The activity and growth of the Society is no longer a quiet secret! At the first meeting ever of the AACC Professionalization Directorate in Washington, D.C. last November, the presence of CSI impressed even me. The Directorate was established by the AACC Governing Council to develop the first comprehensive, articulated plan for the professionalization of counseling. As a consequence, as its chair, I invited the chairs of the AACC committees associated with the Directorate, the presidents or their representatives of the AACC divisions, the executives and chairs of the credentialing and accreditation bodies in counseling, and the AACC presidents and Executive Director to participate. As we began the meeting with approximately forty participants, I wished to emphasize the solidarity within the group by illustrating the overlap in memberships, credentials, regulations, etc., and asked participants to raise their hands to acknowledge their affiliations. When in the course of this process I asked who were members of CSI, over forty percent of those in the room put up their hands! This made even more notable the announcement that the CSI leadership had volunteered to assist with the support of this meeting with a donation of $500 to defray some of the expenses of the meeting. This kind of presence is evidence that the Society's membership are at the heart of the counseling profession's leadership.

In another article in this newsletter, you will be learning about a new initiative of the Society. At its July, 1990, Executive Council meeting, your officers decided to invite the National Board of Certified Counselors (NBCC), the AACC President, Dr. Jane Myers (CSI Past-President), and new AACC Executive Director, Dr. Ted Remley, to discuss how CSI could further promote the counseling profession collaboratively. At nominal cost to the Society, as all but two participants lived in the area of the meeting site or had other sources of travel, Drs. Myers and Remley, four members of the NBCC, Drs. Fred Adair (Chair), Tom Clawson (Executive Director), Brie Hayes (University of Georgia) and Joe Wittmer (University of Florida), CSI Past-President Dr. Sam Gladding, CSI Treasurer Nick Vacc and myself, were able to meet in December. As it has been often in the past, the University of North Carolina at Greensboro served as the meeting under Dr. Vacc's guidance.

The meeting resulted in a proposal that CSI, in conjunction with the divisions and affiliates of AACC and the counseling profession in general, establish an initiative to promote public knowledge about excellence in the profession. Project PACE, Promoting Awareness of Counseling Excellence, was the outcome of this thinking. The goal: to target key leaders within societal institutions such as business and industry (e.g., recognized CEO's), media (syndicated columnists and TV anchor persons), government (state and federal), organizations (AARP, national civic groups) with a purpose to educate and win their cooperation in helping to educate the public on the benefits of counseling services to a healthier society. This is an ambitious project which will necessarily extend over time. It is clearly in line with the purposes of CSI and it is probably best done under the Society's leadership as an activity which cuts across specialties, organizations, and time. We hope that members will become a part of this effort as time goes on.

We hope that all of our members attending the AACC convention in Reno will plan to attend our meetings as well. This is your opportunity to meet the elected officers and celebrate the collegiality of the Society. We are proud to have Dr. Clement Vontress, George Washington University, as our newest Scholar presenting a workshop on the implications of the African healing arts for our profession at our annual Scholars Across the Generations program. We will present our annual awards, introduce the CSI Fellows and Interns, and enjoy refreshments sponsored in part by the Chronicle Guidance Associates. A notice on all of our functions will be found elsewhere in this newsletter.

We expect to have ten new fellowships awarded for participation in our leadership seminar and related meetings. Our President-elect, Dr. Rose Cooper (Past-President AACC), has led these seminars the last few years and everyone attending agrees that they are both instructive and lively. These are open to all members and especially those in chapter offices. They are designed to prepare you for leadership at any level of the Society or profession you choose. Obviously, these might best be characterized as "starter" sessions, but what a way to get started! Connie Fox and Robb Adams, our 1990-91 CSI Interns, will tell you that there are many ways for us to learn about and serve the profession.

Connie is working on an oral history of the profession project about which you will be hearing more in the future. What she is experiencing, however, is the opportunity to help design an ongoing project which will place her and other interns in contact. (Continued on page 3)
Charlene M. Kampfe was recently elected president-elect of the Association for Adult Development and Aging (AADA), American Association of Counseling and Development (AACD). Dr. Kampfe is a member of Rho Alpha Iota chapter, Chapel Hill, NC; and was its founding faculty representative. She has recently moved to Tucson, AZ, where she is an adjunct professor in the Division of Special Education and Rehabilitation, College of Education, University of Arizona.

Chi Sigma Iota Fellows and Interns Chosen

Ten individuals were chosen as Chi Sigma Iota Interns and Fellows for 1991. Two of these individuals, Christine Kester from Nu Chapter at State University of New York at Brockport, and Cathy Woodyard from Epsilon Tau Chapter at East Texas State University were selected as interns. Each of these individuals will receive a $200 travel grant from their local chapter which will be matched by a $100 grant from their local chapter and used to attend the AACD convention in Reno, Nevada.

Fellows and interns will be recognized during the awards ceremony of the society and both Fellows and Interns will attend all of the events sponsored by CSI.

Pain Management Conference

The American Academy of Pain Management, a multidisciplinary pain practitioner certifying organization, will hold its Annual Conference, August 29 through September 1, 1991. The conference will be held at the Hyatt Regency, Baltimore - On the Inner Harbor.

Dennis Turk, Ph.D., Director, Evaluation and Treatment Institute, University of Pittsburgh, will be a speaker at this conference. He will speak on Customizing Treatment for Chronic Pain Patients: Who, What, and Why?

Janet Travell, M.D. Emeritus Professor, George Washington University, School of Medicine, will present an award on Myofascial Research and Treatment to Dr. Lawrence Funt. The Academy expects to have several hundred professionals from throughout the United States attend this prestigious event. Over forty noted speakers will present practical, specific and valuable information regarding pain management. Sessions will be interactive, multidisciplinary, and include diagnostic and treatment methods, the role of the expert witness and a discussion on reimbursement. For more information, contact: The American Academy of Pain Management, 3600 Sisk Road, Suite 200, Modesto, CA, 95356, (209) 545-0754.
On The Move

(continued from page 1)

In the scholars and leaders of the profession over the years. The legacy to others will be the recollections, perceptions, and projects of these individuals on audio and videotape for research and instructional purposes.

While I could recount several other activities of the Society such as those mentioned, I would be remiss in not noting that it is still the chapters’ activities that attract, hold, and encourage the involvement of our members. I continue to follow with interest these activities as reported in our newsletters and reports. I hope that you have not missed the point that one of our most faithful and active chapters reports its activities from the Philippines, Iota Phi. With all that is going on in our world, to suggest that we are again losing ground for a truly free world, organizations such as CSI have a responsibility to help encourage our colleagues abroad by whatever means that we can. We believe that we can network with more countries in the future and continue to look for means to achieve this, whether formally or informally.

We currently have over 100 chapters, all but one including Puerto Rico, are U.S. affiliated. Our membership, however, includes many individuals from countries throughout the world. The challenge to establishing a wider network of chapters is philosophical in some cases (e.g., honor societies are not considered relevant), the country does not have counselor education, per se, the exchange rate makes membership very expensive for the average counselor, or governments discourage sending any funds to other countries. Nevertheless, we will persist in our efforts to encourage and involve members and chapters abroad. In addition, we have over 300 more counselor education programs in this country which we believe have the potential to seek affiliation with CSI.

We think that it is noteworthy also that CSI has initiated over 5400 members in five years of its existence and our current renewal rate has remained at or close to seventy-five percent (75%) for the last several months. If chapters initiated only ten members per year for the next five years, we will be the equivalent of one of the largest divisions of AACC, the largest organization of counselors in the world, and still growing!

As the cartoon character Charlie Brown once said, “There is no greater burden than a great potential”. We have a great potential and, consequently, a great responsibility as well. Being an optimist, I think that there is little doubt that CSI can do much to contribute to the profession, its members, and those we serve as counselors.

Cultural Exchange Program

Current Status

Nicholas A. Vace

To date, twelve respondents have volunteered to participate in the CSI Cultural Exchange Program. The five hosts from the Southwest region represent universities, private practice, and schools. There is one host in the Northwest and one in the Northeast, both of whom are counselors in schools. Five hosts are from the Southeast, representing both school and university settings. States represented by these hosts include Texas, Colorado, Oregon, Virginia, North Carolina, Tennessee, and New York. Finally, there is one member in a school setting in the Philippines who has also volunteered to be a host.

We hope that more members will want to become involved with Chi Sigma Iota’s Cultural Exchange Program. With the help of active participants, a large network can be developed, and many hosts and visitors can gain beneficial cross-cultural experiences. We are very enthusiastic about the possibilities that this type of program involves; it is important to promote cross-cultural sensitivity and appreciation in the counseling profession. To participate in the Cultural Exchange Program, contact:

Nicholas A. Vace
Department of Counselor Education
Univ. of North Carolina at Greensboro
Greensboro, NC 27412-5001
(919) 334-5100.

Volunteers Needed

Edie Picken, CSI Membership Chair, is asking for volunteers to work the CSI booth at the AACC Convention. Please contact Edie if you want to help.
Counselors listen to other people. We try to meet them where their concerns are. We try to understand their lives from their phenomenological perspectives. We tend to believe that every person has a story to tell, a story worthy of being heard. Counselors cherish the thoughts and feelings of others.

Counselors are trained to observe behavior. We desire to understand how people come to be who they are and to travel the paths they do. Counselors are interested in the old and the young, the rich and the poor, the formally educated and the street-wise.

Naturally, then, counselors are interested in the stories of other counselors. In every profession there is an interest in those leaders who pioneered and got things moving. These original leaders are honored and respected as men and women of vision. In counseling, too, we are graced by such trail-blazing professionals. As the history of our profession unfolds, it is important to document the early trail that counseling followed. It is also fun and interesting to listen to the stories of those folks who were the pioneering men and women of counseling.

CSI and AACC, through the vision of Jane Myers, is undertaking a new project to capture the stories of some of these early innovators. This April, during the AACC convention, several histories will be recorded. Hopefully, this will serve as merely the inception of an important collection of oral histories of pioneering counseling professionals.

During the months and weeks leading up to the convention, plans are being implemented for the oral histories project. CSI is targeting its own Distinguished Scholars, former Executive Directors of AACC and other counselors who have made invaluable contributions as the first to be interviewed. While many names come to mind, CSI is prioritizing pioneers to initially focus on those who have served our profession the longest, including women and counselors with ethnic ties. Especially important is a personal identification with the counseling profession as it has grown from its early roots. Interviews will be taped using audio and video equipment. Various leaders in CSI and AACC will serve as interviewers. Both interviewers and interviewees will be provided with an interview protocol, in order to standardize the format and allow those being interviewed to focus on their responses. Copies of the finished tapes and transcripts will be placed in the AACD library.

The oral histories project serves many functions. Basically, it documents the early formation of our profession. It provides neophyte counselors with information concerning past events. It establishes an historical record of the contributions and reflections of pioneering counselor professionals. This chronicle of the vision of early pioneers may assist current AACC leaders and members in affecting future change through insight from the past.

Finally, it will allow us to sit back and get to know some of the early leaders and visionaries in the counseling profession. The project will serve as an introduction to the very men and women whose contributions have helped to shape the form of our daily responsibilities as counselors. The women and men who helped establish counseling as we experience it today have some interesting personal stories to tell.

Postscript: The American College Personnel Association has produced four videos through their Generativity Project. The videos document interviews with Lee Knefelkamp, Gilbert Wrenn, Esther Lloyd Jones and Bob Shaffer. Those involved in the CSI/AACC Oral Histories Project would like to have the members to preview any or all of these videos. If any members of CSI have copies of or access to these videos please contact CSI Headquarters.
An attention getting article appeared in a newspaper (Athens Banner-Herald, Athens, GA) on January 22, 1991, an article that stated "Relatives of soldiers in the Persian Gulf say they don't believe it, but a psychologist warns that it's unhealthy for them to watch television of the war constantly." The psychologist who is quoted in the article has dubbed the problem "CNN (Cable News Network) complex" an obvious but appropriate means of summarizing this particular psychologist's concern. The article goes on to elaborate on the perceived problem, a problem that has spread across the United States of America. These "CNN-addicted" individuals, as we would predict from the addiction model, do not even recognize the terrible addiction for what it really is (or do they?). One addicted person is reported saying "I don't want to leave the TV - I’d be a basket case." She justified staying home to watch CNN because her husband is in the Saudi Arabia desert waiting to take part in ground action (is her justification for her behavior really equivalent to saying, "I don't have a drinking problem"?). I am convinced the current war will teach us a lot via the usual retrospective analysis that such important events result in -- we may even inadvertently come to understand what constitutes a genuine addiction.

While the news article does contain (or alludes to) good advice concerning how much and what type of information children should be allowed to view on television I question the creation of and the use of the term "CNN-addicted." The word "addiction" itself seems to increasingly be applied to a wider array of conditions. I see this as grossly inappropriate and essentially an example of mental health professionals being ensnared by the medical model.

I recently reviewed a manuscript for the Journal of Mental Health Counseling and investigated other information related to the manuscript, the result was that the information I read suggested to me that the current application of the term "addiction" to the arena of interpersonal relationships has opened up the possibility that millions of Americans can now be labeled as suffering from some kind of maladjustment (perhaps if Freud's the Psychopathology of Everyday Life was written today by one of the growing number of pop psychology gurus its title would be the Addictions of Everyday Life).

An excellent book (Diseasing of America: Addiction Treatment Out of Control) was written by Stanton Peele, a psychologist who questions whether we are being too quick to label certain conditions, e.g., sex, gambling, shopping as addiction problems simply because those things are done in excessive quantities. Peele's primary point is that in labeling things a disease we may actually be diverting ourselves from developing and implementing effective treatments. This particular work also leads to an interesting question -- If an "addiction" is best treated using a medical model then why are such programs as Alcoholics Anonymous so successful since they appear to rely more on a more of a type of religious-conversion type of experience than a tangible type of medical remedy?

For the sake of argument let us assume (for the remaining portion of this article) that alcohol/drug addictions are conditions that can serve as the standard for defining the term "addiction". Therefore, if we accept that the term addiction implies both psychological elements (e.g., compulsive use of something to reduce anxiety) and physiological elements (e.g., increased tolerance and withdrawal symptoms) then we must ask whether it is really accurate to apply the term "addiction" to such a divergent spectrum of behaviors as we do now? For example, how do we exactly measure "shopping addiction tolerance" (are the shopping bags the client brings back from the local mall increasing in size?) or measure "shopping withdrawal" (does the client report delusions/hallucinations that have caused the client to see acquaintances as mannequins dressed in the latest fashions?)? Are we not mixing apples and oranges by condoning such applications of the label "addiction."

Mental health professionals are certainly sensitive to the issue of mislabeling and historically have made efforts to correct the problem when it does manifest itself in some clear form. But in this instance the problem of mislabeling may be hard to alter since the term "addiction" tends to be viewed by insurance companies as a valid medical problem that deserves "treatment" followed by "compensation" for the treatment. Insurance companies understand the medical model, it is a comfortable one that somewhat relieves the pain of diverting monies away from the profit making activities that these companies engage in.

In discussing various professional issues not directly related to this article, Larry Hill (then president of the American Mental Health Counselors Association) said that one of the biggest factors in understanding treatment is the truism "that the buck drives treatment," a phrase that is disturbing when one realizes that the expanded use of the term addiction may have little to do with either empirical studies or sound theory. It is time for mental health professionals to question why they are so attracted to the term "addiction" and carefully evaluate whether we are really advancing our profession by condoning the wide use of this term. Mental health professionals must make a serious effort to determine whether an addiction model of behavior really provides the best foundation for the type of treatment delivered by counselors.

Personally, the next time I am provided a questionable explanation for a client's behavior, an explanation based on an addiction model, I plan to JUST SAY NO thanks.
All members are invited to attend an open meeting at the AACD Convention on April 23, 1991, from 2:00 until 3:15 p.m. in the Rialto room at Bally’s. The topic is a proposed effort to educate key societal leaders about the counseling profession and what it offers to the health and vitality of our nation.

A jointly supported meeting with Chi Sigma Iota, National Board of Certified Counselors (NBCC) and American Association of Counseling and Development (AACD) representation was held in Greensboro, North Carolina in December with an open ended agenda of “what more can CSI do to promote excellence within the profession?”. After some considerable discussion of our current status as a profession, it was concluded that a bold, expansive initiative was needed to accelerate the progress being made to promote the positive identity of counseling as a profession and counselors as professionals.

As a consequence, an initial identity of Project PACE, “Public Awareness of Counseling Excellence”, was established and first steps to its implementation proposed. What we intend to do is influence the opinion and win the support of key legislators (state and federal), business and industry leaders (e.g., lacocca), media personalities (e.g., anchor persons, syndicated columnists), educational personages, related association leaders (e.g., AARP, Rotary), and others who help shape the attitudes and opinions of the public and public policy.

This is an expansive, ambitious proposal. It cannot be accomplished by any one organization or group alone. We welcome ideas, talent, resources, funds, and other forms of support. The idea is born; its implementation has a long way to go.

We agreed on a few basic points.

1. Our goal is to promote counseling as a profession. We envision counseling as our discipline. We will promote specializations as they relate to a special audience (e.g., school boards association and school counseling).

2. We will complement rather than compete with other associations’ efforts along similar lines.

3. CSI is providing the impetus for the effort but a steering committee composed of other representatives will ultimately share responsibility for its direction, etc.

A letter of invitation has been sent to AACD leaders cosigned by Drs. Loesch and Sweeney of CSI, Drs. Myers and Remley of AACD, and Drs. Adair and Clawson of NBCC to attend this first meeting about the Project PACE. The meeting in Reno will involve a brief presentation of the discussion and proposal from the participants in Greensboro and an opportunity for reactions, suggestions, and questions from all those who attend. If you have questions or suggestions now or in the future, you may write or call:

Larry Loesch, President of CSI (904-392-0731) or Tom Sweeney, CSI Executive Director (614-593-4474). We hope to hear from you in Reno or wherever you are!
CSI Members/Leaders Donate More Than Time

Tom Sweeney

Recently, I had an inquiry about the extent to which CSI members and leaders drew upon the CSI treasury for travel and related expenses. I must admit that I was a little surprised by the question because I know how fortunate we are to have leaders who regularly donate their time, talent, and financial resources to help us. It was a good and relevant question which gives me a reason to share what I know.

All of our CSI leaders wear many hats. I note elsewhere in this newsletter that forty percent of those attending the first AACD Professionalization Directorate meeting, i.e., the leaders in accreditation, credentialing, advocacy, ethics, standards, etc., were members of CSI including the President and Executive Director of AACD! Each of them often do double duty at conferences here and abroad to promote CSI but at no expense to CSI. Drs. Larry Loesch and Nicholas Vacc, for example, have been presenters and members of the AACD European Branch Assembly Convention and include programs designed to encourage membership and chapters there. Dr. Jane Myers, CSI Past-President and current AACD President has done likewise on many occasions.

The first two CSI Executive Council meetings were held at the home of APGA/AACD Executive Director Emeritus Dr. Charles Lewis for two and half days each. Since then, we have been hosted by the University of North Carolina at Greensboro which provides gratis housing for at least a part of the Council, meeting rooms, excellent low cost meals and break refreshments. All of this is done in their Alumni House. Dr. Vacc, our host, is also our chauffeur and facilities manager.

At the CSI/AACD convention, we provide a continental breakfast and one per diem if we meet after the convention. We have done this twice in the past. The CSI reception has been sponsored in part the last three years by the Chronicle Guidance Associates who have donated a total of $2,500 to CSI for this purpose at the request of Dr. Rose Cooper.

CSI Headquarters at Ohio University has an office, telephone, and access to copy, fax, postal services, etc., at no cost except actual long distance, postage, copy, etc., expenses. In short, our overhead is modest. Our only employee is our CSI Administrative Assistant. We have a streamlined management organization.

While I could recount many other illustrations of how CSI attempts to carefully manage its resources, I believe that you may have a better idea of the dedication and commitment which all the members and leaders have made to the promotion of the purposes of the Society. There are, of course, instances when we cover the expenses of our volunteer leaders. Travel expenses to the Executive Council meeting once a year, to conduct initiations of chapters and like expenses. Most of us donate long distance telephone charges, postage, etc., but there may be large mailings and such for which we reimburse individuals. We want anyone who is willing to donate time and talent to know that we have the means to support our activities. We are always looking for better ways to serve the profession. To do that we need to use our financial resources wisely. We know that you will feel good about the Society if we do both well. If there are questions, however, please feel free to ask.

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**CSI Chapters**

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of service activities and organize a variety of social gatherings to facilitate interactions among members. The creativity and efforts of individual chapter officers and members lead to numerous and diverse activities for the benefit of members as well as the profession of counseling.

Chapters strengthen their activities working to become a recognized campus organization. For example, by applying through student government, chapter members can become eligible for funding to attend conferences and professional events. One way to achieve recognition is to participate in chapter honors day activities.

CSI chapters serve as a forum for interaction among counseling students, faculty, alumni, and professional counselors in all specialty areas. The primary professional identity is the counselor, counselor may be brought together under the auspices of CSI chapter, a particular importance, as evidenced by the merger of Rho Chi Sigma into the Society.

CSI chapters serve as a forum for interaction among counseling students, faculty, and professionals. Counselors in all specialty areas are encouraged to participate in the Society. At the present time, chapters receive $200 from the Society and $100 each from the national organization. Where membership is beginning to grow, the number of new members is increasing.

6. The Intern Program is an outgrowth of the Leadership Seminar Fellowship Program. Each ACD/Csi leader has completed leadership seminars at the convention for chapter officers and aspiring leaders. Convinced that leadership to the profession will come from individuals from among the fellowship recipients is an important goal.

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**CSI Accomplishments**

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It is January 31, 1991 as I develop this President's Message in response to Dr. Scalise's periodic request to CSI officers for articles for the newsletter. In his request he noted that this article would appear in the pre-AACD convention issue, and that, typically, most articles included would relate to the convention. Normally I would pick up on the suggestion, simply comment on all the good things that happen at AACD conventions, and end with a bit of encouragement to attend. But these are not "normal" times. Our nation, among many others, is actively engaged in war in the Persian Gulf area. That situation weighs heavily on my mind, and makes it difficult (indeed impossible) for me to focus solely upon the AACD convention.

CSI is a "politically neutral" organization. We do not lobby for particular legislation, endorse specific political candidates, or advocate for directed judicial rulings. Political neutrality is fully appropriate for an organization such as CSI. In fact, one reason that CSI continues to be a dynamic, positive force and influence in the counseling profession is because its membership includes persons holding widely varying perspectives on an equally varied set of topics, political in nature or otherwise. However, another major strength of CSI is that each member is selected, in part, because he or she has demonstrated ability to comprehend both the immediate and the future. Therefore, regardless of personal perspectives on whether the war should have been started, who should be held responsible and how, or what should be the outcomes, it should be evident to all CSI members that the ramifications of the war in the Persian Gulf area will be both far reaching and long-lasting.

For most CSI members, our "experience" with war is from the Viet Nam (so-called) conflict. If we learned nothing else from that "conflict," we do know that both the societal and personal emotional, psychological, and social problems and issues resulting from it were enormous. There is no rational reason to believe that they will be less so for this war. Indeed, the enhanced media coverage which quite literally brings the war on to the living rooms of those who choose to watch it suggests that far more people will be affected by it, and at much deeper personal levels. Those involved directly in the war, their families and friends, and even what may be called for lack of a better term "casual observers" are being changed (and will continue to change) as a result of the war in the Persian Gulf area. Undoubtedly, in the vast majority of cases those changes will result in intra- and/or interpersonal issues and difficulties.

So why am I stating the obvious? Because it we, as members of the counseling professions in general and CSI in particular, who will have to provide effective counseling services for those affected negatively by this war. In order to provide effective services, we will have to (a) resolve our own issues and difficulties and (b) maximize our respective professional skills. And therein lies the tie to the AACD convention. The AACD convention and other well-designed and presented professional activities are excellent places for aspiring and practicing counselors to enhance themselves and their skills. Described elsewhere in this issue are the many CSI sponsored activities at the AACD convention which can facilitate self-enhancement processes. I urge you to attend the AACD convention if you possibly can. The experience will be good for you, and even better for the people to whom you will provide services in the future. If you can't attend that convention, please try to find other, similar events to attend which will serve similar purposes. The future of our profession will demand nothing less than our best.
As professionals and students, we are continually tugged by responsibilities in our personal lives and those of our professional identity. To be a fully functioning person and professional, we work to find a balance between the "personal" and "professional."

William W. Purkey, Department of Counseling and Specialized Educational Development, UNC-Greensboro has developed a model of human behavior entitled "Invitational Education." One concept of the Invitational Education Model is the "Four Corner Press." The "press" refers to how individuals interact with their environment to meet both their personal and professional needs.

The Four Corner Press

The goal is to satisfy each corner of the press. If any corner is neglected, one's functioning is impaired.

The cornerstone of the press is "Being personally inviting with oneself." One finds sources of renewal that are of special interest. Some find quiet moments of solitude at a river's edge or on a grassy knoll. Others are gardeners, potters or joggers. Some find solace in a warm, soapy bath. Whatever the activity is, it serves as a centering function for the individual—a special time of self-reflection and enjoyment.

"Being personally inviting with others" is the second most important corner for healthy functioning. One needs a social network with whom to share successes and disappointments. A cadre of relatives, friends and mentors provides a sense of connectedness with others. Eating out with friends, sharing special occasions, writing letters or "just visiting" with significant others are ways to attend to this corner of the press.

After the first two corners are addressed, we are prepared to develop the third: "Being professionally inviting with ourselves." The work of this corner is to continuously develop as professionals. Long after the diploma has been placed on the wall or in the closet, one continues to attend workshops and conferences. One continually finds ways to increase personal competencies and maintains an awareness of new trends and knowledge. There is a continual development of one's professional self. We maintain an openness to new ideas and a flexibility that allows us to consider divergent points of view.

After the first three corners are developed and maintained satisfactorily, one is best prepared to be of assistance to others. The fourth corner, "Being professionally inviting with others" refers to developing and maintaining professional relationships. We can best be of assistance to others when we have taken care of ourselves and others personally and when we are adequately prepared as professionals.

Certainly one gains great satisfaction through assisting others as a professional helper. However, the Four Corner Press suggests that we may falter as professionals if we attempt to fulfill all of our needs through our professional identity.

Just as a 4-cylinder car engine runs less efficiently when only three cylinders are functioning, we as professionals run less efficiently when we overinvest in any one corner or deny the importance any of the four corners. Below are suggestions on how one may attend to each of the corners of the Four Corner Press:

(continued on page 10)
Our ability to find sources of renewal makes it possible for us to expend the energy necessary to be effective professional helpers. In addition, attending to our own wellness sets a good example for those with whom we work.

REFERENCES


