



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**

March 2015

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Calendar of Upcoming Events

March

- 11-15: ACA Conference
21: Walk MS, 9:00am
25: CSI Initiation/Board Nominations
30: Easter Holiday begins

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
8: Honors Convocation, 10am
Baccalaureate Mass, 4pm
Graduation Celebration
9: Graduation Commencement
25: Memorial Day Holiday

**Counseling Department
Outerwear
Is now available!**

CSI is taking pre-orders for our much anticipated line of outerwear. There are several options to choose from including pull-overs, zip-ups, and vests. Stop by the Big Room to view the options and place your order.

Pre-order Deadline is March 27



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).

LETTER FROM THE BOARD . . .

Hello fellow students, faculty, and alumni,

I hope your spring has gotten off to a good start. I know for me it has been quite a busy semester. Students in Fundamentals are finding their Practicum and Internship sites and other students are coming to the end of their time here at Loyola and getting ready for graduation. Although it is such an exciting time, finding new places to work and meeting new people, it has also been a time of reflection.

The counseling program here at Loyola is a total of about three years. When I first heard that fact coming into the program I was so overwhelmed at the thought of tacking on three more years to my previous four years of undergrad. After almost two years here I can honestly say it has gone by so fast. From having my first client actor to my last client in Fundamentals, I feel so much more prepared than I could have been in a program without these amazing opportunities.

Knowing that I have been taught the fundamental counseling skills and actually practiced them on multiple people, without the pressure of being responsible for a real client, makes me feel so much more at ease going into my Practicum. Even after going on several site visits it is clear that the students from our program in Practicum and Internship are very appreciated by the different sites and their supervisors because of all of the experiential practice we have and the incredible support from our professors here as well.

Hopefully I didn't gush too much about our little program here, but I do hope that we can all take some time to reflect on how we got to where we are and even take some time to think about any goals for the future. Personally, I would love to be more adamant about incorporating wellness into my schedule. That being said, don't forget about our after hours this month and the MS Walk at Audubon Park on March 21st at 9:00am. Thanks for being a part of such an amazing program!

Sincerely,

Xenia Hatzilias

Secretary, Chi Sigma Iota: 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.

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ANNOUNCEMENTS

INTRODUCING:

YOUR SPRING 2015 COUNSELING DEPARTMENT GRADUATE ASSISTANTS



Ben Ng, Tracy Kinamore,
Laura Pignato, Xenia Hatzilias,
Devin Leivo, & Sarah Finney

JUST SO YOU KNOW:

The Counseling Department will have 5 openings for Graduate Assistantships in the Summer of 2015. If you have an interest in such a position, keep your eyes open for the official announcement.

Best of luck!

On **March 21 at 9am** in **Audubon Park**, our counseling department will participate in the annual **Walk MS**. **Walk MS 2015** is a fundraising event which supports the research for a cure to Multiple Sclerosis. In the past, the counseling department's contributions and participation with this event have been bountiful. We pride ourselves in our dedication to the community and this event is no exception.

Please consider joining
our team—**Loyola Counseling Crew!**

Visit www.nationalmssociety.org or click [here](#) to register with or donate to our team.

Walk 2015

CSI Spring Initiation & Board Nominations

On **March 25, 2015 at 7:45pm**, CSI will hold it's Spring Initiation Ceremony for new members. Nominations for the 2015-2016 CSI Board will also be held at this time. If you or someone you know will make a good candidate, we encourage your nomination. Please drop in to applaud our newest members and prospective board!



SPRING Crawfish Boil

Got a hankering for some Crawfish?

Our annual **Crawfish Boil** is just around the corner! We will have loads of **Crawfish** Plus the fixins, a **spacewalk**, and some **field games**. It's also a **great opportunity** to **mingle** with **classmates**, **professors**, and the **significant people** in their lives.

WE HOPE TO SEE YOU THERE!

Some things to remember:

- Family/friend/pets
- Blankets/chairs
- Beverages
- Frisbees/Balls/etc

April 11, 2015 at the Fly
(along the **MISSISSIPPI**,
Behind **AUDUBON ZOO**)



[Image by Beth Daigle Photography]



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ANNOUNCEMENTS (CONT.)

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.

Workshop is open to all local counseling students and Counselor Interns. Loyola students are invited to attend at no charge. Those interested in assisting can get involved by contacting Maria Cicio (macicio@loyno.edu) for more information!

Alumni Updates



Stephanie Ducros, 2012

Stephanie is a PhD Candidate at Our Lady of Holy Cross College (OLHCC). She received her M.S. in Counseling from Loyola University New Orleans in 2012. The Ph.D. in Counseling at OLHCC is intended to prepare graduates to work as counselor educators, supervisors, researchers, and practitioners in academic and clinical settings. The program will provide doctoral students with the information and skills required to carry out scholarly research, lead organizations, create new knowledge to better assist the community and their clients, enhance the student's knowledge, skills, and attitudes in their chosen academic arenas. Whether they counsel, administer, or teach, graduates of the Doctoral Program of Our Lady of Holy Cross College promote holistic development and the spirit of justice.

Good luck pursuing your PhD, Stephanie!

Stephanie Robinson, 2011

Stephanie is the Admissions and Clinical Coordinator in the Department of Counseling. Stephanie received her B.S. in Psychology from Tulane University and her M.S. in Counseling from Loyola University New Orleans in 2011. Stephanie received the 2011 Counseling Research Excellence Award and the 2011 Chi Sigma Iota award for Outstanding Scholarship and Service from Loyola University New Orleans. Stephanie is a Licensed Professional Counselor (LPC) in Louisiana, a National Certified Counselor (NCC), and is currently working toward licensure in addiction counseling.

Stephanie has worked in the field of substance abuse, counseling college students, and has presented at state conferences on a variety of topics.



Best of luck embracing your new role here, Stephanie!



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ANNOUNCEMENTS (CONT.)

Marriages & Engagements



Mr. Giacomo &
Mrs. Maggie Tomasello
Wed on December 27, 2014!



Jen Price
& Jason
Are engaged!

Employment

Stephanie Garcia '14, YOU, Inc. Clinician
Worcester Family Center/Early Childhood Program

Tina Robinson, '14, Licensed Associate Counselor
Perspectives Behavioral Health Management, Arkansas

Nina Stewart, '14, Drug Court Clinician
Family Service of Greater New Orleans Drug Court

Matthew Watson, '13, Clinical Therapist
Jewish Family Service of Greater New Orleans

Congratulations!

*We are proud to hear of all your
accomplishments.
Best of luck to everyone!*

Practicum / Internship Students and Their Sites

Are you interested in a specific site? Learn more about it from someone who's there now!

Addiction Recovery Resources of N.O.	Molly Holmes
Addiction Recovery Resources of N.O.	Shaina Spector
Celebration Hope Center	Brandy Hicks
Celebration Hope Center	Chelsea Faught
Celebration Hope Center	Megan Mathews
Creative Family Solutions	Bri Cortez
Dillard University	Maria Cicio
Family House	Hannah Piper
Family House	Lesley DeMartin

Family Service of GNO - Canal	Maggie Alewine
Family Service of GNO - St. Bernard	KC Flaker
Jewish Family Service	Megan Loos
Kingsley House	Meredith Vizzini
Plaquemines Community Care Center	Anna Edelman
Trinity Counseling & Training Center	Nasima Kahn
Trinity Counseling & Training Center	Jenna Oncale
Ursuline Academy of New Orleans	Kaitlin Short



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ANNOUNCEMENTS (CONT.)

CSI WEBINARS

Counseling for Wellness: An Overview of Models, Factors, and Research
Wednesday, March 25, 2015 2:00 - 3:00 PM EDT

Understanding Long-Term Gay Male Relationships: Implications for Counselors, Counselor Educators, and Counseling Supervisors
Tuesday, April 7, 2015 2:00 - 3:00 PM EDT

Every Counselor Supervisor is a Counselor Educator: Bridging the Gap
Tuesday, April 14, 2015 7:00 - 8:00 PM EDT

Infusing EcoWellness into Counseling Practice Without Leaving the Office
Friday, April 24, 2015 2:00 - 3:00 PM EDT

TechnoWellness: Exploring the Relationship Between Technology Use and Wellness
Tuesday, April 28, 2015 2:00 - 3:00 PM EDT

Congratulations!



Dr. Justin Levitov, Prof. Kevin Foose, and Maria Cicio received LCA's 2014 Best in Show for their presentation "Differentiation Through the Lens of Mindfulness." As such, they have been invited to repeat this presentation at LCA's 2015 Conference which will be held September 27-29, 2015 in Baton Rouge, Louisiana.



Nina Stewart received CSI's Outstanding Service to the Chapter Award and Alpha Phi received CSI's Outstanding Chapter Newsletter Award. Nina and newsletter editor, Brianne Cortez, will attend CSI Day 2015 to receive these awards. CSI Day 2015 is scheduled to take place March 12-14, 2015 in Orlando, Florida.

Upcoming Conferences

American Counseling Association 2015 Annual Conference

Where: Orlando, Florida

When: March 12-15, 2015

www.counseling.org

Louisiana Counseling Association 2015 Annual Conference

Where: Baton Rouge, Louisiana

When: September 27-29, 2015

www.lacounseling.org



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EVENTS



2015 LAPT Annual Conference

"The Many Faces of Play Therapy"

February 27-28, 2015

Loyola University New Orleans



Congratulations to Dr. LeAnne Steen who was recognized for Outstanding Service as LAPT President

Visit www.la4pt.org for more information.

CSI After Hours @ Dat Dog

February 26, 2015

Thanks to everyone who came to mingle & chow down!





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SUBMISSIONS

Improvosation

As some of you may know, our very own Kevin Foose has been instructing some students in the art of improv comedy. Though a form of theatre, much like everything else, many parallels can be drawn between improv and the profession of counseling. Kevin has said many times before, and grounded in the ideology that training in improv makes for a better counselor – thus, not only is this training creatively cathartic, it is also a unique enhancement to our professional development.

Though improv is entirely improvisational, and that “anything goes”, there are some rules that need to be abided by in order for the performance to work. For instance, once two players are on the stage, a relationship has to be established, and in every relationship, there is a high status (dominant) and a low status (submissive) player. Collaboration is also important in improv theatre – every player needs to “add something to the pot”, regardless of their established statuses, in order for the scene to work. If not anything verbal, something is said in action. Can you already see the parallels between improv and counseling?

A fundamental tenet in improv is this idea to never deny what has been “given” to you – treat every interaction with an improv player as a gift, and return it with equal reciprocity. “Saying no” to what has been given to you shuts down the communication, and favors one direction over another, as opposed to the aforementioned collaboration. You want to build the direction together, building it one line at a time. And even when what has been “given” to you is somewhat bizarre, then you’d want to yield this information to the point of absurdity. What better way to aid resistant clients than to heighten their obstinate ideals to the where even the client realizes how irrational their thinking has become?

Lastly, as players play line-for-line, it is important to begin identifying patterns in the relationship. As players never deny, and regard everything handed to them as true, one must think, “What else must be true, then?” and subconsciously have available the different routes that this relationship can go – draw lines between what has been said, their past and present interactions.

Synonymously then, aren’t we as counselors establishing rapport, collaborating with our clients, saying “yes” to everything, and identifying patterns in our clients’ relationships? Improv comedy is a creative way in performing these fundamental counseling skills, techniques of which can be implemented in our own counseling practices.

— Ben Ng



Council for Accreditation of
Counseling & Related Educational Programs

CACREP is the Council for Accreditation of Counseling & Related Educational Programs. It accredits a variety of counseling degree programs ranging from master’s to doctoral level, there is even an

institution in Mexico and one in Canada. CACREP focuses on eight core areas in counseling; human growth, helping relationships, social foundation, group counseling, career development, professional issues, and research. The whole process that an institute goes through to become CACREP accredited can take up to 24 months.

CACREP awareness week was the last week of February. In order to raise awareness, CACREP featured a contest where accredited programs could enter a three-minute or less video and win an amazon gift card for \$500! Our counseling program at Loyola decided to enter in a video. We highlighted our unique features such as our client-actor program, The Icarus society, and our award-winning newsletter. We also learned a lot about CACREP in the process.

~ Xenia Hatzilias



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SUBMISSIONS (CONT.)

CRAWFISH DIP

This is a great party dip and extremely easy to make.

Ingredients

- | | |
|--|--------------------------------|
| 12- or 16-oz package of frozen cooked crawfish tails | 2 Tbs soy sauce |
| 8 oz sour cream | ¼ cup chopped parsley |
| 8 oz cream cheese | 1 tsp Tabasco sauce |
| 6 green onions, chopped | 1 tsp granulated garlic powder |
| 1 Tb lemon juice | 24-32 crumbled Ritz crackers |
| 2 Tbs Worcestershire sauce | 1 tsp salt |
| | Pepper to taste |

Allow the crawfish tails to thaw and chop finely. Keep all excess crawfish liquid. Let the cream cheese soften at room temperature to make it easier to mix. Adding the Ritz crackers at the end is important because it helps soak up the excess crawfish liquid and binds the mixture together, but don't add the extra salt until the end because the crackers will add salt to the dip. Play around with the amounts of lemon juice, Worcestershire sauce, soy sauce, Tabasco sauce and garlic powder until you get something just right for you. Best when allowed to chill in the refrigerator for at least four hours and even better overnight.



~ From the Kitchen of Sarah Finney



Soldier Care Packages

It is slowly becoming apparent just how much active duty and returning soldiers need our help. This help does not necessarily mean providing mental health treatment but extending care, a form of social support. With the rise in active duty soldier suicides and soldiers being diagnosed with post-traumatic stress disorder, social support is more than needed. A feasible and welcomed care is a soldier care package. These care packages show the kindness of strangers and give hope when it is worn down. I know from family experience, just how much these care packages mean to them. My brother and dad both told me how much it not only meant to them to open a letter or get Tony's seasoning to spice up the bland food, but to give items to their fellow unit members who did not receive many letters or care packages. It is easy to not think about what is going on beyond our immediate environment, but these people need our support and awareness. They need to know they are not forgotten and are appreciated, something we strive to show anyone in our lives. Please help to brighten a soldier's day and provide momentary relief in a chaotic environment by donating to our care package in the Big Room. Whether you write a letter or a quote in a card, donate an item, or help get out the word of the package, you are providing essential support.

Thank you — Laura Pignato

- | | |
|-------------------------------------|---|
| • AA-cell alkaline batteries | • Laundry detergent |
| • Aspirin | • Lip balm |
| • Baby powder | • Lotion |
| • Baby wipes | • Magazines |
| • Baseball caps | • Mouthwash |
| • Batteries (all sizes) | • Newspapers |
| • Beef jerky/Slim Jims | • Pen, paper, envelopes |
| • Books | • Phone cards |
| • Breath mints | • Pillow |
| • CDs | • Playing cards |
| • Condiments | • Popcorn |
| • Dental floss | • Protein powders / protein bars |
| • Deodorant | • Q-tips |
| • Dry soup | • Ramen noodles |
| • DVDs | • Seasonings |
| • Electrolyte replacement drink mix | • Soups |
| • Eye drops/wash | • Sheets / blankets |
| • Foot powder | • Socks |
| • Gameboy/PS2/DS games | • Sunflower seeds |
| • Gum | • Sunglasses |
| • Handheld games | • Sunscreen |
| • Hot Chocolate packets | • Toilet paper |
| • International phone card | • Toiletries (body wash / soap/shampoo& |
| • Kleenex | |



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SUBMISSIONS (CONT.)

Books from High School that are worth a re-read:

My personal favorites:

1984, George Orwell

While Orwell was writing about a, for him, future of 1984, he pictured a stark and bare future of few words and censorship by "Big Brother" a feared face of the government. 1984 is a [dystopian](#) novel focusing on the power of the government and censorship. In this bleak world privacy has been banned, paper and pens are obsolete, and the slogan of "BIG BROTHER IS WATCHING YOU" is constantly broadcast to the citizens who have daily mandatory brainwashing session.

The Picture of Dorian Grey, Oscar Wilde

Wilde, in my humble opinion, is by far one of the most interesting people to have ever lived. His last words were "I hate this wallpaper, one of us has got to go". In this novel Dorian is a narcissistic young and rich socialite who falls in love, but realizes that he loves himself more. His obsession with himself leads him to alienate all others and even costs him his soul.

An interesting look at insanity:

Lord of the Flies, William Golding

What happens when a group of boys are on an island alone, given the task of governing themselves? Lord of the Flies speaks to the anarchist in all people, but magnifies the destructive side effects of following blindly and giving power to preadolescent boys. The haunting idea of surviving despite, or in spite, of what you have done is chilling and leaves the survivors wondering his good British boys could have done this.

Frankenstein, Mary Shelley

When you hear "Frankenstein" most people do not think of the doctor, who is in fact the only person named Frankenstein in the novel. Dr. Frankenstein is a classic example of someone who never stopped to ask if they should, but was only concerned with the question of if they could. Frankenstein's monster is cursed to live a solitary existence hating the fact that he was created purely to satisfy another man's egotistical desire to do the impossible. Frankenstein's monster is quite simply a misunderstood character, and the most human of the main characters: he is just trying to figure out why he exists, what life is about, and how he can fit into this world he has been brought into against his will.

One Flew Over the Cuckoo's Nest, Ken Kesey

When McMurphy takes over the psychiatric hospital where he is a resident he brings up the question of who is crazier: the inmates or the professionals? This particular hospital treats the inmates horribly, the novel takes place in a time when mental health seemed more like a horror story than a place of healing. Multicultural issues play a part in the questionable handling of Chief Bromden, a half-Native American inmate who serves as the narrator of the story while, quite ironically, pretending to be mute. If movies are more your thing Foreman's 1975 film starring Jack Nicholson won all five major Academy Awards that year.

Thoughtfully provided by Tracy Kinamore



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SUBMISSIONS (CONT.)

Dear Counseling Graduate Students,

The Sixth Annual Graduate Research Symposium will be held on April 14, 2015 from 11am-2pm in the Learning Commons area of Monroe Library! Students from all Loyola graduate programs are invited to participate in this event. Please consider creating a tri-fold poster board to present any counseling related research you have completed or are currently working on. You are welcome to co-present with another student if you wish to do so. The following are some benefits of participating in the Symposium:

Build presentation experience	Receive feedback on your research	Review preliminary research
Cross-disciplinary research experience	Share research results	Potential scholarship opportunities
Add to your resume/curriculum vitae	Extend/expand past research	Develop new research ideas

If you are interested in presenting, please complete the application form and email it to counselingdepartment@loyno.edu or dnleivo@loyno.edu along with a 250 word abstract summarizing your research. I have emailed the application form to all current students. If for some reason you did not receive the application form via email, please contact me and I will ensure that you get it. Every student who submits the application and an abstract will be accepted to present. The deadline to submit the application is March 29, right before we go on Easter break. Friends and family of presenters are welcome to attend the Symposium. Professional attire is required. Oh, and did I mention there will be food? Hope to see you there!

Best,
Devin Leivo — Graduate Research Symposium Committee Chair

LAGNIAPPE

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.

8138 Cohn Street, New Orleans

Telephone: 504-610-7054

tanyaradecker.counseling@cox.net

Joe Wagner

LPC-S #4420

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

4300 S.I-10 Service Rd. W, Ste.103-S
Metairie, LA 70001

Telephone: 504-237-5830

joewagnerlpc@gmail.com

ACTIVE CSI Members: Ann Abbrecht · Semonné Aguillard · Jessica Alvendia · Caitlin Bach · Katie Bowman · Leigh Boyer · Kristen Centanni · Maria Cicio Lanier Clement · Bri Cortez · Tom Cowan · Eleanor Cushenberry · Lesley DeMartin · John A. Dewell · Christine Ebrahim · Chelsea Faught · Lauren Finan · Sarah Finney Marlin Giacona · Jenn Glynn · Suzanne Hammel · Xenia Hatzilias · Kerry Hegarty · Carly Herron · Brandie Hicks · Lynsey Hinnenkamp · Blaire Hirstius · Summer Keenan · Nasima Khan · Tracy Kinamore · Steffie Koch · Joe LeBlanc · Devin Leivo · Justin Levitov · Megan Loos · Megan Mathews · Molly Sanders · Marinn Mehrtens · Heidi Molbak · Sharon Mole · Ben Ng · Jessica Nystrom · Fran Phares · Jen Price · Tina Robinson · Nina Stewart · Sean Tate
Meredith Vizzini · Becca Weingard · **THANK YOU!**