Promoting Wellness: Relaxation Strategies for Counselors

by Emily D. Kirchner, Omega Zeta Chapter, Walden University

Among the elements that lead to enhanced wellness, physical maintenance becomes vital to counselors. Partaking in maintenance activities can be referred to as self-care. Richards, Campenni, and Muse-Burke (2010) attributed enhanced self-awareness and mindfulness to self-care practices for counselors. Tension can be felt in many areas of the body; listed below are easy self-care exercises to remedy common head to toe bodily complaints:

Ground Yourself - The feet carry us through life and can become stressed by the journey. Gentle massage can minimize hardness in the myofascial tissue of the feet. Give your feet some much needed nurturing with this exercise: Sitting tall in a chair, place a small firm ball, such as a tennis ball, on the floor beneath your socked foot. Pressing down, roll the tennis ball underneath the foot for 30-60 seconds. Repeat on the other foot.

Relieve the Pressure - Lower back complaints can stem from many factors, including diminished core strength or sitting in a chair without proper lumbar support. Chakravakasana, or cat/cow pose, is an exercise that activates the core area and stimulates the entire spinal column. To try chakravakasana, begin in a sturdy hands and knees position. Inhale deeply while lifting the forehead and tailbone and letting the belly drop down. Exhaling, lift the midback and tuck the head and tailbone. Repeat 10-15 times.

Carrying the World on your Shoulders? - Many people complain of tension in the neck and shoulder area. Gentle neck traction is a way to relieve tension and rejuvenate quickly. Bring your hands level with your line of vision and create a diamond shape by touching forefinger to forefinger and thumb to thumb. Lead with the forefingers to bring the diamond closer to your jaw line. Allow the forefingers to move apart. Place your thumbs firmly under your jawbone and the forefingers firmly on the nape of your neck. Firmly but gently press up toward the sky lengthening the neck. Take 3-5 deep breaths through the nose and release. Repeat 2-3 times.

Focus your Mind - Stress headaches are a common complaint, especially for women. Ward off headaches by relaxing your hands. Massaging the palm and fingers can help. You can do this anytime- during a meeting, on a conference call,
We began this fiscal year by exploring our journeys toward leadership excellence personally, within our local chapters, and within CSI International. It feels as if we have just set out on our journey together, yet it is already time to write my final presidential column and prepare to begin a new phase of journeys within CSI. It has been exciting and challenging to grow in ways anticipated and not anticipated, and I’d like to highlight a few lessons learned or reaffirmed along the way.

A year is a year, but it’s just a year.

Our roles and tasks can feel all encompassing in the moment. It can be easy to get lost in to-dos and responsibilities. Yet, our engagements are really just moments in time – moments in which we have an opportunity to contribute an idea, complete a task, or foster relationships as part of a much bigger journey toward a common mission. One of the things I appreciate most of CSI is our understanding and appreciation of our organizational history. Never have I met a group of people so grounded in our mission and vision, so familiar with our organization’s history, and so committed to using that history to move forward with intentionality. As president, I found it empowering to be taking action and comforting to understand that the things we do this year are just small steps within a much larger and more important journey.

As I prepare to take on a new role in my CSI journey and to continue my role as Chapter Faculty Advisor, I will do so with a newfound appreciation of this blend of past, present, and future. Similarly, I hope you will take a moment to consider how you are contributing to our collective organizational history. How do you ground your current efforts within the context of your chapter’s history? What has been your greatest accomplishment this year? What steps are you taking today to build a foundation for those who come after you?

There are many paths to the same destination.

As I’ve had the opportunity to meet our CSI International leaders and engage with Chapter Faculty Advisors and Chapter leaders at chapters around the country, I’ve been inspired by the energy and creativity with which these individuals approach their leadership tasks. Chapters large and small, private and public, master’s-only and master’s and doctoral, have demonstrated a common commitment to our profession and vision for the future. They have put advocacy and leadership into action within a wide variety of mentoring relationships, professional development events, and community engagement initiatives. And, yet, each chapter has been distinctively unique in its approach to excellence. These uniquenesses remind me that there is no single “right” or “best” path to excellence. Whether at the international or chapter level, we can meet our common destination by mixing up the tried and true with paths less travelled.

As I move forward in my journey, I will do so with a respect for established paths and openness to innovation. I hope you will take some time to explore how you can ground your activities in previous successes while creating new ways to move toward leadership excellence? What is the optimal balance for your chapter? How might you keep some things steady for the sake of identity while sprinkling in variety and innovation?

The people make the organization.

Although I’ve always believed in the power of relationships, I end this year with an enhanced appreciation for the many ways in which our leadership and members represent the heart of CSI. No matter the context, I have been touched by the profound sense of respect, commitment, and belonging I have experienced within my roles. I am deeply grateful to our volunteers, committee chairs, Executive Council members, and headquarters staff who have remained steadfast as we have implemented new initiatives or modifications in efforts to better meet our longstanding mission and vision. I am grateful for our local chapter leaders and members who bring passion and fresh ideas at the grassroots level. Thank you for all you do to build our profession and communities. It is my privilege to serve alongside you within the CSI family.
As we head into the second half of CSI’s busiest time of the year, all signs are positive. Our membership numbers for both new and renewing memberships are on par with last year (a very good year). New memberships are actually higher compared to last year. We have twice as many new chapters as last year at this time ($N = 6$) and sixteen chapters have reactivated since May 1. Others are in the process of either reactivating or establishing a new chapter. This bodes well for strong chapter activity in the spring.

CSI distributed just under $73,000 in rebates to help support our chapters again this year. Since 1985 we have invested over $740,000 in co-curricular assistance to the counselor education programs of which our chapters are a part. In addition, our awards, fellowships, internships, leadership workshops, research grants, professional development grants, professional development programs, conferences, chapter initiation speakers and chapter sponsored social functions represent in excess of $200,000 in funding.

Chapters also fund raise thousands of dollars which they use to support community and departmental counselor education activities. Our Counselor Community Engagement Committee is collecting both qualitative and quantitative data that we believe will demonstrate more fully the significant contributions chapters make to counselor education. More than just dollars, it is the time and talent of Chapter Faculty Advisors and members that makes the greatest impact.

Advocacy and leadership development knowledge and competencies are the substance and long lasting outcome of these efforts which members then take into their work.

**Transition Year**

As reported by email and E-news retirement announcements, CSI is conducting a search for a new Executive Director. As this Update is being prepared, the committee is still in deliberations. I have shared with the Executive Council my willingness to provide some measure of part time assistance until April 30 if it is advantageous to a smooth transition. I also have agreed to co-author a new book and expect a contract to be forthcoming shortly. My roots in Adlerian counseling are calling for re-engagement as well. I will not lack for activity!

To all those who sent such kind messages of good wishes and appreciation for my work these several years, thank you again. It has been a source of great satisfaction personally. I hope professionally that CSI proves to continue being a source of encouragement and direction for those who follow in promoting the profession and the good work what we do to benefit others.

**CSI DayS in San Francisco!**

It is that time of year again! Our “CSI DayS” will run Friday - Sunday, March 23-25, 2012! We are sponsoring five (5) outstanding educational programs and 25 poster sessions in addition to our usual ancillary programs. We will again award certificates of study for individuals who attend the educational programs and poster sessions. Chapter Faculty Advisors will be able to earn CEU’s for their participation in the mentoring and leadership development programming. Full details are available at www.csi-net.org! Hope to see you there!

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**The CSI Exemplar...** is distributed three times a year to all CSI members and is the main communication service informing members of current events within the Society and within the counseling profession. Its content represents enthusiasm for academic and professional excellence in counseling.

**Deadlines:**

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Professional Printers, Inc.
1730 Old Dunbar Road
West Columbia, SC 29172

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**Do You Enjoy Reading the Exemplar?**

Back issues of the Exemplar including special issues such as those on social justice, mentoring, and more are available to active members online at csi-net.org.
Chi Sigma Iota was very fortunate to have four highly qualified members agree to be nominated for the offices of President-Elect - Andrea Dixon (Georgia State University) and Dale-Elizabeth Pehrsson (University of Nevada, Las Vegas) and Secretary-Elect - Michael Brubaker (University of Cincinnati) and Stephen Kennedy (North Carolina State University). We can all be grateful for the extensive service and leadership these four individuals have already provided to CSI International and the counseling profession. We will continue to benefit from their ongoing contributions.

President-Elect

Congratulations to Andrea Dixon, President Elect who is an associate professor and School Counseling Program Coordinator at Georgia State University. She is a National Certified Counselor and Certified School Counselor. Andrea served as CSI international Secretary from 2008-10. Additional service to the Society includes: Co-Editor/author of the CSI text, Professional Counseling Excellence through Leadership and Advocacy; Chair of Life Members Task Force, Chair of the CSI Excellence in Counseling Research Grants Committee, Chapter Faculty Advisor of the Beta Chapter and CSI Leadership Fellow among others. Areas of practice, teaching, and research include strengths-based and culturally relevant school interventions, the construct of mattering in counseling, and ethnic minority adolescent identity development.

Secretary-Elect

Congratulations to Michael Brubaker, Secretary Elect who is an assistant professor and academic coordinator of the Substance Abuse Counseling Program at the University of Cincinnati. He is licensed to practice chemical dependency counseling and also a Nationally Certified Counselor. Michael serves as chair of the CSI Counselor Community Engagement Committee. Additional service to the Society includes: associate editor of the Special Edition of the Exemplar on Social Justice and a contributing author to the CSI text, Professional Counseling Excellence through Leadership and Advocacy, and member of Strategic Planning Committee among others. Michael’s clinical and research interests have focused on underserved and socially marginalized populations persons who are homeless, those who identify as lesbian, gay, bisexual, transgender (LGBT), and Native Americans.

We extend our sincere gratitude to all the candidates for their continued support of Chi Sigma Iota and their willingness to serve the Society as an officer.

Promoting Wellness: Relaxation Strategies for Counselors

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in-between clients, or when stuck in gridlock traffic during your commute.

Maintaining Flexibility-

In the yogic tradition, the hip chakra is related to an individual’s emotional condition. To relieve tight hips, try reclined butterfly pose. Lying on your back, bend your knees and place your feet flat on the floor. Allow your knees to open outward and the bottoms of your feet to touch. Open the palms to the sky, close your eyes, and breathe deeply through the nose for 5-10 breaths.

Move Your Body-

Begin or maintain a regular fitness program that works for you. Choose an exercise that is enjoyable and convenient. The Centers for Disease Control (CDC) (2011) recommends 30 minutes of moderate activity five days per week and 2 strength training sessions per week. There are so many options- take a brisk walk around the neighborhood, join a yoga, dance fitness or kickboxing class, or even break activity up into 5 minute intervals throughout the day.

Participating in self-care activities can increase self-awareness and can make you more effective in your studies and in your professional practice. Be well-

Emily D. Kirchner, M.Ed. is the owner of Mindful Motions Fitness, a wellness company operating in Dudley, Massachusetts. She is a certified school counselor, CES doctoral student with Walden University, and a registered yoga teacher.

References


Counseling Excellence Through Leadership and Professional Advocacy

Victoria E. Kress, CSI President-Elect, Youngstown State University

We are looking forward to connecting with you in San Francisco during CSI Day 2012! This year, along with a variety of networking, enrichment, and continuing education events, CSI members will again be provided with an opportunity to earn a CSI Certificate of Study in Leadership, Research, Advocacy, and Global Outreach for participating in various CSI events. We are grateful to ACA for providingCSI with 5 educational sessions and 25 poster sessions. The educational sessions and leadership workshop themes and presenters were strategically selected with the goal of helping CSI members move towards our mission of “contributing to the realization of a healthy society by fostering wellness and human dignity through scholarship, research, professionalism, leadership, advocacy, and excellence in counseling.”

CSI Day – Friday, March 23rd
11:00 am– 7:30 pm

Official CSI Day events begin with the chapter leader and chapter faculty advisor sessions which will be held from 11:00 am-12:30 pm. From 12:00-1:00 pm there will be an informal BYOL (Bring Your Own Lunch) drop-in session intended to help chapter members and leaders network and connect. From 1:00-3:30 pm there will be a leadership workshop that will focus on counseling excellence through leadership and professional advocacy. The required chapter Delegate Assembly business meeting will be held from 3:30-5:00 pm, the annual awards ceremony from 5-6:00 pm, and finally, the CSI reception will be held from 6-7:30 pm.

Leadership Workshop – Friday, March 23rd 1:00 – 3:30 pm

As counselors, we have the power and the responsibility to advocate for our clients and to help them attain their ultimate mental health and wellness. Client advocacy and professional advocacy are intertwined; without counselor advocacy, we cannot advocate for clients. This year, during our leadership workshop, we will explore counseling excellence through leadership and professional advocacy. We will begin our workshop by recognizing our 2012-2013 Leadership Fellows and Interns. Next, we will introduce a panel of our profession’s leaders and scholars who have demonstrated excellence in leadership and professional advocacy initiatives. The presenters will discuss their views on leadership, what it means to them to be professional advocates, successes and struggles they have had related to professional advocacy initiatives, and how they have engaged and empowered others and supported them in their advocacy initiatives. Participants also will have an opportunity to interact with panel members during small group discussions.

Education Sessions

Our five ACA educational sessions will be presented by recognized leaders in our profession, and will be open to all conference attendees. This year, the sessions will follow five themes consistent with CSI’s mission:

• Enhancing Counselor Community Engagement in Bullying Prevention Efforts: Making Cultural Adaptations for Individual Communities - Dr. Richard Hazler and Dr. JoLynn Carney
• Getting Counselors Involved Globally - Dr. Courtland Lee
• Research in the Counseling Profession: Applying Neuroscience to Inform Counseling Practice and Promote Evidence-Based Outcomes - Dr. Jane E. Myers
• Leadership & Standards: Keeping Career Counseling at the Core of our Profession- Dr. Spencer G. Niles
• Professional Advocacy: What Supervisors and Supervisees Need to Know About the Law- Dr. Theodore P. Remley

In addition, CSI student members will offer 25 poster sessions, five for each of our themes. For your convenience, a complete listing of CSI-sponsored sessions is posted at: at www.csi-net.org/csiday. Please be sure to look for CSI-sponsored educational and poster sessions throughout the conference program!

Registration and Certificates of Study

You can earn CEUs through ACA for attending all CSI-sponsored educational and poster sessions and from CSI by attending the leadership workshop (up to 2.5 hours) and for Chapter Faculty Advisors who attend the CFA meetings. Please register for these CSI Day events by March 12, 2012: (1) the leadership workshop and (2) designation of chapter delegates to the business meeting. Registration may completed on-line at www.csi-net.org. Click on CSI Day under Conference in the left hand column; then click on the links for Leadership Workshop and Delegate Business Meeting to register. Also be sure to check out our website for details regarding how you can earn a CSI Certificate of Study in Leadership, Research, Advocacy, and Global Outreach by attending our sessions this year. If requested, a sign language interpreter will be provided. Please request this service in one of the following ways: contact Ms. Kelley Rowland at kelley.rowland@csi-net.org; call or fax CSI Headquarters at (336) 841-8180, or e-mail Dr. Tom Sweeney at tsweeney@csi-net.org.

We look forward to seeing you at our CSI Day events in San Francisco!
CSI at ACES

Chi Sigma Iota leadership, faculty advisors and members were well represented at the October 2011 Association for Counselor Education and Supervision (ACES) National Conference in Nashville, Tennessee.

Victi Kness, President-Elect
Jane Myers and Chapter Faculty Advisors
Michael Brubaker, Counselor Community Engagement Committee Chair
Laura Shannonhouse, Intern
Caroline O’Hara, Intern
Casey Barrio Minton, President
CFA’s Group
Janna Scarborough, CFA Co-Chair
Stephen Kennedy, Web Resources Consultant
Philip Clark, Bookshelf Editor
Tom Sweeney, ED & Jane Myers, Web Editor
How do you make the most of your CSI involvement?

Two students provided thoughtful accounts of how they make the most of their CSI involvement. Their narratives can be found below. It is my hope that their words will help each of us think about how we maximize our membership in CSI.

**Tyler J. Andreula**, Chi Sigma Mu, Montclair State University, wrote:

My Chi Sigma Iota membership affords me many opportunities to grow as a soon-to-be professional. Because I am allotted so many opportunities, I have found that there are several ways in which I can make the most out of my CSI membership. The one way that stands out to me the most, however, is taking the opportunity to attend workshops, trainings, and seminars that are hosted by my chapter.

My chapter offers me many opportunities to attend professional development and training seminars, which is something that I believe is very important to me as a budding counselor. These workshops, training sessions, and seminars all serve to be opportunities for me to learn about, and explore, topics that I have not necessarily been able to experience during the course of my graduate studies, but am interested in. They are often very specialized, focus on unique, interesting, and newly-emerging areas of counseling such as play therapy and counselor self-care, and are led by experts in the field. They also often offer hands-on learning experiences that help me put theory into practice, which I believe is crucial for my professional development. I believe that all of this contributes to making me a well-rounded, competent, professional. I truly value the opportunity that my chapter gives me to experience further training in areas of counseling that interest me, and I have been fortunate enough to be able to use many of the things that I have learned at these extra training sessions at my internship site during my every day work. Not only do I benefit from the workshops and seminars that my chapter offers, but so do my clients.

**Maranda Brown**, Iota Delta Sigma, Auburn University, wrote:

As a new doctoral student, I was not familiar with the plethora of professional organizations and associations available to assist with my professional development and personal maturation. Still giddy over the fact that I'd been accepted into one of the most prestigious universities in the southeast, I didn’t readily leap at the opportunity to make application to Chi Sigma Iota (CSI). However, my professors who obviously knew the benefits that I’d reap as a result of affiliation with CSI encouraged application.

Thus, to make the most of CSI involvement, one must first make application even when little may be known of the impact that it will have on your development and your career. Secondly, post induction it is important to be an active member which requires going beyond taking up a space on a membership roster. For me, this meant attending meetings, providing feedback, and seeking opportunities where the CSI chapter could collaborate with other professional organizations.

Lastly, be attentive to the national opportunities that are made available through CSI. As a result of responding to a call for presenters made available through CSI, I had my first opportunity to present at a national conference. The aforementioned reasons allowed me to make the most out of my CSI involvement and continue to benefit my professional development and personal maturation.

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**STUDENT IDEAS AND EXPERIENCES NEEDED FOR PUBLICATION!**

*Column Editor: Elizabeth A. Mellin*

CSI student member ideas are needed for publication in the next edition of the EXEMPLAR around the new “Student Insights” question listed below.

**If you could improve counselor education training in one way, what would that be?**

The submission deadline is April 15, 2012. Submissions may be up to 300 words and should be emailed as a Word document attachment to Dr. Elizabeth Mellin at eam20@psu.edu include your name, email address, chapter, and institutional affiliation on your submission.
**Chapter Faculty Advisor Spotlight**

by Amber Casey and Sharon Musial, The Alpha Chapter, Ohio University

Dr. Christine Suniti Bhat is an Assistant Professor and Faculty Advisor to the Alpha Chapter of Chi Sigma Iota at Ohio University. Her experiences and investment in CSI are attributed directly to Dr. Tom Sweeney, founding President of CSI and Professor Emeritus, Ohio University. His passion for the field of counseling and for CSI shone brightly through his work, and was contagious to each person in the counseling program. She maintains that inspired by Dr. Sweeney, OU’s enthusiasm for CSI has never waned, and she is proud to be a part of this wonderful organization.

Dr. Bhat has a Master’s in Organizational Psychology from Bangalore University, India, and an M.Psych from Monash University, Australia. She was always drawn towards the helping professions and while working with the Australian military as a civilian psychologist, she realized she wanted to immerse herself in the counseling profession further. She applied to OU’s doctoral program on the recommendation of Australian alumni of the program who described it as one of the oldest and most highly regarded programs in the USA. It was at OU that she met Dr. Sweeney and began her journey with CSI.

Upon graduation from OU in 2003, Dr. Bhat became a counselor educator at California State University Long Beach (CSULB). She was faculty advisor of the Lambda Beta chapter of CSI at CSULB from 2003-2006. When the opportunity arose to return to OU in 2006, she did so, and she became faculty advisor to the Alpha Chapter of CSI in 2008. Dr. Bhat loves teaching and mentoring students, seeing students develop and grow as professional counselors and counselor educators. Her involvement in CSI allows her to pour back into student’s lives, and be a part of this great organization. Her diverse experience in schools, non-profit organizations, universities, and the military has provided avenues to reach out to many. She has a variety of research interests, the most recent being in the area of cyberbullying.

Identifying a favorite CSI memory was difficult as Dr. Bhat reported there were many. She reflected on the CSI initiation banquet at CSULB in 2004 after the Lambda Beta chapter was reinstated after 12 years of inactive status. Being a part of the reactivation process was particularly rewarding, specifically witnessing the excitement and involvement from students. Over the years, seeing the accomplishments of students and mentees in professional publications, presentations, service, and advocacy has been fulfilling. Dr. Bhat believes that CSI provides a fertile ground for development and advancement within the profession of counseling.

Acknowledging the difficulty of students in balancing the workloads of school, jobs, and other responsibilities, Dr. Bhat explains that students do not need to devote hours and hours to CSI. Her advice to students is to embrace the benefits of an organization like CSI and to see it as an integral part of their training and professional development; they should become involved early to take advantage of the various training, service, and advocacy opportunities available through CSI. Dr. Bhat encourages students to ‘not try to do everything’ but to find an area of interest and get involved. The inclusive ethos in the Alpha Chapter promoted by Dr. Bhat encourages participation from all students, and she notes the importance of maintaining members with diverse career trajectories. She believes it is vital that chapters retain members once they graduate. CSI inspires students to excel in all areas, aids in building leadership skills, and helps people find their niche, but this can only happen if students step up and commit to being active members. Dr. Bhat subscribes to the Adlerian concept of social connectedness. She loves to share the benefits of connecting with students and professionals, both in CSI and her work at OU.

**Professional Advocacy Interviews: Insights from Counseling Leaders**

CSI’s Professional Advocacy Committee launched the new Professional Advocacy Heroes and Heroines Project with several interviews of leaders who have helped to promote the profession nationally and globally. Interviews with Drs. Vicki Kress, Jane Myers, and Tom Sweeney provide insights on their philosophy and practice of advocacy for the profession and for our clients.

An interview with Dr. Lily Rosales, founding President of the Iota Phi Chapter, provides insights on the importance of advocacy in the development of credentialing for counselors in the Philippines. These interviews and links to other advocacy information are available at csi-net.org/advocacy.

Forums and guidelines are included on the Advocacy page for interviews of chapter advocacy heroes and heroines as well.
Chi Sigma Iota chapters are continually challenged to attract new members, involve current members, and facilitate alumni engagement. Social networking technology such as Facebook, Twitter, and LinkedIn provide users with the capability to reach large groups of people with important information that could benefit CSI chapters. As stated by Chi Sigma Iota, International, the purpose of chapter development committees is to help “develop, promote, and enhance CSI chapters” (csi-net.org). Essentially, CSI chapter leaders could utilize social networking for chapter development. A key component of this technology is its ability to “share, organize, and find content and contacts” (Mislove, Marcon, Gummadi, Drusche & Bhattacharje, 2007) that will help chapter development committees to be more efficient and effective.

Social networking has become an encompassing part of today’s culture. People have access not only through their computers but through their phones, music devices, eReaders, and tablets. The abundance of avenues through which people can be reached has only added to the fast-paced nature of society. People want their information quick and easily accessible, making social networking sites enticing for organizations and businesses. Students and professionals engage in social networking for connection to others through communication and maintenance of relationships (Dwyer, Hiltz & Passerini, 2007) in their busy lives. Those chapters using social networking sites will be able to provide members with the desired communication and networking, as well as quick access to share tips and ideas, send messages, or post information for other members that can update meeting times, agendas, minutes, events, workshops, or elections.

Recognizing the potential benefit for chapters to develop social networking pages, CSI has established policies and procedures for individual chapter social networking sites. These procedures help chapters to create social networking pages while complying with the policies of CSI. CSI's policies for Social Networking Sites are included at csi-net.org/chapters.

The Eta Chapter of Chi Sigma Iota at Youngstown State University began their Facebook group (Read the bottom of page 11 for the difference between a Facebook page and a Facebook group) at the start of the fall 2011 semester. The officers' goal for the Facebook group was to develop Eta Chapter's engagement with members and alumni by providing them with timely and pertinent information. There are currently 41 members of the closed group that is a combination of current students and alumni of the program. The Facebook group has been a useful tool for the chapter's officers to quickly disseminate CSI meeting times and locations as well as updates on volunteer opportunities, fundraisers, and social and community events. Current students appreciate how they can find information simply by logging onto their Facebook group, especially when their busy schedule kept them from attending a meeting or event. Alumni have been able to find and network with friends that they have not seen since graduation, and they are also able to find when CSI sponsored workshops offering continuing education credits are being held. Possibly one of the most valuable aspects of the Chapter's Facebook group (as it would be with any social networking site) is its ability to allow its members to still feel connected to the international honor society, their chapter, and their profession.

Creating a social networking site for a CSI chapter is an exciting method for chapter development. Developers of the site have the ability to reach current and new members at their own level of interaction. Depending on time and volunteer efforts, CSI social networking sites have the potential to be as creative as the chapter desires, including pictures or daily messages to members. Even in the simplest form of just posting monthly updates, CSI social networking sites give chapters room to grow both personally and professionally.

References


doi:10.1145/1298306.1298311

Get More Involved in CSI!

Visit our new link on the main page at csi-net.org. Learn about the many opportunities and complete a Volunteer Interest Form to tell us about your special interests and skills. There are many opportunities for involvement, so please let us hear from you!

Chapter Website and Social Networking Sites

by Stephen Kennedy, CSI Web Resources Consultant

Developing a chapter internet presence helps your members stay connected and up to date on chapter activities. Visit csi-net.org/chapters for the chapter website policies as well as policies for social networking sites such as Facebook and LinkedIn. The policies offer guidance on how to simplify the process and create approved sites. You can even request a ready-made chapter website hosted at csi-chapters.org where you will only need to update a few items to be approved!
The Chi Sigma Iota (CSI) Counselor Community Engagement Committee is dedicated to fostering dialogue about how various chapters are conducting community engagement. Counselor Community Engagement (CCE) is a collaborative activity where counselors and community members identify, plan, execute, and evaluate strategies that promote wellness and human dignity within the community. The CCE Committee has compiled an annual report from 133 chapters’ CCE activities in the 2010-2011 academic year. Reporting chapters ranged in size from nine to 546 members. During that period, 92 of the 133 chapters (69%) reported community engagement activities, which is significantly greater than the 36 out of 148 (24%) who reported CCE activities the previous year.

The five philosophical principles of CCE involve intentionality, leadership, wellness, advocacy, and generativity. Ideally, a significant portion of time is spent planning, whereby chapter members understand their local chapter members interests, their community needs, and are able to intentionally position students and community members for reciprocal exchanges. Intentionality, in this context, leads to both learning and growth for the student as well as providing needed services for the community partner. CCE embraces a servant leader philosophy (Greenleaf, 2003); one must serve first. The aims of CCE involve promoting a “positive state of well-being, through developmental, preventive, and wellness-enhancing interventions” (Myers & Sweeney, 2008), that simultaneously emphasize strengths, empowerment, and a sense of agency in community members (Lewis, Arnold, House & Toporek, 2003). Finally, there is a desire for sustained impact, as community partnerships are co-created between CSI chapters and community agencies to foster generativity; chapter leaders debrief with students, evaluate the services provided, assess lessons learned by members, and revise the community engagement based on what is learned to provide even more intentional services in the future.

Throughout the past year, chapters have reported collaboration efforts with established organizations and independently initiated chapter events. Common community issues that various chapters have engaged in over the past year include: hunger, homelessness, domestic violence, health, cancer, mental health, suicide prevention, autism, military, older adults, refugees, and at risk family and youth. Specifically, numerous chapter CCE reports included: The American Cancer Society’s Relay for Life, Take Back the Night (sexual assault awareness), Out of the Darkness (suicide prevention), Susan G. Komen’s Race for the Cure, collections for the needy (e.g., clothes, food, and gifts), fundraising efforts to support humanistically oriented organizations, soup kitchen service, as well as projects related to psycho-education for refugee populations, and the creation of child centered activities at community events.

Although, many chapters provided general information on their community engagement efforts we realize that there is more to tell. We would like to hear more about service and community engagement activities of your chapter and members, so please remember to describe, in great detail, one or more of your chapter community engagement activities within your chapters Spring Annual Report.

One aim of the CCE Committee is to learn about the innovative service activities of our chapters and to incorporate collective knowledge in an effort to help chapters learn from each other. We want to help members better understand the principles and key considerations of community engagement, and the resources available to help them in reaching out to their local, national, and international neighbors. We are also available to provide consultation to chapters in the development or enhancement of community engagement activities and programs that contribute to “the realization of a healthy society by fostering wellness and human dignity” (CSI Vision Statement, 2009). If you are interested in enhancing your current efforts or sharing your ideas with others, you are most welcome to contact Michael Brubaker, CCE Committee Chair (cce@csi-net.org), or Laura Shannonhouse, CCE Chapter Liaison (Ishanno@uncg.edu). We also invite you to post on the CCE discussion board found on the Chapter Resources page.

Call for Submissions

The Exemplar, CSI’s International publication is always looking for good article submissions. If you have an idea for an article that you believe will be of interest to our members, please email it to Joffrey Suprina, Exemplar Editor at jsuprina@argosy.edu.

Want to be published in the next newsletter? If you are attending the American Counseling Association (ACA) conference for the first time, we want to hear about your experiences. In no more than 300 words, submit what you experienced at the ACA conference in San Francisco. We are especially interested in your participation in any Chi Sigma Iota (CSI) events as well as any other highlights of your participation in the conference. Write about how the conference enhanced your counselor identity, development of new knowledge or skills or encouraged your leadership through involvement in committees or CSI.

Send your submission by May 1, 2012 as a WORD attachment to Joffrey Suprina, Exemplar Editor at jsuprina@argosy.edu. Highlights of your submission will be presented in the Summer Issue of the Exemplar.
CSI Webinars

by Dr. Jane Myers & Ms. Nicole Adamson, Upsilon Nu Chi, University of North Carolina at Greensboro

CSI’s new webinar series is proving to be quite popular, with programs addressing topics of interest to members and chapters. Free CEU’s are available for CSI members for all webinars.

Watch your email for announcements or check out the webinar schedule at csi-net.org (main page, right side). Upcoming programs, all one hour from 2-3 pm EST are listed below. You may notice that many of these programs were presented on CSI DayS in 2010. The presenters have agreed to provide the webinars for our members who were unable to attend the convention last year. We expect to do the same for CSI DayS presentations this year as well.

To be scheduled soon are webinars on how to develop a web page for your school counseling office and how to use media to address counseling issues. Sign up early as space is limited!

To sign up, click on the link in the webinar invitation. You will need your CSI Membership Number, which shows up under your name when you initially log into csi-net.org. You may want to make note of it for future use.

You can also watch recordings of previous Webinars by going to www.csi-net.org and clicking on “CSI Webinar Recordings” on the right hand column.

Please let us know what you want to hear more about, including strategies for enhancing your chapter, planning an initiation, topics of interest to professional counselors, client issues, and any other topics that your chapters and members would find useful. Suggestions for webinar topics, best times, etc. may be sent to webinars@csi-net.org.

January 18, 2012
Professional Members: How to Involve them in CSI Chapters
Mr. Stephen Kennedy

January 25, 2012
Research in the Counseling Profession: What is Needed Now?
Dr. Kelly Wester

February 8, 2012
Cover Letters: Promoting Yourself and the Counseling Profession
Ms. Stephanie Burns & Dr. Daniel Cruikshanks

February 15, 2012
International Counseling: A Global Phenomenon
Dr. Sam Gladding

March 7, 2012
Technology Use and Websites for School Counselors
Mr. Stephen Kennedy

March 13, 2012
Using Web-based Resources for Professional Advocacy
Ms. Stephanie Burns & Dr. Daniel Cruikshanks

Facebook Groups and Facebook Pages: What Is the Difference?

by Stephen Kennedy, CSI Web Resources Consultant

The social networking site Facebook offers two distinct types of sites for organizations: groups and pages. Facebook groups can be “closed,” meaning that prospective members must request to join the site and be approved by an administrator. In contrast, Facebook pages allow any Facebook user to access the site by clicking a “Like” button.

CSI’s Social Networking Policy states that “only members of CSI may be included in the social networking site;” so a closed Facebook group is the appropriate format for a chapter Facebook site. CSI members can review the complete Social Networking Policy at csi-net.org/chapters. You are welcome to contact Stephen Kennedy, CSI Web Resources Consultant, at web_resources@csi-net.org with any questions. Join CSI on Facebook! http://www.facebook.com/pages/Chi-Sigma-Iota/385421170164
After conducting an extensive national search, the Search Committee and the Executive Council of CSI is pleased to announce the appointment of Dr. Jane E. Myers as the CSI Executive Director-Designate effective January, 2012. She began transitioning into this role and will succeed Dr. Thomas J. Sweeney, the founder and the first Executive Director of CSI, beginning May 1, 2012.

The search committee consisted of CSI past-presidents Drs. Catharina Chang, Ed Herr, and June Williams plus President Casey Barrio Minton (ex officio). They began the search process in August 2011 after Dr. Sweeney announced his intention to retire after 26 years of exemplary and visionary service. As outlined in the transition document of CSI, the search committee appointed by the Executive Council was responsible for conducting the search for a new executive director and making a formal recommendation to the Executive Council.

The committee cited the following reasons for their recommendation, Dr. Myers': (1) lengthy record of active involvement in CSI in a variety of roles including, for example, Chapter Faculty Advisor of Alpha, Beta, and Upsilon Nu Chi chapters, Strategic Planning Chair, President, and Web Administrator; (2) her history of proven leadership and collaboration with other counseling organizations including ACA and its divisions, NBCC, and CACREP; and (3) her thoughtful and detailed vision statement for CSI which clearly demonstrated her commitment to CSI and her passion for continuing to move CSI forward as a leading organization in the counseling profession.

Dr. Myers brings to CSI more than 30 years of experience as a counselor educator and 8 years of experience as Executive Director of Rho Chi Sigma, the Rehabilitation Counseling and Services Honor Society which she co-founded, and which merged with CSI in 1989. She is a National Certified Counselor and a Licensed Professional Counselor. A fellow of the American Counseling Association and the Chi Sigma Iota Academy of Leaders for Excellence, she is a past president of the American Counseling Association, the Association for Assessment in Counseling, the Association for Adult Development and Aging, and Chi Sigma Iota International, and a past chair of the Council for Accreditation of Counseling and Related Educational Programs. She was identified as one of 25 individuals viewed as among the most influential leaders in the counseling profession over the last century.

Dr. Myers has written and edited numerous publications with 16 books and monographs and over 150 refereed journal articles to her credit as well research models and wellness assessment instruments used in studies worldwide. She was cited in 2009 as among the top 1% of publishers in the Journal of Counseling & Development, the flagship journal of the American Counseling Association.

Dr. Myers received her master’s degree in Rehabilitation Counseling and doctorate in Counselor Education, with a certificate in Gerontology and minor in Educational Leadership from the University of Florida. She most recently has been the CSI Chapter Faculty Advisor and professor at the University of North Carolina at Greensboro.

Please Welcome Our Newest CSI Chapters!

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<td>Alpha Omega Nu</td>
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I returned to doctoral study with some trepidation after having worked as a teacher and school counselor in K-12 schools for almost fifteen years. It was in my first semester that I learned about Chi Sigma Iota from one of my faculty members, Janna Scarborough. Knowing that my master’s program had not had a Chi Sigma Iota chapter, she suggested I attend an induction ceremony planning meeting for our new chapter, Sigma Upsilon. It was there that I began to learn about the significant impact Chi Sigma Iota had on the professional development of counselors, as both individuals and as an overall field.

It is hard to believe that it has been almost ten years since that first induction planning meeting! That said, my involvement in Chi Sigma Iota has incrementally grown. My initial involvement as a member of a single planning committee grew to include chairing or co-chairing several other committees (e.g., professional development, communications, induction ceremony) over my time as a doctoral student. Through these chapter level leadership roles, I had an opportunity to enact many of the counseling and advocacy skills learned in classes. Additionally, this involvement in Chi Sigma Iota provided numerous chances to interact with other members at the regional and national level. I also was fortunate to have received support from Chi Sigma Iota for two different research projects, one of which launched a strand of my current scholarship in professional identity development.

Upon becoming a professor, I quickly became a Chapter Faculty Advisor and more recently, a Regional Chapter Facilitator. One of the valuable lessons that I have experientially gained through my involvement with Chi Sigma Iota relates to how significant mentorship can be in one's development. My involvement in Chi Sigma Iota may have remained exclusively at the chapter level had it not been for the encouragement from JoLynn Carney, a Chapter Faculty Advisor at Pennsylvania State University. She warmly reached out to me at a NARACES conference and encouraged me to attend a Chi Sigma Iota breakfast. Her enthusiasm was contagious, as she led the small group of chapter leaders present in developing a list of goals for the region. It was rewarding to collaboratively work to achieve many of these.

Moreover, through JoLynn's modeling and mentorship, I sought out increased responsibility in my region and as a result, have benefitted from many growth promoting opportunities. For instance, at a Chi Sigma Iota Day event, JoLynn introduced me to Dana Levitt and Catharina Chang. I recall even at that first meeting, I was inspired by their obvious commitment to the core principles of the organization. Subsequently, Dana and Catharina extended independent invitations for me to consider how I may be able to take on additional responsibilities within Chi Sigma Iota, while also extending their personal assistance as I did so. Similarly, it was through the genuine interest and support of other Chi Sigma Iota leaders at the national and international levels that I have developed a network of professional colleagues and collaborators. While at the recent ACES conference I consciously noted how many of the attendees with whom I had connections, were relationships that began in Chi Sigma Iota.

Accordingly, I attempt to utilize my current Chi Sigma Iota leadership roles as a vehicle for the mentorship of others, as a means to enrich and expand the experiences of the graduate students and professional counselors with whom I work. Over the years, I have tried to create opportunities for the formal and informal mentorship of others with respect to their development as professional counselors, but also in their development as scholars. Evidencing this, I have worked with different Sigma Upsilon leadership teams to implement a graduate student poster presentation, a number of social justice-minded advocacy projects, as well as an impressive professional development workshop series. In addition, I have sought to 'pay forward' the benefits that I received through Chi Sigma Iota, as I facilitated a team of masters and doctoral students on several Chi Sigma Iota sponsored presentations at national conferences and recently co-authored with a formal doctoral student on a Chi Sigma Iota sponsored research project. I recognize that through this mentorship, I am enriched as well via the synergy created through interpersonal connection and professional collaboration.

Further, as part of the preparation for my pre-tenure review, I had formal occasion to reflect on the focus of my teaching, research, and service as a counselor educator, and the influence of my involvement in Chi Sigma Iota was quite apparent to me. I discovered what others likely already know through their own experience, that much of the mission of Chi Sigma Iota is embedded in my professional endeavors, not an add on of something I do on the side. As such, it would be my hope that my active involvement in Chi Sigma Iota is a conduit to others’ professional development. I am appreciative of the role Chi Sigma Iota has played in my development as an individual, a counselor, and as a counselor educator.
Scholarship and Publication
by Joffrey Scott Suprina, Alpha Upsilon Sigma, Argosy University Sarasota

Publish or perish, once a familiar phrase heard by university professors, has been challenged in some counseling programs. Although still a requirement in research universities, there are doubts in some students’ minds about the necessity to publish to get into a teaching focused university. It is important to consider that even if the institution is not a research focused university, most university accrediting bodies as well as the Council for Accreditation of Counseling and Related Educational Programs (CACREP) require scholarship by the professors that work in the accredited programs. This means that doctoral students in counselor education programs will need to publish to be attractive for hiring. So how does one go about getting published? There are a myriad of options to exemplify your scholarship and add a publication line to your Vita. Each has different advantages and challenges. Below is a brief overview for your consideration.

**Newsletters**

One of the easiest avenues for publication is to submit an article to a newsletter. There are a variety of newsletters from which to choose but perhaps the easiest is your local chapter’s newsletter. The next level of involvement would be to submit to the Exemplar, your international publication. In general, the larger the circulation in region and membership, the more attractive your publication is to potential employers. Publishing in a newsletter has several advantages; the time from submission to publication is relatively short (usually less than a few months), the articles are often shorter, and newsletters can usually accommodate a larger variety of topics.

**Newspapers and Magazines**

Getting published in a newspaper or magazine may not be as difficult as you think. Anyone can submit a letter to the editor in their local newspaper and some magazines. If one selects a topic especially pertinent to counseling and advocacy all the better. However, many students do not realize the need for columnists in smaller neighborhood type newspapers or magazines such as Creative Loafing that exists in many communities. Soliciting to post your own regular column in a newspaper can have several advantages. It can promote you as an expert in the field, and generate clients for your practice or students for your counselor education program while giving you regular publications. I encourage you to explore those options.

**Professional Journals**

Publishing in a peer-reviewed professional journal is a tremendous addition to your Vita. For some, however, the task seems daunting. It is helpful to remember that some journals accept conceptual type articles that do not require you to conduct an empirical study. Such a pursuit can diminish the time required from conception to submission. It is also beneficial for you to begin relationships with others who have similar research interests as a way to generate manuscripts. Our CSI chapter has a research interest program that helps students and faculty to connect for collaboration. Additionally, when you prepare for a professional presentation you should also consider publishing on the topic. Some associations have systems set up to support that process, such as the American Counseling Association and Vistas. You benefit from being able to use the same research for two purposes (presentation and publication). Although some peer-reviewed journals such as the Journal of Counseling and Development may take a couple of years from submission to publication, there is an increase of online journals that can diminish the time from submission to publication to 6 months. No matter which journal you choose, remember to align your submission to that journal’s audience and specifications.

**Book Chapters and Books**

The one thing that most “acclaimed experts” have in common is that they authored or co-authored a book on the topic. Submitting a chapter for a book can be less intimidating as it is more narrowly focused and means working with the book editors to produce the final product. However, whether a chapter or complete book, from conception, development, submission, revision to publication, a book project can take several years to finally be available in print. If you are interested in working on a book project, a good first step might be to have a conversation with the publishers represented at the ACA or ACES conference exhibitor areas. They are often knowledgeable about what topics are requested for which they lack resources. Filling a gap in the literature will make your product much more marketable.

Regardless of the medium you choose to pursue, all counselors and counseling students should pursue publication opportunities to share their knowledge with others, improve perceptions of the counseling profession and promote excellence in the field. Such leadership, scholarship, advocacy, and professionalism is an ideal representation of Chi Sigma Iota’s ideals.

**Did you know that...**

- *Every recent president of ACA and many of ACA’s division officers are CSI members?*
- *CSI has well over 800 counselor educators as active members?*
- *CSI has initiated over 78,000 professional counselors into its membership?*
Professional Advocacy Insights from Dr. Courtland C. Lee
by Stephanie Burns, CSI Advocacy Committee Co-Chair

It was an honor to be granted an interview with Dr. Courtland C. Lee, counselor education Department Chair and Professor, University of Maryland who is an internationally renowned scholar on multicultural counseling and a champion for the professional identity of counselors and the counseling profession. He is also a past-president of both CSI and the American Counseling Association (ACA). This article documents his advocating for the counseling profession along with advice for experienced and new professional counseling advocates.

Dr. Lee became involved in professional advocacy in his Master’s Program when his faculty impressed upon him as a student how important it was to see professional counselors as separate and distinct from other helping professions such as psychology and social work. During this time he was encouraged to become involved in professional associations that defined counseling such as the American Counseling Association. In addition, he was expected to present himself to the public and to clients as a professional counselor and not as a therapist, psychologist, or social worker.

Dr. Lee believes it is important to advocate for the counseling profession because no one else is going to do it for us. He stated that counselors must advocate for their profession by speaking up and making sure that the public understands the profession of counseling, how it differs from other helping professions, and how it can benefit them in ways that are different from psychology and social work.

When asked how he would currently define his role as an advocate for the counseling profession, Dr. Lee said that as a counselor educator it was his responsibility from the time that students start the program to the time that they graduate that they are socialized through their classroom and clinical experience as professional counselors in the profession of counseling. He noted that he spends a significant amount of time as a counselor educator promoting the importance of being involved in the profession by being a member of professional associations, getting involved with Chi Sigma Iota, making sure that when students finish their program that they become credentialed, and that students continue to be active in promoting the identity of professional counselors.

Dr. Lee encouraged students and new professional advocates who worry that they don’t know enough and aren’t experienced enough to engage in professional advocacy that wherever they are developmentally in the counseling profession that any degree of knowledge and training that they have gives them a degree of power and a degree of credibility to make a difference. He also cautioned that students and new professional advocates need to understand what they don’t know and make sure that they educate themselves as professional counselors by talking with those who have more experience to mentor them along the way.

Dr. Lee noted that he would have liked to have known earlier in his professional advocacy work that we need to focus on the counseling profession as one profession. He cautioned us to refrain from taking about the profession in a fragmented way. He said that our specialties (school counseling, mental health counseling, rehabilitation counseling, career counseling, etc.) are subsumed under the big umbrella of professional counseling. He encouraged professional counseling advocates to speak with one voice that counselors are counselors no matter their work environment.

He felt the biggest hurdle that needs to be overcome while advocating for the counseling profession is that the public doesn’t understand the distinction in mental health professions. Dr. Lee noted that the public needs to be educated about what professional counseling is and what it is not and how counseling is different from psychology, social work, or other helping professions. He said the way to educate the public is by making sure that counselors are able to articulate very clearly and succinctly what counseling entails and what the profession of counseling is all about.

Dr. Lee stated that the advocacy effort that has brought him the most personal satisfaction was making sure that we got counselor licensure in all 50 states. He said it was a long process and included the hard work of many individuals including many American Counseling Association (ACA) Presidents. He noted that one of his biggest tasks as ACA President was pushing professional advocacy efforts around the country on a state-by-state basis.

Dr. Lee acknowledged that the profession of counseling has come a long way in becoming recognized and solidifying the profession. He said that as we continue to advocate for our profession that we also boost our ability to be recognized and heard when advocating for our clients.
CSI International
by Dr. Tom Sweeney, CSI Executive Director

Periodically the Executive Council discusses the “international” mission of CSI. An international focus was part of why the organization was named Chi Sigma Iota. It is customary for honor societies to have Greek letter names and in the early 1980’s counseling was still not a recognized profession per se. The founders of CSI envisioned a day when to be a professional counselor would be a source of pride in the identity, purpose, and role that we play in helping promote a better life for all persons in this country and globally. So the name, “counseling society international” was translated into Chi Sigma Iota.

Benefited by a number of CSI leaders with international experience and contacts, we learned early that an “honor” society was very much an American value. In fact, countries in what was the old British Empire have no appreciation for such an organization. Another honor society reported that after several years and spending over $500,000 attempting to start their honor society chapters abroad, they decided it was not working!

Such is the resistance to taking an essentially American value and attempting to transplant it in other cultures. As a consequence, CSI’s international vision to promote the philosophy and role of professional counseling to help people in other countries required some adjusting. We now seek engagement in different ways. In the first three years of CSI’s existence, counselors in the Philippines established a chapter. Now as alumni, the members of Iota Phi provide in-service workshops, conferences, and disaster assistance throughout the islands and nearby countries. Recently a new chapter was approved for the University of the Philippines, Diliman campus. With internet access improving, we also are having more inquiries about establishing other chapters there.

As CACREP and NBCC reach out globally, we expect more interest in CSI as well. We have many members who have returned abroad to their universities as faculty. But it is not only through chapters that we can provide encouragement. Our website is steadily increasing in “hits” on our global pages (www.csi-net.org/global). In addition, through skype, webinars and conference type software, we have an exciting new future of possibilities that can be more compatible with global needs and cultural differences. “International” for CSI is taking on a whole new meaning.