

# Mind Matters

## BALL STATE UNIVERSITY COUNSELING PRACTICUM CLINIC

### Moving In and Combining Clinics!

By: Yamani Bellare, M.A. & Lauren Pucci, M.A.

In the midst of the heavy rains and flash flooding, the Ball State Practicum Clinic staff packed up and moved across campus. Leaving the cozy, little white house behind, we now settled into our new, permanent location – the lower level of the newly renovated Teacher’s College\*.



While we moved in the rain, we most definitely reopened during what is now being referred to as the Polar Vortex of 2014. The new clinic houses the Ball State Practicum Clinic in addition to two other clinics previously housed in different



departments on campus – the Neuropsychology Lab and the Psychoeducation, Diagnostic, and Intervention Clinic (PDIC). This new, combined clinic will

provide services to people of all ages (children, teens, adults, elderly) living in Muncie and surrounding cities, Ivy Tech students, and Ball State faculty and staff\*\*.

The Ball State Practicum Clinic, which is staffed by current Doctoral and Master’s level Counseling Psychology students, provides low-cost counseling services to the community. The Practicum Clinic offers individual, couples, and family counseling for a variety of concerns including anxiety, depression, relationship problems, grief, trauma, etc. The Practicum Clinic can also make referrals to other mental health agencies in the area if needed. In order to better serve our clients, the Practicum Clinic is open from 9am to 9pm Monday through Thursday and 9am to 12pm noon on Fridays.

The Neuropsychology Lab, which is staffed by advanced Doctoral students, provides neuropsychology evaluations to people of all ages. Individuals may be assessed for ADHD, learning and developmental disabilities, brain trauma, dementia, neurological conditions (strokes, seizures, etc.), and behavioral problems. This clinic is also open Monday through Friday, but the hours vary.

The Psychoeducation, Diagnostic, and Intervention Clinic (PDIC) offers primarily psychoeducation evaluations to people of all ages. These evaluations may be



used to obtain a diagnosis of learning or developmental disabilities, social and emotional problems, ADHD, etc. This clinic is staffed by Doctoral and Master’s level students in Educational Psychology. The clinic is open Monday through Friday, 8am to 8pm.

If you are interested in any of these services, please call to make an appointment (see contact information below). We are also happy to answer any questions you may have. Look forward to seeing you soon!

### Contact Information:

Ball State Practicum Clinic: (765) 285-8047  
Practicum Clinic Director: Dr. Theresa Kruczek  
Practicum Clinic Coordinator: Amber Spaw

Neuropsychology Lab: (765) 285-2289  
Neuropsychology Lab Director: Dr. Raymond Dean

Psychoeducation, Diagnostic, and Intervention Clinic (PDIC): (765) 285-8526  
PDIC Director: Dr. Eric Pierson

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# Monthly Guidance

Dear MG,

Sometimes I feel like I am having trouble adjusting when something stressful happens in my life. This doesn't happen all the time, but it happened when I lost my job last year and when I got divorced. Is it okay for me to come to counseling to help me adjust better?

Sincerely,

Struggling with Change

Dear SwC,

That is a very good question! Life is full of stress, whether it is the end of a relationship, the loss of a loved one, or changing jobs. Even if you feel like you are a pretty resilient person, when our lives are jarred just enough to make us lose our footing it can feel harder to adjust to change.

Stress is a normal reaction to

change and it isn't always bad. What is important is how you deal with the stress that comes along with adjusting to change.

When you have a lot of trouble adjusting to change that you find it hard to go about your daily routine, you may have developed an adjustment disorder. This can affect your feelings, thoughts, and behaviors. It can occur in both children and adults.

Signs and symptoms of an adjustment disorder can include:

- Anxiety
- Poor school or work performance
- Relationship problems
- Sadness
- Thoughts of suicide
- Worry
- Trouble sleeping

If you're dealing with a stressful situation in your life try talking things over with caring family or friends,

practicing yoga or meditation, getting regular exercise, and cutting back on your to-do list. Counseling can also help you adjust to change and stressful life events.

Many of the counselors at the Ball State University Practicum Clinic are trained to work with clients who struggle with adjusting to stressful life events.

*Monthly Guidance [MG] is here to answer questions about relationships and personal issues. If you would like to ask MG a question, you may call the Ball State Counseling Practicum Clinic and leave an anonymous message for MG. Or, you may send your question in writing to the address on the back page of this newsletter. If you choose to ask MG a question, the identity of the person submitting the question will remain completely anonymous. Please keep in mind when writing your questions that space is limited. Due to time constraints, MG cannot answer all questions, but will try to choose questions that are representative of a broad range of issues. If your question does not get answered and you would like to discuss it, please call Ball State Counseling Practicum Clinic at (765) 285-8047. Please be advised that MG is neither a crisis/emergency service nor a correspondence therapy service. If you need either immediate attention or ongoing therapy, call Ball State Counseling Practicum Clinic at (765) 285-8047.*

## Featured Youth Issue: Anxiety in Children and Teens

By: Cady Williams, M.A.

Anxiety is a normal part of childhood and adolescence. Anxiety is the uneasy feeling we have when we face stressful or uncertain situations. It is a normal reaction to stress. For example, anxiety can help us stay focused when there's a deadline, it can help us study harder for a test, and anxiety can help us deal with tense situations. On the flip side, anxiety can become a problem when there is too much for the situation, when it makes us avoid places and activities, and when we are constantly worrying.

Anxiety disorders are the most common mental-health problem in children, but they tend to get the

least attention. A national survey showed that about 8% of teenagers (between the ages of 13-18) have an anxiety disorder with signs showing up around the age of six. Research shows that when children and adolescents don't get the help they need to manage their anxiety, they are more likely to perform poorly in school, miss out on important social experiences, take part in substance use, and experience depression and other mental-health problems later in life.

Anxiety disorders occur in people of all ages, but they look different in children and adolescents in comparison to adults. Here are a few red flags to watch for:

- Repeating fear/worries about routine parts of everyday life
- Physical complaints, like stomachaches, headaches, or chest

pain

- Trouble concentrating and sleeping
- Fear of leaving home and separation from a loved one
- Easily irritated

If you feel that your child/teen is experiencing anxiety don't be afraid to talk with them about it. Consider scheduling a counseling appointment so your child/teenager can work with a professional. There are effective treatments that work and that can reduce the symptoms of anxiety. With the right treatment and support, your child can learn how to successfully manage the symptoms of an anxiety disorder and live a typical childhood.

(Information for this article was collected from the National Institute of Mental Health).

# Featured Mental Health Issue:

## Alcohol Abuse

By James Van Hoven, M.S.

About 129 million people in the United States over the age of 12 drink alcohol regularly. Some people would assume that because so many drink alcohol, it must be "safe." It is true that most people who drink alcohol never have a problem with it. Nearly 1 in 10 of us will become addicted to alcohol at some point in our lives though. Even though alcohol is legal, drinking alcohol can actually be very dangerous and even deadly. Alcohol can also make it hard to make the right decisions. Heavy drinking can be life threatening, especially if you drink while on medication and if you drink and drive.

It is important to know when our drinking can become a problem. So, how do you know if you are developing or have a problem with alcohol?

These are some of the things you should pay attention to:

- Do you ever drink more than you plan to?
- Have you ever tried to stop drinking alcohol or to drink less and failed?

- Do you find yourself spending a lot of time in getting alcohol and being worried when you don't have any?
- Do you feel like you "crave" alcohol?
- Has your drinking caused problems at work or at school? Or with your family or your friends?
- Does drinking alcohol cause problems for you?
- Do you find yourself drinking in times when you shouldn't, like before driving a car?
- Does it seem like you need more and more alcohol to get drunk?
- Have you ever felt irritable or anxious after not having a drink for 8 to 12 hours or gotten "the shakes"?
- Have you gotten headaches or had diarrhea and stomach pains or bad dreams after stopping your drinking?
- Have you ever seen or heard things that weren't really there after stopping?



If you answered "yes" to any of these questions it might be helpful to talk to a counselor or medical doctor.

It is also important to know that some medications that you are taking can influence how alcohol affects you. For instance, it is dangerous to drink alcohol with anxiety medication because they can make it hard for you to tell how much alcohol is too much because they work in similar ways. Drinking while taking acetaminophen (like in Tylenol®) can also damage your liver or kidneys. You should always talk with your doctor to see how your medications might react with alcohol.

## Stress Buster Word Search

**Spring**

C	A	T	E	R	P	I	L	L	A	R	E
R	F	B	T	Y	V	I	L	Q	B	S	B
U	R	Y	W	S	D	F	V	N	U	N	C
F	O	E	A	V	M	L	Y	L	C	A	B
R	G	U	B	E	G	G	O	A	W	I	K
N	H	T	R	C	R	F	Y	D	B	L	I
O	W	L	G	H	V	T	A	Y	I	B	Q
M	N	P	O	T	G	L	E	B	S	Q	C
H	N	J	I	O	P	A	Q	U	V	G	H
F	C	N	L	F	I	M	B	G	F	Y	U
B	E	E	C	Y	Z	B	T	H	W	P	B
Y	B	U	T	T	E	R	F	L	Y	S	M

egg, snail, bee, frog, caterpillar, lamb, ladybug, butterfly, owl, sun

# Featured Profile

## Jesse Piehl, M.A.

By: Erin Sadler, M.A.

*This column is a way for the community to learn about the diverse talents, both master's and doctoral students, employed at Ball State's New Combined Clinic.*

Jesse is currently a fifth-year doctoral student in the Department of Educational Psychology. He is currently seeing working in the Neuropsychology Lab. The following is a discussion with Jesse, one of the many talented individuals employed at the Ball State University Combined Clinic.

### **Where are you in your training and what are your plans for when you graduate?**

I am currently in my fifth year of the doctoral program in School Psychology with dual cognates in Neuropsychology and Counseling. I will be completing my internship next year at the BRAINS Neuropsychological Internship Consortium in Grand Rapids, Michigan. I am also working toward completing my dissertation examining the relationship between cognitive and executive functioning in pediatric populations. Following graduation, I hope to find a career as a pediatric neuropsychologist.

### **What services does the Neuropsychology Lab provide?**

The Neuropsychology Lab provides neuropsychological services to Ball State students and community members at a discounted rate based on household income. Patients are referred by

medical and mental health professionals, school districts, campus services, and word of mouth. Most come from Muncie and the surrounding area; however, we have had patients travel a few hours to receive the services they need. Evaluations typically consist of an hour-long background interview and 5-8 hours of testing, including examining intellectual abilities, academic achievement, sensory-motor functioning, executive functioning, memory, social-emotional functioning, and other areas of neurological and psychological functioning. Referral concerns may include attention-deficit/hyperactivity disorder (ADHD), learning disabilities, developmental disorders such as autism spectrum disorders, intellectual disability, traumatic and acquired brain injuries, dementia, social-emotional and behavioral problems, and other neurological conditions. Clinicians are advanced graduate students in the school psychology doctoral program with a cognate in neuropsychology and are supervised by Dr. Raymond Dean, a board certified neuropsychologist. Students complete evaluations as a requirement for their neuropsychology practicum and are expected to see at least six patients over the course of the year.

### **What are you looking forward to with the combined clinics (Practicum Clinic, PDIC, Neuropsychology Lab)?**

I believe there are two major benefits of having our clinics in a shared space. First, we frequently recommend counseling to our clients. Many of the same benefits our clients receive (e.g., discounted cost, more personalized care, access to additional resources, etc.) can also be found at the Ball State Counseling Practicum Clinic. In the cases where we recommend counseling, we may be able to increase the chance of follow-through if the client knows exactly where to go, what to expect, and possibly even get signed up immediately after their evaluation. Second, by having a shared space with our three clinics, we are likely to increase the cooperation and consultation that happens between our programs and areas of expertise. By consulting with other students and professors outside of our respective programs, we will better understand other areas of psychology on which we may not get direct instruction. I strongly believe this shared space will improve the training students receive at Ball State.



Jesse Piehl, doctoral student in the Department of Educational Psychology

## Featured Wellness Issue

### Out with the cold and in with the new... Nutrition that is!

By: Sean Jones, M.S./Ed.S

I don't think I am alone when I say this has been one tough winter. Between the negative temperatures, mounds of snow, and icy roads, most everyone has experienced the negative effects of these frosty months. It is hard enough to fit a workout in during our busy schedules, but it becomes even more difficult when the mere thought of stepping outside causes intense dread. Thank goodness that the cold months are finally passing, and spring is upon us. However, many may not realize how this winter has impacted our mental health.



Did you know that spending even a minimal amount of time in the sun enhances vitamin D, which is linked to a decrease in depression? The more we avoid going outside, the less vitamin D we are receiving, which can increase the likelihood we experience depression. Who can blame us for steering clear of the outdoors when temperatures are close to -20 degrees? However, feeling trapped inside due to the cold can most definitely impact our mood, so it is important to maintain a balanced diet, even as the cold passes.

Taking multivitamins that contain

vitamin B, C, and D, to name a few, is important to sustain a healthy body and mind, but it is possible to find these vitamins in everyday foods as well. Not only is vitamin D increased from sun exposure, but

one can also find it within items such as cod liver oil, mushrooms, and parsley. Likewise, a vitamin B deficiency can affect our memory and overall level of irritability, but we can increase vitamin B by consuming more whole grains and protein. It is possible to increase vitamin C from fresh fruits, such as oranges or grapefruits, which is linked to lower levels of depression, weakness, and immune response.

Research shows that eating fish, such as salmon or sardines, increases Omega-3 fatty acids, which reduces feelings of depression as well. Overall, an imbalanced diet can cause an increase of problems in our mental health.

Similarly, exercise can combat depression as well. When we exercise, our body releases endorphins, which can reduce our sensitivity to pain in our brain and leaving us with a slightly euphoric feeling. Endorphins also can increase energy, reduce stress, increase self-esteem, and improve sleep. However, many of us find it difficult to fit in a workout during our busy schedules, but even



walking for 30 minutes can make a difference. Other examples of moderate exercises include gardening, housework, and yard work, all activities that we can do in our every day lives.

In sum, it is easy to feel as though this winter has given us a run for our money, and for some it may even be difficult to enjoy the warmer temperatures, but maintaining a balanced diet and exercise routine can make all the difference in improving our mood and overall quality of life.



**Ball State University Counseling Practicum Clinic**

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**Ball State University  
Counseling Practicum Clinic**  
Phone: (765) 285-8047

**Teacher's College  
Intersection of Riverside and  
McKinley Ave**

## Ball State University Counseling Practicum Clinic: Serving the Community Since 1969

**Mission**

- The clinic is a training and research facility for the Department of Counseling Psychology and Guidance Services.
- The clinic provides high-quality, low-cost psychological services to the Delaware County community and beyond.

**Service Providers**

- Over 50 graduate student counselors under the supervision of faculty.
- Faculty supervisors are licensed psychologists and counselors.

**Services Offered**

- Individual Counseling
- Couple Counseling
- Family Counseling
- Child/Adolescent Counseling
- Group Counseling with a focus on:
  - Parenting
  - Social skills
  - Anger control
  - Issues of concern to children and adolescents

**Hours of Operation**

- August-May (Spring & Fall)  
9 AM to 9 PM M-Th  
9 AM to 12 PM Fri
- May-August (Summer)  
9 AM to 8 PM M-Th  
Closed on Friday
- The clinic is closed during university vacations and holidays.

*All clients have the right to receive timely, competent counseling services consistent with the ethical principles and guidelines established by professional organizations. All counseling services provided at the Counseling Practicum Clinic are guided by the Ethical Principles of Psychologists and Code of Conduct, the Code of Ethics and Standards of Practice of the American Counseling Association, the American School Counseling Association, the American Rehab Counseling Association, the General Guidelines for Providers of Psychological Services, and the Specialty Guidelines for the Delivery of Services by Counseling Psychologists.*

**We're on the Web!**

[http://cms.bsu.edu/Academics/  
CollegesandDepartments/Teachers/  
Departments/CounselingPsych/  
Practicum.aspx](http://cms.bsu.edu/Academics/CollegesandDepartments/Teachers/Departments/CounselingPsych/Practicum.aspx)