



## Beta Upsilon News

The Official Newsletter of Barry University Department of Counseling's Chapter of Chi Sigma Iota Counseling Honor Society International

Fall 2015

### Beta Upsilon's Presidential Address: Trust the Process Shyda Nematollahi

#### Chi Sigma Iota

The mission of Chi Sigma Iota is to promote scholarship, research, professionalism, leadership, advocacy, and excellence in counseling, and to recognize high attainment in the pursuit of academic and clinical excellence in the profession of counseling

As another year comes to an end, I find myself reflecting on the last twelve months and how much things have changed in my life since last year. I have grown so much as an individual these past two years since I began the Marriage, Couples and Family Therapy Program at Barry University. And through my experience as the President of the Beta Upsilon (BU) Chapter of Chi Sigma Iota, I have had the opportunity to observe my peers grow as both professionals and individuals.

Simply said, I am proud to be a part of the Barry family. To lead my fellow classmates and work along side members that are passionate about our chapter has been the most rewarding experience.

Now as I enter the next phase of my education and the second semester serving as BU-CSI Chapter president, there is one big lesson that I will carry with me and would like to share. I recently had a meeting with my advisor, Dr. Regina Moro, to

discuss my future in the program. She responded to my endless questions and concerns with a simple phrase that has been a guiding light for me — “Trust the process.”



Balancing school, a personal life, work, and leadership roles definitely has its difficulties. The more responsibilities we add to our plate, the more we may find ourselves slipping through time and wondering if all our hard work will be worth it in the end. This can be frustrating. However, I've learned to stop rushing things that need time to grow. Once I shifted my thoughts and added this concept of trusting the process to my core value system, things began to change gradually, yet tremendously for me.

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## Beta Upsilon's Presidential Address: Trust the Process Shyda Nematollahi

We are entering one of the most important and beautiful times of our lives –a phase in which we have the opportunity and freedom to create our very own visions of success. During times in which we begin to doubt ourselves, we must remember to trust the process and, most importantly, to trust ourselves. Continue to work hard, but do not continue to worry about every setback or dwell on all the *what ifs* in life. A key stepping-stone on the path of success is learning to move forward with our best efforts and trust that things will unfold as they are meant to.

With one more semester left before me, I plan to treasure the next few months I have to serve as your president. I look forward to learning from you all and hope that, if anything, my time as your President has encouraged you to believe in yourself and your goals with confidence. I am beyond excited for the endless possibilities that await each one of us this semester and onwards.

To my friends and my peers at Barry University, you have the ambition, you have the education, you have the mentors. The keys to success have been given to you. Do not face the unknowns in life with fear and worry. Instead, open those doors. Step in with your head held high and *trust the process*. You are ready to thrive.





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## Faculty Advisor's Greeting: Raul Machuca, PhD, LMHC, NCC

As I reach my 10<sup>th</sup> year as member of CSI, I reflect on what my experience has been up until this point. I became a member of CSI through my first chapter at the University of New Orleans back in 2005. At that time I was a very busy international student trying to navigate the challenges of going to graduate school right after completing my English as a Second Language Training. My initial involvement with the Alpha Eta chapter was barely nominal.

It was not until I started my doctoral studies that I began to discover the tremendous opportunities that being an active member of CSI could bring about for me. At that time I witnessed how those students, mostly from the doctoral program, who were members of the Board appeared to display this particular level of confidence as well as a sense of professional identity as professional counselors that I wanted to attain. Multiple times I observed how those active students in the chapter seemed to have a closer relationship with faculty, they were considered more often for graduate assistant positions, and what I admired the most, they seemed to know about the counseling profession, its organization and leadership in a much more hands-on way.

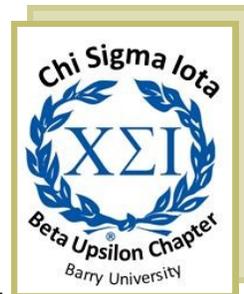
During the last year of my doctoral studies I decided to run for a position on the board and was elected as Doctoral Student at

Large. I remember my installation ceremony as the moment in which I became part of what I saw as the elite among master and doctoral students. I served as Doctoral Student at Large for one year and then graduation came.

Upon graduation, I started my life as a counselor educator at Barry University and transferred my membership to the Beta Upsilon Chapter. I came to Barry at a time when the Beta Upsilon chapter of CSI was somewhat dormant. So, after a semester at Barry I took over the responsibility of advising our chapter and it has been for me one of the most pleasant experiences I have ever had. During these three years I have had the opportunity of working with amazing student leaders. If I had known initially about the tremendous satisfaction of being an active member of CSI, I would have been much more involved from the very beginning.



## Faculty Co-Advisor's Greeting: Regina Moro, PhD, LCAS, CAP, NCC



Here we are again, another fall semester! Unlike many other parts of the country where people are breaking out their jackets, heading out apple picking and warming apple cider, here in sunny South Florida we are finally getting a relief from the summer heat, we can finally enjoy the beach! The fall semester also brings with it the newness of another school year. Maybe you are like me, and look forward to walking into Staples each and every August to gather my brand new pens and planner to stay organized, or just enjoy the routine our academic life brings. The newness is a great opportunity to be reflective and set our intentions for the year ahead.

I, like many others, often become worn down by the day-to-day business of my job, that sometimes it helps to take a step back and remember why I am here doing what I am doing. First and foremost, I am here for the clients. Clients that we have met with and worked with, clients we are currently seeing, and also future clients who may get the courage to walk into the office soon. I am passionate about the counseling process, forming a relationship with a stranger that has the powerful ability to be transformative for that client's life. I am also here for you all, the students. Here at Barry I feel blessed to have such motivated and insightful students that are truly reflective about their experiences and how this will impact their future work with clients. Beta

Upsilon and Chi Sigma Iota International recognize **excellence in counseling**, and I believe all of our students here embody that excellence. You all are open to exploring your own inner worlds, in order to be the best counselor for your clients.

I would invite you to be reflective in this moment, what are your intentions for this year? What is your ultimate purpose, and how does your intention guide that? By now we are well into the fall semester, but it is never too late to be thoughtful about your intentionality in order to fully embody excellence!

*“When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds:*

*Your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be.”*

— Patañjali



## Let It Flow!

By: Sashay Goodletty

*Peace, calm, in sync, soothing rush of energy, and fully immersed* are the best words I can find to describe my experiences with my clients during internship this semester. Something happened in our counseling space; something inside of me. I was physically, mentally, and emotionally present with my clients. Our exchanges, the verbal, the non-verbal, and even the moments of silence, were taking effect. Something beautiful happened as my clients shared their history with me. Even now, as I write this article, I notice my increased heart-rate and trembling fingers as I am taken back to these unforgettable moments.

When I first noticed this *peace, clam, and soothing rush of energy*, I was dumbfounded. Where is this coming from? Why do feel excited and clam at the same time? Then the voice of one my undergraduate professors, Dr. Kurtines, came to mind: "It's pronounced CHEEK-sent-mə-HYE-ee." Flow! I was experiencing *flow*. Coined by Hungarian psychologist Mihály Csíkszentmihályi, the term is used to describe a mental state in which one is completely engrossed in an activity. In such a state, the individual has turned all attention towards a task and experi-

ences a strong sense of fulfillment and enjoyment. And this is where I was (still am)!!

Once I was able to accurately label my experience, I was met with a wave of thankfulness. Prior to beginning practicum/internship, I was hesitant about what the hands-on experience may reveal about me: Is counseling something I really want to do? Am I even capable of providing counseling services to others? After three years of coursework and student loans, will I discover that counseling is not my niche and be forced to find a new career to navigate? Fortunately, due experiencing flow, my anxieties were allayed. I AM capable of counseling others. I AM a good counselor-in-training.

Ironically, this self-awareness came about during the most difficult semester of my academic career as a master-level student. Balancing the work hours and all the paperwork for my two internship sites was not easy. Yet, I still found myself in the zone once those precious 50 minutes started; and I found myself in the zone on multiple occasions. Whoa!

*"Is counseling something I really want to do?"*

Today, I feel so aligned with my calling to provide mental health counseling services. Like any other profession, being a professional counselor is not for everyone. But for the next wave of my peers who are entering practicum/internship, I hope you have an amazing experience that ignites self-awareness, self-reflection, and of course, flow. The journey may get bumpy and overwhelming sometimes...when it does, feel free to take a step back, take a few deep breaths and re-focus. If this path is truly your calling, you will experience flow too.



BU-CSI Member  
Sashay Goodletty

# What is Dance Movement Therapy?

By: Angela Dipasquale

Dancing is one way for human beings to express themselves using their whole body. There is no age limit for individuals who want to dance. Dance is a life-long activity which anyone can access at any time. It is a universally understood language that does not require verbal communication.

Places where one may typically dance in ranges from one's room, in competition, and during special occasions (e.g., sweet 16 party, prom, wedding reception, or a sporting event). A Registered Dance Movement Therapist (R-DMT) uses the experience of dancing to assist their clients' overall wellness.

An R-DMT is certified by either graduating from an American Dance Therapy Association (ADTA), approved Graduate Program, or completing an alternate route (a minimum of a master's degree, training, coursework, and internship in dance/movement therapy) (ADTA, 2015).

The ADTA defined dance/movement therapy as, "the psychotherapeutic use of movement to further the emotional, cognitive, physical and social integration of the individual" (ADTA, 2015). Constant emphasis is placed on how the

mind, body and "spirit" are connected. The ADTA has been around since 1966 and has offered group and individual sessions in various areas in the mental health field. R-DMTs try to use a client's internal resources of mind, body, and spirit as strengths to help them combat whatever issue they are facing.

*"The psychotherapeutic use of movement to further the emotional, cognitive, physical and social integration of the individual."*

As any other form of therapy, dance therapy can be very beneficial, especially for individuals who find joy in dancing. It may also be useful for individuals who have difficulty verbally expressing themselves. Dancing is a form of art that can bring people together and possibly improve their lives.

As counselors-in-training, we are always encouraged to meet the clients where they are. In the event we have a client that

may benefit from dance movement therapy, the American Dance Movement Therapy Association is a great resource.

For more information on how to become a Registered Dance Movement Therapist and how dance can be used a therapeutic intervention, please visit: [www.adta.org](http://www.adta.org)



BU-CSI Member  
Angela Dipasquale

# A Four Step Self-Care Plan for Counselors

By: Tina Fitts

Being a counselor is not easy and while counselors are caregivers by nature, we often don't take care of our own needs. As counselors, we advocate for individual health, happiness, and comfort, yet in order to continue making a difference in people's lives, we need to take care of ourselves first.

Self-care refers to "care of the self without medical or other professional consultation." Hearing this term may conjure additional responsibilities to our already long to-do list as most of us are busy with school, one or two jobs, kids, and relationships, which leaves us little time to add another responsibility to our list. However, promoting your own self-care does not need to be time-consuming or complicated. Sometimes, it is simply doing nothing that is self-care.

As a counselor, student, fitness instructor, and nutrition enthusiast I know the benefits of self-care. Taking care of my health has helped me gain confidence, have more energy, remain calm during stressful days, feel fit, execute my responsibilities, avoid doctor visits, and help my clients. I want to share with you a few tips on

how you can stay healthy, happy and effective.

**Sleep** According to National Sleep Foundation, adults need between seven to nine hours of sleep with recent studies indicating that seven and a half hours is the optimal amount. Make sleep a priority as it improves your mood, energy, and attentiveness. It's not a coincidence that sleep deprivation has long been considered an effective torture technique as lack of sleep can make you lethargic, irritable, and forgetful. You can discover your optimum sleep schedule by experimenting with different hours and times.

HelpGuide.org suggests the following tips for getting a good night's sleep. First, set a regular bedtime and wake up time. Second, turn off your television and computer, and put away your cell phones a few hours before sleep. Third, keep your bedroom quiet and dark. Fourth, don't drink caffeinated beverages or eat sugary snacks and avoid big meals at night.

**Nutrition** We all know the importance of a well balanced diet, but eating healthy often isn't easy with a life seemingly always on the go. Famed au-

thor and nutrition activist Michale Pollan sums up a good dietary approach with this well known, pithy statement: "Eat Food. Not too much. Mostly plants."

*"Taking care of my health has helped me gain confidence, have more energy, remain calm during stressful days, feel fit, execute my responsibilities, avoid doctor visits, and help my clients."*

What Pollan is really saying is to eat REAL food – fruit, vegetables, grains, fish, and lean meat; not processed, man-made, chemicals formed into food like substances.

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Also, keep your proportions down. A shovel full of good food makes for a lot of calories and even too much of good calories leads to weight gain. Lastly, Pollan emphasizes a diet that is mainly plant based, but leaves room for lean meats and fish. Start reading the labels of the food you buy and pay attention to the content. Educate yourself about the food you ingest. Is it nourishing your body or is it destroying your health?

According to the Stanford School of Medicine our bodies turn over a total of 50 to 70 billions cells daily. This makes nutrition an important part of our lives, since we are truly what we eat. Some ways to help you enhance your health through nutrition include eating unprocessed whole foods, drinking more water, avoiding vending machine and fast foods, and eating only when you are hungry. Nutrition-facts.org is a great website to refer to learn what consist of a healthy diet

**Exercise** The benefits of exercise are also well known and well publicized. Not only does it promote good heart health and better circulation, but exercise has been proven to release endorphins, which are essentially hormones that make us happy. But with many demands for our time as counselors, it can seem hard to make time for a good workout. It's

important to know that exercise can be fun and not a chore and it does not have to mean a time consuming trip to the gym. A walk in the park, a bike ride to the grocery store, taking the stairs instead of the elevator, and parking the car a little farther from the entrance all help. There is also a misconception about exercise where people think that exercise is *only* for weight-loss or weight control. In fact, experts also suggest that exercise promotes better mood, improves self-confidence, prevents cognitive decline, reduces stress, alleviates anxiety, sharpens memory, and increases productivity. If you need some motivation, find a buddy who will push you when you are feeling less motivated, make a good play list to get those toes tapping, and change your homepage to a fitness webpage such as [yahoo.com/health](http://yahoo.com/health) or [pop-sugar.com/fitness](http://pop-sugar.com/fitness).

**Meditation** Lastly, it's important to know that sometimes it is better to do nothing. Simple breathing exercises can relax muscles, lower tension, and can make you feel better. You don't have to go to a temple or take a lot of time away from your schedule to meditate or assume some special posture. Simply taking five to ten minutes to focus on your breathing can refresh you, make you feel present, and calm you down. You can meditate anytime and anywhere. You can meditate while

you eat, shower, or read. What this means is that when you are fully present and focusing on only one thing you are doing, you are meditating. Daily meditation promotes peace of mind, emotional stability, increases happiness, and sharpens the mind. In fact, a recent Harvard study showed that brief meditation enhances compassion, improves memory, lessen addictions, and increase threshold for pain.

As the old saying goes, a healthy body is a healthy mind. Our profession requires compassion, understanding, and empathy and all of that is easier if we ourselves are healthy and happy. If you want to get healthier, start making these small changes and before long, you'll see a big difference in your life.



BU-CSI Member  
Tina Fitts

## Reflections on the 66th Annual Florida Counseling Association Convention

By: Raina Edwards

After an impactful experience as a “First Timer” at the 2015 American Counseling Association (ACA) conference, I refused to pass up the opportunity to attend the 66<sup>th</sup> Annual Florida Counseling Association (FCA) Convention. I received a taste of our national organization while attending the 2015 ACA conference, so I was very curious to see my state’s branch of the counseling association.

This year’s convention may have been smaller than expected, but its relatively small number of participants made for a very intimate setting. It was very easy to sit and speak with presenters after the educational sessions. The intimate setting also afforded opportunities to network with other professionals. I crossed paths with other graduate students who shared similar interests and exchanged contact information which may be very viable in the near future.

One of Barry University’s distinguished professors and former ACA president, Dr. Brian Canfield, served as the keynote speaker and mentioned several important points during his address to a room filled with coun-

selors-in-training, professional counselors, and counselor educators. One, he had a fruitful discussion on the plethora of, and somewhat competing, counseling organizations in Florida in a way that encouraged collaboration, partnership, and unification. Two, Dr. Canfield made a cogent call for *active membership*. It is not enough to pay membership dues. Likewise, it is not enough to stand behind the sidelines and critique the association. If anything, some type of *action* should follow the critique. Voicing a critique of FCA (and any other entity) is the first step to transformative change; other action steps should follow. Dr. Canfield’s call for active membership aligned very well with the convention’s theme: *Ambassadors for Counseling: Serving Others*.

A very interesting portion of the convention was the social that took place on the first night. If I remember correctly, participants were encouraged to attend the social in attire that represents their culture. I deliberately decided to wear something simple that did not personify a culture;

while clothing is important, I prefer not to reduce my culture (s) to clothing alone. So I went to the social curious to see how others will interpret their cultures into their clothing.

*“We were absentmindedly participating in a cultural appropriation party.”*

Coincidentally, like me, many others in attendance did not wear cultural garb. Consequently, the hosts of the social did something I found interesting: as individuals walked into the social space, articles of clothing were randomly given and placed on them. One received a sombrero for example, and another received a set of maracas. As I watched people dance away and mingle with each other, I could not help but think that we were absentmindedly participating in a cultural appropriation party.

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The purpose of including this critique is not to engage in the debate of the what-why-where-when-and-how of cultural appropriation, but it is to bring attention to something that we failed to do: *honoring diversity and embracing a multicultural approach in support of the worth, dignity, potential, and uniqueness of people within their social and cultural contexts* (ACA Code of Ethics, 2014). Instead, we *reduced* cultures to stereotypical articles of clothing. How different would it have been if participants brought elements of their self-identified culture(s) (e.g., clothing, food, etc) and explained the meaning and purpose of those elements? Then, perhaps, we would have been more likely to engage in a meaningful and transformative exchange of information.

What are your thoughts? Please share by sending an email to [raina.edwards@mymail.barry.edu](mailto:raina.edwards@mymail.barry.edu)



BU-CSI Member  
Raina Edwards

Presenters	Title of Presentation
Alaa Alhejaili, Khalid Alfallatah, & George Walker	<i>Counseling Individuals, Couples, and Families of the Islamic faith: Introducing Tradition to Post-modernism</i>
Arleeza Marrah, PhD, & Andrea Jackson, EdS	<i>Racial Violence in a Post-racial society: Strategies and Implications of Ongoing Traumatic Stress Response and Continuous Traumatic Stress among African-Americans</i>
Tina Fitts	<i>Finding Strength Together: Sharing the Cancer Journey</i>
Tanya Johnson & Fatima Dehab	<i>Distance Counseling in Florida</i>
Regina Moro, PhD, Melissa Taylor, Kayla Anthony, Hilary Jemeson, Maite Rodriguez, &	<i>#BlueandBlack or #WhiteandGold: Using Pop Culture in the Counseling Process</i>
George Walker, Raina Edwards, & Sashay Goodletty	<i>Restorative Justice, Narrative Practice, and Returning Addiction Treatment to the Community</i>



BU-CSI Member  
Alaa Alhejaili

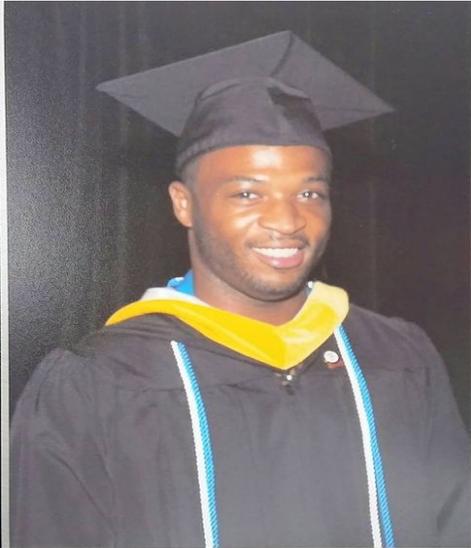
***“It was a great opportunity to meet with other professionals in the field of counseling and develop a valuable network.”***



BU-CSI Member  
Tina Fitts

***“It was wonderful to be surrounded by so many counselors and learn about their areas of interests. It was particularly nice to see many fellow Barry counselors, which made the conference feel more like home.”***

## Alumni Spotlight: Clayton Harrison, MS



Clayton Harrison, native of Cleveland, Ohio, moved to sunny Florida to pursue a master's degree in Barry University's Counseling program. His passion for working with children motivated him to successfully complete the program. While many graduates find themselves elbow-deep in the job application process, Clayton decided to take a different and interesting turn. BU-CSI member, Laguerda Isma, had the pleasure of conducting an interview with Clayton.

LI: What did you decide to do post-graduation?

CH: Well, I had several options, many of which were related to job seeking. But I decided to go another route. So right now I am working on a cruise ship traveling around the world as a youth staff member.

LI: Why did you take the break after graduation?

CH: I realized that I have been in school for 20 plus years without a break! In order for me to be effective as a therapist I thought it best to partake in much needed self-care and relax. I see this as my time to experience life in a way I've never had before.

LI: How will this break inform your role as a future clinician?

CH: I do not anticipate it affecting me negatively. I truly believe that psycho-educating clients about wellness and self-care will be a regular part of my profession as a counselor. Now that I am practicing self-care, via this break, I think it will better position me to educate my future clients on this topic. Additionally, while I am not actively working with clients at the moment, I continue to further develop my clinical skills through studying and occasional CEUs offered online.

LI: What was the most rewarding aspect of the counseling program?

CH: The most rewarding aspect was being able to apply what was learned in the classroom during practicum/internship. For the first time, there were no more role plays: I was working with *real* individuals with *real* presenting concerns. My internship experience allowed me to practice counseling theories and interventions, and through clients' feedback, determine which interventions are best suited for my clients.

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## Alumni Spotlight

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LI: What skills have you learned from BU-CSI and how are you applying them now?

CH: CSI is a good organization to meet others with the same goals. I learned how to work with others and be more open with myself instead of being shy. This is actually benefiting me now as I work on the cruise ship interacting with the guests and my co-workers. Additionally, CSI also allowed me to build relationships with professors outside of the classroom setting.

LI: What advice would you give to an incoming student about joining professional organizations, such as ACA or CSI?

CH: I would recommend them to join CSI, ACA, and other similar organizations. Be open and do not be afraid to try new things and talk to new people. *Active membership* will allow you the opportunity hear different perspectives and build rapport with your peers and professors. You never know what is rewarding until you try it out. Prior to seeking membership in these organizations, I would go to class and leave immediately afterwards. So I'm glad I took the leap and joined CSI and ACA.

LI: What advice would you give an incoming student in the program?

CH: Make sure counseling is something you truly want to do. Graduate school will be a very expensive life experience. More importantly, professional counselors, like doctors, teachers, and other helping professionals, have a strong influence with the individuals they care for. Knowing about this influence, give careful thought about entering this field because any recklessness and lack of care on our part can really affect someone's life in a negative way.

Lastly, make sure you have a passion for counseling and consider seeking personal counseling yourself and see what you like and what you do not like about it.

*"Do not be afraid to mess up. Imperfection and mistakes are part of the training process."*

LI: What, if any, advice would you give to the students entering practicum this coming spring?

CH: I will like to share two things with the incoming practicum students. One, do not be afraid to try new things. Clients are different and you have to be flexible in order to meet their needs. Two, do not be afraid to mess up. Imperfection and mistakes are part of the training process.



BU-CSI Member  
Laguerda Isma



# Restorative Justice Theory and the Treatment of Substance Use Disorders

By Sashay Goodletty

Here are two facts to consider: 1) between 1980 and 2013, prison population increased at about 5,900 individuals per year and 2) approximately 25 million people in the U.S., ages 12 and older, have used a controlled substance within the past month (National Institute on Drug Abuse, 2015). What is the relationship between the two statistics? More than two thirds of jail detainees and half of prison inmates have a substance use disorder. These numbers are astounding and require attention from professional counselors, policy makers, and communities at large.

Currently, much of substance-abuse related offenses are handled within drug courts and mental health courts. While outcomes for drug courts and mental health courts *appear* promising (i.e., fewer prison sentences and lessened likelihood of incurring new charges, respectively) (National Association for Drug Court Professionals, 2015), the rates of substance-related offenses is not decreasing. Moreover, upon release, substance-use offenders (SUOs) are likely to re-

engage in substance abuse.

Although drug courts operate in lieu of the traditional criminal justice system, its one-size fits all treatment plans and its high recidivism rates are a clear indication that something is lacking. As such, how else can society work with individuals who are living with substance use disorders? The answer may lie within Restorative Justice.

*“These numbers are astounding and require attention from professional counselors, policy makers, and communities at large.”*

Restorative Justice (RJ) is a theory on how offending behaviors are viewed and responded to. The theory, which emerged over 20 years ago, views offending behaviors as more than breaking an established system of laws. Instead,

it takes a more comprehensive, holistic, and systemic view on harm. Not only is harm done to others, but harm is also experienced by the self, relationships, and communities (Prison Fellowship International, 2015). Unlike the contemporary justice system, RJ focuses on repairing harm rather than punishment for the harm done.

Additionally, restorative justice places the process of repair in the hands of individuals and communities directly affected by the harm. While SUOs may be “gently nudged” in the direction of drug courts because it usually offers the incentive of a lesser charge if compliant with the terms of treatment, the decision to participate in a restorative justice model lies in the hands of the offending and offended parties. If they choose to, they have the opportunity to engage each other in meaningful dialogue on how the repair process may take place.

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It is hoped that this encounter will result in positive transformation among individuals, relationships, and communities. To date, there is a growing body of research supporting the effectiveness of restorative justice practices (Prison Fellowship International, 2015).

*“In order for the model to be effectively applied to individuals living with substance use disorders and those affected by it, professional counselors are imperative to the facilitation of healing, repair, and restoration .”*

So how is the model relevant to counselors? One, restorative justice principles are congruent with the Wellness Model and the professional values and principles of the American Counseling Association (ACA) Codes of Ethic, especially the call to promote social justice. Two, it is my argument that in order for the model to be effectively applied to individuals living with substance use disorders and those affected by it, professional counselors are imperative to the facilitation of healing, repair, and restoration.

In order to be effective in this role, counselors must 1) be well versed in the literature and practice of substance use disorders 2) use treatment modalities that acknowledge and honor the expertise of the client (i.e., offending and offended parties) and 3) be knowledgeable and/or willing to become knowledgeable of the community in which he or she is working in.



How do we move from theory to practice? First, review the plethora of literature on the application of restorative justice principles with substance use disorders. Second, connect with other counseling professionals who are using the model with their clients. Third, under the supervision of a counselor who is well acquainted with restorative justice, begin to implement its principles into your everyday clinical work.

For more information on restorative justice, please visit <http://restorativejustice.org/>. For additional information on restorative justice and substance use disorders, several organizations are already in existence including the International Association for Addictions and Offenders Counselors (IAAOC), a division of ACA (<http://www.iaaoc.org/>) and IAAOC's new committee, Restorative Justice Committee (<http://iaaocrestorativejustice.weebly.com/>).



BU-CSI Member  
Sashay Goodletty

## Faculty Spotlight: Dr. Arleezah Marrah, PhD



In this edition of Beta Upsilon News, Dr. Arleezah Marrah was chosen as the Faculty spotlight. Dr. Marrah was born and raised in Miami, Florida, and her cultural background is Jamaican and Bahamian. She obtained her Master's degree from the University of South Florida, and her PhD from Old Dominion University. Both degrees are in counselor education, with a specialization in clinical mental health counseling. Dr. Marrah's research interests are continuous traumatic stress among African Americans and standardized testing and its use among racial minorities and women. Some of her hobbies include going to church, reading the Bible, focusing on getting closer to God, and exercising. Dr. Marrah currently serves as an Assistant Professor in Barry University's counseling program. BU-CSI member, Fabiana Lugo, had the pleasure of conducting an interview with Dr. Marrah.

FL: When did you realize you wanted to be in the counseling field?

AM: I have always been interested in psychology and pursued a bachelor's degree in it. During my undergraduate studies, I realized that the focus of psychology was primarily on psychological measurements so I decided to change my field of study to counseling. I shadowed a counselor for a while, and this experience just confirmed that being a counselor was the best choice for me, especially being a counselor educator. There is also a dire lack of racial minority groups in this field; and this factor, along with others, reaffirmed my decision to enter this profession.

FL: How do you manage all your responsibilities as a counselor educator?

AM: I manage my time day by day. A typical workday of mine begins with prayer after waking up. Afterwards, I sift through my e-mails and review my calendar to see what is planned for that day. Based on the calendar, I prioritize how the remaining of the day will be. For instance, if I am scheduled to teach on a particular day, preparing for class is my first priority. I am also the Chair of the Advisory Board for the counseling program and I'm also an advisor for the Counseling and School Psychology Association (CPSA). So depending on what is on my calendar, I try to find a balance between teaching, meeting with students, and administrative duties.

FL: What advice would you give doctoral students studying to teach master level counseling students?

AM: Do not judge your students or yourself. Learn to appreciate each of your students for who they are and what they bring to the classroom. Also it is important for the doctoral students to



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## Faculty Spotlight: Dr. Arleezah Marrah, PhD



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This is very important because most of the time students are aware when the person does not enjoy what he or she is teaching.

FL: Culture sensitivity and awareness are addressed in several of the courses in the counseling program. As the only African American professor in the program, how do you see yourself in relation to other students who are also African Americans? How do you connect with other faculty members in the program?

AM: I am not surprised to be the only African American faculty in the department. During my master's program there were few African American students. While obtaining my PhD, I was the only African American student in the program. In the counseling field in general, there are not many African American women. As such, it can be very lonely sometimes being the only faculty member of color in the program. Although I am able to connect with my colleagues at work, it is kept mostly on a professional level because I do prefer to keep my professional and personal life separate.

*"In the counseling field in general, there are not many African American women. As such, it can be very lonely sometimes being the only faculty member of color in the program."*

As far as my students, I do believe that students of color feel more comfortable expressing themselves and their beliefs in my classes. In the classroom, I am transparent about who I am and what I believe in. Consequently, other students of color may feel more comfortable expressing themselves as well in my classes and to me. In fact, I've had students of color express concerns about wanting to make a change both in the program and the counseling field in regards to racial minority groups.

FL: Do you believe that the topic of cultural diversity is adequately addressed in the counseling field?

AM: At this time cultural differences is the "it" conversation. However, there are low intentions from some individuals to really address cultural differences. Based on my observations, there are counselors who want to make a real difference and those who just want to be part of the current trend.

FL: Wellness is an important component of the counseling profession. How is wellness illustrated in your life?

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## Faculty Spotlight: Dr. Arleezah Marrah, PhD



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AM: Wellness is maintained in my life by placing my relationship with God first, exercising and eating well. I am aware of how my words and actions can impact others around me, especially my students; therefore taking care of myself spiritually, emotionally, and physically are very important aspects of wellness in my life.

FL: Which professional organizations do you hold membership in? How does membership in these organizations inform your identity as a helping professional?

AM: I am active member of the American Counseling Association (ACA), Association for Multicultural Counseling and Development (AMCD), and Association for Counselor Education and Supervision (ACES). By holding active membership in these associations I am able to conduct research, network, present in conferences, and make great friends. In fact, I met some of my closest friends while working together on writing articles, presenting, and conducting research. Membership in these organizations not only meshes well with my research interests, but they also help me be a well-rounded counselor and counselor educator.

FL: Do you have any advice for the students who are gearing up for the journey after graduation?

AM: Do not accept any job offer. It is important to value yourself and sometimes that means having to wait until the best job comes around; and it must be the best job for *you*. It is imperative to make sure that you like the place and the people

you will be working with. It is also essential to continue to keep yourself renewed and handle personal issues in order to be the best you can be for your future clients.

*"It is important to value yourself and sometimes that means having to wait until the best job comes around; and it must be best job for you."*

FL: If you could sum up your experience of the counseling profession in three words, what would they be?

AM: Exciting, journey, and surprising. I learn something new every day.



BU-CSI Member  
Fabiana Lugo

# The Importance of Wellness: Even Superheroes Need Self-Care

By Javier Ponce

Most, if not all, mental health counselors have biases. This is a reality that many of them may not want to acknowledge. Yes, mental health counselors are not perfect. Who is, after all? Also, they must acknowledge that they need constant self-care to maintain themselves physically, mentally, emotionally, and spiritually. Mental health counselors cannot forget that they are mere human beings who could possibly go through similar difficulties as their clients do.

Mental health counselors are seen as superheroes by their clients. It is invaluable for them to be of help and assistance to their clients. However, mental health counselors must also recognize that they have to be their own superheroes as well. Being superheroes for their clients does not make them any less vulnerable to any traumatic experience or stressor that life could bring them at any moment, nor does it make them any less of a mental health counselor to acknowledge that they need self-care.

Thinking that mental health counselors lead perfect lives and have perfect lifestyles is a fallacy. Moreover, it is crucial that mental health counselors abide by the code C.2.g. of the

*“Mental health counselors are seen as superheroes by their clients. It is invaluable for them to be of help and assistance to their clients. However, mental health counselors must also recognize that they have to be their own superheroes as well.”*

American Counseling Association *Code of Ethics* in which they “monitor themselves for signs of impairment . . . and refrain from offering or providing professional services when impaired” (ACA Code of Ethics, 2014). Therefore, it is essential that mental health counselors take a step back and see themselves.

There are two possible alternatives they could take. First, they could seek counseling in order to facilitate the process of healing and start or retake the golden path to wellness. Second, they could readjust their schedules and start doing pleasurable activities and reconnect and share with the people they love. Only then, will mental health counselors be able to maximize their chances to successfully treat their clients.

Similar to how clients are the experts of their lives (Seligman & Reichenberg, 2014), mental health counselors are the experts of their lives too. As such, they should continually seek a “holistic perspective of [their] physical, mental and social well-being” (Limberg & Ohrt, 2013, p. 1).

In conclusion, mental health counselors are responsible for their levels of wellness. It should not be any different from the annual physical exam that most people go through every year. Nevertheless, it seems to be harder to go through an “all-about-me” exam even though this is an exam that mental health counselors, in particular, should be going through every day in their lives. Yes, even superheroes need self-care as it is the bridge to achieving optimal levels of wellness.



BU-CSI Member  
Javier Ponce

# An Innovative Era: Technology in the Counseling Field

By Leo Balseiro

From the Paleolithic era, which saw the development of tools to build, gather food, and survive, to the global industrial revolutions dating over a century ago, technology has become known to be a creative process which involves human ingenuity (Hughes, 2004). As the development of technology has grown to accommodate and economize daily living, individuals must be aware of its complex and varied characters in order to promote efficiency as technology has become a method to solving problems (Hughes, 2004). Today, technology has developed so vastly to the extent where people use devices in multiple facets of everyday life. Individuals find themselves on an entirely new platform where they can communicate, learn, work, and find leisure. Multiple fields of work, including medicine, law, and finance, have significantly benefitted from the emergence of technology. The event where technological development emerged to benefit the field of mental health was only a matter of time (“The Use of Social Media”, 2015).

Presently, counselors and therapists alike find themselves interacting with technology

*“The event where technological development emerged to benefit the field of mental health was only a matter of time .”*

(Shallcross, 2011). Computers are used to assist in collecting demographic information about clients, scheduling clients on a daily basis, and composing representations of demographic data to understand trends in the mental health community. Wireless tablets are put in the clients’ and counselors’ hands for purposes of collecting intake information, research, and performing assessments to better understand the underlying problems that clients face. SMS messaging through the use of wireless devices offers a discrete way for counselors to receive live feedback from their supervisors in critical situations (Shallcross, 2011). With these examples in mind, the idea becomes clear that technology’s role in the therapeutic setting has significantly changed since the emergence of counseling itself over the course of a century (Shallcross, 2011).

As previously mentioned, people have found a new and appealing platform to communicate and express themselves (Ratliff, Ebbs, & Isom, 2012). This aspect of what technology presents can prove to be very useful for counselors in multiple situations. Live video messaging presents a convenient and time efficient manner where the therapeutic relationship can evolve from within the comfort of the clients’ home. SMS messaging enables a counselor to communicate with clients in critical situations, offering guidance and support during a time where the client prefers not to speak in times of extreme duress. Furthermore, just as how art offers a mode of expression, technology has become a means for clients to externalize their interests and woes through the use of interactive and creative applications.

As the emergence of technology in the mental health field has become evident, along with it arises several gray areas of ethics that counselors must understand before following the digital trend (“The Use of Social Media”, 2015).

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Counselors and clients must now establish new boundaries with one another in regard to the appropriate use of technology as they develop a therapeutic bond. Material presented into counseling must be presented by the client, as searching for information without client consent would prove to be an invasion of privacy. In protecting against a possible breach of confidentiality, the use of social media websites beyond the therapeutic agreement should be contingent with strict privacy settings (Shallcross, 2011).

*“As counselors choose ways to integrate technology into their clinical work, opportunities to be unique, creative, and innovative in the counseling profession are quickly arising.”*

Currently, the ACA’s Code of Ethics explores the use of technology and revisions are continuously being sought to accommodate the strong technological impact in our field. Likewise, other institutions, such as the Online Therapy Institute, offers ethical frameworks that counselors can use if they choose to integrate technology into their therapeutic setting

(Shallcross, 2011). In addition, reputable figures such as David Kaplan, the chief professional officer at ACA, have endorsed the use of technology solely for the client’s best interest (“The Use of Social Media”, 2015).

There is no question that counselors can now plug themselves into the digital trend and find benefits for their unique practice; but along with plugging in, comes new responsibilities that counselors must uphold in protecting their clients and themselves. Nonetheless, as counselors choose ways to integrate technology into their clinical work, opportunities to be unique, creative, and innovative in the counseling profession are quickly arising.



BU-CSI Member  
Leo Balseiro

## Beta Upsilon Chapter-Chi Sigma Iota: Student Researchers

By Sashay Goodletty

*“Research is formalized curiosity. It is poking and prying with a purpose.”*

*-Zora Neal Hurston*

In addition to course work and active participation in the Beta Upsilon chapter, master and doctoral level students are also engaged in scholarly work. BU-CSI student members are conducting research, serving as graduate research assistants, drafting research proposals, preparing for dissertation, and presenting at local and national conferences. Consequently, students are no longer simply consumers of research, but are actively contributing to the research field; and are sharpening their research, writing, and presentation skills in the process.

### **Long Term Addiction, Loss, and Reconciliation**

BU-CSI doctoral student, George M. Walker, has officially began his dissertation. His study will explore the experiences of families who have es-

tranged family members living with long term addiction. The dissertation will qualitatively investigate the period of estrangement; the effects upon the remaining family members; and the families’ process of reconciliation.

### **Protective Factors for Children of Incarcerated Parents**

BU-CSI Fall 2015 graduate member, Geowanda Dixon, M.S., is preparing to submit a proposal for the 2016 International Association for Marriage & Family Counselors (IAMFC) Conference. Ms. Dixon’s proposal will explore the factors that protect against negative outcomes for children and adolescents who have at least one incarcerated parent.

### **Survivors of Suicide and the Grieving Process**

A few semesters away from her Dissertation Seminar, BU-CSI doctoral student, Patricia Timerman, already has a topic in mind. Ms. Timerman has conducted thorough research on survivors of suicide in order to better understand their grieving process, how it differs from other types of grief, and the im-

plications of such awareness in the counseling profession.

### **The Practicum/Internship Experience: Creating Community Partnerships**

BU-CSI Fall 2015 graduate member, Sashay Goodletty, M.S., is preparing to submit a proposal to the 2016 Community Engagement Symposium. The theme is *Promoting Productive Partnerships for Student Success* and the symposium will address how service-learning fosters partnerships between students/universities and community agencies. Ms. Goodletty’s proposal will illustrate how the practicum/internship experience can be likened to service-learning, and thus also facilitate a partnership between counselors-in-training and communities, especially in the context of community mental health.

*“If we knew what it was we were doing it wouldn't be called research, would it?”*

*-Albert Einstein*

## Student Spotlight: Sagine Philippeaux



Sagine Philippeaux is in her 4<sup>th</sup> semester in the counseling program. She is pursuing specialization in clinical mental health, and marital, couple, and family counseling. Sagine received her bachelor's degree in Psychology with a special focus on Applied Behavioral Analysis at Florida International University. She currently works as a Behavioral Therapist with children living with autism. Sagine has a deep love and passion for her work and hopes to merge both fields and open her own practice someday. BU-CSI member, Naeema Britton, had the pleasure of conducting an interview with Sagine.

NB: How did you make the decision to pursue a career in the counseling field?

SP: I've always been interested in Psychology and understanding why people do the things they do and if possible helping them make better life choices. Counseling just seemed like the natural step for me in my education process.

NB: You successfully completed your first year of the counseling program. What expectations do you hold for *yourself* while in the counseling program?

SP: I think my expectations for myself are always very high. I want to be very knowledgeable and respected in this program as a student open and excited to learn. I just want to be the best counselor and individual I can be while I'm in this program.

NB: In what areas have you noticed changes in *yourself* since beginning the counseling program?

SP: I have definitely noticed that I am more understanding and patient with others. I am more aware of my own triggers and how to prevent burnout while dealing with the daily struggles of life.

*"In the four semesters I've been in the program, I can definitely say that I've grown and am not the same woman I was when I first began. How I will be at the end of my program, I do not know; but I can imagine I'll only be a better person and counselor."*

NB: Currently, you are a behavioral therapist for children with autism. What are some of the presenting issues you encounter within this population and their family? Do you believe any issues that are unique to their experiences as children living with autism?

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## Student Spotlight

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SP: I think the children I work with have the same general issues as their counterparts. Based on my experience, children with autism are not as aware of their differences with other children and therefore do not require much counseling. If the children are older and function at a relatively high cognitive level, then they may benefit from counseling as well. Again, with what I've experienced thus far, most of individuals participating in counseling are the parents of the children living with autism.

NB: What inspired you to join the Beta Upsilon Chapter of Chi Sigma Iota?

SP: It is such a recognized and respected organization that focuses on encouraging, supporting and improving counselors and the counseling profession. It is also a great way of networking and staying up to date with the advancements in the profession, as well as promoting community activism.

NB: How do you think you will change by the end of the program?

SP: I keep hearing that this program will change you. That you will become more self-aware, knowledgeable and comfortable. I agree with this. In the four semesters I've been in the program, I can definitely say that I've grown and am not the same woman I was when I first began. How I will be at the end of my program, I do not know; but I can imagine I'll only be a better person and counselor.

NB: Your name is very unique. What meaning does it hold?

SP: Well, Sagine is a French name. Unless you have some French or Haitian background or can speak French or Creole, it is difficult for a lot of people to pronounce. It is a mixture between my mother's name, Ginette, and my father's name, Serge. I also go by the nickname Sage, which is easier for others to pronounce and it means *wisdom* or *to be wise*. It is also the name of a spice. I think I am a little spicy and wise so the nickname fits.



BU-CSI Member  
Naema Britton

## Beta Upsilon-Chi Sigma Iota Fall 2015 Initiation Ceremony

On December 5 2015, Beta Upsilon held it's semi-annual Initiation Ceremony.

Vice President Kelly Wilson initiated 10 new members into the chapter and 8 graduating members were presented with honor cords. Awards were presented to Beta Upsilon members for their stellar service to the chapter and their outstanding academic achievements.



Graduating BU-CSI members



BU-CSI initiates

### Fall 2015 Beta Upsilon Chapter-Chi Sigma Iota Initiates

Nancy Acquaviva, Jason Beaupied, Erica Gissentanner-Bush, Yubeluisca Mercedes Minaya, Mariline Nelson, Racheal Noble, Sagine Philippeaux, Jennifer Sanchez, Jayme Tahilah Thomas, and Amanda Toral.

### Fall 2015 Beta Upsilon Chapter-Chi Sigma Iota Graduates

Amanda Baker, Geowanda Dixon, Robyn Friedman, Sashay Goodletty, Patricia Salgado, Yolanda Rucker, Stephanie Sagba, and Drucilla Warren-Brown.



Chi Sigma Iota

Member, Association of College Honor Societies

Beta Upsilon Chapter

Counseling Academic & Professional Honor Society International

## Beta Upsilon Newsletter Committee



Leo Balseiro



Naeema Britton



Fabiana Lugo



Laguerda Isma



Gian Carla Lizardo



Javier Ponce

“This semester was a BUSY semester for us all. But Thank you so much for your hard work, commitment and dedication to *Beta Upsilon News!* Your patience, constructive feedback, and insightful writings has made this issue an absolute success. It was a pleasure working with each one of you.”— Editor-in-Chief, Sashay Goodletty



## *Beta Upsilon News*

### Editor-in-Chief

Sashay Goodletty



## Beta Upsilon Upcoming Events

8th Annual Graduate Student Conference

Sunshine Seminar

Journey Into the Field

Wellness Week

COMPs Preparation Workshop

Stay Tuned For More Information!

## Now Accepting Submissions!

Are you actively involved in the Beta Upsilon Chapter? Do you enjoy reading *Beta Upsilon News*? Here's an opportunity to write academic articles, book, workshop, and conference reflections, and conduct interviews for *Beta Upsilon News*.

We are now accepting submissions to be published in the next edition of the newsletter. We are looking for a variety of writing styles and topics to include in our award winning newsletter.

Don't miss out on your chance to publish an article of your interest!

Please email submissions to Leo Balseiro at [leo.balseiro@mymail.barry.edu](mailto:leo.balseiro@mymail.barry.edu)

We're on the web!

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