Human, natural, and national disasters are increasingly common. The news media involves us all immediately when there are natural disasters - earthquakes, floods, tornadoes – as well as disasters of human origin – shootings, suicides, and more. As professional counselors, we are called to respond to humans in need, often having an innate desire to reach out when others are in crisis.

The CSI Counselor Community Engagement Committee has raised the question of what Chi Sigma Iota, as an organization with a unique mission and goals, can do to support our members and chapters when disasters outside our local area arise. CSI's Executive Council passed a policy in June of this year to guide emergency responses from our members and chapters. Sadly, we have already had to implement that policy, which is described in this article along with our response to the shootings in Colorado and suggestions for CSI chapters.

CSI's members and chapters reside in areas where disasters occur and may be personally affected. Social, governmental, and quasi-governmental agencies (e.g., FEMA, Red Cross) provide the structures and resources for community-based responses. CSI encourages our members to obtain training through the American Counseling Association and Red Cross for those wishing to provide clinical services to disaster impacted communities.

CSI's unique response to disasters may be provided through our network of chapters, which may be mobilized to provide needed support in times of disaster. The purpose of CSIs Emergency Response Guidelines is to provide a procedure for chapters to request assistance from other chapters when needs arise. Our intent is to be proactive in reaching out to those in local areas, while respecting the privacy, “space,” and wishes of those affected.

When CSI learns of a disaster, natural or human, our first response is to contact chapters in affected areas to express our concerns and offer assistance. Where there are identified needs, we can seek support through our network of chapters.

If affected chapters wish material support and resources (e.g., supplies), CSI will post needs on our Emergency Response Forum and advise chapters to visit the forum as a source of information as well as a place where messages of support may be offered. The chairs of our Counselor Community Engagement Committee (CCE) will maintain contact with chapters in affected areas and make postings to the forum to advise interested members and chapters of identified needs, if any. In addition, CSI

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Interview with CSI’s President Victoria White Kress
by Matthew J. Paylo, Eta Chapter, Youngstown State University

Interview
For the last three years, Dr. Kress and I have worked together in the Counseling Department at Youngstown State University. Dr. Kress and I have worked closely on numerous departmental and professional initiatives (e.g., committees, presentations, and publications), and she has served as one of my mentors.

MP: Say a bit about why you are so passionate about CSI and its mission and how it has influenced your professional development?

VK: Ever since I was a counselor-in-training, I have felt strongly connected with CSI and its mission. CSI’s focus on excellence and promoting high standards as well as advocacy has always resonated with me. CSI’s focus on growing leaders and encouraging counselors to strive for excellence also fits with my values. as a student, I found that CSI was where conversations about professional advocacy were occurring. CSI helped me to become better aware of who I am - as counselor - and to be proud of my identity. CSI played an important role in my professional identity development and gave me a foundation from which to advocate for our profession.

MP: How did you first become interested in advocating for the counseling profession, and what fuels your interest in advocacy?

VK: When I was in training to become a counselor, I went to school with many counseling psychologists and I was often left wondering who I was as a professional. As I came to realize counselors’ uniqueness, I became increasingly passionate about supporting our profession. I am grateful for these identity struggles as they have fueled my advocacy initiatives and spirit.

Continued on Page 4

Leadership Directory
2012-2013

President
Victoria White Kress, Ph.D., LPCC-S, NCC
Youngstown State University

President-Elect
Andrea L. Dixon, Ph.D., NCC
Georgia State University

Past President
Casey A. Barriominton, Ph.D., NCC
University of North Texas

Secretary
Michael D. Brubaker, Ph.D., NCC
University of Cincinnati

Treasurer
Lawrence E. Tyson, Ph.D., NCC
University of Alabama at Birmingham

Leadership Interns
Cassandra Storlie, M.Ed., LMHC, CRADC
University of Iowa
Edward Wahesh, MS, LPCA, NCC
University of North Carolina at Greensboro

Executive Director
Jane Myers, Ph.D., LPC, NCC

Administrative Assistant
Kelley Rowland, BA

Web Administrator
Cheryl Pence Wolf, M.Ed., NCC

CSI Headquarters
P.O. Box 35448
Greensboro, NC 27425-5448
336-841-8180
www.csi-net.org
CSI Day 2013

Plans are well underway for CSI Day 2013. We have five outstanding theme sessions with presenters you won’t want to miss. These include Drs. Tom Hohenshil, Spencer Niles, Norman Amundson, Mark Young, Andrew Daire, Carla Adkinson-Bradley, Tom Sweeney, Craig Cashwell, and Scott Young. Training sessions for chapter leaders and faculty advisors, our annual awards program and reception, and programs to meet the needs of our professional members are additional highlights. Check out www.csi-net.org/csiday for more information.

Social Networking

Thanks to the work of Social Networking Consultant, Stephen Kennedy, you may now become a fan of CSI on Facebook, connect with CSI members on LinkedIn, join CSI on Google+, and follow us on Twitter. All links are on the main page at csi-net.org. Please join CSI in networking to share ideas and discuss topics of concern to all professional counselors.

Many CSI chapters have Facebook and LinkedIn sites. These are noted in the CSI list of chapters on our website.

csi-net.org

If you have been to csi-net.org, you have no doubt noticed many changes we made over the summer. The web page has been simplified, navigation has been made easier, and the content has been updated. We hope you are able to find what you need easily. Special thanks to Cheryl Pence Wolf, our Web Administrator, for helping make our web page the best ever!

Webinars

CSIs webinars initiated last year at this time have been very popular. Following a break over the summer, webinars for CEU credit are available again. CSI members may attend webinars for free. Former members may attend at a reduced cost, and non-members may attend at full price. There is no charge to members for CEUs. CSIs new Webinar Task Force will set priorities for the coming year; member input is always welcome.

Rebates to Chapters

Rebates to chapters increased by $1 this year: starting May 1st each active chapter will receive an annual rebate of $10 per active member. Rebates are sent in June following Annual Report submissions and in October following annual plan submissions. This year an estimated $96,000 in rebates will be sent to CSI chapters to support chapter activities. What better way to raise money for your chapter than to encourage membership renewals?

Policy on Sustainability

CSI Executive Council this summer endorsed a motion that extends CSIs current practices in relation to use of natural resources. CSI is committed to “going green” and moving forward with a plan of sustainability in the near future. Among other things, this means members may expect more communications and publications electronically. Please be sure your latest contact information is included in your Member Profile. You can log in any time at csi-net.org to give us updates. Please update work and professional credentials, add your date of birth, and opt in for our find-a-counselor or supervisor directories.

The Year Ahead

The year ahead promises to be an exciting one for CSI. I welcome your communications and ideas to help make our membership services the ones you need as a professional counselor committed to personal and professional excellence.
Exemplar Special Edition: Call for Reflections on Leadership

Chi Sigma Iota International is planning a special edition of the Exemplar to be published in Spring 2013. The focus of this edition is leadership. If you have reflections on how you have been involved in leadership activities or have observed exemplary leaders in the counseling profession and how this has influenced you as a counselor, please submit a brief (50-100 words) description of your experience to Donna Gibson (dtgibmac@aol.com) by October 15, 2012. It will be considered for publication in the special edition.
How can CSI advance research and scholarship in the counseling profession?

Promoting and recognizing academic and professional excellence in counseling by advancing scholarship, leadership, advocacy, and practice is a central task of CSI. Taking an active role to support the mission of research and scholarship in the counseling profession can be accomplished in a variety of ways. Members of the Rho Upsilon chapter at the University of Iowa are strong advocates of counseling research and envision great opportunities for the advancement of scholarship through CSI activity and participation. Below are suggestions for advancing research and scholarship through CSI:

1. Start at the Chapter Level. Chapters can be inspired to advance research and scholarship by first addressing the interests of their members. Promoting research by holding seminars or workshops on how to develop research questions and what methodology would best align with those questions supports academic and professional excellence. In addition, chapter faculty advisors or senior members may recruit other CSI members to join in on scholarship activities focused on leadership and advocacy.

2. Apply for Excellence in Counseling Research Grants. Engaging members to collaborate on scholarly research projects can be part of the chapter annual plan while allowing members to have the experience in writing a grant proposal. Taking initiative to study issues of wellness, leadership, advocacy and counseling practice provides an opportunity for members to further align with a strong professional identity.

3. Develop CSI Chapter Partnerships. Advancing research in counseling can be sustained by partnering with others that share your research interests. With 277 chapters and over 80,000 members, connecting with chapters across the country can provide a rich expansion of innovative ideas. This can be accomplished through networking during CSI Days at ACA or by utilizing CSIs social networking opportunities and website.

CSI Chapters are VERY Active

Each year chapters submit Annual Reports describing the year in review and Annual Plans describing the year ahead. CSIs Leadership Fellows and Interns tackle the task of summarizing Annual Reports into one succinct document that is full of ideas and information for planning chapter activities. This year, 202 of our 277 chapters submitted reports, all of which are on line at csinet.org/chapters along with the annual report summaries.

Almost all chapters (98.5%) held initiatives, 73% sponsored workshops on topics ranging from building resumes and using APA style correctly to multicultural and diversity issues, specialized client needs, counseling skills and interventions, leadership, supervision, and professional identity. To plan activities and keep members involved, 97% of chapter held meetings and provided leadership opportunities for members.

Over half of CSI chapters (52%) publish a newsletter, 84 chapters have active chapter websites, and 80 chapters have social networking sites.

For most chapters, this means Face-
Designing a New Chapter on a Dime: Lessons Learned

by William McKibben, Gamma Epsilon Chapter, North Georgia College & State University

In its first year of existence, our newly formed Gamma Gamma Epsilon chapter faced the challenge of pouring a foundation for future success. The most notable challenge was that we could not fundraise on campus until recognized as a student organization by the university. The rather tedious and lengthy process of official recognition essentially tied the hands of our fundraising committee for the first half of the year; thus, we recognized that creativity was paramount if we intended to accomplish our goals for the year. We approached professional development that allowed us to appeal to both our members and our member base in the clinical mental health counseling program with minimal impact to the fledgling budget. The purpose of this article is to share the lessons we learned in launching a new chapter with a tight budget.

Because our primary goal was to engage our new members and fellow graduate students as much as possible, we focused heavily on professional development, which met with considerable success for our chapter. This led to the first lesson learned; although money is a sufficient condition for achieving goals, it is not a necessary one. Effective use of networking with professors and other professionals in the field can easily produce guest speakers for professional development speeches or seminars. For our chapter, we launched a “CSI Speaker Series” that yielded two professional development speeches and one seminar. One speech even included well-known reality theorist Dr. Robert Wubbolding, who joined us via Skype. This was a wildly successful event for our chapter, and was achieved by our chapter secretary’s networking at the ACES Conference in Nashville. None of our speakers required funds.

Another helpful avenue for growing a chapter is by involving others in events. We invited CSI members, non-members in the clinical mental health counseling program, counselors from the counseling center on campus, and professionals from local counseling agencies to our professional development events, which provided an opportunity to spread our mission and goals beyond the chapter itself. A tactic that worked very well for our chapter this year was getting our professors on board with our events. It became clear that the more excited our professors were, the more likely the students were to be excited as well. The more interested students were, the greater participation we had. A chapter may benefit greatly by simply keeping professors cued into chapter events, inviting them to participate, and asking them to assist the chapter in making events successful.

Finally, an avenue that helped our chapter a great deal was applying for and receiving a chapter grant from CSI. The seminar that we hosted was longer and more involved than the other two speeches for professional development, so we wanted to provide refreshments and resources on the topic being discussed. The $100 grant allowed us to roll out a nice spread of refreshments; we were also able to purchase several books suggested by our presenter that dealt with the topic of the seminar and donate them to the clinical mental health counseling program for student use. Thus, a chapter may find some assistance in the form of such a grant, and the process is made simple by CSI.

In sum, with a tight economy and potential challenges to bringing in funds, chapters may potentially find themselves getting creative to do more with less.

Although it can be challenging to have to “design on a dime,” it is very possible to do so and still be successful. Networking is huge, particularly at conferences. Involving others in events, including non-members and professionals in the community, is an excellent way to help a new chapter grow. Clearly, my lessons learned that were detailed in this article are neither a big secret nor a shocking revelation, but are hopefully helpful nonetheless to newer chapters or chapters in which fundraising is limited. CSI chapters play a substantial role in promoting the counseling profession, and opportunities for success are vast and, thankfully, not necessarily correlated with finances.

STUDENT IDEAS AND EXPERIENCES NEEDED FOR PUBLICATION!

Column Editor: Elizabeth A. Mellin

Seeking CSI student member ideas to be published in the next edition of the EXEMPLAR around the “Student Insights” question listed below.

What areas of counseling do you feel Counselor Education programs need to do a better job of addressing (e.g., crisis, wellness, psychotropic medications)? Why? What are your suggestions for improving the education of counselors in this area?

Submission deadline November 15, 2012.
Submissions of no more than 300 words should be submitted to insights@csi-net.org

Promoting Excellence in the Profession of Counseling
Chapter Voting Procedures for CSI Elections

CSI's By-Laws are built on the belief that voting by chapters is an opportunity to model democracy in action. Our founders envisioned chapter meetings where members would discuss candidate qualifications, statements and visions for CSI, and invite individual members to cast an informed vote. The chapters then send the chapter's vote for the candidates with the highest votes to the Nominations Committee.

This year, we are voting for the offices of President-Elect and Treasurer. All active members are invited to engage in discussion and then vote through their chapters. Chapters receive a database list of their active members from headquarters and they are expected to contact their members about voting. Chapters will tally members’ votes, and the Chapter Faculty Advisor will cast the ballot on behalf of the chapter. The candidates receiving the highest number of votes from chapters will be declared elected.

Facebook, LinkedIn, chapter websites, GoToMeeting, and other interactive media make member involvement all the more possible without the difficulties of conflicting schedules and distance. We especially urge chapters to include active alumni members in their outreach efforts. Candidate information is available through our website, Facebook, Exemplar, and E-News.

Chapter Faculty Advisor Highlight
Dr. Waymon T. Webster: It Takes a University
by Kimberley Buckner-Manley, Epsilon Chapter, Prairie View A&M University

The Epsilon chapter, a charter chapter of CSI, was established in 1985 under the oversight of Dr. Webster. Early on, Dr. Webster faced the challenge of sustaining the chapter from having a limited level of involvement on the campus to having a strong viable presence through including diverse stakeholders in the counseling field. With the faithful assistance of Professor Lee Coleman (co-advisor of the Epsilon chapter), Dr. Webster embarked on a dedicated and persistent journey to strengthen and invigorate the chapter.

At the onset of this journey, Dr. Webster and Professor Coleman realized faculty commitment to CSI would be the initial step in revitalizing the chapter. With that, they asked all members of the counselor education faculty to become members of CSI. Since this time, Dr. Webster has solicited the support of the university in an effort to bring awareness to the chapter and keep CSI at the forefront of all counseling-related activities at the university and within the community. Many distinguished stakeholders at Prairie View A&M University have attended CSI initiation ceremonies or sponsored events, including the former president of the university, the dean of the Graduate School, the dean of the College of Education, and many others.

Dr. Webster has also requested the continued support of Prairie View A&M University alumni that were, and are, members of CSI. Many CSI Epsilon chapter alumni have become esteemed individuals within the counseling community, one being the former president of the Texas Counseling Association. Although these individuals hold positions that demand an extensive amount of time and attention, they make it a priority to support the Epsilon chapter’s activities and events. One event that all members attend is the annual Waymon T. Webster Professional Growth Conference, which has featured some of the most prominent figures in the field of counseling, such Gerald Corey.

The vitality of the Epsilon chapter is due, in large part, to the efforts and teachings of Dr. Webster. His plan for success is simple: Enlist the support of the university community and alumni. Dr. Webster’s perspective has become reality: when cultivating a unit, project, or individual, stakeholders must work cooperatively and collaboratively for success.

An Igbo and Yoruba proverb states, “It takes a village to raise a child.” The heart of the basic premise of this proverb centers on youth development and actualization as a communal effort. Dr. Waymon T. Webster has applied this proverb to the leadership and mentorship of the Epsilon chapter at Prairie View A&M University in Prairie View, TX, the largest chapter of CSI. Dr. Webster’s perspective on chapter vitality is commensurate with the proverb; when cultivating a unit, project, or individual, stakeholders must work cooperatively and collaboratively for success.
Outstanding Candidates for 2012-2013

Each year Chi Sigma Iota is fortunate to have an outstanding slate of candidates willing to serve CSI on an international level. We have four deserving and committed candidates for president-elect and treasurer for 2013-14. For this year’s slate, Stanley Baker and Craig Cashwell for president-elect.

Nominations for treasurer are Brian Dew and Melissa Luke. Please read the biographical information and goal statement presented by each candidate before making your decision. Please note the voting procedures on page 7 of this publication.

Biography: Stanley Baker

A Minnesota native with an M.A. from the University of Minnesota-Twin Cities, Stan received his Ph.D. in Counselor Education from the State University of New York at Buffalo. He has worked as a high school teacher, counselor, and faculty member at Penn State University. He is Professor of Counselor Education at North Carolina State University, Coordinator of the School Counseling Program, and a Chapter Faculty Adviser to the Nu Sigma Chi Chapter (15 years). His passions include pushing forward the frontiers of research and program evaluation methodology, accountability and evidence-based practice, advocacy and social justice, and postmodern ethical decision-making knowledge and practice. His numerous professional recognitions include NDEA Fellow, ACES Research Award recipient (twice), ACES Publication Award, and the ACES Professional Leadership Award. He has been Editor of The School Counselor and Professional School Counseling. Stan is a National Certified Counselor, Licensed Professional Counselor, and Licensed School Counselor. A member of ACA, ASCA, ACES, NCDA, and CSJ, he has been a member of CSI since 1997

Goals Statement

CSI is a unique, cutting edge professional honor society. Evidence of cutting edge thinking and practices abounds when one visits the CSI Website. Uniqueness is found in the network of local chapters that provide a strong grass roots feature for the organization. Being able to engage in cutting edge thinking and practice has kept me passionate about our profession well beyond the typical retirement age. Consequently, an opportunity to be a part of the CSI leadership team has great appeal to me. If elected, I will strive to help accomplish the goals presented in our mission statement and strategic plan, sustain the sound business model and programmatic accomplishments already established, support the new executive director, and work toward helping chapter advisers, officers and CSI members to find ways to be involved meaningfully throughout their professional careers.

Several initiatives serve as evidence of efforts to help individual members expand their horizons beyond local settings

Biography: Craig Cashwell

Craig S. Cashwell is Professor at the University of North Carolina at Greensboro. He is in his 19th year as a counselor educator and maintains a part-time private practice. Craig holds the LPC, NCC, and ACS credentials. Craig has received numerous awards, including the CSI International Thomas J. Sweeney Professional Leadership Award (2012), the University of North Carolina at Greensboro Graduate School Outstanding Mentor Award (2012), and the Association for Spiritual, Ethical, and Religious Values in Counseling Lifetime Service Award (2010). Craig is a past-president of ASERVIC, past Chair of CACREP, and is completing his term as the ACES Representative to the ACA Governing Council, where he also has served the past two years as a member of the Executive Committee. In 2011, Craig received designation as a Fellow in the American Counseling Association. He has been a member of Chi Sigma Iota since 1990.

Goals Statement

When I was initiated into CSI over 20 years ago, I could not have fathomed the impact that CSI would have on my chosen profession and, indeed, on my own career. Over the years, however, I have grown ever more grateful for the values and vision of Chi Sigma Iota, values that have heavily influenced my development as a professional counselor.

At its core, CSI exists to promote excellence within the counseling profession. It is vital that we continue to educate all of our constituents (educators, students, consumers, state and federal legislators, and the general public) about what makes us unique as a profession. As I have written before, “counseling” (with a lower-case “c”) is a process in which many mental health service providers engage. That is, other professions, all valid and important in their own way, provide counseling services. What we must continue to promote, however, is excellence within our profession, including continued efforts to strengthen and unify our identity as professional counselors. For decades, CSI has been at the forefront of this effort. There are many indicators that the counseling profession is growing in recognition and parity with other mental health professions. The fact remains, however, that there is much that divides us...
Treasurer Candidates

Biography
Dr. Brian J. Dew, Associate Professor in the Department of Counseling and Psychological Services at Georgia State University (GSU) is currently serving as department chair. Prior to moving into his current position, Dr. Dew coordinated the Masters and Ed.S. programs in Mental Health Counseling at GSU. Dr. Dew’s research on addictive disorders earned him the 2007 Outstanding Faculty Research Award from Georgia State University’s College of Education, 2007 Outstanding Addictions and Offender Professional Award by the Association of Addictions and Offender Counseling, and the 2009 Courtland Lee Social Justice Award from the Southern Association for Counselor Education and Supervision (SACES). Dr. Dew has held numerous leadership positions within the American Counseling Association, including serving as President of the Association of Lesbian, Gay, Bisexual, and Transgender Issues in Counseling. He is currently completing his third year as Treasurer of the Association for Counselor Education and Supervision (ACES). He was President of the Upsilon Nu Chi Chapter, a CSI Leadership Fellow, has served as a faculty advisor to the Georgia State chapter of CSI and co-chaired CSIs Chapter Development Committee.

Goals Statement
My primary goals, if elected to the Treasurer position of CSI, are to fulfill the fiscal responsibilities as established in the CSI bylaws. In particular, I would continue the monitoring of financial activities for and on behalf of the organization. CSI, since its inception, has carried out fiduciary responsibility and I, if elected, would continue this legacy. A second goal would be to develop annual budgets that would provide a fiscal blueprint from which CSI’s leadership and membership could carry out its mission and professional goals. Finally, I would develop and present timely and detailed financial reports so that transparency of the Society’s financial condition would remain intact. Given my previous employment as a financial advisor, previous leadership as a President of an ACA division, and experience as Treasurer of the Association for Counselor Education and Practice, I believe that I am uniquely qualified to serve in this position. I am also committed to the mission of CSI, an organization that I have been a member of for nearly 15 years. I have served at both the chapter and international levels of CSI as noted above.

Biography
Dr. Melissa Luke is an Assistant Professor and Coordinator of the School Counseling program at Syracuse University. Prior to this, she worked for more than fifteen years as a teacher and school counselor in K-12 public schools. Melissa has been an active member of Chi Sigma Iota for over a decade, fulfilling numerous leadership roles. Melissa has been the Chapter Faculty Advisor (CFA) and co-CFA for the Sigma Upsilon chapter, where she has assisted the student leaders in developing a monthly series of professional development workshops (including the Winter Wellness event recently recognized with an award from CSI), implementing annual social justice initiatives in the community, as well as facilitating the expansion of successful fundraising events. As the NARACES Regional Chapter Facilitator, Melissa established mechanisms for connecting CFAs with vital resources, including one another for shared philanthropic activities. Melissa recently joined the Chi Sigma Iota Leadership TaskForce, and looks forward to professional involvement at the global level.

Goals Statement
I am pleased to be a nominee for the next Chi Sigma Iota Treasurer. CSI has been integral to my own professional development and I have been witness to its positive force in the lives of countless students and colleagues. As such, if elected Treasurer, I would uphold the CSI mission, “to promote scholarship, research, professionalism, leadership, advocacy, and excellence in counseling”. Towards this end, I would strive to enact effective collaboration and communication.

Although in recent years there has been global economic uncertainty, I believe that the next CSI Treasurer has a unique opportunity to build upon CSI’s longstanding tradition of fiscal stability. Accordingly, I would collaboratively work with the Executive Council (EC) and other CSI committees to intentionally protect, develop, and utilize CSI resources to continue to promote excellence in counseling. One such effort would include working with chapter leaders to recruit and maintain active membership. I believe that a diverse, engaged membership that is substantively contributing to the organization mission is essential in the short term, but over time also becomes the mechanism for ongoing growth.

Related, as Treasurer I would also encourage more purposeful regional collaboration between chapters. Such initiatives can, not only build ongoing networks of professional lead-

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Stanley Baker’s Goals Statement (continued)
and grow professionally, including the very successful webinars, the Global Network site, volunteering opportunities, and central sites on social networking sources such as Facebook and LinkedIn. Additional ideas such as CSIs new Google and Twitter social networking sites, and a process for sharing best practices are currently under consideration.

As is true with all organizations, there are challenges for CSI to address while also remaining true to its unique mission and strategic plan. Being on the cutting edge has led to implementation of exciting new ways to serve our members such as webinars and presence on Facebook and LinkedIn. We are challenged to be able to sustain these initiatives over time.

A constant challenge has been to motivate students to remain members beyond graduation and have them decide to be associated with CSI throughout their professional careers. Finding ways to incorporate cutting edge ideas across all generations of our profession seems imperative because members ranging from graduate students to tenured professors and professional counselors need to feel engaged in the life of CSI. How do we instill a passion for the values espoused by CSI in the hearts and minds of students that remains with them throughout their professional careers, and how do we reach out to counselor educators and professional counselors who did not become engaged as students?

These are issues that I look forward to addressing as a part of the CSI leadership team if elected. CSI is growing in membership and in its influence nationally and internationally, and it is an exciting time to be a part of such a vital organization.

Craig Cashwell’s Goals Statement (continued)
as a profession and, accordingly, much work left to be done. Unified accreditation for counseling programs and licensure portability are specific targets of advocacy efforts. In addition to this advocacy for the counseling profession, it remains ever vital that we champion diversity and promote human dignity.

Much of this advocacy work happens best at a grass-roots level and is best carried out by individual chapters working in their states and local communities. To this end, a primary goal I would hold is supporting chapter and leadership development which, in turn, supports these grass-roots initiatives.

Even as CSI International supports local grass-roots advocacy efforts and leadership development, we must continue to support the globalization of counseling. For years, CSI has been in the process of “going global” and I would work to further global initiatives to promote counseling excellence throughout the world, while simultaneously valuing the diversity of training frameworks that exist in other countries. While we have much to offer other countries, we no doubt also have much to learn from them.

Additionally, CSI has long promoted excellence in counseling scholarship. Because of a number of changes within counselor preparation in recent years, I believe this initiative can become a point of emphasis within coming years to further promote our profession. Finally, I would hold as a goal to work with existing committees, task forces, and review panels to develop initiatives in line with the current strategic plan.

I am humbled at the privilege of being on the ballot for CSI President. Whether I am elected or not, I will continue to serve our profession in accord with the mission, vision, and goals of CSI.

Melissa Luke’s Goals Statement (continued)
ership and support, but may also become a more efficient utilization of fiscal resources and expenditures.

As Treasurer, I would also seek to further develop communication of best practices related to chapter finances. One example would include identification of the specific principles and practices that have enabled successful fiscal responsibility and sustainable growth in the larger organization over the past 27 years, so that these same skills and processes could then be developed and expanded at the chapter level. Dissemination of this information would ideally take many forms, including Webinars, articles in the Exemplar, and workshops at national and regional conferences. Concurrently, I would also work with Executive Council (EC) and other CSI committees to create and implement bi-directional practices that can facilitate and support the same.

In sum, it is an honor to be one of the current CSI Treasurer nominees. If afforded the opportunity, I pledge to be an ethical steward of CSI’s human and fiscal resources.

Fall Deadlines
Excellence Research Grants 10-31-12
Leadership Essay Contest Submissions 11-15-12
CSI Award Nominations 12-1-12
Chapter Votes, CSI Elections 12-1-12
Visit CSIs Wikipedia page at http://en.wikipedia.org/wiki/Chi_Sigma_Iota
Military involvement in Operations Iraqi Freedom, New Dawn and Enduring Freedom brings a focus on military families to the forefront of public and governmental attention. The military family represents a distinct cultural context, as each family is immersed in the traditions, norms and values of military culture. Thousands of families live within these unique communities, but little is known about the role of such family experiences on the development of children and their transitions into and throughout adulthood. Specifically, few studies are available that assess how being a part of a military family affects relational patterns in adulthood.

This study utilized a sequential explanatory design, exploring friendships and romantic relationships within this population. One hundred and two participants completed a survey containing demographic and current relationship questions. Of these participants, eight were chosen to participate in qualitative interviews. Quantitative and qualitative results were interpreted through current literature, the Family Life Cycle theory, and the Theory of Ego Development.

As part of the quantitative survey, participants were asked four questions that gauged the impact of their military family experiences on certain aspects of their lives, including identity, friendships, and romantic relationships. Overall, the participants indicated growing up in a military family had a positive (53.9%) or highly positive (26.5%) impact on their adult lives, with few indicating no impact (3.9%), negative impact (13.7%), or highly negative impact (2%). Similarly, most participants reported growing up in a military family played a small-to-large positive role in their identity as an adult (38.2% and 46.1%, respectively). Interestingly, the reported impact of growing up in a military family on adult friendships was more split. Approximately equal numbers reported positive/highly positive (38.2%, 12.7%) and negative/highly negative (33.3%, 5.9%) impact, while nearly 10% reported no impact on adult friendships. When asked about the impact on adult romantic relationships, participants’ responses varied from highly positive/positive (8.8%, 26.5%) to no impact (30.4%) to highly negative/negative (8.8%, 25.5%). These results suggest participants view the impact of their military upbringing on their adult lives in a positive light until they are asked specifically about their adult friendships and romantic relationships.

Participants were also asked to complete the Washington University Sentence Completion test in order to uncover their levels of ego development. The ego, the organizing trait of personalities, develops through a sequence of stages that build upon one another in the areas of relationships, impulsivity, and moral and cognitive development. The Theory of Ego Development provides a framework for understanding how one perceives and interprets the self, others, and the environment. While the modal level of ego development in the United States is E4, participants’ scores ranged from E3-E8. The majority of participants were scored at ego development levels of E6 (42.2%) or E5 (37.2%), with the remaining participants receiving E7 (13.7%), E4 (4.9%), E3 (1%) and E8 (1%) ratings.

Finally, qualitative interviews were conducted with 8 purposively selected participants. Three themes and nine subthemes emerged. These included: Historical Relationships (Relationships in family of origin, Approach to relationships-parental, Wants and needs in relationships), Relationships in Practice (Defining relationships, Approach to relationships-on own , Important relationships) Perspectives on the Military (Childhood-Adult Link, Desire for military connection, Changes to upbringing)

The findings of this study and previous studies indicate that adult children of military families have faced unique experiences. The results support several implications for clinical work with this population. First, collecting intake information on immersion in military culture is relevant and necessary to develop an appreciation for and understanding of these clients’ cultural and familial experience.

Second, based on the qualitative themes found in this study, counselors working with adult children of military families may take a teaching role that helps clients develop the skills necessary to make and maintain friendships. Alternatively, counselors may find it appropriate to simply respect the interior focus on the family, as it is possible clients may not deem friendships as important as family relationships. Some adult children of military families desire to stay connected to the military lifestyle. Finally, counselors benefit by being knowledgeable of military culture in order to provide resources of interest to their clients, especially in areas far from military installations.

About the Author:
Karena Heyward graduated with her Ph.D. in Counselor Education and Supervision from the College of William & Mary. Karena was a 2011-2012 CSI Research Grant Award Recipient. Karena grew up a military Bra. Based on her life experiences, she is dedicated to promoting the development of healthy families, particularly those immersed in military culture. As she begins her faculty position at Western Kentucky University this Fall, she looks forward to furthering her commitment to all things military through her teaching, research, clinical practice, and other scholarly pursuits.
Professional Ethics, Personal Values, and Litigation: An Interview with an Expert

by Leslie A. Stewart, Chi Epsilon Chapter, Georgia State University

Dr. Perry C. Francis is a member of the faculty at Eastern Michigan University in the Department of Leadership and Counseling where he serves as a Professor of Counseling and the Coordinator of the Counseling Clinic for the College of Education Clinical Suite. Additionally, he is currently serving as the Chair of the Ethics Revision Task Force for the ACA as well as the Chair of the sub-committee on Scope of Practice Issues for the 20/20 Commission on the Future of Counseling. He has presented on ethics in supervision, ethical issues facing college counselors, and suicide prevention at conferences in the United States and Canada. He has also written numerous journal articles and book chapters including the chapters “Professional Student Affairs Practitioners: History, Models, and Trends,” in Joining the Counseling Profession: Developing Your Identity as a Professional Counselor and “Counseling Issues of College Students and Religion & Spirituality in Counseling,” in the Professional Counselor’s Desk Reference.

Dr. Francis’ expertise in the area of professional counseling ethics grounds his perspectives on a heatedly discussed current topic in our profession - the issue of value-based referrals. Attention has recently been drawn to this issue through the Ward vs. Wilbanks case in Michigan and the Keaton vs. Anderson-Wiley case in Georgia. In both cases, professional counseling students were dismissed from CACREP accredited counseling programs for refusing to counsel LGBTQ client populations on the basis of a deeply rooted religious values conflict. With such cases garnering publicity and the attention of legislators and policymakers, it seems especially important for ethical counselors to understand this issue and its implications. This is exactly what I asked Dr. Francis.

Dr. Francis began by clarifying a common misconception – these cases are not about religion, they are about values. Further, counselor-client value conflicts are not issues of counselor competence, but can potentially be related to a counselor’s conflict with the profession’s ethical codes and values. According to Dr. Francis, it is imperative for counselors and counselors-in-training to understand that the very definition of counseling, according to ACA, seeks to empower diverse clientele as well as to respect human dignity and diversity. Additionally, in accordance with ACA’s ethical codes, all counselors must work to develop multicultural competence and support the worth, dignity, potential, and uniqueness of individuals within their historical, cultural, economic, political, and psychosocial contexts. Thus, counselors cannot ethically refer a client on the basis of a values conflict by claiming that the counselor lacks appropriate competence to work with that client. Dr. Francis cautions that this practice of value-based referral is an often-invisible microaggression that compounds and perpetuates patterns of oppression and discrimination in the referred client's lived experience, causing further harm to the client.

However, Dr. Francis highlights that embracing the values of the counseling profession does not mean that counselors are expected to practice without their own deeply held personal values. Likewise, counselors are not expected to give up personal values that might conflict with a client’s values. Rather, in developing multicultural competence, counselors are expected to develop a high degree of self-awareness, which enables them to set aside those values when necessary in order to serve the client in the best possible ways and to uphold the values of the profession. Instead of referring a client on the basis of cultural differences or value-based conflicts, Dr.

Francis encourages counselors and counselors-in-training to consult with a supervisor, being honest and transparent about the potential conflict - while seeking out relevant continuing education. This process of consultation, supervision, self-awareness, and continuing education should be sought in a timely manner. For counselors seeking to advocate for this topic, Dr. Francis suggests learning about relevant legislation in your state, writing your legislator, and explaining why value-based referrals are a problem. Based on his own experiences with legislative advocacy, Dr. Francis explained that most legislators are supportive of such advocacy efforts, once the profession’s position and ethical codes are fully explained.

This issue is relevant for all professional counselors and counselors-in-training, but especially for CSI members, as the pursuit of excellence in counseling requires continuous examination of how a counselor’s ability to provide ethical and competent services impacts the dignity and wellness of clients. These cases highlight the critical role of counselor self-awareness and multicultural competence in delivering clinically appropriate services and exposing a crucial area for professional advocacy.

Chi Sigma Iota's endorsed text, Professional Counseling Excellence through Leadership and Advocacy, has received the 2012 Publication in Counselor Education and Supervision Award from the ACES Awards Committee!

Congratulations to CSI and to the text’s editors, Drs. Catharina Chang, Casey Barrio Minton, Andrea Dixon, Jane Myers, & Tom Sweeney.
See csi-net.org/publications for more information!
Let the Games Begin!
**A Little Friendly Competition in the Counselor’s Bookshelf!**

The CSI Counselor’s Bookshelf is holding a contest to encourage submission of reviews to the Bookshelf. The chapters with the largest percentage of accepted reviews per number of active members of the chapter will receive monetary awards: First Place = $200 and Second Place = $100.

The reviews need to be completed and submitted by CSI members and will be recorded September 1, 2012-December 31, 2012 and January 1, 2013-April 30, 2013. First and Second place winning chapters will be notified in January 2013 for the Sept-Dec 2012 submission window and winning chapters will be notified in May 2013 for the Jan-April 2013 submission window. Therefore, there are two separate opportunities for chapters to win.

In addition to chapter awards, reviews will be evaluated by CSI Bookshelf section editors to determine outstanding reviews in each section for the entire year (September 1, 2012-April 30, 2013). The sections of the Bookshelf include: Professional Books, Books That Help Me Become a Better Counselor, Bibliotherapy, Movies and TV Shows, and Music. More information on each section can be found at [www.csi-net.org/bookshelf](http://www.csi-net.org/bookshelf). One individual outstanding reviewer in each section will receive a free CSI membership renewal.

This is a wonderful publication and professional development opportunity for CSI members and chapters!! If more information is needed, please contact Dr. Donna Gibson, CSI Counselor’s Bookshelf Senior Editor at dtgibmac@aol.com.
Integrating Chi Sigma Iota Resources into Counselor Education: Promoting Leadership and Professional Identity
by Jamie Carney, Iota Delta Sigma, Auburn University

As with many programs in counselor education we have worked to integrate professional leadership and advocacy into our courses and the processes we use to develop professional identity. This process relies on integrating both content and experiential activities, throughout the curriculum and into our Orientation courses. At the masters level there is an emphasis on introducing students to the concepts underlying professional leadership and service, intertwined with the principles of advocacy. This closely aligns with the model of leadership service and advocacy that is reflected throughout Chi Sigma Iota. While this integration occurs across the program one of the important starting points is our Orientation courses. In updating and expanding content in our Masters Orientation course we have really benefitted from the resources on the CSI website. One of the best resources has been the CSI webinars and supporting materials (http://wwwcsi-net.org/displaycommon.cfm?an=1&subarticlenbr=1147).

In our Masters Orientation course we have used several of the leadership and advocacy webinars. The webinar: Counselor Leadership and Advocacy Series: Principles and Practices of Leadership Excellence (February 22, 2012) by Dr. Jane Myers has been an invaluable resource for addressing key elements of leadership development including; characteristics and ethical principles of effective leaders. We have built upon this to help students consider what leadership means in counseling, how leadership is developed and the role of service in leadership. Students are also asked to read the Chi Sigma Iota Principles and Practices of Leadership Excellence and Dr. Herr’s position paper on leadership. This helps us work with the students in discussion groups to consider how they can participate in leadership activities in the program and counseling profession. Students are then asked in an assignment to identify a quote about leadership and explore how that quote reflects their leadership values, how that can demonstrated during their program, and identification of a goal for their involvement in leadership.

It is addressing this latter point that students sometimes struggle. Students express concerns about how they can be leaders. In the book Professional Counseling Excellence through Leadership and Advocacy (Chang, Minton, Dixon, Myers, & Sweeney, 2011) there is an excellent chapter that addresses some of these questions. The chapter, On Becoming a Leader: A Journey (Myers, Chang, Dixon, Minton, & Sweeney, 2011), provides a way for students to understand how one develops as a leader, over time and often in ways one never intended. These personal stories provide students with a context to understand that leaders can contribute in very different ways, ways that are reflective of personal goals and individual differences.

To explore this process we use a discussion panel in the Orientation course. This panel consists of current and alumni IDS members. Students in the class are asked to develop questions for the panel related to success in the program, leadership values, engagement in advocacy, and engagement in Chi Sigma Iota. Presenters are asked to be prepared to discuss the value of participation in IDS and IDS sponsored advocacy projects, leadership values and goals, and their journey as a student and professional. The chapter on this journey, by prominent and engaged leaders in Chi Sigma Iota will provide a strong foundation for students to consider this process as both a student and a future counselor.

Using Professional Websites to Promote Counselor Identity and Professional Advocacy
by Jessica Headley, Leadership Fellow, Alpha Upsilon Chapter, University of Akron

Scholars and advocates have sounded the clarion call to professional counselors: the advancement of counseling depends on our ability to identify with, and promote, our profession. Within numerous counseling publications (e.g., Counseling Today, Exemplar, and American Counseling Association journals), theoretical frameworks and concrete suggestions are provided to respond to this call. Little attention, however, has been given to the use of professional websites. In the 21st century, a time where information and networking are just a “click” away, it seems worth discussing the ways in which websites may be used to promote counselor identity and professional advocacy. Identified below are four steps that you may take to advocate for the profession of counseling and develop a strong counselor identity.

Review Relevant Counseling Websites

Counseling websites may be associated with state, regional, national, or international counseling organizations. Although their content may vary, focusing on different issues and offering various opportunities, they all focus on building professional identity and promoting the counseling profession.
As you review these sites, it is likely that you will find

- **Spotlights** that highlight counselors’ journeys as professional counselors, their work with clients, and their advocacy efforts aimed at promoting the profession
- **Conferences and events** that enhance personal growth and development
- **Publications, blogs, podcasts, and forums** that increase open discussion among professionals
- **Leadership opportunities** that build professional skills
- **Networking and mentoring opportunities** to create connections
- **Continuing education opportunities** to stay abreast of current knowledge
- **Grant writing and research scholarships** to support your interests
- **Professional and client advocacy tips** for individuals, groups, and counseling programs
- **Advocacy events** such as legislative days and community efforts
- **Professional resources** such as job links, counselor directories, research articles, and ethics and professional standards

In addition to the aforementioned benefits, you may find that most of these organizations recognize their fellow counselors. **Counselor recognition** may come in many forms such as awards, fellowships, special features, or statements of appreciation. No doubt, counselor recognition exemplifies the importance of our profession and the importance of staying connected. It is through mutual empowerment and connection that we, as a profession, can cohesively unite to serve our local communities, states, nation, and international neighbors.

**Consider Joining Associations**

Once you have reviewed relevant counseling websites consider becoming a member. As a member you may receive numerous benefits such as

- **Free subscriptions** to newsletters, magazines, and journals (print or electronic)
- **Free educational resources** such as podcasts, webinars, continuing education credits, and access to professional libraries
- **Lower rates for conference expenses** such as registration and hotel accommodations
- **Funding and recognition** for your research and successes
- **Leadership and skill-building opportunities**

These opportunities will allow you to personally and professionally grow within a professional community. **Professional communities** provide a sense of support and encouragement, a gateway to consult, and springboard for social change. All of these components are important to one’s professional identity and serve as an impetus for professional advocacy.

**Get Involved**

There are numerous ways to engage in professional organizations, with various degrees of commitment. Engagement may entail personal contributions from your home or office, working in collaboration with others via the internet (e.g., online conferences, Skype, and email), or attending face-to-face meetings. Professional activities may include

- **Attending meetings** to increase dialogue about counseling issues
- **Participating in organizational events** such as presenting at a conference
- **Promoting organizational causes** on the local, state, and national level

- **Taking on a leadership position** such as an executive officer, representative, committee head, or liaison
- **Competing in professional contests** such as ethics competitions or essay contests
- **Contributing your work to** newsletters, forums, professional libraries, and etc.
- **Nominating other counselors for recognition** such as service and scholarship awards
- **Joining in on the discussion** by posting your concerns, opinions, and views on membership listservs, and organizational forums

No matter which effort(s) you decide to engage in, all are important and needed. Together, these efforts affect change on an individual, program, community, national, and international level. Your engagement will not only contribute to your own personal and professional identity, they will likely enhance how other professional counselors feel about themselves, their clients, communities, and profession.

**Spread the Word**

As an informed professional counselor, sharing information about professional websites is important. Ways you can do so are as follows

- **Encourage your peers** to review professional counseling websites
- **Include the review of professional websites** as part of educational presentations and initiatives
- **Solicit** membership for your organization
- **Share website resources with your clients and the general public** so that they can learn more about the counseling profession and utilize our services.
2012-2013 Call for Excellence in Counseling Research Proposals

by Suzanne Degges-White, Epsilon Mu Chapter, University of Mississippi

The mission of Chi Sigma Iota is to promote scholarship, research, professionalism, leadership, and excellence in counseling; to encourage the pursuit of personal excellence by members; and to recognize high attainment in the pursuit of academic and clinical excellence in the profession of counseling. To fulfill that mission, the first two fundamental purposes of the CSI Strategic Plan are stated as: (1) To promote and recognize excellence in counseling scholarship, research, leadership, and practice; and (2) To support and enhance the counseling profession. These purposes are the foundation for the CSI Excellence in Counseling Research Grants Program.

A limited number of awards are available in 2012-2013 in the following categories: 1) Wellness and 2) Advocacy. Applicants must be current/active CSI student or professional members. The applicant’s CSI Chapter Faculty Advisor’s endorsement on behalf of an active Chapter is required. Professional members at large without the benefit of an active Chapter may request consideration as an exception to this requirement. Applicants can only submit one application and no more than two grants will be awarded to a single chapter.

Investigations may include survey research, outcome research, and both quantitative and qualitative research with a variety of populations (e.g., counseling students, supervisees/supervisors, counselors, trainers, or clients and their families). Preference will be given to proposals that clearly describe how the research investigation will address the focus of the CSI funding priorities for this year, including the CSI advocacy themes and Principles and Practices of Leadership Excellence.

Submission Requirements and Information

Proposals are due by October 31, 2012, and they must be submitted using the Excellence in Counseling Research Grant Online Application Form available online. Multiyear proposals will be considered. Funding amounts will range between $300 and $2500. No more than two awards will be made to members in any one chapter each year. If you have any additional questions, please contact the Excellence in Counseling Research Committee chair at research@csi-net.org.