



# 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  
FRIEND US ON FACEBOOK: Loyola Counseling FOLLOW US ON TWITTER: Loyola Counseling

## INSIDE THIS ISSUE:

Page 1 Letter from the Board  
Calendar of Events  
CSI Eligibility Guidelines  
Reminders  
Call for Submissions  
Page 2-6 Announcements  
Page 7-10 Submissions  
Page 11 Events  
Page 12 Lagniappe

## Calendar of Upcoming Events

### September

2: University Holiday, Labor Day  
3: NAMI Table in the Danna Center  
14-17: LCA Conference  
26: CSI After Hours

### October

5: CSI BBQ at The Fly  
6-12: Nat'l Mental Health Awareness  
12: NAMI Walk  
14-15: Fall Break  
17-20: ACES and AAMFT Conferences  
19: NCE  
24: CSI After Hours

NAMI Raffle tickets are  
on sale in the Big Room!



## Walk Day is 37 days away!

So far, we've only reached 31% of our goal. We need your help to make it 100%. Spread the word! Share our Walk page with your friends and family. NAMI is an honorable organization dedicated to mental health awareness, support and advocacy. They need our community's support and donations to maintain these services. Help us keep this great organization going! *(Bonus: We could win this year's College Challenge again!)*

**October 12, 2013 at 9:30am  
in Audubon Park. Let's Get It!**

## 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 . . .

Dear faculty, students, and alums,

To those of us used to cold and changing foliage, it is hard to believe that Fall is upon us here in New Orleans. Don we now our Saints apparel! Yet a new season brings more than just a change in class and weekend schedules. Each one of us is that much farther away from that pivotal moment where we decided to embark on the journey to becoming counselors.

Don't forget that part of being the responsible, ethical professional counselor you are is being part of a network of like-minded people. Remember to keep your Chi Sigma Iota membership up to date so you can reap all the benefits our organization has to offer. Did you know that as a member of CSI you can petition the Student Government Association for funds to go to conferences? Don't sneak in the back door of the conference center! You deserve a name tag. New DSM transition got you confused? CSI Webinars! It's just like being there, except you're in front of your home computer.

During the hectic beginnings of a new season, remember to attend to your self care. From going to counseling sessions yourself to making sure you have time for fun, it's important to look after yourself.

Sincerely,

Jesse Clovis Roessler

Treasurer, 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.

**LOYOLA  
UNIVERSITY  
NEW ORLEANS**



# 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  
FRIEND US ON FACEBOOK: Loyola Counseling FOLLOW US ON TWITTER: Loyola Counseling

## ANNOUNCEMENTS

### INTRODUCING:

#### YOUR COUNSELING DEPARTMENT CHAIR



Congratulations to Dr. Christine Ebrahim for acquiring the position of Department Chair!

Dr. Ebrahim has been with our department since 2008. During that time, Dr. Ebrahim has established herself as a distinguished professor within the department, teaching various courses, presenting at numerous conferences, mentoring students and also serving as Chapter Faculty Advisor for Chi Sigma Iota. We are excited for her role as our department chair and wish her well on her endeavor.

#### YOUR 2013-2014 CHI SIGMA IOTA BOARD, ALPHA PHI CHAPTER

**Jesse Roessler**  
*Treasurer (far left)*

**Leigh Boyer**  
*President (center left)*

**Bri Cortez**  
*Parliamentarian/  
Historian (center)*



**Kaitlin Short**  
*Secretary (far right)*

**Nina Stewart**  
*President-elect (center right)*

**Matt Watson**  
*Alumna at Large  
(not pictured)*

#### YOUR FALL 2013 COUNSELING DEPARTMENT GRADUATE ASSISTANTS



**Katie  
Bowman**



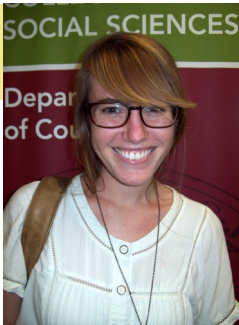
**Anna  
Edelman**



**Lynsey  
Hinnenkamp**



**Stephan  
Jemmott**



**Polly  
Pillen**



**Kaitlin  
Short**



**Stephanie  
Spengel**



**Nina  
Stewart**





# 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  
FRIEND US ON FACEBOOK: Loyola Counseling FOLLOW US ON TWITTER: Loyola Counseling

## ANNOUNCEMENTS CONTINUED

### Nasima Khan Accepted to Present at American Counseling Association Conference!

Our department is very proud to announce that Nasima Khan has been accepted to present at the 2014 American Counseling Association (ACA) Conference. The upcoming conference will be held March 27-30, 2014 in Honolulu, Hawaii. While Honolulu is an exquisite location, it is not what distinguishes Nasima's proposal acceptance. The ACA is the largest, world renowned professional organization dedicated to supporting counselors and promoting the counseling profession. Being the largest professional counseling organization, the association is therefore the proud host of the largest annual conference and receives numerous proposals every year. This year's submissions saw a mere 16% acceptance rate, making Nasima's acceptance a significant accomplishment. The acceptance of Nasima's proposal (summary below) demonstrates not only the distinctiveness of her chosen topic but also her thorough understanding of and ability to convey the topic. If you're planning to be at this conference, be sure to attend Nasima Khan's presentation.

#### Integrating Bowenian Family Systems Theory with the Dual Process Model of Bereavement in Approaching Parental Grief

"Researchers illustrate various ways children die in the United States, whether expected or unexpected, accidental or intentional; child death rates are still a concern. Causes of child death include death from injuries obtained in car crashes, falls, poisoning, burns, suffocation, as well as medical conditions which are sometimes unexplainable, such as sudden infant death syndrome. Often times, a lack of financial, psychological, or social stability may result in child death. As a result, parental grief, marital discord, and divorce rates have increased in families that have experienced child loss. While Bowenian Family Systems Theory can help counselors understand the shift of balance that occurs in a family when a child dies as well as the environment which enhances social, psychological, or physical symptoms, the Dual Process Model of bereavement can help them understand the idiosyncratic process of grief. An integration of these theories can provide counselors with a comprehensive conceptualization of both individual and familial grief, and offer many useful intervention strategies to help grieving parents deal with their loss." - Nasima Khan

## CSI Fall BBQ At the Fly October 5

The semester gets tough. Come join us for relaxation and fun.

Bring your family, pets, some goodies  
and meet us at the Fly!

Classmates  
Spacewalk!  
Burgers!



Professors  
Self-Care!  
Hot Dogs!



# 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  
FRIEND US ON FACEBOOK: Loyola Counseling FOLLOW US ON TWITTER: Loyola Counseling

## ANNOUNCEMENTS CONTINUED



### Louisiana Counseling Association Conference 2013 September 15-17, 2013 Preconference workshops September 14, 2013

Intercontinental Hotel  
444 St. Charles Avenue, New Orleans  
Pre-conference workshops Sept. 14

Louisiana Counseling Association  
Phone: (318) 861-0657  
website: [www.lacounseling.org](http://www.lacounseling.org)

**“THE Professional Counselor: It is OUR time: to reflect, to renew, to refocus.”**

#### Pre-Conference Workshops

Saturday, September 14, 2013, 9:30-12:30pm

**Christine Ebrahim**, PhD, LPC-S, NCC

“LPC Policies and Procedures Update: Important Information for Supervisors” As the LPC Board writes the Rules for LPCs to cover Act 635, changes will be made to the LPC polices and procedures addressing the LPC Supervisors. This workshop will address these changes—imperative for current LPC Supervisors and for any LPC who is planning to become a supervisor.

#### Content Sessions

Sunday, September 15, 2013, 1:30-2:45pm

**Justin Levitov**, LPC, NCLPC, NCC, LA, PhD; **Nina Stewart**, Graduate Student, Loyola; Talya Hillinger, CMHC, MS; Ellen Levitov, LPC-S, NCC, MA

“Family Secrets: A Time to Tell and a Time to be Silent” Family secrets present an interesting challenge to clinicians. This session defines various types of secrets, their unique purposes, advantages/caveats to keep information secret and how to best manage secrets in the clinical setting.

Tuesday, September 17, 2013, 8:00-9:15 am

**Christine Ebrahim**, PhD, LPC-S, NCC

“Legal and Ethical Issues in School Counseling: A review of Obligations” As school counselors we are often faced with legal and ethical questions. This interactive program will review the ethical standards for school counselors as well as legal requirements for school counselors in Louisiana.

Tuesday, September 17, 2013, 10:45-12:00pm

**LeAnne Steen**, PhD, LPC-S, RPT-S

“Child Parent Relationship Training” This session will offer an introduction to Child Parent Relationship Training (CPR-T). This form of parenting enhancement training is evidence-based with diverse populations and shown to be effective throughout the world. Learn the basic tenets of CPR-T and working with caregivers as the agents of change in the family environment.

#### Poster Sessions

Presenters from Loyola University New Orleans, Counseling Department include:

**Caitlin Bach & Molly Holmes** “Narrative Group Therapy for Adolescents with Eating Disorders”

**Anna Edelman** “Sternberg's Theory of Love in Middle Adulthood”

**Lauren Finnan** “Combining Logotherapy and the Dual Process Grief Model for Grieving Mothers”

**Gayle Guillory** “Treating Adult Survivors of Bullying with Eye Movement Desensitization and Reprocessing (EMDR)”

**Nasima Khan** “Approaching Parental Grief from a Family Systems Perspective using the Dual Process Model of Adaptation”

#### CSI Related:

Monday, September 16, 2013

11:45-2:00pm — Chi Sigma Iota Brown Bag Meeting

6:00pm — Chi Sigma Iota Networking Social

#### On-Site Registration Fees

\$310	Professional Member
\$120	Student, Counselor, Intern Member
\$420	Non-members
\$125	Professional Member One-day
\$250	Professional Member Two-days
\$50	Student Member One-day
\$75	Student Member Two-days
\$175	Non-member One-day
\$300	Non-member Two-days

*Hopefully we'll see you there!*



# 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  
FRIEND US ON FACEBOOK: Loyola Counseling FOLLOW US ON TWITTER: Loyola Counseling

## ANNOUNCEMENTS CONTINUED

### Marriages

Mrs. Molly Mattesky  
&  
Mr. Arthur Sanders  
June 22, 2013



Mrs. Tonjaleta Jenkins  
&  
Mr. Steven Jenkins  
May 11, 2013

Mrs. Becca Weingard  
&  
Mr. Matt Weingard  
May 25, 2013



### Expecting

Jess Nystrom  
& Justin Nystrom  
are expecting to  
welcome a  
Baby Boy by  
November 25, 2013



### Employment

**Lisa Chew '13**  
Assistant Director  
Womanspace, New Orleans, LA

**Ari Evans '13**  
Juvenile Substance Abuse Counselor  
Jefferson Parish Pre-Trial Diversion Program, LA

**Nate Koch '13**  
Therapist  
Jewish Family Services, Metairie, LA

**Viveca Latham-Johnson '12**  
Academic Counselor  
Copiah-Lincoln Community College, Wesson, MS

## Practicum & Internship Students and Their Sites

*Are you interested in a specific site? Talk about it with someone who's there now!*

Celebration Hope Center  
Celebration Hope Center  
Destrehan High School  
Dillard University  
Dillard University  
Family Service of Greater New Orleans  
Jefferson Parish Dept of Juvenile Services  
Jewish Family Services  
Kingsley House  
KIPP Central City

Becca Bourgeois  
Neema Murimi  
Peter Santos  
Tina Robinson  
Justin Genovese  
Richelle Stansbury  
Jessica Alvendia  
Leigh Boyer  
Laura Beatty  
Sean Tate

KIPP Leadership Academy  
Lazarus House  
LSU Play Therapy Clinic  
Plaquemines Community Care  
St. George's Episcopal School  
Stuart Hall School  
Trinity Counseling and Training Center  
Trinity Episcopal School  
Ursuline Academy

Summer Keenan  
Rae Jacobson  
Stephanie Garcia  
Jesse Roessler  
Kerry Hegarty  
Frances Rodriguez  
Michelle Gay  
Gayle Guillory  
Lauren Finan





# ALPHA PHI CHAPTER OF CHI SIGMA IOTA LOYOLA UNIVERSITY NEW ORLEANS

VISIT OUR WEBSITE: [css.loyno.edu/counseling](http://css.loyno.edu/counseling)  
FRIEND US ON FACEBOOK: Loyola Counseling

JOIN US ON ORGSYNC: Alpha Phi Chapter of Chi Sigma Iota  
FOLLOW US ON TWITTER: Loyola Counseling

## ANNOUNCEMENTS CONTINUED



### Spotlight on our new classmates



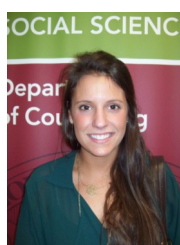
**Every semester we are excited to welcome our new students. This semester is no exception. Take a minute to familiarize yourself with the Fall's new arrivals!**

Maggie Alewine

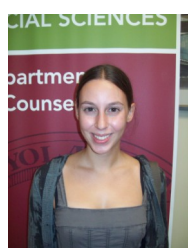


I am not sure what population I'd like to work with yet.  
*Fact:* I'm really excited to be here!

Kristen Centanni

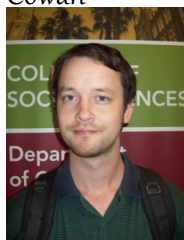


Rebekah Cianci



I'm really interested in working with children, especially families where children are at risk for or have experienced abuse and neglect. I'm also interested in prevention, so I would be interested in working in school settings as well.  
*Fun Fact:* We have nine pets at my apartment, and two are sugar gliders!

Thomas "Tom" Cowan



I plan to become a Licensed Practicing Counselor. Other details are still in development.  
*Fun fact:* I play a musical instrument called the tabla which is common to India.

Mallory Cutrer



I want to work as a family and marriage counselor for my church.  
*Interesting fact:* Since I graduated college, I have lived in four different states.

Sarah Finney



I would like to be a school counselor or have my own private practice, working with children and/or families of lower income populations.  
*True/False?* I learned how to ride a bike when I was 16.  
*True/False?* I have a twin brother named Haras.  
*True/False?* I love dogs!

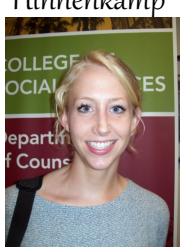
See Sarah for answers!

Xenia Hatzilias



My professional goal is to become a Forensic Psychologist.  
*Interesting Fact:* I went to Greek school!

Lynsey Hinnenkamp



One of my professional goals is to work with sexual assault victims and to conduct research on the many social complexities that surround sexual violence. As well, after I finish grad school and work for a few years, I plan on pursuing my PhD.  
*Interestingly,* I have moved 7x - started in PA, ended in Nola!

Blaire Hirstius



After earning my Masters, I would love to work with kids. I am especially interested in Play Therapy.  
*True/False?* I snort when I laugh sometimes.

See Page 10 for answer.

Stephan Jemmott



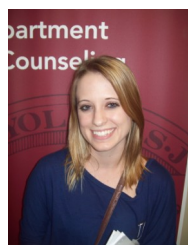
I would like to work with individuals with substance abuse and co-occurring disorders.

Tracy Kinamore



I would like to ultimately continue on with my education and work in grief development with those that have suffered a death in the family, an illness, or traumatic event. *Fun Fact:* In high school we did productions of Cirque du Soleil, we learned various acts like trapeze arts and juggling!

Devin Leivo



I want to have a private practice in the greater New Orleans area, working with adults. I may pursue a PhD in Counseling Psychology, but I haven't decided yet.  
*True/False?* I was legally blind.

See Page 10 for answer.

Kristen Lourens



I want to work as a child psychiatrist with children and their families.  
*Interesting fact:* When I was in Costa Rica for two weeks I got to work with rescued wild monkeys and sloths. Also, during Holy Week, the entire city shuts down completely.

Laura Pignato



I want to work with trauma patients, mostly veterans with PTSD.  
*One thing you don't know about me:* I have been a vegetarian for the last seven years.

Polly Pillen



I want to work as an LPC with young women who are survivors of gender-based violence, especially around inter-personal violence and sexual assault. *Interestingly,* I'm also a doula, which means I get the honor of supporting women through child birth!

Not Pictured:

Benjamin Ng

Kathryn Aschliman

**Sending our warmest welcome as you each begin your journeys as professional counselors. We hope that you embrace everything that our program, university and city have to offer! Best of luck!**