



ALPHA PHI CHAPTER OF CHI SIGMA IOTA

LOYOLA UNIVERSITY NEW ORLEANS

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SUBMISSIONS

Things You Should Know About Practicum & Internship

Imagine. It's your first semester. You are attending the new student orientation where you learn about practicum and internship. Suddenly, questions and thoughts begin to overflow your mind...Where will I complete my practicum and internship? Where do I look for sites? When do I begin this process? Which site is best for me? HELP.

Counseling students **Rae Jacobson** (Project Lazarus), **Leigh Boyer** (Jewish Family Services), and **Becca Bourgeois** (Celebration Hope Center) are currently in internship and took time to share their experiences and answer questions that will aid in this process.

When should students begin searching for practicum and internship sites?

- (All) You will begin this process during Fundamentals class; however, it is a good idea to begin searching for sites prior to this class.
- (Rae) Consider your personal obligations such as an ongoing job and additional commitments when considering specific sites.
- (Leigh) Trust the program for guidance and Dr. Ebrahim!

How were you able to align your personal interests with sites?

- (Rae) One thing I kept in mind was accessibility of site. (i.e.: Location to my home.)
- (Leigh) I sought out sites that would provide an opportunity to expand upon personal interests, but also a site that encouraged room for exploration of all types of interests.
- (Becca) I retain a ministry background and sought out sites where I could incorporate this specific interest of mine.

What types of qualities were you looking for at sites?

- (All) Sites that offered a variety of clients. Trust your instincts.

What tips or suggestions would you share for students who are interviewing for placement?

- (All) - Bring your Resume.
- Learn about the site beforehand, bring questions to the interview.
- Inquire if the site/supervisor is accommodating to exploration.
- Learn expectations of the interns.
- Inquire if required hours are feasible.
- Talk to interns or previous students that completed practicum or internship at your site of interest.
- Attend CSI events (Guess who?)
- For additional resources on interview questions and tips visit:
<http://www.nbcc.org/Studentwoks/internships>

How would you recommend students advocate for themselves once placement is obtained?

- (Rae) Be clear on your needs with your supervisor.
- (All) Set goals in Fundamentals before starting at a site and refer back to these goals periodically.
- (Becca) Be honest and open.

How does your theoretical orientation play a role during training?

- (Leigh) Theory is a continual exploration.
- (Rae) Your theory will change.

Any other suggestions, comments, or words of wisdom that you would like to share about your experience?

- (All) - Group supervision has been valuable for relating to peers, become an active participant during supervision.
- Enact Self-Care.
- Enter into personal counseling — FREE for students at our University Counseling Center.
- Seek support from your cohort.
- Speak freely, being aware.
- Reflect upon the things learned thus far from, classes, professors, and peers. You will begin to mold your professional identity.
- Accept that you will make mistakes, learn to let things go.
- Always seek supervision.

Finally, Professor Foose is the clinical coordinator and he can provide more information about approved sites. consult with your faculty advisor and peers about your interests. Also, consult with your faculty advisor and peers about your interests. Enjoy this time of your training; this is when it all comes together.

- Interview by Nina Stewart



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Merging Worlds with a Camera

We all know the old adage, "a picture is worth a thousand words." Well, I stumbled across a photographer whose current work is no exception to the saying. Richard Renaldi has embarked on a project that requires his subjects and audience to examine and intersect cultural boundaries – racial, socio-economical and spiritual – by asking strangers to touch each other (sometimes very intimately) as they pose for a picture. Renaldi's images merge the separate worlds, values and beliefs of two individuals, thereby evidencing various emotions not often captured by the lens, including reluctance, discomfort and unease. Though a number of the subjects are uncomfortable with the task, there are many others who welcome the awkward poses. Either way, I feel Renaldi's "Touching Strangers" is a worthy reminder of societal roles, cultural values, intimacy and the effects of touch.



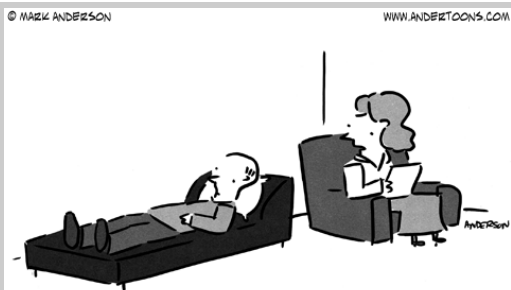
'Alex & Carlos' by Richard Renaldi

- Bri Cortez

Cognitive Therapy Teaches by Gregory Allen Uhan

Cognitive therapy teaches us
how to train thought patterns
untangle twisted thinking
rearrange life long yarn of
negative compulsion
saving minds form unjust jump
rise above unraveling wort case scenario
downward conclusion spiral pitfall
rewire cynical cognition circuits
snapping cyclical spell of self destruction
to ignore false fortune telling
overblown magnification of the mundane everyday
inflating small incidents expecting Armageddon consequence
mind reading projecting our own inner insecurities
anticipating the worst outward reaction imaginable
showing in the end we ourselves are our harshest
critic and most unjust judge
that to rise above we must learn to
forgive and love

- Poem submitted by Polly Pillen



Today's laugh was
brought to you by
Lynsey Hinnenkamp

An (Almost) One-Word Interview with Stephan Jemmott

Where are you from?	Favorite thing about your classes so far?
The Bronx, NY	Small Class Sizes.
Favorite color?	Describe your first day in the program?
Purple	Exciting
Favorite food?	If you could be any one piece of furniture what would it be?
Tuna	A Papasan chair
Lucky number?	If you could be any of the M&Ms, which would you be?
22	Green
Favorite thing about New Orleans?	If you could be any animal what would you be?
Food	Elephant
What are you most afraid of?	If you had 24 hours to live, what would you do?
Falling	Swim with sharks.
Why did you choose Loyola?	
New Orleans & the dual masters program	
Best word that describes you?	
Eccentric	
What type of candy describes you?	
Sour Patch Kids	

- This comical interview
brought to you by
Kaitlin Shortl

A One-Word Interview with Polly Pillen

Where are you from?	Favorite thing about your classes so far?
Nebraska	Openness
Favorite color?	Describe your first day in the program?
Yellow	Quiet
Favorite food?	If you could be any one piece of furniture what would it be?
Ice Cream	Bookshelf
Lucky number?	If you could be any of the M&Ms, which would you be?
56	Red
Favorite thing about New Orleans?	If you could be any animal what would you be?
Vibrancy	Horse
What are you most afraid of?	If you had 24 hours to live, what would you do?
Stagnancy	Party
Why did you choose Loyola?	
Opportunity	
Best word that describes you?	
Human	
What type of candy describes you?	
Butterscotches	

- This comical interview
brought to you by
Stephanie Spengell



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SUBMISSIONS CONTINUED

The Brave New World of Epigenetics and Mental Health

Consider this: you are working in an at-risk community, let's say outside of New Orleans, LA. This community is considered high risk with documented incidences of domestic abuse, incest, and a history of trauma. Into your office comes a child reported to be performing poorly at school, displaying difficulties focusing, aggressive behaviors, poor social skills, and low self-esteem. Through the intake you learn that your new client lives with her grandmother, receives government assistance, and the father is incarcerated.

In New Orleans, this scenario is unfortunately all too common. As her counselor, how would *you* understand this client? Is she a product of her environment, or is she biologically inclined towards these behaviors? A new field in genetics, called epigenetics, would state that she is both.

Epigenetics is a field that explains the intersection of environmental and genetic factors in health and disease. There has been an exponential increase in the understanding of the human genome over the past ten years and through this, researchers are discovering more about the complexity of gene-gene and gene-environment interactions. For example, what genes are activated in what specific ways when a mental health disorder such as depression is present? There is no on-off switch for most traits, but instead an intricate system controlling gene expression at different points in development. This complex process of gene regulation is controlled by epigenetic modifications to the genome. Epigenetics refers to the ability of environmental factors to influence gene expression without causing any changes in the actual DNA sequence. Now, here is the really interesting part. These environmental changes influencing gene expression are actually heritable. Studies have shown that stressed out rats produce anxious pups. Affectionate mothering in rats leads to more resilience to stress in their offspring. Think about this for a second. Something that has affected you personally, maybe a traumatic event, can change not only the physical expression of your genes (your phenotype), but your children's, and even your grandchildren's.

How can this be happening? It almost sounds like evolution, which we all learned in middle school takes thousands upon thousands of years for any small change to take place. But remember, evolution requires changes in the actual DNA. Epigenetics explains how your grandparents' hardships potentially can lead to physical and mental health concerns for you down the road. Your father's advanced age leads to a higher risk for schizophrenia and bipolar disorder. New research coming out has shown epigenetics to have a hand in risk for manic-depression, obesity, and even autism.

Some of you may be getting a little bored with this science lesson in a counseling newsletter, but stay with me. The implications of epigenetics on potential clients are huge, especially clients in at-risk communities. More than just understanding the environment a client grew up in, there may be underlying inherited forces at play based on their family history. Additionally, this goes beyond just a single client. The role of epigenetics in our community interventions needs to be considered. Is it possible that certain interventions may not be as effective when there is a biological footprint of poor nutrition, abuse, or trauma?

Let's go back to your client at the beginning of this article. What inheritance have her parents left her? What can you, as a counselor, do to advocate for her? I don't have all the answers, but I do challenge our mental health community to begin to explore how this fascinating new field will impact our understanding of as well as our advocacy for our clients. Hopefully after reading this, it has already begun.

- Anna Edelman



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SUBMISSIONS CONTINUED

• An Alumni in the Field •

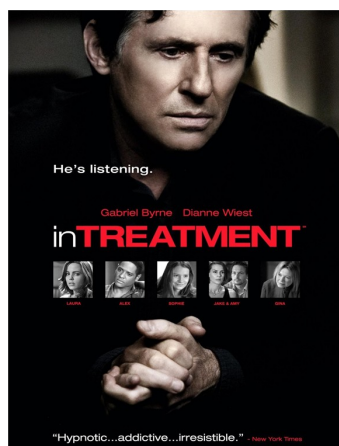
Nate Koch is a recent graduate of our Counseling Program and has shared some words of wisdom for those students that are about to enter the working world.

Nate is a Therapist at Jewish Family Services (JFS) in Metairie. It was there that he did his internship as well. Early on in his internship he had expressed interest in working for JFS and, as luck would have it, a month or so before his internship ended, another clinician chose to resign. He decided to jump on the opportunity and gave his resume to the Executive Director of JFS to begin the interview process.

As someone who has recently been through the interview and job search process, he has some advice for our students. He suggests being forward and honest about your intentions and to not cover up your lack of experience but highlight skills you do have, as well as not having any expectations. He was able to highlight the experience and competence that he had through nine months of work at the agency. He was told that his retention rate was incredibly high and that played a big part in their decision to hire him. Before Nate's internship, he did not have much experience working with children but, during his internship at JFS, many of his long standing clients were under the age of 18 giving him the chance to really focus on that experience. Nate says he was very passionate about making sure the parents of his clients were active participants in the therapeutic process and focused on keeping parents active as part of his experience.

Now that Nate is a full-time employee of JFS, he says that not much has changed in his job position. He does have more responsibility and freedom and is more included in the workings of the agency and that has helped him in his transition into being a full-time clinician tremendously.

– Katie Bowman



The series "In Treatment" is an HBO original that began in 2008 and continued for 3 seasons. It is currently off the air, but will always be one of my favorite TV shows. It stars Gabriel Byrne as Dr. Paul Weston, a psycho-therapist, who questions his abilities to properly aid his clients. When the series began it aired five nights a week, four of those episodes featured a different client in a therapy session with Dr. Weston and the fifth, and final episode of the week showed Dr. Weston himself in a therapy session with his therapist Gr. Gina Toll, played by Diane Wiest. These episodes were always the most interesting to me. There is this idea that those in the counseling field have perfectly stable lives, but this series showed that even counselors have their issues that they struggle with every day.

Dr. Weston's clients were all from very different backgrounds with very different issues so every episode was completely different. Each episode was captivating as you watched various therapeutic relationships build in front of you. I would find myself eagerly awaiting the next session to see if one of his patients would finally have that breakthrough in therapy.

The series was very simply done. Every episode was in the same room in Dr. Weston's home, he sits in the same chair, the clients sit on the same couch and there wasn't any action, but as the New York Times said, this series was truly irresistible. What personally kept me intrigued were the clients' stories; they all had these deeply woven dramatic issues, but at the same time each of the characters could be real people. I could see a little of myself in some characters, or knew someone who was dealing with similar issues and I feel as if this series was able to show that going to therapy was not for "crazy" people, but for anyone who may need help dealing with the things that have happened or are happening in their lives. I really wish this show had been more popular when it aired because I feel as if it gave therapy a really positive image. These deeply troubled people were going to therapy, and not getting "cured" but they were making positive changes towards living better lives. "In Treatment" was unfortunately discontinued, but for anyone interested I know that you can purchase the seasons on amazon.com or you can pay per episode to watch and there are also various ways to stream it online. I think everyone should take the time to watch at least one episode and I promise you will be hooked!

– Stephan Jemmott



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EVENTS

New Student Meet & Greet August 25, 2013



August 26, 2013 CSI After Hours - Publiq House





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LAGNIAPPE

Upcoming Conference Information

American Association for Marriage & Family Therapy 2013 Annual Conference

Where: Portland, Oregon When: October 17-20, 2013
www.aamft.org/annualconference

Association for Counselor Education & Supervision 2013 Annual Conference

Where: Denver, Colorado When: October 17-20, 2013 aces2013.net

*Presenters: Dr. Christine Ebrahim, Prof. Kevin Foose, Dr. Thomas Foster,
Dr. LeeAnne Steen, Ariann Evans, Lauren Finan and Alison Phillips*

Louisiana Association for Marriage & Family Therapists 2014 Annual Conference

Where: Baton Rouge, Louisiana When: March 6-8, 2014 www.lamft.org

American Counseling Association 2014 Annual Conference

Where: Honolulu, Hawaii When: March 27-30, 2014 www.counseling.org

Presenter: Nasima Khan

STOMPING OUT STIGMA

In case you haven't heard, it has been announced that New Orleans' very own 610 Stompers will be helping us stomp out stigma at our NAMI Walk in October. This year is sure to be even more exciting than years before! Please consider donating or joining today. Remember, we can't reach our goal without you!



Ordinary Men.
Extraordinary Moves.



Answers to New Student Spotlight (from page 6)

Blaire Hirstius: True!

Devin Leivo: True! "I had surgery in December.
Now I don't need glasses or contacts!"