

# THE INKBLOT

VOLUME 3, ISSUE 2

OCTOBER 2009

## LHU COUNSELING SERVICE RECEIVES NATIONAL ACCREDITATION

The Lock Haven University Counseling Service has been awarded accreditation by the International Association of Counseling Services (IACS), an organization representing counseling agencies in the United States, Canada, and Australia. IACS was established in 1972 to encourage and aid counseling agencies to meet high professional standards through peer evaluation and to inform the public about counseling services that are competent and reliable. The LHU Counseling Service was evaluated against IACS's high standards of counseling practice and was found to demonstrate excellence in the professional services offered to students.

The LHU Counseling Service is an integral part of the Department of Academic Development and Counseling (ADAC) and provides consultation, psychological assistance (psychological testing, diagnostics and treatment) and counseling to students with personal, psychological, emotional or academic adjustment issues. Consultation and education regarding mental health topics and issues affecting LHU students is also available to faculty and staff.

Dr. Tom Ormond, dean of the College of Education and Human Services of LHU, noted that "national accreditation in any discipline is an indicator that a program has undergone rigorous critique by professionals in the field and so has demonstrated that it meets or exceeds all stated accreditation guidelines." He added, "The Counseling Service program at LHU did just that and received 'full accreditation' after only one review. LHU is proud of the program and congratulates the faculty and staff for its accomplishment."

Although accreditation specifically attests to the work of the Counseling Service, it also reflects the University's commitment to student well-being through support of the Counseling Service. Dr. Dan Tess, director of the Counseling Service, praised the support of faculty and administration in the Counseling Service's effort to attain accreditation and recognized various people whose work was critical to achieving full accreditation. Dr. Tess recognized a number of supporters, including Tom Ormond (dean of Education & Human Services), Tara Fulton (dean of Library & Information Services), Roger Johnson (recently retired provost) and Dave Proctor (director of Facilities Planning) and his area. Dr. Tess also acknowledged the invaluable support of Sue Malin (former dean of Education & Human Services) and Kwesi Aggrey (former provost) in the accreditation process.

The Lock Haven University Counseling Service is directed by Dr. Dan Tess (clinical psychologist, professor in ADAC). The other members of the LHU Counseling Service are: Professor Carla Langdon (licensed professional counselor, assistant professor in ADAC); Dr. Robert Franz (clinical psychologist, assistant professor in ADAC); Heather Fowler (licensed professional counselor, instructor in ADAC); and Susan Birdsey (secretary, ADAC). In addition, Douglas Posey (director of the EOP/Act 101 Program, instructor in ADAC), Tulare Park (licensed social worker, EOP/Act 101 counselor, instructor in ADAC), and Dr. Clay Kleckley (professor, ADAC, Clearfield Campus) contribute to the LHU Counseling Service through the provision of services to students and consultation to Counseling Service faculty.

## QUICK HINTS FOR WELL-BEING

- *Eat something green.*
- *Smile when you don't feel like smiling.*
- *Make a list of people you'd like to keep in touch with.*
- *Each day, make contact with one person from that list, whether it's by email, phone, Facebook, or letter.*



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“My life has been full of terrible misfortunes, most of which never happened.

- Michel de Montaigne



## WORRY LESS, ENJOY MORE

Everyone worries occasionally. For most people, worry can be an effective means of disengaging from anxiety producing thoughts and feelings, which can allow them to use reason and decision making skills in looking at the causes of and solutions to anxiety provoking material. However, some people have difficulty disengaging from their worries and eventually may find themselves unable to experience pleasurable emotions, behave flexibly, or solve problems effectively. People who worry chronically can feel trapped and helpless, frozen by their inability to let go of the thoughts spinning in their minds.

Do your worries take over your life and leave you feeling unable to function effectively? You *can* do something about it!

**1. Look at your thinking.** People who experience chronic worry tend to engage in two habitual errors of thinking: overestimating the likelihood of the feared event happening and overestimating how bad it will be if the event does indeed happen. In fact, I routinely ask people that I counsel to think of instances when the actual outcome of some conflict or event that they were worried about was as bad as they imagined. It virtually **never** is the case that things are as bad as we imagine they will be! When you find yourself worrying about a bad outcome, you can: remind yourself of the times that you worried about something and it never came to pass; remember times when something you worried about did happen but the outcome was much less bad than you feared; get some feedback from a friend or trusted other about your perceptions.

**2. Figure out whether your problem is even solvable.** Many times, we spend a great deal of time worrying about problems that we have no abil-

ity to control in the immediate short term. Because the purpose of worry is to help solve problems, it is decidedly unhelpful to worry if the problem is out of your control! When this is the case, it is important to shift your efforts to coping with the stressful emotions—that is, caring for yourself. However, if the problem is solvable, look to focus your worry into action. Make a list of possible solutions, aiming for a *reasonable* rather than a *perfect* solution. Then, commit to engaging in three specific actions related to a reasonable solution. Action is an excellent antidote to worry!

- 3. Set aside “worry” time and practice postponing worry.** Strange as it may seem, setting aside 15 to 30 minutes each day to worry intensely can work wonders for reducing the frequency of intrusive worries throughout the rest of your day. When you do experience a worry, simply remind yourself that you can deal with it during your worry time. You also may want to practice putting off worries beyond the worry time. If you experience a worrying thought, tell yourself that you will deal with that worry during your “worry time.” When the time comes, see if you can put it off until the next time.
- 4. Get organized.** Many everyday worries are directly related to being stressed or rushed because we can’t find something or are running late. Take the time to be organized and plan to arrive early. You’ll worry less.
- 5. Relax.** Tension and stress are related to anxiety and worry. If you practice relaxation strategies regularly, you will be less likely to experience worries and you will teach yourself that you can indeed do something to reduce anxiety and worry less.

## COPING WITH ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is a lifelong problem. The old myth that ADHD is a “childhood” disorder that people “grow out of” is just that—a myth. More often than not, ADHD remains a concern into adulthood and the college years often pose a particular set of challenges for individuals with ADHD. Below are a few of the more common concerns facing college students with ADHD, along with ideas for coping:



- **Individuals with ADHD often have trouble self-regulating their interactions with others, and can come across as overly sensitive, emotional, reactive, intense and impulsive.**
  - Seek supportive friendships with people who understand you and share your values and goals. Become involved with clubs or organizations that will help you foster good relationships and impose structure on your day to day life. Give your friends permission to “tell it like it is” so that you can get some honest feedback if you are headed for trouble.
  - Add balance to your life and avoid the peril of “crashing and burning.” Individuals with ADHD are more likely to do things to excess than their peers, whether it’s pulling all nighters studying or staying out late. Keep to a regular schedule of sleeping, studying, and socializing and ask your friends to respect your schedule. You’ll get more done and be less prone to touchy moods!
- **Individuals with ADHD are far more likely to have problems with organization and time management than their peers. The consequences can be huge in terms of increased stress and anxiety and decreased performance.**
  - Your room is small and your space is limited. This is an invitation to the clutter and chaos that cause headaches and stress. Use the “once a week” test to decide what you need and what you don’t. If you don’t use something at least once a week, leave it home or box it up and put it away.
  - Keep your workspace clean. It’s hard to overstate the importance of a clutter free work environment in promoting a more efficient use of your time.
  - Use a calendar to write out your daily schedule. Be specific about how you’ll use all your time—don’t just write down your class times and meetings. Plan and write out the hours for studying, meals, exercising, and relaxing too!
- **Individuals with ADHD often find themselves struggling with academic demands in and out of the classroom. The freedom of college can leave the person with ADHD wondering how to manage their workload.**
  - One of the best things you can do to survive and thrive in college is to be prepared. Read and review material before class when possible, arrive to class early so that you are ready settled and ready to learn when class starts, and ask questions right away if you are confused or unsure whether you’ve understood.
  - Take advantage of accommodations if you are entitled to them. Using your accommodations can make the critical difference between struggle and success.
  - Know your strengths as a student. Study at your most alert times, take classes of high interest with professors whose teaching style engages you, and take breaks when you are not being productive.



*"I WAS TRYING  
TO DAYDREAM  
BUT MY MIND  
KEPT  
WANDERING."*

*- STEVEN  
WRIGHT*

*"ADD IS LIKE  
GOING THROUGH  
LIFE CARRYING A  
ONE-MAN BAND  
CONTRAPTION  
WITH A BROKEN  
STRAP."*

*- JULIA SMITH-  
RUETZ*

## LOCK HAVEN UNIVERSITY COUNSELING SERVICES

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### About the Lock Haven University Counseling Service

The LHU Counseling Service is an integral part of the Department of Academic Development and Counseling. We provide consultation, psychological assistance (psychological testing, diagnostics and treatment) and counseling to students with personal, psychological, emotional or academic adjustment issues. Consultation and education regarding mental health topics and issues affecting LHU students is also available to faculty and staff.

The LHU Counseling Service is staffed by two licensed psychologists, two licensed professional counselors, and a licensed social worker. Psychiatric consultation is available via referral from the Director of the Counseling Service.

The Counseling Service faculty assists students with questions about achievement, educational problems, interpersonal relationships, coping problems, self-image, social skills or other potentially stressful or disturbing experiences. Services are free and confidential. The diversity of services (e.g., tutoring, advising) offered by the Department of Academic Development and Counseling provides additional anonymity to the student seeking personal counseling.

Counseling services are provided Monday through Friday during regular working hours or by special appointment. Students may be referred to off-campus agencies and private practitioners when desired or appropriate.

After 4 p.m., for emergencies, or if students are in crisis when Counseling Service faculty are not available, students should call MH/MR 24-hour Crisis Intervention Services at 570-748-2262. To access the Counseling Service students should call 484-2479 for information and/or an appointment.

## MORE READING SUGGESTIONS FOR SELF-HELP

One of my favorite features of The Inkblot is this section, where I am able to offer some advice on selecting books that are user friendly and valuable in helping us to help ourselves in dealing with life's challenges.

- **Anger.** (Robert A. F. Thurman). One of the books in "The Seven Deadly Sins" series, this small volume offers enormously valuable wisdom, perspective, and advice on the emotion of anger. Written from a Buddhist perspective, it is essential reading and applicable regardless of one's faith and beliefs.
- **Authentic Happiness.** (Martin E. P. Seligman, Ph.D.). An incredibly important volume in the movement of psychology from a discipline primarily focused on pathology to one focused on positive emotion and well-being. Loaded with practical strategies and self-assessment

tools for identifying and building up your inner strengths and promoting true happiness.

- **The Gift of Therapy.** (Irving D. Yalom, M.D.). If you have ever been curious about the process and practice of therapy from an inside perspective, this is the book to read. Written as a series of "letters" or essays, Dr. Yalom makes transparent and brings to life with compassion a practice that is misunderstood all too often.
- **Man's Search for Meaning.** (Victor E. Frankl, M.D.). One of the classics of psychology, this book recounts the experiences of Dr. Frankl as a prisoner in a Nazi concentration camp. The horrors he experienced there influenced the development of logotherapy, his unique method of addressing human suffering.

