



Chi Sigma Iota - Beta Upsilon Chapter

Counseling Academic & Professional Honor Society International

Beta Upsilon News

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

Fall 2014

Beta Upsilon's Presidential Address: Trusting the Growth Mirsha Alexandre

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 the president of the Beta Upsilon Chapter, I truly feel honored and blessed to have been a part of the planning and execution of a year of outstanding events. Beta Upsilon does nothing better than ensue growth within the Chapter and within the Department of Counseling at Barry University. We, as professional counselors, know that "trusting the process" is pertinent to our growth. The same kind of trust that fosters growth has also been vital to the progression of the Beta Upsilon Chapter. We have also embarked on our own journey of growth and it was not until the trust was incorporated in our leadership skills that the true evolution was able to occur. We have been able to initiate over 20 new members in one semester alone to continue the legacy of Beta Upsilon.

Naturally, our events have developed into more and more of what CSI's mission is for the profession and I could not feel more proud to know that I was along for the ride. We provided professional development opportunities for our members, including a workshop on the Basics of Play Therapy featuring Dr. Peggy Ceballos, events that encouraged student research and presentation, advocated for our profession by reaching out at local events, and provided mock Counseling interviews to better prepare our

students. Self-care was also promoted through the semesters by having socials at the university pool, attending a Dolphins game, and being sure to have Wellness events each semester.

Going through the motions and trusting it as we went along the journey has allowed me to feel fulfilled in my little President heart. I can only hope that the rest of our members can see the factual benefit of "trusting the process." It has been nothing short of great to be involved with such an inspiring chapter, dedicated leaders that work harder than most could imagine, knowledgeable faculty advisors who are available for guidance, support, and frankly just to laugh (or cry) when you need to.

I will continue to trust the growth of CSI-BU, and that Beta Upsilon has more great things in store for its future. I hope its members join along for the ride. Thank you for allowing me to serve as your President this past year, thank you for being a worthy and noble chapter of which to be a President.



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

This is my second year as the Chi Sigma Iota - Beta Upsilon Chapter Faculty Advisor. Two years ago when I started, I was very aware of the tremendous legacy that our chapter has maintained throughout the years. It was this legacy that motivated me to assume this role and to do my best to continue our history of excellence and national recognition. Many things have changed since I started in this role, one of the most significant for me, besides the increased student and alumni membership and participation, is the increase in faculty membership. Two years ago there were three of us. Today we count seven core faculty who are members of CSI.

I am very grateful for the many experiences I have had working along board members, students, faculty and alumni. I truly appreciate and admire the talent, leadership and dedication that the faculty, students and alumni leaders of our chapter put into every activity in which we commit. I am particularly grateful for the opportunity to work with outstanding students such as our Chapter President Mirsha Alexander, our treasurer/secretary

Jeanevra Pearson, all the members of the CSI-BU Board, and the many students in our program and chapter who are in a constant quest for excellence. I am also grateful to have Dr. Regina Moro as the new Co-Advisor for the Beta Upsilon Chapter. Dr. Moro's passion, love, and leadership experience with CSI represent a tremendous asset to our chapter. Finally, I would like to thank Dr. Christine Sacco-Bene for her generous service as Chapter Co-Advisor during the past years. I truly admire her gentle leadership, love and dedication to all our students, and particularly to our members in Orlando.



Faculty Co-Advisor's Greeting Regina Moro, PhD, LPC, CAP, NCC



Hello Chi Sigma Iota Beta Upsilon members!

I feel very fortunate to be stepping into the role as co-faculty advisor with Dr. Raul Machuca. For those that do not know me, I am in my second-year of teaching in the Department of Counseling at Barry University. I am a member of the Beta Upsilon chapter, after transferring my membership from where I completed my degree.

One of the incredible benefits to becoming a Chi Sigma Iota member is that you have an international network of peers with chapters all around! Since I was inducted into CSI I have lived in three different states, and sometimes I have found it hard to meet people (*making friends was so much easier when you could run up to another child and ask if they want to play a game of tag!*). What has always been a great source of community and friendships has been my involvement in chapters of CSI. This was no different when I joined the Beta Upsilon chapter of Chi Sigma Iota. I immediately felt welcomed and as though I was among colleagues that were as excited and passionate about the profession of Counseling as I am. I can remember when I was on my interview, and I was talking with Anna who pointed out the wall of CSI awards. I was very impressed by the chapter's engagement, and to be honest, this was a

major draw for me to want to work at Barry!

I have been active in CSI in many different roles. I first started in leadership as the Professional Development Committee Chair while I was completing my Masters at Syracuse University. That was a great way for me to get my feet wet with the organization. I then went on to serve as President and Past-President of the Mu Tau Beta chapter at UNC Charlotte, which also propelled me to apply and be recognized as a National CSI Leadership Fellow in 2011.

Doors open when you become a member of CSI. I am excited and honored to be serving as the co-advisor for the Beta Upsilon chapter. I hope that I can use some of my past experience, and learn from Dr. Machuca and the leadership team, to help as best as I can to ensure we continue the record of excellence of Beta Upsilon!

Regina R. Moro, PhD



Don't Be A Gatekeeper: Increasing Gender Variance Competency

By Nicole Lewis

A relatively new term in LGBT communication, gender variance is defined as an umbrella term to describe the gender identity of those who “do not conform to societal gender norms” of their biologically assigned sex (Collazo, Austin, & Craig, 2013, p. 229). Gender variance includes those who are self-described as transgender, transsexual, or gender queer.

As the research on the gender variant population emerges, there seems to be a trend in the roles counselors have taken on: gatekeepers. Counselors as gatekeepers refers to the position that counselors find themselves in when clients seek hormone replacement therapy (HRT) or sexual reassignment surgery certification letters. We are often viewed as professionals who can “selectively block” clients from their desired medical treatments (Lev, 2009).

Perhaps the biggest harm in being seen by transgender clients as a gatekeepers is that the clients learn what to say and what not to say in order to gain a letter from a counselor that certifies readiness for medical treatment. In omitting the truth, transgender clients could possibly be putting themselves at risk by receiving hormonal treatments that may have adverse effects with

other drugs or pre-existing medical conditions and mental disorders.

How can a counselor avoid becoming a gatekeeper? Through personal practice at SunServe (a social services agency in Ft. Lauderdale dedicated to providing mental health, medical, and case management services to the LGBTQ community), I have noticed transparency to be one of the biggest tools for counselors to use in avoiding simply becoming a gatekeeper. Being honest about your roles and intentions in advocating for and supporting the transgender client can serve to keep a counselor transparent.

Counselors can also avoid being a gatekeeper by being competent on the latest Standards of Care (SOC) published by the World Professional Association for Transgender Health (2012). Our role in an experience with a transgender client seeking HRT is NOT to block or allow medical treatment. That final decision is made by the medical doctor providing the treatment after numerous considerations have been taken into account. Some of those considerations will be covered in the letter the counselor provides the medical provider and are as follows as per the WPATH 7th Version SOC (2012):

“I have noticed transparency to be one of the biggest tools for counselors to use in avoiding simply becoming a gatekeeper. Be honest about your roles and intentions in advocating and supporting...”

- Persistent presentation of gender dysphoria—this is obtained by gathering a detailed psychosocial account of the client’s history, especially pertaining to issues surrounding gender identity;
- The client has the capacity to and has given informed consent—in order for the client to fully give an informed consent, the side effects and possible adverse outcomes of the treatment must be reviewed and processed with the client. The counselor must also rule out any pervasive developmental, personality, mood, or substance induced disorders that may inhibit the client from making a consciously informed decision;

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Give It a Thought! Reflections on a Doctoral Journey

By: Khalid Alfallatah, MS

Ask not what the counseling field can contribute to your professional growth, ask what your professional growth can contribute to the counseling field.

From an epistemological perspective, being in the doctoral program has helped me gain a broader and deeper understanding about the counseling profession in relation to my own personal and professional growth. I think that the shift of focus from observing and learning about a particular theoretical orientation to questioning, critiquing and challenging the

criteria of effectiveness of those models in therapy, has helped me to see counseling from a different perspective.

Is being competent in a theoretical orientation the most important aspect of my success as a therapist? Or is there more to the story? That question generated a shift in my focus from wanting the doctoral program to teach me, to wanting to teach myself, grow, and help contribute to strengthen the counseling profession. It is only when the focus is on professional growth, that a successful utilization of

resources in the doctoral program can be most beneficial.

In other words, ask not what the counseling field can contribute to your professional growth, ask what your professional growth can contribute to the counseling field.



CSI-BU Member
Khalid Alfallatah, MS

Don't Be A Gatekeeper: Increasing Gender Variance Competency

By Nicole Lewis

Cont. from page 4.

- Client must be the age of majority or have consent and support from parents;
- A plan to address or manage significant mental health or medical concerns if present—usually in the form of committed weekly therapy and/or medication management if there is a mental health concern.

If a counselor is considering working with the transgender population, it is imperative that the proper training is sought prior in order to avoid becoming

gatekeepers. We have much more to offer our client than a letter as they journey through the transitioning process that may have an impact on their mood and behavior.

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My Practicum Experience So Far

By Diann Toney

This semester I officially began my practicum for my M.S. in Counseling and so far it has been an enlightening experience for me as a counselor-in-training and as a person overall. I initially thought that I was prepared for practicum due to the fact that I have done exceedingly well with my classes and had gotten some basic ideas of what to expect from other practicum students and my professors. I have to say, nothing really prepares you.

The first few weeks were nerve wrecking because I did not want to appear incompetent to my clients, supervisors and peers. I felt that I had a huge responsibility to my clients and that they are relying on me to help them. I wanted to be the perfect counselor. I soon learned that those skills take some time and training to develop. I have learned to be open to criticism and to trust my supervisor's and peers' objective feedback. The feedback has helped me tremendously and assisted in my growth as a counselor-in-training. Practicum is where you learn to put all of

your counseling skills and theories that you have learned from your classes in practice. However, I have learned that the main thing is to be there for your client; you have to show unconditional positive regard, empathy and genuineness to your client. I have also learned to be patient with the counseling process. When I got my first client I felt that I immediately had to solve all of his problems instead of taking that journey with him to self-discovery.

Adapting to a new site for practicum can be also challenging because you have to follow a new system and work with new people from various backgrounds. It took me a couple of weeks but now I have adapted to my site and I have learned a lot as far as documentation, group counseling and individual counseling. Time management is important. I found that I have to be organized in order to be efficient and not feel overwhelmed. Lets not forget about self-care. I found that adhering to some form of exercise regi-

ment has helped me to better handle some of the stressors from practicum and life in general. I am also still trying to figure out which theoretical orientation I will eventually ascribe to but I believe that during practicum and internship is where I will eventually solidify that.

I now look forward to my continued growth as a counselor-in-training and I embrace the challenges along the way. I am now half way through the semester and I feel more confident and prepared for the journey.

"I have learned to be patient with the counseling process."



CSI-BU Member
Diann Toney

Preparing To Be A Professional Counselor in Trinidad: Reflections, Concerns and Considerations

By Stephanie Sabga

As an international student in the Dual Program at Barry I have felt a sense of belonging and acceptance just as I believe an American student would

Counseling is a rapidly growing field and the promotion of multicultural counseling is more visible and being encouraged more.

feel. Barry's diverse population fosters an environment that condones and complements the future of the counseling profession. Counseling is a rapidly growing field and the promotion of multicultural counseling is more visible and being encouraged more.

Choosing to attend Barry University while being a student from the Caribbean allows for me to learn alongside people of varying cultures just as the Caribbean consists of a varying population. I believe that counseling is a fairly new profession

in Trinidad and being able to get educated in a foreign country makes me feel more exposed to what is really happening in the field and allows me to gain experience that I would not have gotten in Trinidad.

In looking at the future however there are some things to consider as an international student. With having a student visa you are expected to leave the U.S. upon completion of your studies.

When you return to your home country, you then have to follow the ethics and legal ramifications of that specific country in which you will be practicing. In many cases, other countries do not have specific ethics that are to be followed. With this, it is recommended to follow the ethics that we learn at Barry to protect our clients and ourselves as counselors.

Getting a license, which is important as a counselor, becomes a little more difficult to achieve as there may not be a supervisor

available in your home country in which you can have face-to-face meetings with. However, Barry has professors that are willing to work with you in finding a solution to this problem and can possibly supervise you through modern technologies such as Skype. Supervision is especially important because as a new professional, it is recommended that you have guidance and someone that you can speak to about situations in order to follow the protocol of being an ethical counselor.

Barry University has been one of the best decisions I have made in my life and it has opened so many opportunities for me while in the U.S. and upon my return to Trinidad.



CSI-BU Member
Stephanie Sabga

Meet Chi Sigma Iota Member #100: Dr. Brian S. Canfield

By Nicole Lewis

Dr. Brian Canfield recalls first hearing about Chi Sigma Iota (CSI) while browsing the latest issue of an ACA newsletter in the mid-1980s. I watched Dr.



Canfield as he vividly described reading the article written by Dr. Thomas J. Sweeney in which he announced the founding of a

counseling honor society Chapter at Ohio University. Dr. Canfield was instantly intrigued and sent a letter to Dr. Sweeney asking for membership to the Alpha Chapter of Chi Sigma Iota.

Dr. Brian Canfield went on to establish the Lambda Alpha Chapter at the University of Louisiana Monroe in 1993 where he became actively involved in and dedicated to Chi Sigma Iota as the Faculty Advisor of the new chapter. Dr. Canfield is proud to admit that he affiliates his Chi Sigma Iota membership with

every university's chapter he has worked at including the Sigma Delta Chapter of the University of San Diego and the Sigma Lambda Upsilon Chapter of Southeastern Louisiana University. He has also served as Faculty Advisor or Co-Faculty Advisor for several of these chapters.

When asked what stands out the most to him about Chi Sigma Iota, Dr. Canfield stated that he admired that the organization is not only an opportunity for students to converge and network, but that Chi Sigma Iota also provides "professionals the opportunity to engage with other colleagues." He also stated that he has noticed that each chapter is has its own unique balance with respect to their focus on "professional development, social activities, or combining the two."

Although Dr. Canfield is not currently involved with Chi Sigma Iota leadership positions at the national or international level, he does plan on becoming affiliated with the Beta Upsilon Chapter at Barry University where he cur-

rently serves as Professor and Chair in the Department of Counseling.

Dr. Canfield has advice for current and prospective Chi Sigma Iota members and leaders:

"You are limited only by your own imagination. Get involved, join your chapter, participate and take on a leadership role. Being a member of Chi Sigma Iota says that you have reached an elevated level of professional identity. It makes a strong statement."

Dr. Canfield is an avid believer in the mission of Chi Sigma Iota and often looks for CSI membership on the applications and CVs of students and professionals.

On behalf of the Beta Upsilon Chapter, we are proud to welcome Dr. Brian Canfield into our organization. We look forward to all the innovative ideas and contributions he will make to Beta Upsilon Chapter.

The Beta Upsilon Chapter Makes a Statement at the 65th Annual Florida Counseling Association Convention

On October 24 & 25, 2014, the Florida Counseling Association held its Annual Convention. Nine Beta Upsilon Members, one Beta Upsilon alumna, and Faculty Co-Advisor Dr. Regina Moro were in attendance. Our members contributed to a total of four educational sessions throughout the two day convention. Also present was Dr. Brian Canfield, CSI International member and soon to be affiliated member of the Beta Upsilon Chapter.

Its safe to say that the Beta Upsilon Chapter made a strong statement!



BU Member Geowanda Dixon & 2014 President Mirsha Alexandre



BU Members Patricia Timerman, George Walker, Carmen Bolivar & Faculty Co-Advisor Dr. Regina Moro



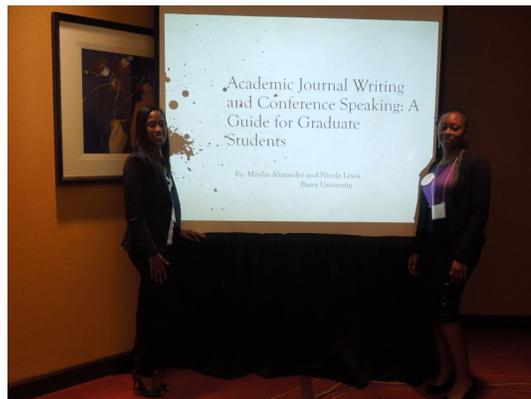
ACA President Dr. Robert L. Smith, BU Member Nicole Lewis, BU Alumna Michaelia Robinson, CSI International Member Dr. Brian Canfield



ACA President Robert L. Smith & BU Member George Walker



BU Faculty Co-Advisor Dr. Regina Moro



BU 2014 President Mirsha Alexandre and Member Nicole Lewis

Reflections on the 65th Annual Florida Counseling Association Convention

By Carmen Bolivar

Barry University and CSI-BU had a strong showing at the Florida Counseling Association's Convention in Tampa this year. Chi Sigma Iota student members, alumnae, faculty, and leadership represented Barry University in unison. Our students and faculty actively volunteered in various capacities and presented 5 educational sessions:

- Re-Membering Loss Due to Addiction, George Walker, Khalid Alfallatah, & Lisa Bailey.
- Essentials of Couple & Family Therapy, Dr. Brian S. Canfield (past president of ACA, current chair at Barry's Dept. of Counseling) & Dr. Robert L. Smith (President of ACA).
- Domestic Violence in the World of Immigration: Counselor Role and the Violence Against Women Act, Patricia Timerman.

- Academic Journal Writing and Conference Speaking: A Guide for Graduate Students, Nicole Lewis & Mirsha Etienne Alexandre
- Engaging Professional Counselors in SBIRT: The Time is Now!, Mirsha Etienne Alexandre, Jeanevra Pearson, Ashley Valle-Zayas, & Dr. Regina Moro.

For those of us who strongly believe that the best learning occurs outside of the classroom and that genuine relationships are built in genuine environments, experiences such as these where we are able to take Beta Upsilon outside of our university, are priceless. Not only do conferences such as these provide the setting and opportunity for us to solidify our bonds and showcase our knowledge, but they also allow for experiential growth on a personal, interpersonal, and professional level. Dr. Canfield's presentation high-

lighted, "counseling is all about relationships". This weekend was all about relationships. Relationships amongst ourselves were cemented and new relationships were forged. The most insightful conversations happened while watching fellow counselors do the limbo. Advice from current and past ACA presidents, department chairs, regional leaders, and fellow professionals were had over cookies, by the pool. Friendships were mended over guacamole and chips.

If you are looking for some lasting experiences and relationships, we'll see you at ACA Orlando in March, 2015. There is yet more networking and fun to be had.



BU member Carmen Bolivar



BU Faculty Co-Advisor Dr. Regina Moro and Member Geowanda Dixon



BU Faculty Co-Advisor Dr. Regina Moro and 2014 Secretary/Treasurer Jeanevra Pearson



BU Member Khalid Alfallatah



Alumni Spotlight: Adam Carl Fishel, MS



Adam Fishel, the 2013-2014 Chi Sigma Iota-Beta Upsilon President, has graduated from Barry University's M.S. Counseling Program.

Adam is now a doctoral student in the Counseling Psychology program at the University of Memphis in Tennessee. Beta Upsilon News Assistant Editor Sashay Goodletty had the pleasure of conducting an interview with him.

S.G.: How is your doctoral experience thus far?

A.F.: It's great! There is so much similarity between my professors interests and my own. For example, many of my professors share my interests in positive psychology as well as health psychology. Since I have been begun the program up here in Memphis, I was fortunate enough to be elected as the student representative for the APA's Division 17 Positive Psychology section as well.

S.G.: Are you still involved with Chi Sigma Iota?

A.F.: I am still a member of Chi Sigma Iota International. Since I am still getting situated in my first semester at the University of Memphis, I have yet to get involved in the local chapter, but I plan on doing so soon.

S.G.: Please share some tips for current CSI-BU members.

A.F.: Students should definitely do two things. One, become an active member of Chi Sigma Iota. Attend and participate in as many of the events as possible. Two, take advantage of the leadership opportunities offered. Whether it is serving on the executive board, serving in a committee, or giving presentations, definitely take advantage of the opportunities. Not only

will students learn and grow personally and professionally, but it sets you apart from other students; especially when applying for jobs and doctoral programs.

S.G.: The CSI-BU Q&A on Doctoral Programs event is coming up. Was it helpful for you when you attended?

A.F.: Yes! A lot of valuable information was shared at the CSI-BU Q&A last year. It really helped me to figure out exactly what I wanted to do for my doctorate. If obtaining a PhD is something students are really considering, attending the event is imperative.

S.G.: What skill(s) have you learned from CSI-BU and how are you applying them now as a doctoral student?

A.F.: CSI-BU has taught me how to move and perform outside of my comfort zone. I found myself outside of my comfort zone when I served as president and conducted research, things that were completely new to me. But it has taught me that sometimes being uncomfortable is a good experience. The same way I pushed through and emerged successful when outside of my comfort zone while at Barry, has encouraged me to push through again when I encounter challenges in my doctoral program.

S.G.: How would you describe your overall experience at Barry University?

A.F.: It was a great experience, a transformative process, with great mentors along the way. I learned a lot about myself and the counseling profession while at Barry.

Re-Membering Loss Due To Addiction: A Phenomenological Inquiry Into Ambiguous Loss.

By George M. Walker, LPC, NCC

I was asked by Beta Upsilon News to provide a brief summary of the proposed research I am considering for my dissertation. The following is from the first draft of my prospectus.

This study focuses upon the meaning family members attribute to the extended absence often experienced in the course of

long-term addiction. Long-term substance dependence quite often is characterized by alternating episodes of abstinence and relapse back into active substance use. Situations in which this addictive cycle results in the dependent person absenting him or herself from the family or with the family demanding that the person leave, is not uncommon (Binswanger, Stern, Deyo, Heagerty, Cheadle, Elmore, et al., 2007; Dunlop & Tracy, 2013; Söderström & Skårderud, 2013). In such cases, the dependent person may lose any effective contact with the

“Remembering is designed to re-aggregate the ‘members of one’s life story.’”

family. For all intents and purposes, the dependent person is deceased; or at best, missing in action (MIA).

The gap in the literature (i.e., grief/bereavement/ambiguous loss and addiction/recovery literature) is the application of the above substance induced absence from the family to ambiguous loss theory. Ambiguous loss theory, as coined by Pauline Boss (1972, 1999, 2004a, 2004b, 2007), includes the phenomena of loss when a loved-one is physically gone but not deceased. Ambiguous loss (Boss, 1977; 1999; 2004a) is said to defy the resolution and closure that is typically sought in bereavement (Boss, 2004a), circumvents the grief process (Boss, 1977), and refers to “not knowing whether a loved person is absent or present; dead or alive” (Boss, 1999, p. 4). Because the loss is intangible or uncertain, the mourning process for family members becomes complicated. The usual familial and social rituals associated with death do not apply. There

is no leave of absence from work and no well-wishers in the community proffering flowers and condolences. For the family who experiences ambiguous loss, the situation is stressful and oftentimes cruel in its unending torment.

The final or “re-membering” part involves the use of a Narrative Therapy practice. The practice of re-membering is designed to re-aggregate the “members of one’s life story” (Meyerhoff, as cited in Russell & Carey, 2002). The practice speaks to the idea that there are those in our “club of life” whose impact plays an important part in how we come to know and experience ourselves. If the family member is able to turn the corner and move past the self and relational destruction of chronic substance use, the chance of being reunited with the family becomes a very real possibility (McKim, Warren, Asfaw, Balich, Nolte, & Perkins, et al., 2014; White &

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Kelly, 2011). Unfortunately, the years and sometimes decades of separation make a reunion difficult, if not entirely impractical. While each step in the 12-Step process is considered equally important, it is here with the Ninth Step where the recovering person is enjoined to, "Make amends to those we have harmed except when to do so would injure them or others" (Anonymous, 1976), that the recovering person will face the actual people rather than the theoretical constructs regarding the wreckage of his past. Even the most resourceful and experienced sponsor may not be able to prepare the newly sobered person for the sometimes vehement, or worse utter disregard and contempt, of the spouse/partner or other family members left behind. Re-membering (Cassim, 2013; Hedtke, 2014; White, 1995), provides a way for the family to allow the departed member back into the heart and hopes, if not the home, of the family.

The initial questions that guide this research are as follows:

1. How does the spouse/partner of a person who has abandoned the home due to substance use experience the loss?
2. What feelings were experienced when the departed member was relocated, found to be sober, and sought to make amends?
3. Has the relocated spouse/partner been "re-membered" and if so, how does re-membering look?
4. Does the idea of ambiguous loss seem to apply to the experience of the partner/spouse?
5. What understandings might be useful to others going through a similar process with a family member suffering from long-term addiction?

I have tried to provide an overview of this effort. While stripped down to the bare bones, hopefully the ideas have merit. We'll see. Again, this is in the initial stage (Prospectus Draft) of the dissertation process. Feedback from sources

willing to help have been encouraging so far. Another area of concern for me is the systemic barriers facing the return of African-American males after contact with the criminal justice system. Dr. James Rudes, Ph.D., has recently introduced me to the idea of restorative justice. The International Association of Addictions and Offender Counseling (IAAOC) has approved a poster session on this subject to be presented at 2015 ACA Convention. Dr. Rudes, Jeanevra Pearson (CSI-BU Secretary and Treasurer), and I are the presenters. Feedback or comments on any of these subjects are welcomed. Peace.

George M. Walker, LPC, NCC



CSI-BU Member
George Walker, LPC, NCC

Faculty Spotlight: Dr. Christine Sacco-Bene, LMHC, NCC



In this edition of Beta Upsilon News, Dr. Christine Sacco-Bene was chosen as the Faculty spotlight. Dr. Sacco-Bene serves as the Beta Upsilon chapter advisor for Barry University's Orlando campus. She was interviewed by Beta Upsilon News Editor-in-Chief, Nicole Lewis.

NL: How did you first get involved in Chi Sigma Iota?

CS-B: I was in my PhD program at the College of William and Mary and can remember my advisor, Dr. Rick Gressard, going on and on about the importance of counselor identity and our professional responsibility. So, when applications for CSI came around, I filled it out ASAP. Then, at the induction, the speaker was so eloquent in sharing stories of her work as a counselor and counselor educator and I got caught up in the moment, so much so that when they asked for people who wanted to be on a CSI-WM officer, I immediately raised my hand. Later that week, I was informed that I won my seat. I was elected Treasurer and I worked with the President of the chapter in bringing in guest speakers and putting together student activities. I think we raised all of \$50 dollars while I was involved, but it was a lot of fun and I got to see firsthand what it meant to be a "involved" in the counseling profession.

NL: What have you accomplished as Chi Sigma Iota Beta Upsilon Orlando Faculty Advisor?

CS-B: I think the most important thing that I did while a co-advisor with CSI-BU was to establish the Annual Graduate Student Conference. This event offered students an opportunity to present topics of interest in a caring, low stress, professional environment. In addition to having fabulous contributions from our Barry Master's and Ph.D. students, we had students from UCF, Stetson, and Palm Beach Atlantic University attend and present over the years. This event offered not only a way for students to extend themselves professionally, but to also connect and build relationships with other future counselors and counselor educators. Some stu-

dents (actually several) went on to present at other conferences. Some other accomplishments over the last eight years include working in the community to develop relationships with local community services, and volunteering and collecting various items for donations.

NL: Are you involved in Chi Sigma Iota at the national level?

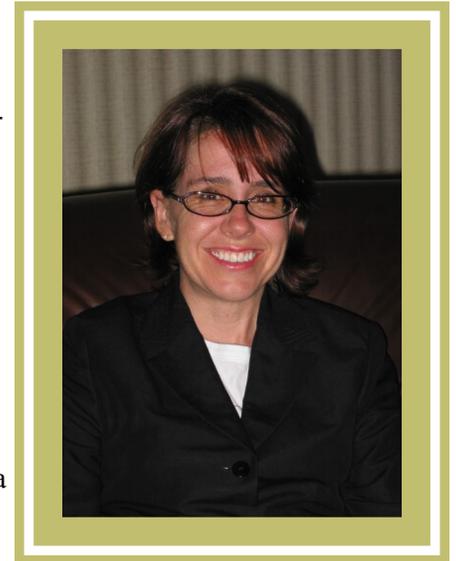
CS-B: I attend conferences, CSI workshops and presentations.

NL: What advice would you give to Chi Sigma Iota student members?

CS-B: Find a balance in life, recognize what's important. When you find that balance people will see you as the professional that you are and respect your professional choices and decisions. Work hard but make time for the things in life that are important (family, friends, and fun). I would encourage students to start getting involved now in leadership roles. If leadership isn't an area of interest, students can get involved in advocacy efforts, research, presentations, or writing articles for newsletters or professional publications. All of these help "promote excellence in the profession of counseling."

NL: What do you see in your future for Chi Sigma Iota?

CS-B: I will continue to support the efforts of Beta Upsilon while in Orlando. Also, I would like to get involved at the leadership level, and continue to promote professional identity, advocacy for the profession, and advocacy for clients.



What is Self-Care?

By Sashay Goodletty

What exactly is self-care? The Merriam-Webster Dictionary defines the term self as *the union of elements (as body, emotions, thoughts, and sensations) that constitute the individuality and identity of a person*; and the term care as *things that are done to keep someone in good condition*. A combination of the definitions paints a clear picture of what is meant by self-care: things that are done to keep one's body, emotions, and thoughts in a beneficial state of fitness (i.e., good condition).

While *self-care* is a compound word that functions primarily as a noun, the first word, *self*, also functions as an adjective. As such, self-care must be unique to the person practicing it. For some it may involve taking walks, hikes, or swimming; for others, it may involve reading leisurely, sleeping an extra hour or two, or meditating. Regardless of the activity, it is imperative to do what benefits *you* physically, emotionally, and mentally.

As counselors-in-training, who juggle the different (and sometimes conflicting) roles of student, caregiver, and employee, we are constantly putting a lot of ourselves out to assist others. Yes, we are doing admirable work; but it can be very tiring! Consequently, practicing self-

care is an opportunity to regain parts of our shared selves and replenish them.

In honor of promoting wellness and self-care in counselors, CSI-BU hosts wellness events during the spring and fall semesters. During the week of April 21-24, 2014 CSI-BU organized activities ranging from presentations on Self-Care and nutrition to playing volleyball and participating in Zumba.

Wellness Day for the Fall 2014 semester is scheduled for December 2, 2014. Contact Claudia Pozo at Claudia.pozo@barry.edu for more information and be sure to check your CSI-BU communications for more details on this event!



Bu members and other attendees enjoy a presentation on healthy eating



BU Alumnae Susan Rainsberger and Michaelia Robinson with Wellness Week guest in center



BU members enjoy healthy snacks during Wellness Week Spring 2014

E-Therapy? Distance Counseling? What Does That Mean?

By Nicole Lewis

The first time I saw the credentials “DCC” behind fellow BU member Tanya Johnson’s name I wondered “What does that mean?” Someone explained to me that it meant she was credentialed to do distance counseling. I wondered again “What does that mean?” When I researched what distance counseling was I realized that it was providing therapeutic services via online through platforms such as Skype, FaceTime, or other types of videoconferencing. Some therapists even provide services through phone, email or texting services.

My initial reaction was that it was so cool that Tanya was credentialed to provide these services. But then I wondered if distance counseling was really so simple. I began to do further research into what the legal and ethical issues might be surrounding distance counseling. I learned that distance counseling has been available since the internet became popular and that there is not only a national credentialing body in place (the Center for Credentialing & Education) but that there is a

NBCC policy for reducing the chance of an ethical dilemma occurring that DCCs (Distance Credentialed Counselors) are strongly encouraged to adhere to.

After reviewing the 2014 ACA Code of Ethics, the NBCC Code of Ethics (the code that DCCs must adhere to), and research in the field, here are the main tips and considerations that must be taken into account if you want to become an ethical distance counselor:

- Provide only the services for which you are competent and qualified;
- Know the legal and licensing regulations for every state that a client resides; some states require you to be licensed in both states (yours and the client’s) while others only require you to be licensed in your own state;
- Know the legal procedures surrounding mental health laws for each state that a client resides;

- All technology that interacts with the client should be encrypted and protected;
- Provide client with information about emergency care or traditional therapy services near their location;
- Develop procedures to ensure the identity of your client to avoid identity theft or hacking;
- Provide client with locations to access free internet services;
- Be cognizant of clients with hearing, speech, or vision disabilities; or client’s whose first language is different from your own.

My thoughts on distance counseling now: it’s still pretty cool and it’s easy to see how distance counseling can be used as a tool to reach clients who otherwise wouldn’t be able to walk in to see a counselor.

As the boundaries of the internet continues to expand, I have no doubt that distance counseling will continue to increase in popularity.

Chi Sigma Iota—Beta Upsilon Chapter Student Researchers

By Sashay Goodletty

In addition to course work and active participation in Chi Sigma Iota-Beta Upsilon, masters and doctoral level students are also engaged in research. With the mentorship of faculty members, students are no longer simply consumers of research, but are actively contributing to the research field. The opportunity to serve as graduate research assistants has allowed students to sharpen their research, writing, and presentation skills.

Counseling Graduate Students Attitudes towards the Use of Technological Applications for Learning, Self Care and Counseling Practice

Doctoral student and CSI-BU member George Harrington and CSI-BU Alumni members Adam Fishel and Susan Rainsberger, are conducting a quantitative study assessing counseling graduate students' attitudes towards the use of technological applications. Students' attitudes were assessed by a survey delivered through Survey Monkey. Currently in the data analysis phase, preliminary data illustrate that counseling graduate students have positive attitudes toward using Smart Phone and tablet software applications as a method for self-care. In fact, the popularity of self-care application categories included health and fitness apps at 55.1%, and medical apps at 25.85%. The students are mentored by CSI-BU Faculty

Advisor Dr. Raul Machuca.

Pedagogical Considerations for Bowenian Approach to Family Counseling

Doctoral students and CSI-BU members Tanya Wilson and Nicole Berry are writing a manuscript about the effects of learning the Bowenian approach to family counseling and therapy. It is hoped that the manuscript will provide heuristic value as the students plan to conduct research on the pedagogical considerations of teaching the approach to students matriculated into the University's doctoral program. The students are mentored by Dr. James Rudes.

Holocaust Education and the Development of Citizenship Values

Master's student and CSI-BU member Sashay Goodletty and doctoral student of Curriculum and Instruction, Ivana Fredotovic, are working on a correlational research study assessing the relationship between Holocaust education and citizenship values. Presently, an instrument to measure citizenship values has been developed using the Table of Specification methodology of determining content validity. Still awaiting approval from the University's Institutional Review Board (IRB), an instrument to assess Holocaust knowledge is currently under development.

Once approved by IRB, the instruments will be delivered through Survey Monkey. Sashay and Ivana are mentored by Dr. Gerene Starratt. The study is supported by the Florida Department of Education Commissioner's Task Force on Holocaust Education.

Use of Technological Applications (Apps) for Training, Supervision and Practice of Counseling

With the proliferation of technology, a research team was created to assess the usefulness of utilizing tablets and technological applications (Apps) for the training (i.e., practicum and internship), supervision, and practice of counseling. Currently in its literature review phase, the research team is comprised of CSI-BU Faculty Advisor Dr. Raul Machuca, CSI-BU Faculty Co-Advisor Dr. Regina Moro, CSI International member Dr. Lauren Shure, CSI-BU members Tanya Johnson and Jonathan Closner, and masters student Elisaul Perez.

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

-Albert Einstein

Chi Sigma Iota—Beta Upsilon Chapter Spring 2014 Induction Ceremony

On April 26, 2014, Beta Upsilon held its semi-annual Induction Ceremony. Chi Sigma Iota International member Dr. Lauren Shure served as Keynote Speaker and was able to offer attendees valuable words of knowledge and encouragement.

President Mirsha Alexandre inducted 17 new members into the chapter and 8 graduating members were presented with honor cords. Awards were given to Beta Upsilon members and other students for stellar presentations at the CSI-BU sponsored 6th Annual Graduate Student Conference.



BU Spring 2014 Inductees

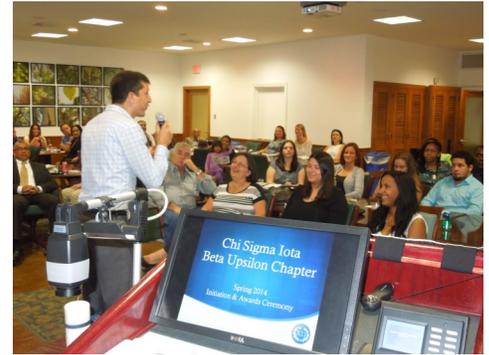


BU 2014 Secretary Jeanevra Pearson & President Mirsha Alexandre



BU Faculty Co-Advisor is presented with a plaque by President Mirsha Alexandre

Keynote Speaker and CSI Member Dr. Lauren Shure



Bu Faculty Advisor Dr. Machuca addresses the attendees

Spring 2014 Chi Sigma Iota—Beta Upsilon Chapter Inductees

Nicole Berry, Amber Campbell, Natalee Biel Cassarino, Elionides Colon, Estefania Concepcion, Angela Dipasquale, Susana Fernandez, Deborah Grunglasse, Chrystal Harley, Lina Herrera, Kaitlin Leithauser, Christina Nietchze, Jeanevra Pearson, Stephanie Sabga, Melissa Taylor, Caitlin Vijayanagar, and Kelly Wilson.

Spring 2014 Chi Sigma Iota—Beta Upsilon Chapter Graduates

Daniel Behar, Melissa Taylor Burrowes, David Paul, Claudia Pozo, Michaelia Robinson, Jenifer Smith, Cristina Tomas, and Julian Vives

Student Spotlight: Jeanevra Pearson, MS



Ms. Jeanevra Pearson (a second year doctoral student) is arguably one of the most active and dedicated Beta Upsilon chapter members. From holding two Executive board positions to planning events, Jeanevra is involved in every aspect of what makes our chapter successful. It

is for this reason that she is the first Beta Upsilon News Student Spotlight. Beta Upsilon News Editor-in-Chief Nicole Lewis conducted an interview with Jeanevra Pearson.

NL: How have you been involved in the Beta Upsilon Chapter?

JP: I am extremely involved in the Beta Upsilon Chapter. Currently, I am the chapter secretary and treasurer as well as the chair of the Professional Development Committee. Because of my many positions on the executive board, I am always involved or assisting in the planning of the various events, professional development opportunities, and maintaining the organization of our chapter.

NL: What is your most memorable/meaningful BU experience?

JP: To date, every moment I share with our CSI past and present members is meaningful. However, if I had to choose, the most memorable experience I've had thus far is my "official" induction ceremony in Spring 2014. Due to my sickness on the day of my original induction ceremony December 2013, I was unable to make it. I took my position on the executive board and began my many duties, but it was not official in my mind until I took that oath during the Spring 2014 induction and became a part of the Beta Upsilon family.

NL: What have you brought to your chapter?

JP: I believe I have brought the support of our doctoral cohorts by being a doctoral student and showing that even with our busy schedules of doctoral

classes, full-time jobs, and families that doctoral students at Barry University can still be an important asset and just as involved as the master-level students. I also like to think that I brought a sense of humor, new energy, and lots of organization.

NL: How has being in CSI changed you as a student? A clinician?

JP: CSI has changed me professionally on the basis of being a student and a clinician. Because of the high standards our chapter advisors and department faculty have provided thus far in the area of research, I have begun to present in more professional settings such as the 2014 FCA with my fellow CSI members and chapter co-advisor. I also will be presenting at the 2015 ACA as well. This research venture has also carried over into my work as a clinician. I am constantly providing resources and researching new ways on how to be a better supervisor with my student interns.

NL: What are your plans for CSI in the future?

JP: My plans for CSI in the future involve more student membership enrollment, especially from our doctoral students. I also want to provide more creative professional development opportunities that will better prepare and assist our master-level students as they exit the counseling program. Finally, I really hope to see more community involvement along with our alumni with the various events we will host.

NL: Have you been involved in any CSI related research?

JP: I along with a few other CSI members submitted a proposal for CSI Day at ACA poster session on the "What Do Counselors Do: Professional Advocacy Through Grassroots Client and Student Education." The theme for the poster session was "Professional Identity and Advocacy." I was also a co-presenter with other CSI members and our co-advisor at the 2014 FCA on "Engaging Professional Counselors in SBIRT: Now Is The Time!"

Fall 2014 Sunshine Seminar: Essentials of Play Therapy

On November 22 CSI-BU hosted their Fall Sunshine Seminar. With over 80 attendees it was one of CSI-BU's most successful Sunshine Seminars. Attendees included Barry Counseling and Social Work students, mental health professionals from a variety of local agencies and private practices, and other students from many other schools such as Palm Beach Atlantic University, the University of Miami, and Florida International University to name a few.

This semester's seminar featured Dr. Peggy Ceballos from the University of North Texas. Titled *Essentials of Play Therapy*, the seminar gave a brief introduction to the theoretical framework of Play Therapy and followed with common concepts, techniques, and skills used in the practice.

Dr. Ceballos practices from the Child Centered form of Play Therapy which derives from Carl Rogers' Person Centered Therapy. She emphasized that Play Therapy is NOT about using toys for the purpose of getting a client to talk but rather that Play Therapy IS about using toys to understand the language of play. Children use play to express themselves during highly stressful times, after they have experienced trauma, or

when they simply do not have the ability to verbally express themselves. As the Play Therapist, it is important to notice important themes in a child's play.

The seminar also gave information on how to choose toys that would be used to set up a Play Therapy room. Dr. Ceballos stressed that is important to be culturally sensitive in choosing toys. She also mentioned that it is helpful to include toys that reflect what the child may be currently experiencing (for example, court room toys if the child is in-

involved in a custody battle and has to frequently appear in court).

'Returning responsibility' to the child is also an important concept in Play Therapy. Dr. Ceballos spoke of adults commonly making the choices in children's lives. In Play Therapy sessions, responsibility for choices and autonomy is fostered in the child by encouraging choices and giving the child the freedom to make the choices.

In addition to the important concepts, skills, and techniques, the attendees of the Seminar engaged in hands on activities which included role plays of how to set limits and how to interpret play. Video sessions of actual Play Therapy sessions were also shown.



Dr. Peggy Ceballos



Barry University students Amanda Baker and Tori Burgess engage in activities



Attendees at the Essentials of Play Therapy seminar with speaker Dr. Ceballos

Chi Sigma Iota—Beta Upsilon Fall 2014 Events Recap



Attendees ask questions at the Essentials of Play Therapy Seminar



CSI-BU President Mirsha Alexandre, Dr. Ceballos and SunServe intern Elliott Eckmann discuss Play Therapy concepts



BU member Hilary Jemeson and BU President-Elect Kayla Anthony partner up for an activity



BU members Patty Salgado, Stephanie Sabga, and Ingrid Rivas work on an activity



Attendees work together during a "limit setting" exercise



BU Board Members present Dr. Ceballos with a plaque

Chi Sigma Iota—Beta Upsilon Fall 2014 Events Recap

By Gina Petithomme, 2014 Event Coordinator

Don't forget to always participate and get involved in your CSI-Beta Upsilon Chapter!!!!

Here are some of our past events that I hope you did not miss...

CSI-BU Meeting and Mingle—September 11th

This social event invited all current and prospective BU members to meet and become familiar with the chapter. With over thirty attendees, it is one of our most successful social events yet!



Current and perspective CSI-BU members learn about the chapter

MS & PhD COMPS Review—September 13th and September 20th

With Laura Meyer, Gemma Philage, and George Harrington---not one or two...but three of Beta Upsilon's finest! If you are in practicum, internship, or if you are a doctoral student you were able to get the edge and pass the COMPS! The review included a study guide, preparation tips, and practice COMPS questions.



CSI-BU's Dolphins Day—September 21st

Yes many of you were definitely ready for some football! Students, family, and friends were able to hang out with Beta Upsilon while we hosted a BYOA (anything) tailgate before the game. Later we watched the Dolphins take on the Kansas City Chiefs ---Sorry Dol-Fans I know we lost the game but we had fun!!!



BU President Mirsha Alexandre tailgating



BU Faculty Co-Advisor Dr. Moro tailgating



BU President Mirsha and Member-at-Large Maite Rodriguez show Dolphin team spirit

Chi Sigma Iota—Beta Upsilon Fall 2014 Events Recap

Family Service Day 2014—September 27th

Students were able to enjoy a perfect day at North Shore Open Park in beautiful Miami Beach, Florida. On this day students not only gave back to the community through volunteering but CSI-BU was on site advocating about counselors and the counseling profession.



BU Faculty Co-Advisor Dr. Moro advocates about the counseling profession.



BU Faculty Co-Advisor Dr. Moro, BU Event Coordinator Gina Petithomme and Barry University Students at Family Service Day

Counseling Career Readiness—October 11th

With guest Career Counselor Gurbet Akdogan from the Barry University Career Develop-

ment Center. This event prepared CSI-BU members for counseling interviews and life in the counseling or counselor supervision workforce. Counseling Career Readiness also discussed CVs, resume writing, and mock interviews to both MS and PhD students.



CSI International and BU members with Counseling Career Readiness guests



Counseling Career Readiness attendees during mock interviews

Overview of Doctoral Studies—October 30th

Presented by Drs. Sylvia Fernandez and Brian Canfield which was held October 30th This brief forum discuss the different doctoral studies that MS students can pursue after graduation.



Beta Upsilon Newsletter Team

Editor-in-Chief

Nicole Lewis



Assistant Editor

Sashay Goodletty



Beta Upsilon Upcoming Events

November 22nd: Sunshine Seminar—Play Therapy with special guest Peggy Ceballos. (Time & Location: Andreas 112, 9 a.m.—3 p.m.).

Students and members in the community will learn the basics of Play Therapy.

December 2nd: Wellness Day

Take part in activities focused on wellness and self-care throughout the day as the semester winds down. (Contact Claudia Pozo, Claudia.pozo@barry.edu, for more information)

December 6th: Initiation, Awards and Graduate Recognition Ceremony (Time & Location: Landon 110, 1 p.m.—4 p.m.).

On this day new members are initiated, chapter awards are presented, and graduating members are presented with honor cords.

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 Dr. Raul Machuca at rmachuca@barry.edu.

We're on the web!
www.facebook.com/groups/betaupsiloncsi