CSI Beta Chapter: President’s Report

Greetings to all of our current and potential CSI Beta Chapter members,

Well, we are still chugging along for the spring semester and the end is in sight. Once again, we have had a most productive and invigorating semester here at Beta Chapter. We had an outstanding showing at the CSI International Awards Ceremony at the American Counseling Association’s Annual Conference with no less than five people recognized for their achievements including three research grant groups. The most exciting moment came when our very own Ms. Whitney Nobles and Dr. Rachael Goodman were honored with the CSI, International Outstanding Service to Chapter and the Outstanding Research Awards respectively.

The excitement doesn’t stop there. Our community and wellness events and speakers continued to be enlightening and beneficial to our soulful beings. The kickball fundraiser was a great success bringing in some money, fun, and a few sunburns. Beta Chapter has also hosted another wildly successful Professional Development Day (organized by Ms. Megan Scharett) with some outstanding presentations by our very own students and faculty scholars. This was followed by the annual initiation of the newest members of the CSI Beta Chapter family. Congratulations to our 19 new members, with more joining every day.

Finally, the initiation ceremony also ushered in the new Beta Chapter executive council under the incredible President, Ms. Cheryl Pence Wolf. I am so pleased to know that the Chapter I care so much for is in the most capable and sure hands possible. The future is more than bright for Beta Chapter with Cheryl at the helm. I am honored to have been President of such a fine organization. I have gained so much in regards to leadership, experience, and networking. Most of all, I have gained a healthy respect for each of you and the skills, passion, and genuine spirit you all offer Beta Chapter and Counselor Education. Thank you for a wonderful year and I look forward to working with you as your Past-President.

Take care,

Eric Davis, Past-President
CSI Kickball Cookout Fun(d)Raiser
BY RYAN REESE: FUNDRAISING COMMITTEE CHAIR

JUST when we all thought that the fundraiser might be canceled due to angry skies, Sunday March 29th, 2009 turned out to be a date with destiny. Four fierce and fired up teams took the field—one remained standing at the end of the day. The winning team could not be stopped. They kicked far too many balls deep into the outfield for their fellow contenders to handle, taking first place.

Nearly 50 attendees took part in the food and fun. The food was amazing, the company was excellent, and the kickball tournament was epic. CSI raised nearly $250 in the process!

Thank you to everyone who brought their friends and family to the event. This was truly a special day for our department.

A big thank you goes out to Meredith Richards and Will Siegal for donating their barbeques. Also, thank you to J.R. Tumlin for picking up the grills, tables, and everything else. This event would not have been nearly as special without the help of these three.

The money that was contributed to this event will go directly back to CSI members. Whether you are attending a conference for the first time or enjoying a nice cold drink at the fall potluck, your donations to CSI provides our students with the fun and academically rewarding experiences we have come to enjoy.

Congratulations, to the winning team! Thanks again to everyone who made the CSI Kickball Cookout Fundraiser possible. Until next time, work out them kicking legs!

Community Committee News
BY LAURA REID: COMMUNITY SERVICE COMMITTEE CHAIR

THE community committee is happy to share the success of its “Stocking Stuffing for the Homeless” event, which occurred in December 2008. We stuffed more than 100 socks with food and toiletries donated by UF students and employees in the College of Education. The stuffed socks were donated to the homeless as Christmas treats. In the Spring 2009 semester the community committee hosted an event with guest speaker, Anna Guest-Jelley, Director of the Violence Prevention Program at Peaceful Paths. Ms. Guest-Jelley spoke to students in our department about domestic violence and its prevention. Currently, the committee is hosting a Spring Cleaning tool drive. The tools collected are to be donated to Rebuilding Together (http://www.rebuildgainesville.org/). On April 11, we will be partnering with Rebuilding Together to help renovate the home of a low-income family. We will be painting and fixing parts of the home that are in need of repair. "Rebuilding Together is the nation’s leading nonprofit working to preserve affordable homeownership and revitalize communities. Rebuilding Together believes we can preserve affordable homeownership and revitalize communities by providing free home modifications and repairs, making homes safer, more accessible, and more energy efficient.” The Community Committee would like to say thank you to the students who have been a part of our events this last school year. We also encourage all students to take advantage of the many opportunities, made available through this committee to connect with our local community.
IMPROVING the mind, body and spirit of counselors-in-training is at the focus of the newly developed wellness program. CSI International grant recipients, Cheryl Wolf, Isabel Thompson, and Eric Thompson, developed a research study to measure the change of perceived wellness with an increased focus on self-care throughout the semester. Their program “Refresh your Mind, Rejuvenate your Body, Renew your Spirit: A Wellness Program for Future Counselors” was designed to encourage a wellness focus through delivering a series of weekly wellness workshops presented by current and former students of counselor education, as well as wellness leaders from the local community. Presenters led experiential workshops introducing complementary therapies and techniques that could be used individually or with clients to improve personal wellbeing.

While not all students were able to participate in the weekly workshops, many reported that the increased focus on wellness encouraged them to make an effort to integrate self-care strategies into their routine more frequently. Jessica Young, a current Master’s student and new member of CSI, was excited to report that she took the time for self-care because “it seems that it is at the forefront of my awareness.”

Activities presented this year included:

**Appreciating Diversity through the Holidays**
~ Cheryl Wolf*

**Healthy for the Holidays** ~ Erin Brown Rosin* (Body Bugg Certified (nutrition) & Certified Strength & Conditioning Specialist (CSCS))

**Hypnotherapy for Healthy Living** ~ Matthew Brownstein (Clinical Certified Hypnotherapist & Certified Hypnotherapy Instructor & Founder and Director of the Florida Institute of Hypnotherapy)

**Qigong for Healing** ~ Dr. Barbara Welsch (Certified Chilel Qigong Instructor & Reiki Master)

**Gentle Yoga for You** ~ Isabel Thompson* (Sivananda Yoga Teacher)

**Music Therapy** ~ Christine Alicot (Music Therapist)

**Integrating Creativity & Spirit** ~ Emi Lenes*

**Spiritual Cinema Circle** ~ Cheryl Pence Wolf*

**Understanding & Aligning Your Chakras with Yoga Poses** ~ Elisa Mott* (Discovery Yoga Trained)

**Massage Therapy & Self-Massage Techniques** ~ Samantha Buth* (Licensed Massage Therapist)

**Acupuncture & Oriental Medicine** ~ Amy Galvan (Senior-level Intern at Dragon Rises College of Oriental Medicine)

**Vitamins & Supplements: How to Know What Works!** ~ Celeste Meyer*

*Designates a student from Counselor Education

These events were a student-led initiative and brought to the counselor education community in hopes that the focus on personal wellness activities will extend beyond the research study. We invite students, alumni, faculty, staff and friends to participate or suggest wellness-related programs in the future. Suggestions for future activities can be sent to the new Wellness Committee Chair, Elisa Mott at emott@ufl.edu.
COMING into this department with an undergraduate degree in psychology, I was not looking forward to my theories class, as I had assumed it would be a carbon copy of my previous theories classes. I was happily surprised, however, to learn just how wrong my expectations had been. This was my first introduction to Dr. James Archer and his theories class, which to this day is one of the best classes I have ever taken (a sentiment shared by many of the students in our department). While at first, many students balked at the sight of his syllabus (there were many reflection papers), they soon came to love the assignments from his class. Not only were we gaining in-depth knowledge about our chosen profession, we were also learning about ourselves and how we were developing as future counselors. Dr. Archer created a learning environment that fostered our critical thinking skills while simultaneously supporting us as we learned from our mistakes. His casual manner and sincere concern for students continues to make him one of the most approachable professors within our department.

Regrettably, we will be losing that presence, as Dr. Archer prepares for a new stage in his life, retiring this year, after 28 years with the University of Florida. The first thirteen of those years were spent as the director of the University Counseling Center, where he was responsible for providing high quality mental health services to the students of the university as well as supervision for the many internship students he oversaw. Since 1994, however, he has been a full time professor for the Department of Counselor Education and an affiliate in the Counseling Psychology program. Throughout his time here, his areas of interest have included college students’ mental health, brief therapy, and counseling theories.

Already thinking about his plans for the future, Dr. Archer is especially looking forward to traveling more with his wife (especially to see their children and grandchildren), taking on new projects (including his stained glass workshop), and possibly taking a class in one of the many academic areas that interest him. He is even musing about the possibility of writing a novel or re-establishing his private practice. When asked what has helped him keep such a grounded perspective in life, he recommends maintaining a sense of humor (especially about yourself), surrounding yourself with good friends, and finding something you like in everyone you meet. Although he looks forward to his upcoming retirement, he will greatly miss the relationships and daily interactions that he has enjoyed, over the years, with his colleagues and students.

In recognition of his research, service and overall contributions to the development of our profession, Dr. Archer will be receiving the 2009 College of Education, Lifetime Achievement Award.
The End of a Very Important Counselor Preparation Journey

BY ANDREW HURLEY

TWENTY months in Counselor Education and now I find myself at the end of the road. I need to start out by sending a warm thank you to our CSI President, Eric Davis, for leading the Beta Chapter this year and helping the chapter grow and prosper. I had a great time for the last twenty months and I know that the chapter is in great hands to continue its success into the future.

This program was transformative for me. I remember starting back in the fall of 2007 as a newcomer to Gainesville, but our cohort gelled quickly, as we realized we were in it together. The bond that formed from our experience is something that I will never forget. As older students graduated and new ones came in, our cohort suddenly became the seasoned veterans. Through my work with Chi Sigma Iota, I have met many of the newer students, and I trust that they too will have a similarly wonderful experience.

One of the most fulfilling aspects of working with the CSI Beta Chapter, for me, was taking advantage of the many opportunities that were made available. I remember starting last year just by asking how I could help. The Beta Chapter members encouraged me to take over the vacant responsibilities previously had by recent graduates. I started off by going to the American School Counselor Association conference thanks to a first time travel grant sponsored by the CSI Beta Chapter and then began my roles as the Membership Chair, Newsletter Editor, and Mentor Program Coordinator. Shortly after that, a group of us got word from CSI International that our grant application was approved and we would be receiving funding for a mentor research project. In a matter of a month or two, I was fully invested in the Beta Chapter. Add some classes, a practicum, an internship, and many, many, e-mails and we arrive at the end of the spring semester of 2009. Twenty months in Counselor Education and now I find myself at the end of the road…

Learning Outside of the Classroom...

BY ASHLEY WRIGHT

I will admit, at first I was not happy at my practicum. I was not sure what was expected of me and everything felt so reactive and disorganized. At times, I was beginning to wonder if this was the right field for me. However, after about two months I was able to see my site, and future career, from a different perspective. I think I had to relax and become comfortable not knowing what to do before I could really appreciate and learn from my practicum experience. I came to understand that my environment was not responsible for making me a competent counselor, in order to do that I had to push myself to try new things and learn from my successes as well as mistakes.

At first it was intimidating to start my own small group, implement a classroom guidance lesson, and be responsible for individual crisis counseling; but I soon realized the only real way I would ever learn was by doing. Taking advantage of all the opportunities at my site (even if it meant more work for me) is what helped me to be more confident and comfortable. The more I learned the more I became aware of my abilities, which led me to seek out more experiences and thus more learning opportunities. I also think that advocating for myself, as well as my students, contributed to my happiness and passion for counseling.

While there is much to learn from our site hosts, I found that I gained the most when I took the initiative to create and implement my own counseling methods. Although we are taught how to be the best counselors, it is our job to use what we know to take action. As Dumbledore says, “It is not our abilities that show who we truly are, it is our choices.”
HELPING thousands of people in our community, Counselor Education students have volunteered an estimated 4,000 to 5,000 hours to the Alachua County Crisis Center over the past year. With a small professional staff of five (which include two of our M.Ed./Ed.S. graduates - now incoming doctoral students– Perry Peace and Ali Martinez), a majority of the outreach efforts are provided by approximately 120 active volunteers each year. After a demanding 60 hours of training, volunteers may take one of several roles including those listed below.

**MAJOR ROLES INCLUDE:**

- **Phone Volunteer**: responsible for answering up to 10 phone lines at any time during their four hour shift. They prioritize their calls between local crisis calls, national suicide hotlines, rumor control, business calls, and the United Way Information and Referral line after hours.

- **Care Team Associate and Consultant**: respond to homes, hospitals or accident scenes to help clients and their families in immediate need of counseling. Additionally, Consultants supervise the phone volunteers and center activities after hours.

- **Practicum or Intern**: counsels a variety of clients and families face-to-face at the Crisis Center by appointment or emergency walk-in.

- **Trainer**: provide more than 60 hours of intensive training and feedback during each six week training class (offered three times per year) covering topics including active listening, crisis intervention, suicide lethality assessment, action plans, case management & role plays.

- **In-house Trainer**: supervises the trainees in the phone room with clients. They are responsible for overseeing the observation and supervised shifts before a phone volunteer is allowed to cover a shift on their own.

- **Crisis Intervention Trainer**: participates in role plays and provides feedback to law enforcement officers who participate in a week-long training course where they practice active listening skills to respond to citizens who may be in crisis and/or struggling with mental health issues.

- **Retreat or Pig Roast Chairs**: plan, lead and facilitate the two large weekend-long volunteer events each year including the planning activities, purchasing the food, preparing the meals, and more.

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We wish to recognize the following students (and the many roles they have played) for their selfless commitment to helping the community in crisis this past year:

- Kelly Bodurth 
- Emily Boydstun 
- Blair Cholewa 
- Irene Lewis 
- Aaron Majuta 
- Ron del Moro 
- Sara Nash 
- Rachel Parmele 
- Cheryl Wolf

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If you are interested in learning more about volunteering for the Crisis Center, please contact Ali Martinez, Training Coordinator, at 264-6782, amartinez@alachuacounty.us, or visit their website at [http://www.co.alachua.fl.us/government/depts/css/crisis/volunteer.aspx](http://www.co.alachua.fl.us/government/depts/css/crisis/volunteer.aspx).
The ACA Conference Restores Student Motivation

BY DIA HARDEN

THIS was my first National Conference, so the 200-plus paged schedule and thousands of counseling professionals who swarmed downtown Charlotte was a bit overwhelming at first. Thankfully, the first session that I attended was a new attendees orientation, sponsored by the Association for Multicultural Counseling and Development. Needless to say, there was something for everyone. Learning institutes, education sessions, and research presentations covered a variety of topics ranging from “Telling Your Grief Story: Bereavement Interventions That Heal the Loss” to “Teaching Addictions across the Educational Continuum.”

A common theme of advocacy ran throughout the AMCD events, including the keynote speaker presentations and the president’s message. It was during this time that I was reminded of what counselors do best; we help the voiceless be heard. The most inspirational moment for me came from the keynote speaker, Dr. C. Aldolfo Bermeo a Senior Scholar for The Pell Institute for the Study of Opportunity in Higher Education in Washington, D.C. He discussed what it was like being the child of immigrants, having to navigate through two worlds. While he was considered by society to be an “at-risk” student, he rejects that term. Instead, he identifies those students in situations similar to his own as “at-potential” because they persevere against all odds in a system that is designed to keep them out. He emphasized that it is the responsibility of counselors to decrease systemic barriers, enabling all students, regardless of demographics, to have equal access to excellence.

Regardless of what areas have you excited about our field; the conference has something to offer everyone. It was great opportunity for professional development, networking, as well as fun and entertainment. I strongly encourage all that can to attend next year’s conference, which will be held in Pittsburgh, Pennsylvania from March 18-22.

CSI: Beta Chapter Initiation Ceremony

FOLLOWING the events of this year’s CSI Professional Development Day was the Initiation Ceremony. Nineteen new members were inducted this year, three of whom were also elected to serve as Official Board Members to the Beta Chapter. Time was also taken to recognize the outstanding service and dedication of our current members. It was a great time had by all celebrating the many accomplishments the Beta Chapter has had over the past year.

2008-2009 CSI Inductees

Hilary Amberg  Ryan Reese
Jessica Atchison  Tracie Rogers
Rachael Goodman  Jorie Scholnik
Caroline Joyner  Lauren Schommer
Trevor Kolski  Winnie Shen
Elizabeth Lyons  Arianne Smith
Elisa Mott  Carolyn Swango
Krysta Pensiero  Kendra Volk
Shannon Pettit  Ashley Wright
Jessica Young

The newest members of the CSI Beta Chapter
CSI Professional Development Day 2009

BY MEGAN L. SCHARETT, DOCTORAL CANDIDATE

CHI SIGMA IOTA’S Professional Development Day 2009 was a great success. The day began with Dr. Dee Dee Locascio, from Locascio Consulting, serving as the keynote speaker. Dr. Locascio is a licensed mental health counselor, certified rehabilitation counselor, certified vocational evaluator, certified CPR and First Aid responder, and soon to be added to her list of credentials, certified financial planner. During her presentation, Dr. Locascio discussed stress and worries that students’ face and the need to take one day at a time. She showcased her development from student to private clinician, offering wisdom and insight to those wishing to follow in her footsteps.

After Dr. Locascio’s keynote presentation, the day continued with several student and faculty presentations that covered a wide range of topics. Eric S. Davis, Doctoral Fellow, discussed how to combine reality therapy with play therapy. While being both informative and experiential, attendees were provided with several reality play techniques including the use of art, sand, and puppets to utilize in their own counseling practices. Cheryl Pence Wolf, during a concurrent session, discussed how to find a counseling job, offering many practical recommendations for where to begin looking for a job and how to apply. Laura Reed also presented on her study regarding the Parent Proficiencies Questionnaire for African Americans.

The next group of sessions took place from 2:00 p.m. until 2:50 p.m. Adrienne Baggs, Doctoral Fellow, along with Cheryl Pence- Wolf, Doctoral Fellow, Ana Puig, Ph.D. and Mary Fukuyama, Ph.D. addressed integrating spiritual competencies into multicultural counseling. This presentation offered insight regarding spiritual competencies and the need to be mindful of them in counseling relationships. Jim Porter, Ph. D., addressed the current bullying crisis in schools and children’s tendency to defend victims of bullying. Dr. Porter’s study examined how gender identity and gender-based social norms might explain why girls are more likely than boys to defend victims of bullying. Megan Scharett, Doctoral Candidate, addressed family school involvement at the high school level. Her presentation provided information regarding how parents, counselors and teachers can connect with schools to enhance adolescent achievement.

The last group of sessions took place from 3:00 p.m.-3:50 p.m. Michael D. Brubaker, Doctoral Fellow and Candidate, along with David Miller, Ph.D., discussed the treatment barriers for the chronically homeless. Their presentation informed counseling students about the need for services among the homeless and their role in eliminating barriers. Kevin Tate, Doctoral Candidate, presented the process and content of career counseling, dispelling myths that participants may have regarding this type of counseling. Elisa Mott, Master’s Student and certified Kripalu Teacher, discussed healing eating disorders with yoga. She explored the healing power of yoga as a creative and complementary approach to counseling clients with eating disorders.

The day was a wonderful learning experience for everyone who participated!
Beta Chapter Kudos Korner

Counselor Education faculty and students have been involved in numerous projects throughout the 2008-2009 academic year. CSI wishes to congratulate all of the recent award and honor recipients from our department for their success ……………………………………………………………

FACULTY ACCOMPLISHMENTS

Dr. Cirecie A. West-Olatunji was elected to Governing Counsel of the ACA. Dr. West-Olatunji also received the Samuel H. Johnson Distinguished Service Award. This award honors an AMCD member whose service at the local, state, national, or international level has stimulated interest in multicultural counseling and development and/or enhanced the well-being of members of the populations served by AMCD.

Dr. Mary Ann Clark was awarded the UF College of Education 2008 Graduate Teacher of the Year

Dr. Michael Garrett was named as a Fellow for the Association for Specialists in Group Work

Dr. Sondra Smith-Adcock received the Counselor Education Faculty Award from the College of Education

Dr. William Conwill was awarded the Meritorious Service Award and the Exemplary Diversity Leadership Award from the Association for Multicultural Counseling and Development

Dr. Edil Torres Rivera—President-Elect of the Association for Multicultural Counseling and Development (AMCD)

Dr. James Archer will receive the 2009 College of Education Life Time Achievement Award for his outstanding service, leadership, and contributions to the counseling profession.

Dr. Andrea Dixon was elected to a two-year term as secretary of Chi Sigma Iota, International.

STUDENT ACHIEVEMENTS

Congratulations to the CSI Beta Chapter Award recipients Eric Davis (Outstanding Doctoral Level Student) and Laura Reid (Outstanding Master’s Level Student). In addition to his chapter award, Eric Davis was also the recipient of the ACA Ross Trust Graduate Student Scholarship. This award is given annually to doctoral level students who are outstanding in their academic performance, volunteer activities in schools and/or community, and involved in scholarly research, writing and presentations. Finally, Andrew Hurley received the American School Counselor Association Foundation Scholarship, which is given annually to Master’s level school counseling students to help fulfill their educational goals.

Doctoral candidate, Rachael Goodman received the Chi Sigma Iota International and Beta Chapter awards for Outstanding Research. Rachel was nominated for her upcoming publication in the Journal of Counseling and Development entitled, “Applying Critical Consciousness: Culturally Competent Disaster Response Outcomes.” This qualitative study examined the development of cultural competence and disaster response skills among counselor trainees when providing outreach in New Orleans following Hurricane Katrina. Rachael Goodman was also the recipient of the Dr. Daya & Mrs. Usha K. Sandhu Multicultural Counseling & Diversity Student Research Award, from the Association for Multicultural Counseling and Development (AMCD). The award recognizes students who have embarked on research in the area of multicultural counseling. She recently completed her dissertation defense and will graduate in May 2009.
STUDENT ACHIEVEMENTS CONTINUED...

Doctoral candidate, Whitney Nobles received the Chi Sigma Iota, International and Beta Chapter Outstanding Service to Chapter awards for her service and commitment to Chi Sigma Iota.

Doctoral candidate, Cheryl Pence Wolf, received the Richard K. McGee Service award in recognition of her volunteer efforts at the Crisis Center. This award is given annually for "Outstanding Contribution in Extending Crisis Intervention Philosophy into the Community."

Doctoral candidate, Summer Yacco, was named as a Holmes Scholar, a designation that recognizes advanced-degree students of color in education for their character, academic standing, and career goals in education.

Dr. Shifa Podikunju-Hussain, alumni, was awarded a $500 grant, from the Association for the Spiritual, Ethical, and Religious Values in Counseling, for her study on Muslim teens.

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PUBLICATIONS


CSI Beta Chapter Members Hard at Work . . .

‘08-’09 CSI Beta Chapter officers welcome in newly elected ’09-’10 Beta Chapter officers during this year’s Initiation Ceremony
From left: Isabel Thompson, Edie Siemann, Eric Davis, Cheryl Pence Wolf, Ryan Reese, Carolyn Swango, & Jessica Young

Students from Dr. Clark’s Counseling Children and Adolescents class help local high school students prepare for life after high school

From left: Beta Chapter members Eric Davis, Isabel Thompson, and Eric Thompson present at this year’s ACA National Conference
The Spring ’08 Cohort welcomes the newest member of its family at the Semi-annual CSI Department Potluck.

Students engage in experiential learning with sandtray techniques in Dr. Dixon’s Group Supervision class.

As you can see, it was hard work raising money at this year’s CSI Beta Chapter Kickball Fundraiser.

?? Got News ??

Want to recognize a student’s accomplishments in our next issue?? Be sure to email any recent news to Lynn Fairchild at lfairchild@ufl.edu.