For most Americans the world changed dramatically, if not traumatically, on September 11th. The feeling of security pervasive up to that point crumbled like the twin towers of the World Trade Center. A tidal wave of emotions from anger to fear was released in the aftershock of the plane crashes and mayhem that filled the air, the air waves, and our lives. For many, especially helping professionals, there was a desire to do something to assist those directly impacted by the tragedies.

I was fortunate in being asked and being able to go to New York to work with the American Red Cross as a counselor. My specific assignment was to provide mental health services to grieving families who had lost loved ones in the disaster. The fact that I was a National Certified Counselor (NCC) and a National Certified Mental Health Counselor (NCMHC) helped cut the red tape that sometimes comes in such situations since counselors certified by the National Board for Certified Counselors (NBCC) are on the approved list of Red Cross providers in emergency situations.

He was dressed for a funeral
and maybe he should have been.

but he was coming for a death certificate.

As we walked he sorted through his memories
his wife of two years, age 23,
had absorbed the first blows of flight 11
and had apparently died instantly.

He could see her in his mind
as he dropped her off at work that day,
Now her picture on the wall
with a rose
and the words “I love you” placed beneath it
was all that remained.

Counseling at the Point of Crisis and Beyond
By Samuel T. Gladding
Pi Alpha Chapter

Getting There and Getting Checked In
My week of volunteer counseling began with a phone call inviting me to come and provide services. The NBCC in nearby Greensboro assisted me by quickly providing a certification of my credentials and arranging a direct flight for me from Greensboro to New York. I had approximately four hours to get ready. Thus, I remembered and followed the Mother Teresa rule for packing – bring three sets of clothes, one to wear, one to wash, and one to mend. (I also brought two pairs of shoes and a dock kit).

After landing at LaGuardia Airport in Queens, it was on to Brooklyn through streets lined with flags on cars and displayed on windows and buildings. The Brooklyn Red Cross...
As I ponder what it is that I would like to share with you in this newsletter, I find myself continuing to reflect on the horrendous events of September 11, 2001 and how all of our lives have been changed as a result. I remember feeling stunned, scared, and immobilized as I watched the events unfolding before my eyes on the television screen that day and then the immense sadness that followed as I became more aware of the human suffering that was to follow. Indeed, I continue to grieve even though I did not know anyone personally who was killed in New York, Washington, or Pennsylvania.

An Important Role

Recently, I noticed an article on the Internet which indicated that the mental health services in New York City alone have been stretched so thin that they are unable to adequately handle the unprecedented demand for counseling services. Using formulas derived from disasters such as the Oklahoma City bombing, the New York State Office of Mental Health now estimates that as many as 1.5 million New Yorkers could need some kind of mental health assistance in the aftermath of September 11. If you add to that the millions of Americans who witnessed these events live on television, it becomes abundantly clear that we as professional counselors have a very important role to play in the coming weeks and months ahead.

Servicing Our Communities

While the need for mental health professionals in New York City is already great, it is not possible for most of us to leave our jobs and families to travel there. However, I am suggesting that in all likelihood there is a very strong need for our services in our own communities. There are growing reports of shock, depression and anger in many individuals - the early stages of trauma. There is also reason for concern about at-risk populations who are already underserved by mental health services, including immigrants, the unemployed, and especially our children. It has been estimated that as many as 10,000 children may have lost parents in the World Trade Center disaster and an unknown number of kids were witnesses. To be sure, even children with no direct connection to the terror attacks may show symptoms of trauma and part of the challenge that awaits us will be educating teachers, school administrators, and parents about recognizing children in distress.

CSI Can Help

I was touched by an article in the most recent issue of Counseling Today entitled “Out of the Ruins Comes Hope.” It describes how counselors have been responding to help New York City heal. I began to ask myself how we, as a honor society of professional counselors, might join the effort. Our skills and expertise have never been needed more than now. It is time for us as individuals and as Chi Sigma Iota chapters to look for...
Update from Headquarters

Volunteer Services: Mental Health & Family Services Assistance Opportunities

Thomas J. Sweeney
CSI Executive Director

Over the years CSI has encouraged chapters to develop and carry out community service projects. Some chapters and members have received recognition through the CSI awards program but most have done so with great success and little fanfare or recognition. Obviously, all members of CSI who give such service do so without expectation of recognition. The events of September 11 gave all of us an opportunity to appreciate the invaluable service we can provide to victims of disaster. Members of CSI and others in the profession were able to set aside regular duties and home responsibilities in order to serve as Red Cross Disaster Relief Volunteers in New York, Pennsylvania, and Washington. The devastation was so great that even as this message is prepared, volunteers are still needed.

Becoming Involved

I have been in touch with national Red Cross representatives about offering assistance through our CSI chapters. As you might imagine, they have been overwhelmed with immediate demands but are both appreciative and encouraged by long-term offers of help. The September 11 needs, however, serve to illustrate the year-round disaster relief services needed in each of our communities on a daily basis. Every time there is a house fire or similar disaster, lives are upended in a multitude of ways. The Red Cross needs volunteers to help counsel those whose lives have been disrupted in such situations as well as other relief workers such as fire personnel and police. In short, we often can assist best and most readily at the local level. If your chapter is interested, I have summarized steps to take below and a letter adopted from one chapter that may be modified to suit your needs that can be obtained by e-mailing me at tjsweeney@csi-net.org or contacting CSI headquarters for a copy. The format for the letter was sent to all members of the CSI faculty advisor and chapter leaders listservs in September. Chapters may:

1. Go to www.redcross.org
2. Put in your local zip code and find your local Red Cross chapter or check for chapters in your state
3. Click on e-mail to them if they have a web site or record their local contact address
4. Send a letter expressing interest in assisting with local disaster relief counseling and an interest in Red Cross training for profes-

(continued on page 14)
CSI Day in New Orleans

Living the Life of a Counselor

Doubletree Hotel

Sunday, March 24, 2002

8:00 a.m. - 8:45 a.m. Leadership Training I
Building Strong Chapters Through the Web
Madewood Rooms A & B*

8:45 a.m. - 9:45 a.m. Leadership Training II
Chapter Leaders’ Round Table Topics
Madewood Rooms A & B*

Faculty Advisors’ Resource Assets
Crescent Room B*

11:00 a.m. - 12:00 noon Leadership Training III
Living the Life of a Counselor
Madewood A & B*

3:00 p.m. - 4:00 p.m. Business Meeting
International Ballroom*

4:30 p.m. - 5:30 p.m. International Awards Recognition Ceremony
Rosedown Rooms A & B*

5:30 p.m. - 6:30 p.m. Awards Reception (light refreshments)
Prefunction Area, 2nd Floor*

Monday, March 25, 2002

10:00 a.m. - 11:30 a.m. CSI Committee Meeting
Crescent Room B*

4:30 p.m. - 6:00 p.m. CSI Committee Meeting
Nottaway Room B*

*Note: all rooms subject to change although assignments are likely to remain as noted.

If requested, a sign language interpreter will be provided for hearing impaired or deaf members attending CSI events. Please request these services by March 8, 2002, by writing Kelley Rowland, CSI Headquarters at P.O. Box 35448, Greensboro, NC 28425, by calling (336) 841-8180, faxing (336) 841-8180, or by e-mailing Dr. Tom Sweeney at tjsweeney@csi-net.org.

25 CEUs will be provided for attending the Leadership Development workshops and Symposium. Pre-registration deadline is March 13, 2002. Please contact Kelley Rowland at Headquarters to pre-register.
CSI Leadership Development Workshop:
“Living the Life of a Counselor”

Geoffrey G. Yager
CSI President-elect

All of what we do as counselors will be affected in one-way or another by the events of September 11th. Clearly, we are well aware how little direct control we have over changes in the lives of our clients, but we continue to focus our efforts on facilitating client efforts to make desired changes themselves. We also must make every effort to influence directly any areas that we are able to control. In fact, as CSI members, we can control the amount of support we provide to other professional counselors in our individual chapters! Consistent with this direction, our CSI Day in New Orleans will include two very exciting opportunities: (a) two Leadership Development Workshops from 8:00 a.m. to 9:45 and (b) a Symposium/Seminar entitled “Living the Life of a Counselor” from 11:00 to 12:00 noon. Both events are scheduled for CSI Day on Sunday, March 24, 2002.

Leadership Development
Although leadership development is often thought to apply to newly elected or potential leaders, we want to invite all CSI members, both experienced and novice, to attend this year’s Leadership Workshop. The 2002 training will focus initially on “Building Stronger Chapters through the Web”. The introductory presentation on CSI and the Web will explain and discuss the wide variety of information available at the CSI website. Now, if you are thinking to yourself that there really can’t be that much of use on the website, you really need to plan on being in New Orleans for this meeting! There will be time for group discussion and sharing of ideas.

Symposium/Seminar
For the first time this year, CSI will be holding a seminar to address a specific topic of interest to all of the membership: “Living the Life of a Counselor.” In a panel format, recent leaders of CSI have been asked to address an issue of their own choosing that ties directly to the overall topic. Our expectation is that issues of personal wellness, burnout avoidance, and professionalism will all be addressed by counselors with a diverse background and experience.

Plan to Attend
Please make your plans on attending all of the CSI Day events. All CSI Day activities will be held in the Doubletree. If requested, a sign language interpreter will be provided for hearing impaired or deaf members attending CSI events. Please request these services by March 8, 2002, by writing Kelley Rowland, CSI Headquarters at P.O. Box 35448, Greensboro, NC 28425, by calling (336) 841-8180, faxing (336) 841-8180, or by e-mailing Dr. Tom Sweeney at tjsweeney@csi-net.org.

Order Your CSI Honor Cords and Honor Stoles

Chapters can order honor cords and honor stoles in bulk, anytime throughout the year from our supplier, Kalamazoo Regalia. Your chapter will order, pay, and receive shipping directly from the supplier. All orders must be placed and prepaid by chapters; no single item orders will be accepted. Last minute requests for “rush” deliveries will require additional payment for such service.

Honor cords can be purchased for $12.00 and stoles for $30.00. Regalia orders will need to be directed to Kalamazoo Regalia at 728 West Michigan-Kalamazoo, Kalamazoo, MI 49007 or at 1-888-344-4299.
Laissez le bon temps roule! Let the good times roll! New Orleans offers a hearty welcome to Chi Sigma Iota members and visitors who are planning to attend the ACA conference to be held in New Orleans this spring. Our only regret is that there is so much to do, so much to eat, so much to see, and yet so little time. Local Chi Sigma Iota members thought a suggestion or two might be appreciated, prior to the conference, especially for those of you who are first time visitors to our lovely city.

Weather

First, let us say a word about the weather. Assuming we follow our regular seasonal cycle, it should be quite warm by the conference date, with temperatures in the mid to low 70’s to mid and low 80’s. Showers can be a daily visitor, so bring light, totable rain gear. Our locally-elected thermostat officials pay little attention to the actual weather, so indoor temperatures may vary. Local residents, when moving from area to area, dress in layers to accommodate unexpected indoor and outdoor temperature fluctuations.

Food

One thing you will find in New Orleans is that there is really only one common topic of conversation. That topic is food. Everyone seems to be talking about where they are going to eat, when they are going to eat, or what they are eating. Dining in New Orleans is an internationally known experience. For those of you with champagne tastes and champagne budgets, we offer Emeril’s Delmonico Restaurant, Commander’s Palace, The Grill Room, Antoine’s, The Court of Two Sisters, Ruth Chris’ Steakhouse, and many other fine dining experiences.

If you have champagne taste and a more modest budget, we have Copeland’s Cheesecake Bistro, Pascal Manale’s, Mike Anderson’s and many others.

If you are staying near the Convention Center, you will find a host of local favorite restaurants and eateries to fit any taste and any budget, including Acme Oyster House, Poppy’s, Mother’s, and Port O’ Call.

For an awesome view of the city you may try a refreshing brew at the rotating Top of the Mart, and you won’t want to leave town without trying our world famous café au lait with fresh beignets prepared at Café du Monde.

Entertainment

If you have a taste for live music, New Orleans is the place to check it out. The House of Blues offers contemporary music, and Snug Harbor, which is just outside the French Quarter, offers a nice serving of modern jazz.

Hopefully, you will find time to do a bit of sightseeing in our beautiful city. You may want to check your local library for detailed information, but some must see/must do events are on every visitor’s list.

A riverboat ride can be as close as a walk to the dock. Most visitors enjoy the relaxing feel of the Mississippi River’s breeze and the endless photo opportunities as the boat makes its way up and down the river. While along the riverfront, the River Walk Shopping Center offers countless shops and a magnificent view of the river. The River Walk has incorporated a part of the 1984 World Exposition into its construction and is quite unique.

A ride on the streetcar is inexpensive and fun. A round trip will take you down into the French Quarter and into the Uptown Garden District. Along the way you may enjoy the beautiful and distinct architecture of this historic area.

A buggy ride in the French quarter can give you a quick and hearty tour of that area. A new short streetcar line runs parallel to the river with stops that allow easy and quick pedestrian access to all the shops, eateries, and, most importantly to some, to Pat O’Brien’s, for a famous Hurricane drink.

The Audubon Zoo is one of the best zoos in the country. With animals in their natural habitat, it provides a peaceful activity on a warm afternoon. A white tiger and swamp exhibit are favorites for all ages.

The French Quarter is a treat in a category all its own. A word of caution, though, is to travel smart. Don’t visit the area alone, carry your money, ID, and credit cards in your pocket rather than carrying a bag, and always make sure you can get back to your hotel via walking or taxi. We want to see you feeling well at the convention the next day!

Welcome!

Mon cher, come on down to ACA Conference in New Orleans and have a good time. You will not soon forget the experience.


See you soon!

Welcome

New Chapter

Welcome to Chi Sigma Chi of Chicago State University, a new Chi Sigma Iota chapter.
“Collaboration” has been a buzz-word in the nonprofit world over the past several years. Essentially, this concept promotes revitalization and growth opportunities for organizations of similar purpose through the development of strong working relationships. These relationships allow independent organizations to benefit from each others’ successes, struggles, resources, and ideas through the development of active communication and networking.

Maximizing Effectiveness
The Executive Board of Zeta Chapter (University of Alabama at Birmingham) sought to apply this concept to the ten Chi Sigma Iota chapters in Alabama to maximize the effectiveness of each individual chapter. The Board saw this as an excellent opportunity for all chapters and began to develop plans for a Chi Sigma Iota Statewide Network for Alabama. This Network will serve to promote excellence in counseling by providing more active communication between each of the ten chapters, as well as to establish a special relationship with the Alabama Mental Health Counselor Association (ALMHCA). One goal of this initiative was to provide a format by which representatives from each chapter could meet two times per year for a business meeting. This will provide an opportunity for the sharing of chapter strengths, struggles, and programming initiatives. The inaugural meeting of the Statewide Network took place during the Alabama Counseling Association’s annual conference on November 15th. Iota Delta Sigma chapter (Auburn University) will host the second meeting in the spring and will provide chapter development or continuing education opportunities. Anyone interested in attending the spring meeting is welcome to contact me or the Iota Delta Sigma chapter. Each of these biannual meetings will also feature a social hosted by a local chapter that will encourage members of Chi Sigma Iota to network with their colleagues from other parts of the state.

Exciting Potential
I am very excited by the potential that lies in the development of this Statewide Network. Zeta chapter has used a three-pronged approach to membership and programming development over the past several years, which has targeted counseling students, professionals, and counselor educators. With the development of the Network, Zeta hopes that all Alabama chapters will increase their membership and enhance the services they provide. This Statewide Network will also strengthen active communication between the ten chapters through the establishment of a web presence which will highlight chapter activities, provide membership directories for networking purposes, and promote professional development opportunities for Chi Sigma Iota members throughout the State.

We look forward to sharing our progress, successes, and challenges with the entire Chi Sigma Iota membership. We hope other chapters will send us their feedback and ideas. Please e-mail me at brian.rogers@chsys.org. I look forward to hearing from you!

Call for Nominations
Nominations for Chi Sigma Iota president-elect and treasurer are currently being solicited from individual members and chapters. If you know of a worthy candidate, send your nominations to CSI Headquarters, P.O. Box 35448, Greensboro, NC 27425. From these nominees a slate will be selected by the nominating committee.

The deadline for nominations is May 1, 2002.
The following are the first two submissions in the new Exemplar feature “Student Insights.” In the last edition, student members were invited to respond to the question, “What is the meaning and importance of the phrase ‘professional counselor’ as you think about and experience your life and career?” Thanks to the following students for their thoughts on this question.

Honor and Responsibility

Reflecting on the phrase “professional counselor” caused us to realize what an honor it is to hold the title, while at the same time being aware of the enormous responsibilities that come with it. The responsibilities come not only with the role that we hold in communities, but in our obligation to promote the interests of the profession. Our identity as professional counselors reminds us that we, as individuals, are attached to a larger entity, which is the profession of counseling. We are connected through local and national organizations that join us with people who share a passion for the work that we do as counselors.

Jill D. Duba, Susan Paez, and Megan L. Petruzzi are Kappa Sigma Upsilon chapter officers at Kent State University

A Chosen Livelihood

A mother was lecturing her small son, stressing the point that, “We are in this world to help others.” He considered this for some time, and then asked somberly, “What are the others here for?”

The boy has a good point, but not one for counselors-in-training. It is not for us to question, “What are the others here for?” but instead to simply commit ourselves to helping others through life’s struggles. My concept of the term professional counselor represents a chosen livelihood working with those in need whoever they are.

This dedication does have its drawbacks. While many clients ask for our help in finding ways to improve their wellness, we frequently struggle to maintain our own. We entered the field to help others enrich their lives, but our personal health, mind and body, must come first so that we can truly be there for others.

Counselors also often exist in the category of the “un-thanked.” These are the people who make a difference, give their all, and who care enough to help individuals believe in themselves, but who rarely receive thanks. As professional counselors we commit ourselves to becoming support systems and motivators for others, but we cannot expect recognition we might deserve. The true reward of our work is seeing clients become empowered enough to use their strengths in order to mend themselves and maintain their well-being. There is no limit to what can be accomplished when it is not important who receives the credit.

Denise Hohos is ETA chapter President at Youngstown State University

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Student Ideas and Experiences Needed for Publication

Richard Hazler and Liz Mellin

We are looking for student ideas to be published in the next edition of Exemplar around the new “Student Insights” question listed below. CSI chapter leaders, advisors and members can help by developing discussions around the new question and encouraging students to submit their ideas and experiences. This edition’s new question is: What personal issues have been triggered during your development as a counselor?

Submissions of no more than 400 words should be made no later than April 15, 2002, to Richard Hazler and Elizabeth Mellin by email hazler@ohio.edu or mail to 201 McCracken Hall, Ohio University, Athens, OH 45701.
Chi Sigma Iota had four highly qualified members who allowed their names to be placed in nomination for the offices of president-elect-elect and secretary-elect. The nominees for president-elect-elect were Jamie S. Carney, Auburn University, and Nancy E. Sherman, Bradley University. The nominees for secretary-elect were Catharina Chang, Georgia State University, and Cynthia Osborn, Kent State University. CSI is extremely fortunate and grateful that each of these members were willing to offer their time, experience, and effort to further the goals and purposes of Chi Sigma Iota. We express our appreciation and respect to each of the candidates for their dedication and commitment to CSI.

President-elect-elect

Jamie S. Carney, Coordinator of the Doctoral Program in Counselor Education and Associate Professor in Counseling and Counseling Psychology at Auburn University was elected president-elect-elect. She has been president of Alabama ACES, secretary of SACES, treasurer of CSI and chairs the Faculty Advisor Committee of CSI. She is the recipient of the Jean Cecil Distinguished Counselor Educator Award by the Alabama Counseling Association and the Distinguished Graduate Award from Ohio University. She founded the Iota Delta Sigma chapter at Auburn University and has been the faculty advisor for over 5 years.

Dr. Carney’s goals for CSI include supporting the current efforts of the CSI Chapter Membership Committee to assist chapters with developing and maintaining chapter procedures related to recruiting and retaining members; enhancing the efforts of CSI to promote, encourage and support faculty advisors; supporting initiatives to advance and promote diversity in CSI leadership and membership; developing ways to increase participation in the awards programs and increase recognition of chapters and members; continuing initiatives related to the promotion and recognition of excellence in leadership, clinical practice, scholarship and research; promoting leadership training; and supporting the work of the CSI Technology and Advocacy committees.

Secretary-elect

Cynthia J. Osborn, Assistant Professor in the Counseling and Human Development Services Program at Kent State University was elected secretary-elect. Dr. Osborn has been the faculty advisor for the Kappa Sigma Upsilon chapter of CSI since 1997. She has served as both Ohio ACES and ASERVIC President and serves on her county’s mental health and recovery board.

As secretary, Dr. Osborn’s goals are to strive to generate and facilitate necessary communication among CSI officers and, as needed, to all CSI members. As a CSI officer, she intends to use her communication skills and enthusiasm for CSI and the counseling profession in decision-making efforts. She plans to work cooperatively to ensure that CSI’s commitment to excellence is honored and upheld.

Helping America Heal

(continued from page 2)

ways to apply our expertise in a manner that helps our country and our communities heal.

One thing for chapters to consider is meeting with the American Red Cross to obtain information about their Mental Health Disaster Preparedness Training. This training is open to licensed professional counselors and information can be obtained by calling the local Red Cross chapter. In addition, inviting speakers to chapter meetings that focus on such topics as critical incident debriefing, grief and loss, and PTSD can serve to both enlighten and stimulate the membership into service. Finally, the opportunities for pro bono counseling services to families and individuals have never been greater.

It is important to keep in mind that the greatest need for our services probably lies in the future. For several weeks now, people have managed their emotions in order to survive the initial events. However, many of these same folks will find themselves unexpectedly depressed, irritable, unable to sleep, fighting with partners, unable to enjoy everyday pleasures or filled with a general sense of malaise. As we learned from our work with Viet Nam veterans, the effects of PTSD can emerge months and even years after the triggering event.

My challenge to each chapter is to consider ways in which you can mobilize the resources at hand to contribute to the healing of people in your communities in the difficult days and weeks that lie ahead. We are limited only by our lack of creativity. I hope that you will share your ideas and your plans or projects with all of us through the “Chapter Happenings” section of this newsletter. The collective power of Chi Sigma Iota members can make a difference. Let’s get started!

Let me urge each of you to attend CSI day in New Orleans on Sunday, March 24. I will be looking forward to seeing you there.
Counseling (continued from page 1)

was the central headquarters for disaster relief. It was here where the check-in process began. There were papers to fill out, photo identification tags to be made, and gray and white Red Cross “Disaster Relief” smocks to pick up. I was somewhat surprised at the time needed to get everything in place was over three hours.

From Brooklyn, a courier took me to my hotel on West 56th Street for the duration of my stay. There other Red Cross volunteers were also housed. It was past 10 p.m. when I reached my room. I felt fortunate to have such space. I had expected to sleep on a cot in a gym.

The next morning at 5:15 a.m. the wake-up call came. The bus that I thought would take me to Pier 94 (the Family Assistance Center) came at 6:15 a.m. I rode the bus only to find out that it ended up at the Brooklyn Red Cross headquarters. Aghast at my mistake, I was nevertheless able to regain my composure and sense of purpose and find another courier to take me back to Manhattan and Pier 94 (which was about a mile from the hotel). After that experience, I made it a point to walk back and forth to work every morning and evening.

Work as a Counselor

Pier 94 was like a beehive. It was filled with regular police, the National Guard, community police in light blue jackets, chaplains, interpreters, food servers, attorneys, insurance company representatives, FEMA workers, a crime victims unit, Social Security administrators, and those of us in mental health services among others. I was assigned to the mental health “red team.” My initial job at the Center was to meet the families of those who had died in the September 11th disaster and to escort them to legal services where they began the process of applying for death certificates.

While on the surface, the task sounded simple, it proved to be anything but that. Several factors complicated the assignment. First, the walk

was long – about a quarter of a mile. Second, there was a memorial wall filled with pictures of the missing that took up about half of the walk. At the base of the pictures was a line of stuffed miniature teddy bears sent from the people of Oklahoma City in support and sympathy. Finally, the emotional state of those escorted was fragile. A look at the wall or a word about the deceased often brought tears and expressions of grief that could be quite intense. Thus, in approaching a family, anything could (and did) happen.

In addition to dealing with the wide range of emotions and reactions, there was the difficulty of working with a large number of people in a place and space that allowed little privacy. Often I found myself walking in quick time in order to get back to my post so that a family would not be kept waiting. The physical as well as the emotional nature of the work was demanding and scheduled breaks were needed in order not to wear out.

On the third day of my work, the City of New York started offering families the opportunity to visit Ground Zero. I was asked to be an escort on the third trip out. This job involved linking up with a family and staying with them throughout the trip. As one of three mental health workers, I was instructed to keep my Red Cross smock full of tissues and make sure the family I was with had flowers and stuffed miniature teddy bears for individuals who wanted them to lay at a makeshift memorial near the site. I was also told to watch out for people who were alone and make sure they knew they had someone to whom they could talk if they wished. I found a family I had escorted earlier in the day. The parents had lost their middle child, a son, age 38, unmarried and full of promise.

Our transportation to Ground Zero was by ferry and foot. The boat ride lasted approximately 20 minutes. The walk from where we docked to Ground Zero was 10 minutes more up a slight incline and past buildings that had been damaged in the collapse of the twin towers of the World Trade Center. My family did well initially and talked freely during the boat ride over. However, they became somber and stiff as we approached Ground Zero. That was understandable. We were surrounded by a panorama of destruction. Where the World Trade Centers had been there was a mass of rubble several stories tall and the realization that those who had not been rescued up to this point were not going to be found alive.

There was nothing to say and the importance of just being with someone in a time of crisis came home to me in a way like it never had before. The significance of silence impressed me. The hardhats took off their helmets in respect for the families but their gesture, though welcomed, could do nothing to help the family members overcome the depression that rested like heavy smoke on their shoulders. Thus, the return boat ride was a time of much sorrow.

Lessons Learned

What I learned in New York is simply too large to describe in a comprehensible and coherent way here. My body and mind are still sorting through the memories and their implications. However, some thoughts have surfaced that have given me insight into the nature of counseling at the point of crisis and beyond.

One of those thoughts is that counseling, and helping in general, go beyond the traditional ways we have thought of them. It is important to keep traditions and to set up counseling situations where confidentiality will be maintained and other privacy issues will be respected and adhered to. However, it is also critical to realize that counseling comes in nontraditional forms, whether because of cultural variables or because of crises. We need to be ready to respond regardless. Flexibility is a needed quality of counselors.

I am also struck from my experience in New York by how important it is to achieve excellence as a counselor. Chi Sigma Iota promotes excellence and it is through striving for such that, regardless of situations, competence is achieved. In the midst

(continued on page 11)
of a tragic and chaotic time there is no room for mediocrity. A third lesson that I have learned again as a result of my Red Cross experience is to be sure to take care of yourself if you really want to be an effective helper. It is when someone is fatigued or run down that they are most likely to make mistakes. Therefore, promoting health within yourself and your colleagues is crucial. Positive healthy habits from eating right to keeping a journal are therapeutic in the best sense and are likely to lead to good work.

Finally, I am aware as a result of the crisis counseling I did that elements within our society that we might not be comfortable with in our own lives may be quite important and therapeutic to our clients. For example, I was struck that many of the people I worked with brought up spiritual issues and wanted to deal with them. Likewise, I realized in my sessions that often clients wanted to pet the therapy dogs that populated Pier 94 and that even accompanied our groups to Ground Zero. These dogs gave comfort to everyone in a way I would have dismissed before my experience in New York.

Conclusion
So in grief, there are sometimes elements of surprise for those of us who are counselors as well as for those who may be our clients. It is important to stay open to the possibilities that come in such times, for in reflections we often find insights. We learn in ways that go beyond standard texts as we find our way in new surroundings and situations.

CSI LISTSERVS
CSI maintains two listservs, one for the chapter leadership network (CLN) and one for the faculty advisor network (FAN). Any chapter member, committee chair, or officer can sign up for the CLN by writing to Jane Myers at jemyers@uncg.edu. Faculty advisors are encouraged to contact Jane and provide the name of their chapter and university along with a request to be signed up for the faculty advisor listserv.

Exemplar on Audio Tape
The Chi Sigma Iota Exemplar is provided on audio tape to CSI members who are blind or visually impaired. If it would benefit you or other members in your chapter to receive the Exemplar in this medium, please notify Cathy Woodyard, CSI Exemplar Editor, at 1216 N. Central Expressway, Suite 104, McKinney, TX 75070, (972) 548-8092, or through e-mail at cwoodyard@texasma.net.

Faculty Advisor Tip
Encourage Attendance at CSI Day
Chandra F. Johnson
CSI Intern
Mid-semester is quickly approaching and this typically a busy, although exciting, time of year for CSI chapters. Many chapters have been hard at work all year long, and about this time chapters are actively engaged in activities that were planned months in advance. During mid-semester, a lot of chapters are also busy finalizing plans for spring induction and attempting to raise money to send officers to the ACA convention. Without a doubt, mid-semester can be a hectic time of year and can present a multitude of challenges for advisors and chapter presidents. After serving as president-elect, president, and past-president of my chapter, I feel safe in speaking for CSI officers when I say that mid-semester is an experience, to say the least. By March, council members have worked hard, and they have gone above and beyond what they anticipated. They have attended meetings, and they have rearranged their schedules, on more than one occasion, to cover the bake sale table. By this time...they are TIRED! Chapter presidents, however, are then left with the task of motivating the council to begin planning for the upcoming year. This can be quite challenging when council members are running on empty. CSI faculty advisors can be instrumental in this area.

Tip: Encourage the entire Executive Council to attend CSI Day!
CSI Day can be considered a mini-retreat as it has the potential to rejuvenate and motivate spirits, individually and collectively. CSI Day offers chapters an opportunity to share, learn from each other, and walk away with a plan for how to increase their chapter’s effectiveness. Because each person walks away with something different, instead of one or two members bringing their excitement back to the chapter, every council member in attendance can bring back the same level of excitement. What better way to develop cooperative energy and rejuvenate tired spirits? Please encourage your entire council to participate in CSI Day in New Orleans.
Menopause and African-American Women: Attitudes and Symptom Reporting

Shirley B. Huffman, Jane E. Myers, and Lloyd Bond

Shirley B. Huffman was the recipient of the 2001 CSI Award for Research. The following is summary of the results of her research.

Menopause is a universal female midlife transition that remains poorly understood (Huffman & Myers, 1999). To date, the majority of menopause research has been based on Caucasian women. Thus, counselors have no options beyond understanding the available knowledge base and adapting this knowledge when working with minority women.

Menopause research has focused primarily on the biological and psychological symptoms associated with this midlife transition (Neugarten & Knaines, 1965). Although more than 100 menopausal symptoms have been identified, hot flashes and night sweats are the only symptoms that women universally and consistently report (Kaufert & Syrotuik, 1981). The incidence and severity of symptoms have been shown to vary among women both within the same society and between different societies (Kaufert & Syrotuik, 1981).

Although the medical model posits that symptomatology results from an estrogen deficiency (Utian, 1987), models from the social and behavioral sciences theorize that symptomatology is most likely related to factors such as cultural attitudes, developmental issues, and stresses of daily living (Kaufert & Syrotuik, 1981). Numerous studies support the belief that attitudes are influenced negatively by cultural stereotypes of women and aging (Kaufert, 1982 ). Studies also suggest that positive attitudes toward menopause are associated with positive experiences of menopause (Avis & McKinlay, 1991).

To date, studies of women’s attitudes toward menopause and symptomatology have primarily involved Caucasian women (Rostosky & Travis, 1994; Rousseau & McCool, 1997). Thus, the present study was undertaken to determine the attitudes toward menopause and menopausal symptoms of midlife African American women.

Methodology

The population of interest for this study included African American women between the ages of 35 and 55. The participants were a heterogeneous sample of African American women in terms of age, marital status, education, and income. The majority were recruited from the southeastern United States using a snowball sampling technique.

African American women’s attitudes toward menopause and related symptom reporting were surveyed utilizing five instruments. Four categories of menopausal status were used: premenopause, perimenopause, postmenopause, and surgical menopause. Data was entered into an SPSS (1990) program using ANOVA and multiple regression analyses.

Results and Discussion

The picture of midlife African American women that emerged from this study supports a multicultural perspective that fosters the view that there are both commonalities as well as unique differences within ethnic/racial groups. Among each menopausal status group there were variations in how individual women reported their attitudes about menopause and their symptomatology. Postmenopausal women recorded the most positive attitudes and perimenopausal women reported the most symptomatology.

Taken as a whole, women in this study reported a slightly positive attitude toward menopause, although they held many negative beliefs about it. They believed menopause is both a natural midlife event and a reason to seek medical attention. They were concerned about what to expect during menopause. They saw few benefits to the experience apart from the cessation of menses and the end of fertility. Forty-nine percent believed women worry about losing their minds during menopause, while 71% believed women are concerned about how their husbands will feel about them after menopause. These are not surprising attitudes in an American culture that attaches so little value to the aging process. On the other hand, they believed after menopause women have a broader outlook on life and generally feel better than they have for years, beliefs that fostered their overall positive attitude toward menopause.

If there is a taboo related to speaking about menopause in the African American culture, it did not appear to affect this population of women. Relatively few found it difficult to speak about menopause. Those who did tended to be older in age.

The majority of women in this sample reported menopausal symptoms occurring only in the occasional range. As expected, perimenopausal women reported the highest occurrences of symptoms, particularly hot flashes and sleep disturbances, symptoms related to increased irritability, depression, and moodiness. The five most frequently occurring symptoms for this population of women were weight gain, irritability, (continued on page 18)
If All You Have is a Hammer . . .

Linda L. Leech
CSI Associate Editor

The creator of this well-known adage “if all you have is a hammer, everything looks like a nail” was an astute observer of the type of human reasoning that is often employed in this modern age of specialization. The educational model followed in most professions suggests that professionals should know a great deal about a few things rather than a little bit about many things. Yet, someone needs to make the decision about which specialist needs to be employed to avoid countless dollars wasted on repeated evaluations and referrals. The good clinical skills of well-trained generalists cannot be underestimated.

Generalists or Specialists?

Counselors are encouraged to become experts with a particular population, experts in a particular theoretical approach, or active proponents of a particular philosophical paradigm. While this type of specialization has merit, the result can be a type of clinical decision-making that is resembles a “matching” process. The clinician explores the client and his situation with a goal of conceptualizing the situation within the framework of the counselor’s preferred orientation. If the client’s situation matches the clinician’s understanding of human problems and how change is made, treatment can begin.

Counselors working in the modern health care environment are asked to have an understanding of the biological and social factors that impact individuals, describing the client’s situation through the use of a medically-oriented-system of shorthand. This system of diagnosis and treatment planning requires fluency in a clinical model of decision-making. When clinical judgments are made using a “matching” process, important cues and clues can be missed because the clinician seeks only that data that is needed to determine that a “match” is made.

The Characteristics of Clinical Reasoning

Comprehensiveness—Good clinical reasoning is multidimensional. Useful and important information is seen as coming from multiple sources. Data is collected from the client’s input as well as the clinician’s observation. This information is integrated with a strong knowledge base that includes understanding of biological, psychological, social, cultural, and environmental factors that influence human behavior. However, the human mind stores too much knowledge and information to be processed at one time. A structured process is needed to review all available and important information.

Based upon the testing of hypotheses—Important clinical information is gathered not only from what is “present” but also what is “absent.” The process of sound clinical reasoning is one of “hypothesis testing.” A decision is arrived at by “ruling out” possibilities based on disproving hypotheses rather than looking for data that confirms a particular hypothesis. The elimination of some hypotheses and redevelopment of others allows an individual to process smaller and more manageable sets of information. It also assists in determining what additional pieces of information must be sought.

A process of cognition and metacognition—Clinical reasoning involves a structured cognitive process in which bits information are intentionally explored, integrated, prioritized, and organized. Therefore, a crucial element in developing good clinical reasoning skills is the development of an awareness of one’s reasoning processes. Counselors frequently discuss intuition as being important to their decision-making process. However, research suggests that “intuition” is actually an ability to integrate “cues” coming from multiple sources. Part of the science of sound counseling practice may be the employment of “metacognition,” the analysis of the reasoning process of the counselor.

Implications

How does this process of hypothesis testing impact the traditional practice of counselors? Good therapy and helpful interventions grow out of accurate assessment of the client and the problem. This assessment is ongoing and involves a continual re-examination of new information as the client grows and makes change. Each assessment allows the counselor to have greater understanding of the client. The accuracy of the counselor’s reasoning affects the comprehensiveness of the treatment and the overall effectiveness of the counseling approaches employed.

It is important that counselors be able to employ good scientific method in their assessment and treatment of clients in order for them to be effective in their areas of specialization. Good clinical reasoning ensures that tool selected is the correct one for the job. It further ensures that the workman selected is qualified to perform the task with accuracy and effectiveness.

The knowledge base of the counselor is an important factor in the development of good clinical reasoning skills. The more information one has, the more comprehensive the exploration of the client’s situation. The next article in this series will explore the knowledge base of the “scientific” practitioner.
Update from Headquarters
(continued from page 3)

Licensees licensed in your state (or nationally certificated for states without licensure). Such training is required so contact your local Red Cross for locations. For those who do not qualify yet for mental health counseling, there are other volunteer services needed and training opportunities available for them.

I have begun the Red Cross training program and am pleased to report that they are well organized and conducted using professionally-produced video programs, participant workbooks, participant dialogue, and post-training participant quizzes designed to focus on the main concepts covered in the training. These programs are about the Red Cross, the services that they provide and how they do so. The programs help participants learn how mental health professionals can assist victims of disaster. Training is not primarily clinical in nature as participants are expected to have had such preparation prior to volunteering to serve. Participants receive certificates of completion with each step in the training including CEUs for those who desire them.

If your chapter or members decide to volunteer in any capacity, I would like to know. Likewise, if you have been volunteering with the Red Cross or other organizations, let me know. I think that it will be helpful to all members to know the many ways that our members serve their communities.

Chapters Collect Record Rebates

We are pleased to report that we returned over $35,000 in rebates to our chapters from membership dues. This is indicative of more chapters meeting the criteria to remain on our “active” status list of chapters by holding initiations at least once a year, sending a representative to our business meetings at least once every three years, and submitting an annual report and new year annual plan each April 30. Such chapters receive $7 from annual CSI membership dues ($25) for each active member in CSI (not including life members).

It is important to note that local dues some chapters collect do not include CSI annual dues. There is no such status as “local only” membership. As a consequence, members who do not receive the *Exemplar* occasionally contact Headquarters inquiring about their missing *Exemplar* issues or finding that they are ineligible to vote, be nominated for offices (chapter or international), fellowships, awards, or serve in other capacities of CSI. Headquarters’ staff do all that they can to help such individuals but unless members respond to our renewal notices and keep us apprized of address changes (which can be done online at our website or by email), we sometimes lose track even of members who wish to remain supportive of the CSI mission and its activities. If you know of such a person, we will appreciate your help in getting their current address. This also serves chapters well as every chapter has a CSI chapter database of present and former members available to it online, 24/7 that Headquarters maintains for them. Such vigilance results in larger rebates for the chapters as well.

Time For Chapters to Plan Ahead

By the time you receive this issue, we will be moving into the busiest time of the year. Because graduations arrive sooner than anyone can imagine (especially when papers, exams, and internships are still ongoing), we encourage chapters and members to anticipate orders for honor cords, honor stokes, sweat shirts, etc. as early as possible. Chapters can facilitate this process and help their members by taking orders (ordering a few extras is a useful practice especially for regalia items), collecting the appropriate funds, depositing them in the chapter bank account, and placing the order with Kalamazoo Regalia early in the spring term. This reduces stress and disappointment when late orders cannot be processed in time or the chapter stock of items runs out.

Finally, we urge all chapters to plan a formal initiation of recognition for its members, new and old. This is a terrific time to help those who labor long, hard, and well to have a moment to pause, be recognized, and to thank those who have supported and loved them through their studies. Likewise, it is a chance for graduates and colleagues in the counseling community to come together for a renewal of their commitment to excellence, both personal and professional, to share this with those entering the profession, and to celebrate with others of like values.
Chapter Happenings

Juno Williams
CSI Associate Editor

There were so many submissions for the “Chapter Happenings” column that not all could be included. The following submissions are from chapter which have submitted material for the first time. We appreciate and support the many contributions. Other “Chapter Happenings” submissions can be found on the CSI web page at www.csi-net.org by clicking on the “Chapters” link and then on the “Chapter Happenings” link.

Beta Alpha Omega
The Beta Alpha Omega chapter at the University of Colorado at Denver has many exciting activities planned for the year including a social in October, a Counselor Stress Workshop and a food drive in November, a Christmas party in December, New Member Initiation Ceremony in February, a workshop on How to Open Your Own Practice in March, and a rafting trip to end the year. We are also creating a student database and organizing workshops on self-defense and crisis management. We welcome and would appreciate any feedback on our events or ideas for new ones.

Submitted by Colleen Todd, president <jkcool@aol.com>

Gamma Lambda Chi
The Gamma Lambda Chi chapter at Fairfield University is planning a wide variety of exciting social functions both to promote togetherness of our members and to invite fellow students into our exciting organization. In late December after exams we will host a holiday party for members, allowing fellow students a chance to relax after a hard semester. We are designing a logo for our chapter, which will debut when we place it on our Gamma Lambda Chi T-shirts as a fund-raiser. (Editor’s note: The logo is trademarked and may not be used in any manner for purposes other than those approved by the Executive Council.)

Next semester we will begin regularly scheduled Case Conferences in hopes to allow counselors and students a chance to get together and discuss difficult cases. In the spring we will host Gamma Lambda Chi Day featuring a popular keynote speaker along with three 90-minute breakout sessions. An initiation ceremony and dinner will conclude the festivities. We have many exciting plans for this year.

Submitted by Tammy Mardirossian, co-president <Tmardirossian@aol.com>

Gamma Lambda Psi
The Gamma Lambda Psi chapter at The College of St. Rose began in the spring of 2000 with just a handful of members and has expanded to over 35. Our plans for this year include a new student orientation; the creation of a web page; monthly professional journal share meetings; workshops on psychopharmacology, vicarious traumatization, advocacy/social services and eating disorders; and the formation of a Support Group/12 Step resource guide for four neighboring counties.

We also hope to co-sponsor and participate in an interdisciplinary, campus-wide forum on “Children in Crisis.” In response to the September 11 disaster, we will be putting together a workshop that will include formal crisis training from experts in the field, as well as reactions and reflections from those who have helped in the aftermath of this incident. All of these workshops and events will be advertised to The College of Saint Rose community as well as the general population.

Submitted by Amy Becker, president <Abecker1976@hotmail.com>

Rho Alpha Beta
Greeting from Arkansas and the Rho Alpha Beta chapter at the University of Arkansas! We are excited to be hosting Dr. David Kaplan, president-elect of ACA, as our new-member-induction guest speaker. He will speak on “Celebrating Excellence Through Ethics.” Additionally, we have employed several locally known and talented counseling professionals and faculty to provide workshops at our brown bag luncheons to increase educational learning outside the classroom. Topics include sexual dysfunction and health within the academic lifestyle.

Our newsletter constantly provides information to our members. The “Spotlight” section presents our invaluable members’ participation in the areas of publications, conference presentations, philanthropy, scholarship, and other personal achievements. Our fund raising committee’s success is due to large participation in book and bake sales and brown bag luncheons. We are preparing to host a family for the holidays and facilitate depression screenings. Finally, we recognize the importance of the faculty advisory role and owe indebtedness to Dr. Catherine Roland who has worked closely with us on our development and continually creates an intentional environment for growth and learning.

Submitted by Derrick A. Paladino, activities chair <dpaladino@uark.edu>

Sigma Tau Upsilon
St. John’s University’s Sigma Tau Upsilon chapter’s first induction ceremony was held on October 12th, 2001. The chapter now includes over 70 members! Dr. Courtland Lee, who graciously served as the keynote speaker, cited Jackie Robinson as an exemplar of leadership for exhibiting grace under pressure while breaking baseball’s infamous color barrier. By emphasizing the students’ potential for greatness, Dr. Lee inspired feelings of optimism and professional pride. Kimberly Thornton Scholl’s rendition of “God Bless America” summoned tears, goose bumps, and ultimately, applause. Appropriately, the first four inductees were the officers: President Elizabeth Beatty, President-Elect Heidi Chiu, Secretary Angela DiLalla, and Treasurer Jessica Tavolacci. Dr. Lee complimented our chapter for its large, enthusiastic turnout and the strong leadership provided by our officers. The event provided a warm welcome to members and visitors. The “Spotlight” section presents our invaluable members’ participation in the areas of presentations, conference presentations, philanthropy, scholarship, and other personal achievements. Our fund raising committee’s success is due to large participation in book and bake sales and brown bag luncheons. We are preparing to host a family for the holidays and facilitate depression screenings. Finally, we recognize the importance of the faculty advisory role and owe indebtedness to Dr. Catherine Roland who has worked closely with us on our development and continually creates an intentional environment for growth and learning.

Submitted by Mark Scholl, faculty advisor <markbscholl@earthlink.net>

Tau Chapter
This has been a very eventful year for the Tau chapter at Lehman Col-

(continued on page 20)
Selecting a Doctoral Program

Megan Petruzzi
CSI Intern

The memory of the application process to get into a counselor education doctoral program is still fresh in my mind. As I enter my third year of doctoral work, I still recall the excitement and stress that I felt as I filled out applications. For most students, making the commitment to continue one’s education can be both an anxiety provoking and incredibly exciting time. To choose a doctoral program that is right for you, there are many factors to consider. The doctoral program that you choose will be a place where you invest a great deal of time, energy, and money and in addition a place you have the opportunity to establish rewarding relationships and gain invaluable professional experiences. So how do you find a program that is right for you? I thought it might be helpful to outline some thoughts from my own experience that may provide some ideas on how to select a program of best fit.

Questions to Investigate

It is important to select a graduate program that is in line with your professional interests. Look carefully at the courses in the program. Will they meet your needs, and do they fit with your educational and professional goals? How many credits are required, and will your past course work transfer? Credit hours can vary with programs depending on accreditation and state licensure requirements. It can be important to look at the program as a whole, not just the course work. Learn about the comprehensive exam process, practicum/internship opportunities, and other requirements for the degree. Also, it is important to make sure the program is accredited and by whom.

Learning about the faculty can also help you in making a decision. It might be important to know the student/faculty ratio and if the faculty are known and well published. As you look at the publications of the faculty members, you may be able to identify which faculty member has interests that are similar to yours who might serve as a potential mentor.

It can also be helpful to know about the students admitted into the program. You might ask whether the program has a preference for applicants with previous work experience. Of course, you will want to know the requirements for admission and you might be interested in how competitive the admissions process is. It is also helpful to know of the students admitted into the program, how many complete it. For post-graduation, you may want to know what kinds of employment graduates pursue and how the department assists with the job search process?

The location and size of the program are often factored into a student’s decision about which graduate program to select. Also, there are preferences for large or small programs. The availability of housing can also be a consideration. And, of course, there is the practicality of cost. What is the cost of the program? How much financial assistance is available in the form of assistantships, loans, scholarships and fellowships?

Investigative Skills Needed

Choosing a graduate program requires some investigative skills. It is important to research the schools you are interested in to see how they fit with your educational needs. Many graduate schools have application deadlines around the first of the year, so you may need to begin your selection process a full year prior to when you plan on being admitted. You can access much of the information about a program from their graduate catalog. However, it can also be helpful to talk to the faculty and current students enrolled in the program to get first hand information. Attending professional conferences is a great way to network and get questions answered about programs you are interested in attending. The best place to start is by asking yourself what is important to you and what are your goals for pursuing your education.

Chapter Web Page Training Packets Available

The CSI Technology Committee has developed a training package to assist chapters in developing web pages. The training package consists of the Web Page Policy, Instructions for Chapter Web Pages, and three html files. The policy and instructions can be accessed from the CSI web page (http://www.csi-net.org). Copies of the three computer files can be obtained from the Web Administrator by writing to Jane Myers (jemyers@uncg.edu). Jane will also provide technical assistance in the development of the web pages.
Dr. Glenda Reynolds began her career in education as a teacher. She taught all grade levels, K-12, in 3 different school systems. Dr. Reynolds then moved on to working as a counselor in a rural system and then in an urban system for a total of 8 years. She received her bachelor's and master's degrees from Jacksonville State University. After receiving her specialist and doctoral degrees from The University of Alabama, she moved on to become an assistant professor at Auburn University, Montgomery. In addition to being Alpha Upsilon Mu's faculty advisor, she is also an adjunct professor at Alabama State University.

Dr. Reynolds was led to counseling education through her desire to work with adults. “At the time I applied to The University of Alabama’s Pro Counselor Program, I was working with elementary and middle school age children. As a result of my work with that program and the examples set by the counseling faculty, I applied for the doctoral program there. The children were wonderful but I found through my experiences at Alabama that I was ready to work with adults.”

Mentors
Dr. Reynolds was greatly influenced by three mentors: Dr. Robert “Bob” Comas, Dr. Allen Wilcoxen, and Dr. Jamie Satcher. Dr. Comas was her advisor and chair of committees. His intelligence, knowledge, and counseling style greatly increased her desire to become a counselor educator. Dr. Wilcoxen was the chair of her department. His approach was also very influential because it taught Dr. Reynolds to keep her focus on her role as a counselor and counselor educator. Dr. Jamie Satcher shaped her education and development as a counselor through modeling professionalism and sharing his insights into professional development. “I studied under the influence of these three great professors and used them as models for my own professional development.”

Faculty Advisor
Dr. Reynolds became faculty advisor through natural succession when the previous faculty advisor left for a new job. The department chair asked if she would be willing to be the chapter advisor. Dr. Reynolds gladly accepted the position and has found it to be “one of the most rewarding and exciting, as well as time consuming, tasks I have at AUM.”

Influences
Being a woman has also influenced Dr. Reynolds’ career. “I grew up when women and men were trained to have different roles in life and this training has influenced me. I was fortunate to have three men with very different styles to guide my education and be my role models.” In addition to being surrounded by male role models, Dr. Reynolds has 2 brothers who have shared their experiences and leadership with her. She has taken great pride in recognizing her feminine side while gaining insight into the male perspective from men she admires.

Maintaining Balance
Dr. Reynolds readily admits that her life gets out of balance at times. When that happens she makes a conscious effort to find time to integrate other things back into her life. Dr. Reynolds also has a passion for creating things such as furniture, sewing or needlepoint, painting, or gardening. She tries to teach her students in ways that match their learning styles which requires her to incorporate creativity into her lessons.

She offers some advice for future and current faculty advisors: “Plan time to be an active advisor and give responsibility to the members and officers to do their jobs. The advisor is just that - advisor - and the officers will benefit from planning and carrying out the plans. The chapter will be stronger for that as well. Keep open lines of communication with students and other faculty.”

Attention All Chapter Leaders
Your chapter’s 2001-2002 Annual Report and 2002-2003 Annual Plan must be received at Headquarters by April 30, 2002. This is a change from previous years when they were to be postmarked-rather than received-by the April 30th deadline.
Menopause and African-American Women
(continued from page 12)

sleeplessness, depressed feelings, and headaches.

Occurrence of symptoms was negatively correlated with income, education, and health, but positively correlated with stress. Age, menopausal symptoms, and social support, were identified as significantly influencing attitudes toward menopause. Of these variables, age was the most significant, supporting the belief that attitudes toward menopause improve as women experience menopause and move through it (Avis & McKinlay, 1991; Bowles, 1986). These findings also suggest that the modestly positive attitudes toward menopause, such as those seen in this sample, may benefit midlife African American women as they enter the menopause years.

Implications
Counselors must be aware that as African American women age, they are faced with the experience of menopause and all of the complexities that are associated with it. Because African American women lack information specific to their midlife health and developmental needs, counselors must familiarize themselves with emerging baseline data. It has been suggested that lack of knowledge of normal menopausal changes among African American women has contributed to medical misdiagnosis and poor medical treatment (Kjerulf et al., 1993). Self-advocacy is essential but impossible without accurate information and understanding.

Women are often surprised that perimenopausal changes may begin in their late thirties and early forties. Women who are experiencing distressful symptoms can be reminded that menopause is a time-limited transition. Discussing normal parameters of menopause and developing a personalized plan of coping can help reduce fear and return some sense of control to perimenopausal women.

Counselors need to be sensitive to what aging means to the African American woman and how menopause status affects these perceptions. Counselors can help dispel myths and negative stereotypes by educating about normal parameters of the menopause experience in the African American woman. Groups can provide an opportunity to discuss the losses and gains of midlife, and to adjust and expand personal identities. Finally, counselors can advocate for their African American menopausal clients by networking with other health care professionals, through initiatives such as community coalitions whose agendas support the psychological and medical health care needs of midlife women.

Replication of this study among women of lower socioeconomic status is needed to establish norms that are more representative of all midlife African American women. A larger community-based longitudinal study would provide a foundation for a more powerful study with better generalizability of findings.

References


Order Your CSI Honor Cords and Honor Stoles

Chapters can order honor cords and honor stoles in bulk, anytime throughout the year from our supplier, Kalamazoo Regalia. Your chapter will order, pay, and receive shipping directly from the supplier. All orders must be placed and prepaid by chapters; no single item orders will be accepted. Last minute requests for “rush” deliveries will require additional payment for such service.

Regalia orders will need to be directed to Kalamazoo Regalia at 728 West Michigan-Kalamazoo, Kalamazoo, MI 49007 or at 1-888-344-4299.

CSI Proudly Thanks Donors

With their permission, we wish to publicly thanks those who have been gracious in their contributions to Chi Sigma Iota in the recent past and acknowledge their commitment to excellence beyond that which is expected.

Carol A. Jones  
Kathleen Winterbotham  
Catherine E. Morgan  
Suzanne M. Buckley  
Joan Knowiden  
Candace C. Hodgkins  
Robert E. O’Neill  
Akiko Marui  
Ann Q. Lynch  
Kristi A. Weaver  
Alpha Epsilon  
Alpha Iota  
Alpha Mu  
Alpha Tau Chi  
Alpha Theta  
Beta  
Beta Alpha  
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Epsilon Tau  
Gamma Alpha Upsilon  
Gamma Lambda Chi  
Kappa Sigma Upsilon  
Lambda Iota Upsilon  
Sigma Beta  
Sigma Tau Upsilon  
Upsilon Chi  
Upsilon Nu Omicron
Chapter Happenings
(continued from page 15)

lege. Our campus is just north of Manhattan, and we send our thanks to those who expressed their kind thoughts, words and assistance during this time of terror. We have students and CSI members who are involved in counseling throughout the New York metro area, as well as students who are members of NYPD (or partnered to NYPD and FDNY members) and digging in the rubble.

We are developing a biweekly School Counselor Supervision group to address the lack of adequate supervision for K-12 school counselors. We are also starting a technology seminar series for members throughout the year to address creating developmental school counseling brochures with advanced graphics and layout, powerpoint presentations, websites, and electronic portfolios. Jacqulyn Ortega is creating a CSI website and is doing the same for the Counseling Students organization. We are working to regain lapsed members and increase CSI presence on and off campus by holding a job fair with alumni and holding a workshop for teacher education students about working effectively with the effects of trauma and violence in the classroom and collaborating with school counselors.

Submitted by Stuart Chen-Hayes, faculty advisor <stuartc@lehman.cuny.edu>

Theta Alpha Mu
 Theta Alpha Mu at Texas A&M-Corpus Christi is initiating an Outstanding Chi Sigma Iota student award to honor scholastic achievement and service to the university and surrounding community. The award will exemplify the values of Chi Sigma Iota. In addition, members participated in a campus-wide Teddy Bear drive for Child Protective Services and collected 40% of the bears sent to provide comfort to children during difficult times. We have had great speakers and more yet to come. Department Chair Dr. Richard Canada provided an update on preparation for CACREP accreditation, and Dr. Robert Smith presented a program on EMDR. Executive Director Bobby Schmidt and Chair Dr. Marvarene Oliver of the Texas State Board of Examiners for Marriage and Family Therapy presented a program covering ethical issues, licensure requirements, and the work of the board.

Submitted by Linda Landreth, president <corpusxn@stx.rr.com>

Upsilon Nu Omicron
 Members of Upsilon Nu Omicron chapter at the University of Nebraska at Omaha initiated a Depression Screening Day in the student center on October 15. Members distributed depression material to students struggling with depression and sorrow associated with the terrorist attack on September 11. Practicum-level CSI students provided students wanting additional support for their grief with a depression screen. Student screening was supervised by our faculty advisor, Dr. David Carter, in the university’s Student Health Clinic. The support of the CSI graduate student members was well received and utilized by the student population.

Submitted by David Carter, faculty advisor <dcarter@mail.unomaha.edu>

If you would like to share the activities and accomplishments of your chapter, e-mail submissions to June Williams at Jwilliams@selu.edu.