



WKU[®]

Counseling & Testing Center

October 2015

Volume 2, Issue 7

OUR STAFF

Peggy Crowe, Ph.D.
Director

Karl Laves, Ph.D.
Associate Director

Debra Crisp, Ph.D.
Training Coordinator

Brian Lee, M.A., LPA
Staff Counselor

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

Betsy Pierce, M.A.
Coordinator of Outreach

Todd Noffsinger, M.A.E.
Emerging Services
Clinician

Sharon Ercey, B.S.
Coordinator of Testing

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

Teresa Jameson, B.A.
Office Assistant

Kwoneathia Boswell, M.A.
Doctoral Psychology Intern

Ari Deutch, M.S.
Doctoral Psychology Intern

Megan Wilson, B.S.
Masters Psychology Intern

Jessica Stunson, B.I.S.
Masters Social Work Intern

Join us

CTC hosts several groups at WKU. The Mindfulness Group meets Thursdays from 1-2 p.m., at Health Services. A Social Skills group will meet Oct. 6, 4:30-5:30 p.m., in PH 409 and an LGBTQIA group meets Oct. 13, 4-5 p.m., in PH 409.

The Blue Ribbon Campaign at WKU

If you were depressed, would you know when to ask for help?

What would it take to remind you that you are not the only one feeling this way?

The Counseling and Testing Center supports depression awareness, and reminds everyone that

“We Are Not Alone!”

During the month of October, the Counseling and Testing Center is offering students an opportunity to be part of the campaign by pinning a blue ribbon to their shirt or backpack. This ribbon is a visual symbol to other campaign members that you know someone whose life was affected by depression. Ribbons are available at the CTC, during outreach events, and on select notice boards throughout campus.

Kwoneathia Boswell

I received my B.S. in Psychology from the University of Alabama. Currently, I am pursuing my Ph.D. in Clinical Psychology at the University of Mississippi. I am thrilled to be a part of the staff at the Counseling and Testing Center, and I am excited about working with the students at WKU and helping them with the challenges they may face as they pursue their college degrees. When working with students, I like to encourage them to engage in activities and behaviors in areas they value and help them to recognize their strengths. In my leisure time, I enjoy relaxing with family, listening to music, and shopping

I believe that therapy should be a place that is safe and supportive. It is within this environment that I believe clients can freely explore their thoughts, behaviors, and feelings and work through their present difficulties. I view therapy as a collaborative process in which I work with clients to set goals for therapy and promote healthy change. I encourage clients to identify and utilize their strengths. I also encourage clients to examine their patterns of behavior and explore different ways of thinking about themselves, others, and the world. My goal is to help clients make progress toward growth and improvement and help them to move toward actions that they value and that will make them feel more fulfilled.



Domestic Violence Awareness Month:

Events offer something for everyone

The WKU Counseling & Testing Center is sponsoring several activities during October to highlight Domestic Violence Awareness Month. Activities are open to all and include a variety of fun as well as solemn events.

The WKU community can donate old cell phones and accessories or other gadgets to the HOPELine from Verizon now thru the end of business on Friday, October 16th. This campaign turns your no-longer-used wireless devices and accessories into support for domestic violence organizations. Drop off locations include:

- Gender & Women's Studies Center, 1532 State St. WKU Campus
- Counseling and Testing Center, Potter Hall Rm 409, WKU campus
- Institute for Citizenship and Social Justice, TPH Rm 110, WKU campus
- Alice Rowe Learning Assistance Center, C234, WKU South Campus and,
- Recreation Administration, Diddle Arena, 2nd Floor, WKU Campus

The preliminary rounds of WKU's Lip Sync Battle are Oct. 14 and Oct. 21. The finals will be held Oct. 28. All rounds will be in the MMTH Auditorium beginning at 7 p.m. Come see familiar campus faces duke it out for the title of WKU's Lip Sync Master!



A candlelight vigil is Oct. 15, at the Justice Center beginning at 5:30 p.m.

WKU's proclamation signing is Oct. 19, at DSU at 2 p.m.

Oct. 19 is also our "1 in 4" display located in the DSU lobby. One in four people will be affected by domestic violence. Come see WKU's own "1 in 4."

Become a fan of WKU Counseling & Testing Center

www.facebook.com/WKU.CTC