FEATURE ARTICLE: ACES 2015

Interview with Emeritus Faculty Dr. Portman at Association for Counselor Education & Supervision (ACES) 2015 Conference in Philadelphia, PA Oct 7-11, 2015

How would you describe you leadership style during your time as ACES president?
My leadership is more of servant leadership. This requires thinking of others (membership) first. It is really very similar to being a faculty member.

Why did you choose to get involved and take on a leadership role within ACES?
I chose to be involved with ACES because I am a counselor educator. Leadership chose me.

What opportunities of growth have been afforded to you as president of ACES?
Leading an organization embedded in another organization has been a good experience.

What are some personal qualities derived from other leadership positions that assisted you during your time as president of ACES?
I think my personal qualities have been socially constructed and the culmination of all leadership experiences.

What advice or recommendation can you share with other interested in pursuing leadership positions within ACES?
Get involved at the lowest level and work your way up. Don't expect or demand to be put in a position at the top.

For more information on joining CSI:
Please contact Rho Upsilon President, Maggie Butler, at maggie-butler@uiowa.edu or visit the chapter website at https://www.csi-net.org/group/rho_upsilon

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Meet Your Rho Upsilon

Maggie Butler — President

Maggie is a fourth-year doctoral student in Rehabilitation Counselor Education and Supervision. It brings me great excitement to serve as your president for the 2015-2016 academic year.

Victoria Maneev — President-Elect

Greetings! My name is Victoria Maneev and I am really happy to be a part of CSI. I am looking forward to the great work that we will be doing this year! My goal for the year and throughout my time with CSI is to strengthen my leadership skills and grow as an individual.

Na Mi Bang — Treasurer

Na Mi Bang is a fourth-year doctoral candidate in Counselor Education and Supervision. "Welcome to CSI." Congratulations on joining our chapter. I look forward to work together for the counsel-

Tawny Hiebing — Secretary

Hello all! My name is Tawny Hiebing. I am a 3rd year PhD student in the Rehabilitation Counseling Education program. I am also the secretary within is Chi Sigma Iota. I would like to welcome you all to the organization and hopefully you’ve had a great start to the academic school year. Chi Sigma Iota is a great way to get involved through a professional organization, on campus and within the community. I was an active member of Chi Sigma Iota within my master’s program and took on the opportunity for a leadership role within out chapter. A personal goal of mine and some advice that I have is to dedicate much of time to your studies, the organization, and other areas of involvement but also take time to focus on yourself, your health and wellness.

Jonique Childs — Newsletter Editor

Jonique is a third-year doctoral student in the Counselor Education and Supervision program. I’m excited to capture the memories for the upcoming events of our chapter as the newsletter editor. Ms. Childs research includes social justice, advocacy, multicultural counseling, and cultural competency for leadership and professional identity development.

Erin Lane— Treasurer-Elect

Erin is a second-year doctoral student in the Counselor Education and Supervision program. I joined CSI as a master's student and I was so excited to make connections with other student leaders in masters and doctoral programs. Now as a doctoral student I look forward to creating more connections and once again strengthening my leadership skills. I look forward to meeting you at an event or working with you on a committee!
Dr. Susannah Wood, Ph.D.

September 2015

Since we live on an academic year cycle, I find that we often choose August and September as our months to try out new things (or cut out old ones) that will make our lives healthier and happier. I essence, the beginning of the school year means new pencils, textbooks, and resolutions to do something or to stop doing something. It is at the beginning of the fall when we pause to reflect with gratitude on what we have, and consider our vision for the year, and whether or not what we are doing to nurture our own wellness is working.

Chi Sigma Iota has always had the pillars of excellence upon which it rests its mission. They include commitment, service and identity. In addition, CSI has always valued and promoted the wellness of clients, counselors, students and counselor educators as a foundational component to leadership and advocacy. Without examining our own wellness, how can we help nurture wellness in others? More than ever this year, I have felt the need to examine where my own wellness intersects with commitment, service and identity. Winds of change often blow through with new challenges, ways of doing business, questions and uncertainty. Change can also mean new opportunities for excellence, chances to engage and collaborate, time to reflect and examine, and to reestablish or recommitment to our values as counselors. But in the mix of leaves of blowing about chaotically is a need for a solid grounding in ourselves—knowledge of who we are as people and a commitment to ourselves to be well. Life does not guarantee wellness or happiness, but it does guarantee opportunities to help others be well and happy.

I have always believed that kindness and compassion are part of wellness. Being kind and compassionate to others and being kind and compassionate to the self. Many world religions and philosophies embrace this and do practices that encourage wellness such as yoga or mindfulness. In times of rapid change, I believe that one way we can promote wellness in ourselves and in others is by practicing kindness and compassion. We all have days in which we would rather snarl than smile, or complain rather than care. I would challenge all of us, and myself, to take those days and consider the following concepts. The sentences that are numbered are words of wisdom—some of which have identified authors and others that do not—below are my own thoughts (italics) as I challenge myself on these topics.

Everyone you meet is fighting a battle you know nothing about. Be kind. Always. Remember that we always know when we are suffering, but we often cannot see the suffering of others. As counselors we know people are like icebergs and we only see the tip. Challenge yourself to envision the bottom of the iceberg.

We know how to sacrifice ten years for a diploma, and we are willing to work very hard to

Continues on page 8
This issue’s member spotlight showcases Na Mi Bang, a fourth-year doctoral candidate in Counselor Education and Supervision program at the University of Iowa.

Photo: Jonique Childs, Dr. Portman and Na Mi Bang at ISCA 2013 Conference.
Developing a professional network allows for graduate students in counselor education programs to learn more about their major, broaden their perspectives, and explore career opportunities. As a doctoral student in a counselor education program, my participation at the ACES (Association for Counselor Education and Supervision) conference in Philadelphia was a meaningful learning experience. Attending this conference allowed me to better understand trends and key issues in counseling and counselor education, investigate diverse research topics, and develop my professional identity as a future counselor educator.

This national conference provides students and scholars with the opportunity to be professionally connected with other scholars and practitioners in different regions. In this conference, for example, I was able to understand the importance of supporting minority and international students, as well as social justice issues currently receiving attention in the counseling and counselor education fields.

Another benefit of attending a national conference such as ACES is learning from other scholars’ research agenda. Through participating in this conference, I learned about diverse research topics and methods. By reviewing and analyzing the research that presenters introduced and conducted, I am able to connect these ideas into my current research on career development and multicultural counseling.

Having a clear picture of professional identity is significant for student counselor educators, since their responsibilities includes teaching and educating counselors who will provide actual counseling services to their clients. In discussing research topics with other scholars, I realized the importance of my role as a future counselor educator. I was able to reflect upon how to develop my professional identity and how I best can contribute to this field. The experience of attending this conference increased my enthusiasm to become a prepared and responsible educator.
From the Past President:

Jamar Booth
Rehabilitation & Counselor Education – 4th Year

As the fall semester continues to rapidly progress, on behalf of the 2014-2015 Executive Board, I would like to extend my earnest and most profound thanks to everyone (faculty, staff and students) for your support last academic year. Without a doubt, Rho Upsilon experienced another productive and successful year. As a chapter, we participated in several events that embodied the humanistic perspective that shapes our professional identity as members of the counseling profession.

During the fall of last year, the Rho Upsilon chapter hosted a Welcome Back Event for the Department of Rehabilitation and Counselor Education. This event was hosted at the beginning of the semester with the overarching goals of strengthening faculty-student relationships, creating a community of scholars, and promoting interdisciplinary collaboration.

A significant component of this event was Dr. Malik Henfield and Dr. John Wadsworth providing students tips for engaging faculty in research. In attendance were students and faculty from the couples and family therapy program, as well as rehabilitation and counselor education/supervision programs.

Furthermore, there were two supply drives, a School Supply Drive and a Winter Wear drive through One Warm Coat. Through our efforts, necessary materials were delivered to Mark Twain Elementary School and The Iowa City Shelter House. Other notable events from the 2014 fall semester were: a Habitat for Humanity ramp build, which made a home ADA accessible for an elderly citizen with a back injury, and a Relaxation & Stress Reduction event, which aligned with the wellness perspective of our profession. Unfortunately, however, Chi Sigma Iota and the counseling profession lost a dear friend, wellness advocate, and so much more in Dr. Jane E. Myers, former Executive Director of Chi Sigma Iota. Dr. Myers was an internationally renowned scholar and leader in professional counseling for over 45 years and was mentor to many counselors. The 2015 spring semester was just as successful as the fall and consisted of three major events: (1) the spring induction featuring as keynote speaker, Dr. Jeffrey Parsons, an alumnuus of the Counselor Education and Supervision program at the University of Iowa; (2) National Alliance on Mental Illness (NAMI) Walk, which continues to bring awareness and support to mental health; and (3) the Iowa Career Achievement through Resources and Education (I.C.A.R.E.) initiative, a semester-long service project which provided job search strategies to individuals at The Iowa City Shelter House.

Through these events, the Rho Upsilon chapter was able to fulfill its 2014-2015 academic theme: “Cultivating Counselor Values through Community Engagement.”

In addition to thanking each board member of the past academic year for your support, I would like to recognize last year’s Advisors Dr. Malik Henfield, who recently accepted a faculty position at the University of San Francisco and Dr. Vilia Tarvydas, who recently retired after many decades of professional work in the areas of ethics, rehabilitation and mental health counseling, as well as psychiatric rehabilitation. However, these changes afforded Dr. Susannah Wood, a previous advisor and avid supporter of the organization to return along with Dr. Carol Smith. As Past President, I am eager to have been a part of the growth of the Rho Upsilon chapter and look forward to the great things that will be accomplished. As leaders and members, you have decided to accept the challenge of academic and professional ex-
From the President:

Dear CSI Rho Upsilon Members,

It brings me great excitement to serve as your president for the 2015-2016 academic year. When thinking about the programming and initiatives for the academic year, I also think of the many changes that have occurred within the department over the past several months and how CSI, Rho Upsilon Chapter can serve its members and department during this time.

My hope is that CSI, Rho Upsilon Executive Board members foster a sense of community during this time of transition through collaboration with CSI members, faculty, and academic affiliates. When our CSI, Rho Upsilon Executive Board met for our Fall Retreat we agreed that we would focus on Wellness initiatives for the 2015-2016 year. It is in times such as these when we must use self-care practices to facilitate our own wellness. In closing, I leave you with an Audre Lorde quote which I hope inspires you to take time for yourself each day “Caring for myself is not self-indulgence, it is self-preservation…”

Maggie J. Butler
President CSI, Rho Upsilon Chapter

"The first step in becoming a leader, then is to recognize the context for what it is- a breaker, not a maker; a trap, not a launching pad; an end, not a beginning- and declare your independence”

Warren Bennis
Congratulations to our very own Susannah Wood (Rho Upsilon Chapter-Advisor) was awarded the Outstanding Teaching award at ACES (Association for Counselor Education and Supervision) 2015 conference.

Congratulations to all the students that presented research and won awards at this year conference!

Rho Upsilon continues to expand, support student success and contribute positively to the community. In order to ascend to the next step on the path to success, we need you to get involved! Here is how you can help:

Newsletter Committee. Your Executive Committee continues to develop the articles of the Chapter Newsletter. Join the Newsletter Committee, where you can write articles, interview fellow members, and otherwise engage in the publication process. Contact your Editor, Jonique Childs at jonique-childs@uiowa.edu to get more information.

Website Media Marketing, and Social Committees. We likewise need members to help with marketing CSI events and with organizing social functions for social media presence. Join fellow students and practitioners to help organize events such as the Spring Social, fundraising drives, and the Induction Ceremony, and workshops. Contact Erin Lane at erin-lane@uiowa.edu if interested.

Your Chapter Needs You — Get Involved in CSI

get a job, a car or a house. But we have difficulty remembering that we are alive in the present moment, the only moment there is for us to be alive. – Thich Nhat Hanh

I have and probably always will be a goal oriented person. But I have to remember that often after one goal there is another and another. Or after one goal there is nothing at all for a while until the next one comes in sight. Goals are easier to focus on, but often to the exclusion of our wellness or the wellness of others. Focusing on the now is often scary, painful and extremely rewarding.

In a controversy, the instant we feel anger, we have already ceased striving for the truth, and have begun striving for ourselves- Buddha

When I am overly stressed, overly tired and under self-nurtured, I get angry quickly – at others and then at myself. Most of the time I create my own suffering by allowing anger to rule me versus controlling it and have created suffering for others around me. When I am angry at another person I have stopped thinking of them, their perspective, experience, personal battles and deep icebergs; I have made the issue about me and my needs.

As the seasons change, I would encourage us all to reflect on where we are with our own wellness goals. Are there things we should get up and do? Or are there things we no longer truly need in our lives can we get rid of? If we are well, what are we doing to promote the wellness of others? The Rho Upsilon chapter of CSI here at the University of Iowa has made promoting wellness a focus this year. We hope to encourage wellness in ourselves and in others by providing resources and activities, meaningful service projects and challenging ourselves to be the most kind and the most compassionate—our best selves we can be.

Dr. S. Wood, Chapter Advisor

CSI at ACA ‘16

The Rho Upsilon Chapter of CSI has recently received news that it has been accepted to present a Poster Session at the ACA 2016 Conference & Exposition in Montreal, Canada. The poster session entitled “Exploring the Leadership Development of Ethnically Diverse Women: Through Participation in a CSI Chapter” will be presented by Jonique Childs, Janice Bryd, and Na Mi Bang. It has been an honor to be accepted, especially as there were many submissions and only a limited number can be selected. If you will be at the Conference, please be sure to stop by and view the poster presentation!

Wellness Wednesday

CSI Rho Upsilon chapter would like to extend their gratitude to faculty in the RCE department for all the hard work. “We are aware that your schedules are busier this year and wanted to provide you with some gifts that will help you fuel through your day. Stop by the RCE main office and grab a mug and coffee or tea. Also each 2nd and 4th Wednesday of the month (Wellness Wednesdays) check out our website for self care resources” Be Well! Maggie, Butler