Remembering God

Welcome to the New Year

We want to welcome back all our students to the 2011 year. Depending on your life circumstances, you might be quite happy to see 2010 go, and some of you may be laden with anxiety over upcoming classes, tasks, papers, and, for some, graduation. A new year brings with it all kinds of mystery and untold possibilities and yet most of us will treat it as another year to work, pass our classes, deal with birthdays, families, etc. and we will just have to repeat this process again into 2012. I want to especially welcome the new students who have joined us in our new spring cohort and are doing their best to fit in with everyone who has already been here a full semester or more. If you see them lost in the hallways, please direct them to their appropriate classrooms or if they have questions, please help them out.

But, wait a minute, you might be saying, it’s February, why are we just getting greeted now? The answer is partially due to laziness. Another part of the reason is that this is being sent out in conjunction with the Chinese New Year. Therefore, we are right on time! Nonetheless, the reality is more that we all got so busy that it escaped our minds until recently. So what kind of year is this going to be for you? Is it going to be filled with new adventures, wonder, great achievements, or is it just going to be another year to complete and move on. Are you looking for God’s direction for your life in the New Year? Or are you simply placing one foot in front of the other, just hoping to get through. You see, we have a lot of choice in the direction our life takes. When we couple our choices with prayer, we begin to allow God to direct our path. Prayer is a discussion, a two-way interaction with God, not only petitioning Him with our needs and offering Him thanksgiving and praise, but it’s also listening for His voice to direct us, being quiet enough to hear the subtle nudging. Matthew 21:22 says, “And all things, whatsoever you shall ask in prayer, believing, you shall receive.” Do we believe this? Do we truly believe that allowing God to direct our path will lead us, or do we take back the reigns and go it alone? My wish for you is an exciting and Spirit-driven year, that you open up to the fullness of what God has for you and that you listen to His direction.

Many blessings, B. Keyes
Art is an expression of individual experience with an emphasis on communicating the experience to others. Using art to communicate life experiences dates back to the cave drawings. Art can provoke very strong emotions on the part of the artist (creator) and the viewer (observer). Art is an extension of its creator and must be valued as such. Experiences, events, thoughts, feelings, and perceptions are the foundation of all artwork. Art offers the creator opportunities for self discovery, self discipline, and self expression. Art offers a different way to relate to our environment and experiences, providing a needed distance to view our problems.

Art expression has been used for communication and healing throughout history, but it was not until the 1940s that art therapy emerged as a profession. Psychiatrists became interested in patients’ artwork in the early 20th century. Two schools of thought developed in art therapy. Sisters Margaret Naumberg and Edith Kramer were at the forefront of the art therapy movement. Kramer believed that the process of making art is the therapy, while Naumberg believed that the art is a projective tool to access the unconscious.

Art therapy is an integration of counseling and psychotherapy with the visual arts and the creative process. Art therapists are professionals who hold a masters degree in art therapy. Credentialing of art therapists includes registration and board certification. Masters level counselors can complete 24 hours of art therapy course work to obtain certification. For more information, please contact the American Art Therapy Association www.arttherapy.org or 1-888-290-0878.

**Therapy Spotlight: Art Therapy**

*By Dr. Sherry Todd*

Art therapy is the therapeutic use of art materials and techniques to facilitate communication, to promote understanding/insight, and ultimately elicit change. Art therapy utilizes the art making process to improve and enhance the cognitive, physical, behavioral, emotional, relational, and spiritual well-being of clients. Anyone can benefit from art therapy regardless of age, race, culture, ethnicity, gender, and physical or cognitive challenges. Art therapists are employed by hospitals, schools, correctional facilities, rehabilitation centers, in-home and outpatient agencies.

**Therapy Spotlight: Drama Therapy**

*By Dr. Dixie Meyer*

All clients are unique. While traditional talk therapy has proven to be an effective format for producing client change, not all clients respond in an efficacious manner. Some individuals might have difficulty verbally expressing their thoughts and feelings; others might have difficulty concentrating and need more variety in the counseling setting. For these individuals, drama therapy may be a helpful option. According to the website for the National Association for Drama Therapy (NADT) (n.d.), “Drama therapy is the intentional use of drama and/or theater processes to achieve therapeutic goals.” (www.nadt.org, FAQs). From this definition we learn drama could be used in several manners as long as the goal is therapeutic. Many counselors include role-plays into their counseling. In drama therapy, role-plays play a more prominent role in the session with more focus given to acting out the role-plays and processing the role-plays. While drama therapy can be used in individual sessions, it is often performed in groups. This provides an opportunity for the clients to learn from one another.

The purpose of the group may change depending upon the group’s goals. For example, a drama therapy group at an inpatient center could meet once a week to address client concerns or a drama therapy group at an elementary school could focus on teaching social skills. Another option could involve playwriting. I have spent the past two months visiting a local high school working with theatre students. The goals of this group were to learn about and apply all of the different types of drama therapy, explore issues adolescents typically face, and finally write short plays about those issues common with today’s teens. The first month consisted of learning about drama therapy and exploring teen issues. In the second month, the students divided in groups by themes of interest. Some of the themes from the drama therapy project this year included substance abuse, teenage pregnancy, and suicide. From this experience, students often report increased empathy, increased understanding about the issues, and a change of perspective towards the individuals who struggle with the selected issues. To learn more about drama therapy, see the website for the National Association for Drama Therapy www.nadt.org.
Annual Play Therapy Workshop
Friday, March 25th, 2011. 9 am to 4:30 pm.

Sponsored by The Virginia Association of Play Therapists, The Institute for Continuing Education, and hosted by Regent University’s Chapter of Chi Sigma Iota

Presenter: Mary Anne Peabody, LCSW, RPT-S; President and Chair of the Association for Play Therapy, Licensed Play Therapist

Cost: $50 for students
$80 for VAPT members; $40 for VAPT/ APT/ VCA Student members; $90 for all others - CEUs are available. Deadline to register is March 20th.

Military families experience tremendous strength as they navigate on-going change, continuous coping and uncertainty. This workshop will use the context of the therapeutic powers of play to explore the culture of the military through the eyes of the young child. Using an Adlerian child therapy theoretical approach to working with young children and their families, we will explore both directive and non-directive strategies of supporting these children. The Same Sky Sharing curriculum, a program for children with a family member deployed, will be briefly introduced as a potential small group play-based format.

MORE INFORMATION & REGISTRATION
http://vapt.cisat.jmu.edu/purplecrayons/registration.html

Student Presentations

Congratulations to our Counseling students who presented at the Virginia Counseling Association (VCA) Graduate Student Conference!

Daniel K. Benner: The Silent Epidemic of Adolescent and Teenage Prescription Drug Abuse
Catherine Damin: The Relationship Between Level of Education and Ability to Find a Mate During Early Adulthood
Jessica Hendrick: Diet as Supplemental Treatment for Depression;
Sarah N. Rowley and Darla L. Timberlake: The Relationship Between Sexual Addiction, Early Life Stressors, and Attachment
Sara L. Wood, MA, NCC: Supervision and Counselor Distress in Counseling Students
Suzanne Overstreet: Helping the Hurting: Addressing Compassion Fatigue in Counseling Graduate Students
Arlene Malone and Takiya Tarlton: The Relationship Between Forgiveness and Emotional Well-Being
Darla L. Timberlake: Implications of Compulsive Pornography Use on Psychosocial Development of Adolescents
Nora Coleman: Self-Leadership: The Cornerstone of Professional Growth and Development
Emily Watkins: The Effects of Childhood Sexual Abuse on Men

2011 American Counseling Association (ACA)
Conference & Exposition
March 23-27 in New Orleans, LA
Join Dr. Cyrus Williams, Dr. Dixie Meyer, Dr. Arlene Brown and Dr. Kathleen Arveson at the premier counseling conference of the year.
Visit Counseling.org for information

Chi Sigma Iota
International Counseling Honor Society will be accepting new members this spring. Watch your Regent email for more information. Students with a GPA of 3.5 or higher are invited to submit an application. Students who are chosen to become members of CSI will be inducted at a ceremony on campus in the summer.

SPRING TRAUMA TRAINING SCHEDULE

Treating Phobia and Anxiety with Trauma (EMDR)
Friday & Saturday, March 11-12, 2011
8:30 am – 5:00 pm both days
CRB 228
(Fulfills partial training requirement for Certified Traumatologist)

His Presence in Crisis – Presented by Billy Graham Ministries
Friday, April 8: 6:00 pm – 10:00 pm (for Regent Trauma Team only)
Saturday, April 9: 8:30 am – 5:30 pm
At the CBN Support Center Chapel
$35, CEUs also available
(Training required by Operation Blessing to be eligible for deployment)

NEW!! CISM 3-Day Training
June 3, 4 & 5: Location TBA
Presented by Dr. Sherry Todd
Registration information will be available soon

REGISTER FOR TRAUMA TRAINING