4/16/13

Meeting Minutes

Hi RMC Psychology Club,

Today, April 16, 2013, we were very happy about the huge turn-out for our ‘Stress-Management Workshop’ being presented by Cheryl Kenck, (MSW, LCPC Therapist/CaseManager) from the Youth Partial Hospitalization Program at Billings Clinic Psychiatric Center.

The workshop was a hands on activity that lasted about 30 minutes. We all participated in a stress management technique called a “body scan” that incorporates deep breathing and muscle relaxation through visualization. Thanks to Ms. Van Dyke, we got yoga mats from the Fortin center, even though carrying them to the 3rd floor in Losekamp wasn’t fun but I guess we all needed that little bit of cardio for the true benefits of the breathing technique.

Ms. Kenck had learned this technique when she lived in Singapore –taught by a Chinese yoga teacher. It’s a little different than the progressive muscle relaxation.

She also showed us we you could use this technique in a very short period of time while sitting. After the workshop we heard some really neat feedback;

“it was great, she had a real soothing voice and gave us a lot of information that didn't make us feel like we were stupid, which I think for students who are not psychology or physiology majors can be a real good aspect. I think it would great to have her again or do something else that involves that sort of relaxation technique.” (Gillian, W.B)

“I thought it was great! I really liked her. The people who were interested stayed and I think they were glad they stayed. My roommates really enjoyed it! And I agree that we should have her back next year, maybe we could do it in Fortin though.” (Camille, G.)

“it was so relaxing, I really felt I went into that place in my mind almost was able to paint my mind black like Ms. Kenck mentioned in her presentation, I really didn’t want it to end.” (Macayla B.)

“The workshop was incredibly advantageous for Rocky students, especially those who are majoring in the field of psychology. Cheryl discussed the effects of stress and what it can do to the body on a daily basis. We participated in a meditative activity, which to me, opened my eyes to just how much stress I put on my body every day of the week. The techniques I learned were very beneficial, as they did help me relax during that time. I plan on implementing those ideas into my daily life now. As a student and psychology major at Rocky Mountain College, I feel honored that we had the opportunity to enhance our learning through someone in the community. These events are true learning experiences, as well as good ways for students to gauge relationships with professionals in the community. This was an awesome workshop, and I believe it would be incredibly useful and beneficial for students to participate in every year around finals week.” (Amanda love)
Camille made some important announcements;

- T-shirts would be ready soon so club members were asked to provide their email address if they wanted to buy the shirt for $12.
- Psychology Club would have a booth during the finals week and people should stop by and show their support
- Psychology Club would be volunteering at the Special Olympics, so those who are interested should email Camille

Secretary/ Treasurer,

Macayla Birdwell