"No one understands. I wish I had a cast or a brace so there would be something visible to show how bad I feel." "Are you saying this pain is all in my head? Let me tell you my back hurts, not my head." I have counseled in the field of pain management for over six years, and I hear comments like these more often than not. The feelings of isolation are evident, as well as the frustration and anger. I work with people who hurt, both with and without organic etiology, and who more times than not feel misunderstood by the host of medical specialists they've seen. I work with people who hurt and feel let down by the "system" and their own efforts to "get better."

**Chronic Pain: The Symptoms and the Disorder**

By many definitions, chronic pain is any pain that is of more than three months duration, often defined as "benign" or "intractable" pain, which means that in and of itself it won't kill a person, but it also will not "go away." Chronic pain differs from acute pain in that acute pain is manifested with an injury (touching a hot iron, appendicitis); the injury is treated with care, and in time, it heals and the pain subsides. With chronic pain, there may or may not be a trauma or an organic "cause," and the pain itself becomes the disease which has multiple biological, psychological, and sociological consequences. Some examples of this type are back and neck pain, headaches, neuropathy, and fibromyalgia. Chronic pain, over a period of time, can overwhelm the person, and suffering is increased as a result of the stress experienced. There is often an increase in symptoms simply related to the ongoing experience, the chronicity that wears away at the fabric of the life and the coping skills of the individual. Symptoms such as fatigue, muscle tension, and insomnia usually become major factors in treatment. Feelings of anxiety, depression, and isolation are common. Withdrawing from others and having others withdraw from the patient are some of the behavioral manifestations of chronic pain. And spiritually, people can feel beaten down, as though they are swimming upstream against accepted cultural norms and productivity expectations, losing faith in both themselves and any kind of a loving higher power.

**Behavioral Medicine**

While many physicians appropriately address chronic pain symptoms with medical procedures and pharmacological approaches, as a mental health professional I work with assisting people in understanding their disorder, in decreasing their feelings of anxiety, depression, and isolation, and in increasing their coping skills in managing "the pain" which has become the locus of their lives.

It is interesting and fulfilling work and allows me to address a full spectrum of "typical" counseling issues most mental health professionals face but with an added physical overlay that permeates our sessions just as it permeates the environments of my clients. Counseling sessions may address family dynamics, may be conjoint sessions, may address maintaining jobs or returning to work, and may focus on improving the quality of life and functioning of my clients. Counseling sessions address depression, anxiety, grief, loss and acceptance, assertiveness training, interpersonal skills, and the cognitive schema that may be exacerbating symptoms and defeating the best of intentions to improve.

As with any counseling relationship, establishing rapport and setting reasonable treatment goals and objectives are criteria for any successful outcome. With people who have been "through the medical mill," rapport and trust are understandably often most difficult of all. It is not easy for someone to believe that a therapist or anyone else can actually "know" they hurt and still want to treat them as a "head case," but that is exactly what has to happen if we are to begin the process of accepting the pain as a fact but treat the suffering as optional.

**Treatment Interventions**

Use of psychotherapeutic interventions, biofeedback training, relaxation skills, and self-hypnosis are the tools of my trade, and they assist many of my clients in "managing" their pain while they work to regain varying degrees of control over their lives and activities.
CSI: New Seas to Sail

Mary Thomas Burke
CSI President

It is exciting for me to be writing to you at this challenging time in Chi Sigma Iota's history. Under the leadership of the very outstanding professionals who have served as our presidents, Chi Sigma Iota has distinguished itself as an honor society of considerable vision and remarkable success. With our executive director, Tom Sweeney, at the helm, the Chi Sigma Iota ship has sailed through low and high tides but has always emerged riding the crest of the waves of success.

I hope this trend will continue during my tenure as president. We have new seas to sail and new ports of call along the way. I want to challenge us to embark on a journey of getting in place our regional groups and setting sail to different ports of call for the regional meetings. This way we will be sure to build up a greater camaraderie among our colleagues across and among our regions.

I further challenge us to sail to foreign ports and enlist those who are only waiting for an invitation from us. How rich Chi Sigma Iota has made my life! I am sure many of you can say the same. Why then don't we resolve to enlist our colleagues beyond our shores to establish Chi Sigma Iota chapters in their regions?

A third challenge I would like to propose is that of recruiting our professional colleagues at our home port base. How many of us have invited our local professional colleagues to become an integral part of Chi Sigma Iota? Well, now is the time to begin. Please invite at least one colleague whom you know will meet the standards of Chi Sigma Iota and see the possibilities for our organization. We are not an elite society; we are an honor society of elite persons who strive for excellence, and we certainly receive more than we give.

It is an honor for me to serve as your president. I look forward to the journey.
Why Do You Belong to CSI?
Thomas J. Sweeney
CSI Executive Director

I was fortunate recently to hear a scholar in leadership talk about the differences in organizations and their purposes for being. Tom Sergiovanni, professor and consultant from Trinity University in San Antonio, Texas, explained that we have tended to lump all organizations into one group and discuss leadership within them as a general type. The consequences of this can be most unfortunate.

As he explained through illustration, we all belong to organizations which involve social contracts. Whether it be with an employer or someone from whom we want and expect to gain something in return, we overtly or covertly expect a quid pro quo, i.e., this for that. Traditionally, this has been a marketplace strategy based upon economic theory and practice. He noted with some concern that there seems to be a tendency of like thinking when it comes to non-traditional applications such as in marriage relationships and other institutions where traditionally social covenant relationships should be the norm.

Research and my experience has demonstrated that when extrinsic motivators are introduced into an otherwise intrinsically satisfying activity, the intrinsic motivation tends to be extinguished. In its simplest terms, if your employer stops paying you, you will not continue working for them much longer. If you belong to an organization such as Mothers Against Drunk Driving (MADD), on the other hand, the weather may be cold, wet, and otherwise miserable, but if you truly believe in the cause, you will be out in the bad weather demonstrating that is what is required. You do so because of the common beliefs, the common commitment, and the conviction that everyone’s effort makes a difference.

Covenant Organization
Leaders for these two types of organizations, i.e., social contract and covenant contract, as well as those that fall somewhere in between them are likely to be just as different as the members who make them up. Charisma, communication skills, vision, and other attributes of high-profile social contract organizational leaders may be less important in the leaders in covenant organizations. I believe that CSI is a good example of a covenant organization because of our mission and the fact that leadership comes from the grassroots up rather than from the top down.

What seems to be most important from my perspective is the reason for our individual memberships. Why do we choose to join CSI in the first place? Will we quit the first time that it is not convenient or does not have an extrinsic, quid pro quo?

I have heard it said that $20 a year to renew seems like a lot to students or those new in the job market. Maybe that's the reason some members drop out of active membership. I just picked up my clothes at the dry cleaners in preparation for two CSI initiations this weekend. The bill was over $22 for a suit, slacks and two shirts. I stopped at the store on the way home to get a few groceries for dinner. The total was more than $20.

I recently renewed my membership in a national hobby club; the dues are $45, principally to cover the cost of the publication.

What Do Your Dues Support?
CSI sends a $6 rebate to chapters for each of their active members. That means $50 per month goes to your chapter for each active member. The remaining $14 funds our quarterly newsletter including the special topic issues, the awards program, Fellowship and Intern Programs, chapter initiation speakers including the Academy of Leaders and the

(Continued on Page 13)
Another program year for CSI has come and just about gone. It is hard to believe that it has been a year since the Executive Council held its annual planning session in Greensboro May 31-June 2. As a result of the hard work of the Council and committee chairs, we are closing one of our best years. Our successes were celebrated at CSI Day at ACA in Orlando on April 4th and 5th.

Goals Accomplished

We established several major goals for 1996-97. Membership growth was identified as a major focus for the program year. As of March 31, we have reached right at 7,000 active members and our total number of chapters has grown to near 170. I am sure when we get the final April 30 report we will have reached 7,000 membership and 170 local chapters.

Several specific task groups were established to focus on identified program needs. Jane Myers headed up a task group to look at our awards program. An outgrowth of the work of this group was the production of a handbook for chapters to use in developing their awards programs and for applying for national CSI awards. This handbook will be made available to all of our CSI chapters. Another task group headed by Courtland Lee developed a handbook for chapter use in planning and implementing initiation programs. The Leadership Development task group headed by Mary Thomas Burke planned the activities for chapter leaders at the ACA Convention. More than 50 leaders attended the event held on Friday afternoon at the University of Central Florida.

Regional facilitators have been recruited and are functioning in their regions. Those present at CSI day reported great interest in creating more networking among CSI chapters in the region.

The capstone of our CSI year was the creation of our Academy of Leaders for Excellence. Fifteen of our past leaders were inducted into the Academy as charter members on CSI Day. All had a chance to speak concerning their views of leadership and what becoming a member of the academy meant to them.

Thanks and Congratulations

Thanks to Don C. Locke for a great awards program. He and his committee did an outstanding job in collecting the materials and making the decisions concerning the awards. His handling of the awards program was very special, and we owe him a debt of thanks for all of his hard work.

Congratulations to Bill Nemec, our president-elect, and Scott Gillig, our treasurer-elect for 1997-98. Now we are looking for candidates for 1998-99 for the offices of president-elect and secretary. I am now accepting nominations for these offices. Please let me have your nominations soon as our nominees will need to get their information to Cathy Woodyard for the Newsletter election edition. My thanks go to Courland Lee, past-president who was responsible for the process which selected our ten fellows and two interns for the year. Thanks also go to Diane Shepard-Tew for her hard work as treasurer and for arranging for the Executive Council and leadership development participants to meet at the University of Central Florida on Friday of the convention. And thanks to Mary Thomas Burke for her work on CSI at ACA. It was a great day, and her hard work paid off for all of us. 1996-97 was a great year for CSI. 1997-98 will be even greater.

Over the years, CSI has been fortunate to have “silent” donors give more than their annual renewal dues as a generous contribution to our efforts to recognize and encourage excellence within the profession. With their permission, we wish to publicly thank those who have been gracious in their giving in the recent past and acknowledge their commitment to excellence beyond that which is expected.

We will be formalizing some of our activities in the near future such that donors will be able to designate favorite projects or services which they especially wish to support. In the meantime, to all who have donated recently or in the distant past, our most sincere thanks!

Mike Koyama, Alpha Beta
Lin Patterson, Alpha Chi Omega
Susan F. Patterson, Alpha Chi Omega
Carol Jones, Alpha Epsilon
Maureen M. Moore, Alpha Rho
Michele Bennett, Alpha Tau Chi
Mary C. Dermody, Alpha Zeta
Jeanne B. Ruda, Alpha Zeta
Ruth M. Kummer, Sigma
Sharon A. Braun, Sigma Epsilon
Robin L. Daniel, Upsilon Nu Chi
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CSI Day in Orlando

Fellows for 1997-98 were Ken McCurdy, Bill Mullis, Sae-Jin Kim, Victoria Root, Anne LaRussa, Catharine Chang (intern), Tollynn Carson (intern), Joan Orman Harris, Melanie Woodard, and Barbara Milton Glassford.

President-elect-elect Bill Nemec visits with 1997 interns Carol Verhulst and Linda Leech at the wine and cheese reception.

Don C. Locke awards Sam Gladding the Thomas J. Sweeney Leadership Award.

President Pete Warrens turns the gavel over to President-elect Mary Thomas Burke.

Among the charter members of the Academy of Leaders are CSI past-presidents Tom Sweeney, Joe Wittmer, Joe Kandor, Judith Miranti, Courtland Lee, and Larry Loesch.

At the meeting of focus groups, intern Carol Verhulst provides information on submitting awards packets.
CSI Leadership Development Workshop: Web Pages, "Topless" Carwashes, and Bubbles

Catharine Chang
CSI Intern

Mary Thomas Burke welcomes over 50 participants to the CSI Leadership Development Workshop.

Leadership, web pages, "topless" carwashes, and bubbles. What do all these things have in common? They were all topics of discussion at the CSI Leadership Development Workshop in Orlando during the ACA World Conference. Chi Sigma Iota sponsored this workshop for chapter leaders, aspiring leaders, and faculty advisors to help address various issues and concerns related to leadership development, programming, and running effective meetings. This workshop also provided chapter leaders and aspiring leaders an opportunity to learn from and interact with distinguished international leaders and up-and-coming leaders.

Programming
The workshop began with Judy Miranti sharing the secrets of her success in programming at the chapter and state levels. Judy showed how programming can be fun, provide opportunities for growth, and increase the chapter's bank account if you keep your focus on the issues related to membership. The secret to programming is to provide programs that are creative, fun, and meaningful. Judy shared various successes with programming which included the SpringFling, the topless carwash, and wrapping. For more specific details and additional information on these program ideas, contact one of the 55 to 60 attendees — or better yet, join the CLN (Chapter Leadership Network) listserv.

Developing Leadership
Have you ever wondered if leaders were born or if leadership was a developed skill? Jane Myers skillfully and creatively answered this question during her technologically advanced powerpoint presentation [with its own applause section]: Emerging Leaders: How Are They Developed? A fundamental purpose of CSI is to promote leadership development. That means first being able to recognize the characteristics of a good leader. Jane Myers not only described the characteristics of a good leader but also reviewed the tasks of effective leaders and applied these to CSI chapters. Myers sent a message to chapter leaders: Remember to represent and respond to the needs of the members, respect the members enough to lead them, and be a team player.

Productive Meeting
Even a good, effective leader needs help keeping meetings from getting bogged down with agenda items and overzealous members. Meetings can be productive and issues can be resolved before they get out of hand with the implementation of parliamentary procedure. Through the use of cartoons, rhymes, and bubbles, Don Locke expertly and humorously explained the fundamentals of parliamentary procedure and their utility within chapter meetings. Three rules of parliamentary procedure to remember are motion without exception, friendly amendment, and limitation of discussions.

Professional Members
The final program of the workshop dealt with attracting and keeping professional members. Linda Leech, CSI intern, applied her experience with the business industry to the recruitment of professional members. Linda suggested approaching the recruitment of professional members as a business person would approach the merger of businesses or the selling of a specific product: identify the target group, identify mutual goals, and emphasize the benefits for both the professional member and the chapter.

Conclusion
The Leadership Workshop provided information, insights, suggestions, motivation, and fun for both the veteran and the aspiring leader. One could not help but be inspired to implement the day's learnings to their chapter. The Leadership Workshop ended with an informal wine and cheese reception where attendees interacted with the presenters and other CSI leaders and discovered that CSI leaders are truly invested in the development of aspiring leaders.

Following the workshop, CSI fellow Kenneth McCurdy attended the wine and cheese reception hosted by the University of Central Florida.
Searching for the Common Link
Linda Leech
Alpha Chapter

Education programs designed to acquaint counselors with the issues pertaining to a culturally diverse clientele often focus on increasing awareness of differences and developing an understanding of one’s own cultural and racial identity. A common emotion following the completion of such a class seems to be frustration that knowing and understanding uniqueness and difference, though an important first step, does not result in an understanding of how to move beyond the differences to an inclusive environment in which the contributions of all individuals are not only welcome but also necessary.

A wise client once explained his newfound self-awareness in these terms: I feel like the man at the airport who goes into the restroom to straighten himself up. He looks at himself in the mirror, combs his hair, fixes his tie, and adjusts his collar. He walks back out into the lobby thinking he’s looking really good. What he can’t see that everyone else can is the long strip of toilet paper stuck to the bottom of his shoe. He doesn’t know it’s there, but it’s okay because he can’t see it. Once someone points it out, the man is embarrassed and feels terrible all day. Since I have become aware of how I really am, that piece of paper on my shoe feels like an enormous chain that I can’t get rid of.

The similarity of this client’s experience to the state of multicultural education in the counseling profession is interesting since most counselors would encourage this client to pick up his chain, study the links for strengths and weaknesses, and figure out ways to use his chain as a tool rather than an instrument to restrict his freedom. The reality is that all people have these chains. The trick is bracing the weak links and using the strong links to bear the weight when the chains are connected with others.

Operationalizing Multiculturalism

The Ohio Association of Counselor Educators and Supervisors and Chi Sigma Iota Alpha chapter linked their resources together to find a way to "operationalize" multiculturalism in the counseling profession in Ohio. David Stone, President of OACES and faculty member at Ohio University, felt that in spite of the growing awareness of multicultural issues in counselor education programs, little had changed in the cultural makeup of these programs, clientele of counselors, or the practice of counseling. "The problem seems to be a lack of models," said Stone. "There just are not many places you can go to see how it's supposed to work. It seems appropriate that models should come from counselor educators and their students since they are the leaders and potential leaders of the profession."

OACES and Chi Sigma Iota scheduled a series of three meetings to be held in different areas around the state. Educators and students from counselor education programs participated in day-long meetings to develop a statewide action plan for making the counseling profession in Ohio more inclusive and representative of the diverse population it serves. The plan was to include specific tasks and steps which when implemented would increase the ownership of counselors in Ohio in the process of encouraging multicultural representation in all areas of the profession.

Team Building Approach

Planning meetings utilized a team building approach in which all participants worked in small and large groups to address questions posed by myself, the facilitator and president of Chi Sigma Iota Alpha chapter. Team building approaches seek the collective wisdom, knowledge, and experience of the group with equal weight given to all contributions. There is no voting, and agreement or consensus is not sought. Instead, the contributions of all members are blended into a plan which weaves together all ideas and suggestions. The creation of a shared vision statement provides the focus for the development of jointly created goals and activities.

Discussions centered around the following questions:

Who are groups or individuals which are mostly likely to be affected by the work of this group?

If the counseling profession were truly culturally inclusive and representative, what would it look like?

What does the counseling profession currently look like in terms of its cultural representativeness and inclusiveness?

What stands in the way of the counseling profession being more inclusive and representative?

What will we do to remove the barriers which stand in the way of achieving our vision?

Using these questions, participants described how they wanted things to be, figured out where they were now, identified the things that stood in their way, and then went about finding a way around the barriers. Much was accomplished, and many important things were covered over the course of a day.

Objectives Defined

Objectives defined by the participants included the development of ways to make the training and education of counselors more representative and inclusive of a diverse population and the portrayal of professional counseling in a manner which emphasizes the representativeness and inclusiveness of professional counseling. Other objectives included the development of a sociopolitical structure which encourages inclusiveness, diversity, and cultural representativeness; the development of ways to make the practice of counseling more inclusive and representative; and the identification and involvement of all stakeholders in the implementation of strategies.

The entire plan is too lengthy to be presented here. However, groups identified a number of exciting strategies for effectively incorporating multiculturalism into counselor education. Participants recognized the need for integration of multiculturalism into the entire curriculum rather than presenting specific courses. They recommended the establishment of a task force to work with accrediting bodies to review the current teaching of multiculturalism.
The Counselor as an Agent for Wellness

J. Melvin Witmer

Quest for Identity

The quest for identity in the counseling profession is a recurring theme. When I was a school counselor more than 35 years ago, a national study was conducted on the role of the school counselor. As school counseling evolved into multiple emphases in counseling, the identity issues became more complex. For example, substance abuse, mental health counseling, employee assistance, and most recently marriage and family counseling have broadened the work settings, the populations served, and extended the knowledge base required to provide counseling services. In the March, 1997, issue of Counselor Education and Supervision, Hanna and Bemak (1997) reviewed the quest for identity in the counseling profession. While they arrived at no singular conclusion, they noted that the quest for a unique identity may be an illusion but hold out the possibility of a theoretical and philosophical identity that distinguishes counseling from the other helping professions.

I do not believe that we can ever establish a unique identity that distinguishes professional counselors from psychologists, clinical social workers, psychiatric nurses, or psychiatrists. We can be distinguished for our emphasis on a particular philosophy and approach to the process of facilitating personal problem-solving, resolving developmental and life-transition issues, and developing human potential. This does not preclude mental health counseling which is now being driven by the diagnosis and treatment of mental and emotional disorders. What I am proposing is a holistic and wellness philosophy in working with all our clients whether the focus is developmental or pathological. A biopsychosocial perspective based upon developmental and wellness principles has applicability to all persons across age, gender, culture, and the specific client needs. Such a developmental, preventive focus would further distinguish counseling from the other mental health professions without compromising our ability to provide an array of services to a variety of clients in different settings.

In a special wellness issue of the Journal of Counseling & Development, Myers (1997) argued for wellness, prevention, and development as the cornerstone of the profession. She noted that the American Counseling Association's (ACA) unique contribution to a wellness philosophy lies in the profession's concern for development over the lifespan. ACA in a 1989 statement committed itself to a proactive stance in relation to wellness issues in a resolution for the counseling profession as an advocate for optimum health and wellness. I believe very strongly that the above philosophical positions point us in the direction that we should be going. Sadly, however, my observation is that we are on the crisis intervention and pathology road. Major change forces will have to occur to redirect our emphasis.

We need a wellness model, professional leadership, and clinical testing of the applicability of wellness principles and practices to developmental, preventative, and remedial services.

A Holistic Model for Wellness

I wish to propose a holistic model for wellness and prevention that was presented by Witmer and Sweeney (1992) in the special wellness issue of the Journal of Counseling and Development. An updated version of the model is described more fully in a chapter by Witmer and Sweeney in Alderian Counseling: A Practitioner's Approach (Sweeney, 1997). The model is based upon five life tasks and 16 dimensions that describe the well person. These characteristics, when they are part of one's beliefs and behaviors, contribute to wellness development, prevention of pathology, and the remediation of dysfunction. In 1993, we began to develop an instrument to assess wellness based upon the dimensions of the model. Jane Myers (1997) is now the lead author in the research stage of developing an assessment instrument, Wellness Evaluation of Lifestyle Inventory (WELI).

The characteristics of the healthy person over the life span are described under five life tasks, which are likened to a wheel of wellness. The characteristics of wellness are expressed through the five life tasks of Spirituality, Self-Direction, Work and Leisure, Friendship, and Love. These life tasks dynamically interact with the life forces of family, community, religion, education, government, media, and business/industry. Global events, both natural and human, have an impact on and are affected by the life forces and life tasks.

At the center of wholeness is Spirituality (e.g., faith, prayer-ination-reflection, enlightenment, purposefulness, love, and service). Self-Direction is the second life task, which includes such characteristics as sense of worth, sense of control, realistic beliefs, sense of humor, exercise, and nutrition. Work and Leisure as a third life task not only afford economic sustenance but also serve psychological and social functions. The fourth life task of... (continued on p.14)
Mood, Type A Behavior Pattern, and Aerobic Exercise: The Counselor's Connection

Susan Duvaney
CSI Associate Editor

Aerobic exercise has long been thought to contribute to the maintenance of sound mental health. Thousands of articles, professional and popular, address the effects of aerobic exercise on current state anxiety, motor tension, and autonomic hyperactivity. The American College of Sports Medicine (ACSM) recommends an optimal exercise frequency of three to five times per week, 15 to 60 minutes per session, for life. Recommendations for intensity of this training (and yes, you are training if you exercise regularly — even if you are "only" walking) range between 60% and 90% of maximum heart rate reserve and can be measured through monitoring pulse rate.

Anxiety Rate

The anxiety-reducing effects of an aerobic workout (where arms and legs move rhythmically for at least 15 minutes) are dependent on the length and intensity of the workout and appear to last between four and six hours. These effects are more pronounced in persons with elevated clinical anxiety, which might lead counselors to recommend regular exercise programs to clients for the purpose of alleviating anxious mood. A major benefit of regular workouts is essentially keeping anxiety in check one step at a time through a string of individual exercise sessions. Relaxation benefits also are associated with consistent aerobic activity, although quiet rest, meditation, hypnosis, progressive relaxation, and biofeedback produce similar benefits. It may be that exercise is like other divisions in this regard; it makes thinking troublesome thoughts nearly impossible — at least for the meanwhile.

Type A Behavior Pattern

But for some individuals, troublesome thoughts, particularly loss of control, are difficult to manage. The Type A Behavior Pattern (TABP) was hypothesized by Friedman and Rosenman in 1974 as a means of predicting heart disease in seemingly healthy white males. Persons exhibiting TABP tended to be more hyper-responsive to environmental challenges, aggressive, and hostile than their more easy-going counterparts. They responded more keenly to mental, physical, and emotional conditions requiring even a low level of response, although they were unaware of heightened physiologic arousal. They were also more than twice as likely to develop premature (before age 50) coronary artery disease.

Although aerobic activity is an effective intervention for reducing Type A Behavior Pattern among otherwise healthy individuals, TABP is highly resistant to change. Many Type A's do not engage in regular exercise and resist the idea of fitness; however, once they commit to personal fitness, they tend to embrace their workout sessions with the same dedication and energy previously reserved for other challenges. Some observers speculate that the hard-driving, competitive nature of the Type A, when applied to exercise, leads to intense, possibly excessive workouts. When Type A individuals are successful, their coping response helps them gain control of the environment and acquire concommitant feelings of mastery. When unsuccessful, they ignore evidence that control is not attainable and redouble their efforts to succeed. Only when recognition of failure is inescapable do they cease. A growing body of evidence indicates that persons who do not attend to their psychological and somatic reactions to stressful events are more susceptible to illness. Whether those events are related to hostility in relationships, too much work, too little sleep, or too much exercise, the Type A may risk severe depression upon recognition that the quest is futile. In the meantime, the practice of exercise itself can become physically and psychologically dangerous. Persons exercising at levels above ACSM guidelines are at risk for musculoskeletal injury, fatigue, amenorrhea, premature osteoporosis (in females only), deficient personal relationships, irritability, compulsivity, and poor eating habits. In addition, several studies have linked neurotic breakdowns to physical injury in persons preoccupied with physical fitness.

Counselor's Connection

Counselors and counselors-in-training often recommend exercise to clients as a means of reducing anxiety and stress. It is critical, however, that counselors develop an understanding of psychological mechanisms at work in the interplay between mental health and physical activity. Because the likelihood of injury increases with additional frequency, intensity, and duration of exercise, it is important that optimal activity levels be monitored occasionally during counseling. In addition, knowledge of the levels of activity necessary for mood enhancement and strategies for evaluating the likelihood of client adoption of and adherence to an exercise regimen should be part of every counselor's training base. In terms of physical and emotional health, there appears to be a general need to exercise aerobically between 3 and 5 hours per week. In terms of physical health, however, there are serious concerns about increasing exercise beyond those levels. As proponents of physiological and psychological wellness, counselors can attend to their own exercise practices, model healthful behaviors for their clients and colleagues, and develop sufficient understanding of the area to make knowledgeable exercise-related recommendations for their clientele.

Watch for CSI activities at regional ACES meetings in the fall.
Chairing the ACA Task Force on Restructuring

Jeffery Mostlade

The phone rang in early October, and I answered it, never expecting that a single phone call would lead to one of the great learning experiences of my life, albeit an enormous amount of work. On the telephone was Mary Janicke, the assistant to ACA President Gail Robinson. She asked if I would be willing to serve on a task force whose mission was to create alternative models for possible ACA governance restructuring. While jumping up and down excitedly on my end of the line, I calmly asked what the time line of the project would be, what the total commitment was, and who else would be working on the task force. Regardless of her responses, I knew my ultimate answer was "Yes! Yes!"

Past CSI Experience

Although uncertain where this particular path would lead, I reflected confidently on my involvement with Chi Sigma Iota. During my internship with CSI, I was an active member of the Chapter Development Committee chaired by Jane Myers. Through the process of conducting a national needs assessment of chapter leaders with CSI intern David Letiecq, I developed the skills involved in working long-distance. These experiences had provided me with the opportunities to develop skills that would serve me well in my new task force responsibilities.

Task Force Committee

A conference call convened by Gail Robinson with Courtland Lee, ACA president-elect, initiated the task force. I knew Lee through our work together for CSI, for he had been president of CSI while I was an intern. The other members of the task force consisted of Helen Chapman, representative for the northeast region on the ACA Governance Council; Annette Gibbs, professor at the Curry School at the University of Virginia; Ann Vernon, professor of counseling at Northern Iowa University; Joseph Kandor, chair of the Department of Counselor Education at SUNY Brockport and president of AAC; and John McFadden, the Benjamin Mays professor at the University of South Carolina. At the meeting, we elected a chairperson. Imagining my delight, and chagrin, when the decision was to elect me. Since we worked very much as a task group and as a team, my chairmanship of the committee often involved being the person willing to leave my fax machine on 24 hours a day.

The Task

Drawing on my CSI experience of working via e-mail, fax, and conference calls, I worked closely with these five experienced counseling professionals. We gathered information from divisional and regional leaders and our own snowball sample of past leaders, members, and interested ACA members. Guiding this initial query were the answers to the questions supplied in the Governance Council charge to the task force: What does ACA do? Whom does it serve? What does ACA do presently which facilitates meeting the needs of its members? What presently impedes this mission? What could be a future structure for the governance of ACA?

John McFadden provided the resources of several graduate students under his leadership. These four outstanding graduate students, all CSI members, were Lisa Hawkey, Mary Fawcett, Rubie Govan, and Irane Houston. They analyzed background material forwarded to the task force by ACA headquarters, including several historical articles relating the structure of ACA, a membership survey, and two consultation reports.

We began to break down into smaller task groups with two people working on one of the three tasks: contacting half of the divisional and regional representatives, contacting the other half, or digesting the voluminous written material and written responses. All of the background material was circulated to each member of the task force, but a summary was prepared to provide all of us with common resources for our discussions. Through my conversations with regional representatives, presidents of divisions, and other interested parties, I learned much about the structure of ACA. Task force members exchanged summaries and adjourned for a week and a half to allow the information to be assimilated and to begin to coalesce into some vague notions of models.

Modals Evolve

It was a challenge to put forth two models that seemed appropriate. We needed to act as both advocate and adversary for each model. In one sense, we would have been easier to reach a consensus on one model. Gradually, two models began to emerge in e-mail discussions and telephone conversations. A more shadowy third model made itself more apparent toward the end of our deliberations. This third model seemed quite important but did not seem to address directly the issues of governance restructuring. It became a sort of theoretical underpinning guiding organizational relations to either of the models for governance restructuring.

One model eventually came to be called the Advisory Model and the other the Collaborative Model. In both models we attempted to merge our understanding of the divisiveness of the bequeathed structure along with the future membership needs. We merged not only the historical information but also the present needs of constituent organizations as explained to us by current regional and divisional leadership.

We circulated early drafts of the two models to all task force members. When I tell you that I pulled away a couple of people from their holiday eggnog, I am not exaggerating. We kept to our deadline and were very close to finishing the final touches on January 10th. Upon the request of President Gail Robinson and President-elect Courtland Lee, I flew to Washington, DC to address our current advisory councils, composed of presidents and presidents-elect of the divisions and the eight regional representatives and representatives-elect.

Presentation of Models

Throughout the presentation, there were many questions about how the task force had conceived the models, on what they were based, the implications for governance, and many other questions, some of which I had answers, some not. I was aware of standing before this body of concerned professionals; I wondered in what way I could best present the need for change. An understanding of the ramifications of the models seemed to be a subjective projection: I hoped to see a more unified, involved membership, a strong body to represent the profession on a national level, and an organizational structure that has the flexibility to serve my informational, training, and advocacy needs in the information age.

At this point, the models have been passed on to the By-Laws Committee, which has analyzed them further and operationalized our recommendations into potential changes in the by-laws of the association. The ACA Governance Council reserved the right to adopt our models, change them, or decline to adopt them. By the time you read this, the annual meeting will be over, and the vote will have been made. For me, the process has been just as exciting, or more so, than the result.
On March 11, 1997, I entered the few and proud persons who have successfully completed and defended a dissertation. For me, like many others, I am told, it marked the end of a two-year journey which was both trying and rewarding. On that day and the days which followed, I found myself reflecting on the dissertation process. I wondered how my experiences were both similar and dissimilar from other doctoral students' experiences. Is there such a thing as a "normal" dissertation process?

Two-Fold Process

Through my own contemplation and by talking with others who were recently involved in writing a dissertation, I concluded that the "normal" dissertation process seems to be two-fold. The first aspect of the process is academic tasks (i.e., selecting questions, designing a study, collecting data, analyzing data, reporting results and conclusions). Textbooks have been written to document this aspect of the process, and there is agreement among educators about the "normal" academic dissertation process. However, the second aspect of the process involves adjusting one's life to accommodate the rigors of the academic aspect. This process is more emotional, more personal, and to some extent, unique to the individual. Yet, this aspect of the process seems to be a common or "normal" part of the dissertation experience.

Recent Research

June Williams, a recent doctoral graduate of the University of New Orleans, researched this second aspect of the process in her dissertation. Her primary research question asked, "What was the lived experience of female doctoral students in counselor education?" (Williams, 1997). Williams interviewed ten women about their motivation, barriers, and support during their dissertation process. From their responses, themes emerged around personal and collegial isolation, restructuring life roles, and emotional reactions to the dissertation process. As I talked with Williams about her findings, I found many similarities between my own experiences and reflections on the dissertation process and those she reported.

Williams' research addressed both the academic and emotional aspects of the dissertation process. Williams found that the transition from doing coursework to writing the dissertation often involves a lack of direct contact with other students and faculty, as well as a lack of structured time for academic tasks. Therefore, she found doctoral students must not only restructure their work schedules but also the nature of their relationships with peers, faculty, committee members, and significant others. Another common experience is that during the dissertation process, those writing their dissertations may bond with other doctoral students; however, there can be a loss of connection with other people in their lives because they find they have less in common with many of those to whom they were once close. There is often resentment--by the students themselves and by others--at having time taken away from significant others and by the restructuring of life roles. Other doctoral students and faculty members may become the students' primary confidants. Williams found that these support systems may vary from little or no connection and mentoring to good relationships characterized by both academic and emotional support. It is notable in Williams' findings that most students' initial feelings related to the dissertation were negative, i.e., fear and insecurity. However, many also reported excitement as a prominent feeling throughout the dissertation process.

Requires Restructuring

The second aspect of the "normal" dissertation process is characterized by both emotional and life-space restructuring. This seems to be the less understood and less actively considered part of the process by both students and faculty. While doctoral students and faculty members seem to focus on the more academic process of dissertation writing, both may need to give more attention to this second aspect, that is the ability, perhaps the necessity of re-negotiating areas of one's life to accommodate the academic dissertation process. Hopefully, doctoral students in the midst of the dissertation process who read this article will experience some relief and support in knowing they are not alone in their experiences and the process is indeed two-fold.

Helpful Hints

For those doctoral student's involved in this process, here are some hints which may be helpful:
2. Choose your committee with this dual process in mind. Seek relationships which have potential for academic and emotional support.
3. Find persons who have completed a doctoral program and other friends in which to confide. Those outside of your doctoral program may offer a fresh perspective.
4. Take time to celebrate each accomplishment and milestone throughout your "normal" dissertation process.

References

Chapter Happenings

Linda Duggan
CSI Associate Editor

Eta Chapter
Chi Sigma Iota's Eta chapter at Youngstown State University is experiencing an exciting year. Many projects and events have been scheduled, and the chapter's first newsletter was recently published. The plan is to have future editions printed and mailed to members quarterly.

Eta chapter is planning to furnish additional computer software for counseling students and is providing training for those who request it. Discussion groups focusing on ethical issues of using computers in the counseling field will also be provided.

Earlier this year, Eta chapter sponsored an orientation breakfast for incoming students. Members enjoyed talking with new students and letting them know what CSI is all about. Eta chapter also co-sponsors workshops with other Chi Sigma Iota chapters and with Psi Chi, psychology's undergraduate honor society. Events coming later this year include a hay-ride and a toy drive.

Epsilon Tau
Epsilon Tau chapter at Texas A&M Commerce has been busy. In February, member Laurie Bult won a free chapter membership, free entrance to all activities for a year, and a free t-shirt when she won the t-shirt design contest. March 1st members and visitors enjoyed a Mardi Grass party with cajun creole food and a costume contest. April 12 was the date for the spring initiation banquet and election of officers for the coming year.

Officers have put great effort into reviving interest in this chapter, and their efforts have paid off with increased membership.

Mu Tau Beta
Mu Tau Beta's Annual Fund Raising Silent Auction was held from March 24 to April 7. This is the chapter's only fund raiser each year and proceeds from this event allow Mu Tau Beta to publish the newsletter, host social events, contribute to the community with service projects, and participate in the ACA Convention.

The spring membership drive culminated with the April 13th initiation ceremony. Following the ceremony, members, families, and friends enjoyed a reception honoring the initiates. Mu Tau Beta now has its own web page on the Internet, thanks to Ashley Fielden's efforts. Those at UNCC may access it by WWW UNCCColledge.edu, then go to CLUBS and ORGANIZATIONS. If using the Colvard computer lab, the WWW UNCC College of Education Home Page is already logged in.

Mu Tau Beta's Mentor Program began its fourth year in the fall of 1996. This program matches each new, incoming counseling student with a student who is established in the program. The mentor is available to offer support on an on-going basis. A record number of students (43) volunteered to be mentors for the 1996-97 school year.

Beta Kappa Tau
Beta Kappa Tau at Sam Houston University held its first initiation on April 12 at Austin Hall on campus. Forty-three members were initiated at that time. Guest speakers were Ken Craycraft, Dean of the College of Education, and Genevieve Brown, Chair of Educational Leadership and Counseling. They addressed the role of the counseling program on campus and the networking resources for the profession.

During the meeting, the following officers were installed: Kathy Stem, president; Susan Bajza, president-elect; Susan Brock, secretary; Amy Evans, treasurer; and Judy Owens, committee chair. Faculty advisors for the chapter are Judy DeTrude and Judy Crow.

The Sammy Awards are annual celebration on SHSU's campus to recognize outstanding organizations and leaders. Beta Kappa Tau received an award for "Outstanding New Organization" on April 30 at the gala reception.

Delta Sigma Upsilon
Delta Sigma Upsilon chapter at Sam Houston University held its annual initiation banquet on April 25th in Cleveland, Mississippi. This year's banquet boasted 21 initiates, the largest number since the chapter was founded. Following the initiation ceremony, new officers were elected.

The night also served as an opportunity to say goodbye to faculty advisor A. Zaidy MohdZain, Delta State University counseling professor who has accepted a position at Southeast Missouri State University to be closer to family. He was presented with a plaque in appreciation for his devotion to the chapter.

After dinner, fun and games abounded. A round of "Guess the Baby Picture" was followed by Pictionary, and the night ended with a karaoke contest. Door prizes were given to the holders of lucky numbered programs. Thirty area merchants demonstrated their support of CSI by donating prizes and gift certificates.

Rho Theta
Rho Theta chapter at George Washington University published its inaugural issue of The Erudition in February, 1997. The newsletter contained valuable information for students regarding licensure, informative articles, a book review, and announcements of upcoming events.

While in Florida for the ACA 1997 World Conference, Rho Theta hosted a reception for all CSI members. Held poolside, the gathering provided a pleasant atmosphere for people to relax from the frenetic pace of the conference. During the reception, Cheryl Haas was presented with the 1996-97 Harry G. Debewriter Memorial Award for dedication to the field of counseling.

Fun was had by all who attended.

Add to Your Mailing List
All chapters are encouraged to send copies of their newsletters or information concerning their CSI activities to Linda Duggan, PO Box 1805, Forney, TX 75126 or e-mail them to: lduggan@airmail.net.

A. Zaidy MohdZain, faculty advisor for the Delta Sigma Upsilon chapter, presents the new chapter officers at the spring initiation banquet.
Counseling and Pain Management

(Continued from page 1)

Psychotherapeutic interventions usually employ a cognitive behavioral approach by creating a framework from which we can effectively set goals, maintain pain diaries, educate and train. Pain “means” something to each of us, and it is that meaning, that phenomenological perspective, that is grist for the therapeutic mill. Cornerstones for treatment protocols regarding these life-altering experiences include interpretation and therapeutic reframing, addressing self-talk, and issues of self-esteem, self efficacy, and sexuality. Identifying what still gives life meaning, direction and “sweetness” are the first goals of the therapeutic alliance. They help build trust and provide the human connection that allows me to connect and relate in a helpful way to my patients’ process. For one woman, it was being able to feel good enough to hold her grandson. For another formerly high-functioning professional woman, it was feeling good enough to sit down long enough to play bridge and once again “win” at something. It is often these small victories that are the building blocks to decreasing medication usage or dependency and fewer hospital visits. So we use a cognitive approach to achieve an existential goal. And, as with any counseling practice, I learn more than I teach because my clients find the means to reinvent themselves around an ongoing and painful life circumstance or remain “stuck,” I grow and reinvent myself as a human being and therapist on an existential level as well.

Progress can and, of course, must be quantified if we are to prove our worth to the insurance companies and receive the personal referrals which sustain our practice. Thankfully, we have psychometric instruments and data from biofeedback instruments which assist in this goal and often serve to reassure me that I am actually “doing my job,” but for me, the real progress is measured in those existential terms of watching people move toward identifying and acting on intrinsic values which lead to smiles on tired and anxious faces and which are measured in acts of spontaneity that result in choosing fun over suffering. These are the measures which mark the moment when the pain is no longer in charge of daily routines, when lives can be restarted, and which give meaning to pain management in human terms.

Why Do You Belong to CSI

(Continued from page 3)

Scholars Program, international database network, CSI home page, special promotional projects to advertise and advocate for excellence in counseling, leadership preparation, representation to and collaboration with other associations committed to similar goals for the profession, annual activities in conjunction with the American Counseling Association (ACA) World Conference, and an international headquarters.

Your headquarters maintains an office with one full-time employee to handle correspondence, financial records, processing of approximately 3,000 applications per year, renewals for 4,000 members per year, and all requests for honor cords, memorabilia, and the like. All of this for $1.17 per month! On the other hand, if you are not directly benefiting from each of these activities, it may not seem worth even $1.17 (no quid pro quo).

More Than A Line On Your Vita

We like to emphasize that CSI is more than a line on your vita. May we ask, is it? Forty percent of our members are practitioners, scholars and proven leaders. They do not need more lines on their vita. They are motivated by the belief, the commitment, and the conviction that no matter how small their contribution of time, talent, and money may seem, it is the cumulative affect that we make toward excellence in counseling and counselor preparation that is important.

CSI has initiated over 17,000 members since its inception. We are currently growing by approximately 250 new members per month. Our renewal rate is 34% over last year at this time. Imagine what good we can do together if we have a covenant to do so. If you are a new member in the last year, ask yourself why you belong. What is it others know about such a covenant that makes CSI unique as an organization? When you find the answer, you will know why members joining for life are increasing far beyond our projections and why many individuals are making donations to CSI in addition to their annual dues.

Searching for the Common Link

(Continued from page 7)

counseling theory. A contextual approach was preferred by group members who saw the need for the incorporation of a collective philosophy in counseling rather than a primarily individualistic viewpoint. Alternative teaching methods identified included the teaching and use of multiple languages in counseling, chat groups and electronic discussions, exchange programs with a counseling focus, experiential learning opportunities with marginalized groups, a developmental approach to multicultural education, mentoring, and the use of portfolios and journals in teaching.

Ongoing Plan

The plan developed in these meetings is far from complete. The three meeting series has created a nucleus upon which further discussions can focus. The plan itself will become the focus of continuing discussions with the Ohio Counselors Association and other divisions which provide key connections with stakeholders around the state. Participants in these meetings continue to be enthusiastic about their roles in implementing the plan. They have expressed interest in conducting research, working on committees and task forces, writing articles and press releases, making presentations, and developing innovative programs. Their continued ownership of their joint efforts and common dreams are the links that create a chain strong enough to move a lofty idea off the page and into the lives of a growing counseling profession.

For More Information

If you are interested in obtaining a complete report on these meetings and a copy of the plan, please contact David Stone or Linda Leech at Ohio University, SABSEL, 201 McCracken Hall, Athens, Ohio 45701 or e-mail LLLEECH@aol.com.

Price Increase

The price of honor cords has been increased to $10.00 with an additional $2.00 fee for postage and handling. For further information, contact Kelley at (901) 334-4035.
Book Review

Millicent Lake
Nu Chapter

A Conscious Life: Cultivating the Seven Qualities of Authentic Adulthood

Grownup versus Adult

Fundamental questions of identity are at the heart of A Conscious Life. Louis and Fran Cox first present society's model of adulthood, one they call the grownup, which is based on beliefs that are actually a child's view of adulthood. Some items on the list of childish beliefs include the following: you will be happy when you get what you want; you can avoid pain by following certain rules; and appearance is what is most important. People who live by these beliefs keep themselves in isolated and individualistic behavior patterns that prevent them from experiencing feelings, tapping into creativity, and forming satisfying relationships. Next, the authors present their view of a true adult, distinguished not by behaviors but a certain state of mind. They point out that elements of grownup and adult coexist in each of us.

Internal Realities of a Conscious Adult

Louis and Fran Cox describe a process that encourages us to begin a journey away from viewing the world in then with the world outside oneself. The process that encourages us to begin a condition of adulthood inside, allowing direct contact with the inner self and venturing from experiencing feelings, tapping into creativity, and forming satisfying relationships.

Further Reading

Students of counseling and professionals who read this book will recognize psychodynamic, transactional, humanistic, and rational-emotive elements. There are references to classic works by Freud, Jung, Maslow, Eriksen, and Perls, as well as more recent selections by Csikszentmihalyi, Estes, Lerner, Zabat-Zinn, and others. The list of works will be useful to readers who would like to learn more about exploring the unconscious, spirituality, and creativity.

From Internal Discovery to Interrelationships

A Conscious Life integrates psychological principles into useful constructs for therapists and clients. We can actively participate in developing our adult qualities, and we can use these guidelines to support ourselves, our colleagues, and our clients in our life journeys. It is important for us to shed the illusion of perfectionism, to face the fear of discovering unknown parts of ourselves, and to challenge the limits we set for ourselves as this book urges us to do. Directing attention inward is integral to personal development, rather than response to psychopathology, and this process is a positive force that can universally improve social and political conditions. The concluding message is that we are all interconnected members of a changing world. The authors are proponents of developing adulthood, not just for individual fulfillment but as a way of developing our relationships and communities and of improving understanding, tolerance, and cooperation. Indeed, they promote this process as the means of our survival as a nation and as a planet.

References


Faculty Advisor Highlight

Fanny Cooley: A "Genuine Article"

Geoffrey Williams
CSI Associate Editor

Upon entering the Chi Sigma Iota reception during CSI day at the ACA Convention in Orlando, I noticed that the room was vibrant and glowing. While softly dimmed lighting cast warm hues on smiling faces, steady, enthusiastic conversation churned throughout as acquaintances forged friendships and longtime colleagues celebrated their reunion. Seasoned professionals blended with aspiring students, and ideas, observations, plans and accomplishments all filled the air as this diverse team of leaders converged in an optimistic symbol of the potential growth for counseling in the future.

Amidst the scores of jubilant people in the ballroom was sitting, more in a corner than in the center, more toward the rear of the room than in the front, a quiet, gracious, woman with inquisitive eyes and a soft smile. Her rich brown skin and high cheekbones suggested a sophisticated elegance; her silver hair perhaps gave a hint of the steady resolve within. It was here that I had the opportunity to talk with Fannie Cooley about her role as faculty advisor to Alpha Nu chapter at Tuskegee University in Alabama.

Charter Member

Fannie holds the distinction of being a charter member of CSI. In visionary action, she responded to Tom Sweeney's call in 1985 and was one of the ten leaders who pooled resources and ideas that formed the organization. She then proceeded to start Alpha Nu where she has continuously served as faculty advisor.

When asked to reflect on her observations about CSI, she proudly responded, "CSI has grown tremendously on all levels." She attributed much of the growth she has observed to CSI's leadership; "Tom Sweeney has done a wonderful job with his leadership in helping shape this organization."

She also reflected on her own chapter. She described the Alpha Nu chapter as "a small cadre of members who serve as our core... including three lifetime members." She explained that because the department at Tuskegee is small, they typically do not have a large CSI membership. Also, like many other CSI chapters, Alpha NU struggles with the normal attrition created by graduation. However, Fannie added, "We have no difficulty receiving eligible applicants, and this year we had to have our spring initiation on two nights. It's fantastic to have grown to that level."

Style of Leadership

When asked about her style of leadership, she explained that she resists becoming actively involved in the chapter's decisions. She minimizes her influence and promotes the leadership of the chapter officers and its members.

A Quiet Presence

Also sitting at the table while I interviewed Fannie was Roseline Jimmeh, Alpha Nu president, who offered these observations about Fannie Cooley: "She is the glue behind the stability of the chapter." With regard to Fannie's impact on the development of their chapter membership, she described Fannie as an "advisor and role model." Related to her experience in CSI with Fannie's guidance, she believes that experience "empowered me to be a true leader." Roseline values the experience as one which "has enriched my life."

Throughout the interview, I noticed that Fannie deferred when asked about herself. She heaped praise on the chapter and the Society and her comments echoed concepts of teamwork and collaboration. So I cast my net a little farther to find out how others view her. Joe Rotter, faculty advisor to my chapter (Upsilon Sigma Chi) served on the CSI awards committee with Fannie this year. He has participated with her in Southern ACES for several years. He observed that she has "always been highly respected. While I haven't had the privilege to work with her a lot over the years, it seems to me that she has been a stabilizing force in the profession." Joe continues, "While she is not always vocal, her presence is always known."

He described his impression of her as having "a selfless consistency that has in that indirect, quiet way strongly impacted the field." Rotter ended his remarks by describing Fannie as having "a certain authenticity" that seems to be a trait of whatever she does.

That word seemed to capture the essence of what I wanted to relay about my experience of talking with her. The phrase "genuine article" personifies Fannie Cooley whether the observation comes from a student who has been gratefully shaped by the experience of her leadership or by a colleague who is respectfully aware of her silent graceful energy.
CSI Awards Presented

Don C. Locke
CSI Awards Chairperson

A highlight of Chi Sigma Iota’s activities at the 1997 American Counseling Association’s annual convention in Orlando, Florida was the presentation of awards. At the ceremony held on April 5th, the following awards were presented:

**Newsletter**
Alpha Zeta, Our Lady of Holy Cross College

**Research**
Robert C. Schwartz, Beta, University of Florida

**Leadership**
Samuel T. Gladding, Pi Alpha, Wake Forest University

**Service to Chapter**
Andrew J. Davis, Alpha Upsilon, University of Akron

**Outstanding Entry-Level Student**
Wendy B. Weeks-Beal, Mu Tau Beta, UNC-Charlotte

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**Outstanding Doctoral Student**
Any Browder Wood, Upsilon Nu Chi, UNC-Greensboro

**Outstanding Chapter**
Kappa, Lynchburg College

**Individual Program**
Eta Delta Chi, Vanderbilt

**Practitioner**
Jane R. Rosen-Grandon, Upsilon Nu Chi, UNC-Greensboro

**Practitioner-Supervisor**
Carlos Hernandez, Beta, University of Florida

The fellows and interns for 1997-98 were also recognized at the awards ceremony. The two interns were Toilynn Carson, Epsilon Tau, Texas A&M-Commerce and Catherine Chang, UNC-Greensboro. The fellows were Barbara Glassford, Joan Orman Harris, Sae-Jin Kim, Anne LaRussa, Ken McCurdy, William Mullis, Victoria Root, and Melanie Woodard.

Members of the Awards Committee were Robb E. Adams, Nancy Conrad Ball, Joyce Breasure, Fannie Cooley, Linda Grubba, Lisa Lopez Levers, Joseph C. Rotter, Cathy Woodyard, Elizabeth Wosley-George, Mark Young, and Don C. Locke, Chair.

The Awards Committee wishes to thank all chapters who submitted nominations. The process of selecting awards recipients was difficult since the quality of all nominations was superior. The committee wishes to recommend that chapters immediately begin thinking and planning for the 1998 nomination process.