



**LOYOLA
UNIVERSITY
NEW ORLEANS**

CHI SIGMA IOTA
ALPHA PHI CHAPTER
LOYOLA UNIVERSITY NEW ORLEANS

VISIT OUR WEBSITE:
css.loyno.edu/counseling
FRIEND US ON FACEBOOK:
Loyola Counseling
FOLLOW US ON TWITTER:
Loyola Counseling

INSIDE THIS ISSUE:

Page 1 Letter from the Board
Calendar of Events
2012-2013 CSI Board
Announcements
Call for Submissions
Page 2 Events

Greetings Students, Faculty, and Alumni,

Welcome back! I hope everyone had a relaxing semester break and is just as excited as I am for the fall semester! The executive board is working hard to provide some great events for us all. One in particular is a fundraiser for the National Alliance on Mental Illness (NAMI).

Calendar of Upcoming Events

September

3: University Holiday—Labor Day
7: Last Day to Drop—100% Refund
7: Comps Meeting
13-16: AAMFT Conference
26-30: ACES Conference

October

7-9: LCA Conference
13: NCE
15-16: Fall Break
19: Comps (written)
20: Fall BBQ
29: Spring Registration

NAMI is an organization that strives to break the stigma of mental illness. They also provide mental health resources, education and support to families and individuals in our community. Some of these resources include drop-in centers, peer-to-peer and family-to-family education support, and family support groups. In addition to education, they offer a monthly support group for family members of individuals with a mental illness. This is a great opportunity for loved ones to receive the support they need. With the education and support, the benefits of NAMI programs permeate throughout the family system and our community.

In order to do this and keep these vital resources, NAMI needs funding!! On October 13, 2012, NAMI is having their annual Walk. This year, they have issued a college challenge where local universities will compete against each other to raise the most money and support. So please help Loyola Department of Counseling win this competition by joining our team!

2012-2013 CSI Board

President: Matthew Watson
President Elect: Leigh Boyer
Secretary: Katherine Hancock
Treasurer: Lisa Chew
Parliamentarian/
Historian: Mary DePartout
Alumni at Large: Stephanie Ducros

To join, visit namiwalk.org/neworleans. If you have any questions, please contact me at mlboyer@loyno.edu, (337) 513-6886, or swing by the Big Room!

Best,
Leigh Boyer
Alpha Phi Chapter Vice President, Chi Sigma Iota



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:

2.1.1 Students: Those students who are enrolled in counselor education programs leading to graduate degrees [Master's, specialist (ex: dual degree student), or doctorate].

2.1.1.1 They shall have completed the equivalent of at least one full academic term (semester) of counseling courses carrying approved graduate credit as defined by the institution.

2.1.1.2 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.

ATTENTION!

Due to Hurricane Isaac, New Student Orientation will be held on Wednesday, September 12 at 7pm in the Big Room. This meeting is mandatory for new students.

The first CSI "After Hours" Event of the academic year will immediately follow at Down the Hatch, 1921 Sophie Wright Place.

Half-price appetizers!

Reminder:
Comps Applications
Due Date Extended to
Friday, September 7th

Call for Submissions

Is there a topic in counseling that you want to spread the word about? Here is your chance!

We are currently accepting article proposals for the next issue.

Send your ideas to Mary DePartout at mdeparto@loyno.edu.

We look forward to hearing what you have to say!



**LOYOLA
UNIVERSITY
NEW ORLEANS**

Events

LOUISIANA COUNSELING ASSOCIATION 2012 ANNUAL CONFERENCE

L'Auberge Resort, Lake Charles, Louisiana
353 Leo, Shreveport, LA 71105 318 861-0657 fax: 318 868-3341 lca_austin@bellsouth.net

2012 LCA CONFERENCE SCHEDULE

Pre-Conference Workshops, October 6; Three-hour Seminars, October 7
Conference Sessions, October 7-9, 2012

Registration Costs:

Pre-Registration (Deadline 9/18/2012)	Professional \$290.00	Student/Retired \$130.00	Non member \$360.00
On-site Registration	Professional \$300.00	Student/Retired \$130.00	Non-member \$370.00
One Day Registration	Professional \$125.00	Student/Retired \$50.00	Non-member \$130.00

A 10% discount will be given for online registration; the fees listed above do reflect this discount.

Sunday, October 7th

Learning Institutes

Timings: 9:00-12:15

Presented by: Christine Ebrahim, PhD, LPC-S, NCC and Lisa A. Chew, JD Graduate Student, Loyola
Topic: S-4 "Legal and Ethical Issues in School counseling: Responding to a Subpoena to Dual Relationships and Everything in Between"
Summary: School counselors are often faced with ethical and legal questions. This interactive program will help school counselors deal with common legal and ethical issues including but not limited to, responding to a subpoena, maintaining case notes, confidentiality, privileged communications, and dual relationships. Additionally, Dr. Ebrahim will discuss how to advocate when asked to perform tasks outside the scope of practice. (LPC, NBCC, LASW, LMFT)

Content Sessions

Timings: 12:30-2:00

Presented by: Justin Levitov, PhD, LPC and Alison Phillips, BA Loyola
Topic: S-6 "The Psychological Effects of Metabolic Syndrome and Obesity: The Role of the Counselor"
Summary: This interactive presentation will feature the latest research on the link between metabolic syndrome and a number of wide-ranging DSM disorders, and teach tips for working with clients struggling with an addiction to simple carbs and refined sugars. This workshop will provide the participants with an understanding of the metabolic syndrome and its psychological effect and tips for working with clients who feel trapped in this detrimental cycle. (LPC, NBCC, LAC, LASW, LMFT)

Presented by: Thomas Foster, PhD., LPC-S; Caitlyn Galjour, BS; Jessica Alvendia, BS; and Summer Keenan, BA
Topic: S-14 "Understanding Midlifers and Older Adults: Unique Perception of Wellness and the Clinical Implications"
Summary: Based on their research, the presenters will present a new wellness model that depicts how midlifers and older adults perceive wellness and offer several assessment and intervention strategies that promote wellness counseling. (LPC, NBCC, LAC, LASW, LMFT)

Monday, October 8th

Poster Sessions Ballroom D (LPC, LASW)

Timings: 1:00-2:00

P-4 "Existential Group Therapy in Treating Drug Addicted Mothers" Ariann Evans, Loyola
P-5 "Applying REBT to Irrational Beliefs Held by Female College Students with Eating Disorders" Mary DePartout, Loyola
P-6 "Cognitive Behavioral Therapy for Co-Morbid Asthma and Anxiety in Older Adults" Jessie Roessler, Loyola

Content Sessions

Timings: 4:00-5:30

Presented by: Stephanie Robinson, MS, NCC and Matthew Watson, Graduate Student-Loyola
Topic: M-21 "Helping Parents Navigate the Adoption Process Using Group Work"
Summary: This presentation will offer a group-based clinical manual addressing adoption issues faced by adopting parents. (LPC, NBCC, LAC) M-22 "Grand Ideas From Within: Transformation through Mindfulness and Gifted Imagery" presented by Joan Steward, LCSW. Summary: Stress is everywhere. This content session will explore how a mental health program "Grand Ideas from Within" combines mindfulness and guided imagery to teach participants to manage stress, regulate emotions, break habitual negative thought patterns, and begin to imagine and create a more productive and satisfying way of life. (LPC, NBCC, LAC, LASW, LMFT)