



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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September 2014

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Calendar of Upcoming Events

September

2: University Holiday, Labor Day
6: UNO's CSI Back to School Bash
20-23: LCA Conference
30: Rock-N-Bowl NAMI Fundraiser!
TBA: NAMI Table in the Danna Center

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: Guest Speaker Staci LeBlanc
30: CSI Initiation & CSI After Hours



Sarah Finney and Nina Stewart receive our trophy for the 2013 NAMI College Challenge. Thanks again to all who assisted in this achievement!



**New Loyola Counseling Dept.
t-shirts will be in soon!**

Intramural Sports are in session and our department is signing up! Be sure to check your email from **Xenia Hatzillas** for more information.

Some of the sports included are:
- Ping Pong - Dodgeball - Flag Football



LETTER FROM THE BOARD . . .

Greetings, students, faculty and alums!

I cannot believe Fall is already upon us. Where did the time go?! If you're like myself, summer came and went all too quickly, and now you find yourself buried underneath work, projects, presentations, and other commitments. Although these may all be positive things, they do not come without some cost to your physical, psychological and emotional health.

When I begin to feel bogged down by commitments, I find prayer and reflection are what help keep me grounded. With that in mind, I would like to offer this quotation for your reflection: *What will break you down is not the weight of your burden. Rather it is your manner in carrying the load.*

In life, you're always going to be pulled in various directions, whether it be personal, family, work or societal obligations. The trick is to learn how to juggle these things without weighing you down. My hope for you this Fall is that you allow yourself to be present in your daily tasks, trusting that you will accomplish whatever is needed for that day. With that being said, make sure to take time for yourself to do things that give you joy. A happy life is a healthy life.

Yours truly,

Sarah Finney

President-Elect, 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.

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ANNOUNCEMENTS

INTRODUCING:

YOUR 2014-2015 CHI SIGMA IOTA BOARD, ALPHA PHI CHAPTER

President: Nina Stewart
President-Elect: Sarah Finney
Secretary: Xenia Hatzillas
Treasurer: Maria Cicio
Historian/Parliamentarian: Bri Cortez
Alumna at Large: Leigh Boyer
Chapter Faculty Advisors: Dr. Christine Ebrahim & Dr. John Dewell

YOUR FALL 2014 COUNSELING DEPARTMENT GRADUATE ASSISTANTS



Megan Loos

"I let my SIMS catch on fire."
#justwatchthemburn

Tracy Kinamore

"I would rather be a *Stark* than a Kinamore."
#ikilljeffryinmydreams #gotobsessed

Ben Ng

"I'm not allowed to use the toaster."
#burningman

Sarah Finney

"I harass people for toilet paper...and make up my own words to pop songs." #rude #soyouwannaplaywithmatches

Devin Leivo

"I like to pick fights with copy machines."
#theyreontome

Xenia Hatzillas

"I'm really into eating SUPERFOODS right now."
#icanteven



National Alliance on Mental Illness

Walk Day is less than 40 days away!

NAMI is an honorable organization 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. They need our community's support and donations to maintain these services. Help us keep this great organization going! So far, we've reached 76% of our goal...but we're hoping to surpass 100%! We need your help. Register to walk with us, donate, fundraise, and spread the word! *(Bonus: We may win the College Challenge for the **third** time!)*

October 11, 2014 at 11:00am in Audubon Park. Let's Get It!

Ways to increase our points for the College Challenge:

Raise money. Each dollar = 1 point

Volunteer on Walk Day. Each volunteer = 5 points

Share your "Why I Walk" video and tag NAMIWalksNOLA. Each reshare/retweet = 10 points

Register to walk. Each registrant = 10 points

Buy raffle tickets (on sale in the Big Room). Each book sold = 20 points

Send a fundraising email and CC walks@namineworleans.org. Each email = 25 points

Share your "Why I Walk" picture and tag NAMIWalksNOLA. Each picture = 500 points

Share your "Why I Walk" video and tag NAMI WalksNOLA. Each video = 1,000 points



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ANNOUNCEMENTS CONTINUED



2014 Annual Louisiana Counseling Association Conference September 21-23, 2014

Intercontinental Hotel
444 St. Charles Avenue, New Orleans
Pre-conference workshops Sept. 20

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

Workshop Sessions

Sunday, September 21, 2014, 1:30-3:00pm

Christine Ebrahim, PhD, LPC-S, NCC; **Chloe Kingery**, Graduate Student; **Hannah Piper**, Graduate Student; and **Sarah Finney**, Graduate Student

“Adolescents and Social Media: The Effects of Cell Phones and Facebook on the Ability to Establish and Maintain Relationships” Presenters will discuss how adolescents’ increased use of social media such as Facebook and Twitter inhibit many from successfully establishing and maintaining positive social interactions.”

Sunday, September 21, 2014, 3:15-4:45pm

Christine Ebrahim, PhD, LPC-S, NCC; **Kellie Camelford** (Loyola Counseling Department Alumna), LPC, NCC

“School Counselor Burnout: Causes and Prevention Strategies” This presentation will highlight the major causes of burnout among school counselors, as well as discuss prevention strategies to avoid or reduce burnout in the school setting.

Kevin Foose, LPC; **Nina Stewart**, B.S., Graduate Student; **Brianne Cortez**, B.A., Graduate Student; and **Justin Levitov**, PhD, LPC, LMFT

“When Parenting and Partnering Collide” This presentation will explore challenges managing the responsibilities of parenting and partnering, often created within. Pattern of impairment will be identified with emphasis on interventions which provide alternatives to conflict.

Tuesday, September 23, 2014, 8:00-9:30am

Kevin Foose, LPC; **Justin Levitov**, PhD, LPC, LMFT; and **Maria Cicio**, Graduate Student

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

Anna Edelman, Graduate Student; **Stephanie Spengel**, Graduate Student; and **Thomas Foster**, PhD, LPC-S

“Redefining Love and Wellness in Midlife” Using empirical findings, the presenters will explore and redefine the constructs of romantic love and wellness for the developmental period of midlife and discuss them within the clinical context.

Tuesday, September 23, 2014, 10:30-12:00pm

Christine Ebrahim, PhD, LPC-S, NCC; **Kevin Foose**, M.S, LPC; **Shawna Foose**, M.A., LPC-S

“Burnout: Supervision Beyond Impairment” This session will explore burnout, compassion fatigue, and impairment with consideration toward counselor education and clinical supervision.

Tuesday, September 23, 2014, 1:45-3:15pm

Anna Edelman, Graduate Student; **Kaitlin Short**, Graduate Student; and **Thomas Foster**, PhD, LPC-S

“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 and clinical research. This presentation will help counselors overcome both of these problems and produce meaningful research.”

Poster Sessions - Monday, September 22, 2014, 12:15pm

Presenters from Loyola University New Orleans, Counseling Department include:

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”

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

Chi Sigma Iota Related:

Monday, September 22, 2014

12:15-2:00pm — CSI Brown Bag Lunch Meeting

6:00pm — CSI Reception

On-Site Registration Fees

\$280	Professional Member (online registration)
\$120	Student, Counselor, Intern Member
\$400	Non-members
\$125	Professional Member One-day
\$250	Professional Member Two-days
\$50	Student Member One-day
\$75	Student Member Two-days
\$190	Non-member One-day
\$310	Non-member Two-days

Come help us represent the department!



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ANNOUNCEMENTS CONTINUED

CSI FALL BBQ OCTOBER FOURTH AT THE FLY

What could be better than a BBQ along the river? Join us as we manage self-care – department style! Our annual Fall BBQ is an opportune time to enjoy grilled foods, mingle with classmates, and get to know your professors! We'll have a space walk for children, too. Hopefeully we'll see you there!

Here's what you may want to bring:

- | | |
|--|---|
| <input type="checkbox"/> Yourself | <input type="checkbox"/> Blanket/Chairs |
| <input type="checkbox"/> Family/A friend/A pet | <input type="checkbox"/> Frisbees/balls/etc |
| <input type="checkbox"/> Beverages | <input type="checkbox"/> Humor |



CSI WEBINARS

Using Social Media as a Professional Counselor
Tuesday, September 9, 2014 1:00-2:00 PM CDT

Strengthening the Counseling Profession: Who Are We and Where Are We Going?
Tuesday, October 7, 2014 1:00-2:00 PM CDT

Finding a Dream Job in Counseling: Tips for Exploring, Negotiating, and Securing Your Next Position
Tuesday, October 14, 2014 6:00-7:00 PM CDT

Five New Diagnoses for the DSM-5
Tuesday, October 21, 2014 1:00-2:00 PM CDT

Transformative Leadership in Counselor Education
Tuesday, October 28, 2014 1:00-2:00 PM CDT

Congratulations to **Maria Cicio**,
recipient of the 2014 NBCC
Foundation military scholarship.
Ms. Cicio received this scholarship in
recognition of her ambition to work
with military personnel affected by
PTSD and military sexual trauma.

Practicum & Internship Students and Their Sites

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

Academy of the Sacred Heart School	Megan Mathews	Family Service of GNO - St. Bernard	KC Flaker
Addiction Recovery Resources of N.O.	Caitlin Bach	Isidore Newman School	Jenna Oncale
Addiction Recovery Resources of N.O.	Molly Holmes	Jewish Family Service	Chloe Kingery
Addiction Recovery Resources of N.O.	Steffie Koch	Kingsley House	Vik Kannan
Catholic Counseling Service	Hannah Piper	Kingsley House	Meredith Vizzini
Celebration Hope Center	Brandie Hicks	Lambeth House	Dorie Deats
Celebration Hope Center	Chelsea Faught	Northshore Counseling and Wellness	Fran Phares
Creative Family Solutions	Bri Cortez	Plaquemines Community Care	Anna Edelman
Destrehan High School	Katie Bowman	Plaquemines Community Care	Kaitlin Short
Destrehan High School	Joe LeBlanc	Project Lazarus	Shaina Spector
Dillard University	Maria Cicio	Rivarde Juvenile Detention Center	Marinn Mehrtens
Family House Louisiana	Lesley DeMartin	St. George's Episcopal School	Molly Sanders
Family Service of GNO - Baton Rouge	Brandy Craig	Trinity Counseling and Training Center	Nasima Khan
Family Service of GNO - Canal Street	Nina Stewart	Ursuline Academy	Megan Loos
Family Service of GNO - Harahan	Stephanie Spengel		



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ANNOUNCEMENTS CONTINUED

Marriages

Mrs. Michelle Gay Cowherd
& Mr. Charles Cowherd
May 24, 2014



Mr. Justin Genovese
& Mrs. Maria Impastato Genovese
June 7, 2014

Engagements

Katie Bowman
& Adam Lambert



Maggie Alewine
& Giacomo Tomasello

Hannah Piper
& Kris Ackoury



Employment

Leigh Boyer '14, Counselor
Family & Youth Counseling Agency, Lake Charles, LA

Michelle Gay Cowherd '14, Mental Health Professional
Milestones Mental Health Agency, New Orleans, LA

Justin Genovese '14, Counselor
Jesuit High School, New Orleans, LA

Kerry Hegarty '14, Counselor
Communities in Schools of Greater New Orleans

Rae Jacobson '14, Writer
Child Mind Institute

Summer Keenan '14, Mental Health Professional
Milestones Mental Health Agency, New Orleans, LA

Neema Murimi '14, Mental Health Professional
Milestones Mental Health Agency, New Orleans, LA

Sean Tate '14, REACH Program Coordinator
Samuel Green Charter School

*We are more than excited to hear of all your accomplishments.
Best of luck to everyone!*



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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 2014's new arrivals!

Sarah Applebaum
New Orleans, LA

"I'd love to work with young adults in a university setting, but am open to exploring many other interests as I continue in the program!" So far, I find the Counseling Department: Welcoming!



Marie Batau
Chicago, IL & CA

"I have always dreamed of becoming a sex therapist, however I would now like to work with those who have experienced sexual trauma. Phd? Why not?" So far, I find New Orleans: Fabulous!

Sarah Cline
Seattle WA

"I hope to work with youth who have experienced trauma." So far, I find the Counseling Department: Friendly.

Cassidy Fischer
Abita Springs, LA

"I would like to work with people that have experienced trauma, but I am open to a variety of different counseling work. I hope to eventually become an LPC and maybe work in private practice. One day I may pursue my PhD!" So far, I find the Counseling Department: Advanced.

Claudia Fletcher
St. Louis, MO

"I look forward to learning more about myself and solidifying my interests through the program." So far, I find New Orleans: Vibrant.



Emily Jasper
Atlanta, GA

"I would love to work in a private practice setting helping our elders." So far, I find the Counseling Department: As wonderful as the rest of NOLA, warm and welcoming with wonderful people!



Claire Privat
Lafayette, LA

"I plan to pursue a PhD. I would like to practice privately & teach. I am interested in LGBT issues in couples therapy, personality and anxiety disorders, & the incorporation of yoga in group therapy for eating disorders & sexual trauma." So far, I find the Counseling Department: Supportive.



Andie Rye
Mandeville, LA

"Hoping to work with people with addiction and substance abuse problems along with possibly working in a hospital setting with mental disorders." So far, I find New Orleans: Exciting!

Rachel Schaub
Albuquerque, NM

"Eventually I would like to own my own practice and practice marriage and family therapy." So far, I find New Orleans: Different.



Kristin Scott
New Jersey/Pennsylvania

"I would like to work with adults with addiction issues, and possibly pursue a PhD in the future." So far, I find my impression of New Orleans is: Bridges. Lost of them!



Piper Thevent
Lafayette, LA

"My professional goal is to become a licensed sex therapist and start my own private practice. I'm mostly interested in sex addiction, sexual trauma, and couples/marriage therapy." So far, I find New Orleans: Adventurous.



Dana Wallace
Baton Rouge, LA

"I would like to work with children and adolescents." So far, I find the Counseling Department: Comforting.



Devon Walsh
Katy, Texas

"I intend to pursue a PhD in either MHC or Counseling Psychology after completion of this program. As of now, I am most interested in working with adolescent females as well as the elderly population." So far, I find the Counseling Department: Enriching.

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!

Not featured: Kelsey Caballero, Katie Dupuy, Cameron Eckholdt, Ann Goldman, Kristin Kendrick, Mary Caroline McNeil, Randall Prather, Suzanne Walsh, Sara Wice, Elizabeth Wooley



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SUBMISSIONS

Robin Williams' Final Gift



The death of Robin Williams shocked everyone in America, but what added to the shock was the cause of his death. On August 11th, it was reported that Robin Williams committed suicide by hanging. It may be hard to see any silver lining in this tragedy, but there is definitely a lesson to be learned for everybody. I believe that Robin Williams showed us that those who have a mental illness still have the capacity to live their lives doing what they love. In William's case, his mental illness may have even enhanced his performance.

Whenever a person thinks of Robin Williams, the first words that usually come to mind are hysterical, happy, creative, and an over-all good person. Many did not realize that Williams was actually suffering from depression, anxiety, and substance addiction. It is also reported that he suffered from Bipolar Disorder. In the last few months of his life he was also diagnosed with Parkinson's disease. News reports indicate that he was receiving help, including checking himself into rehab several times over numerous years; but, in the end, it seemed to be too much for Williams.

What is beautiful in the life of Williams, though, was the manner in which he channeled his energy. He accepted that he was different, and used it to become one of the most talented and brilliant actors and comedians of his time. In an interview with Kerry O'Brian, Williams discussed his mental health state "...the idea is that, if you've been through it, talk about it..." Studies do report a correlation between mental illness and creativity, but the direction of causation is still unknown. Some professionals in the mental health field, such as Psychotherapist Deb Serani and Psychiatrist Barry Panter, suggest that those who have mental illnesses learn to cope with them through creative expression, such as Williams did. He reports in another interview, "[Stand-up comedy] is a wonderful great alternative to acting; it did two things - paid the bills and was also great therapy. To be able to talk about things - the things going on in my life or things going on in the world - it was always kind of a great release."

Treatment seems to be almost vital for creative energy to be unleashed. Mania causes disorganization and depression makes it difficult for the individual to rise from bed, let alone create a brilliant comedy show. With any luck, William's death will not only help reduce the stigma of mental illness, but the stigma of treatment as well. Williams openly discussed throughout many interviews his positive experiences at rehab and in therapy, saying in one interview, "Psychotherapy allowed me to show more vulnerability, and I think the camera can catch that. I think therapy has helped me to bring out a deeper level of comedy."

Hopefully through this awful event, the perception of mental illness will change for the better; people will start seeing those who have a mental illness not as broken or damaged, but as people who have the power to see the world differently than those not affected. I also believe that this can bring hope to those who have a mental illness and a realization that they are capable of doing great things, not **despite** their mental illness...but **because** of it.

— Megan Loos



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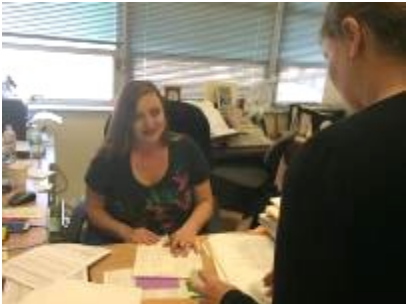
SUBMISSIONS CONTINUED

Tête-à-tête with Dianna

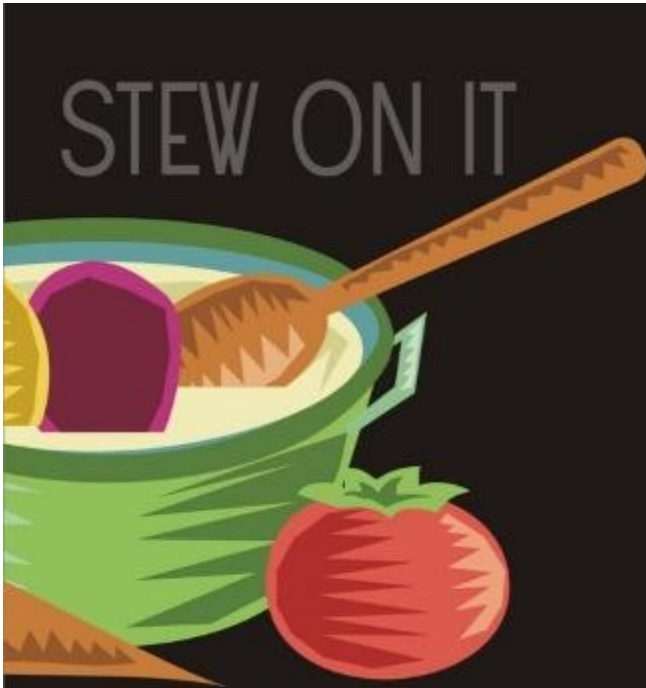
As the daughter and granddaughter of well-known New Orleans journalists, I took to pen and paper in hopes of capturing an interview with one of Loyola’s Department of Counseling true gems, Mrs. Dianna Whitfield.

Dianna is a New Orleans native, whose love for life and pugs is unmatched. As a wife and mother, her children keep her busy while she balances working a fulltime job, as Department Assistant, as well as serving as the recording secretary at the monthly University Senate meetings. Dr. Steen apparently snagged Dianna for us years ago when Dianna was formerly working in the Dean’s Office. In addition to working at Loyola, Dianna works a number of side jobs during the school year, including working for a major food vendor at the Superdome for Saints games and serving as an active board member for the Harahan Athletic Association.

Married for seventeen years, Dianna has four children, the youngest of which is her celebrity pug, Boudin, who’s been in multiple movies filmed in New Orleans over the years. In fact, Boudin has helped Dianna rub elbows with THE Kevin Costner. When Dianna’s not answering the many questions that come with being a first year grad student, she enjoys going out to eat, chauffeuring her children to different sporting events, catching eel and sting rays, and attending monthly sock-hops.



— Sarah Finney



As grad students, we are all super busy. Sometimes the time constraints of our packed schedules prevent us from eating a decent meal. Instead of turning to fast food and take out, try this simple and delicious recipe for hamburger soup! It takes very little effort to prepare, and makes a pretty large amount of food. It freezes well, so you can just pop the leftovers in the freezer and thaw them whenever you need a quick meal. Also, it can easily be converted into a vegetarian meal simply by leaving out the ground beef.

HAMBURGER SOUP

Ingredients:

- 1 lb ground beef
- 1 small onion
- 5 cups water
- 1 cup chopped celery
- 1 cup sliced carrots
- 1 cup chunked potatoes
- 1 large can of tomatoes
- 1/3 cup of barley
- 1 teaspoon sweet basil
- 1 or 2 beef bouillon cubes
- salt and pepper to taste

Directions:

- Brown ground beef in a skillet along with the onion, salt, and pepper.
- Drain grease from the meat and onion mixture.
- Add the remaining ingredients to a large pot. Bring to a boil and cook until vegetables and barley is tender.
- Add ground beef to the pot. Remove from heat, and serve.

From the kitchen of: Devin Leivo



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SUBMISSIONS CONTINUED

The Icarus Society

For those who aren't familiar with the story, Icarus was a character in Greek mythology who flew too close to the sun, escaping Crete where he was imprisoned, by wings that his father fashioned out of wax, feathers, and string. His demise was met by his curiosity; by flying too close to the sun. As he flew closer, the wax began to melt, causing Icarus to fall into the ocean, and drown. Thus, the legend's theme has always been interpreted as failed ambition, deviance, and disobedience.

What about a different perspective? Not one of careless curiosity, but one of inquiry, hypothesis testing, of nonconformity. Not deviance, but deviation: the desire for knowledge, the desire for something new, something different, something dangerous.

Alas, I would like to propose the development of a society with this philosophy in mind. A society where we can come together to debate philosophies, status quos, counseling theories. A society where we can utilize counseling in something other than in academia - in novellas, in theatre, in movies, even in children's literature. A society where we can supplement textbooks with source material. Forget second-hand, pre-digested, portrayals of the founding fathers of counseling - we do have minds of our own!

Maybe Icarus took heed of his father's warning, and was knowledgeable of its consequence, but maybe he felt that some things were more important. The determination to know, the audacity to experience something different, and possibly something contradictory. Or maybe, even, the gallantry to bite the hand that feeds.

The rest of the G&As and I will be sending out emails to confirm a time, date, name and place to discuss such concepts. If this peaks your curiosity, we encourage you to join us! (The name is also tentative!)

— Ben Ng



UNOFFICIAL TV GUIDE

TV shows can be a lot to handle. If they have been on for a while, you wonder, "Is the time and effort worth it?" (Look at the fans of Lost and their disappointment in the ending.) You may also wonder, "Is this show any good, does it live up to the hype?" Well, have no fear, Tracy is here. Let me put my TV and film knowledge to good use!

Orphan Black, BBC America, 2 seasons: This sci-fi show follows the main character, Sarah Manning, as she discovers that she is one of an unknown number of clones. Within the first season, five other clones are discovered. All of these characters are played by Tatiana Maslany who developed a walk, dancing style, speech pattern, and personality for each clone. Each clone has her own challenges in coming to terms with the fact that they are one of many: some approach it with glee and are excited to run research on themselves and learn, others question their existence and their choices in life. The show questions the duality of nature and nurture; how can these women who are genetically identical be so different, and yet have similarities despite not having grown up in the same country much less the same environment?

Game of Thrones, HBO, 4 seasons: One of the most well known facts about Game of Thrones is how often 'main' characters die. While this is true, it creates a unique television experience: no one is safe, and everyone has an equal chance of becoming important. In typical GOT (Game of Thrones) fashion as soon as you are important someone is plotting to kill you. In GOT, family is everything and with your family name comes your position in relation to the throne. For an uncomfortable throne made of thousands of swords, everyone wants it - or wants to keep someone else from sitting in it. While GOT is based on a series of books, the show does a great job of giving the fans of the novels a few plot twists and such a wonderful cast that you love seeing the story played out. The show contains dragons, mysterious White Walkers, a wonderful postal system made of ravens, and people you love to hate or just plain love (Jon Snow)!

Doctor Who, BBC, 8 seasons: While a question like how many seasons a show contains may seem like a simple one, Doctor Who fans have to think about it. The original show started in 1963, the show took a break but came back in 2005. Don't worry, the 2005 was a re-boot and introduces the new viewers to the ideas of a Time Lord (a time traveling alien from Gallifrey), and what a TARDIS is (Time And Relative Dimension is Space). Spoiler: it's a 'time machine' that can go any where in space and/or time. The Doctor, played by 12 different actors since 1963, is accompanied by a 'companion' who is often a human from 21st century London who travels time and space with the Doctor often saving an alien race, righting a wrong, or waxing philosophically on the concept of what it is to be human, what time is, and how important bananas are. The show has become a pop-culture favorite and may have helped in the recent popularity of Bow Ties, but it has remained true to it's roots. This is a show a family can watch together; children laugh and parents contemplate the vastness of space, all while enjoying a mad man in a box solving mysteries, creating trouble, and saving earth—well, the universe—and all of time itself.

— Programming brought to you by Tracy Kinamore



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LOYOLA UNIVERSITY NEW ORLEANS

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September 2014

SUBMISSIONS CONTINUED

ALS Ice Bucket Challenge

Tracy Kinamore and Devin Leivo are just two of the many students in the Counseling program to have jumped on this Ice Bucket Bandwagon. I interviewed Kinamore and Leivo to see if they had any knowledge as to why this frosty self-infliction was so popular right now.

Do you know what ALS stands for or what it is known as?

TK: Yes, it is commonly referred to as Lou Gehrig's disease. It's a neurological condition that affects mobility.

DL: It is a neurological disorder that affects basic movement and a lot of people become paralyzed from it.

Did you know this information before the Ice Bucket Challenge started?

TK: Yes, I had heard about ALS in connection with research on Parkinson's and essential tremors, which are both neurological diseases. I heard more on ALS specifically when I heard Steve Gleason speak at Loyola's May 2014 commencement graduation.

DL: Yes, from reading the book Tuesdays with Morrie.

Do you think the Ice Bucket Challenge was beneficial?

TK: Yes, I think it brought ALS to the attention of the general population that may not have heard about it otherwise as well as the fact that it has raised so much money and brought attention to how people can donate to various charities.

DL: Yea, look at all the money it has raised going towards research because it's not a very well known disease. Here it is well known because of Steve Gleason, but nationally I think the challenge was beneficial because it spread knowledge across the nation.

Like they said, ALS (Amyotrophic Later Sclerosis) is often referred to as Lou Gehrig's disease. It is a progressive neurodegenerative disease that is fatal to motor neurons, meaning that patients in later stages of this disease can become completely paralyzed. Unfortunately, no cure has been found for ALS but these public challenges have been paramount in getting the word out and spreading awareness to people of all ages.

Although this "fad" has become somewhat controversial over the Internet, there have been positive and negative comments made. Some of the negative comments are those that claim people taking the challenge are "publicly shaming" others into taking the challenge and donating. On the other hand, there have been numerous positive comments made by those with and without ALS challenging that even though pouring a bucket of ice on your head may seem silly, there has been a huge increase in interest and awareness of the disease. Not only that, but as of September 2, 2014 there has been over \$106 million donated through the Ice bucket challenge.

To get more information and/or to donate to the ALS Association please visit www.alsa.org.

— Xenia Hatzillas

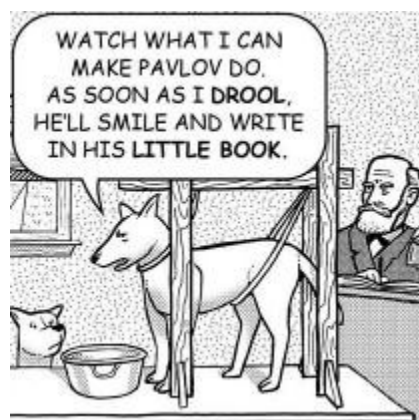


Pictured clockwise from top left: Tracy Kinamore, Devin Leivo, Xenia Hatzillas, & Shelby Boyd.

Carl Jung Society of New Orleans

Want to learn more about Carl Jung's work?

I have the unusual pleasure of being a board member for the Carl Jung Society of New Orleans, and we have some interesting events coming up this fall. We host lectures at Parker Methodist Church (Uptown) on different themes from Jungian theory. You can attend simply to soak up the knowledge and meet other people interested in Carl Jung's writing, or you can apply these lectures toward Counseling CEUs. For more information visit www.jungneworleans.org.
An invitation from Claire Privat



 Megan Loos says you can find more comics similar to this on Loyola Counseling's Pinterest Board! The board features lots of helpful information for counselors, incl. self-care and therapy tips, along with helpful explanations of theories and disorders - plus some inspirational quotes and funnies :)

www.pinterest.com/cnslga/



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September 2014

EVENTS

New Student Meet & Greet August 24, 2014



CSJ After Hours at Publiq House August 28, 2014



Not so eventful...but it's still fun hanging out in the Big Room!





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LAGNIAPPE

Upcoming Conference Information

Association for Lesbian, Gay, Bisexual and Transgender Issues in Counseling—2014 Inaugural Conference

Where: New Orleans, Louisiana When: September 19 & 20, 2014
<http://www.algbticconference.org/>

**American Association for Marriage & Family Therapy
2014 Annual Conference**

Where: Milwaukee, Wisconsin When: October 16-19, 2014
www.aamft.org/annualconference

**Connections Count, Professional Development Conference
2015 Annual Conference**

Where: Lake Charles, Louisiana When: February 11-12, 2015
www.fyca.org

**Louisiana Association for Marriage & Family Therapists
2015 Annual Conference**

Where: Baton Rouge, Louisiana When: February 19-21, 2015
“Psychotherapeutic Alternatives to Medication”
www.lamft.org

**American Counseling Association
2015 Annual Conference**

Where: Orlando, Florida When: March 12-15, 2015
www.counseling.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, Alpha Phi has something useful for you! This section of our newsletter will now contain contact information for LPC Supervisors, like the Supervisor listed below, to aid in your search. Check back regularly!

Tina Chaisson
LPC-S, NCC, NCSC
Telephone: 504-473-2959
tchaisson@cox.net

Loyola's Sports Complex Fall 2014 Schedule

Monday	12-1pm	Step-N-Tone
	5:15-6:15pm	Boot Camp
	7-8:00pm	Belly Dance
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Tuesday	12-1pm	Bokwa
	1-2:00pm	Yoga
<hr/>		
Wednesday	12-1:00pm	Step-N-Tone
	5:15-6:45pm	Yoga
	7-8:00pm	Zumba
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Thursday	11-12:00pm	Yoga
	12-1:00pm	Turbokick
	6-7:00pm	Zumba
<hr/>		
Friday	12-1:00pm	Step-N-Tone
	1-2:00pm	Water Aerobics

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!**