

Counseling & Testing

W E S T E R N K E N T U C K Y U N I V E R S I T Y

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Help is where you find it!

Contrary to common stereotypes, counseling/therapy can be more than just talking with another person in a private setting. While the powerful practice of talking, connecting and being heard by another human is very beneficial for individuals struggling with day to day stressors and psychological disorders, it is not the only process to healing. From the beginning of time people have practiced 'non-talking' activities that promote psychological and emotional healing. This is the first of a series of our newsletter articles to describe 'Non-talk' forms of help.

The WKU Counseling and Testing Center would like to introduce you to Dr. Loretta 'Cre' Dye of the WKU Counseling and Student Affairs Department.

Dr. Dye is a Licensed Professional Clinical counselor, a Certified Yoga Calm

for Children Instructor and Trainer, and a Registered Adult Yoga Teacher. She and a group of students, staff and community members have initiated 'The Love Group'. This group hopes to bring students/staff/faculty a healthy 'non-talk' help outlet by initiating a Live Drum Circle every Thursday at 7 p.m., outside Pierce Ford Tower Hall.

All are welcome to drop by, play drums and rhythm instruments, dance and socialize all while releasing built up stress from their busy week.

Traditional practices, common sense and professional knowledge all come together to support the value and benefits of rhythmic sound and movement. Much like meditation or running,

through drumming, both mental and physical stress are released.

Drumming circles also have the added benefit of being a social outlet, ultimately, a place where people can experience 'belonging' without rigid rules or expectations. The common traditional 'White' academic notion that if you 'free' your mind, your 'body' will follow permeates current therapy and counseling theories. However, more and more we are learning that when you free your body your mind will follow.

Managing stress levels involves both mind and body work! Thanks to Dr. Dye and the 'Love Group' students now have another option to maintain mental and physical health. Drum on, Cre Dye!!!

SAVE THE DATE!

Tuesday, Oct. 7, local author David Bell, will speak at the Bob Kirby Branch at 6 p.m. to celebrate the release of his new novel *The Forgotten Girl*.

In recognition of Domestic Violence Awareness Month, Bell will be making a donation equal to the price of a book to BRASS, Inc. for each copy sold at the event.

Start your week off with an open heart, mind, body!

Every Sunday evening at 6 p.m., take time to breathe and set the intentions for your week by joining Dr. Dye for 'Gentle Soul' Restorative Yoga in the Preston Center Dance Studio.

Rejuvenate and strengthen your mind, body and heart through gentle yoga instruction. Classes focus on alignment, posture, and celebration of the heart. The highest intention of

practicing is to align and harmonize with the flow of life and reconnect to our bodies.

Benefits include: deeper connection to self and others; revitalized energy and strength; stronger immune system; increased flexibility, stamina and focus; and an overall better mood. No experience needed and those new to yoga are especially encouraged to attend.

Testing Services Available

The Counseling and Testing Center offers most national tests such as CLEP, MAT, LSAT, DSST, ACT, NBCC, PCAT, HESI and COMPASS. Residual ACT and Chemistry Placement tests are also available. For more information on testing dates, see www.registerblast.com/wku

PRAXIS testing dates are at www.ets.org/praxis.

Questions may be e-mailed to: testingcenter@wku.edu.

Words of Advice:

How to Survive a Breakup

By Karl Laves

Karl Laves, went through five break ups and has been happily married for 26 years since the last one.

Don't use the word survive.

No matter how bad it feels, you are not dying. If this is the worst pain you have ever felt, then you have a blessed life. Seriously, people are dying right now of starvation, poverty, war, disease.....so while breakups hurt, don't romanticize them into something they are not. Millions of people get through break ups each year. You will too.

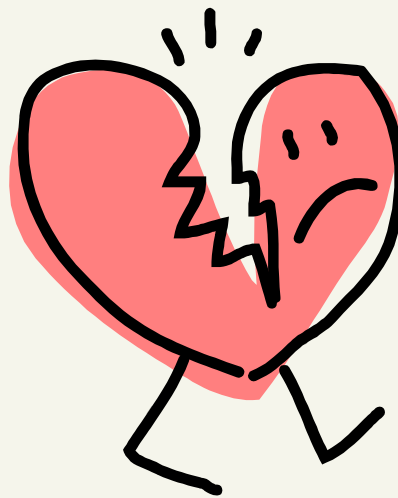
Turn off the television. Few relationships depicted in popular media are realistic or healthy. That is why they are on television; they are meant to engage your fantasies and entertain you. Remember, all that glitters isn't gold.

Get out more. Seriously, get out with a lot of people and different people at that. Go find a couple that has been together for at least twenty years and ask them how they did it. I bet you will find that they each went through several relationships before finding each other. And I bet they won't talk about how much they miss or hate their earlier relationships.

Grow up. I don't mean act your age, I mean let yourself grow. Most of us "fall in love" with an image of a person. We then have to spend enough time with him or her to find out if that image is also

real. In other words, you have to spend time with someone to know if you want to end the relationship or stay together. Every relationship has the possibility of ending. Don't fear breaking up; it is the only way of finding the person you will be with forever.

Think of a kid who gets to go through a toy store and pick out any toy he or she wants. Some kids will grab the first toy they see and be



done with it. They are afraid to walk down each aisle; they want to know that they will have toy even if they don't really like it. Some kids are willing to walk the entire store before choosing the one toy they want the most. If you are afraid of breaking up you will never be able to choose wisely.

Picture yourself at a brand new shopping mall. All around you are stores that you have never seen before. Do you go in? What if none

of the stores have what you want? Of course you go in; that is the only way to know if they have what you want. Some people think ending a relationship means they have wasted their time. No, they didn't waste time; they did exactly what you have to do in order to find a good relationship.

Bitterman, table for one. We all get a little jealous from time to time but hanging on to jealousy after a break up is no good for anyone. If you have that much hate for someone you could not have possible been in love with them. Jealousy is one emotion that almost always suggests that you have other issues getting in the way of forming relationships.

If it ain't broke, don't fix it. Conversely, if it is broke, don't try to fix it. Just let it go. People are not like cars, investment accounts, or abandoned puppies. If you buy the car of your dreams and it doesn't run, you take it back to the dealer; you don't keep it and beg it to run. If your investments aren't giving you a good return, you don't keep dumping money into them. And just because an abandoned puppy is cute and helpless, you don't have to keep it. If a relationship isn't working, it is because it isn't working. That means it is time to end it. It doesn't mean you failed, it doesn't mean you wasted time; it doesn't mean you didn't care, and it doesn't mean you are mean. The only way to know if it will work is to try it. As soon as you can tell it won't work, get out. No fault, no blame. Just move on.

FOR MORE INFORMATION ON THE
WKU COUNSELING & TESTING CENTER

CHECK OUT OUR WEBSITE AT WWW.WKU.EDU/HERETOHELP/

SPOTLIGHT

PAT ROWAN, M.S.



I am currently completing my PsyD (Doctor of Psychology) degree in Clinical Psychology at the Georgia School of Professional Psychology in Atlanta, Ga. My route to psychology has been somewhat circuitous since my BS from Washington State University is in General Studies (Physical Science Education)

and my second BS is in Computer Science from Sonoma State University in California. After many years as a technical educator in the telecommunications industry, I realized that my true passion is helping people lead richer, fuller lives. In other words, it took me a while to find what I wanted to be when I grew up. That explains my MA in Applied Psychology from Golden Gate University in San Francisco, Ca., and my pursuit of my doctorate. My true passion is helping people. I am particularly interested in working with college students. Their energy and passion for life is infectious and college represents a major transition in their lives. In addition, I am drawn to a focus on women's issues, relationships and trauma. I enjoy working from a more interpersonal and psychodynamic framework. In my down time, I enjoy photography, cooking, reading, and playing with my

grandchildren. I am thrilled to be at WKU and look forward to serving students as they complete this stage of that great adventure called life.

KELLEY WILSON, M.S.



I received my Bachelor's degree in Psychology from Samford University in Birmingham, Ala., in 2008. Since then, I have been working towards earning my PhD in Clinical & Counseling Psychology at the University of South Alabama in Mobile, Alabama. I am excited about helping college students with the many

obstacles they may face as they work towards getting a degree, and I am thrilled to be a part of the staff here at WKU's Counseling and Testing Center! In my leisure time I enjoy cooking, relaxing with family and friends, and trying my hand at art projects.

C O U N S E L I N G S E R V I C E S

C O L L E G E S H O U L D B E C H A L L E N G I N G , N O T O V E R W H E L M I N G

That's why we're here to help, offering our services Monday thru Friday from 8 a.m. – 4:30 p.m. There is a ONE-TIME \$20.00 fee for paperwork and documentation. After the one-time fee, students have access to unlimited visits for their entire college career here at WKU. Our services are confidential and NO information is released without the student's written permission, unless in an emergency situation.

So if your mom, grandma, or next door neighbor calls to learn about your counseling appointment, "mums" the word.

We offer individual and group counseling services to help with coping strategies, conflict resolution, and crisis situations related to:

College Adjustment
Decision Making
Problem Behaviors

Stress Management
Depression/Anxiety
Eating Disorders
Bipolar Disorder
Relationship Issues
Grief/Loss
Suicide Prevention
Sexual Assault/Abuse
....and more!

Don't Forget! We also offer counseling for couples of all kinds: friends, relationships and roommates.

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www.facebook.com/WKU.CTC



The WKU Counseling & Testing Center presents

RELATIONSHIP SKILLS GROUP

This group is open to everyone, regardless of relationship status or relationship history. This group will teach skills that are helpful in both romantic and friendly relationships.

TOPICS WILL INCLUDE:

- What does a healthy relationship look like, and why is it so important?
- Naming & setting boundaries
- How to effectively communicate
- How to be a better listener
- Making new friends & meeting new people

**WEDNESDAYS,
OCTOBER 15 – DECEMBER 3**
@ 5:00 – 6:30pm
Counseling & Testing Center
4th Floor, Potter Hall**

To sign up for this free group, or to get more information, call the Counseling and Testing Center at (270) 745-3159.

We look forward to seeing you there!

****This group will not meet the Wednesday before Thanksgiving, 11/26**

