



CLARION UNIVERSITY OF PENNSYLVANIA

# The Pulse

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COLLEGE OF HEALTH SCIENCES AND HUMAN SERVICES

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## STUDENT ADVISORY COUNCIL HEALTH FAIR

On March 23<sup>rd</sup> from 11-1, the College of Health Sciences and Human Services student advisory council will be holding a student-led health fair. We would like the presenters to research topics that will help the student body during this lifecycle as a college student. For example, students can choose a specific disease of choice and create a poster about how what they have learned in their major applies to helping a person with a specific disease. Students can also pick a specific profession they are interested in and develop a poster about how that profession helps other people and why it is important. Aside from those examples, students can also create a poster about common illnesses or health issues on campus that involve any of our majors such as psychology, nutrition and fitness, nursing, rehabilitative sciences, speech language pathology and more, and describe why the illness is important and how people with the illness can be helped. Students are also encouraged to create a group with no more than 3 people to create a poster about a certain health topic and talk about how each of their majors could make an impact on that topic.

We, as the College of Health Science and Human Services, have information and resources to offer the student body as we often learn real world applications that could be valuable to our peers. Peer to peer education is powerful and can help effect change. Please encourage any



student within the College of Health Sciences and Human Services to pick a topic and apply to present at the health fair. To apply please click on the link below or share this link with other students that may be interested ( <https://forms.gle/SWctveyxbJbZWuc49> ).

## BIRTHING SIMULATOR ARRIVAL

Announcing the arrival of “Elaine” Clarion University’s new birthing simulator. Elaine is a beautifully proportioned full-term mother. Her lifelike appearance and human-like articulation will be used for birthing simulations. Since no deliveries are ever identical Elaine will be used to emulate many conditions or symptoms that one may incur in delivery rooms. This simulator is incredibly versatile because it will not only give students the chance to experience a birthing simulation, but students will be able to give infant and post-delivery care. Elaine can be used by all disciplines within the college of health science and human services. For example, Elaine can be used to model post-partum depression to give students the experience of not only the physical side of the birth but the mental side as well. This gives nursing students and psychology students and other disciplines the opportunity to



practice with a simulator that gives real life experience. The goal is when a student learns about a specific medical condition in the classroom, they can simulate it on Elaine and her baby in a controlled environment. By the time they go into the clinical area, they will have more hands-on experience and will do a better job of taking care of real patients.

Elaine was generously donated by the MPB charitable Foundation based in Akron, Ohio and the Northwest Aids Alliance an agency within the college that provides medical and social services to populations that are vulnerable such as populations with HIV or STD’s. Northwest Aids Alliance will also use the simulator to train their staff on how to handle many issues that could come up within the birthing process. There will be a fundraiser in late March that will spread awareness about Elaine and her new baby while also donating money to local pregnancy agencies.

## EXCITING CAREERS: FORENSIC SPEECH LANGUAGE PATHOLOGIST

This rigorous job requires the knowledge of law, psychology, and speech language pathology. A forensic speech language pathologist is tasked as being an expert witness to explain to the judge and jury the difficulties in speech language and their treatments. They often appear in court for malpractice lawsuits, insurance claim disputes, personal injuries, and special education and disability hearings. The speech language pathologist will be required to give their own evaluation of the case and report it back to the court in a professional, thoughtful manner that pertains to the case and presents the jury and judge with full knowledge. These individuals are often clinical speech language pathologists that specialize in a specific area that pertains to the case but often own their own businesses.

All information was obtained from: <https://www.speechpathologygraduateprograms.org/forensic-speech-language-pathology/>

## TAKE 5 WITH REHABILITATION AND HUMAN SERVICES CLUB

Take 5 is a free, 2- hour respite care program for special needs children between the ages 6-19 in Clarion County. Respite care is the temporary care for a sick, elderly, or disabled person, which in turn provides relief for their care givers. Within the 2-hours, the volunteers play games, cards, play dough, puzzles, or even go trick-or-treating before Halloween. In programs before, the members of Take 5 have made oobleck, which is corn starch and water, and lots of other things to get the children's hands dirty, as well as coloring. In addition, Take 5 will also provide the children dinner that night. This dinner could consist of pizza, chicken nuggets, hot dogs, mac and cheese, or even a trip to the dining hall on campus, especially around Thanksgiving. This is greatly beneficial and more importantly greatly appreciated by the parents who drop their children off with the students in Rehabilitation and Human Services Club. Some families cannot afford a



babysitter, or possibly do not trust a babysitter with their special needs children, which makes the program even more of an advantage. Luckily, as future rehabilitation professionals, we have had multiple experiences with children and learn how to work with them in our classes daily. Take 5 benefits the children, the parents, and the volunteers in Rehabilitation and Human Services club. To be a volunteer, one must have your clearances in order to work with children on Clarion University's campus. If you go onto the Clarion website you can find ways to obtain your clearances by typing "clearances" in the search bar. Most of them are free as a volunteer except for the Act 114 FBI background check clearance. This clearance



requires the volunteer to get their fingerprints taken, and this can be done right in Clarion. These clearances last for a year and can be renewed for future endeavors if you please. To conclude, I, Rebecca Josephson, as well as the Rehabilitation and Human Services club take great pride in Take 5 and we hope you will consider giving it a try too. It puts a big smile on the children's face and I am sure it will put a big smile on yours!

Take 5 meets every other Friday from 5-7PM in Stevens Hall.

*Article contributed by Rebecca Josephson.*

- ◆ Rehabilitation and Human Services Club is holding a spaghetti dinner on March 21st, 2020 from 2 to 6 PM at the American Legion (530 Main St. Clarion, PA 16214).



## Seminar on Expressive Arts and Play Therapies Comes to Clarion

How can we address the disconnection between people and traditional therapy? How can we help troubled children and teenagers to express what they are feeling? What does play or the arts have to do with this?

On February 17<sup>th</sup>, Dr. Grafton Eliason, the coordinator of California University of Pennsylvania's Clinical Mental Health Counseling program, gave a seminar introducing expressive art therapy and play therapy techniques. This event, held in Gemmell MPR, was made possible by the Mary L. Seifert Cultural Series Endowment, and was open to students, faculty, and community members.

Eliason shared how human service workers can utilize alternative therapy methods to reach clients who are not connecting with traditional therapy or counseling: Expressive arts therapy and play therapy can each help to foster a therapeutic connection where there was not one before. Some clients come into a therapy session with emotional barriers up — afraid of rejection. "It can be difficult to be present and trusting in therapy," said Eliason. His suggestion: tap into their creative side.

The attendees of the seminar were invited to participate in some activities that might be used in an expressive arts or play therapy session. In the first exercise, they were given materials to make puppets that could represent a version of themselves. Eliason shared about how puppets could be used to facilitate the expression of a client's feelings. In another exercise, the attendees were encouraged to draw whatever they wanted, and then to share what it meant to them. He emphasized the importance of letting the client take the lead and interpret their own emotions. This was attributed to Carl Rogers' Person-Centered Therapy techniques.

Dr. Mark Lepore, director of the Clinical Mental Health Counseling Program here at Clarion, facilitated an exercise in music therapy, where attendees were invited to listen to a selection of moving songs, and asked to write down anything the songs made them think of as they listened. After each song, they discussed what they thought they were written about, and how they made them feel. Lepore discussed how music is universal; not only does it help people to express emotions such as sadness, but it helps them to feel that they are not alone in feeling these things. In addition to the subjective benefits of music therapy, research shows that music affects the brain at the neural level, creating neuroplasticity, affecting motivation and pleasure, stress and arousal, immunity, social affiliation, memory, and cognition. Music serves a holistic function in the process of healing.

When asked about the benefits he saw in this seminar for Clarion students, Lepore said, "Expressive Arts Therapy is a very important post-modern approach to self-help or in helping others. There is a lot to know about how we can use existing activities in our lives to promote wellness and a sense of wellbeing. Neuroscience also lends credibility to using expressive arts for self-improvement and to obtain a stronger self-concept."

Rehabilitation science students attended the seminar and were asked to reflect on their experience. Jerry Hanna said, "When people are having trouble explaining any issues that they have in life, these therapies allow them to 'step away' from the situations and tell their stories as an outsider. It seems like a beautiful way to aid anyone working in the helping field put some therapy tools in their toolbox ... This opened up a new world to me as a therapy device."

Briana Johnson felt the benefits of these therapies during the seminar. "I thought the exercises were an interesting way for people to express their emotions ... I forgot how drawing and art in general would help me relax. I think I might need to get back into it. I also liked the section where we listened to different songs that would provoke different emotions. One of the songs talked about how people always tell a child to hold their head up and be strong after someone close has passed. When really, we should let children express their emotions, so they don't keep them bottled up inside." Events like this help CHSHS students to expand on the skills they can use in their future professions.

*Article contributed by Lydia Brugere*



## OFF THE BEATEN PATH CAREER: TRAFFIC PSYCHOLOGIST

Traffic psychologist will study the understandings and psychological implications of travel. This is translated into road rage, the causes of accidents, and different transportation logistics. These individuals will conduct research on the roadways to evaluate how a person may perceive the signs, stoplights, landscape, and placement of other features to make the roadways safest to drive on. They work closely with engineers to find the best orientations of roadways to prevent accidents and road rage. In addition, traffic psychologist can offer counseling services to those who have been affected by an accident, have extreme fears of traffic, or experience intense road rage. In order to become a traffic psychologist, students should obtain a bachelor's degree in psychology and contain on to obtain a master's degree in cognitive or social psychology.



All information was obtained from: <https://www.psychologyschoolguide.net/psychology-careers/traffic-psychologist/>

## SCHOLARSHIPS, SCHOLARSHIPS, SCHOLARSHIPS

### Clarion APSCUF Scholarship:

Clarion APSCUF is now accepting applications for the Clarion APSCUF Fall 2020 Scholarships to be awarded to six currently enrolled Clarion University students at \$500 each. Deadline for submission is Friday, March 20, 2020 at 12 p.m. in the Clarion APSCUF office located in the Rhea Building on the Clarion University campus. For application information, please visit [apscuf.org/universities/clarion/](http://apscuf.org/universities/clarion/).

### Psychology Scholarship Endowment:

This scholarship was established for junior and senior students majoring in Psychology who have completed at least 64 credit hours with an overall QPA of 3.0. Students must also have completed 15 credit hours in Psychology with at least nine of those having been earned at Clarion University. Research, departmental service, and other contributions to the field are strongly considered in the selection process. Contact the Psychology Department for further information.

Scholarship Applications are due March 6<sup>th</sup>, 2020. Go to your MyClarion account and click on Apply for Scholarships underneath Student Center.

# RELAY FOR LIFE

On April 3<sup>rd</sup> Clarion is holding Relay for Life from 8 am – 2 am at the Clarion Rec Center. The theme is Olympics and each team will represent a country of their choice. Relay will have events all day such as games and activities to raise money to hit the \$41,000 goal.

There will be a variety of activities such as hair donations, a photo scavenger hunt, and basketball and volleyball games. There will also be other events such as the cancer survivor dinner at 5 pm and the ceremonies at 6:45 pm. The ceremonies consist of honoring cancer survivors, those who are battling cancer and those who have lost their battle with cancer. Another ceremony is the Luminaria lighting. Relay participants will buy a paper bag and place a small candle inside it which will represent people who have lost their lives to cancer, those who are battling and those who survived cancer. Additionally, there will be people walking the track the entire event and that represents the ongoing fight to beat cancer.

All money donated goes towards research for cancer prevention and treatments. The money also goes towards getting rides to appointments for patients who do not have access to rides along with paying for hotels if the patients come from out of town. It can also go towards a 24-hour hotline for cancer patients. For anyone who wants to join Relay for Life to help fight cancer or donate money, you can register before the event with this link :

[https://secure.acsevents.org/site/STR?pg=entry&fr\\_id=95778](https://secure.acsevents.org/site/STR?pg=entry&fr_id=95778). xs



# LEARN SIGN LANGUAGE



Have



A



Good



Week!

Want to be featured in the next edition? Contact Alivia Shuttleworth at [a.e.shuttleworth@eagle.clarion.edu](mailto:a.e.shuttleworth@eagle.clarion.edu)