CSI is proud to introduce a new column, "Student Insights," that will encourage students to address practical issues and questions relevant to CSI members and the counseling profession as a whole. The column invites student responses to questions about current issues in counseling, professional behaviors, professional advancement, student development, and a range of other topics not yet identified. One question will be put forward in each issue of Exemplar and selected answers will be printed in the following edition. The hoped for result will be increased student ideas published in Exemplar, the inclusion of thoughtful and useful information, and the expansion of these topical discussions into chapter meetings.

Students as individuals, pairs, or groups are encouraged to respond to the questions in about 200-400 words although there may also be exceptions on the shorter end such as poetry or other well prepared creative presentations. One or more full or partial student responses to the question will be selected for a future issue of the Exemplar.

All CSI members are encouraged to submit questions that tap into issues and concerns impacting the profession, CSI International, local chapters, and/or the professional and personal development and wellness of members.

Students, faculty, and chapter leaders are encouraged to hold discussions around the questions to promote thinking about the issues whose answers are often evolving and need examination by multiple sources. The expected outcomes for chapters are a greater awareness of the issues, more student input, and the raising of additional questions which can supply future basis for discussion and this column.

This month's question is:

What is the meaning and importance of the phrase "professional counselor" as you think about and experience your life and career?

The initial co-editors of the column will be Richard Hazier, a faculty member, and Elizabeth Mellin, a doctoral student, who are both at Ohio University. Submissions can be made via email to hazler@ohio.edu or by mail to 201 McCracken Hall, Ohio University, Athens, OH 45701.

We are looking forward to your responses to this first question and ideas for future topics. Please submit responses and ideas to Richard and Liz no later than November 16, 2001.
Time, Energy, and Enthusiasm for Serving

Richard L. Percy
CSI President

These are exciting times! On May 1 I officially became President of Chi Sigma Iota International, a position I am proud to hold. On May 11 I was named Professor Emeritus at Vanderbilt University culminating my 30th and final year as a faculty member in counseling. Thus, I find myself caught up in a whirlwind of activity that includes packing my office and leaving the university, selling my home in Nashville and moving with my family to our new home in Naples, Florida, and taking on the many important responsibilities as president of CSI. All of this brings with it the full range of emotions, as you might expect, from sadness to trepidation to excitement. Once I am settled, I am convinced that this year will be the very best time for me to serve as president as I will have much more time and energy to devote to the position than if I were still teaching full time. Thus, I am excited about the challenges that lie ahead and looking forward to serving you and this fine society throughout this next year.

Executive Council Meeting

I have just returned from presiding over the CSI Executive Council at our semi-annual meeting, and I am highly impressed with the dedicated group of folks that will be supporting me this year. I have already learned much from Ed Herr, the outgoing president and look forward to mentoring Geoff Yager, the president-elect. All of us, of course, rely heavily on the wisdom and experience of Tom Sweeney, who is the one constant within CSI. Our agenda at the Executive Council meeting was full of exciting ideas and projects that are intended to promote CSI over the next year and beyond. I will be sharing some of those ideas and projects with you in subsequent columns.

Seven Habits

Those of you who attended the Leadership Training sessions during the morning of CSI Day in San Antonio know that my theme for that training was "The Seven Habits of Highly Effective Chapters." The training included presentations on seven attributes of effective chapters followed by small group discussions which focused on each area. These attributes included: (1) Utilizing the Faculty Mentor, (2) Developing Leadership within the Chapter, (3) Gaining and Sustaining Membership, (4) Designing Effective Fund Raising Ideas, (5) Promoting Awards & Recognition Activities, (6) Developing an Award Winning Newsletter, and (7) Bringing Alumni back into the Fold. Summaries of the various small group discussions were written and should appear on the CSI web page shortly.

Making Myself Available

It is my hope that we can build on the enthusiasm and energy that was generated at Leadership Training throughout this year in ways that will strengthen our chapters. To that end, I am making myself available to chapter leaders via e-mail, phone, or even a personal visit to serve as a consultant in any of the seven areas mentioned above. Let me remind each chapter that I am available to preside over your initiation ceremony, as are other members of the Executive Council. CSI International will cover half of the expenses with the chapter covering the other half. Remember, I have the time this year to travel!

Increase Your Involvement

Finally, I want to extend an invitation to each of you to consider
Update from Headquarters

Thomas J. Sweeney
CSI Executive Director

Membership Up!

We experienced a very positive year ending on April 30, 2001. We added 14 new chapters since May 1, 2000; 3,251 new members (323 more than last year and 582 more than two years ago); 3,312 members renewed their membership (182 more than last year) and 7 individuals chose to become life members. I am especially encouraged by the continued interest in starting new chapters and life memberships still being elected by some individuals.

These membership numbers are a barometer of chapter activity and vitality. One further and significant indicator of chapter health is the amount CSI pays to chapters for rebates. Each active chapter is eligible to receive a $7 rebate for each active (dues paying) member of CSI in their chapter. We paid out a record $35,500 in rebates this year!

Headquarters wants to help more chapters recognize deserving individuals within their programs as well as their local community of professional counselors who never had an opportunity to be invited to membership while in their counselor education training programs. To do this effectively, we are working on new methods for entering membership data online in order to expedite both the process and means for approving membership applications.

Faculty Advisors a Priority

The Executive Council was pleased to implement the recommendations of last year’s task force on faculty advisors chaired by Dr. Jamie Carney (Auburn University). CSI has been seeking information from and about faculty advisors since its inception, but we have had no dedicated committee addressing their needs and assets on a consistent basis. A survey conducted several years ago by a committee chaired by Dr. Jane Myers (University of North Carolina at Greensboro) noted that we had more senior faculty advisors than junior faculty. According to the most recent survey, this is no longer the case. Junior faculty are increasingly the individuals who elect or are appointed to be faculty advisor.

As interviews of faculty advisors featured in past issues of the Exemplar will attest, faculty advisors are the backbone of the CSI chapter system. They must dedicate time, experience, and resources to helping chapters get started (or restarted), sustained, and recreated through leadership development and networking with others of similar values and commitment. We at Headquarters want to do all that we can to help make the job of the faculty advisors more effective and less time consuming. We look forward to working with the new committee toward that end.

Advocacy Still a Priority

The CSI web page continues to have new additions to its advocacy materials. Drs. Nancy Sherman (Bradley University) and past president Bill Nemec (Kent State University) have been faithful to their commitment to keep the torch alive. In addition, Dr. Sherman and this year’s committee are working with ACES President Fred Bradley to co-sponsor a 3-hour workshop at the next ACA conference devoted to this topic. ACES is one of the organizations which not only participated in but also endorsed the recommendations of the two national leadership conferences sponsored by CSI in 1998. The recommendations of the conferences are available to download on the CSI home page. If you are planning to attend the ACA/CSI New Orleans conference activities,
Identifying and developing future leaders for the counseling profession is one of the primary goals of CSI. In order to accomplish this goal, leadership training and professional development opportunities are available through the Fellowship and Intern Program. Each year up to ten fellows and two interns are selected and provided an opportunity to meet the current leaders in our profession and to learn from them in a very real way.

Fellowship Program

The Fellows Program offers outstanding CSI members who are early in their professional career an opportunity to develop their leadership skills and learn the many facets of professional involvement. Through attendance and participation in leadership training during CSI Day at the annual ACA World Conference, fellows interact with international and local leaders. Fellows also become involved in various projects sponsored by the international organization.

Intern Program

Applicants for the fellowship program are also eligible to apply for one of two CSI internships. The two interns selected participate in CSI International operations under the mentoring of the CSI officers and committee chairs. While this is a part-time, volunteer position, the opportunities for networking and contributing are unique. Duties associated with the internship include attendance at the ACA World Conference, participation in the CSI Executive Council meetings both at the conference and during the summer, and working on a CSI project, committee, or task force. Interns are reimbursed for the expenses they incur in their work on behalf of CSI.

Eligibility

Applicants for fellows and interns must be members in good standing of CSI and must be active in their local chapters. The applicants must be a graduate student in counselor education or be a graduate in the early years of professional development (no more than three years since earning his or her last graduate degree). Local chapters must nominate the applicants and provide the supporting documentation. Detailed eligibility requirements and responsibilities can be found on the CSI web page.

Application on CSI Web Page

All local chapters are able to download application packets from the CSI web page (www.csi-net.org). Packets are not sent through the mail. Local chapters are to select their strongest applicants and submit them to the CSI Intern Selection Committee. Applications must be received by December 1, 2001. The recipients of the fellowship and interns awards will be notified by mid January 2002. Applications are to be mailed to Dr. Ed Herr, 304 CEDAR Building, The Pennsylvania State University, University Park, PA 16802.

Support

A $400 grant for each fellow or intern selected will be provided by CSI. The local chapter from which the applicant is nominated must guarantee a $100 matching grant. This $500 will provide partial funding for attending the ACA conference and participating in CSI activities. In addition to the $400 grant from CSI and the $100 grant from their local chapter, the two fellowship recipients will each receive $500 remuneration at the CSI/ACA Conference at the successful conclusion of service to CSI during the internship year. In addition to the funding, each fellow and intern is recognized during the awards ceremony on CSI Day.

A Challenge to Each CSI Chapter

I hope that each CSI chapter will consider nominating at least one fellow or intern for the important leadership training opportunity. The professional experiences for successful nominees are substantial; the identification, nurturing, and mentoring of such leadership talent for the counseling profession is critical.

Update from Headquarters (continued from page 2)

the advocacy program being planned will be practical, informative, and motivating.

New Products Coming!

We invite members and chapters to be on the look out for new products on the CSI home page. Our Kalamazoo Regalia supplier has helped us create a new, comfortable, and attractive denim shirt for our members. It is only one of several new items that we plan to introduce in the coming year. All such items are made available to chapters at wholesale prices when ordered in bulk and can be used for fund raising activities. Chapters also will be finding wall and lectern size banners for use at chapter functions.

We are currently negotiating with a national jewelry supplier to establish items commonly available through honor societies. Friends, family, and significant others often like to give graduation gifts of jewelry. We welcome suggestions and preferences for items that interest members.

In Sum

The Society is growing nicely. There are a number of initiatives underway that promise another active and productive year. We urge all chapters to establish an awards program, nominate their recipients for the CSI individual and chapter awards and fellowships/internships, and plan to attend the leadership training in New Orleans. All members are urged to vote, either online or by mail-in ballot. We have another talented and experienced-packed slate of officers. It is your choice to participate in the leadership of the Society. Make your vote count.
The CSI Award Program
Recognizing Member and Chapter Excellence

June Williams
CSI Awards Chairperson

One of the greatest gifts we can give to others is to recognize their accomplishments and contributions. Indeed, this is one of the primary purposes of Chi Sigma Iota International—to recognize excellence in the counseling profession. The initiation of new members into the Society is only the beginning. At its annual awards ceremony held at the ACA World Conference, CSI recognizes outstanding leaders who have demonstrated excellence in counseling. Exemplary chapters and students are also recognized. All CSI members are strongly encouraged to submit nominations for the following CSI awards:

Outstanding Chapter Awards which are presented are the Outstanding Newsletter, the Outstanding Individual Program, and the Outstanding Chapter. Outstanding Member Awards are given to an Outstanding Entry Level Student, an Outstanding Doctoral Student, and to a member providing Outstanding Service to the Chapter. Other awards include the following: the Outstanding Research Award, the CSI Practitioner Supervisor Award, the CSI Practitioner Award, and the Thomas J. Sweeney Professional Leadership Award.

Chapters are encouraged to submit nominations and also to conduct awards presentations at the local chapter level. Chapters who have never submitted nominations are especially encouraged to submit nominations. This year CSI chapters will be able to download the Awards Nomination Packet from the CSI web site (www.csi-net.org).

Chapters, begin making your awards plans early! Award packet nominations for the year 2002 must be received no later than December 1, 2001 to the CSI Awards Chair, June Williams. (This deadline is a change from previous years, so please take note.) Under no circumstances will nominations be considered via fax or internet later than December 1, 2001.

Mark your calendars for the ACA World Conference that will be held in New Orleans, March 22-27, 2002. You certainly will not want to miss the exciting activities planned for CSI Day. Be sure to get started identifying chapter nominees for CSI awards and send in those nominations! If you have any questions or need further information, please contact headquarters or June Williams, SLU 10863, Hammond, LA 70402 or by e-mail to jwilliams@selu.edu.

Donald E. Hood Fellowship

Thomas J. Sweeney
CSI Executive Director

At its June meeting, the Executive Council approved the first named fellowship within CSI. Life member Dr. Donald E. Hood made a generous contribution of $5,000 to CSI in 1992. Since then, as is true of all life membership funds, his contribution was added to our long-term investments to help protect CSI against exigencies. In spite of the recent downturn in market investments, our funds from that time have doubled in value. The Council believed that it was an appropriate time to recognize a donor whose career contributions to counseling and faith in the work of the Society were exemplary.

Dr. Hood is a former Texas school teacher, school counselor, director of area and state guidance, and regional director for the Educational Testing Services (ETS). A significant portion of his career was in the area of measurement and evaluation in counseling. He worked from 1966-84 for the ETS of Princeton, NJ as its Director of the Austin, Texas office serving as a consultant to schools, colleges and universities. From 1984-94, Dr. Hood was president of his own company and served as a consultant to the Federal District Court related to Dallas Public Schools desegregation compliance.

He is a past-president of the Association for Assessment in Counseling (AAC), a division of the American Counseling Association (ACA). The Awards Committee will be asking chapters to nominate individuals for this fellowship who have an interest in assessment and/or school counseling. The committee, however, is not limited to making the award to such individuals alone. CSI awards ten fellowships each year of which the Hood Fellowship is one. Individuals nominated by chapters receive a plaque and $500 to attend the CSI Day activities including leadership training. Chapters can download forms for all CSI awards and fellowships from our web page, www.csi-net.org.
Faculty Advisor Highlight

Vivian Ripley: Promoting Excellence in School Counseling

Jennifer Mercante

Vivian Ripley

Vivian Ripley did her undergraduate studies at Trenton State College in the areas of health and physical education. She has had experience teaching both middle and high school, as a school counselor, and as a director of guidance while obtaining her master's degree and Ed.D. from the University of Virginia. After obtaining her doctorate, she continued to work in the public school system for a year. Dr. Ripley pursued a position as a counselor educator at the University of Scranton where she primarily teaches school counseling classes and supervises students. In addition, she serves as the Assistant Director of the School Counseling Program. Dr. Ripley is especially excited that the University of Scranton's school counseling program is a companion school for the Education Trust Initiative for Transforming School Counseling. She became faculty advisor of the University of Scranton chapter through a natural changeover. She explains, "I was interested when the opportunity became available."

Dr. Ripley was led to counselor education through the many experiences she had while obtaining her doctoral degree part-time. She says, "The school system I was involved with was wonderful and essential; [the school system] had a very positive and wonderful impact." They allowed her to integrate her knowledge into her practice as a school counselor. Being an intern supervisor while a school counselor also led her to want to continue teaching future counselors.

Influences

Because Dr. Ripley went to school part-time, she was able to have several mentors in various fields. Several mentors worked in the university and several in the school system. Dr. Ripley believes that quality mentoring comes from learning from others and integrating that learning. She explains, "Mentoring is holistic." She had several mentors that impacted her as a professional.

Dr. Ripley has not found gender to be an influence in her professional life as a counselor educator. The men and women she worked with in the past have been balanced in number and all were strong and nurturing. She said this has been "especially so in the school system where they were all supportive." She was fortunate to experience employers and education to be based on "what do we need to do is to help the kids in our school."

Research Interests

Dr. Ripley has two major areas of research. Her first area pertains to her dissertation — the supervision of school counselors. She looked at what she needed and desired as a school counselor and felt there were several needs that called for more focus and assistance. This resulted in an examination of what areas counselors are not as supported, even though they may be in a very supportive environment. In addition, Dr. Ripley is also very interested in professional identity development and counseling students. "What are some of the things we do as counselor educators to enhance professional development of counselors-in-training?" She recently conducted research on professional development with colleagues.

Finding a Balance

Balancing her professional and personal life, Dr. Ripley makes sure to have activities that are separate. "Self-awareness is very important," she believes. She insists that finding what rejuvenates you and staying aware of who you are and what you need are essential for balance. Family is also very important to Dr. Ripley. She makes sure to carve out time for family. Setting personal and professional goals is also important. She states, "Seeing ourselves in the big picture; as a part of our lives." Dr. Ripley also emphasized how balance differs at times and we need to understand where we are in that balance. She believes that by having a good balance in your life creativity can develop and be evident in teaching, counseling, and supervising.

Dr. Ripley's final words of advice are to look at Chi Sigma Iota as an opportunity to help students become professionals and colleagues. They are the future of our profession. She works hard to enjoy the process and promotes excellence and pride in becoming and developing as counselors.
Faculty Advisors Mentoring Program

Angela Stowe, CSI Fellow
Jamie Carney, Chair, Faculty Advisors Committee
Elizabeth Ullery, Faculty Advisor

In an effort to assist new faculty advisors and increase collaboration between advisors, the CSI Faculty Advisors Committee is in the process of starting a Mentoring Program for advisors. There are several goals and objectives of this program. Primarily the program is a way to assist new faculty advisors with the challenges of starting a chapter, maintaining chapter membership and leadership, and understanding the roles and responsibilities of being a chapter advisor. The mentors in this program will consist of faculty advisor volunteers who may have more experience as advisors or experience relevant to the specific demands of a chapter such as maintaining membership at a commuter school or handling transitions of chapter leadership.

Increasing Collaboration and Networking
The program is not limited to providing mentoring for new advisors, for a secondary goal of the program is increasing collaboration and networking among faculty advisors. This may include assisting faculty advisors with the process of identifying chapter advisors at institutions similar to their own or with similar concerns or problems as their own chapter. The Faculty Advisors Needs Assessment helped identify this as being a relatively consistent request by faculty advisors. Specifically, faculty advisors wanted an opportunity to connect with other advisors, often within their own states or regions.

An Example
An example of the potential benefits of this program is found in one of the first mentoring relationships established as part of the program. Elizabeth Ullery is the founding member of the Theta Sigma Phi chapter at Troy State Phenix City where she has been faculty advisor for two years. During that time she has experienced many of the problems common with starting a chapter. This has been compounded by the difficulties associated with maintaining a chapter at a largely commuter campus. As a faculty advisor at nearby Auburn AL, and founding member at Auburn University's Iota Delta Sigma chapter, Jamie Carney is her mentor. Through this contact ideas have been shared about strategies for maintaining interest in the chapter, increasing student involvement, and developing student leadership. This fall the chapters are hoping to share resources related to speakers and professional development activities. One of the best outcomes is the encouragement and support both advisors have provided.

Interested?
The Chi Sigma Iota Faculty Advisors Committee is continuing to identify faculty advisors who wish to be mentored or have contact with advisors in their region or state. We are also identifying faculty advisors who are willing to serve as mentors. If you are interested in either aspect please contact Jamie Carney at 334-844-2885 or at carnejs@auburn.edu. The Faculty Advisors Committee would like to thank those faculty advisors who have already expressed an interest in the program or have already committed their time to being mentors.

Honor Cords and Honor Stoles
Chapters can order honor cords and honor stoles in bulk, anytime throughout the year from our supplier, Kalamazoo Regalia. Your chapter will order, pay, and receive shipping directly from the supplier. All orders must be placed and prepaid by chapters; no single item orders will be accepted. Last minute requests for “rush” deliveries will require additional payment for such service.

Cord orders will need to be directed to Kalamazoo Regalia at 728 West Michigan-Kalamazoo, Kalamazoo, MI 49007 or at 1-888-344-4299.

Thanks to Susan DeVaney
Cathy Woodyard
Exemplar Editor

For the past four years, Susan DeVaney, associate editor of the Exemplar, has done an outstanding job writing informative, interesting, and well-written articles for each edition of the Exemplar. For me, it has become almost routine to receive e-mails and calls from CSI members asking if they can have permission to make copies or re-print articles written by Susan. She has done a wonderful job of writing on topics of help and interest to counseling students, educators, and practitioners. If you have missed some of these articles, they are available on the CSI Web Page.

Susan has resigned her position as associate editor to devote time to other commitments, and she will surely be missed. As the editor of the Exemplar, I offer my sincere thanks for the excellent work she has done and for her commitment to the profession and to CSI.
PROFESSIONALLY SPEAKING

Cinematheapy with Children

Linda Foster
Zeta Chapter

As an elementary school counselor, my days are non-stop, and from discussions with colleagues we are alike in never having enough time to do everything we want to do to help our students. Although trained as a community counselor and licensed professional counselor, I am beginning my fourth year as an elementary school counselor. In contrast to a somewhat slower paced clinical 50-minute hour, the daily elementary schedule allows little time to fit in lengthy large group guidance lesson more than once per month. I have to make a significant impact on my students in that short 30-40 minute time period. So, the task is how to make a significant impact in the allotted time period once a month.

One intervention I have successfully used in large group guidance lessons is Cinematheapy. Cinematheapy is the use of popular films to facilitate a client's therapy. Even though my client population is comprised of third through fifth grade students, cinematheapy can be used to educate and facilitate change particularly as children progress through life's developmental stages. In addition, students can gain understanding of their feelings and emotions. Elementary students may not be able to verbalize fears or concerns, but the use of movies may help the student recognize, verbalize and understand their internal issues. However the most important reason for using popular movies with students is learning can be fun!

Benefits to Students

Generally children love to watch television and movies. By using age-appropriate movies with elementary aged students, the school counselor can quickly catch students' attention and connect with students on their cognitive and developmental level. Cinematheapy allows students to learn from popular culture. Movies can educate students as to appropriate behaviors. The use of movies has sparked interesting discussions ranging from friendship issues to multiculturalism to even the dreaded test-taking skills.

Movie Selections

I have used several movies such as The Wizard of Oz, Toy Story, Searching for Bobby Fisher and most recently, Cool Runnings. The Wizard of Oz is a fine example of self-empowerment. Dorothy had the strength within herself to get back to Kansas, but she was unable to recognize it. Her companions also had everything they needed — a brain, a heart, and courage — but failed to recognize their abilities. By using the story of Dorothy, I have encouraged students to look within themselves and take personal responsibility to reach their goals.

An Example

Along the same theme of finding personal strength is the movie Cool Runnings. It is the story of four young men who live in Jamaica. Derice has trained his entire life to be in the Olympics as a runner. His childhood friend, Sanka, his childhood friend; Junior, the rich kid; and Yul Brenner, who desperately wants to leave the island and never return.

Set up the clip: The four young men are at the Olympic tryouts and the race begins. Junior starts to fall and trips the others. They all fall and four other people qualify for the team. Derice, although he is upset, (a good chance to discuss self-control), decides to figure out another way to get to the Olympics — a bobsled team. (This can be related to the geography lesson from above.) Despite a great number of obstacles and a great deal of hard work and practice, the team gets to Canada to compete as Jamaica's bobsled team (another geography lesson!). Describe the first run as embarrassing and disastrous. A discussion can follow regarding times when the students felt embarrassed and ashamed. Rather then quit, the team decides to work harder, practice and try again. Their second run displays their hard work and practice as they have a successful run.

(continued on page 5)
Faculty Advisor Tip

Reviewing the Agenda

Chandra F. Johnson
CSI Intern

Faculty advisors, have you heard the latest? In a press release scheduled for next week, registrar offices around the country are expected to announce that summer vacation is officially over! Yes, that is correct. The summer is over! Behind you! History! A memory! Is it fair? Maybe not, especially if you spent the summer writing manuscripts, teaching classes, or painting around the house...but one thing is certain...it is back to business now, and your CSI chapter needs you.

CSI chapters all over the world are busy preparing to make the 2001-2002 school year the best ever. As advisors, your insight, guidance, and expertise are counted on. Providing all of these things as a faculty advisor is time consuming. In the CSI Faculty Advisor Needs Assessment Survey, the majority of those faculty advisors surveyed reported that they are looking for ways to effectively maintain and run their chapters. Unfortunately, I do not have a sure fire remedy for maintaining effective chapters, but here is a tip that might just make "a day in the life of a CSI faculty advisor" more manageable.

Tip: Review the agenda prior to your chapter's executive council meeting.

Reviewing the agenda prior to the meeting can save you and the executive council valuable time. Have you ever attended a meeting and discovered that the one thing that you really wanted to discuss was not on the agenda? Maybe you have important information from CSI Headquarters that needs to be shared with the council. Adding items to the agenda at the beginning of the meeting can sometimes shift the focus of the meeting and typically lengthens the anticipated meeting time. Although there will be occasions when items will need to be added to the agenda at the last minute, encourage your chapter president to give you a copy of the agenda a couple of days prior to the council meeting. This will give you an opportunity to review the agenda, make additions or adjustments, and get it back to the president before the meeting. Also, pending your review of the agenda, the president will be able to give council members a realistic time frame for the next meeting. If you will not be able to attend the council meeting, review the agenda anyway. In the end, a minute saved is a minute earned!

(continued from page 9)

Cinematherapy

Begin showing the clip at the second attempt of the Jamaican bobsled team which is approximately the last ten minutes of the movie. Then begin with the discussion questions which can be adjusted to meet the needs of your students (clients):

- What obstacles did the team face? (This can also be a vocabulary lesson to teach the meaning of the word obstacle.)
- What happened when the team crashed?
- Do you think they were embarrassed? Sad? Angry? This provides an opportunity to discuss emotions and the range of feelings we all experience.
- What did Derice say? ("I have to finish the race.") Persistence, pride and making choices in our lives are only a few springboards for creating lively discussions.

I usually ask the students to tell me at least three things they learn from watching a movie clip. Their answers vary and I almost always get more than three different things. Some of the responses from watching Cool Runnings included never giving up, pride in a job well done, finishing what you start, teamwork, and you don't always have to be a winner.

Conclusion

Cinematherapy is more than simply watching a movie. It requires choosing appropriate movies, creating questions, and lots of spontaneity on the part of the counselor. Cinematherapy is yet one more addition to my toolbox which grows daily! I encourage you to look to movies as one more avenue to facilitate our client’s health and well being. One of my colleagues and I have co-authored a website dedicated to the use of cinematherapy. Please visit us at: http://ed.uab.edu/cinematherapy.

(continued from page 2)

Time, Energy and Enthusiasm for Serving

volunteering to serve on one of our many important committees. Not only does such involvement provide a valuable service to your society, it offers you a rich and valuable professional development experience. Our standing committees include Awards, Membership, Newsletter, Advocacy, and Chapter Development. These committees are now forming and there is still time to get on board. You can let me know of your interest by e-mailing me at rperry@earthlink.net.

Your Vote Counts!
Chi Sigma Iota is thankful for the willingness of our slate of candidates to run for Chi Sigma Iota president-elect and secretary for 2002-2003. CSI has had a great history of outstanding leaders over its history, and this group of candidates certainly continues the tradition.

For the 2002-2003 slate, president-elect nominees are Jamie Cames and Nancy Sherman. The candidates for secretary are Catharina Chang and Cynthia Osborn.

Jamie Carney
Associate Professor
Auburn University
Auburn, Alabama

Academic and Professional Experience
Jamie Carney is an Associate Professor in Counseling and Counseling Psychology at Auburn University, where she is Coordinator of the Doctoral Program in Counselor Education. She has had a background in community counseling. Jamie has been very active in ACES and SACES including serving as president of the Alabama ALACES and is presently secretary of SACES. She has been awarded the Jean Cecil Distinguished Counselor Educator Award by the Alabama Counseling Association. She was also recently awarded the Distinguished Graduate Award from Ohio University. Jamie has served as Treasurer of CSI and currently chairs the Faculty Advisor Committee. She founded the Iota Delta Sigma chapter at Auburn and has been the faculty advisor for over 5 years. She has published extensively on counselor training and preparing professionals to work with persons with HIV disease. She is a member of the Journal of Counselor Education and Supervision editorial board.

Goal Statement
Chi Sigma Iota has been founded on the goal of promoting and recognizing excellence in counseling. In pursuit of this goal, CSI has impacted the personal and professional development of countless counseling professionals and counselors-in-training. This has been accomplished through an emphasis on mentoring, developing leaders, promoting diversity, and encouraging collaboration. Moreover, CSI continues to influence the counseling profession and counselor education through efforts to promote and recognize scholarship, research, leadership, and clinical practice. I consider it to be an honor to be nominated for president-elect of CSI, and I am excited about having an opportunity to contribute to CSI in this capacity.

Individual chapters continue to be the heart and soul of CSI. It is through the contributions of chapter leaders, members, and faculty advisors that the real work of CSI is accomplished. My role as a faculty advisor and as chair of the CSI Faculty Advisor Committee has provided me with an important context to understand the challenges and difficulties chapters face in accomplishing these goals. In addition, my experience as CSI treasurer has helped me understand the programs and initiatives CSI has developed to assist chapters and their members with this challenge.

Nancy E. Sherman
Associate Professor
Bradley University
Peoria, Illinois

Academic and Professional Experience
Nancy E. Sherman is an Associate Professor in the Educational Leadership and Human Development Counseling Department at Bradley University. She is a National Certified Counselor, Licensed Clinical Professional Counselor in Illinois, and an Accredited Clinical Supervisor. She graduated from The Ohio State University with a Ph.D. in Counseling Education. In 1994, she founded the Beta Phi chapter at Bradley and has served as faculty advisor. She has been Chairperson of the ELH department, President of the Illinois Counselor Educators and Supervisors, and Secretary of CSI, International. Nancy is serving her third term as Co-Chair of the Advocacy Task Force. She has published and presented extensively and has over 20 years of counseling experience. She is a recipient of the College of Education & Health Sciences Excellence in Teaching Award and this year received a Fulbright Award for Lecturing in Latvia. Nancy and her family are currently in Latvia where she is teaching during her sabbatical leave.

Goal Statement
It is indeed an honor for me to be nominated for President-elect of Chi Sigma Iota, International. CSI, with its emphasis on excellence in all aspects of professional counseling, has provided me with extraordinary opportunities to contribute to my profession. This is the one organization in which I have found even more hours I spend to be meaningful. As faculty advisor of the Beta Phi chapter for the past eight years, I have participated in the growth and development of a chapter that truly serves as a model for professional and personal excellence. Although the chapter has received two CSI awards, it is the interactions I have, and observe among members, and the programs and projects they accomplish, that provide me with such satisfaction and joy. In addition to my work at the chapter level, I have had the privilege of working with leaders at the international level who served as models and mentors during and after my two-year tenure as CSI Secretary. During that time, I became involved with CSI's Advocacy Initiative and have found meaningful work as Co-Chair of the Advocacy Task Force, work that I continue today. As President, my goal would be to serve CSI supporting and providing direction for the following:

(continued on page 14)
Casting a ballot takes only a few seconds. You may vote only once—either by mail or via the internet. Once a vote is recorded on the internet ballot, no changes may be made after the “submit” button is clicked upon to record the vote. (Only current dues-paying members are eligible to vote in the election. In the event your membership has elapsed, you can still be eligible to vote online by sending in your renewal before the December 1, 2001 deadline.) Candidate information is also available online.

Catharina Chang
Assistant Professor
Georgia State University
Atlanta, Georgia

Academic and Professional Experience
Catharina Chang is an Assistant Professor in the Department of Counseling and Psychological Services at Georgia State University. Previously, she was an Assistant Professor in the Counseling Program at Clemson University where she served as co-faculty advisor of the Chi Upsilon chapter. She received her doctorate in counselor education from the University of North Carolina at Greensboro. Between 1997 and 1998 she served as CSI intern. Additionally, she has served on the Chapter Development Committee and the Technology Committee for Chi Sigma Iota International. Her areas of interest include multicultural counseling and supervision, Asian and Korean concerns, and multicultural issues in assessment. Currently, she serves as co-faculty advisor for the Chi Epsilon chapter at Georgia State University.

Goal Statement
It is a distinct honor to be nominated for secretary of Chi Sigma Iota International. My goal as secretary would be to serve the honor society and the members of the Executive Council by maintaining accurate and timely records of our proceedings. As a member of the Executive Council, I will continue to promote the traditions of CSI—excellence in scholarship, research, professionalism, leadership and service. Chi Sigma Iota has played an integral role in my development as a counselor and counselor educator and I feel privileged to have the opportunity to serve the Executive Council and the society. I am committed to the mission and philosophy of CSI and would be honored to serve this organization as secretary.

Cynthia J. Osborn
Assistant Professor
Kent State University
Kent, Ohio

Academic and Professional Experience
Cynthia J. Osborn is an Assistant Professor in the Counseling and Human Development Services (CHDS) Program at Kent State University (KSU) and has been the faculty advisor for the Kappa Sigma Upsilon Chapter of CSI since 1997. The chapter has been actively involved in fund-raising efforts to establish student scholarships, sponsoring community outreach projects, maintaining a thrice-yearly chapter newsletter (recognized in 2000 by CSI International as the Outstanding Newsletter), an officers’ listserv, and is the home chapter for Megan Petruzzi, CSI 2001 Intern. Cynthia earned her Ph.D. in counselor education from Ohio University in 1996 and is a licensed professional clinical counselor (LPCC) in Ohio. She has served as both Ohio ACES and ASER-VIC President and serves on her county’s mental health and recovery board. Publications and presentations are in the areas of solution-focused approaches to counseling, clinical supervision, substance abuse counseling, experiential education, and counselor leadership and advocacy.

Goal Statement
Clear relevant, timely, and interactive communication is essential among members of any productive organization. Particularly for an honor society committed to the cultivation and promotion of leaders within and for the counseling profession, participating in and facilitating quality discourse defines our work and mission. As Secretary of CSI International, I will strive to generate and facilitate necessary communication among CSI officers and, as needed, to all CSI members. I have witnessed the synergistic effect of intentional communication among members of our Kappa Sigma Upsilon chapter, from the production of a quality newsletter to the use of our officers’ listserv and the work of our public relations chairperson. As a CSI officer, I will use my communication skills and my enthusiasm for CSI and the counseling profession in decision-making efforts. In addition, I will work deliberately and cooperatively to ensure that CSI’s commitment to excellence is honored and upheld.
Joy and Jubilee
An Interview with Lois Wedl
by Connie Fox

Dr. Lois Wedl

Dr Lois Wedl is a Benedictine Sister. She is living a very special year in 2001. In March, she was awarded the prestigious Gilbert and Kathleen Wrenn Humanitarian Award at the ACA Conference in San Antonio. She has also celebrated her 70th birthday, and her Jubilee (50th) Anniversary as a sister. "I think the word Jubilee expresses that joy, that celebration of the goodness of a God who has been so special in my life all of these years," explained Sister Lois.

Connie: Tell us about some of your most important role models and mentors.

Lois: Both of my parents were very generous, but my father would reach out to anybody. He never knew a stranger. I think there is a lot of my Dad in me. Another mentor was my eighth grade teacher and also the principal of my school. She believed in me so totally. When a teacher was missing she would say, "Hey, Lois, would you be willing to go to the seventh grade today and take care of that class?" When I think of how I became who I am now so much of it developed from others having this great confidence in me.

I joined the religious life because I loved some of the ways my sister friends lived together and what they were doing for other people. I wanted to model that, too. And then, of course, when I got to graduate school, Jane Myers, Tom Sweeney, and Mel Witmer were my mentors. Jane in particular, I had her for so many different classes and she taught me a lot about being involved professionally – and how to write well. Basically, there were people who really believed in me at times when I didn't believe in myself.

Connie: How did you come to be interested in the field of counseling?

Lois: I think it really started in my 40s, when I was the principal of a high school in Puerto Rico. Students, parents, and colleagues came to me with problems and challenges. I was acting as a counselor intuitively without having any course work. When I came back to the States I worked in a House of Affirmation. It was a live-in community experience for our sisters who were going through mid-life transitions. Some areas of their lives (for example, sexual abuse as a child) became greater crises than they had been when they were younger.

Connie: We often overlook the fact that religious are people who grew up like the rest of us and they have the same struggles.

Lois: Even more so at times. Religious were expected to be perfect. We were expected to have come from perfect families. For us to have expressed anger would have been scandalous. We often felt guilty about things that were natural. We put on the habit, the religious garb, instead of taking care of so much that was underneath it. At times, I didn't want to identify myself as a Sister because I wanted to be seen as a real person, a real woman.

One of the greatest gifts I received was given to me while I worked as a counselor at the House of Affirmation. In mid-life, at the age of 51, I had the opportunity to go Ohio University to get a degree in counseling. What a gift, what a blessing this experience continues to be for me and others.

Connie: As you studied the field of counseling did you find it compatible with your intuition?

Lois: Much of it, Connie. It was a "Yes!" moment. I was affirmed knowing that what I had been thinking and advising others to do had some merit. My whole experience with graduate work was integrating.

Connie: How has your life as a religious sister affected your professional role?

Lois: I was a natural person to whom others could turn. I became the principal of a school at the age of 24, and I was very available to many families who trusted me as a religious. My role was to help people, and I turned to the Lord for solutions to some of the challenges that people were experiencing or for the wisdom to counsel them and to have them also grow in their own faith experience. At times spirituality is not the right solution, but I didn't know that in my earlier years. I believed we could pray away all our problems or have someone else pray for us and over us, and God would take care of everything. Before long, I realized that some persons I prayed for, with, and over, seemed better for the moment but before long, they were still as angry, still as depressed as before. I began to realize that although prayer was essential, persons had to do their part, also. Often, professional counseling help was needed to work through the pain, the anger, and the loss. At times it meant some persons needed to get out of a relationship or religious had to leave the community in order to be healed. Sublimating pain only took care of it temporarily.

In my current role as a residence director I am available in a much more natural setting than a counseling center. This has been a gift to many, many people. Parents and former schoolmates seek me out for advice on how to handle situations. I was also available for grief counseling when some of the students in my own building were killed in two separate car accidents the same year.

(continued on page 14)
Book Review

Significant Contribution to the Literature

Cheryl Holcomb-McCoy
CSI Secretary

The Handbook of Counseling.
Edited by Don C. Locke, Jane E. Myers, Edwin L. Herr

At a time when the field of professional counseling is often thought of interchangeably with other mental health professions, the newly published *The Handbook of Counseling* edited by Locke, Myers, and Herr should contribute greatly to the mental health literature. This single volume not only offers a much needed overview of the philosophies and practice of professional counseling but also provides a fresh new look at the challenges facing professional counselors in the beginning of the 21st century. Readers who take time to read each chapter will undoubtedly learn a great deal about the diversity and breadth of professional counseling.

Objectives

Locke, Myers, and Herr, three past-presidents of Chi Sigma Iota, state in their preface to the book that their main objectives for the *Handbook* were to "capture the rich legacy of the evolution of counseling as a profession, to define the state-of-the-art in counseling as it exists at this point in time, and to project the trends and issues that comprise our challenges for the next decade and beyond" (p.ix). As a means to achieve their objectives, the editors divided the *Handbook* into seven major parts.

Overview

- Part I, "The Profession of Counseling," introduces the reader to the historical origins of the counseling profession and the evolution of specialties in counseling. The remaining chapters of Part I consist of overviews of professional issues such as professional associations, standards, credentialing, ethical and legal issues, and counselor advocacy.

- Part II, "Foundations of Counseling," provides in-depth introductions to theories commonly used in counseling (e.g., cognitive-developmental, cognitive-behavioral, humanistic). In addition to introductions to counseling theories, chapters covering basic counseling skills, counselor roles, and assessment/diagnosis/treatment are included.

- In Part III, "Settings and Interventions," the settings in which professional counselors work are described along with overviews of various counseling interventions used in each of those settings. Counseling in schools (K-12), higher education, community agencies, private practice, and medical settings are described and discussed.

- Part IV, "Counselor Education and Supervision," specifically addresses the training and preparation of professional counselors. This chapter covers the credentialing of counselor education programs, counselor supervision, and the training of culturally competent counselors.

- Part V, "Research in Counseling," includes chapters on topics related to research issues and methodology. The scope of topics in this section range from quantitative research medical methods to program evaluation.

- Part VI, "Critical Issues and Emerging Topics," presents excellent summaries of "hot topics" in the counseling profession. This section includes chapters covering topics such as the changing demographics of society, substance abusing clients, the use of technology in counseling, working with survivors of trauma, the diversity of counselors, integrating gender, sexuality, and religion into counseling, spiritual and religious dimensions in counseling, promoting wellness, and the costs associated with school and community counseling.

And finally, in Part VII, "Conclusion," the editors link each chapter by providing a summary of the current trends and projections in professional counseling. It is also here that the editors offer a powerful parable to reflect the need for professional counselors.

Valuable Resource

As the first publication endorsed by Chi Sigma Iota, *The Handbook of Counseling* will be a classic in the counseling field. Its broad span of the counseling profession along with its "star cast" of experienced authors makes it a valuable resource for all professional counselors, educators, supervisors, and counselor trainees. It is surely a book that will invoke thought and reflection on where the profession of counseling has been, where the profession is, and where the profession is heading.

CSI Proudly Thanks Donors

With their permission, we wish to publicly thank those who have been gracious in their contributions to Chi Sigma Iota in the recent past and acknowledge their commitment to excellence beyond that which is expected.

Melvin C. Riddick - Alpha
Camilla A. Clarke - Epsilon
Tanya M. Geiger - Epsilon Beta
Mary T. Nickerson - Gamma Zeta
Barbara L. Gaman-Hudak - Mu
Joan C. Stanley - Rho Kappa
Alice Bailey - Sigma Lambda Upsilon
Joy and Jubilee

Connie: How did the concept of excellence enter your life?

Lois: You're going to laugh at this. I think it all started when I received a 100% in art in first grade. What that really meant was coloring in the lines and choosing bright colors! From then on, I think, Mom believed that I could have perfect scores in all of my subjects. In graduate school I was not happy if I didn't have an A in everything. In the religious community we were also expected to strive for perfection in all ways. Then I listened to a motivational tape on perfectionism. The speaker suggested changing "What would people think if I do this?" to "So, what if someone thinks..." Using that little word "so" freed me in lots of ways. I also learned to use the term Fallible Human Being. If I forget something, I just smile and say, "Hey, I'm an FHB."

Connie: There's something delightful about thinking that you started out by coloring in the lines. I think of you as a person who colors outside of the lines.

Lois: It's boring to stay in the lines. Early in my life as a sister I was daring to do things that good sisters didn't do. What a difference it has made in the lives of so many. You're right. I haven't been coloring in the lines for a long time.

Connie: What advice would you offer a new counselor?

Lois: I think it is important to have a mentor who helps you believe in yourself, challenges you and stretches you beyond what you believe possible. I think it's also important to get counseling for yourself if there are unresolved areas that act as blocks for those that come to counseling. Finally, we have to be passionate about our work as counselors and believe that we can make a difference in the lives of others.

Connie: Coming back to Chi Sigma Iota...What keeps you interested?

Lois: I am the first regular member of Chi Sigma Iota. I was also the first president of Alpha chapter. When I was a graduate student at Ohio Uni-

(continued from page 12)

versity Dr. Tom Sweeney began mulling over the idea of starting an honor society for counselors. He wanted excellence to be part of us from the very beginning. A society that offered recognition, challenge, on-going education, the concept of excellence and support for one another attracted me. I enjoy the Exemplar and attending Chi Sigma Iota Day meetings. There is such richness in the history of the marvelous people that are part of Chi Sigma Iota. It's both humbling and exciting. As long as I am able to be part of it I really want to be. It's part of who I am.

Conclusion:

Sister Lois calls herself a simple person. Her lifestyle is humble and she takes joy in simple pleasures. Her kind face is most often brightened with a smile, unless she senses injustice. You won't usually find her at center stage. You'll find her in unlikely places. In the morning you may find her walking through the cemetery and praying for counsel from her beloved mentor, Sister Henrita. Later that afternoon she could be in her apartment (her door is always open) chatting with some of "her students" in the residence hall. If you want to catch up with her in the evening, you better find out where the sporting event is being held. She is surely leading the bleacher cheers for the female athletes at The College of Saint Benedict.

And a final quote ..."I had my students read Tuesdays with Morrie and we all wrote our own life stories. I wrote about being poor as a child growing up. I can appreciate so many things just because I didn't have everything. That can be a great gift. It was for me. When I got the Wrenn award I mentioned that one of my favorite Scripture quotes is Matthew 10: 8b. 'The gift you have received give as gift.' I strive to be able to see beyond everything and see the heart of people. When students are sent to me with a discipline problem I always start by saying, 'You tell me your side. What happened?' I think they know I'm not out to get them. They usually are very honest with themselves and with me because they don't have to be defensive. Trust makes all the

(continued from page 10)

Jamie Carney

These experiences have shaped many of the goals I would have for CSI. These include:

- Supporting the current efforts of the Chapter Membership Committee to assist chapters with developing and maintaining chapters. This includes an increased focus on continuity of membership and increasing professional membership
- Enhance the efforts of CSI to promote, encourage, and support faculty advisors. This includes continuing efforts to establish a mentoring program, support new advisors, and encourage collaboration and networking among advisors
- Support initiatives to advance and promote diversity in CSI leadership and membership
- Develop ways to increase participation in the awards programs and increase recognition of chapters and members. This includes encouraging members, chapters, and faculty advisors to recognize the significant contributions they make both within their chapters as well as the counseling profession
- Continue initiatives related to the promotion and recognition of excellence in leadership, clinical practice, scholarship, and research.
- Promote leadership training for faculty advisors, CSI members, and chapter leaders. In addition support current CSI initiatives to increase involvement in CSI committees and positions as well as the CSI Intern and Fellows Program
- Support the work of the CSI Technology Committee as it provides a venue for increasing contact with membership, providing resources to chapters and faculty advisors and well as a means to promote CSI and increase awareness of its activities
- Continue to support the work and activities of the Advocacy Committee
Alpha Eta

The Alpha Eta chapter at the University of New Orleans has had a busy year, working to enhance collaboration between student and professional members. We began the year with our general membership meeting and concluded the fall semester with a food drive for Second Harvesters and a winter social for all members.

The spring Symposium was co-sponsored by LCA and the topic was "Play Therapy for Specialized Populations" by Daniel Yeager. We had 40 new membership applications and concluded the year with our initiation banquet.

We will begin offering scholarships to students to attend LCA and ACA conferences. The monies are made possible from the UNO Counseling Program's Big Easy Series. We have agreed to coordinate these workshops, with some of the proceeds to be used for scholarships. We co-sponsored two socials this summer for distinguished guest speakers Dr. David Capuzzi and Dr. Courtland Lee.

The new executive board will be planning a general membership meeting and the annual Counselor Chat, which are continued each fall to promote networking between student and professional members. The board will also host a social for new members to encourage member participation.

Submitted by Laura Fazio-Griffith, past-president (lazio@aoi.com)

Alpha Delta Omega

In order to prepare for the upcoming school term, CSI members from the University of Maryland's Asian Campus have been diligently working through the summer. Members have been preparing for the comprehensive exam offered during the second term of the fall semester. With the support of the university's faculty, the chapter officers coordinated and organized review sessions that focus on the material covered in each section of the exam. Faculty members have given their time and expertise in order to facilitate each review session. Numerous students attended the first of six sessions in mid-July which focused on research methodology. The review sessions are offered to CSI and non-CSI members for minimal fees. We are planning to utilize the funds raised from these sessions to purchase an NCE study guide, which will be made available to all graduate students who will take the NCE exam next spring and other terms thereafter.

Submitted by Tonya Joseforsky, secretary/treasurer (vermaza@konnect.net)

Beta Upsilon

The new Executive Board at the Beta Upsilon chapter at Barry University has hit the ground running. This summer session we co-sponsored a seminar about the interface of domestic violence in immigration advocacy issues, and we are having one of our own counseling doctoral students present a workshop on "Modern Parenting Skills." Finally, our chapter is doing a tri-county-wide outreach to area counselors who are willing to provide pro-bono mental health services to our counseling students. In September, Carmen Charles and Kelly Arnemann will present "Discrimination, the Fair Housing Act and Counseling." October will find Dr. Maureen Duffy presenting on "Women in Prison." In November and December we will have our annual food drive and holiday party for the clients of the Barry Family Enrichment Center. We have an incredible year lined up for our community and ourselves.

Submitted by Kelly Arnemann, president (kellyarnemann@hotmail.com)

Chi Epsilon

In the sunny south, Chi Epsilon at Georgia State University spend our summers finding ways to beat the heat, and CE/CSI has done that by establishing a listserv for our officers to communicate with CSI members while staying cool. But, we won't be staying indoors for long: This coming school year marks the 10th anniversary of CSI at GSU, and we will mark the occasion with canvas tote bags for all renewing and new members during the fall and spring membership drives. We will kick off the membership drive in September with a Welcome Reception at the university's recreation center. Over 300 students and their families from all three programs—master's, specialist and doctoral degrees—are invited to a get-acquainted reception.

Submitted by Deborah Ross, president (Deborah.Ross@Citadel.edu)

Delta Sigma Upsilon

Delta Sigma Upsilon at Delta State University has been busy re-establishing and reorganizing their chapter. Thanks to the help of Susan Adams, our new faculty advisor, and the leadership of our officers, we had an extremely productive year. All of our activities were successful, and we significantly increased our membership. We held two initiation ceremonies to welcome our new members. We also hosted a program orientation for new counseling students and a hospitality room for our alumni at the Mississippi Counseling Association. In addition, we had a "Grief in the Holidays" workshop and collected gifts for two local children during Christmas. Lastly, we ended the spring semester with one of our most successful annual Spring Conferences ever. We hope to include some new activities during the upcoming year including starting a mentoring program for incoming students and participating in the campus career days.

Submitted by Jessica Willis, president (kwillis@techinfo.com)

Epsilon Upsilon

Epsilon Upsilon at Xavier University is proud to announce that Dr. David Capuzzi has accepted our offer to speak at our university in December. We have also been commissioned by Xavier University's division of education to conduct an orientation for new counseling students entering graduate school this fall. We also plan to organize the chapter web page (continued on page 16)
Chapter Happenings
(continued from page 15)

in an effort to entice counseling students outside the organization to access the page. The chapter has planned many other exciting activities in order to raise awareness about the counseling profession and CSI.

Submitted by Kimberly N. Frazier, president
(kfrazier@hotmail.com)

Kappa Sigma Upsilon

Kappa Sigma Upsilon at Kent State University had a very active year. Last fall we held our second annual Walk-a-thon fund raiser which was great fun and benefited a student scholarship fund which sponsors counseling students' memberships in counseling organizations and travel expenses to conferences. Two Professional Development workshops were held in the fall. In December we sponsored a holiday potluck meal, and the first activity for our newly formed Community Service Committee was to help with our county's Mental Health and Recovery Board's annual fund raiser. We also held a food drive to benefit a local social service agency. In March we held our second annual Rock-a-thon fund raiser to benefit our university's Counseling and Human Development Center and the Student Scholarship Fund. We were honored to have Dr. Edwin L. Herr, CSI Past-president, as the guest speaker for our annual initiation banquet in April.

Submitted by Megan Petruzzi, community service chairperson
(mpetu2zc@kent.edu)

Psi Omega Pi

The July annual meeting for the Psi Omega Pi chapter at the University of Phoenix saw the induction of new officers, the initiation of new members, the unveiling of new goals, and a feast of the mind titled, "Nurturing the Mind, Body, and Spirit: Counseling Perspectives." Dr. Patricia Kerstner, Department Chair; Dr. John Nixon, Faculty Advisor; Cathy Anderson, Program Coordinator; and former chapter officers were surprise award recipients for their contribution to the growth of our chapter. In two short years, we have grown from our humble beginning of 12 to the 87-member strong organization we are now. Following a sumptuous buffet, five distinguished local professionals offered insight into hypnosis, EMDR, aromatherapy, biofeedback, and holistic healing. The new year will see an expansion of accredited workshops, a return of the popular "friendraiser," a social gathering aiming at networking through socializing, and the official launching of our award program. Of special interest is the Extra-Step Award for outstanding service to the counseling field, open to any member of the profession regardless of CSI affiliation.

Submitted by J. Williams, president-elect (jwilliams@selu.edu)

Other "Chapter Happenings" can be found on the CSI web page at www.csi-net.org under the topic "Publications." If you would like to share the activities and accomplishments of your chapter, e-mail submissions to June Williams at jwilliams@selu.edu.

Nancy E. Sherman

CSI's Advocacy Initiative has been instrumental in untold ways in promoting the counseling profession. The evolution of this effort will include partnering with other organizations such as ACES in continuing programs and projects.

• Increased retention of members and active chapters. Through continued chapter development, faculty advisor support, networking and mentoring, plus leadership opportunities and development, individuals will find meaning in their involvement in CSI.

• Enhanced diversity in membership and leadership is vital for our organization and our profession is so diverse as are those we serve. As an international organization, we have opportunities to grow and diversify globally, as well as at the individual and chapter level.

• Leadership development has always been a hallmark of CSI, and our organization includes leaders who exemplify the best in leadership in any sphere. We need to continue to use and share our talent with all members as they grow into leaders at every level of the profession.

• As an honor society, CSI is a leader in the use of technology to benefit its members. We will continue to provide the most up-to-date and useful means of communicating and providing information to members, whether through the printed or electronic media.

I will continue my active involvement with CSI, regardless of the results of this election. If elected, however, I pledge to devote my energy, enthusiasm, creativity and commitment to lead this wonderful organization with the promise of continued excellence in working with you to meet our shared goals for excellence in counseling. CSI has been and will continue to be a guiding force for students and professionals in counseling as they seek to achieve personal and professional excellence. I welcome the opportunity and challenge to serve in continuing the accomplishment of these goals as President of Chi Sigma Iota.
CSI and Advocacy: Marketplace Recognition or "What IOTA Know!"

Nancy Sherman
CSI Advocacy Chairman

One of themes identified by participants at CSI's Advocacy Conference in 1998 was named "Marketplace Recognition." There are many challenges and opportunities for professional counselors including CSI chapters and members to advocate for the profession by educating others about who counselors are and what they do. In this issue, we highlight the work of the Beta Upsilon Chapter of Barry University and their award winning advocacy project, the details of which are located at www.csi-net.org/htmls/adv.htm. One of the objectives of marketplace recognition is that "professional counselors will be broadly recognized in the media and elsewhere as providing valuable service to individuals, couples, families, organizations, and society at large."

Beta Upsilon Gets Involved

Scott Gillig, Beta Upsilon faculty advisor, challenged his students to participate in a counselor advocacy project, and one student group developed counseling brochures that tell who counselors are in three languages: Spanish, English, and Creole. These languages were chosen as they represent the major languages spoken in the neighborhoods surrounding Barry University in South Florida. Principals in local parochial schools were called to request permission to provide the brochures along with information advertising the counseling clinic to guidance counselors for distribution among students. For a copy of the brochure, contact Scott at sgillig@mail.barry.edu. Are there local constituencies in your chapter's area that would benefit from information regarding professional counseling?

Another Example

The Illinois Mental Health Counselors Association recently published another excellent example of a brochure informing the public regarding professional counselors. The title is "LCPC (Licensed Clinical Professional Counselor) Defining the Role in Contemporary Practice." Questions such as "What is an LCPC?" "What services do professional counselors provide?" and "What are the educational and other qualifications of an LCPC?" are addressed. A wonderful chart lists the services provided by professional counselors in comparison to all other mental health professionals. For a copy, contact the Illinois Mental Health Counselors Association at P.O. Box 1086, Northbrook, IL 60065.

An Individual Makes a Difference

There are many ways that CSI chapters can promote marketplace recognition, and, at times, we just happen upon an opportunity! Jette a'Porta, Beta Phi chapter president, 1996-97, discovered one such opportunity while attempting to begin her professional counseling practice. Jette graduated with her master's degree in counseling, obtained her NCC and LPC, and with her colleagues was ready to open a private counseling practice in Peoria, IL. One way to advertise included listing the practice in the local yellow pages. Jette called and learned she could list the practice under either of two different listing sections, "Marriage and Family Therapists" or "Psychologists." Jette explained to the marketing representative that neither of these listings was appropriate and that the public would be better served by the appropriate listing of "Counselors." This listing is now the largest section of mental health professional listing in the yellow pages and now psychologists and marriage and family therapists use this section as well! Check out your yellow pages and get the proper marketplace recognition for professional counselors.

Share Your Successes

Let us know the many ways in which you and your chapters are involved in marketplace recognition for professional counselors. We would like to share your successes with all chapters using the Advocacy Training Materials! Send your ideas and suggestions for projects to Nancy Sherman at nes@bradley.edu.
By the time you read this article, your chapter should be well on its way for a successful year. Each chapter was required to hold election of new officers and submit an Annual Plan for 2002-2003 back in April. In addition to carrying out the Annual Plan for the year, chapters need to keep in mind the following dates and activities set forth by CSI Headquarters.

**CALENDAR OF EVENTS: 2001-2002**

**September, 2001:**
- Fellowship/Internship materials need to be downloaded from the web
- Awards materials to be downloaded from the web
- Fall 2001 *Exemplar* mailed to active members with CSI ballot for election
- Voting begins on-line at: www.csi-net.org

**December, 2001:**
- Fellowship/Internship completed applications **received by committee chair no later than December 1, 2001.**
- Nominations materials for CSI Awards to Awards Chair **received by committee chair no later than December 1, 2001.**
- Election ballots to Headquarters **received no later than December 1, 2001.**

**January, 2002:**
- Awards Processing and recipients notified
- Fellows and Interns selection completed and notified
- New officers notified

**February, 2002:**
- Annual report forms need to be downloaded from the web
- Chapter representation at annual business meeting requested
- Spring 2002 *Exemplar* mailed to active members

**March, 2002:**
- Chapters working on local nominations and elections.
- Chapters requested to send nominations for President-elect (2003-2004) and Treasurer (2002-2004)
- Name of chapter representative to annual business meeting due by March, 2002.
- Chapters work on next year's annual plan.
- CSI Day in New Orleans, Louisiana.

**April, 2002:**
  Note: Chapter elections should be held prior to submission of annual plans.
- Nominations for CSI officers due by April 30, 2002, the end of the CSI 2001-02 fiscal year.
"My doctor said that I needed to go to a psychiatrist for therapy. He sent me to a psychologist because he said I needed counseling. The psychologist said that he was not a counseling psychologist and told me I would need to go see someone at the mental health center. They sent me to a social worker. But the social worker had so many clients that he could only see me once a month. So I found your name in the phone book but when I mentioned to the person who answered the phone that I might need some assistance with my medications, she told me that I would need to go to a psychiatrist!"

This client's dilemma is not an unusual one for individuals who seek help for mental health concerns. The problem becomes even more pronounced when services are paid for by insurance or public funding sources that reimburse some professions but not others or that reimburse some professionals at higher rates than others. Professional counselors are placed in a defensive position in which they must justify that their services are of the same quality as the services of other professionals who may have a more longstanding relationship with healthcare. This means being able to communicate in the language of mental health, utilizing mental health funding systems, and having a good understanding of the science of mental illness and its treatment in a manner that is competitive if not superior to the other professionals offering similar services. The livelihood of professional counselors very often depends upon it.

What are the differences between psychiatrists, psychologists, social workers and counselors? A quick review of the literature would suggest that the primary differences lie in the amount of training required, the overall guiding philosophies of practice, and the methods employed in assisting clients in achieving desirable outcomes. Other views suggest that the biggest differences lie in the role of the practitioner and client throughout the treatment process, what behaviors and characteristics are identified as problematic, and how much control the client has over their own treatment and recovery (Cottone, 1992).

One key difference between the traditional mental health orientations may be the research and training emphasis each profession has placed on scientific discovery and its application. A flyer for an upcoming symposium in the neurosciences and psychiatry features the following offerings: 1) Psychopharmacology in the New Millennium; 2) Schizophrenia: Genetics and Brain Imaging; 3) Advances in Biology and Treatment of PTSD; 4) Medical Comorbidity Issues in Atypical Antipsychotic Drug Therapy. The topics listed here are quite obviously appropriate for physicians and their expertise in dealing with the biological causes of mental disorders and perhaps less interesting to mental health professionals that hold to a developmental or systemic paradigm. Yet, mental health and wellness is a holistic concept that is responsive to biological, psychological, and social influences. Practitioners specializing in the promotion of wellness as well as the treatment of mental disorders find themselves either voluntarily or involuntarily dealing in all three venues.

Counseling has historically been seen as part art and science. The art of counseling is seen in the utilization of techniques that encourage individuals to make change, to become better, and to find within themselves the resilience, strength, and courage to live successfully. The science has been seen as the research base upon which effective counseling practice is built. Master's level training for counselors has focused upon the transmission of the art while doctoral-level education has focused more on the science (Heppner & Anderson, 1985; Dellario, 1996). However, the integration of the two components and their application to counseling practice has served as the model for counselor education for the past five decades (Bernstein & Kerr, 1993; Heppner, Kivlghan, & Wampold, 1999; Pepinsky & Pepinsky, 1954).

Modern counseling practice demands that practitioners demonstrate the effectiveness of their interventions through appropriate use of diagnostic procedures, the selection of treatments and interventions that fit research-based standards of practice, justification of diagnoses/treatment plans through use of formalized testing and assessments, and the documentation of the outcomes of these methodologies (Austad & Berman, 1994). Practitioners must be able to integrate all available information in order to effectively deal with all aspects of the client's situation regardless of the counselor's theoretical orientation. This requires an educated and scientific understanding of the biological, psychological, social, and cultural factors impacting the individual.

The next few articles in this series will look at ways in which the scientific method is incorporated into the practice of counseling through the practice of scientific reasoning, application of the scientific method in applying research and engaging in counseling activities, and evaluation of the outcomes of the counseling process.

References
Dellario, D.J. (1996). In defense of teaching masters' level rehabilitation counselors to be scientist-practitioners. Rehabilitation Education, 10, 229-232.
Technology Corner

Jane Myers
Web Administrator

Visit the CSI Web Page: www.csi-net.org. Your suggestions and ideas for making the page more useful are always welcome.

Advocacy Materials

If you have not visited the web page lately, prepare for some great surprises when you click on the Advocacy button. The proceedings of CSI's two national advocacy leadership conferences are still there. In addition, thanks to the hard work of Advocacy Committee Co-chairs Nancy Sherman and Bill Nemec, there are also a variety of training materials organized according to the six advocacy themes from the conferences. There are still some missing links in the training materials. This is a great opportunity to work with your chapter and send us YOUR advocacy program for posting on this page. You can extend your advocacy initiatives by allowing other chapters to replicate your programs. For more information, contact the webmaster and your message will be forwarded to the appropriate person(s) for response.

On-Line Polls

We have tested the on-line voting/polling system for CSI chapters and have good news to report: IT WORKS!! When your chapter is ready to set up a membership survey, election, or other poll, please contact us for assistance.

Check out the CSI web page for a brief survey posted by Jamie Carney, Chair of the Faculty Advisor Task Force. If you fill out the survey, you will get an idea of what the on-line voting process involves. It really is pretty easy!

Web Page Quiz Results

Thanks to all who wrote with answers to the Technology Quiz from last issue. The three questions and the correct responses were as follows:

Q1. How many chapters of CSI have been chartered (as of 6/01)? A: 221.
Q2. The state with the most chapters? A: Texas, 15.
Q3. The state(s) with the most chapters with web pages on the CSI server? A: Georgia, Illinois, and North Carolina each have four chapters with web pages.

The first to respond to the quiz received a CSI notepad and decal. Congratulations to Melissa Manthei, Zeta Omicron Omega chapter; Katina Robinson, Gamma Alpha Upsilon chapter; Teresa Uland, Epsilon Tau chapter; Christina Villarreal, Alpha Pi chapter; Susan Wydner, Lambertville NJ; and Jodi Henry, Opelika, AL.