11, 4/18, 4/25, 5/2

Location: Western Kentucky  
University, Downing Student Union,  
Room 2085

Phone: 502-822-6579  
Email: [dbsabowlinggreen@gmail.com](mailto:dbsabowlinggreen@gmail.com)  
Facebook: DBSA Bowling Green

## NAMICONNECTION MEETINGS ON CAMPUS

HELD ON THE FOLLOWING MONDAYS DURING  
SPRING SEMESTER 2018:

1/29, 2/12, 2/26, 3/19, 3/26, 4/9, 4/23, 5/7

FROM 6:00-7:30 P.M.

IN ROOM 201 OF THE  
ACADEMIC COMPLEX

WKU-BOWLING GREEN CAMPUS

## *Support Group Spotlight*

### LGBTQIA Group

The Counseling & Testing Center “LGBTQIA” support group will meet every other Monday in a comfortable and safe atmosphere at 4:30 PM in Potter Hall 408. Spring 2018 Meeting Dates: 1/22, 2/5, 2/19, 3/5, 3/19, 4/2, 4/16, 4/30. For more information please contact CTC at [ctc@wku](mailto:ctc@wku).



QSU meet every other Monday at 4:30 PM in  
DSU. Spring Meeting Dates: 2/12, 2/26, 3/12,  
3/26, 4/19, 4/23, 5/7



# 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](http://registerblast.com/wku). PRAXIS information is available at [ETS.org/praxis](http://ETS.org/praxis). Free study guides for all CLEP exams are available in the CTC, Potter Hall 409.

## 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](mailto:ctc@wku.edu).

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

### Website:

[www.wku.edu/heretohelp](http://www.wku.edu/heretohelp)

### Counseling & Testing Center Blog:

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

### On-line mental health screenings:

[www.wku.edu/heretohelp/mentalhealthscreen.php](http://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.



CTC Staff Betsy Pierce, Star and Dr. Masami Matsuyuki attended the International Student Resource Fair.

If you would like our office to attend your event or come and speak to your class, please contact Betsy Pierce, Outreach Coordinator at [betsy.pierce@wku.edu](mailto:betsy.pierce@wku.edu) to schedule an outreach.

# Who are you going to call?

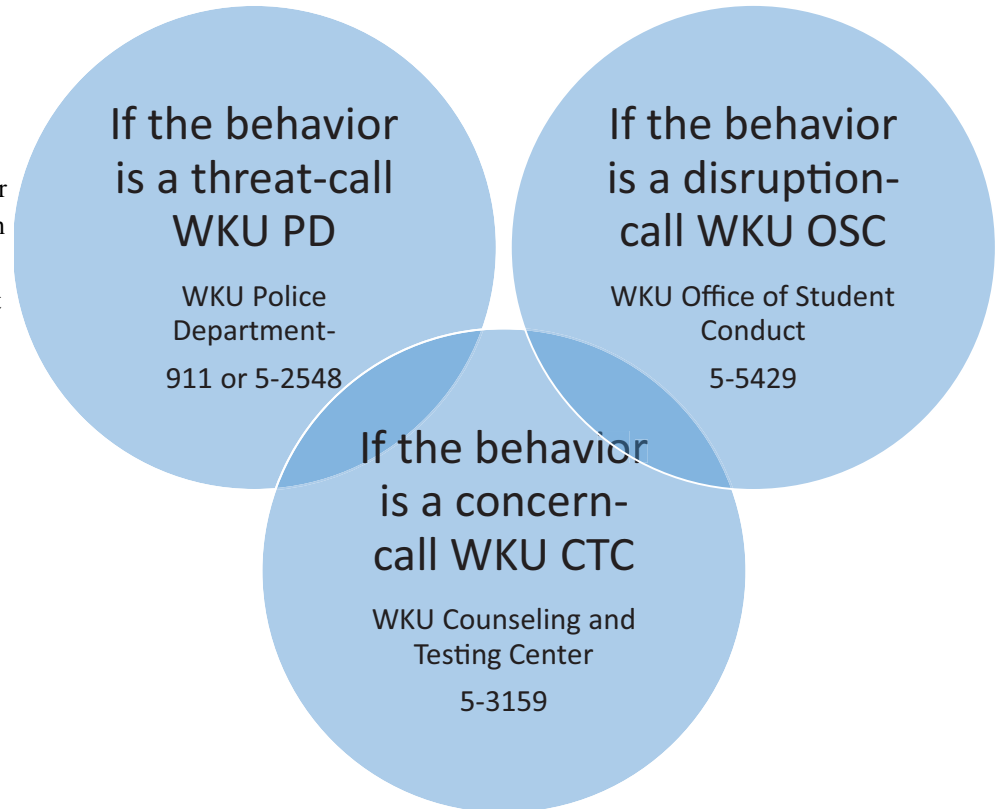
**By Dr. Karl Laves**  
**Associate Director**

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.



**"Love is our true destiny. We do not find the meaning of life by ourselves alone - we find it with another."**

**~Thomas Merton**

# Look at this Another Way!

By Dr. Karl Laves  
Associate Director

This article marks the beginning of series of articles in which we ponder a topic from a different perspective, a different way of looking at it. I would like to start today with birthdays. Seems a simple enough concept; to celebrate your birth people bring you cake and presents. Maybe you are excused from work, or one of your usual chores or tasks, because, you know, it's your birthday. Wait staff at restaurants will sing to you, Facebook will remind your friends to say something, and if you aren't careful, you might get spanked. Sure it's fun and I get the idea that we are celebrating a person's existence. But can you also see how it parallels our tendency to celebrate and reward people for what they are and not what they have accomplished. I'm not anti-birthday....but I do wonder what it would be like if our custom for a birthday would be to spend a day in service to others. We would celebrate our life by giving to others instead of being the recipient of cake and gifts.

How about some humility and gratitude to go with that birthday; how about celebrating another year of being alive by doing something so that others will know you are alive. How about giving as well as receiving? Sure, your kids could still get presents, but what if we also asked them what special gift would they like to give back to the family or community? While we are at it, maybe we should spend some time each birthday in reflection; contemplating our values, our intentions, and our dreams.



**When you change the way you look at things, the things you look at change.**

**~ Dr. Wayne Dyer**

# Fun facts about February

The word February was derived from the word "februa," which translates to purification and cleansing, adapted from the Roman "Festival of Purification," a pre-Spring ritual. "Februo" literally means "I purify by sacrifice." The month of February is the only month that can pass without a full moon, in common years.

February starts on the same day of the week as March and November in common years, and on the same day of the week as August on leap years. February ends on the same day of the week as October every year. In leap years, it is the only month that begins and ends on the same weekday.

People born on a leap year technically celebrate their birthday only once every four years, but most observe it on the 28th. Celebrities born on February 29 include Tony Robbins, Antonio Sabato, Jr., Mervyn Warren, and Dennis Farina.



***February is packed with many events:***

- Valentine's Day
- Groundhog's Day
- Black History Month
- Mexicans celebrate Flag Day
- St. Lucia celebrate Independence Day

*February is also a time for families, especially in Canada, where Family Day is celebrated on the third Monday of the month in many provinces.*

## 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:

*Sexual Assault Awareness/Green Dot  
Healthy Relationships  
Major Depressive Disorder  
LGBTQIA Issues  
Identity Development*

*QPR (Suicide Prevention)  
Generalized Anxiety Disorder  
Specific Depression/Sadness  
Working with Distressed Students  
Technology's Role in Mental Health*

*Stress Management  
Specific Anxieties  
Psychological Wellness  
Eating Disorders  
Emotional Regulation*

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