FEATURE ARTICLE: LEADERSHIP IN ACTION

Interview with Rehabilitation Counselor Education (RCE) Department Executive Officer (DEO)

(Above Photo: Dr. J. Wadsworth & President-Elect Jonique R. Childs)

How would you describe your leadership style within the department?

“Building a culture that ensures that people can use their wellness strategies to their own best benefit and that those are respected, celebrated, and encouraged.”

Leadership style in the department?

“Naturally, egalitarian and participatory of course, but I am responsible. Ultimately someone has to be the responsible person for the department. I want everyone to participate in the decisions making, with a collaborative leadership style. A central DEO has access to information and make decisions as the DEO, who then reports to the dean of the college. I’m currently trying to change the culture into a collaborative approach leadership style with a centralize DEO, who has access to information and can make decisions other can’t.”

“Didn’t choose current positions, but was elected and asked by Dean to take on role and happily agreed.”

Do you think work ethics and personality played a role in being selected for the leadership position?

“Yes, work ethics such as being the chair of Institutional Review Board (IRB). Dr. Wadsworth explains that, to be successful as a full professor, you need to demonstrate that you have leadership abilities. You need to be a leader.

“I’m 100% supportive of the staff and give 100% most of time in general. I have a appreciation to support and go to bat 100% of the way….

Continues on pg. 7

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

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**MEET YOUR RHO UPSILON**

**Victoria Maneev — President**

*Year in Program: 3rd*

It is imperative to always check in with yourself regarding your wellness. It is critical to implement a wellness plan in your everyday life.”

**Jonique Childs — President-Elect**

*Year in Program: 3rd*

“Wellness means engaging in practices that promote an overall healthy psychological, physical, spiritual, and emotional well-being in many overlapping domains to achieve optimal healthy functioning.”

**Erin Lane — Treasurer**

*Year In Program: 3rd*

“Wellness advice: Find time to do one thing you love everyday so you can recognize at least one positive, even on the worst days.”

**Tawny Heibing — Secretary**

*Year in Program: 4th*

“Incorporating wellness practices into a clinician’s daily tasks is an essential duty of our profession. It ensures that we are striving to provide the best services to our clients, but also preventing burnout.”

**Roseina Britton — Secretary-Elect**

*Year in Program: 2nd*

“Wellness in action means self-compassion, being kind to ourselves when we do not meet our own expectations. I recommend CSI Leaders practice mindfulness.”

**Haley Wikoff — Treasurer-Elect**

*Year in Program: 2nd*

“Wellness not only means taking care of yourself physically, but also addressing your social and emotional needs. We are in charge of making sure that we are well, in order to help others achieve their own wellness.”
“Wellness Leadership In Action”

Take your time to understand. Don’t just do something, be there.” Marshall Rosenberg

**MEGAN AMUNDSON — SCHOOL COUNSELOR REP**

Year in Program: 2nd

“Wellness or Leadership in action means not overextending for fear of reaching the point of compassion fatigue or burnout. Wellness means taking care of yourself first to be the best helper possible.”

**SARAH MARTINEZ — REHABILITATION MENTAL HEALTH STUDENT REP**

Year in Program: 2nd

“Wellness in action means taking care of yourself, engaging in self-care, and working on being the best person you can be!”

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1. Do the cliche: sleep well, exercise and eat right. Before committing to the belief that the sky is falling, consider the simple advice.
2. Find a counselor early: Having an impartial person to provide perspective on the relationships in your life can he you stay open to maintaining relation-
Greetings! I am pleased to welcome you all to the 2016-2017 academic year. The theme for this year is “Wellness Leadership.” This is the same theme that Dr. Michael Brubaker has chosen for Counseling Academic & Professional Honor Society International.

In order to be an effective leader it is imperative to practice wellness seeking behaviors. As students we are always hearing our professors talk about self-care and wellness, but what does that look like in everyday life? How do we practice self-care and wellness? How do we teach self-care and wellness? And what does it mean to be well?

Earlier this semester we hosted a faculty/staff appreciation event. The executive board provided lunch along with a small gift to the faculty and staff as a way of showing them how much we appreciate them. We also gave each faculty member a mug with a quote from a student about something important that faculty member has done that has impacted the student. This was a very special event to start off the academic year. Among the activities that we have planned for later in the academic year are:
- APA/CV/Licensure/PhD Program Preparation Workshop
- Spring 2017 Rho Upsilon Chapter Induction ceremony
- Jane Meyers Wellness Day (In collaboration with GESEC for all in the College of Education)
- Collaboration with UNI on a statewide Facebook page.

We hope to see you at these events! Please stay tuned for further details. If you have any ideas for things that you would like to see our chapter partake in, please do not hesitate to contact myself or any of the Rho Upsilon Executive Board Members.

Warmly,

Victoria Maneev, MA
I am thrilled to serve as the president-elect for the 2017-18 term. As I begin this new journey of supporting the current president, I am excited about the major events and plans for the upcoming semester. Embarking on this journey of self-discovery and exploration in this leadership position, allows me to advocate and demonstrate the importance of continued commitment to the profession. I truly am honored to give back to others and serve the chapter and organization in various capacities. Being in this role will allow me to develop my leadership skills and engage in the importance of personal and professional development with a commitment to self and others. I think being in a leadership position can result in various learning opportunities and rewarding experiences.

With a membership in CSI for over 6 years, my induction occurred during my second year of my graduate training program. I am fully committed to service. My passion for leadership has allowed me to engage in experiential and group-based research activities within the CSI organization, that were demonstrated through consecutive conference presentations sponsored by CSI at the regional and national levels to include NCACES and ACA. I have also actively pursued different research grants for the current chapter and served as newsletter editor for the past year. I have held other leadership positions such as historian and the nomination and election committee chair for the National Black Graduate Student Association (NBGA).

As the upcoming president, I would like to make an important point, to thank the past executive board and chapter members for continuing the traditions of the Rho Upsilon chapter by reflecting on the past accomplishments. In order to build on the work of the past executive boards members over the years within the department, I must first give gratitude and recognition of the work completed in order to create a foundation to start from. I believe that leaders reflect on the work that others have contributed in order to evolve and continue to grow. I think true leadership encompass many things such as the willingness to do what others will or won’t do for the overall benefit of the group. Ensuring that the job is complete and welcoming feedback and collaboration from others are things I value as I step into this new position. I tend to work in a collaborative style and manner to get the job done, which is a needed quality when providing service to others. I look forward to continuing working with the Rho Upsilon chapter by serving the local community and professional organization as president-elect.

Finally, I am also excited about my current collaborative style research study with alumni board members of the chapter. The study includes examining the past leadership characteristics of ethnically diverse women in the 5 regions of the Chi Sigma Iota organization. I look forward to the upcoming event planned for the chapter and the work ahead of us!

Your Truly,

Jonique R. Childs, M.S.Ed, NCC
Counselor Education & Supervision
3rd Year

Jonique R. Childs, M.S.Ed, NCC
Counselor Education & Supervision
3rd Year
Wellness for me personally has always been connected to support. One of the most important strategies I used as a doctoral student was to develop close relationships with my cohort and other doctoral students in my program. We would meet regularly to study, socialize, and share tips and strategies for handling the various demands of the doctoral program, be it research courses, internship, or comps.

That is why I think involvement in organizations such as Chi Sigma Iota is so important, as it can provide a time and place for fostering these connections, which in many cases become lifelong. I still treasure connecting with my former classmates at conferences, and they are usually my first call when I am dealing with a work-related challenge and need to process and strategize. Family and personal relationships were another area that I have intentionally fostered and found restorative not only during my doctoral study, but throughout my life. Finding the space to carve out personal time and recharge is my go to self-care strategy when I feel that work and life are out of balance.

As a doctoral student, and later a new faculty member, leadership positions have allowed me the opportunity to tests my strengths, discover areas for growth, and generate opportunities for meaningful involvement. I have met many mentors and have been afforded many professional opportunities simply because I was willing to put myself out there, took it seriously, and was open to connecting with new people and experiences.

It has taken me many years to clarify what wellness means for me personally, and I am committed to helping counselors-in-training discover their own personal meaning to wellness. Developing a personal understanding of wellness, honing coping skills, allowing yourself to be vulnerable, and seeking support are all developmental processes that I encourage in my students, and I believe are essential to remaining competent and effective in counseling.
Do you think work ethics and personality played a role in being selected for the leadership position?

Yes, work ethics such as being the chair of Institution Review Board (IRB). Dr. Wadsworth explains that, to be successful as a full professor, you need to demonstrate that you have leadership abilities. You need to be a leader.”

“I’m 100% supportive of the staff and 100% most of time in general. I have a appreciation to support and go to bat 100% of the way. Anything that work well I support.

Yes, unlimited growth potential in many areas and from the mentoring and opportunities offered to do what you want to shape the future and open up many doors in academics and learn the business of academia being the DEO.”

“Lots of learning and support and feedback on mistakes as well. Lots of good help and mentorship. Lots of new different things you can choose to go into. You learn the business of academia and how it can be an awesome job. Not everyone has the personality and fit for the position and can make it work. It has been fun and I have been loving it thus far and was surprise to be elected into the position.”

Advice to Current Doctoral Students?

“Take on teaching, leadership positions, go to meetings, learn what is going on and be willing to do it. Leadership is based on problem solving and bring stability with tasks that must be done. A leader might have an agenda. Most leaders have an agenda, but not me. I was appointed in a unique manner to solve serious problems and brings stability and sustainability to get things done and finish.”

I think developing a level of self-awareness is essential. Understanding your needs, your goals, and what inspires and nurtures you is important in creating an environment that is supportive of personal and professional growth. And being forgiving of yourself. Believing that as long as you still have a clear vision and an orientation towards moving forward, missteps or challenges are part of that forward-moving trajectory and not an end to your journey. Dr. Bardoshi
As a participant and presenter in the 2016 North Central Association for Counselor Education and Supervision (NCACES) Conference I learned valuable information. Foremost, it was a great experience to mingle with students and educators that are representative of the amazing programs that we have within this region.

One thing that I really appreciate about attending conferences is that they always seem to have a recharging effect on me. It is something about being around other students, and hearing about the projects they are undertaking and the subjects they are writing about that really energizes me.

Overall, I believe that NCACES was a great experience, and I would encourage first- and second-year counseling graduate students to attend these conferences; especially if they have an interest in current trends surrounding supervision and counseling education. While I thoroughly enjoyed this region’s conference, my next conference goal would be to attend an ACES conference in a region where I may want to be employed so that I can begin to familiarize myself with the institutions within that region.

Rosie,
Secretary-elect
Congratulations to our very own Susannah Wood (Rho Upsilon Chapter-Advisor) was elected as President-Elect for the 2017-18 team for NCACES. What a honor!

Congratulations to all the students and faculty that presented research and won awards at the past year conferences! We are so proud of our chapter, department, and programs.

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.

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 appreciation for all the work you do for the department. The chapter created Wellness survivor mugs to show our appreciation for such leadership efforts.” Thank you RCE Faculty!
Wellness is not something we normally associate to our roles as leaders, advocates, servants or even administrators. While hats on, it’s as if we simply jettison wellness as soon as those hats are off. For me it is a constant battle that, after several years of being a counselor educator, I have this “in the bag,” but often I find that ensuring that I am meeting expectations. Here are a few things I keep in mind about wellness:

* Practicing wellness is not selfishness – its sanity. If I am not “well” or at least trying to be well, what does that mean for functioning in my various roles?

* Sometimes, it’s the little things. Getting enough rest cannot be underestimated. I need to listen to my body. It can only be tress.

* Am I creating my own suffering? This concept comes from some of the Buddhist-informed ideas in mindfulness. Staying awake at nig

* Paradoxical interventions – remember these? Counselors require these as part of therapeutic homework. For a specific issue, LET’S REALLY DO THIS. For 10 minutes I allow myself to REALLY stress out over it. I can set boundaries on how much I’m going to drag my stress baggage into my every moment. In other situations.

* Setting meetings with myself. Sometimes I just need to meet with myself and have a conversation about self-compassion. I am not perfect, I am human. I accept myself with all of my flaws. I can change.

* Setting meetings with the “other.” Spirituality is a big part of who we are as humans. So much so, that I explore with our clients. For me, it may be I need to meditate, or find a mantra or concept to think about throughout the day.

* Setting meetings with others. For some meditation or yoga can be lonely. When I have those days I use an app that allows me to share our meditation experiences, our prayers, our thoughts, mantras and even the worries and concerns we are trying to meet that what I am facing is not unique, that we all come way of having our experiences normalized.

* If you don’t take care of you, no one else will. We all have loved ones, friends and family who try to help us in our aspect of wellness and we all have a interpersonal aspect of self. But while they can help us in other ways; do I need to go for yoga, or give up social media for a half hour at night so I can meditate – then I need to be honest with self.

* And speaking of social media--- is that also creating internal suffering? Do I really need to be on Facebook and Twitter making me fearful of things I can’t fix or control?

* Gratitude – daily. I used to be really into journaling, but found I could and would go for months without it. Writing allows me to just jot down things I am grateful for that day. Whether it is sun shine, a parking spot or even a thing. RYTHING I’ve written down that month, that week or that year. And, since I can type it in on my keyboard, I don’t have to worry about it being legible.

****It doesn’t matter what you do, being well means that you are doing something. So go and do. Or, go...
Wellness is not something we normally associate to our roles as leaders, advocates, servants or even administrators. While it is an area we as counselors and supervisors like to explore when having those hats on, it's as if we simply jettison wellness as soon as those hats are off. For me it is a constant battle with the self to practice wellness strategies and integrate them into my daily life. One would think that, after several years of being a counselor educator, I have this “in the bag,” but often I find that ensuring that I am practicing wellness means constantly reviewing my boundaries and my self-sanity. If I am not “well” or at least trying to be well, what does that mean for my relationships with my students and my peers? How “good” can I be in terms of my body. It can only be pushed so far before the “bill” comes due and I end up paying by illness or dis-mindfulness. Staying awake at night trying to plan for every contingency or outcome of a stress situation. Unanticipated anticipated outcomes probably won’t come to pass at all anyway. So how much am I suffering by not assigning or conduct them in session. So if I need to have a pity party or if I am really concerned about a this one thing, OR feel, really, deeply pitiful. And then, that’s it. In some ways this practice pushes me others it forces me to see how silly I can be by how much importance or emphasis I am placing on this about what I am experiencing. Sometimes I just need a good talking to. Other times I need to practice more and I can improve, but I am a human being, not a human “doing” or a human “working.” I have an app that our profession of counseling believes that it is something that needs to be acknowledge and ex-pressed throughout the day. However, it is expressed, I believe that wellness is interconnected to the use an app that allows me to connect with other mindfulness practitioners all over the world. We can hold concerns we are trying to meet head on, in a healthy way, through mindfulness. This can be a well-struggle.

Take care of us, nurture us and provide the space where we can be ourselves. Social support is one our wellness practices, they cannot DO IT FOR US. If that means that I have to safe guard every Thurs-day to find that boundary and stand behind it. And no one else can do that. Facebook or reading the comments section of newsfeeds? Is this helping me ground myself or is it mak-ing without doing so if my work life was really ratcheting up. So these days I use an app on my tablet that al-lows me to just jot down things I am grateful for that day. Whether it is sun shine, a parking spot in Lot 11, a mysterious frog sitting outside my door, all of things are recorded. Then, I can look at EVERYTHING I've written down that month, that week or that year. And, since I can type it in on my keypad, I don’t have to worry about trying to decipher my handwriting.

Go and be. Your clients, students, peers, community and loved ones will be better for it. **** Dr. S. Wood.
Begin Where You Are:
Create Wellness Plans~
*** What areas do I want to begin with today? ***
*** What areas am I lacking with self-care? ***

Wellness Activities: Cognitive
*Meditation*  *Journaling  *Reading for pleasure
*Hobbies  *Volunteering at something NOT counseling related
*Going to the movies, theater, symphony, museum, art show, county fair, e.g.,

Wellness Activities: Physical
*Drink plenty of water *Eat regular meals *Exercise regularly  *Get Enough
sleep *Turn off the computer/cell phone *Go for a walk during lunch *Get a massage
*Yoga, Acupuncture  *Mediation

Wellness Activities: Emotional
*Talk to friends *Laugh *Keep in touch with important people in your life
*See a counselor

Wellness Activities: Spiritual
*Take time to reflect *Learn to garden *Spend time outdoors *Find or
connect with a spiritual community (church, mass, support groups)

ACA’s Taskforce on Counselor Wellness and Impairment. Retrieved from

Visit the link above for self-care & professional quality assessments and for
more resources.
“Incorporating wellness practices into a clinician’s daily tasks is an essential duty of our profession. It ensures that we are striving to provide the best services to our clients, but also preventing burnout.” Tawny

“Not overextending for fear of reaching the point of compassion fatigue or burnout. Wellness means taking care of yourself first to be the best helper possible.” Megan

“Inspirational quote”

“Leadership Wellness Quotes”

“Engaging in practices that promote an overall healthy psychological, physical, spiritual, and emotional well-being in many overlapping domains to achieve optimal healthy functioning.” Jonique

“Wellness in action means taking care of yourself, engaging in self-care, and working on being the best person you can be!” Sarah

“Find time to do one thing you love everyday so you can recognize at least one positive, even on the worst days.” Erin

“Wellness not only means taking care of yourself physically, but also addressing your social and emotional needs. We are in charge of making sure that we are well, in order to help others achieve their own wellness.” Haley Wikoff

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