



The Brooks/Cole Counseling E-Communicator

Brought to you by The Wadsworth Group

Welcome to the Brooks/Cole Counseling E-Communicator. The goal of our quarterly newsletter is to communicate with you, our valued customer. Our intent is to provide you with informative news, announcements, great ideas in teaching, and an opportunity for you to find out more about us.

Announcements

- Wadsworth-Brooks/Cole is VERY EXCITED to welcome the **F.E. Peacock products and authors** to our family. To request review or desk copies of these products, please contact your local Wadsworth sales representative or visit our website at <http://counseling.wadsworth.com>
- Thanks to many of you who stopped by our booth at the ACA convention in Anaheim, CA! We were very happy to co-sponsor the Welcoming and International receptions. We'll see you in Kansas City in 2004!
- Do you have any announcements that you would like us to include in our next edition? Please e-mail Caroline with your announcement by 6/20/03 at caroline.concilla@wadsworth.com

Great Ideas in Teaching

We'd like to highlight and share great ideas in teaching counseling... whether it's an activity, a unique lesson, or a self-created web component, we'd love to showcase your great teaching efforts. To submit a "Great Ideas in Teaching" Counseling example, please e-mail Caroline at caroline.concilla@wadsworth.com

Specific School Announcement

New Distance Learning Course at the University of Minnesota Helps Students Take a Holistic Look at Life

Minneapolis, March 24, 2003 – Students throughout the world who are interested in learning more about taking a holistic approach to life now have the opportunity to sign up for a distance learning course with **Dr. Sunny Hansen**, a past president of the American Counseling Association and the National Career Development Association. The course, **Integrative Career/Life Planning**, opens this week and will be offered for three credits through the University of Minnesota where Dr. Hansen is a Professor Emerita. "Now that I'm no longer traveling extensively to offer workshops on Integrative Planning, I hope to reach interested people through this distance learning course," says Hansen.

"Increasingly society is moving toward wanting a holistic look at one's life," explains Hansen. While there is still a huge need for a traditional counseling approach that stresses fitting a person's interests into job categories, "seeing the connections between the parts of our lives and how our lives relate to the larger community is so valuable today."

The course will benefit counselors and private practitioners who want to develop or strengthen an integrative approach, counselor educators, human resource specialists, college students considering a career in counseling, and clients who are seeking meaning through integrating many facets of their lives, including people of any age or developmental stage.

Topics include knowing our authentic and changing selves, finding work that needs doing, challenging stereotypes, connecting spirituality and work, making creative career decisions, managing transitions, and many other thought-provoking dimensions of career/life planning.

For further information about EPSY 4300, Special Topics in Educational Psychology: Integrative Career/Life Planning, visit the Independent and Distance Learning, University of Minnesota website, www.cce.umn.edu/idl, call 800-234-6564 or e-mail at indstudy@umn.edu.

(Article provided by Sunny Hansen/University of Minnesota)



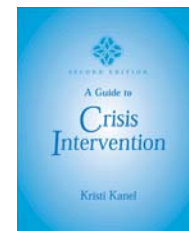
Hot Topic

Article by:

Brooks/Cole Publication by Kristi Kanel

Kristi Kanel, Ph.D., University of Southern California
California State University – Fullerton

Kristi Kanel has 22 years of clinical experience. She brings to her students, clients, and readers knowledge from working at a battered women's shelter, at a free clinic, for a health maintenance organization, in private practice, and for a county mental health agency. In these various work settings, she has seen many types of clients with whom she has used an integrative approach to counseling. Dr. Kanel also has been an educator since 1983, teaching at several community colleges, a state university, and has taught doctoral students at professional schools of psychology as well. She has been teaching crisis intervention courses since 1986. This book is a result of all of these experiences.



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Compassion Fatigue or Secondary PTSD

I recently attended the 7th International Conference on Family Violence in San Diego, CA and was intrigued by the amount of professionals focusing on reactions of mental health workers to working with trauma victims. Presentations about his topic ranged from countertransference reactions when working with victims of sexual abuse to the compassion **Compassion Fatigue or Secondary PTSD** Article by Kristi Kanel continued

fatigue experienced by those assisting those affected directly and indirectly by the tragedies of September 11, 2001. This information interested me greatly as I have begun research into the effects of working with people in crisis on counselors and other professionals.

Of particular interest was the presentation given by an army officer who organized a communication/debriefing station for the people working to clean up the pentagon after the 9/11 airplane crash. He talked about the helpers experiencing what he termed compassion fatigue. This can be thought of as a form of Post Trauma Stress Disorder (PTSD) which I have termed Secondary PTSD because it stems from helping others who have been affected by a trauma. The symptoms are the same as PTSD itself however, and include numbing, hypervigilance, re-experiencing the trauma of the victims and a sense that the world is not safe. He and his colleagues set up a station where each worker had to stop and have a cold drink, talk with other workers and counselors and even get a massage from volunteers. Although there was not longitudinal data about the effectiveness of this process, he did share that those involved reported feeling glad they had this station available.

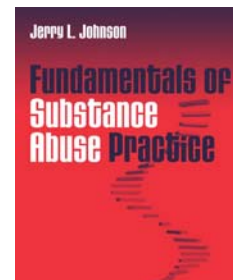
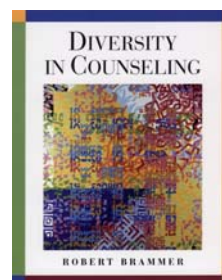
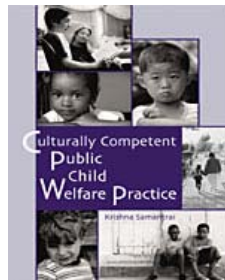
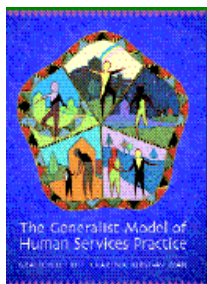
I believe that people who help those in crisis, particularly those who have been victims of trauma, should participate in similar programs. I recently conducted a study in which 63 crisis workers were surveyed about the types of crises that they deal with, how working with these people affects them, and what they do to cope with the stress. The participants included counselors, doctors, nurses, police, firefighters and emergency workers. Based on their responses, very few ever go see a mental health professional but report having symptoms of secondary PTSD. What they do instead that appears to be helpful is talk to fellow co-workers. The results of this study can be found in my newly revised book, *A Guide to Crisis Intervention*.

Based on the results of my study, and the information provided by the presenter at the conference, I plan to conduct another study in which I set up programs at various agencies where workers deal with trauma. I will compare the effectiveness of participation in the program with a control group and explore whether PTSD symptoms differ between groups. The overall goal of this research is to devise and implement programs for crisis workers that would eliminate secondary PTSD reactions.



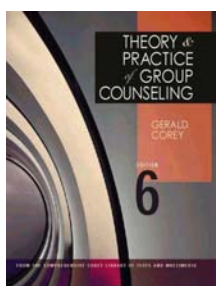
Brooks/Cole News

Some of our 2004 FIRST EDITIONS hot off the Presses and ready for review today!



- *The Generalist Model of Human Services Practice* by **Grafton Hull Jr./Karen K. Kirst-Ashman**
- *Integrative Psychotherapy: The Art and Science of Relationship*, by **Janet Moursund/Richard Erskine**
- *Culturally Competent Public Child Welfare Practice*, by **Krishna Samantrai**
- *Diversity in Counseling*, by **Robert Brammer**
- *Fundamentals of Substance Abuse Practice*, by **Jerry Johnson**

Some of our 2004 REVISIONS hot off the Presses and ready for review today!



- *Theory and Practice of Group Counseling, 6/e* by **Gerald Corey**
- *Group Techniques, 3/e* by **Gerald Corey/Marianne Schneider Corey/Patrick Callanan/J. Michael Russell**

New Student Supplement Option!

The PDR Drug Guide for Mental Health Professionals, 2002

- NOW AVAILABLE BUNDLED WITH ANY WADSWORTH TEXT at a reduced cost!
- Contact your local Wadsworth sales representative for details.



Test Drive Our Online Tools

With our powerful online tools, we provide you ways to take your course beyond classroom boundaries! Start your test drive now!

Online Database of Research Articles from academic journals and popular sources – FREE bundled with our texts

- Test drive InfoTrac College Edition—the online library—today at <http://infotrac.thomsonlearning.com/Demo/page1.html>



Online Study & Course Management Tools

- Test drive WebTutor on Web CT and Blackboard today at: (Available with selected Counseling titles)
<http://webtutor.thomsonlearning.com/default.asp?platform=Blackboard&action=bap>
<http://webtutor.thomsonlearning.com/default.asp?platform=WebCT&action=wap>
- Test drive MyCourse 2.1—FREE online course builder—today at <http://mycourse.thomsonlearning.com>
- Coming this summer, Web Tutor Toolbox on Web CT and Blackboard—FREE online course builder
- Selected books have online resources such as weblinks, online quizzes and professor instructor materials. To see if your book has such resources, please visit our Counseling website and select Instructor Resources.

Online Library of Current Event Topics New!!! Exclusively from Thomson/Wadsworth and the Gale Group!

Opposing Viewpoints Resource Center

Expose your students to *all* sides of today's most compelling issues! The *Opposing Viewpoints Resource Center* draws on Greenhaven Press' acclaimed social issues series, as well as core reference content from other Gale and Macmillan Reference USA sources. The result is a dynamic online library of current event topics--the facts **as well as the** arguments of each topic's proponents and detractors. For more information, please contact your Thomson/Wadsworth representative or visit www.gale.com/opposingviewpoints/ and take a guided tour!

Near Real-Time News Delivered Online Daily!

NewsEdge is a "push" service of daily news. Articles will appear on the Instructor side of the Web site (**behind the passcoded area**) and in WebTutor with no active searching on the part of instructor or student. *NewsEdge* offers a wide variety of local news that may be especially relevant to the course. *NewsEdge* articles do not draw from academic journals and are not archived, but instead offer near real-time coverage of breaking stories. *NewsEdge* is not designed as a research tool - but rather as an opportunity for instructors to bring the latest developments in their fields into your classroom daily. Instructors can customize the *NewsEdge* feed to receive the range of articles they prefer. To contact us or to find out information visit our Website at www.wadsworth.com

Additional Resources for you

- To request **Review Copies**: http://www.thomsonlearning.com/samples/samp_order.asp
- To see **what else is new**, our 2003 & 2004 Texts: http://www.newtexts.com/discipline.cfm?discipline_id=9
- Tips to **submitting manuscript proposals**: Go to our home page at (<http://counseling.wadsworth.com>), select **Contact Us**, then select **Visit Our Author's Corner** (see box located at the right of the screen)
- Instructor Support materials are not automatically sent to adopters. To receive available text support materials, contact your local Wadsworth sales representative. Go to our home page (<http://counseling.wadsworth.com>), select **Find your Rep**

Do you have any comments or suggestions concerning this newsletter? Would you like to submit materials? Please contact Caroline at caroline.concilla@wadsworth.com