

CHI SIGMA IOTA
ALPHA PHI CHAPTER
LOYOLA UNIVERSITY NEW ORLEANS

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FROM THE DESK OF THE PRESIDENT:



Dear fellow Alpha Phi members,

This past year has been packed full, but I am already looking forward to the fall! We have done a lot together, from service projects to social events, and we have more plans in store. I encourage you to get involved in the Alpha Phi chapter of Chi Sigma Iota as a sign of your commitment to the counseling profession and to the community. As president, I want to hear your suggestions on how to achieve our goals. If you have any questions or want to become involved, please feel free to email me at smducros@loyno.edu at any time.

Sincerely,
Stephanie Ducros

ABOUT CHI SIGMA IOTA:

CSI is an international honor society that values academic and professional excellence in counseling. We promote a strong professional identity through members (professional counselors, counselor educators, and students) who contribute to the realization of a healthy society by fostering wellness and human dignity. Our mission is to promote scholarship, research, professionalism, leadership, advocacy, and excellence in counseling, and to recognize high attainment in the pursuit of academic and clinical excellence in the profession of counseling. For more information, go to: <http://www.csi-net.org/>

2011-2012 BOARD:

Stephanie Ducros - President
Matt Watson - President Elect
Ali Rivera - Secretary
Rachel Levesque - Treasurer
Alison Phillips - Parliamentarian/ Historian
Stephanie Robinson - Alumni Member at Large
Dr. Christine Ebrahim - Chapter Faculty Advisor
Dr. Thomas Foster- Chapter Faculty Advisor

MEMBERS' CORNER:

Special Congratulations to Alexis Yankowski on her wedding in August!

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 aphilip@loyno.edu.
We look forward to hearing what you have to say!

ETHICAL DILEMMAS

CINEMA

BY: ARIEL SHEEGER

Movies are a great way for counseling students to see models of counseling, compare and contrast our own knowledge and ideas about a situation, and witness a concrete example of a particular ethical dilemma in counseling. They are also a way to allow yourself to believe that you are indeed “studying” and “being productive,” rather than vegging out in front of the television. In the spirit of this week’s Ethics theme, I have listed a few movie titles that feature counselors faced with an ethical decision. With thanks to Netflix.com, and psychmovies.com, here are some films you can check out for some thought provoking ethical situations. See if you can spot the ethical dilemma and come up with your own solutions.

Antwone Fisher

Genre: Drama

Year: 2002

Actors: Denzel Washington, Derek Luke, Joy Bryant

Topics: Treatment, Childhood Disorder

Canvas

Genre: Drama

Year: 2006

Actor: Joe Pantoliano

Topics: Psychosis, Family Dysfunction, Treatment

Good Will Hunting

Genre: Drama **Year:** 1999

Actors: Robin Williams, Matt Damon, Ben Affleck

Topics: Treatment, Personality Disorder

He Loves Me, He Loves Me Not (A la folie...pas de tout)

Genre: Drama

Year: 2002

Actors: Audrey Tautou, Samuel Le Bihan

Topics: Psychosis, Family Dysfunction

DR. EBRAHIM: IN HOUSE ETHICAL EXPERT

BY: STEPHNAIE DUCROS

After teaching ethics classes for 4 years, presenting at countless conferences, and supervising many counseling interns, Dr. Ebrahim is still faced with new ethical dilemmas.

Dr. Ebrahim describes ethics as the foundation of the client-counselor relationship - a foundation that instills confidence in the counseling profession. Ethical guidelines serve to further the client’s autonomy. According to Dr. Ebrahim, “Teaching ethics is unlike teaching any other class.

As a professor, I gain a better awareness of students’ personalities. I learn who they truly are in an ethics class compared to some of the other classes. Students are more likely to open up about their views, values, and beliefs when discussing ethical issues.” ACA Guidelines serve as road signs in navigating foggy grey terrain, but there are no right or wrong answers in many cases.

Dr. Ebrahim believes that confidentiality is the biggest challenge for counselors, especially when working with minors. The question counselors must answer is: At what point does a child’s privacy end? Ultimately, counseling students must simply be aware of the ethical dilemmas they could face in practice and how their own values may affect decisions in the future.

ETHICAL DILEMMAS OF INTERNSHIP: AN INTERVIEW WITH STEPHANIE ROBINSON

BY: ALISON PHILLIPS

Dilemmas regarding running into clients while socializing...

Q: Do you feel an ethical obligation to not go out as much and do you feel like when you do go out, you have to be on your best behavior?

SR: For example, one of my clients was a graduate student, and I saw him at a bar while watching a Saints game in the afternoon with my friends. I wasn’t questioning, “Am I behaving appropriately?” I was more concerned with my friends’ behavior because I can’t predict it. How does their behavior affect how my client perceives me? I also saw him making out with a girl who I knew was not his girlfriend.

Q: Did you talk about that in session?

SR: In my initial meeting with clients, I always go over the disclosure statement in case there are any questions. It’s not on there, but I always say, “The possibility of us running into each other in this community is great. Whether it’s at Whole Foods or at a bar, I will never come up to you and say, ‘How’s it going?’

If you want to do so, it’s up to you to make the first move.” Essentially what I am saying is that I don’t want to ignore a client, but I’m going to if that is the client’s wish. I usually wait to see if the client is going to bring up running into me outside of session. If they do bring it up, I ask, “Was that okay? Was that okay that I didn’t go up to you?” With this individual, he did not bring it up, so we did not discuss it, but then he also stopped coming to see me. It’s upsetting, because it left me to wonder if he stopped seeing me because I saw him out too often.

If a client brings it up and he or she is uncomfortable, absolutely, I would change my social life. And that is what is weighing on me now. Did this guy stop coming to see me because he didn’t appreciate the fact that I have a social life that is somewhat like his? But ultimately, I will never know. What can I really do? I can’t just stay at home. Most ethical dilemmas are resolved case by case.

Check Out the Loyola Counseling Department On-Line

Facebook: www.facebook.com

***Search:** Loyola University New Orleans Counseling Students and Alumni and **Twitter:** <http://www.twitter.com/LUNOCounseling>

CASE QUIZ! By: Lisa Chew

For each question, select the correct legal case that resulted in the described duty of care.

1. Prosenjit Poddar, a grad student at Berkeley, becomes obsessed with an undergrad acquaintance. He tells his psychiatrist that he plans to kill her. The doctor does not warn the woman and she is killed by Poddar. This case resulted in the creation of the duty to warn.

- A. *Jackson v. Commonwealth*
- B. *Christian Legal Society v. Martinez*
- C. *Tarasoff v. Board of Regents of the*

2. A man agrees to a voluntary psychiatric exam. Doctors determine that there is no emergency and no need for involuntary commitment. Later, the man returns to the hospital with his partner who expresses concerns for her own safety. Again, doctors conclude that the man should not be committed and release him. A short time later, he kills his partner. This case formed the basis for the duty to commit dangerous individuals.

- A. *Jablonski v. United States*
- B. *Fortich v. Corona*
- C. *Miller v. California*

3. A man admits himself voluntarily for inpatient psychiatric care. He tells his therapist that he plans to kill his wife and her lover. The man is given an unrestricted weekend pass to visit his children at his wife's home. He goes to the house and kills his wife and her lover. This case illustrates the duty not to negligently release dangerous clients.

- A. *Hedlund v. Superior Court*
- B. *McFarlane v Tayside Health Board*
- C. *Bradley Center v. Wessner*

3 out of 3? Dr. Ebrahim would hug you she would be so proud! 2 out of 3? Dr. Ebrahim would give you a slight head nod of acknowledgement.

1 out of 3? Dr. Ebrahim would frown disapprovingly. 0 out of 3? Dr. Ebrahim would kick you in the shins and back over you with her car! Answers: C, A, C

ONLINE COUNSELING BY: CAITLYN GALAJOUR

With nearly 77% of Americans using the Internet, online counseling is an up and coming modality that presents unprecedented ethical concerns. Consider the following pros and cons.

Confidentiality: Pro: Client does not have to worry about being seen walking into the counselor's office. **Con:** Email can be accidentally sent to wrong person or read on a shared computer.

Access: Pro: (a) Clients who are homebound, live in a rural areas, or do not have the means necessary to get to a counselor's office can receive counseling online. (b) Clients have access to professionals that specialize in a field but are not in the same geographic area. **Con:** Economically troubled clients who do not have access to a computer are unable to access online counseling.

Time Flexibility: Pro: (a) Client can contact counselor at his or her own leisure without having an appointment. (b) Counselor has more time to reflect on client's concerns before he/she needs to respond. **Con:** Clients in crisis situations cannot be guaranteed an immediate response.

The ACA has recently updated its code of conduct to include ethical guidelines for using technology-assisted services. These guidelines will hopefully lead to a more constructive use of online counseling practices.

I THINK YOU'RE HOT! BY: NATHAN KOCH

In a desperate search to complete an article about the most common ethical dilemmas presented to professional counselors, I found out a few things. First, and most daunting, was the general lack of research readily available to counseling students regarding common ethical dilemmas. Second, any research available, including different codes of ethics, includes remarks on such dilemmas but offer little in the way of process.

However, Craig D. Fisher from Argosy University in Washington D.C. wrote a compelling article discussing one of the most often referred to ethical dilemmas: sexual attraction to a client. Fisher compiled over 60 articles to examine the appropriateness and nonmaleficence of self-disclosing sexual feelings to a client.

Fisher reported 70%-90% of professional counselors found themselves attracted to a client at least once in their career. The ACA code of ethics states clearly that one must not have sexual relations with a client, but fails to explain whether self-disclosure of such feelings is beneficial or harmful to a client. Of the counselors that reported sexual attraction, between 5% and 25% disclosed such feelings. Clients of counselors that chose to disclose reported higher attractiveness of the counselor, but lower perceived expertise than those in non-disclosure situations. Female counselors received higher ratings of perceived expertise than male counselors regardless of disclosure.

Some counselors reported benefits to disclosing such information, citing that those who disclosed viewed the therapeutic effect of the attraction more positively than those counselors who did not disclose. Fisher noted that these reports are solely from the perspective of the counselor, without any input from the client.

Through further examination of case studies and detailed examination of the APA ethics code Fisher concluded with five recommendations regarding sexual attraction to a client. I won't provide those in this article to encourage you to read Fisher for yourself, but I will let you know that he found minimal benefit and significant potential for harm in disclosure of sexual attraction. I urge you to educate yourself and decide when the inevitable attraction occurs, whether you plan to utter "I think you're hott."

Reference: Fisher, C.D. (2004). Ethical Issues in Therapy: Therapist Self-Disclosure of Sexual Feelings. *Ethics & Behavior*, 14(2), 105-121

CALENDAR OF EVENTS

August:

29: Classes start

September:

5: University Holiday - Labor Day

12-16: Suicide Prevention Week

15: New Student Orientation followed by “After Hours” @ 7pm at Shamrock

16: Covenant Home Activities Hour @2pm

18-20: LCA Conference in Baton Rouge

23: Race Exhibit at U.S. Mint @11am

October:

8: National Alliance on Mental Illness fundraising walk @10am in Audubon Park followed by Fall BBQ @ The Fly

17-18: Fall Break

20: CSI Initiation

November:

23-25: Thanksgiving Break

December:

9: Last Day of Classes

12-16: Final Exams

15: Graduation

EVENTS AND PICS



Annual M.S. Walk

Members Stephanie Ducros, Ali Rivera, and Nicole Snyder raise money for M.S. research, alongside Chapter Faculty Advisor Dr. Christine Ebrahim.



Member Rachel Levesque gasps in disbelief at member Walesa Kanarek.

CSI “After Hours” Social



Member Stephanie Robinson at graduation with Chapter Faculty Advisors Dr. Thomas Foster and Dr. Christine Ebrahim.



RECENT STUDENT PRESENTATIONS

Loyola University Research Symposium—April, 2011

Bagala, C., & Phillips, A. (April, 2011). *Existential-humanistic therapy for pre-BPD adolescents*. Loyola University Research Symposium. New Orleans, LA.

Chew, L. (April, 2011). *The healing power of art therapy for female adolescent sexual assault survivors*. Loyola University Research Symposium. New Orleans, LA.

Ducros, S. (April, 2011). *Adolescents and risky behaviors: Preventing negative lifestyle*. Loyola University Research Symposium. New Orleans, Louisiana.

Evans, A. (April, 2011). *Treating drug abuse and co-occurring disorders using cognitive-behavioral therapy*. Loyola University Research Symposium. New Orleans, LA.

Galjour, C. (April, 2011). *Older adults and aging: Using reminiscence group work to treat late life depression*. Loyola University Research Symposium. New Orleans, LA.

Koch, N. (April, 2011). *Post-traumatic stress disorder and person-centered therapy*. Loyola University Research Symposium. New Orleans, LA.

Marks, M., & Rivera, A. (April, 2011). *Using groupwork to help soldiers returning from combat*. Loyola University Research Symposium. New Orleans, LA.

Watson, M. (April, 2011). *Facilitating the Adoption Process: Systems-Based Considerations for Counselors*. Loyola University Research Symposium. New Orleans, LA.

Presentation to the Parents' Club at Ursuline Academy—May, 2011

Ebrahim, C., & Yankowski, A. (May, 2011). *Bullying and cyberbullying*. Presentation to the Parents' Club at Ursuline Academy. New Orleans, LA.

UPCOMING STUDENT PRESENTATIONS

Annual Convention of the Louisiana Counseling Association (LCA)

September 2011 in Baton Rouge, LA

- Christine Bagala and Alison Phillips will be doing a poster presentation titled *Using Existential group counseling with adolescents exhibiting pre-borderline symptomology*.
- Caitlyn Galjour will be presenting *Wellness counseling for midlifers and older adults: Aging with a wellness lifestyle* with Dr. Foster. She will also be doing a poster presentation titled *Older adults and aging: Using Reminiscence group work to treat late life depression*.
- Ari Evans will be doing a poster presentation titled *Treating substance abuse and co-occurring disorders using Cognitive Behavioral Therapy*.
- Melody Baker and Ali Rivera will be doing a poster presentation titled *Using groupwork to help soldiers returning from combat*.

Annual Convention of the Association for Counselor Education and Supervision (ACES)

October 2011 in Nashville, TN

- Lisa Chew will be doing a poster presentation titled *Tarasoff thirty-five years later: A fifty-state examination of the statutes and legal interpretations that define the "duty to warn" for mental health professionals*.

Good luck with the semester Loyola Counseling Department!

Sincerely,

The Alpha Phi Chapter of Chi Sigma Iota