

Important Dates to Remember

- * Oct 19th-Nov 23st— Fall window for NCE Exam
- * Nov 1st— Deadline for Spring 2020 practicum and internship applications
- * Nov 1st—30th CSI Food Drive
- * Nov 7th— Registration for Spring 2020 classes begins
- * Nov 27th—24th Thanksgiving Break

Be sure to visit our website for the most current information.

www.coecounseling.eku.edu

Who is my advisor?

Clinical Mental Health

A-F Crouch, L.
G-O Engebretson, K
P-Z Spiers, A

School Counseling

A-H Romagnolo, S
J-Z Jeon, M

Doctoral Students

A-Z Sommer, C



November



Happy November! Here in this month's newsletter you will find a lot of helpful information. There are important dates, deadlines, information about practicum and internship, plus other valuable items you will need to know.

"How do I request an override?" It's very easy. Follow these simple steps:

1. Contact the instructor to request permission to be in the course. Be aware it is at the instructors discretion to grant the override.
2. Once permission is granted, email the following information to Susan Rice, Administrative Assistant (susan.rice@eku.edu)

- Student ID#
- Course #
- CRN #



Helpful Hints & Handy Tips to Make Your Student Experience Easier

- ♦ **ALWAYS check your email.** Students frequently call the office in a panic because of information they either didn't receive in class, or a deadline that was missed (including exit exams and graduation requirements – ***YES that kind of important stuff***), because he/she didn't read the email. This is how we best communicate with you. If you are not receiving emails from the office, check your junk or spam file
- ♦ **Keep electronic copies of ALL syllabus and practicum/internship paperwork.** Treat them like you would your personal tax information. You will need them later for licensure and job applications.
- ♦ **When in doubt, ASK!** You are never a bother to your instructor or the COU Office. It's better to ask than to be anxious and stressed.
- ♦ **Get to know your advisor.** We all have questions! Your advisor is here to help you answer program and course questions, plan your time and maximize your efforts wisely. Make that appointment!

A message from Dr. Sommer

New Course – Mindfulness in Counseling: Applications for Clients and Counselor Self-Care

Carol A. Sommer, Ph.D., LPCC, ACS



I wanted to take a few moments to share some information with you about a new class that will be offered this spring 2020. COU 807: Mindfulness in Counseling will be offered as a special topics course that will fulfill the need for an elective. I am very excited to share this class with you. During the spring of 2019, I was on sabbatical and spent some of my time designing this course. It will include readings and discussion on the current use of mindfulness practices in counseling and counselor education. Many of the journals under the American Counseling Association umbrella have given attention to this topic in the past decade. We will draw upon this wealth of information to provide a foundation for our explorations. Additionally, this class will include an experiential component, as recommended in the literature. Over the years, I have studied and practiced meditation, t'ai chi, and yoga. Additionally, I have completed training in the use of relaxation and guided imagery. During my years as a practicing counselor, I used these practices with clients and have had positive results. The experiential component of our class will include deep breathing and progressive relaxation exercises; guided imagery; mindfulness meditation; t'ai chi movement and chi kung breath work; and other practices such as reflective journaling. Let me clarify one point that is sometimes raised in connection with practices like these. Although many religious traditions include meditation practice, mindfulness meditation as used in this context is a purely secular practice.

The class has been designed to serve two purposes. First, counselors-in-training will learn about the use of “mindfulness based” practices that will be helpful with future clients including mindfulness based cognitive therapy. Students will learn how to use relaxation exercises and imagery work with future clients. Second, the class will include a strong focus on counselor self-care. Students will experience first-hand how these practices work and how they can be used as part of an overall self-care plan designed to minimize compassion fatigue, burnout, and vicarious traumatization.

I am very pleased to be able to offer this class that focuses on so many elements that have been an important part of my counseling practice and my personal self-care plan for many years. I know this will be a great learning experience for those students who are interested in mindfulness. Please feel free to contact me if you have any questions about the course at carol.sommer@eku.edu.



This is a reminder that class registration for Spring 2020 opens next **Thursday Nov. 7th at 7:30am**

Chi Sigma Iota Annual T-shirt Sale

Chi Sigma Iota T-Shirts for Sale!



\$15 each

Sizes Available

S M L XL 2XL

Cash payments please

See Jacob Hurd, Jenny Orchard, Emily Nantz, or Tracy Springate to order.

Please contact Jacob, Emily, or Jenny if you are interested. Payments are being accepted until **Friday Nov. 22nd**

Jacob– Jacob_hurd7@mymail.eku.edu

Jenny– Jennifer_orchard1@mymail.eku.edu

Emily– Emily_nantz2@mymail.eku.edu



Chi Sigma Iota is hosting a food drive for Colonel Cupboard

When: The entire month of November

Where: Combs 429– There will be a box where donations can be placed

IMPORANT EXAM INFORMATION



NCE EXAM

**Testing window for the fall is from October 19, 2019-
November 23, 2019.**

The NCE Exam is the licensure and certification exam for students who will/have graduated. Students may take the NCE toward the end of their master's program OR within one year from your graduation date. Eligible students should have already registered for the exam. Students need to register through the NBCC website. Things will be a little different this year and students will not be taking this exam on campus but at a testing site on their chosen testing date. All of this information will be provided through the NBCC site after registration. If you have questions or concerns, please contact Dr. Charles Myers, Program Coordinator.

Email: charles.myers@eku.edu

Do you need help with Taskstream?



Contact Daryl Six in the IT Dept.
He is best able to help you.
Email is best. daryl.six@eku.edu