



Counselor Organization for Professional/Personal  
Empowerment

October 2010 Newsletter

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## Welcome Back!

Welcome returning and new students to another academic year! C.O.P.E. (Counselor Organization for Professional/Personal Empowerment) was created by counseling students for counseling students to increase involvement in the counseling program, field, and the community. Last year, C.O.P.E. organized Operation Christmas Child where students and faculty filled shoe boxes with small toys, books, and treasures for children in need. We also coordinated a walk for mental health awareness where over \$1,000 was raised for Mental Health America of Central Virginia. We look forward to working with and for you this year and please don't hesitate to contact us!

## Fall Barbeque

In August, C.O.P.E. held a meet and greet BBQ for new and returning students to meet each other and socialize. Students and professors alike enjoyed hotdogs, shish-kabobs, delectable desserts, and friendly conversation. This was also a great opportunity for current students to give the new arrivals a heads up on what to expect in the counseling program.

*FOR SALE: C.O.P.E. T-shirts \$15!!!*

*Bake Sale October 27<sup>th</sup> and 28<sup>th</sup> 12-2 in the cafeteria and 4-7 in Schewel. Please stop by and get your sugar fix!!!*

# Meet COPE

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or email any of the  
steering committee  
members with any  
questions,  
concerns, or  
suggestions:

\*If there are any  
professional  
development  
experiences that  
you know about  
and would like to  
share with your  
peers, please do  
not hesitate to  
contact COPE!

**Malayna Ford** is in her third year in the Clinical Mental Health track. She is currently doing her internship at Couples and Kids, and plans to graduate this May. When Malayna is not in class, she is out looking for a beach to walk on or running in races.

**Ashley Sprentall** is a second year graduate student on the Clinical Mental Health track and a rookie on the COPE board. This is Ashley's sixth year at LC as she completed her undergraduate degree at the home of the Hornets. Her professional interests include marriage and family counseling and pre-marital counseling. After graduate school, she plans on pursuing her dreams of a Ph.D.

**Thom Field** is a third year student in the Clinical Mental Health program. As a founding member of COPE, he provides support to the organization where needed and has been mentoring Ashley Sprentall as she chairs professional development for the coming year. His professional interests include common factors in psychotherapy and outcomes measurement, the Rorschach, clinical psychopharmacology (no, he's not joking!) and psychological assessment. He is currently applying to doctoral programs in psychology, and likes eating vegan food.

**Melissa Caruso** is on the licensure track with 20 hours remaining, starting her 5th year being employed with Central Virginia Community Services Board (CVCSB), and currently working with the Day Treatment program in Appomattox County. She and her husband are both Alumni of LC, have two amazing children, and live in Lynchburg.

**Brett Leshner** transferred to Lynchburg College's Counseling program from Winthrop University in the Summer of 2009. He has a dual concentration in both the School and Clinical tracks. His initial career aspirations include working in as a counselor in a high school, working as a crisis intervention counselor during in the occurrences of a natural disaster or trauma situation, or possibly as a counselor on the cardiac ward of a hospital providing pre and post counseling services to heart surgery patients and their families. Brett plans to graduate in Spring 2011.

**Sarah Lester** is in her last semester of the School Counseling track, much to the great remorse of her friends and the great joy of several professors. Her undergraduate degree is a Bachelors in Anthropology from Sweet Briar College, which has segued well into her particular area of research, identity development of immigrant youth.

Sarah is currently in her internship at Heritage Elementary and hopes to find a position working with elementary-age children after graduating in January.

**Meghan Stafford** is half way through completing her Masters in the School Counseling Program and is new to the C.O.P.E. family. She received her B.S. and Addiction Specialist Certificate from St. Vincent College and is working towards being a high school counselor. She has an interest in Human Development, especially in the early years and when she is not in class she is babysitting 99% of the time.

# Events and Professional Development

**Levette Jones** is a second year student in the Counselor Education Program. After graduation in 2012, Levette hopes to work in a high school setting; eventually moving on to marriage & family counseling in the distance future. She her Bachelor of Arts degree in Sociology from Longwood University as well as minors in Music and Women & Gender Studies.

**Play Therapy 101:  
An Introduction to  
Play Therapy**  
Friday October 29, 2010  
8:30am—4:30pm

**Craddock Auditorium  
Virginia Baptist Hospital  
3000 Rivermont Avenue  
Lynchburg, VA 24503**

Workshop Fee: \$100.00 (\$90.00 when registering 5 or more people), **students \$75.00**. Fee includes light breakfast, lunch, materials, and attendance certificate for 6 contact hours.

CEUs available upon request. All proceeds benefit Mental Health America of Central VA.

**Registration Deadline: October 27, 2010**

**Contact information:**

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**The annual VCA Conference takes place November 11th - 13th. Most students will want to attend either Thursday or Friday (11th & 12th), when the 1-hour presentations take place. The cost for one day registration is \$60 and \$90 for all three days.**

**You can register now for the conference at:**

**<http://www.vcacounselors.org/displayconvention.cfm?conventionnbr=6518>**

**For those of you who would like to carpool, please email [lccope@gmail.com](mailto:lccope@gmail.com) with "yes to carpool" in the address line.**

**Each One Bring One!**

The Counselor Education Program is hosting an Information Session on **Friday, Nov 12<sup>th</sup> from 5:30-7pm**. Each one of you (students and alumni) are asked to bring a friend, coworker, family member, etc. to the session that may be interested in pursuing his or

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*Dr. Tammy Davis from Marymount University has confirmed that she will be presenting at an upcoming workshop for school counselors! This workshop will cover the regulations for school counselors in Virginia, which Dr. Davis co-authored. The workshop will take place at Lynchburg College on Friday November 5th from 9:00am - 12:00am. Check-in and breakfast at 8:30. The location will be in the Burton East Room. **Deadline to register in November 1, 2010** Cost: \$30 for professional school counselors, \$25 for professional school counselors with current VCA membership, \$15 for non-LC graduate students, \$5 to Lynchburg College graduate students, free to Lynchburg College graduate students with current CSI or VCA membership. VSCA manuals will be available for \$5 each.*

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# Interview with New Student

her M.Ed. in School or Clinical Mental Health Counseling, or Advanced Counseling Certificate. Every LC counseling student or graduate will receive a **free gift** and all attendees are eligible for the **gift card drawing**! We are looking forward to a big turnout, so please be thinking now of who to invite!

1. What's your name, where are you from, and what's your undergraduate degree in?

A: Drexel W. Pierce, Jr. I am from the Tidewater Area of Virginia. I have a B.S. Degree in Business Administration with a Concentration in Business Education.

2. Why did you decide to pursue a masters degree in Counseling?

A: I believe a masters degree in Counseling (School) offers me the greatest opportunity to expand my education in a very meaningful area of interest. I have decided to pursue a career that incorporates psychology and children by choosing to become a Professional School Counselor.

3. What type of setting (school/community) would you like to work in after you graduate from the program?

A: My undergraduate experience has fostered a sense of personal responsibility within me. I feel that it is my duty to help future generations in their natural, everyday environment, the school. I want to be very involved in improving the quality of lives of those individuals I have the opportunity to help.

4. What made you pick the Counselor Education Program at LC versus other schools?

A: I know that Lynchburg College places great emphasis on self-exploration, and I feel that as a student and a future school counselor, I would thrive in such an environment. I also feel the faculty at Lynchburg College is most qualified to help me attain my goals.

5. It's 6 weeks into the semester. How are you feeling about the course work thus far?

A: The course work so far is very rigorous and challenging, yet I find myself yearning to know more and more after each lecture. The faculties are extremely proficient in their profession and expect quality work from their students.

6. What are advantages you believe counseling students at LC have versus other schools?

**Attention to students** - counseling students generally have small class sizes that help professors engage every student in the classroom. Classroom settings are often specifically designed to encourage student participation and eye contact among everyone in class.

**Quality of faculty** - the majority of counseling faculty have several awards and accolades and have accomplished many great achievements in the profession.

**Quality of resources** - counseling student resources at LC- such as the library, writing center, or counseling office - can often be superior relative to local options.

**Challenging academics** - academics for counseling students operate at high standards. Students are pushed to "ask why," become inquisitive, and tackle challenging problems.

**700+ Hours** of experience that is required upon completion of the program :)

7. In order to get to know you better, what is one thing people may not know about you Drexel.

A: "I dare to be different"...



Fellow students and future colleagues, this newsletter is for YOU! The information we write into the COPE newsletter is to help you! But let's face it, if we do not have information that interests you, you will never read this! So, what do YOU want to see in our newsletter?

Please contact us at [lccope@gmail.com](mailto:lccope@gmail.com) with your ideas, needs, questions and suggestions.

Happy holidays to you and your family. Have a  
safe, healthy, and happy new year!