Counseling and Caring: Reflections on India
Samuel T. Gladding

December 26th is normally a day of rest at our house after the flurry of Christmas activities. Yet, last December 26th I found myself anything but relaxed as I left New York for Calcutta. With me were eleven undergraduate students from Wake Forest, memories of a series of seminars and shots, along with considerable anxiety and anticipation. I was the "older adult" on a student planned but university sponsored three week trip to work with Mother Teresa and serve the "poorest of the poor" of India. Cognitively, I knew where I was going and what I would be doing. Emotionally, I wondered what the real experience would be like. To be frank, I was scared.

From the moment our plane touched down in Calcutta until we arrived back in the United States, I was confronted with people, problems, and possibilities that presented a challenge which was both inspirational and heart-wrenching. In order to reach the goals I and the members of the group had set, we literally had to work our way through situations that were uncomfortable and different from anything we had ever experienced. After Calcutta I cannot be, nor would I want to be, the same person who left the United States. While my words can convey some flavor of the journey, much remains unwritten because of the limitations of language. What I describe here are aspects of what happened that relate to counseling and my growth as a person and a counselor.

Reaching Calcutta

The first thing I had to do upon arrival was become acculturated. As in counseling, that was easier said than done. Calcutta is a city of about 17 million people. There are crowds of people everywhere with a multitude of languages and different traditions. The streets are beehives of activities with people living even on the streets. Customs, beliefs, and histories link and divide everyone. Only a multitude of adjectives, some of them contradictory, can describe the people of Calcutta.

Yet, my focus was not just to understand and acclimate. Rather, it was to be a servant within the culture. Initially, our group was assigned to work at Naba Jiban, a home for orphaned boys. Our day started at 5 a.m. Amid the first light of morning, we walked to the Mother House where we worshipped, ate a light breakfast, and then took a crowded bus across town to our destination.

Working with Preadolescents

The boys of Naba Jiban were mostly preadolescents. Almost all were physically or mentally challenged. Some needed help in walking. Many needed assistance in being fed. Others could not keep the flies off of their legs or heads. In addition, their clothes needed washing and their beds and rooms needed cleaning. One of my daily jobs was rinsing out the boys' clothes with cold well water. In this task I paid particular attention to scrubbing away feces and remnants of food that stuck to the fibers. The point is that our assignments were menial but necessary. They required hard work, but we did them with joy because we felt a sense of mission. In between jobs, we played with the children. There was an emphasis on care and concern for others in Mother Teresa's homes that was pervasive.

Working with Adults

In addition to Naba Jiban, our group was assigned to work at Prem Dan, a home for 350 men and women who were physically and mentally disabled, and Kalighat, a 50 bed home for dying destitute. It was at the latter facility that I literally became physically ill. I felt fortunate only to be nauseated, and I found myself being lovingly attended to in a way that gave me both peace and comfort. I wondered if the clients we were serving had similar feelings.

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Goals and Plans for 1996-97

Pete Warren
CSI President

By the time you read this article, our CSI program year for 1996-97 will be almost one-half gone. Many of us are still aglow with excitement from our CSI Day at Pittsburgh in April. The attendance for all of the CSI activities was one of the best ever. Thanks to Linda Grubba of the Kappa chapter for organizing the focus group presenters. Thanks to our presenters Cathy Woodyard, newsletter; Diane Shepard-Tew, chapter finances; Bill Nemec, programs; and Linda Grubba, awards. Many great ideas came out of the discussions in the focus groups. Rose Cooper gave another superb leadership training session for chapter leaders.

A first for this year was a meeting of the Faculty Adviser Network and Chapter Leader Network. These two groups were created by Jane Myers and our two interns, Jeffery Mostade and David Letiecq. Attendance at the initial meeting of these two groups was strong. They have now become a permanent part of the CSI program structure. President Courtland Lee organized an outstanding panel which helped the group focus on multicultural issues. The major presenter for the panel was CSI scholar, Clemmont Ventress, Professor of Counseling at George Washington University.

The business meeting and awards program were also very well attended by CSI members. Everyone enjoyed the joint reception held in conjunction with CACREP and the Graduate Student Interest Group from ACES. CSI Day at ACA in 1995 was one to remember!!

Executive Council Meeting

The Executive Council met in Greensboro at the home of Tom Sweeney and Jane Myers May 31-June 2. A major portion of the agenda at this retreat focused on the strategic plan adopted by the Executive Council at its meeting in June of 1995. The Council recommended that a long-range planning task group be organized for the purpose of developing a CSI long-range plan for the next four years. Judith Miranti, a past-president of CSI, has been named as the chair of this committee.

Plans for 1996-97

During 1996-97, CSI will focus on three major areas. Plans are well under way to create an Academy of Distinguished Leaders for CSI. The Executive Council approved the structure for the academy, and Tom Sweeney is in the process of finalizing the plans for inviting persons to become a part of the Academy. The next issue of our Newsletter will feature the persons inducted into the Academy. The Academy will be an extension of our Scholars Across the Generations.

The Executive Council approved a regional structure for CSI, which parallels ACES's regional structuring, and we are in the process of identifying regional coordinators. The coordinators will be responsible for developing networking activities among CSI chapters in states and regional affiliations.

The growth of our Society over the past two years has created the need (Continued on Page 8)
Update from Headquarters
Thomas J. Sweeney
CSI Executive Director

The ACES Convention

Even as this newsletter goes into the mail, many of us as counselor educators, counselor supervisors (who are also counselor educators), and students will be attending the 1996 National Conference of the Association of Counselor Education and Supervision (ACES) in Portland, Oregon. Historically, ACES has used its four regional associations to hold annual meetings geographically more convenient to its members. More recently, it has instituted a national conference every fourth year in lieu of the regional meetings. This is the fourth year since the last conference in San Antonio in 1993.

Since its inception, CSI has considered the ACES members our most logical connection with the American Counseling Association (ACA) as well as the future members of the Society who enter counselor education programs throughout this country and abroad. We have had discussions with prior ACES presidents including the current president Sam Gladding. In the 1995 fall edition of this Newsletter, I noted that we would be working more closely with the regional leadership to help encourage more of our members to participate in both the regional and national ACES meetings. Like ACES, we believe that this will afford more of our members an opportunity for professional development including that related to leadership within the profession.

At this meeting, we will have representatives at each of the ACES regional meetings to call attention to this new initiative. The chapter faculty advisors also will meet with us to offer their suggestions and ideas for how we can serve them better. We will have an exhibit table and a full page ad in the convention bulletin as well as our logo and motto on the convention bulletin binder. In short, we will have a presence there to show our support for the association and for the good work that it does which benefits us all.

In the one-page ad in the ACES conference bulletin, we list the names and positions of past presidents of CSI who have been or are currently holding leadership positions within ACA, its divisions, and related organizations. Eleven persons are listed including two ACA presidents, four ACA division presidents, two chairs for CACREP, the CACREP executive director, CSI executive director, and a Southern ACES president. Current ACA office holders are Courtland Lee (ACA president-elect), Sam Gladding (president, ACES), Rose Cooper, (president, Association for Adult Development and Aging), and Joe Kantor, (president, Association for Assessment in Counseling). While we take no credit for their leadership or contributions, per se., we are proud of their example of excellence, their contributions and mentoring within CSI, and the opportunity to further our mission of promoting excellence within counseling through their efforts.

Next year, with the concurrence of the ACES regional leaders, we hope to have some part in encouraging our members to contribute to the programs and activities of the regional ACES associations. We believe that many of our members will have an interest in attending and contributing to leadership and related professional development programs. Currently, sixty percent of our members are counselor education students, many of whom are preparing to be counselor educators and supervisors. In addition, of course, are the faculty and field supervisors who along with the clinical practitioners help to make up the other forty percent of our membership.

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Call for Awards Nominations

Don Locke
Awards Chairperson

At the April, 1997 ACA convention in Orlando, Florida, Chi Sigma Iota will recognize its outstanding counselors and programs at its awards program. To have this happen, nominations must begin now. All chapters are encouraged to nominate outstanding persons, chapters, and events so that we can celebrate and recognize the excellent work of Chi Sigma Iota.

The guidelines and nomination forms for the 1997 awards program have been sent to all chapter faculty advisors. Awards will be presented in the following categories.

Outstanding Chapter Awards
Outstanding Newsletter, Individual Program, and Outstanding Chapter
Outstanding Member Awards
Entry-level Student Award, Doctoral Student Award, Outstanding Service to the Chapter Award
Outstanding Research Awards
One award for research conducted between January 1, 1995, and December 6, 1996
Professional Practitioner Awards
Outstanding Practitioner Award, Outstanding Practitioner-Supervisor

If you are an at-large member and know of a practitioner whom you wish to nominate for recognition, you may write for more information or for nomination forms.

Thomas J. Sweeney Professional Leadership Award
This award recognizes and honors persons who, through their vision, leadership, and concern for others, have strengthened, expanded, and enhanced the counseling profession at local, state, national, and/or international levels.

The postmark deadline for nominations is December 6, 1996. For more information or for nomination forms, please contact Don C. Locke, The Graduate Center, 143 Karpen Hall, UNCA, Asheville, NC 28804, EMAIL: dlocke@unca.edu.

Many chapters present their own awards to outstanding members. Forms for submitting the names of recipients of chapter awards for the awards booklet will be mailed in January, 1997, to each faculty advisor.

Please use this opportunity to recognize CSI members who are promoting excellence through their involvement in the counseling profession and in CSI.

CSI Fellows and Interns Programs: An Opportunity to Advance Professional Excellence

Courtland C. Lee
CSI Past-president

A major way that Chi Sigma Iota promotes excellence in counseling is through leadership development. The cornerstone of CSI leadership development activities is the fellows and interns program. This program promotes leadership development among select CSI members enrolled in counselor training programs and professionals in their early years of post-counselor education training. As is our custom, the CSI Executive Council is seeking applications for the 1997-98 CSI fellows and interns program.

Fellows Program
The fellows program is designed to offer outstanding Chi Sigma Iota members, who are in the early years of their professional career, an opportunity to broaden their awareness and leadership potential in CSI. Specifically, fellows are assisted in developing their leadership skills through attendance and participation in CSI Day at the annual ACA convention. The next CSI Day will be held at the 1997 ACA convention in Orlando. Up to ten fellows will receive $300 each from CSI for their participation in all the fellows activities of CSI International and a matching grant of $100 from their respective nominating CSI chapter.

Intern Program
The intern program provides a unique opportunity for two of the selected fellows to develop further their leadership skills and abilities through substantive and contributory participation in CSI functions, participation in all fellows activities, and involvement in CSI operations under the supervision and mentoring of CSI officers. Two CSI interns are selected annually with their internships being non-paid, part-time, volunteer positions. Interns, however, are reimbursed for expenses resulting from their work on behalf of CSI and receive the $300 stipend from CSI and the $100 from their chapter.

In accepting a fellowship or internship, recipients agree to attend the ACA convention during the period of their internship and to participate in CSI activities. In addition, CSI interns are invited to attend the CSI Executive Council meeting held during the summer. Travel and accommodation

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Preparing Professional Awards Packages

Carol Verhulst
CSI Intern

Why Bother?

Does your chapter ignore those CSI awards nomination packets that arrive in October? Perhaps your chapter feels overwhelmed by the number of awards, or maybe there is a sense that other chapters always receive the awards. This article is designed to provide you with some positive re-framing and to help you claim your share of the CSI International awards.

Your active chapter has an equal chance with every other active chapter to win one or more CSI International awards. Your chapter has students who deserve recognition. Yes, your awards package can win!

In a Nutshell

Following is a brief summary of steps to follow for successful preparation of an awards package:

1. Your chapter must be active and your nominee must be active and in good standing.
2. Establish objective criteria for selecting chapter nominees.
3. Start early! (announcement of awards, soliciting for nominees, collecting letters of recommendation, preparing package)
4. Set your deadline 1-2 weeks ahead of the CSI International deadline of December 6, 1996.
5. Read and follow instructions carefully and precisely!
6. Respect the deadlines - they are not flexible.
7. Inform your chapter's nominees about ACA conference registration deadlines.

Awards Process

The following awards are offered by Chi Sigma Iota: Outstanding Newsletter, Outstanding Individual Program, Outstanding Chapter, Outstanding Entry-level Student, Outstanding Doctoral Student, Outstanding Service to Chapters, Outstanding Research, and the Thomas J. Sweeney Professional Leadership Award. In addition, ten nominated CSI members are selected as CSI fellows, with two of the ten members chosen as CSI interns.

Every active chapter will receive awards nominations packages in October. The completed nomination package must contain the following: a letter of recommendation, a list of accomplishments, and a minimum of three letters of recommendation including a letter from the faculty advisor. Please read the instructions for each award carefully since some awards may require additional information.

The nominations are reviewed by the awards committee, and recipients are notified in February. The awards booklet distributed at the ACA convention, as one of the highlights of CSI Day. The awards booklet distributed at the awards presentation will include all of the CSI International awards given that day, and the booklet will also list chapter awards given by individual chapters.

Hints and Tips

There are three main hints for creating winning awards nominations packages: start early, start early, and start early! Unless you have a chapter with practitioners only, you will find it increasingly difficult to complete nominations packages in the midst of deadlines for papers, projects, and exams. Even if you do have a chapter with practitioners only, you will be competing with holiday-related client crises and general holiday preparations.

One of the benefits of starting early will be that you will have time to establish clear and quantifiable criteria for screening nominations. For example, you could assign points for number and/or level of local chapter involvement. Jane Doe might receive two points for chairing a committee and one point for helping with the fall initiation. Points could also be assigned for presentations, publications, professional duties, involvement with professional counseling organizations, and for community and university involvement. Selection of nominees then becomes an objective process.

Letters of recommendation need to be as specific as possible. For example, include that Jane Doe served as treasurer of your chapter, that she was responsible for x and y projects, and that she also volunteered at the battered women's shelter. That letter will be much more impressive than the letter that discussed how kind and generous Jane Doe is.

In Summary

Your chapter can win one or more awards! The keys to success include starting early, establishing objective criteria for selection of nominees, setting a deadline for your chapter prior to the CSI deadline, reading all instructions carefully, obtaining at least 3 letters of recommendation that include specific details of accomplishments, putting some effort and attention into the assembly of the package, and mailing your package no later than December 6, 1996.
You'll Never Know Unless You Apply

Linda Leech
CSI Intern

Just between you and me, I have to be honest. I had two primary reasons for applying for a Chi Sigma Iota fellowship, and I really didn't believe that there was much of a chance I would be selected. I was about to begin my doctoral internship at Ohio University, and I was looking for a way to add some experience in professional leadership to my program and thereafter to my resume. The Chi Sigma Iota internship fits in well with my plans because it did not require me to change location or forego a number of other important elements I had already been able to build into my internship. The second reason I applied, mercenary though it may seem, was to find a way to help finance my trip to the American Counseling Association's World Conference in Pittsburgh. I needed to be there to give a presentation, and the fellowship presented a way to have part of my expenses paid while I participated in a number of interesting Chi Sigma Iota activities and meet a group of people from other places who shared my experiences. It seemed like a win-win situation but a real shot in the dark.

Deciding to Apply

I have been a member and ardent supporter of Chi Sigma Iota Alpha chapter since my first quarter in the master's degree program but never sought leadership positions because I lived a distance from campus. My assumption had been that people from our chapter who were currently officers applied each year and for some reason were not selected. I was surprised to learn later that few people from our chapter had ever even applied. No one seemed interested in applying last year either, partly because they were not certain what was involved but primarily because they did not expect to be selected as a recipient. I decided to fill out the application only after I was certain no one’s toes would be stepped on. I figured that the others probably knew more about the chances of being selected than I and that this process was probably a waste of my time.

Experiences Thus Far

Can you imagine my surprise to learn by letter that I had been selected as a fellow and later to receive a phone call asking me if I wanted to be one of the two interns? The excitement of receiving that announcement, being introduced at CSI Day activities, and meeting the others who had been chosen was just the beginning. The most rewarding part of this experience to date has been the opportunity to spend a weekend with the Chi Sigma Iota Executive Council. The meetings were interesting and stimulating, of course, but the chance to spend time with leaders in our profession at breakfast while sharing the morning paper, in the pool at the hotel, and on a lazy evening cruise were incredible. I left with a sense that it is possible to be a leader, to make positive contributions to a young profession, and to achieve excellence.

What Being a Fellow or Intern Requires

The Chi Sigma Iota Leadership in Counselor Education Fellowship Program was created to assist future leaders in developing skills and competencies which can further the counseling profession. Successful applicants have demonstrated a willingness and capacity to provide the local chapter leadership and a potential for future leadership positions in Chi Sigma Iota and the profession. Fellows are required to attend the CSI leadership workshop and represent his/her chapter at the CSI business meeting at CSI Day. They are also required to attend the Scholars Across the Generations program and the CSI awards reception. The time commitment is minimal, but the networking opportunities are tremendous. The Chi Sigma Iota Internship Program offers the opportunity for two of the ten fellows selected each year to avail themselves of the mentorship of leaders in the profession. Interns work with the CSI president and executive director for one year from his/her own home or institution carrying out assignments primarily by mail, E-mail, or telephone. Interns participate in Chi Sigma Iota activities at the start of their internship and at the end of their one-year term. They also attend Executive Council meetings and committee meetings as assigned. Opportunity is offered to work on special projects throughout the year under the direction of the CSI president, executive committee, or CSI committees.

Application Process

Local chapters receive applications and invitations to nominate people for these positions in October. Applications are due in the CSI office by December 15, 1996, and final selections are announced in February. These positions are not out of reach for committed individuals who are excited about the opportunity to become involved in the development of the counseling profession. The application requires recommendations and the support of the local chapter, but it is not a difficult process.

Benefits to Home Chapter

The reaction of members from my own chapter has been a bit overwhelming since I was awarded an internship. I am now president of the Alpha chapter with a very full schedule ahead of me including my involvement with CSI. Other members, however, have begun to see involvement at the local level and the CSI fellowship/internship program in a new light. It is obvious that our officers and members are striving for excellence in their own chapter this year. My hope is that several will take the steps to let their efforts be acknowledged.

Encouraging Excellence

Many people tend to see awards as a negative thing, but they are a profession's way of encouraging practitioners to be exemplary. This task of

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Counseling and Caring
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What I learned

So what did I learn and how has it affected me? Some of the answers to this question I do not expect to know for some time. Yet, I am aware of some initial thoughts.

First, I realized anew that poverty and disease destroy lives in ways that are degrading. Care and prevention must be personalized if individuals and groups are truly going to change for the better. The giving of information and working from an impersonal perspective, although well intended, are not enough to make significant differences for most people.

Second, I became sensitized anew to the reality that giving and receiving are reciprocal. Helping is a two-way street. Because of my work, wounds were bandaged, bodies were cleaned, and the disabled and abandoned were fed. Those who received my assistance gave back to me a smile, a nod, and simple words of thanks that are now indelibly etched in my mind. It did my heart good to work in such ways.

Third, I gained a greater appreciation for the work of Abraham Maslow and the hierarchy of needs on which he elaborated. My awareness of ministering to the whole person was enhanced. I understood again the importance of people helping people even in mundane and simple ways. Attending to the unique needs of others in an inhumane environment is enriching, transforming, and necessary for the common good.

Finally, I became even more convinced of the importance of the spiritual nature of helping. Counseling operates on multiple levels, and one of those levels involves realizing that beyond humanity is a divinity that unites us all regardless of our apparent differences.

Returning Home

I greeted my wife and three young children upon returning on January 14, 1996. My mind danced with delight during the celebration. Yet, simultaneously I felt sad. I realized there were still great needs in India. However, because of the trip I knew that to find and address the conditions I saw in Calcutta, I need not travel around the world again. Being international and caring begins in one's neighborhood with a commitment to reach out beyond oneself. It is something we all can do.

Editor's Apology

Inadvertently, the last line of Robb Adam's article, "One Counselor's Experience in Bosnia: A Conversation with Dr. Muhyi Shakoor" in the summer edition of the Newsletter was incomplete. The final sentence should have read: "We have to have the confidence that everything we need is in there, inside of us."

Apologies to both Robb Adams and to Muhyi Shakoor.
Update from Headquarters

(Continued from page 3)

Naturally, CSI will continue to hold its business meetings and major functions in conjunction with the ACA World Conference. This year it will be in Orlando in the spring. If we don't see you in Portland, we hope that you plan on coming to Orlando! We have plans already underway for other new initiatives that you will be hearing more about in the coming year.

The WWW Connection

We are excited! In addition to purchasing new (and faster) computer equipment, updating our database software, and improving our other software, we have a web page that any member or interested member can access through the Internet. Our address is: http://www.uncg.edu/ced/csi

Currently, our site contains most of the basic information and forms for which we receive requests through headquarters. This includes all of the chapter start-up information, member applications, by-laws, awards and fellowship information, chapter leadership handbook — including the initiation oath, and much more! As a result, you can download whatever you need without contacting headquarters. Naturally, this is just the beginning of what we envision for the future. In the near future, we plan to load all back issues of the Newsletter for any interested member. In longer view, we hope to institute an electronic, professionally refereed journal.

Those of you who are currently familiar with the Internet's capabilities realize that our first efforts are like baby steps. I have attended some training sessions and hope to keep up with what is possible, but we are arranging to have our site updated and improved by persons more knowledgeable than I am. Check it out and let us hear from you. Please remember, we have only one full-time staff member, and, as a consequence, if even a significant number of 6,000 members E-mails us, we may be a bit slow in responding — especially during our peak times. Nevertheless, we welcome suggestions and ideas for what will make our site more interesting, useful, and user-friendly.

Goals and Plans

(Continued from page 2)

for expanded services at Headquarters including greater office hardware and support services. This year we are expanding our office staff and improving the hardware which serves the membership. As this project is completed, we will report to you through our next Newsletter.

The CSI home page on the World Wide Web is in the process. Probably by the time you read this article we will have it up and running. This technology will enable us to expand the networking which characterizes members of CSI.

CSI will be represented at the ACES Convention in Portland, October 26th by Courtland Lee, Tom Sweeney, Jane Myers, Mary Thomas Burke and myself. We will have an exhibit table during the conference. Also, an early morning faculty advisor networking session has been planned. This session will be led by Jane Myers. CSI leaders will have an opportunity to speak briefly on behalf of CSI at the regional breakfasts.

Major goals for 1996-97 are to have a long-range plan developed and approved by 1997; to establish an Academy of Distinguished Leaders, regional coordinators, and a home page on WWWWeb; to provide adequate office and staff support in order to serve current and future members and chapters. We are off and running. See all of you in Orlando April 4-6.

CSI Fellows and Interns

(Continued from page 4)

expenses incurred by interns for attendance at the summer meeting are reimbursed by CSI. Interns' attendance at this meeting is a primary means by which they can (a) become familiar with the many aspects of CSI operation, (b) provide input for CSI activities, and (c) become involved in new and on-going CSI projects.

Eligibility: Applicants must be CSI members in good standing, active members in their local chapter, and in their early years of their role as professionals (i.e., they are enrolled in a graduate-level counselor education program or no more than three years have passed since receiving their graduate degree).

Support: A grant of $300 will be provided by CSI which must be matched with at least $100 by the applicant's local chapter. These funds provide assistance in attending the convention and participation in CSI professional development activities.

Application packets will be mailed to each chapter's faculty advisor on October 1, 1996. Interested members should contact their chapter's faculty advisor to obtain a packet. The deadline for submitting an application is December 15, 1996.

MOVING?
LET US KNOW!

Write us when you move—preferably 6 weeks in advance.

Mail this coupon to:

Chi Sigma Iota
250 Ferguson Bldg, UNCG
Greensboro, NC 27412-5001
Revitalizing A Chapter
Waymon Webster
Faculty Advisor
Epsilon Chapter

How do you awaken a chapter that has been sleeping for ten years? In January, 1995, that was the question facing the counselor education faculty at Prairie View A&M University. The Epsilon chapter (a charter chapter) was founded in 1985 but had been inactive since 1986.

A call was made to CSI headquarters relative to the procedure one must follow to reactivate a chapter. In two days I received a letter from Kelley Rowland. She stated how excited she was to hear of the interest in revitalizing the Epsilon chapter. She listed the three "must's" - must submit a plan, must initiate new members, and must be represented at the annual meeting in Denver.

Faculty Involvement
During a brainstorming session, the counselor education faculty decided that faculty commitment to CSI should be the initial step in revitalizing the chapter. All members of the counselor education faculty became members of Chi Sigma Iota. A large CSI poster covers the office door of each faculty member. Chi Sigma Iota membership certificates are very noticeable when someone enters faculty members' offices. Faculty members distribute CSI brochures to each student in their classes and stress the importance of maintaining at least a 3.5 GPA. Articles from the newsletters of CSI are utilized in class discussions.

Recruitment of New Members
A major task in revitalizing a chapter is to recruit and initiate members. The first group of students was recruited by the counselor education faculty. Each professor in the department extended a membership invitation to students enrolled in his/her classes. This letter of invitation included information concerning CSI and information relative to membership requirements. Since the professor had given each student a CSI brochure at an earlier date, the students were aware of Chi Sigma Iota. The advantage of this approach was that the professors were able to answer any questions concerning membership. While all students were recruited, students who had completed only nine hours were targeted. The rationale for this approach was to recruit members early in their program so that they would have several semesters to assist in revitalizing the chapter before graduation. After the first initiation in March, 1995, officers were elected and committees were formed. The membership committee set goals and plans for the year. The rest is history. In one year, 256 regular members and one life member were initiated into the Epsilon chapter.

Member Involvement
Following each initiation ceremony, newly inducted members are asked to select at least one committee with which to be involved. The chairpersons of each standing committee appear before the new members and make a brief presentation. This presentation is designed to encourage the new members to serve on their committee. The presentation includes the purpose of the committee, some of the past contributions of the committee, and some immediate future plans of the committee. After each chairperson speaks, the newly inducted chapter members indicate their committee choice on a committee selection form prepared by the chapter president. This approach seems to give the new members a feeling of belonging. They appear to feel needed, and their participation is welcomed and valued. While the size of the committees may be atypical, the involvement of all chapter members is great.

Honor Cords
The blue and white honor cords have also contributed significantly toward member involvement. During the induction ceremony, the inductees are given information relative to the honor cords. They are informed that members who remain active and contribute to chapter activities will be recommended to wear the honor cord at graduation. The honor cords are ordered by the chapter president and presented to the graduating members at a special ceremony. On this special occasion, the contributions of each member are stated before the honor cord is presented. While all graduating members receive an honor cord, this activity seems to assure member involvement in chapter activities.

The Epsilon chapter of Chi Sigma Iota is the only active graduate honor society on the campus of Prairie View A&M University. Consequently, at graduation the blue and white honor cords serve as an emblem of distinction.

The commentator at the commencement exercise informs the audience that the graduate students wearing the blue and white honor cords are members of the Epsilon chapter of Chi Sigma Iota.

Attention
Chapter Leaders
The following information has been mailed to your faculty advisors. If you have not received it from them, you may want to ask for a copy.
Awards Application Package
Fellowship/Internship Application Package
CSI Chapter Newsletter Mailing List
It is election time once again, and this year Chi Sigma Iota will elect a president-elect and a treasurer. Please read the academic vitae, employment history, and goal statement submitted by each candidate.

Chi Sigma Iota is a growing and developing organization, and as such it continuously needs new leadership and direction. As in previous years, CSI is fortunate to have outstanding and well-qualified individuals willing to commit their time, energy, and leadership to the continued growth of CSI. For the 1997-98 slate, president-elect nominees are Sandra Lopez-Baez and Bill Nemec. The candidates for treasurer are Lisa Lopez Levers and William E. Nemec.

Lisa Lopez Levers
Director
Counseling Education Program
University of Rochester
Rochester, New York

Academic and Professional Experience
Lisa Lopez Levers is the director of the Counseling Education Program at the Warner Graduate School of Education and Human Development located at the University of Rochester, Rochester, New York. She is currently the faculty advisor for the Upsilon Rho Iota chapter. Lisa received her Ph.D. from Kent State University in 1988. For fifteen years she worked in the area of community mental health, rehabilitation, and women's health, and also maintained a private practice. Before serving on the faculty in Rochester, she was a member of the faculty at Ohio University and at the University of New Orleans. While at the UNO, she served as faculty advisor for the UNO chapter and started the CSI Annual Multicultural Symposium. She is a public advocacy activist for ACA and serves on the editorial board of ACES. She is also currently vice-president-elect for professional development for the New York Counseling Association. Lisa has received research fellowships and has published in the areas of African traditional healing, violence prevention, and international counseling.

Goal Statement
I understand CSI to occupy an ideal heartland within the growing family of organized counseling and its sibling vocations, fostering excellence in scholarship, leadership, and professionalism. Ideally, counselors integrate theory and practice, drawing not only on the experience — as inspiration and caveat — of psychiatry and other established helping professions, but on the knowledge and skills cultivated by psychology, sociology, anthropology, philosophy, history, communication and education studies, the arts, and —
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William E. Nemec
Professor of Counseling
Malone College
Canton, Ohio

Academic and Professional Experience
William Nemec, a graduate of Ohio State University, has been a school counselor, state guidance consultant, and counselor educator for thirty years. He recently retired as professor and coordinator of the Counselor Education Program at The University of Akron where he served as faculty advisor for Alpha Upsilon chapter from 1988 to 1996. The chapter has received eleven CSI awards since its inception as a charter chapter in 1985. Recently Nemec completed his tenure on the CSI Executive Council as secretary. He is a past-president of the Ohio Counseling Association and currently serves on the executive board. He was instrumental in gaining licensure for Ohio's counselors and served as a charter member of the state licensure board from 1985-91. He has received fifteen plus professional awards including the John R. Cochran Professionalism in Counseling Award from the Alpha Upsilon chapter, the Charles E. Weaver Meritorious Service Award from the Ohio Personnel and Guidance Association, and the Distinguished Graduate Award from Ohio University.

Goal Statement
Having been a faculty advisor for eight years and having recently completed my two-year term as CSI secretary, I have had the privilege of working with local and international leaders who have vision, know how to plan for the future, and are committed to implementing the long-range goals of this scholarly society. The present initiatives of CSI are the result of an extensive strategic and long-range planning process designed to carry CSI into the 21st century. With my experience as faculty advisor and my experience on CSI's Executive Council, I believe I am ready for the challenge of
(Continued on page 20)
997-98 OFFICERS

Scott Gillig and Brad Erford.
Remember, once again CSI members are being asked to cast individual ballots for their chosen candidates. On November 1, 1996, ballots will be mailed from Headquarters. You will have until December 31, 1996 to respond to your choices for president-elect and treasurer. Each vote is an important one. Your voice in CSI is needed, so please show your interest and support in the Society and the profession by assuring your vote is cast.

Scott E. Gillig
Assistant Professor
Counseling Program
Barry University
Miami Shores, Florida

Bradley T. Erford
Assistant Professor
Education Department
Loyola University
Baltimore, Maryland

Academic and Professional Experience
Scott Gillig is an assistant professor of counseling and CACREP liaison at Barry University. He received his doctorate in 1988 from the University of Toledo. Before serving on the faculty at Barry, he was assistant professor of counseling at Heidelberg College while also serving as the counseling clinic director. Scott has also worked in private practice and was a site supervisor for the Sandusky Valley Community Mental Health Center. He has sixteen years of counseling experience in college student development and in community agencies. Scott started the Sigma Phi Beta chapter at Heidelberg College where he was faculty advisor. He has experience serving as an expert witness, being on the Ohio Counselor and Social Worker Board, and working on ad hoc committees for developing cut scores and exam items for LPC/LPCC exams. Scott was the recipient of the Ohio Counseling Association's Herman J. Peters Award for exemplary service.

Goal Statement
Having had the experience of developing and administering a budget as director of a counselor training clinic, I would like to draw on my experiences in serving as Chi Sigma Iota treasurer. My greatest satisfaction as faculty advisor at our local chapter comes from mentoring students in their professional development as counselors. An essential function of Chi Sigma Iota is to inspire our future counselors to combine their efforts in evolving a universal perspective of counseling. By promoting active chapters through networking, E-mail, and speakers bureaus, we continually rejuvenate a whole that is greater than the sum of its parts.

Bradley Erford, assistant professor at Loyola University in Maryland, is faculty advisor for the Alpha Iota chapter. Erford received his doctorate in counselor education from the University of Virginia in 1993. Before becoming a part of the Loyola faculty, he worked as a psychologist/counselor for seven years for the Chesterfield County Public School in Virginia. Currently, he maintains a private practice at Chesterfield Family Guidance Services and specializes in counseling children and adolescents with disruptive behaviors and adjustment problems. He is a member of ACA, ACES, and IAMFC and is currently president-elect for MACES. He also serves on the ACA screening assessment instruments committee. In the past three years, he has authored five articles which have been accepted for publication and four psycho-educational tests. He has also presented at ACA and ACES conferences. He is a licensed professional counselor and a licensed psychologist.

Goal Statement
As treasurer I would work cooperatively with CSI leadership to continue to strengthen sound fiscal management policies. In addition to my fiduciary responsibilities, I would explore new avenues for increasing membership while enhancing member services. I would explore options for a unified dues process to unburden local chapters of the dues collection responsibilities and advocate for annual dissemination of up-to-date member information.
Faculty Advisor Highlight

Joe Turpin: Providing Leadership to Future Leaders

Geoffrey Williams
CSI Associate Editor

Joe Turpin

It has been said, "Leaders are made, not born." This quotation echoes the undercurrent philosophy of Chi Sigma Iota. Those who most assume the challenge of making leaders are faculty advisors who monitor chapter development and nurture the growth of leaders-in-training. This new feature in the CSI Newsletter is designed to acknowledge the efforts of all faculty advisors by featuring a different one in each issue. The following is a profile of Joseph Turpin, who advises the Sigma Beta chapter at California State University, San Bernardino.

Joe Turpin started Sigma Beta eight years ago upon his arrival at Cal State. Amid a flurry of enthusiasm from colleagues, he initiated the establishment of a chapter that has grown into a consistent resource for Counselor Education and Rehabilitation Counseling students. Regarding his vision for the chapter, he states, "I would like it to become a catalyst wherein professionals and students meet and foster real growth." Toward this end, Turpin has labored to sustain interest and participation in chapter development while common obstacles, like graduation and competing interests, have presented substantial challenges.

Cultivating Growth

When describing the experience of cultivating the growth of a young organization, Turpin uses the phrase "peaks and valleys." "Sometimes, it has been a struggle to maintain an actively involved membership," he explains. However, a leadership style which seeks to promote initiative within the students rather than directing the process has shown dividends. He explains, "We now have more people actively seeking information about the chapter." One dynamic that conflicts with the goal of fluid governance in the chapter is the vastness of the state. "You see," Turpin adds, "California is so large, and we often lose our graduates and most active members to a job market that removes them from the immediate area."

Students' Voices

Perhaps a stronger testament to Turpin's devotion and impact as a leader is found in the voices of those who have experienced his guidance. Joe Barnett and Annalie Evans currently hold offices in Sigma Beta and share their views of how Turpin has impacted their educational and leadership development. "He taught me patience," Barnett said. "He has been my mentor, and he has been extremely helpful in reviving the student body's interest in the chapter." Barnett went on to comment that the collaborative spirit with which Turpin approaches complex issues seems to facilitate constructive resolution: "There are a lot of competitive interests for the students' time, but he never allows these issues to divide us; he always works for joint solutions."

Similarly, Evans comments on Turpin's involvement in the chapter as an exemplary leader. "He attends our meetings as often as his schedule allows, and he always has a positive attitude." Reflecting Turpin's expansive role in national organizations, she adds, "He encourages our involvement in professional activities. Also, he really challenges students to go the extra mile; he strives to promote and preserve the integrity of this (graduate school) process."

Far-reaching Impact

When summarizing his feelings about being a CSI faculty advisor, Turpin remarks, "I enjoy it very much. I never have enough time to do it all." The passion for excellence crystallized by this statement is reflected by his impact upon others. As an active leadership voice which guides without coercion, Turpin embodies the spirit of CSI and serves as an anchor to a growing group of future leaders. The impact of his leadership will be far-reaching into the field of counseling in the future.
Professionally Speaking

Tolerance is not Enough

Julie Jordan
Gamma Sigma Chapter

One of the reasons I decided to become a school counselor was to help the students about whom no one seemed to care. One incident in particular fueled my desire to become a counselor. I had a fourteen-year-old girl in my class who almost did not make it to her fifteenth birthday.

At basketball practice one day, this student confided to me that her life did not seem worth living. She had once been an enthusiastic young adolescent, alive with energy on and off the court. Only when she spoke those words did I recognize the changes which had been occurring before my eyes: a lack of purpose in her stride, a look of loneliness in her eyes, and the behavior of one who feels an outcast.

I learned that a teacher had told her mother about a poem this student had written to another female student. She was treated as if she had committed a serious sin or crime. What had been an act of self-expression turned into being "outed" not only to her mother but also eventually to all of her teachers and peers.

The young girl felt she had no one to whom to turn. I knew she had been seeing one of the school counselors, so I spoke to her about my concerns. The counselor reported they were dealing with the student's suicidal thoughts but were not really discussing the reasons behind them. It was hoped this was "just a phase," and if it were not, then it was hoped the student could control her feelings until she was older.

I offered to help. I had heard of PFLAG (Parents and Friends of Lesbians and Gays), and I believed they would know how the student could get support. I was told this was not possible. The mother refused to believe that her child could be gay and did not want the subject discussed. Because the child was a minor, the counselor said we could do nothing more.

Need for Support

Even now I am frustrated by the lack of support from teachers, administrators, and fellow counselors for gay, lesbian, and bisexual children in our school systems and communities. We are encouraged by our professional organizations to be advocates for these children, but many concerned counselors say they are afraid for their jobs. Other counselors ignore the problem, hoping it will go away; some see it in terms of being a "sin."

I have often wrestled with my responsibility to this group of adolescents. I feel a need to be an advocate for these students, to offer support and to be proactive for their rights as individuals. Finding a way to do this without crossing the boundary between what is accepted in my community and what will cause more harm than good is difficult.

Middle School Students

In my experience, gay, lesbian, and bisexual students are not "out" in middle school, but most of them feel and believe they are different. Those who come to my office usually first come because of harassment. Once this year a young man came to me because people were constantly calling him a "fag." I knew that someone had to make a stand; telling him just to ignore it was not enough. It was important for me to emphasize that no one should have to endure harassment of any kind at school. I talked it over with my assistant principal, and she agreed to treat all types of name calling as harassment with the same consequences and penalties.

Need for Education

As with anything, I believe education is the key. I knew I could not go into the classrooms and address solely the gay issue, but I was able to do classroom guidance on name calling in general entitled "Names Can Really Hurt Us." This session examined stereotypes of all kinds and addressed what prejudice and discrimination can do to individuals.

I want to believe that the sessions made a small difference in some of the 400 students with whom I had contact. In some classes I was surprised at the openness and acceptance of the students. In other classes I saw first-hand the hate and fear that students had for those who were different in any way. I hope that by recognizing how they as individuals have been hurt by prejudice and name calling they might choose not to do it to others.

Only a Beginning

What I started this year in response to supporting gay, lesbian, and bisexual students was only a beginning. How much I will be allowed to do by my principal and school board has yet to be determined. I only know that to be proactive means that I need to push the boundaries a little more with each opportunity. I am not willing to hide behind job security as an excuse. Approximately one out of every three teenage suicides is related to sexual orientation. As a counselor, I want my students to be able to come to me.
The intent of CSI international is that practitioners you consider to be outstanding to support chapter activities. You'll Never Know (Continued from page 6)

The impact of Chi Sigma Iota occurs primarily at the chapter level. As a consequence, the strategic plan of CSI includes many important objectives to support chapter activities. One of these is the awards program. The intent of CSI international is that an awards program be in place in each chapter which parallels the awards program of the society.

Awards Committee

What this means operationally is that each chapter is encouraged to have an active awards committee.

That committee will annually solicit and evaluate nominees for several awards, based on the awards presented at the international level. Award recipients at the chapter level will be designated and recognized. The international awards include Outstanding Entry-level Student, Outstanding Doctoral Student, and Outstanding Practitioner. The recipient of each award at the chapter level may be forwarded in nomination for the CSI International award.

Benefits

There are many benefits to chapters of having an awards committee and process. The most important is the opportunity to recognize the outstanding members of your chapter. An added benefit is the leadership training which members receive when they learn to engage in all aspects of the awards process, from the development of applications, evaluation and selection of recipients, and presenting the awards during one of the chapter meetings or special events.

In Upsilon Nu Chi chapter, we present the awards at a special awards reception or during an initiation. We invite family and friends to share in the special recognition for our outstanding members. We typically present recipients with either a plaque or certificate recognizing their achievements.

On page five, CSI intern Carol Verhulst has written an article with tips for preparing awards packets. Carol will be working with past-president Courtland Lee and myself on an ad-hoc committee appointed by CSI president Pete Warren to develop awards materials for use by chapters. We welcome your comments and suggestions as we prepare this report.

You'll Never Know (Continued from page 6)

encouraging excellence in the profession not only is an important ethical issue but also is a way of saying to the clients, the public at large, and ourselves that professional counselors have standards for evaluating their own.

It is not impossible that you might be awarded a fellowship or internship with CSI. Carol Verhulst and I, this year's interns, would like to invite you to apply. Our involvement is just beginning, so we are still looking forward to the projects we will be involved in throughout the year. However, we will be at the conference in Orlando and would love to hear your good and not-so-good reasons for applying while congratulating you on your selection as a Chi Sigma Iota fellow or intern. By then, Carol and I, will have many stories to share with you.

Lisa Lopez Levers

(Continued from page 10)

Weberian lasts but not least's-theology and economics. Under way toward that ideal, we are distinguished by our pluralistic orientation to the discipline of becoming all-around helpers, homing-in minds of many turns. Along with the organizational responsibilities traditionally assumed by the president, I would, if elected, accept that of leading members into a sustained "great conversation" — embracing other stakeholders — about the multidisciplinary, diverse global context of our calling in the looming "brave new world" of the much-touted next millennium, an artifact of counting and recounting, a state where quantity and quality square-dance together. What results from this in our community of scholar-practitioners? What does leadership mean in this context? These are inestimable and delectably nourishing questions, the thorough chewing on which would encourage professional development and quality scholarship and service of all methodological persuasions. CSI is felicitously positioned to initiate such a conversation. Our challenge during this coming-of-age of Dumont's homo aequalis is to contribute to a general leveling up, not down, of minds, morals, and morale. The sense of crisis can be inspiring, comprehending not only danger but also opportunity, as that ancient Chinese trope-as-icon so in vogue with modern counselors proclaims. Ah, "fashion, eternal return" — to invoke Benjamin's tag — "of the always new." And does this not also hold for childhood, and growing up, and the "to ask" of self-fashioning's quest? To envision is to live again . . .
Physical Illnesses and How They Impact the Counseling Process
Paula Helen Stanley
CSI Associate Editor

As counselors, we most often focus on the emotional or psychological aspects of our clients' lives. We focus on the affective, cognitive, behavioral, and spiritual dimensions of the individual. Most of us receive little, if any, training concerning how physical illnesses may influence our work with clients. This article presents some ideas concerning the importance of physical illnesses on behavior and the implications for counseling interventions.

Physical Disorders with Psychiatric Symptoms

Many physical disorders have psychiatric symptoms. If these symptoms are not identified as being the result of a physical disorder and if the person does not receive medical treatment, symptoms are likely to remain the same or increase in intensity (Tallis, 1993). Counselors may wonder why their client is not improving. Clients may feel frustrated or discouraged if their symptoms do not improve over time.

For example, individuals with hypoglycemia (low blood sugar levels) may develop nervousness, irritability, depression, phobias, and anxiety when blood sugar levels drop too low (Sanbower, 1990). Persons with hyperthyroidism, characterized by excessively high levels of thyroid hormones, may experience restlessness, fatigue, and sometimes psychotic reactions. Hypothyroidism, an endocrine disorder in which thyroid function is slowed down, results in symptoms that mimic affective disorders (Sanbower, 1990).

Hypothyroidism

As an example, this article will describe hypothyroidism and implications for counselors. Hypothyroidism is considered a disorder which is often misdiagnosed (Tallis, 1993). It is characterized by a deficit in thyroid hormones and affects five to ten percent of individuals in the U.S. (Haggerty & Prange, 1995). The lack of thyroid hormones creates changes throughout the body and is accompanied by some symptoms that mimic those of depression. Individuals with hypothyroidism may experience low energy, feelings of being tired, and depressed mood. There may be weight gain, lack of appetite, and increase in amount of sleep one gets. One may also have difficulty with concentration and memory (Tallis, 1993).

Implications for Counselors

A counselor may assume that his or her client is depressed and implement a treatment plan to assist the client with the depression. One might quickly say that such a client is referred to a physician who may prescribe antidepressant medication. If a client is referred to a physician, most likely blood tests are given to determine if the person has hypothyroidism. It seems simple enough, but it is not always this simple.

Hypothyroidism can be described along a continuum from mild to severe (Haggerty & Prange, 1995). Someone who has a milder form of the disorder may present with fewer symptoms but may include low mood and lack of energy (Haggerty & Prange, 1995). The depressive symptoms of this person may not seem severe enough to refer the person to a physician for antidepressant medication; therefore, a blood test that might identify hypothyroidism is not undergone by the client. If the client has hypothyroidism, even at a less severe level, the symptoms of depression, low energy, and difficulty in concentration may not improve with counseling. If the hypothyroidism is treated, the client's low mood may abate without further counseling (Tallis, 1993). It is also possible that a client has both depression and an endocrine disorder and that both would need to be treated (Tallis, 1993).

Need to Become More Familiar

It would be helpful if counselors became more familiar with some of the physical disorders that have psychiatric symptoms. Special attention could be focused on the answers given by the client concerning physical health. Exploring the health of one's family of origin would also be helpful. For example, hypothyroidism is more common in individuals who have a first degree relative who has a thyroid disorder (Haggerty et al., 1990). Incidence of hypothyroidism is higher in females and increases with age. A person who did not have hypothyroidism at 25 may develop it later in life.

It seems more important than ever that counselors develop a better understanding of their clients' physical health. How does one's physical health influence one's emotional health? What are the interactions between physical and mental health? How might we use that interaction to better understand our clients and provide more effective counseling interventions? No one expects a counselor to diagnose or treat physical illnesses, but it would be helpful for counselors to develop an awareness of the physical illnesses that have psychological symptoms. Medical treatment of these physical illnesses can reduce or eliminate psychological symptoms in most cases. Without

(Continued on page 19)
Financially Sound Year for CSI

Diane Shepard-Tew
CSI Treasurer

As of April, 1996, once again the Executive Council can report an active and financially sound year for CSI. The anticipated income for 1995-96 was 14.5% above projections. Although all of the expenses (such as convention expenses, chapter rebates, etc.) are not yet accounted for, our income for 1995-96 (as of April 1, 1996) has been $148,019 with expenditures of $116,195.

Increase in Income

The increase in Income is due to a 9% increase over projections in the new members and renewals fees. It also reflects a 53% increase over anticipated retail sales in honor cords and other memorabilia. Due to this increase, this year CSI is returning the largest rebates to its chapters.

As with last year, we experienced an increase in the headquarters’ and member services area of the budget. It costs more to maintain and increase services to an increased membership.

Higher Expenses

For example, the printing expenses increased by 47% and postage expenses increased by 25%. The newsletters, pins, and certificates were more costly then anticipated. Headquarters also purchased new computer equipment and software and hired a consultant to streamline member services, record keeping and budget/accounting functions. Kelley Rowland, the Chi Sigma Iota administrative assistant, has been able to handle financial, chapter, and member matters much more efficiently and quickly than previous years.

Since the organization is in a growth pattern, council members will be considering new technology which will eventually reduce expenses. For example, use of E-Mail, an Internet homepage, and desktop publishing would greatly reduce the costs of printing, mailing, and telephone calls. In the coming year, there may be an increase in the headquarters’ category to further upgrade equipment, software, and our staff’s knowledge of technology. These expenses will be outweighed by the increase in number and quality of member services.

Both the long term and short term investments are continuing to increase in value. Over the past few years CSI has donated a total of $3,000 to the ACA Library paying the final installment of $500 this year.

Financially Sound

Overall, CSI is financially sound. I will be recommending at the Executive Council meeting this spring an increase in the expenditures for headquarters, which will facilitate more efficient member services. At the same time, I will be encouraging the council to consider protection for our assets so that we remain fiscally sound during periods of less growth.

Chi Sigma Iota
1995-1996 Treasurer’s Categorical Budget Report

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<th>Actual Expenditures</th>
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Chapter Happenings
Shawn Scholten
CSI Associate Editor

Alpha Zeta Chapter
Alpha Zeta at Our Lady of Holy Cross College in New Orleans held its annual spring luncheon at English Turn Golf and Country Club. Approximately 100 people were in attendance at the initiation luncheon, including Alpha Eta, the UNO chapter, who joined in for the ceremony. The guest speaker was Mary Thomas Burke, president-elect of Chi Sigma Iota. She spoke to the attendees about mentoring and the role it plays in becoming a professional counselor.

Twelve new members were initiated. Outstanding contributions by members were also recognized. This year’s Outstanding Chapter Member Award recipient was Judith Miranti, who has been an active member of Alpha Zeta and has served as its faculty advisor since the chapter received its charter in 1986. George Hay was this year’s recipient of the Outstanding Practitioner Award for his many years of service and contributions to the counseling profession.

Since it was CSI’s tenth anniversary, past-presidents -- Sr. Immaculata Paisnat, Sybil Skansi, Jane Chauvin, Judith Miranti, Beverly Nugent, Karen Pique, Wendy Grubb, Sara-mae Daffer, and Linda Rabalais -- were honored for their service. The new officers who were installed included President Dawn Ferrara, President-elect Susan Cooley, Secretary Marianne Terrebonne, Treasurer Sandra Landry, Practitioner Representative Carol Miers, School Counseling Representative Jane Rimmer, Representative-at-Large David Hollingsworth, Graduate Student Representative Stephen Lazzari, Past-president Linda Rabalais, and Faculty Advisor Judith Miranti.

A spring seminar was also held by Alpha Zeta, and Mary Thomas Burke was the guest speaker. She, along with other local counselors, presented on the topic “Spiritual Dimensions of Counseling.” The July meeting featured a presentation on "Morita Therapy-Part II." An August general meeting featured the topic of "Imago Therapy."

Lambda Nu Chapter
On April 27, several members from the Lambda Nu chapter at Hofstra University volunteered to be a part of "Christmas in April." Christmas in April, Inc. is a non-profit, non-partisan, non-sectarian organization which brings together people of all faiths and walks of life to assist people in need. This program is an effort to help repair and rehabilitate homes of the poor, elderly, and disabled.

The work that was done by Lambda Nu members was for an elderly woman who had broken her ankle, rendering her disabled. The volunteers cleaned her yard, cut down trees and branches, trimmed the shrubs, and cleaned off the roof. They filled over 30 trash bags in just a few short hours. The effort was not only a success but also was enriching and fun as well.

If other chapters would like to become involved in Christmas in April, information can be obtained by writing Christmas in April, Inc., P.O. Box 1554, North Massapequa, New York 11758 or by calling (516) 541-7322.

On the evening of May 6, Lambda Nu held their third annual induction ceremony. The chapter had Courtland Lee, past-president of Chi Sigma Iota and president-elect of the American Counseling Association, as their keynote speaker. Lee also presented a workshop on Ethics in Multicultural Counseling. He gave students and professionals the opportunity to ask questions related to his area of expertise.

Epsilon Tau Chapter
The Epsilon Tau chapter at East Texas State University recently held a summer initiation and banquet. Summer initiatives included Cindy Dooley, Cami Johnson, Christine Massey, Diane McDowell, and Amy Siniscalchi. At that meeting, Cathy Woodyard, editor of the Chi Sigma Iota Newsletter, spoke on "Helping Clients Find Their Stories."

Alpha Mu Chapter
Janet Rhodes, Tina McElravy, and Jody Strickling have received Alpha Mu’s Chapter Leadership Awards for 1995-96. Janet is serving as president of Alpha Mu, Tina produces the chapter newsletter, and Jody serves as chapter treasurer.

This past spring the chapter presented its annual all-day program, this year focused on “Dealing with Parents and Children.” Steve Perkins emphasized talking with parents on self-management and family atmosphere. Jim Feicht presented practical techniques for helping parents be better parents. Susan Tennill encouraged counselors not to blame the parents for problems but to help them develop better coping and decision-making skills. Sandy Lopez-Baez discussed ethno-cultural development and the differences between cultural awareness and cultural sensitivity.

Editor’s note
This is Shawn Scholten’s last contribution for the CSI Newsletter as associate editor. She began writing for the Newsletter as a CSI intern and continued as an associate editor when her internship expired. A sincere thanks to Shawn for her commitment and many contributions.

Chapters wishing to submit future articles for the “Chapter Happenings” column may now send them to Linda Duggan, P.O. Box 1805, Forney, TX 75125. Also, all chapters are encouraged to mail their newsletters to Linda so that chapter activities can be highlighted.
Roasted Ritual

Cathy Woodyard
CSI Editor

Late one night not long ago, I found myself wrestling with feelings of deep remorse concerning changes in a relationship in which I was involved. Realizing that what we once shared would no longer be, I sadly recognized that it was time to let go, time to move on. Reluctantly, I decided to do what I often encouraged my clients to do -- I would perform a ritual as an act of releasing and letting go.

I began my ritual with writing. I filled pages with sentences which started, “I am willing to release . . .” and ended with desires, wishes, and hopes that I realized were not to be. The writing did what I wanted it to do. It put me more in touch with my feelings of grief over the loss of a playmate, companion, and best friend.

Continuing my ritual, I next went through old snapshots, selecting one which captured the relationship we used to share. I wept as I looked at the picture and read aloud the statements I had written.

Finalizing My Letting Go

To finalize my letting go, I decided to tear up and burn the writing and the snapshot. Tears streaming down my face, I headed into the dark back yard toward the bar-b-que pit. Once there, I heard nearby neighbors shouting and singing. Feeling intruded upon, I retreated back inside the house.

Still feeling it necessary to complete the ritual, I went to the kitchen and found a small pie tin. I turned out the light and began to burn -- piece by piece -- the shredded snapshot. As I lit one small scrap and watched its edges curl, I quickly grabbed another piece, lit it, and dropped the rapidly disappearing ember before it scorched my fingers. This was not working very well; so, with the lights back on, I hunted for a small candle, placed it in the tin, and returned once again to the darkness. Having to work by this time to recapture my “feelings,” I gradually built a small fire around the candle with charred photograph pieces. Then I began to tear the pages of “grief” into fragments and added them one by one to the fire.

It then occurred to me that this fire (of which any Girl Scout would have been proud) might be scorching the counter underneath the tin. Not wanting the flame -- or my feelings -- to waver, I quickly reached for a skillet from inside the cabinet, grabbed a set of pot holders, and scooped the flaming tin into the pan. Now, beginning to get a little weary -- and much less teary -- I tore the pages more quickly and fed them to the growing flames.

Soon, I had torn up all the pages, burned the picture, felt my feelings, and was quite ready to "move on." I had completed my releasing.

But there was this fire.

Wanting to Move On

The wax from the candle had spilled out into the tin when I had maneuvered it into the skillet, and now it seemed the flames would continue to burn for hours. This was not what I wanted; I was finished releasing; I wanted to move on. Since I was right by the sink, I scooped a handful of water and doused the flames.

WHOOSH. The cabinets barely escaped the shooting torch. Grabbing the skillet, I eased it into the sink, but the flames continued to roar.

The tears had long since ceased, and I could do nothing but roll my eyes toward heaven as I envisioned the headlines: "Relationship Released--Residence Roasted." I was quickly brought back with a sudden -- Bzzzz! The smoke alarm began to blare. Having had my feelings in the dark with eyes already blurred by tears, I had not noticed the house filling with smoke. Quickly turning on the exhaust fan and opening the doors, I found my tears replaced with giggles.

Meanwhile, the fire continued to rage in the sink. I remembered from a childhood experience (one involving the fire department and graham crackers -- I’ll not go into that here) that baking soda was sometimes a good extinguisher. Reaching into the refrigerator and grabbing a handful, I took a large step back and pitched the soda from several feet away. I missed. I tried again, but the flame flickered and quickly darted to another area of the tin.

The giggles grew to full laughter as I began to hunt through the cabinets for a lid to smother the fire. There was not one, of course, so I grabbed a sheet of aluminum foil, folded it in half, and threw it over the skillet.

Smoke poured from beneath, but after a few seconds, I lifted the "lid" to find the flame gone and a smoldering lump of charred paper, wax, and baking soda.

A Cleansing Process

In Evan Imber-Black’s book Rituals in Families and Family Therapy, she writes that the letting go actions of a ritual often “assist people in moving beyond traumatic events” and “facilitate a cleansing and healing process.” While I doubt she was thinking of incidents such as mine when she wrote these words, I truly did feel somewhat cleansed and further along in my healing as I, laughing and fanning my way through the smoke-filled house, emptied the “remains” of the “released” into the backyard.
Book Review

Enrichment and Encouragement in Marriage

Lynda Dinter
Delta Gamma Chapter

Overview

Time for a Better Marriage is well written by distinguished authors. It is based on techniques from several theoretical foundations and provides many examples and exercises designed to be completed by individuals, couples, and/or groups. This workbook would be effective not only for married couples but also for those in any intimate relationship. The workbook is easy to read and moves along quickly. It is made lighthearted by its many illustrations by John Bush which are sure to invite togetherness. Most importantly, the workbook promotes choice, not blame. Although it is basic for practitioners, I highly recommend it for their clients.

Physical Illnesses

(Continued from page 15)

such medical treatment, clients may not improve or even get worse.

References


becoming CSI president. My goals for CSI would be to:

**Continue present initiatives:** implementing regional coordinators; establishing an academy of distinguished leaders; chapter faculty and leadership network; expanded use of the Internet, particularly the creation of a home page for CSI.

**Develop regional programs:** conduct programs at regional ACES conferences; encourage state and regional networking; encourage closer links with state counseling organizations; provide training for chapter leaders and advisors.

**Advance diversity in membership and leadership:** develop effective means of inviting individuals from diverse backgrounds to join CSI and assume leadership positions.

**Enhance the research mission:** establish mini-grants for action research projects between student and professional members; explore feasibility of a CSI research journal.

**Provide program ideas to chapters:** creative suggestions for programs and member involvement; use of the Internet and a video loan program to disseminate program ideas to chapters.

**Encourage greater participation in the CSI awards program:** develop creative means to generate more enthusiasm for the awards process at the chapter level.

The present success of CSI is the result of many dedicated professionals doing outstanding things for a worthy goal — encouraging excellence in our profession, both in preparation and in practice. I would welcome the opportunity to serve as your president and would work hard to carry on the rich tradition of CSI.