



ALPHA PHI CHAPTER OF CHI SIGMA IOTA

LOYOLA UNIVERSITY NEW ORLEANS

VISIT OUR WEBSITE: css.loyno.edu/counseling
JOIN US ON ORGSYNC: Alpha Phi Chapter of Chi Sigma Iota
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Chi Sigma Iota
2014-2015
Outstanding
Chapter Newsletter

April 2015

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Calendar of Upcoming Events

April

- 7: Classes Resume
10: Comprehensive Exams
11: Spring Crawfish Boil
14: Research Symposium
18: NCE
24: Professional Develop. Workshop
30: Last Day of Classes

May

- 4-7: Final Exams
7: Graduation Celebration Dinner
8: Honors Convocation, 10am
Baccalaureate Mass, 4pm
9: Graduation Commencement
25: Memorial Day Holiday
26: 10week Session classes begin

June

- 1: 7week Session classes begin

LETTER FROM THE BOARD . . .

Hello my dear friends,

There are a few things I have on my mind, and they each involve the fact that my time here has reached it's close. The semester's end always moves me in a bittersweet way, but this time it's obviously greater. I'm saying goodbye to an entire program that has profoundly shaped me, and in more ways than I could have imagined.

As a parting gift, I'd like to share with you a message I received during my undergraduate studies, which I've held near to my heart ever since—both personally and professionally. I hope you may do the same.

"You can't understand a person until you've walked a mile in their shoes." Many, if not all of us, have heard this phrase at some point or another. In fact, I'm sure some of you have thought of it when considering what it means to be empathetic. The truth is, however, we can't walk in another person's shoes. Think about your own shoes for a moment. How they contour your arch and each toe perfectly. You've put enough mileage and wear into that trusty ole pair, and they fit well! But try giving your shoes to another. They won't feel what you feel or understand the journeys you've embarked. These shoes are yours, no one else's. This is the view we need to take with our clients—or anyone else for that matter. We can't walk in their shoes. Even if we tried, it won't feel the same and it won't change the fact that we didn't live the journey. Instead, it's our job to follow them as they share those journeys, care deeply enough to inquire further, and nurture their emotional process. We must walk with them as they walk in their own shoes.

Friends and professors, thank you for walking alongside me and thank you even more for allowing me to walk alongside you.

Warmly,

Bri Cortez

Parliamentarian/Historian, CSI: Alpha Phi Chapter



Chi Sigma Iota Eligibility

Students are invited to join CSI during the Fall and Spring Semesters. Consideration is based on the following criteria from our chapter by-laws:

4.1 The following shall be deemed eligible for membership in the Society through endorsement of their chapter:

4.1.1 **Students:** Those students who are enrolled in a counselor education program leading to graduate degrees (Master's, specialist, or doctorate).

4.1.1.1 They shall have completed the equivalent of at least one full academic term (semester or quarter) of counseling courses carrying approved graduate credit as defined by the institution and are deemed promising for endorsement as a professional counselor whose ethical judgment and behavior will be exemplary.

4.1.1.2 They must have maintained an overall scholastic grade point average of 3.5 or better (on a 4.0 system), or the equivalent, while enrolled in the program.

Soldier Care Packages

Laura Pignato is still collecting soldier care package items in the Big Room!

- | | |
|-------------------------|----------------------------------|
| • Aspirin | • Mouthwash |
| • Baby wipes | • Newspapers |
| • Baseball caps | • Pen, paper, envelopes |
| • Batteries (all sizes) | • Phone cards |
| • Beef jerky/Slim Jims | • Pillow |
| • Books | • Playing cards |
| • Breath mints | • Popcorn |
| • CDs | • Protein powders / protein bars |
| • Condiments | • Q-tips |
| • Dry soup | • Ramen noodles |
| • DVDs | • Seasonings |
| • Electrolyte drink mix | • Soups |
| • Eye drops/wash | • Sheets / blankets |
| • Foot powder | • Socks |
| • Gum | • Sunflower seeds |
| • Handheld games | • Sunglasses/ |
| • Hot Chocolate packets | Sunscreen |
| • Int'l phone card | • Toilet paper |
| • Kleenex | • Toiletries |
| • Laundry detergent | |
| • Lip balm | |

Call for Submissions

Is there a topic in counseling that you want to spread the word about?

This is your chance! We want to hear it!

We are always accepting article proposals for the next issue.

Send your ideas to [Bri Cortez at bncortez@loyno.edu](mailto:Bri.Cortez@loyno.edu).

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EVENTS



Counseling Academic &
Professional Honor Society International
Member, Association of College Honor Societies

Chi Sigma Iota

CSI Day 2015 Awards Ceremony Orlando, FL - March 13, 2015

Nina Stewart (immediate right) received the award for **Outstanding Service to the Chapter** for her scholarly excellence, commitment, and service to Alpha Phi.

Brianne Cortez (far right), on behalf of Alpha Phi, received the award for **Outstanding Chapter Newsletter Small Chapter** as it emphasizes chapter growth, encourages member involvement, and facilitates networking.



March 21, 2015 Audubon Park

Loyola's Counseling Department participated in this year's MS Walk to raise awareness and funding for multiple sclerosis.

Walkers included Dr. Christine Ebrahim, Nasima Khan, Sarah Finney, and Xenia Hatzillas (not pictured).

Thank you to all for your charitable contributions!



CSI Spring Initiation & Board Nominations - March 25, 2015

CSI welcomed 13 new members at it's Spring Initiation Ceremony!



Congratulations to (from back, left): Cassidy Fischer, Sarah Applebaum, Katie Dupuy, Emily Jasper, Kristin Kendrick, Kristen Lourens, Jenna Oncale, Marie-Claire Batau, Dana Wallace, Cameron Eckholdt, Mary C. McNeil, Piper Thevenet, and Tara Subaiya.

CSI also held nominations for the 2015-2016 CSI Executive Board. Voting takes place the week of April 13, 2015. We applaud those nominated and wish you the best during elections.



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EVENTS (CONT.)



CSI AFTER HOURS

at

Down the Hatch

March 19, 2015

ANNOUNCEMENTS

Sixth Annual Graduate Student Research Symposium

April 14, 2015 from 11am-2pm in the
Monroe Library, Learning Commons Area

Please consider stopping by the library to support
and review the hard work of numerous graduate
students, including your classmates!

Comps are done;
Good luck taking the NCE!



Professional Development Workshop

April 24, 2015, 9:30am–12:30pm, Audubon Room in the Danna Center

This workshop is designed to address the *business side* of counseling. Professionals from throughout the field will participate in a panel discussion followed by several break-out sessions to share their experiences developing successful, sometimes multi-faceted careers. Attendees will learn about professional advocacy, networking, and identifying prosperous opportunities – ultimately learning to treat counseling like a business in addition to a vocation.

Counseling students and Counselor Interns are encouraged to attend, with no charge to Loyola students. For more details, please visit <http://css.loyno.edu/counseling/professional-development-workshop>.



Contact Maria Cicio (macicio@loyno.edu) for volunteering.



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LAGNIAPPE

WEBINARS

Every Counselor Supervisor is a Counselor Educator: Bridging the Gap
Tuesday, April 14, 2015 6:00 - 7:00 PM CST

Infusing EcoWellness into Counseling Practice Without Leaving the Office
Friday, April 24, 2015 1:00 - 2:00 PM CST

TechnoWellness: Exploring the Relationship Between Technology Use & Wellness
Tuesday, April 28, 2015 1:00 - 2:00 PM CST

Upcoming Conference

Louisiana Counseling Association 2015 Annual Conference

Where: Baton Rouge, Louisiana When: September 27-29, 2015
www.lacounseling.org

LPC Supervisors

Are you a soon-to-be graduate, recent graduate, newly employed Counselor Intern, or simply looking for a change in supervisors? If you're searching for a supervisor, we can aid in your search. Here's the information for two supervisors currently accepting supervisees.

Check back regularly!

Tanya Radecker

MS, RN, LPC, NCC, NCHT, LPC-S #4846

I have specialized training in Trauma Therapy and Perinatal Mood Disorders. I am nationally certified in Hypnotherapy and I am working towards certification in Emotionally Focused Couples Therapy.

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Joe Wagner

LPC-S #4420

I specialize in mindfulness-based psychotherapies, particularly Acceptance and Commitment Therapy and Compassion-Focused Therapy.

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ACTIVE CSI Members: Ann Abbrecht · Sarah Applebaum · Semonné Aguillard · Jessica Alvendia · Caitlin Bach · Marie Batau · Katie Bowman · Leigh Boyer · Kristen Centanni · Maria Cicio · Lanier Clement · Bri Cortez · Tom Cowan · Eleanor Cushenberry · Lesley DeMartin · John A. De well · Katie Dupuy · Christine Ebrahim · Cameron Eckholdt · Chelsea Faught · Lauren Finan · Sarah Finney · Cassidy Fischer · Marlin Giacona · Jenn Glynn · Suzanne Hammel · Xenia Hatzilias · Kerry Hegarty · Carly Herron · Brandie Hicks · Lynsey Hinnenkamp · Blaire Hirstius · Emily Jasper · Summer Keenan · Nasima Khan · Tracy Kinamore · Kristin Kendrick · Steffie Koch · Joe LeBlanc · Devin Leivo · Justin Levitov · Megan Loos · Kristen Lourens · Megan Mathews · Mary C. McNeil · Molly Sanders · Marinn Mehrstens · Heidi Molbak · Sharon Mole · Ben Ng · Jessica Nystrom · Jenna Oncale · Fran Phares · Jen Price · Tina Robins on · Nina Stewart · Tara Subaiya · Sean Tate · Piper Thevenet · Meredith Vizzini · Dana Wallace · Becca Weingard · **THANK YOU!**