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## CCAPS NEWSLETTER

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## From the Chair

As I sit here in the Philadelphia airport waiting for my flight home I am feeling quite reflective. That is, I am reviewing the last 5 days we just spent together and feeling proud and privileged. I am proud of both the Commission and the Association at large for the level of productivity, richness of collegiality, and degree of creativity. I also feel privileged to be part of a group of such great professionals and honored to have the opportunity to serve you in a new capacity.

A few highlights from this year's Convention include the 39 programs we were able to offer for CEU credits. We are very proud of our CEU programs for counselors and psychologists and even more excited to be adding a social worker CEU program for Convention 2005. I am also pleased that we have chosen to honor our own and their achievements. At this year's conference we saw our inaugural award recipients received their awards. See inside the newsletter for those folks who were honored this year. I am glad for the memories that were made over jazz, dinner, drafts, and basketball.

A special thanks to Sue Stock-Ward, our Past Chair. She is a true CCAPS star and we are grateful for her leadership and dedication and even more grateful that under Dr. Stock-Ward's leadership CCAPS received the Commission of the Year Award at this year's Convention. At this year's Convention we transitioned our leadership and said goodbye to Sue as our Chair and moved me into the role of Chair of our Commission. I feel both honored and excited to have been installed at this year's Convention. I am truly encouraged by the work that is before us.

During my tenure we will work on membership and vision. With regards to membership, I want to continue the work of diversifying our membership. I believe that the interdisciplinary nature of our group is what makes us unique and will be our lifeline. In addition, I hope to increase our membership 5%. In terms of vision, I have appointed a taskforce to help me examine our strategic plan. It is my hope that this group will help me and the rest of the Commission increase the presence and voice of CCAPS in the national discourse around college counseling work, understand our growth edges, and develop a plan to address those issues. The outcome of this group will be a long-term plan how to address 3, 5, and 10 year plans for the Commission. The group consists of several professionals across all levels of the career development spectrum, former CCAPS leaders and fresh voices of students and new professionals including those at small, mid, and large size colleges along with a good interdisciplinary mix. Later this year you will have an opportunity to give feedback to the taskforce. However, if you would like to do that now feel free to contact me or the taskforce chair, Dr. Todd Sevig of the University of Michigan. The complete membership list of the taskforce is listed on the CCAPS website at </taskfrce.htm>.

Lastly, I want to let you know that I am available to you for feedback or suggestions. My email address is [pearsonL@umich.edu](mailto:pearsonL@umich.edu) or feel free to give me a call at 734-764-8312.

Thank you and I am looking forward to our two year journey together.

Stacey M. Pearson, Ph.D.  
Chair, Commission for Counseling and Psychological Services

## From The Editors

Welcome to the latest edition of the CCAPS Newsletter. This post-convention edition of the newsletter highlights some of the topics and discussions that occurred at this year's annual convention in Philadelphia in April.

This newsletter includes summaries of the Commission's roundtable discussions held at the 2004 ACPA Annual Conference. Topics of these roundtables include: small college counseling, first generation students, training, counselor self-care, management issues, new professionals, mid- and senior-level professionals, and outreach services. Take a few moments and read what's on the minds of your colleagues around the country.

Our feature article for this edition is *Eating Disorders and Self-Induced Dissociation* by Laura Lyn, Ph.D. After our continuing education workshop in Philadelphia on "Diversity in eating disorders" by Caryn Hartman, the assistant vice president and director of nursing and clinical support services of the Renfrew Clinic, we felt that this would be an excellent way to continue to think in depth about the complex problem of eating disorders on our campuses and the challenges that we face in treating students who struggle with an eating disorder.

CCAPS created three new awards this year in addition to the Joan Dallum Graduate Research Award. They are the Early Career Achievement Award, the Mid-level Career Achievement Award, and the Award for Outstanding Lifetime Achievement. The inaugural recipients of these awards are also highlighted in this newsletter. This year's recipient of the Joan Dallum Graduate Research Award was Brittany Price at the University of Utah, with her study "Attributions of discipline history as predictors of child abuse potential and future discipline practices."

We would like to welcome Stacey Pearson as the new chair of the commission and are looking forward to working with her in her new role. Read about her goals and vision for the commission in her *From the Chair* column. Thank you to Jason Parcover for soliciting and compiling the biographies of the award winners, and many thanks again to Jonathan Kandell who formatted and uploaded this newsletter. We have a magnificent group of volunteers who will be assisting with the newsletter this year: Andrea Greenwood, Sharon Mitchell, Carolyn Bershad, and Charles Titus Boudreaux. We are very excited to have them on board! Have a wonderful summer and we'll see you again in our fall edition!

Cynthia Cook, Ph.D., Co-Editor, CCAPS Newsletter  
Career and Counseling Services  
University of Houston - Clear Lake

Kenya Thompson-Leonardelli, Ph.D., Co-Editor, CCAPS Newsletter  
Counseling Center  
University of Illinois at Chicago

## **Eating Disorders and Self-Induced Dissociation**

**Laura Lyn, Ph.D.  
Counseling & Testing Center  
Northern Arizona University  
Flagstaff, AZ**

As counselors, we all know the symptoms of anorexia, bulimia, and binge eating disorder. We also know that many, if not most, individuals with disturbed eating patterns do not fall neatly into these diagnostic categories. We've worked with women who restrict severely, but still menstruate...men who binge and purge, but do not meet diagnostic quantity/frequency criteria for bulimia...women and men whose occasional binges disturb them, but generally have healthy patterns of food intake...and a host of other individuals whose eating and subsequent compensatory behaviors and/or thought patterns regarding food scatter amongst a variety of diagnostic categories.

I was reflecting on my work with students who struggle with eating disorders, and decided to write about what I believe to be a primary function of impaired eating patterns and the compensatory behaviors which often accompany them. This article is based on my clinical experience with eating disorders over the last ten years. It is not intended to be a research or literature based piece. I hope you will find it useful in your own work, perhaps as new ideas or validating your own clinical work.

There are so many hypotheses about what "causes" eating disorders. They all probably hold some truth, on some level, for some clients, at some point. There are the old ones such as enmeshment or emotional distance from parents, avoidance of sexual maturity or sexuality, chaotic or overly structured families, internalization of anger, a sense of emotional void within, and media influence. Some of the newer hypotheses have explored negative femininity (men or women who engage in negatively associated stereotypical feminine behaviors such as passivity, dependence, submission, and lower self-esteem), a culture of health and fitness, an explosion of diet and fitness "aids" (from water pills to steroids), and gender culture norms within heterosexual, gay, and lesbian communities.

Although I believe that understanding what caused an individual's eating disorder is important at some point, pinpointing those issues may be more interesting than necessarily useful in treatment. Events, issues, environments, and personality styles which cause and/or contribute to an eating disorder often seem more useful to understand when doing prevention than intervention work--whether that is initial prevention or relapse prevention. In my work, especially given the brief treatment time available to me in a college counseling center setting, I find that identifying the function of an individual's eating disorder is more useful to intervention.

Eating disordered behavior essentially is a coping mechanism, usually compensating for low self-esteem. And again, a whole host of events, issues, environments, and/or personality styles may have triggered that low self-esteem. The behaviors of an eating disorder--bingeing, vomiting, abuse of laxatives or diet pills, restricting, compulsive exercise--typically serve to distract, avoid, or alter an individual's experience of undesirable emotions. Typical avoided emotions are sadness, anger, and fear (which often shows up as anxiety and conflict avoidance). If one conceptualizes an eating disorder as a process of avoidance, it makes sense that the physical and emotional effect of the eating disorder behavior is dissociative in nature. In my experience, the most consistent experience of clients with eating disorders is that of emotional dissociation.

Clients who restrict their intake create a state of physical deprivation that dulls senses, slows cognitive processing, and impairs access to emotions. Clients who vomit create several different types of dissociation: sensory disconnection from the body in order to tolerate physical trauma to the GI system, cognitive disconnect from the responsibility of what they may have just eaten, and emotional disconnect from emotions felt prior to the purge. Vomiting over time also releases opiates and endorphins in the brain which, similar to substance abuse, can disconnect one from in-the-moment experience. Most of us feel a bit "spacey

after finding ourselves vomiting due to illness. Those who induce vomiting often create this sense of disconnection from self multiple times daily, creating somewhat of a chronic dissociation from their own feelings, senses, and

cognitive processes. Those who binge cause a slowing of cognitive processing as the circulatory system focuses on the stomach to help process food. Binges also cause abrupt changes in blood sugar which can create emotional highs and lows, further disconnecting the person from her/his body. Compulsive exercise, whether by intensity or frequency (or both), also can release endorphins which can have the same effect as mood-altering drugs, disconnecting one from in-moment experience. These are just some of the ways that some of the behavior of an eating disorder can create dissociation for clients.

An additional behavioral issue which often affects the disconnection between mind and body in those with eating disorders is sleep. Many clients with eating disorders experience sleep difficulty due to concurrent affective or anxiety disorders or the consequences of their eating disorder behavior on sleep, hormonal, and digestive cycles. Many college students suffer from sleep difficulties due to residence hall living, lack of self-care/discipline, and heavy study, class, and work schedules. Consequently, a college student with an eating disorder is particularly prone to sleep difficulties. Sleep deprivation can create a feeling of disconnection, often having the same effects that restriction of food can have. Long-term sleep deprivation can create a somewhat chronic dissociative state.

In my therapy work with clients, a primary part of my initial assessment is to explore with a client what effect their eating disorder behavior is having on their ability to stay present in their own bodies, tolerate difficult affect, and process cognitively (without distortion). Most are able to identify that their eating disorder is a powerful tool they use to disconnect from their bodies, feelings, and non-distorted thought processes. In other words, we focus on how the eating disorder is functional as a means of dissociation from self. More work follows, of course, figuring out what it is exactly that prompts each client to need to dissociate from self so dramatically. The longest term work with such clients is teaching them how to reconnect with themselves and making that process a safe one for them: building or strengthening their ability to remain present in themselves despite external concerns (people, places, events).

Relearning how to eat in appropriate portions, keeping one's food down, and not exercising to the point of exhaustion may all behavioral treatment goals for someone with an eating disorder. Essentially, they do not allow one to disconnect from body and mind. Instead, they create the experience of being in one's body and connected to one's emotions and thoughts. This is a goal we likely have for most of our clients, no matter the presenting concern. For individuals with eating disorders, creating this experience of connection with self is life-saving.

#### **About the Author:**

Dr. Laura Lyn is a graduate of the MA/PhD program in Counseling Psychology at Southern Illinois University at Carbondale. She is a licensed psychologist in Arizona, and is a Psychologist and the Training Coordinator at the Counseling & Testing Center of Northern Arizona University in Flagstaff, AZ. She has been a member of ACPA and CCAPS since 1992, and served on the Directorate from 1998-2001 on the Continuing Education committee. She was recently reelected to the Directorate for the term 2004-2007, and is serving on the Program and Elections Committees. Laura's professional interests include eating disorders, trauma, group therapy, diversity issues, and training/supervision.

## **CCAPS Award for Outstanding Lifetime Achievement Thomas M. Magoon, Ph.D. 2004 Recipient**

Thomas M. Magoon was born in Lancaster, New Hampshire in 1922. Like many New Englanders, he developed a passion for ice hockey, which remains to this day. He enrolled in Dartmouth College in 1940 and graduated in 1947 with degrees in psychology and education following a stint in the army during World War II. He then worked as a psychology instructor at Colgate University before pursuing a graduate degree in counseling psychology at the University of Minnesota. His Minnesota training in "dust bowl empiricism" helped him become one of the foremost researchers in the counseling field.

In 1955, Dr. Magoon joined the staff of the University of Maryland Counseling Center, and in 1960 was named Director, a position he held until 1988. Tom also joined the faculty at Maryland and was involved in both the Counseling and Personnel Services Department and the Department of Psychology. He maintained a half-time appointment in the academic departments and was active in both Counseling Psychology and College Student Personnel. Tom is currently Professor Emeritus in both departments as well as Director Emeritus at the Counseling Center. The Counseling and Personnel Services Department honors Tom annually at this convention by bestowing the Thomas M. Magoon Distinguished Alumnus award to a department graduate who has exemplified Tom's spirit of achievement and innovation.

Perhaps "innovation" is the word that best describes Tom Magoon. Aside from developing the "Innovations in College Counseling" program that has become a standard at ACPA since the early 1960's, and in some sense literally "writing the book" on the subject with his 1964 manuscript, Tom's career has been a search for, and the implementation of, novel ideas. Among these innovations is the establishment in 1962 of the National Counseling Center Data Bank, an annual survey of counseling center directors, asking for, among other things, innovative and novel programs and activities. Tom also was responsible in the late 50's for forming the American Board of Professional Standards in Vocational Counseling, an organization which later became the International Association of Counseling Services (IACS). Other innovations include "alternative treatment modes" (counseling beyond the one-to-one), campus outreach and consultation (or, as he called it, "upstream from the counseling center"), and the development of a uniquely structured counseling center. Tom recognized students' need for services beyond the psychological and vocational before many of his colleagues. The result was his overseeing the development of a counseling center that now includes a Learning Assistance Service, a Disability Support Service, a Testing and Research Unit, and a Parent Consultation and Child Evaluation Service.

Tom has also provided exemplary service in national organizations and won many awards in the counseling and psychology fields. Among his many honors has been the Outstanding Psychologist Award from the Maryland Psychological Association, the ACPA Professional Service Award, the Leona Tyler Award from Division 17 of the

**American Psychological Association, and he was an ACPA Diamond Honoree in 1999.**



**CCAPS Mid-Level  
Career Achievement Award  
Todd D. Sevig, Ph.D.  
2003 Recipient**

**Dr. Todd Sevig has been a highly regarded and valuable member of the staff at the University of Michigan Counseling and Psychological Services since 1990, and during this time he has positively touched the lives of countless students and staff members. Within the counseling center, Todd has served in many administrative roles, including as supervisor for a peer counseling telephone line, as the clinical director, and since 2001 as the interim and then permanent director. Todd has long been a sought-after therapist and supervisor, and he created and facilitated a nationally-recognized multicultural training seminar.**

**Always mindful of the university community as a whole, Todd has held leadership positions within the Division of Student Affairs (DSA) and the campus at large. Most recently, Todd has been a vocal and persuasive contributor to multi-agency discussions about college student mental health and the issues related to the provision of multiculturally-sensitive clinical and outreach services.**

**Todd is an excellent "scientist-practitioner" role-model for staff and trainees. The University of Michigan's Intergroup Relations and Conflict program has been a model for developing multicultural dialogue groups, and Todd's significant influence over the design and implementation of this important initiative contributed to the concept becoming institutionalized through "training the trainer" and dialogue classes. He maintains an active research and writing program, focusing primarily on multicultural counseling and training, and collaborates with co-authors across the nation on the resulting publications. Todd has also taught courses at the University of Michigan, the University of Florida, and the Ohio State University.**

**The quantity and quality of Todd's contributions to the field thus far in his career is astounding. In daily interactions, he focuses on the needs of others and of the agency, never drawing attention to himself or the magnificent work that he accomplishes. He is a former member of the Directorate of CCAPS, a former editor of the newsletter, and continues to be a highly valued member of the Commission.**

**Todd is unassuming and process-oriented, intellectually curious, administratively astute, and consistently supportive of both staff and students. The hope is that in the next twenty years (or more) of his professional career, he will allow himself to take on increasingly prominent positions of leadership, since so many can benefit from his vision and guidance in so many areas of counseling and psychological services.**

## **CCAPS Early Career Achievement Award James Kip Matthews, Ph.D. 2003 Recipient**

**Dr. Kip Matthews' 13-year involvement in college counseling centers began as a doctoral student at the University of Tennessee Student Counseling Services Center in 1990 and carried through to his internship year at the counseling center at the University of Maryland in 1992. His career as a counseling center psychologist began in 1993 where Kip was initially employed in the Counseling Center at Georgia State University. In 1997, Kip joined the staff at the Counseling and Testing Center at The University of Georgia. He went on to launch a group private practice in Athens just over a year ago. Throughout his career, Kip has made various and significant contributions to The University of Georgia and Georgia State University through research and service. In addition, Kip has made important and valuable contributions to service and leadership to CCAPS and ACPA. Based on his strong and wide-ranging contributions to counseling and psychological services, his leadership and service contributions to counseling centers and CCAPS, Kip is a worthy recipient of this award.**

**Kip has amassed an impressive array of significant activities and contributions as Assistant Clinical Professor and Director of the Student Success Center in the Counseling Center at Georgia State University. At the University of Georgia, Kip's areas of significant contributions were most notable in his roles of Coordinator of Career Services & Coordinator for Information Technology.**

**His service and contributions have also extended to ACPA and to the Commission for Counseling and Psychological Services (CCAPS). As a member of CCAPS, Kip has played an integral role in supporting and being actively involved in promoting the mission of CCAPS. Kip's service as an active Directorate Member and his tireless work to support the Commission, including redesigning our Commission logo, is deeply appreciated by those who have worked with him. Kip has served as a member in a number of Commission committees, including CCAPS Membership Committee and the Commission's Program Committee. Kip's contributions have been extremely important in the Commission's continuing commitment to recruit new members and to retain ongoing members as well as to provide cutting-edge programming to the Commission's members and to the Association. His recent program presented at the 2003 ACPA convention, "Seasons of a Counselor's Life: Career Development of Professional Staff in Counseling Centers," proved to be one of the most popular and successful programs for the Commission.**

**Kip's contributions, however, have not been limited to CCAPS. In 1998-99, he helped to coordinate the general programs for the entire convention. Kip worked extremely diligently and tirelessly to develop an innovative database for tracking program submissions and program scheduling. Kip's technological expertise was a significant contribution to the success of the 1999 Convention and also served as a launching pad for the future technological developments for subsequent ACPA conventions.**

**In sum, Kip Matthews' long-term work and tireless efforts are well-deserving of CCAPS' Early Career Achievement Award. His dedication and loyal service to providing quality counseling and psychological services at the University of**

**Tennessee, University of Maryland, Georgia State University and The University of Georgia as well as his commitment and dedication to serving CCAPS and ACPA is unrivaled among his peers. He is a person of the highest integrity in the practice of his career and profession and has left an indelible mark on the positive well-being of students whom he has served. His vibrant spirit, professionalism and expertise is well-respected and acknowledged among his peers and colleagues and the positive impact that he leaves has wide-ranging beneficial effects for students.**