



Lynchburg College

COPE

*Voice of the students in the
Counseling Educator Program*



October 2011

Newsletter



The First Fall 2011 Semester Event:

COPE Cookout and Fish fry To benefit the Miller Home for Girls of Lynchburg

- ✚ The event took place October 7, 2011 from 5 – 7pm, at Peaks View Park in Lynchburg, VA.
- ✚ We had 67 people attend, including students, professors, friends and family. Stormy Wooldridge and four girls from the Miller Home attended as well. *(see picture on left)*
- ✚ Miller House Donations: Hygiene products, food, school supplies, hair accessories, board games, \$50 gift card, \$15 calling card
- ✚ COPE Donation: \$50
- ✚ Pictures from the cookout are available throughout the newsletter. You can see all the pictures on our Facebook page. (facebook.com/LCCOPE)
- ✚ List of Volunteers on pg. 3

Inside

Upcoming Events:

VCA Convention & Carpool
CPCE Study Opportunities
Daily Bread Volunteer Day

2

Professional Development Opportunities:

Professional Development
Opportunity: Understanding
Personality Disorders
COPE Cookout Volunteers
COPE Contact Information

3

For easy updates on upcoming events and professional development opportunities, **like us** on Facebook!



VCA Conference, CPCE Study Opportunities & Volunteerism

CPCE Study Rooms & Times

Are you taking the CPCE November 5th? Would you like to study with other counseling students? Below is a list of dates and times where COPE has reserved a quiet space for you and others to study. These sessions will be self-run and self-regulated, so please come prepared.

Thursday, October 20th – 7:00pm

Sunday, October 23rd – 12:00pm

Thursday, October 27th – 7:00pm

Sunday, October 30th – 12:00pm

Thursday, November 3rd – 7:00pm

Meeting Location: Thompson 201

Please contact lccope@gmail.com with questions – thanks!

2011 Virginia Counselors Association Convention

November 10-12, 2011

Portsmouth Renaissance Hotel-Portsmouth, VA

To register:

www.vcacounselors.org

757-766-5466 or 800-225-8103

Student in Counselor Education Program at Lynchburg College presenting at the 2011 VCA Convention:

Curt Gleeson

Counseling Families with Parental Cancer

Thursday November 10th, 2:45 pm-3:45 pm

Abstract: Adult cancer propels the patient and family into unique existential and developmental crises. The presentation outlines a dynamic, targeted family-counseling program focusing on differing and changing needs, psychoeducation, and enhanced, honest familial communication. Counselors from nearly every setting will gain practical knowledge needed to assist this growing population.

Melissa Rolfes

Incorporating Meditation and Yoga into Group Therapy: Mindfulness-based Stress Reduction

Thursday November 10th, 11 a.m.-12 p.m.

Abstract: Mindfulness-based Stress Reduction (MBSR) is a cost-effective group therapy that combines meditation and yoga to help clients mindfully cope with stress. This session will explore the structure, techniques, and application of MBSR, as well as the utilization of mindfulness techniques in various therapy settings.

✚ Student will carpool to the conference on Thursday morning. For more information contact lccope@gmail.com

Daily Bread Volunteer Day coming soon! We will be sending out a survey in the middle of October to gauge everyone's availability and willingness to volunteer. Once we have gathered that information we will set a date and time and let you all know!



Counselor Organization for
Professional/Personal Empowerment
Voice of the students in the Counselor
Education Program at Lynchburg College

For General Inquiries, please contact:
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Website:
<http://www.lynchburg.edu/x21991.xml>

**If you have specific questions and/or
want to get involved feel free to
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Understanding Personality Disorders: A Seminar for Health Professionals



Thursday October 20th
9 am to 4 pm
Holiday Inn Select
601 Main Street
Lynchburg, VA 24504

In this six-hour program, learn the characteristics of the most common personality disorders and practical tips for working with or treating "difficult" individuals in medical, dental, and mental health settings. Participants completing this program should be able to: 1) List key brain regions influencing social reasoning and conduct. 2) Identify features of and effective treatments for paranoid, schizoid, and schizotypal, antisocial, borderline and narcissistic disorders; active and passive aggression and obsessive-compulsive personality disorders. 3) Describe personality disorders that may underlie hypochondriasis, body-dysmorphic disorder, selected eating disorders, and substance abuse. 4) Review principles that facilitate the transformation of personality.

\$79 pre-registration/\$89 on-site
(Group discounts available)

COPE Cookout Volunteers

Eugene Tweedy
Douglas Lewis
Bryn Hamlett, and her husband Jon
Michelle Dillon
Josh Sowden
Zach Sanzone
Karen Carlson, her husband Dan, and their four
children
Tammie Foster
Michelle Davis
Patti Stanley
Crystal Titocci
Curt Gleeson and his wife
Courtney Lane
Melissa Rolfes

**Thank you to everyone who attended,
donated, and helped!**