



# ALPHA PHI CHAPTER OF CHI SIGMA IOTA

## LOYOLA UNIVERSITY NEW ORLEANS

VISIT OUR WEBSITE: [css.loyno.edu/counseling](http://css.loyno.edu/counseling) JOIN US ON ORGSYNC: Alpha Phi Chapter of Chi Sigma Iota  
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October 2014

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### Calendar of Upcoming Events

#### October

- 4: CSI BBQ at The Fly  
5-11: Nat'l Mental Health Awareness  
11: NAMI Walk  
13-14: Fall Break  
16-19: AAMFT Conference  
18: NCE  
24: Mandated Reporting Session with  
Stacie LeBlanc  
29: Take Back the Night  
29: CSI Initiation & CSI After Hours

#### November

- 7: Comps  
10: Spring Registration Begins  
14: Beyond the Degree  
26-28: Thanksgiving Holidays

### New Loyola Counseling Dept.



t-shirts are on sale!

Shirts will be \$17

starting October 20, but

you can get yours now for only \$15!

Would you like the  
chance to win a Saints Staycation?  
NAMI Raffle tickets are still  
on sale in the Big Room!

## LETTER FROM THE BOARD . . .

Hello fellow students, faculty and alumni!

I'm not sure how the time passes so fast, but it truly does. Soon the holidays will be upon us and time will go even faster! We have already done so many amazing things as a community this semester that I'm positive the rest of the year will be just as much of a success.

The NAMI fundraiser at Rock n' Bowl had such an amazing turnout that included students from all different cohorts, our amazing professors and their kids, and even counseling students from Xavier University. In addition to all of the participation, we also raised over a thousand dollars that go straight to NAMI! The fact that everyone came together for such an amazing cause gives me hope that we are making a difference in the world of counseling and spreading awareness for mental illnesses. Also, my team won the bowling tournament—so that's a plus.

We have so many fun and exciting events to look forward to this semester and I hope that everyone can take the time to enjoy them. The Fall BBQ, our first Flag Football game as the Pink Freud's (yes, we have t-shirts), and of course, the NAMI walk. I was unable to attend the NAMI walk last year and am extremely excited to participate this year.

Thank you so much to all of you who have made time to attend these events and give back. I started the program a year ago this fall, and I don't know where I would be without this fantastic counseling community.

Have an amazing rest of your semester!

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.

### 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:bncortez@loyno.edu).

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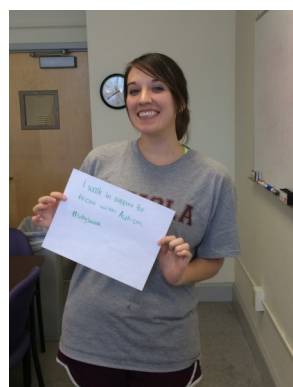
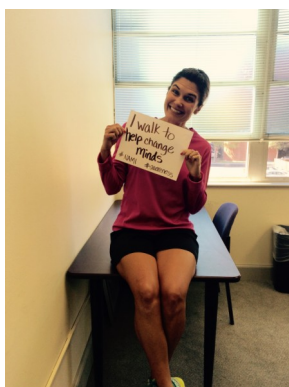
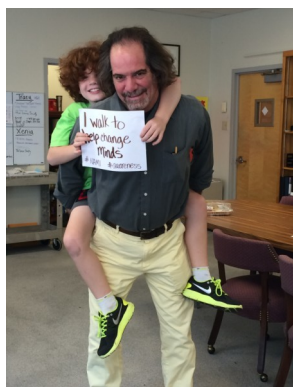
October 2014

### ANNOUNCEMENTS



**Walk Day is October 11, 2014**  
**Audubon Park @ 11:00am**

National Alliance for Mental Illness (NAMI) is dedicated to mental health awareness, support, and advocacy. NAMI provides services to individuals affected by mental illness, including family members, throughout the New Orleans area. For the past several years, Loyola's Counseling Department and its CSI Chapter, Alpha Phi, have relentlessly given our support to this very honorable organization. Thus far this year, we have exceeded our original fundraising goal—with an astounding \$2,400+ collected through donations, our NAMI Raffle, and our well concerted NAMI Rock 'N' Bowl Fundraiser! We cannot thank you all enough for your devotion and are proud to have such strong individuals backing our efforts. BUT, IT'S NOT OVER! If you haven't already, please register to walk with us, donate, fundraise, and stop by our Big Room to share your #whyIwalk photos! (Bonus: We may win the College Challenge for the **third** time!)







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## ANNOUNCEMENTS (CONT.)



### Mandated Reporting Session with Stacie LeBlanc Friday, October 24, 2014 at 12:30pm

Stacie LeBlanc, J.D., M.Ed. serves as the Executive Director of New Orleans Children's Advocacy Center (NOCAC), a program affiliated with the Audrey Hepburn CARE Center of Children's Hospital, offering a multi-faceted approach to investigating, intervening, and treating child sexual and physical abuse. For several years now, Stacie LeBlanc has shared her expertise and insight with our department and each time it proves to be a valuable experience. This session will aim to explore mandated reporting laws and the changes they have incurred over time. The session is open to anyone interested in attending. In appreciation of Ms. LeBlanc's time, we are asking that attendees contribute donations of nonperishable goods or toys for NOCAC.

### CSI Initiation & General Meeting Wednesday, October 29, 2014 at 7:30pm in the Big Room

Please join us for the induction of our newest CSI members. As usual, we will celebrate with food, beverages, and cake. We will also utilize this time to hold a General Meeting in which we will discuss upcoming events, deliver announcements and ask for feedback from you - our members. As part of your commitment to CSI and in support of your colleagues, we anticipate seeing you there!



## EVENTS

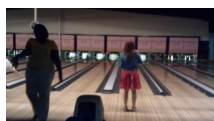
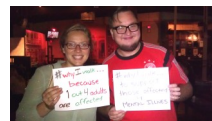
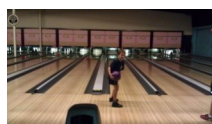


### NAMI Rock 'N' Bowl Fundraiser

September 30, 2014

Due to extensive efforts and everyone's support, CSI proudly raised over \$1,000 with this event. It truly was a huge success and we are honored.

Thank you to all!



Also, congratulations to each of our Raffle winners!





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## EVENTS (CONT.)

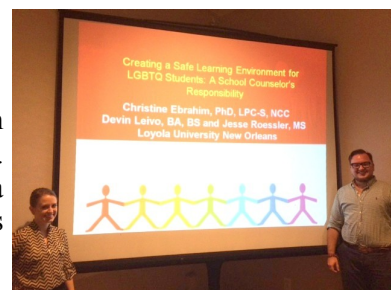
### ALGBTIC Inaugural Conference

September 19-20, 2014

**Dr. Christine Ebrahim, Jesse Roessler & Devin Leivo**

*“Creating a Safe Learning Environment for LGBTQ Students:  
A School Counselor’s Responsibility”*

Although there seems to be a trend toward more openness and acceptance among peers in school about issues regarding sexuality, there still exists a serious problem with bullying. As an advocate for all students, it is the school counselor’s responsibility to help create a safe learning environment. During this interactive program, the presenters discussed ways in which schools have done just that.



## 2014 LCA Annual Conference September 21-23, 2014



**Dr. Christine Ebrahim, Chloe Kingery, Hannah Piper, and Sarah Finney**  
*“Adolescents and Social Media: The Effects of Cell Phones and Facebook on the Ability to Establish and Maintain Relationships”*

Presenters discussed how adolescents’ increased use of social media such as Facebook and Twitter inhibit many from successfully establishing and maintaining positive social interactions.

**Anna Edelman, Kaitlin Short, and Dr. Thomas Foster**

*“Bridging the Gap for Counselors Wishing to Continue and Practice Research”* Historically, there has been a disconnect between counselors who engage in full-time private practice and clinical research. This presentation guided counselors how to overcome these problems and produce meaningful research.



**Anna Edelman, Kaitlin Short, and Dr. Thomas Foster**  
*“Redefining Love and Wellness in Midlife”* Using empirical findings, the presenters explored and redefined the constructs of romantic love and wellness for the

developmental period of midlife and discussed them within the clinical context.

**Prof. Kevin Foose, Nina Stewart, Brianne Cortez, and Dr. Justin Levitov**

*“When Parenting and Partnering Collide”* This presentation explored challenges managing the responsibilities of parenting and partnering, often created within. Patterns of impairment were identified with emphasis on interventions that provide alternatives to conflict.



**Prof. Kevin Foose, Dr. Justin Levitov, and Maria Cicio**

*“Differentiation through the Lens of Mindfulness”* Differentiation of self and Mindfulness share many commonalities. This presentation offered ways to integrate Mindfulness with differentiation and proposed techniques to enhance the therapeutic process.



**Lanier Clement & Maria Cicio** *“Mindfulness in the Treatment of Post-Traumatic Stress Disorder: Parallels in Neuroplasticity”*

**Gayle Guillory** *“Ecotherapy for Adolescent Adoptees”*

**Nasima Khan** *“Bowen Theory and Family Therapy in a Multicultural Concepts: An Alternative Model of Differentiation of Self”*

**Meredith Vizzini** *“Group Therapy for Family Members Bereaved by Suicide Utilizing the Dual Process Model and Logotherapy”*



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### LAGNIAPPE

## October 2014 Festival Information!

Louisianans were recently found to indicate the highest levels of happiness nationwide (Glaeser, Gottlieb, & Ziv, 2014). As reported by Dana McMahan (2014) of *Today*, Sonja Lyubomirsky says that Louisiana festivals help foster this abundance of happiness: “Anything we can do to increase bursts of positive emotion is going to contribute to happiness. There are plenty of ways to do that [...] but frequent celebrations in Louisiana offer ample opportunity.” She further states, however, “it’s not necessarily the festival that makes you happy, it’s an excuse to get together with people.” I don’t know about all of you, but this certainly amps me up for our seemingly constant flow of festivals! I hope you, too, can get out to enjoy them! - Bri Cortez

| Monday                           | Tuesday | Wednesday                                     | Thursday   | Friday  | Saturday | Sunday |
|----------------------------------|---------|---|--|---|----------|--------|
| 29                               | 30      | 01  | 02   | 03  | 04       | 05     |
|                                  |         | Tangipahoa Parish Free Fair - Amite, La       |  |   |          |        |
|                                  |         |   | New Orleans Swing Dance Festival - New Orleans, LA |   |          |        |
|                                  |         |   |  | Gretna Heritage Festival - Downtown Gretna, LA                |          |        |
| 06                               | 07      | 08  | 09   | 10  | 11       | 12     |
| N.O. Swing Dance Fest            |         |   |  | Gentilly Fest - Pontchartrain Park, NOLA                      |          |        |
|                                  |         |   |  | Louisiana Seafood Festival - City Park Festival Grounds, NOLA |          |        |
|                                  |         |   |  | Bucktown Seafood Festival - Metairie, LA                      |          |        |
|                                  |         |   |  | Oktober Fest - Kenner, LA                                     |          |        |
|                                  |         |   |  | Bridge City Gumbo Festival - Bridge City, LA                  |          |        |
|                                  |         |   |  | Voice of the Wetlands - Houma, LA                             |          |        |
| 13                               | 14      | 15  | 16   | 17  | 18       | 19     |
|                                  |         |   |  | Oktober Fest - Kenner, LA                                     |          |        |
|                                  |         | Washington Parish Free Fair - Franklinton, LA |  |   |          |        |
|                                  |         |   | New Orleans Film Festival - NOLA                   |   |          |        |
|                                  |         |   |  | O What A Night! Gala - Ogden Museum, NOLA                     |          |        |
|                                  |         |   |  | Anba Dlo Halloween Festival - New Orleans Healing Center      |          |        |
| 20                               | 21      | 22  | 23   | 24  | 25       | 26     |
| New Orleans Film Festival - NOLA |         |   |  | Oktober Fest - Kenner, LA                                     |          |        |
|                                  |         |   | Greater Baton Rouge State Fair - Baton Rouge, LA   |   |          |        |
|                                  |         |   |  | Mirliton Fest - Bywater, Markay Park                          |          |        |
|                                  |         |   |  | Rougarou Fest - Houma, LA                                     |          |        |
| 27                               | 28      | 29  | 30   | 31  | 01       | 02     |
|                                  |         |   | Krewe of Boo Halloween Parade - Downtown, NOLA     | Voodoo Music Experience - City Park, NOLA                     |          |        |

**References**  
Glaeser, E.L., Joshua D. Gottlieb, J.D, Ziv, O. (2014). Unhappy Cities. (Working Paper No. 20291). Retrieved from National Bureau of Economic Research: <http://www.nber.org/papers/w20291.pdf>.  
McMahan, D. (2014, July 23). Why people in Louisiana are so happy (and how you can be to). *Today*. Retrieved from <http://www.today.com/money/why-people-louisiana-are-so-happy-how-you-can-be-1D79966402>.



## 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, Alpha Phi has something useful for you! This section of our newsletter will now contain contact information for LPC Supervisors, like this one, to aid in your search.

Check back regularly!

**Tina Chaisson**  
LPC-S, NCC, NCSC  
Telephone: 504-473-2959  
[tchaisson@cox.net](mailto:tchaisson@cox.net)

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