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Mu Chi Alpha Chapter

CSI Newsletter

Promoting Excellence in the Field of Counseling at Messiah College



Editor's Note

Welcome to the second official Mu Chi Alpha CSI newsletter! We hope to highlight one of our current staff, student, or alumni for each track. We will also offer some pertinent information that will benefit you as a professional counselor, student, or CSI member. We are excited to deliver what we hope is a great resource to what's going on with our chapter here at Messiah College. If you have any comments or ideas to contribute, let me know by email. I look forward to hearing from you! -

President & Editor-in-Chief

Jennifer Gould

Benefits for Chi Sigma Iota Membership

Messiah College's chapter, Mu Chi Alpha

- Looks great on a resume
- Issues of the **Exemplar**
- Affiliation with local or nearest chapter
- **Free Webinars**
- Networking with members worldwide
- Leadership Fellow and Intern programs
- **Outstanding individual awards**
- Counseling research grant programs
- **The Counselor's Bookshelf**
- Find a Counselor and/or Supervisor Directory
- Chapter activities

Save the Date! 2017 Induction is May 19

Any Questions?

Contact Dr. Heather Barto (Chapter Faculty Advisor) @ hbarto@messiah.edu
Membership invitations go out each spring

Membership Requirements

- Completed 24 credits of full-time graduate coursework in a counselor education degree program
- Grade point average of 3.5 or better on a 4.0 system
- Student does not have an open remediation plan
- New member dues: \$50 with \$40 going to CSI and \$10 going to the Messiah College Chapter





Q & A with a CSI Alumni: Rachel Arnold

Rachel is a Nationally Certified School Counselor and currently the Director of Counseling at a local high school in Central Pennsylvania

To find out more about her position and school, visit <http://www.bishopmcdevitt.org/guidance>

What is your current position and titles (LPC, etc.)? What are your primary responsibilities?

I am a 2013 graduate of Messiah College's Master's of Arts in School Counseling Program and am happy to report that I accepted a counseling position immediately upon graduation. I am a Nationally Certified Counselor (NCC) by the National Board of Certified Counselors (NBCC) and currently the Director of Counseling at a local high school in Central PA. A majority of my daily responsibilities include meeting with students in individual or group settings for purposes such as college planning or responsive services and interacting with parents, teachers, and administration. Currently, I am writing many letters of recommendations for my senior students and assisting juniors through the process of finding out what careers interest them in preparation of their senior year.



What advice do you have for those entering the School Counseling field?

The advice I have for students entering the School Counselor field would be to learn flexibility and patience. As a school counselor, time management skills are crucial as there are many deadlines and dates to remember. Sometimes this includes college deadlines, while other times you will need to quickly plan ahead when students are taking care of their mental health in outpatient services or having a psychological report completed. Being able to prioritize has helped me accomplish much more in the few years that I have been in my career. Patience is another crucial characteristic of a counselor, especially if you find yourself working with adolescents! Regardless if you accept a school counselor position in an elementary school or secondary school, it is important to continually advocate for your students and be a professional outlet for them.



What was the most useful experience of your training at Messiah?

Messiah's graduate program was a perfect fit for me. Not only did the online classes allow me to work full time while obtaining my degree, but they also allowed me to become independent and work on my own time management. I was able to gain even more insight from my professors and colleagues than I did in the physical classroom during my undergraduate work. The compassion and dedication from my advisor, Dr. Barto, and the rest of my professors at Messiah College was immensely appreciated. I feel that I benefited the most from the "nerve-wracking" counseling sessions that we role-played with peers in our classes, especially ones that were videotaped! However, no matter how nervous I was, it was the best way for me to learn. Watching myself in the counseling role really helped me to realize my strengths and focus on my weaknesses. Each and every assignment that my professors had us complete was for our benefit. Messiah's program not only prepared me for my current position, but also taught me to reach out for consultation and collaboration with others in the counseling field.

What is the most impactful book or resource you have found that applied to your practice?

The most impactful resource that I turn to on a daily basis working with high school students is Naviance. This is an online tool that allows students to explore not only their personality, but also how to match their traits with certain careers and then begin the college search. Students are able to navigate through the college application process and even show a "scattergram" as to where they fall among peers their age in comparison to colleges. A second resource that I like to refer to is *The 7 Habits of Highly Effective Teens* by Sean Covey. This is an excellent book that gives you a guideline to working with students. Simple ideas such as "putting first things first" or "being proactive" are two of the habits in this book that Sean Covey uses to aid a student through these seven habits. There is also an elementary student version as well.

What has being part of CSI meant at you as a professional and a student?

As an inductee into Chi Sigma Iota, I received much recognition during interviews that I had immediately following my graduation from Messiah College. Being able to put such an accomplishment on my resume made me proud of not only the work I completed, but of who I am. As a professional counselor, being a part of Chi Sigma Iota has opened my eyes when working with my National Honor Society students and allowed me to appreciate the amount of work and dedication that they put forth to achieve a similar status. It is a status [personal achievement] to be proud of and one that I will never take for granted.

Snapshots from 48th Annual PCA Conference: *mini-synopsis on the Pennsylvania Conference 2016*

For more information on sessions log onto www.pacounseling.org

Questions:

- . What was your favorite session at the conference and what did you learn from it?
- . What is one thing you took away from the conference that changed the way you looked at counseling?

Sarah Kaufmann's Answer: I really enjoyed the conference this year. This year was exceptional as I felt there was a renewed sense of energy throughout the conference. This was my third conference, I was a volunteer at the first two so this was my first really being able to sit and be a participant. I would say I had two favorite seminars both of which were connected. The first was on the use of spirituality in counseling. A professor and a graduate student presented it from Marywood University. They discussed the importance of holistic counseling, which includes spirituality. The amount of spirituality should depend on the client and how they see the use of spirituality in counseling. The second seminar I found helpful was on how to be ethical as a pastoral counselor or even while being a counselor in a religious based setting. A priest and a professor at Steubenville University presented this. They discussed how ethics and religion could be both difficult and intertwined. I think from the two seminars, and the whole conference in general, I really got a renewed sense of commitment to holistic care. Both seminars really reminded me that religion, spirituality, and practice are not incompatible.

Kristin Malloy's Answer: My favorite session at the conference was the morning session on mindfulness. The presenters were very knowledgeable and engaging. I learned a great deal that I will be able to implement into my practice. I have a greater respect for the diversity amongst counselors in the field. Each counselor brings a different "gift" into the world of counseling. Everyone present at the conference had a true love for what they do. As a future counselor it is truly uplifting and inspiring!



Dr. Deedre Mitchell (middle) accompanied Sarah (left) and Kristen (right) to the conference. Dr. Mitchell is a LPC, NCC, and Certified School Counselor in the state of Pennsylvania. She is part of the faculty for Messiah's Graduate Counseling Program



SAVE THE DATE

7th Annual Chi Sigma Iota Pennsylvania Statewide Conference

Creative Strategies for Collaboration in Counseling, Training, and Supervision



Keynote Speaker:
Dr. Spencer "Skip" Niles

Saturday, April 8, 2017
Marywood University

Proposals Due: February 4, 2017
Early Registration Opens: January 11, 2017

Join us on [Facebook](#)



7th Annual Chi Sigma Iota Pennsylvania Statewide Conference

Saturday, April 8, 2017
Marywood University
Scranton, PA

CALL FOR PROPOSALS

The Pi Chapter of Chi Sigma Iota is pleased to announce the Call for Proposals for the 7th Annual Chi Sigma Iota Pennsylvania Statewide Conference. We invite innovative and quality proposals that address areas of counseling, counselor education and supervision, and specifically those that are both practical and research-based.

Proposals are due by **Saturday, February 4, 2017**

Q & A with a Graduate Student: Lauren Powers

Lauren is a current Messiah College Clinical Mental Health counseling student, mother, and middle school student ministry volunteer

What is your current position in your internship/ practicum?

I am halfway through a 17-week clinical mental health practicum at *Ten Ten Counseling* in Boyds, Maryland. Ten Ten Counseling is a private practice located on a therapeutic horse farm. My supervisor also conducts school based counseling at a high school. It has been an amazing experience to see clients in both of these unique settings.



What are your main responsibilities?

My responsibilities include individual counseling for children, adolescents, adults, and couples, observing, conducting intake interviews, participating in weekly supervision meetings, treatment planning, and record keeping. The practice where I am completing my practicum uses *TherapyNotes* for notes and it has been interesting to learn clinical documentation through this database.

How come you decided to become a counselor and earn a Masters of Clinical Mental Health degree?



Earlier this fall I read the book “Restless” by Christian author and speaker Jennie Allen and I was deeply impacted by her words, “I think God could untangle your soul, your story, your gifts, your people, your place, and your passions, and begin to weave it into purposes that you haven’t been brave enough to imagine.” This quote resonated with me because I strongly believe that our stories, experiences, and critical events in our life can be used towards a purpose. At first I wasn’t brave enough to believe that I could help others, but God has continually shown me that He has given me experiences, qualities, and the passion to be a counselor.

Professionally over the past years I have been working in student ministry at a church. This experience catapulted me into starting my graduate school journey to become a licensed professional counselor. While working in my position, I have walked alongside many adolescent girls who are struggling in various ways. I have witnessed first hand the need for mental health professionals with a heart for helping adolescents and their families develop the skills to overcome challenges they are facing and to have someone to show them support during their difficulties.

What is your favorite part about being your practicum?

It's hard to put into words how beautiful and therapeutic it is to counsel clients at a horse farm. The setting is stunning, peaceful, and I have had the opportunity to learn about equine facilitated psychotherapy. Recently I was working with a young child who has difficulty with anxiety and impulsivity. While we were walking through the barn together one of the horses was very agitated and we had the opportunity to talk about how the horse was mirroring some of the emotions that she was feeling. Prior to this experience, I had little knowledge of horses so it has been incredibly interesting to learn about them and how they can assist in helping clients. This experience has encouraged me to learn more about the use of animal assisted therapy.

What is your most challenging part about being in a practicum?

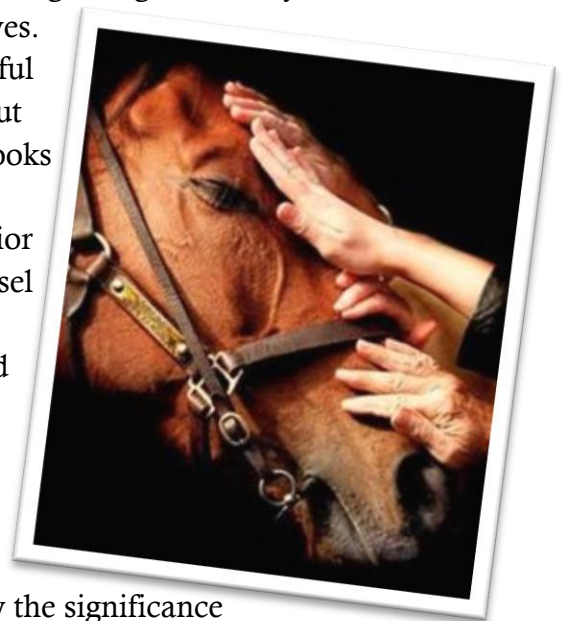
The most challenging part is also another favorite part of my practicum experience. Counseling in a private practice setting, I have the opportunity to counsel clients from a range of ages and variety of diagnoses. The youngest client I have seen is five and the oldest client I have seen is in her sixties. I have seen individuals, families, and couples facing difficulties such as substance abuse, anxiety, depression, grief, and trauma. Having such a diverse caseload has challenged me to grow in my understanding of different life stages, diagnoses, and interventions for a wide variety of clients.

Do you have any advice for another graduate student who is just starting out in practicum or internship?

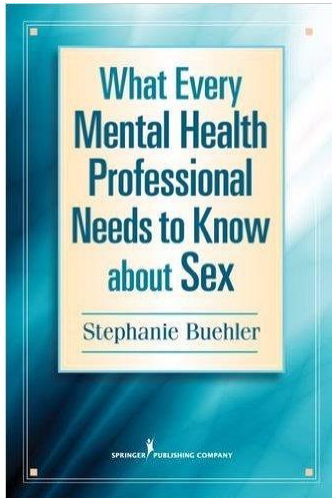
Don't be too anxious about starting to get your direct hours. The beginning weeks at your site are such an important time to learn about your site and the clients that it serves. My first few weeks in my practicum experience were such a helpful time to observe counseling skills and techniques, learn more about the counseling relationship, and see what we've learned in textbooks and classes be applied in real life sessions. Also, be open and flexible to the journey your field experience will take you on. Prior to starting my practicum, I thought that I wouldn't want to counsel adults and would be more drawn to working with children and adolescents. I have found that I really love counseling adults and I hope to continue to work with this population in the future.

What has being part of Chi Sigma Iota meant to you as a member?

It was truly an honor to participate in the induction ceremony this past spring into CSI. While at the ceremony, I was struck by the significance of being a part of a community of counselors whom are all striving for excellence in their work in the counseling profession. I really appreciate the "Counselor's Bookshelf" part of the CSI webpage where you can find recommendations and reviews of books about various topics of counseling.



What Every Mental Health Professional Needs to Know about Sex: A Report by Lindsay Woodward



In *What Every Mental Health Professional Needs to Know about Sex*, Buehler (2014) compiled comprehensive and pertinent information regarding the nature, assessment and treatment of sexual

disorders. Overall, this was a practical guide intended for both clients and therapists to increase their comfort and ability to engage in an open dialogue regarding sex and sexuality. Buehler wrote with the belief it is essential for counselors to self-reflect and have an awareness of their own sexuality to be competent when addressing the concerns of their client's.

Buehler organized her work into three parts. In Part I, there was a discussion regarding the relevance and duty counselors had to address sexual problems in their work and provided an extensive description of what constituted sexual health. Moreover, a historical overview of sexual health throughout the decades provided counselors with a perspective of how different generations may view and orientate their sexuality. Part II delivered a significant amount of information on the various issues and topics that motivated clients to seek help. The practitioner was also introduced to the proper practice of assessing sexual concerns. The sexual concerns included and were not limited to women's sexual health, men's

sexual health, common sexual issues that arise in couples counseling, LGBT concerns, sexuality and mental health problems, sexual pain disorders, the impact of sexual abuse in childhood, and alternative sexual practices. One unexpected and influential chapter focused on parents' questions concerning sex. Considering the counseling field was formed on the idea of prevention, providing parents with knowledge on how to counsel their children about sexual health may aid in eliminating future problems for the next age group. Part III described the ethics that go into practicing sex therapy and the frequent conundrums that counselors, especially when working with couples, may encounter.

Buehler was proactive in furthering the self-awareness of her readers and provided activities for deeper self-reflection. This allowed one to consider how their beliefs and attitudes may affect how they delivered counseling to specific situations regarding potentially difficult areas of a client's sexuality. Throughout the text, there was a "Step Into My Office" sidebar that pulled examples from actual cases Buehler had treated. They were short vignettes, yet dense with detail, and often included some inclination of how the counseling concluded for that particular case. Lastly, at the end of each chapter, there was a list of additional resources that may be of interest to readers.

Lindsay Woodward anticipates completing her Clinical Mental Health degree in 2017 at Messiah College. She is currently working at Monte Nido, a residential eating disorder treatment facility in Irvington, NY.

CSI Important Links

- CSI Webinar for the month: www.csi-net.org/events
- Mu Chi Alpha Website:
www.csinet.org/members/group.aspx?code=mu_chi_alpha
- CSI Career Center: www.csi-net.org/networking/
- CSI Counselors Corner: www.csi-net.org/?page=Counselors_Corner



March 16–19, 2017

**Pre-conference Learning
Institutes: March 15–16**

**Moscone West Convention
Center | San Francisco,
CA**

<https://www.counseling.org/conference/2017-registration>

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