Once Upon a Time . . .
Using Children’s Books with All Ages

Cathy Woodyard
Exemplar Editor

Once upon a time . . .

As a child, those four words settled down my body and opened up my imagination. Turning the pages of colorful storybooks, I was entranced by tales of faraway places, fascinating characters, and important lessons for me to learn. As an adult, I am still mesmerized by the beautiful illustrations of children’s storybooks and delight at how insightful authors present lessons which speak both to children and adults.

As a counselor of children, teens, and adults, I have learned that many of these children’s books can be powerful tools in helping individual clients or groups of any age grasp deep and meaningful concepts.

With Individual Clients

When working with individual clients, I sometimes want to give an assignment which will offer them an avenue of self-reflection. For example, when I have a client who feels incomplete and wants to change who she is in order to find a relationship, I ask her to go to the local bookstore and read Shel Silverstein’s The Missing Piece Meets the Big O. I ask her to journal about how she is the missing piece and what she has done to try to attract a Big O. What must she do to transform from the missing piece to become the Big O? When a client feels victimized by life’s struggles and pains, I assign Dora’s Box by Ann-Jeanette Campbell with the journal topic of “What joys would I not have experienced if I had not experienced these pains? What are the gifts of my struggles?” For the woman who is struggling with aging, I suggest Our Granny, a delightful book which breaks all stereotypes of being a grandmother. I might give her an assignment of adding one sentence to each descriptor of grannies in the book that reflects the granny she wants to be. Children’s books such as these can be easily read in 10-15 minutes. Giving a short journaling assignment can provide the client with a doable assignment which can invite valuable processing at the next session.

With Groups

Children’s books can be particularly useful in facilitating groups. The stories are short enough to be read aloud during group time, and creative assignments can be used afterwards to help clients make the books applicable to their lives. For example, The Fourth Little Pig, by Teresa Celsi and Doug Cushman is a wonderful book for addressing fears which stem out of past hurts.

Using psychodrama techniques, group members can act out the book as the facilitator reads the book aloud. Then, each can speak as the character he or she represents and talk about how each has taken that role in their own life. Questions can be processed: “What was the wolf that sent you into hiding? How do you now hide? What aspects of life are you missing as you hide in the house? What would it take to blow your house down?” Ysaye Barnwell’s book No Mirrors in My Nana’s House tells the story of a young African American girl who has always seen herself as beautiful and acceptable – because her mirror has been her grandmother’s eyes. Using this book, group members can be mirrors for one another, providing reflections on what they see in each other. After reading The Boy Who Dreamed of an Acorn by Leigh Casler, members can be given the assignment to do their own mini-vision quest during the week and to return to group with a

Time to Vote!

This edition of the Exemplar contains information about candidates for 2008-09 president-elect and secretary. It also contains a ballot for you to cast your vote—or you can go to www.csi-net.org and vote online.

Please take a few minutes to read the candidate’s information and cast your vote.

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Connections: Reaching Out

June Williams
CSI President

As I reflected on “Reaching Out,” the second of the three sub-themes of my year’s focus on Connections, I spent some time pondering the meaning of the word “connections.” I returned to the root word “connect” and considered a few definitions: to join, link, unite or bind; to establish communication; to make contact; to establish rapport or meaningful relationship.

As I mulled over what it truly means to connect, I noted that connect is very much an action verb (ever the English teacher!). Therefore, if we are to connect with others, we must “do” something. We must “reach out” to others. Establishing connections is not something that just happens to us; it is something that we bring about. We must embody attitudes and behaviors that are welcoming and sincere.

When I think back on my involvement in professional associations in general and CSI in particular, the common denominator is that I felt welcomed. Others reached out to me. I was asked personally to chair a committee or to run for office. I was fortunate to have outstanding mentors and colleagues who took the time and effort to make me feel included, like I belonged.

You are CSI

I often hear people talk about CSI as if it is an entity “out there” somewhere, beyond them. In reality, CSI is you and me; it is all of us, a collection of professional counselors and counseling students who share a vision and a mission: to promote scholarship, research, professionalism, leadership and excellence in counseling, and to recognize high attainment in the pursuit of academic and clinical excellence in the profession of counseling.”

As counseling students we learn the lingo early: “I joined Chi Sigma Iota or ACA.” “I belong to CSI.” As we become professional counselors, we continue to talk about belonging. But what does that really mean? As we have often heard, CSI is “not just another line on our resume.” Just as connecting and reaching out are active rather than passive, so is belonging. If I pay my dues and list my professional associations on my resume, do I really belong?

As I reflect on my own professional (and personal) development and evolution over the last two decades, I can state without question that the most significant factor in my development has been my connections with other professionals through professional associations. Where else can I be encouraged, supported, and challenged to become the best professional counselor that I can be?

Questions for Reflection

As professionals and as CSI members, we have an obligation to the profession and to other professional counselors and counseling students to reach out and bring CSI to life for members who may passively belong without actively belonging. We also have an obligation to turn our passivity into action if we take our professional development seriously. Here are a few questions that I must ask myself, and I invite you to do the same:

• If I am in a leadership position, do I step out of my comfort zone and list my professional associations that I must ask myself, and I invite you to do the same?

• How welcoming and inviting am I to other CSI members? Do I introduce myself to those I may not know?

• Do I reach out to connect in an inclusive manner, making those from under-represented populations feel welcome, like they belong?

• Do I step out of my comfort zone to approach those outside of my circle of friends and acquaintances?

• If I do not actively belong, what steps can I take to become more connected? What is one concrete thing I can do?

• If I am in a leadership position, do I invite others to become more actively involved? Do I acknowledge their potential and contributions?
When the CSI year ended April 30, we once again noted strong signs for the future. We welcomed just under a record 5,000 new members in 2006-2007 while record numbers of renewals also were being processed. At least as encouraging are the numbers of new and reacti- vating chapters. Eleven new chapters were established while 23 chapters reactivated during the same period. Active chapters translate into service to our members at the local level. Numbers don’t really tell the whole story (although they are very impor- tant to us in headquarters!) since it is the Annual Reports and Annual Plans that the Executive Council uses to determine if chapters are using the $40,000 plus in rebates that are distributed to them for chapter activities ($7 per active member). These reports are impressive! Literally thousands of hours are going into membership services including chapter initiatives, award ceremonies, professional development programs, services to counselor education programs, a wide variety of community service projects, leadership training, and much more. Chapters are the heart of the CSI experience and not only for students.

Importance of Professional Members

Occasionally, someone will refer to CSI as a “student” organization. This has never been the case and it is even less true now. Our current demographic is approximately fifty-fifty, professional members to student members, a shift toward more profes- sional members in recent years. This should mean stronger, more professional oriented programming by chapters in the future.

We have always emphasized the benefit of having professional members contributing to the chapters (great recruiters for new students, guest speakers, practicum-internship supervisors, job placements, mentors, and sources of changing needs of schools, agencies, etc for curriculum revision per national standards). Now we have even greater reason to be inviting them back to campus; they want to continue being a part of the CSI experience and their university affiliation as well.

Chapter leaders, please note! Check your membership roster of active members. How many are professionals? How can they be involved in helping you make your chapter’s activities relevant to them? How might they be invited to help make the chapter more meaningful for your student members? Regardless the number, several or few, how can they be invited to enrich the education of the students in your counselor preparation program? Discuss your ideas with your Chapter Faculty Advisor and see if you can work some of your ideas in your coming year’s activities.

New Chapter Faculty Advisor Excellence Award

We cannot talk about the success of CSI and not call attention to the invaluable and too often overlooked and underrated role of our Chapter Faculty Advisors. At this year’s summer Executive Council meeting, the members unanimously approved a new CSI award, the Chapter Faculty Advisor Excellence Award. The award is designed to recognize sustained, active involvement of the CFA in helping mentor chapter leadership that brings service to our members. The criteria are published on the web and our intention is to recognize CFAs in both large and small chapters. Help us call attention to our CFAs’ outstanding work in a manner that helps them feel appreciated and potentially acknowledged by their department heads, deans, and colleagues!
Time to Submit Award Nominations!

Do you know someone in the counseling profession that epitomizes excellence and inspires others daily? If so, this person may be a wonderful candidate for a Chi Sigma Iota award.

Each year, CSI recognizes those in the profession who have gained the respect of their peers through their leadership and activities. The awards are handed out at the CSI Awards Ceremony and Reception, which will be held in March during the American Counseling Association Conference in Honolulu. The Awards Committee would like to encourage CSI members and chapters to consider submitting a nomination packet for the 2008 Chi Sigma Iota Awards, which recognize the outstanding entry-level student, doctoral student, faculty advisor, program, chapter, newsletter, service to chapter, research, practitioner, practitioner supervisor, as well as the Thomas J. Sweeney Excellence in Leadership Award.

Application Process

The first step for nominators is to verify that the person(s) considered for awards are current members of CSI and the second step is to visit the CSI webpage (www.csi-net.org) for information on the awards and nomination process.

Nominations must enter information about themselves and their nominees online. Once this basic information is electronically submitted, a checklist of necessary items will be available, providing guidelines about required items and their order within a nomination packet.

The third step to submission is the compilation of nominee packets based on the previously mentioned checklist. Packets must be complete so must specifically address the award for which the person or chapter is being nominated. Once the items are compiled in the correct order, nominators are asked to make three copies of the documents and sort them into three piles, separated with rubber bands or manila folders.

Nominations Submitted

Finally, the completed awards nomination packet must be mailed to Dr. Julie Stephan, CSI Awards Chair at 3700 W. 103rd Street, Chicago, IL 60655. The packet must be postmarked no later than December 1, 2007, for a nominee to be considered. Further information on the awards nomination and selection process is available at www.csi-net.org or you may contact Julie Stephan by phone at (773) 298-3856 or by e-mail at Stephan@sxu.edu.

New Faculty Advisor Award

In recognition of the essential role that Chapter Faculty Advisors (CFA) perform in achieving Chi Sigma Iota’s mission, the Executive Council has established an award for those who mentor, lead, and support the new leaders of the profession through their university chapter of CSI. This award recognizes those who perform their role with excellence as defined by criteria established to identify active chapters, who promote recognition of excellence within their membership and chapter, and who advance the profession through service and scholarship. Up to two such individuals shall be recognized for this award each year, one each from large and small chapters.

Specific criteria:

1. As defined by CSI Bylaws, the chapter has been active for at least three consecutive years.

2. The Chapter Faculty Advisor has served as a CFA for at least five years (may accrue through service to more than one chapter but most recent must be three consecutive years from the nominating chapter).

3. Chapter has membership renewal of twenty percent or more during year of nomination (Life and active memberships divided by total initiated by chapter: Data available under Chapters, chapter statistics: www.csi-net.org).

4. During the CFA’s past three year tenure, evidence of chapter activity from annual reports including, for example: a) awards, fellowships, and grants including nominations for same, b) poster session presentations, c) service by members on CSI committees or member nominations to CSI offices, d) contributions to the Exemplar or CSI Day programs as well as e) service to the chapters members, counselor education program, and the larger community of counselors and those they serve through a sustained, planned program of activities.

Nominations are encouraged from both large and small chapters. Recipients will be recognized on CSI Day, receive an award plaque, letters written to their university administration calling attention to their award and the work that it represents, five years of CSI active membership or equal value shopping the CSI store if they are Life Members, and they will be listed among CSI award recipients on the web.

Nominations must be postmarked by December 1, 2007. For information on the nomination process, go to “Awards” on the CSI web page (www.csi-net.org).
Chi Sigma Iota is pleased to announce the 2008 Fellowship and Internship Program designed to assist graduate counseling students (master’s and doctoral) and professionals in the early years of their counseling careers develop leadership skills for the benefit of the counseling profession. Fellowships will be awarded to 10 individuals of exceptional merit who have exhibited leadership potential in their Chi Sigma Iota chapter. Fellows will have an opportunity to participate in 10 clock hours of service to Chi Sigma Iota during 2008-09. Two Interns selected from the 10 Fellows will participate in significant CSI International leadership opportunities for 50 clock hours during 2008-09.

Requirements for Nomination

All nominees for CSI Fellow or Intern positions must be (a) current and active CSI members, (b) active in their CSI Chapter, and (c) enrolled in a graduate level counseling program or be a counseling program graduate in the early years of professional development (no more than three years since earning their last graduate counseling degree). Master’s students in counseling programs are particularly encouraged to apply.

Fellow/Intern Responsibilities and Rewards

Fellows and Interns are required to participate in CSI activities during the 2008 and 2009 ACA Conventions (complimentary 2008 ACA Convention registration will be provided to selected Fellows and Interns who are ACA members). Fellows will also provide a minimum of 10 hours of service on a CSI committee or task force during the 2008-09 year. Interns will also attend CSI Executive Council meetings and CSI committee or task force meetings during the 2008-09 year and work on special projects for a minimum of 50 hours. A grant of $600 will be provided to each Fellow and Intern selected. A matching grant of $50 for small CSI chapters and $100 for large CSI chapters from the nominating CSI Chapter will be required. A commitment from the local Chapter to supply a matching grant must be stated in the nomination letter from the Chapter Faculty Advisor.

Nominations Information Available Online

Applications are to be submitted online only at www.csi-net.org and three letters of reference (one from the nominee’s Chapter Faculty Advisor) are to be sent directly to Dr. Cynthia Osborn, CSI Past-President, at cosborn@kent.edu. The deadline for submitting applications and letters of reference is December 1, 2007. Awardees will be notified by February 1, 2008. Full nomination guidelines are available at the CSI website at www.csi-net.org. Contact CSI International Headquarters (336) 841-8180 or Dr. Osborn (330) 672-0695 for additional information.

2007-2008 CSI Excellence in Counseling Grant Recipients Announced

Andrea L. Dixon
CSI Excellence Grants Committee Chairperson

The 2007-2008 CSI Excellence in Counseling Research Grants Committee is pleased to announce this year’s recipients of the CSI Excellence in Counseling Grants. This year’s research priorities for funding were for research relating to chapter, professional association, and practitioner leadership characteristics and behaviors. Funding for the CSI Excellence in Counseling Research Grants Program is intended to support CSI members who have conducted research (within the past year) or plan to conduct research (within the next year) that promotes and enhances the counseling profession through an emphasis on issues related to professional counselor identity.

Below are this year’s recipients, their university affiliations, and the titles of their funded projects:

- Dr. Carrie A Watcher, Purdue University
  “School Counseling: A Multidisciplinary Digital Advocacy Project”
- Dr. Donna M. Gibson, Dr. Colette T. Dollarhide, & Leah McCallum University of South Carolina
  “Non-tenured, assistant professors: The new look of leadership in counseling”
- James M. Devlin, Dr. Robert L. Smith, & Sailee Freeman, Texas A & M University, Corpus Christi
  “Reconnecting Science to Practice: An Innovative Model for Supporting a Counseling Research Identity”

A special thank you to the members of this year’s CSI Excellence in Counseling Grants Committee. The Committee looks forward to recognizing this year’s recipients at the CSI Awards Ceremony during the 2008 ACA Convention in Hawaii. In addition, grant recipients will showcase their research proposal in poster format during the CSI Reception that same day.

Congratulations to all!
Embracing Creativity as an Alternative to Self-Injury

Colleen MacDonald
CSI Fellow

Self-discovery, transformation, development in action — this is what I love about working with adolescents. And, of all the transformations that I have had the privilege to witness, Lara’s (pseudonym for client) was especially powerful. That is because Lara learned to embrace her own creativity as an alternative to her self-injurious behavior (SIB).

SIB involves deliberate physical self-harm and can take a variety of forms, from hair pulling and skin picking to burning, cutting, and even self-surgery. However, unlike those who attempt suicide, self-injurers do not intend to die. Self-injurious behavior is an attempt to cope with painful emotions. Tragically, some self-injurers’ behaviors are so dangerous that they do result in death. Thus, careful assessment of individual clients’ self-injury (SI) severity is crucial.

An Example of SIB

A case example of SI is Lara, a 12th grade student, who entered counseling with a perceptive soul, an intelligent mind, and virtually no outlets for her anger, save one: SI. Low test grades, unrequited love, and in particular, conflicts with her parents — all of these were potential triggers for Lara to scratch her legs with her favorite necklace, using small, tentative strokes when she was merely annoyed, and broad, sweeping strokes when she was filled with rage.

I did not learn these details, or that Lara self-injured at all, until our third meeting. SI is often a very private way of coping, and, prior to clients’ disclosure, it can take time to build the requisite trust. Once Lara revealed this hidden part of herself, I asked questions to assess her severity. Lara had been self-injuring once or twice per month, on average, for the past four years using a relatively low-risk method — a small necklace that created superficial scratches and almost never caused bleeding. She had never suffered complications from her SI and had never been hospitalized for a suicide attempt. She had been diagnosed with bipolar disorder for which she took prescribed medication, and she was in good health. She could control her SI by choosing when to start and stop the behavior. Thus, I determined that the overall severity of Lara’s SIB was low. This gave us the gift of time: time for Lara to experience and accept her emotions and find new ways to express them. That was our counseling goal.

Creativity Rather than Destruction

Lara’s counseling involved creative and Narrative theory approaches conducted at her high school over the course of an academic year. Our turning point occurred just before Thanksgiving, when I asked her to create masks representing her real and ideal selves. Her masks revealed her desire to express her true emotions and to self-injure less. On her own, Lara began to use creative activities in place of SI. I encouraged her in this. Sometimes the substitution worked, and other times, when her feelings were especially intense, she resorted to SI. In time, she began to express concern for friends who were self-injuring, and we co-constructed ways for them to receive help.

It was heart-warming to see Lara reconnect with drawing and creative writing, resources that had once brought her joy. These activities were now a home for her burgeoning feminism and sense of self. Lara was inspired by female literary figures who devised creative means of coping with and changing their life circumstances. She found her own unique voice through a blending of poetry and collage, and she released her anger in these new, constructive ways. Ultimately, she opened the door to a host of feelings that she had blocked. Not only was she able to feel anger more fully, she came to know the full spectrum of emotions. Perhaps for the first time, she could tolerate conflicted emotions and even appreciate experiences that were bittersweet. Lara was living an authentic life and reflecting on and reinforcing that new life through her art.

Self-Acceptance

During this transformation, Lara did not forget her SIB nor did she look back on it with shame or scorn. In fact, some of her most striking and tender works of art were created in homage to her SIB, such as the drawing of her wounded skin, covered with a real band-aid, on its way to healing. Lara accepted SIB as something she had leaned on for help and might still rely on in small doses and with decreasing frequency. Lara recognized that her SIB had been a form of coping, albeit a non-adaptive one. By accepting her past while transitioning into a healthier, more adaptive future, Lara grew to accept herself.

Lara’s story crystallized the notion that SIB is a coping mechanism, one of the many attempts that clients make to deal with life. Only after we discovered and cultivated an alternative to SIB was Lara able to overcome its tenacious grip. And even then she would never say goodbye to it completely; it would always be a part of her, reminding her of her strong will to live.

Among clients who self-injure, Lara’s low severity, high motivation, and creative interests facilitated counseling. The counseling process is not as smooth with all self-injuring clients, particularly those with higher (continued on page 11)
Chapter Happenings

Reaching Out:
A Call for Multicultural Sensitivity
Kelly Kozlowski
CSI Associate Editor

The summer edition of the Exemplar shared with you innovative ideas about using technology to build connections among membership. This was one of three focused discussions among sixty CSI chapter leaders during CSI day in Detroit. Another was “reaching out.” Leaders were asked how they reach out to their membership and potential members to mentor leadership as well as involvement in the organization.

Courtland Lee’s Insights

Prior to breakout session discussions, Dr. Courtland Lee shared some of his insights gleaned from years of leadership in the counseling profession. He talked about connecting to others, particularly those underrepresented in the counseling profession and positions of leadership. Dr. Lee recommended one exciting way of reaching out—that of experiencing other cultures through travel to foreign lands. Dr Lee reminded us that smaller steps such as reading books by authors from different cultures may also broaden our awareness and appreciation of multiculturalism. Something as simple as reading magazines that are marketed to cultures other than our own offer small glimpses of various cultures. Learning a new language brings with it the possibility of bridging cultural language barriers and certainly provides an opportunity for reaching out.

In addition to these methods, as leaders we also need, as Dr Lee said, to “walk the walk.” Policies from chapter membership to leadership should be inclusive, respecting all who are potential leaders and those already in leadership roles. Current leaders were encouraged to expand beyond our borders by collaborating with other organizations to promote human development at a local or global level.

Speakers and Presenters

The discussion among chapter leaders of making connections through reaching out brought forth many ideas and current practices. One chapter reported having a diversity committee which keeps the chapter sensitive to awareness of diversity when choosing speakers or presentations. It also attempts to make the entire campus more aware of multicultural issues. Another leader added how their chapter includes stories in the chapter newsletter about minority leaders in the counseling field.

Beyond the concept of bringing in speakers is the idea of mentoring students of various cultural and ethnic groups to become presenters themselves. Starting at a local level and growing to a national level, we can offer to co-present with somewhat reluctant or tentative members and potential leaders may develop as a result.

Expanding Opportunities

Barriers to developing leaders can come in the form of limited financial resources or academic weaknesses. Some chapter leaders described how their chapters work to provide scholarships to local and national conferences for potential leaders who might not be able to afford to attend. Another chapter described a workshop its members presented on APA writing style to help bridge the academic gaps for incoming students.

Need for More Diversity

The conversation was lively when the idea was posed by an enthusiastic chapter president that increasing the number of minorities in leadership positions begins with increasing the number of minorities in the counseling profession as a whole. Leaders suggested that potential future counselors might be reached out to in undergraduate classes.

One chapter leader explained that her chapter makes it a point to speak to undergraduate classes and discuss the counseling profession. This not only promotes opportunities to enlist potential students but also advocates for what counselors have to offer to those entering other professions. Part of the presentation points out the under-representation of counselors from various ethnicities in the counseling field and encourages those who can see themselves as potential counselors to contact a CSI member to learn more about the field.

Several of those sharing in the conversations pointed out that inclusion of the GLBT community is another area of under-representation. Including speakers and presenting workshops on GLBT issues is yet another way to reach out. One female leader shared her thoughts on the use of language sometimes being a barrier. She pointed out that chapter invitations often invite CSI members and their husbands or wives to attend and this might sound exclusive to some members from the GLBT community.

Ongoing Work and Focus

Creating chapters and a counseling profession that reflects the entire population of the community and the world is a direction the in which the profession is moving. CSI promotes counseling leadership and counseling excellence and emphasizes diversity in its attempts to reach out; as such, it reflects the move toward becoming a more accurate reflection of the world around us. Whether by forming a multicultural awareness committee or by advocating in undergraduate classes, we all should be diligent in seeking ways to reach out to potential professionals from varied cultures and ways of life.
COMMITTED CANDIDATE

Each year Chi Sigma Iota is fortunate to have an outstanding slate of candidates willing to serve CSI on an international level. Once again, we have four deserving and committed candidates for president-elect and secretary for 2008-09. For this year’s slate, Catharina Chang and Dana H. Levitt are nominated for president-elect. Nominees for secretary are Andrea L. Dixon and Christopher Roseman.

You are encouraged to read the biographical information and goal statements presented by each candidate before making your decision. Please note that your BALLOT IS INSERTED IN THIS COPY OF THE EXEMPLAR OR YOU MAY VOTE ONLINE at www.csi-net.org. To vote online, go to our webpage and click on the “election” button. You will need your CSI member number—which you can find on the mailing label of this edition of the Exemplar.

You may only vote once—either online or by mail-in ballot.

You may only vote once—either online or by mail-in ballot. Remember that no change of address will occur unless you submit a change of address form. To vote online, please go to our website at www.csi-net.org. To vote online, go to our webpage and click on the “election” button. You will need your CSI member number—which you can find on the mailing label of this edition of the Exemplar.

You may only vote once—either online or by mail-in ballot.

Catharina Y. Chang

Associate Professor
Georgia State University
Atlanta, Georgia

Academic and Professional Experience

Catharina Chang, a Licensed Professional Counselor and a National Certified Counselor, is an Associate Professor of Counselor Education and Practice at Georgia State University. Since joining in 1994, Catharina's service to Chi Sigma Iota includes: Treasurer, Co-Chairperson—Chapter Development Committee, Chapter President (Upsilon Nu Chi), CSI Intern/Fellow and co-faculty advisor for Chi Epsilon. Other professional leadership includes: Awards Chairperson and Secretary for the Association for Assessment in Counseling and Education, Chairperson of the Multicultural Interest Network (Southern Association for Counselor Education and Supervision), and Chairperson of the Human Rights/Social Justice Committee (Association for Counselor Education and Supervision). Catharina actively publishes and presents in multicultural counseling and supervision with an emphasis on Asian/Korean American concerns, privilege and oppression issues, and racial identity development. Catharina is the recipient of the ACA Research Award, the ACA Counselor Educator Advocacy Award, the SACES Pre-Tenure Counselor Educator Award and the UNCG Alumni Excellence Award.

Goals Statement

It is a distinct honor to be nominated for President-elect of Chi Sigma Iota. We all have witnessed Chi Sigma Iota's members and leaders fuel and direct its continued growth and positive impact on our profession. All the while, it has remained steadfast to its mission “to promote scholarship, research, professionalism, leadership and excellence in counseling, and to recognize high attainment in the pursuit of academic and clinical excellence in the profession of counseling.” I want to serve and help lead in the continuation of this dynamic story. As President, I promise to advance these core values that have served Chi Sigma Iota so well for over twenty years while focusing on specific initiatives related to scholarship, leadership, and social advocacy.

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Dana H. Levitt

Associate Professor
Ohio University
Athens, OH

Academic and Professional Experience

Dana Heller Levitt is Associate Professor and Program Coordinator of Counselor Education at Ohio University. Chi Sigma Iota leadership includes: Alpha chapter advisor (2003-present), CSI Fellow, Rho Beta chapter (University of Virginia) co-president, Chapter Development Committee, and chair of the Chapter Faculty Advisors Committee. Under her leadership, the founding Alpha chapter has received three Chi Sigma Iota international awards and produced one intern. Other professional leadership includes: American Counseling Association Jewish Interests Network co-founder and co-chair; Ohio Counseling Association president, Public Relations chair, and Archives chair; Ohio Association for Counselor Education and Supervision treasurer; 2007 Association for Counselor Education and Supervision convention planning committee; Journal of College Counseling and Counseling and Values editorial boards; and Counselor Education and Supervision ad hoc reviewer. An active scholar, presenter, and advocate for the counseling profession, Dr. Levitt's research and teaching are in eating disorders and body image, ethics, religiosity, counselor development, and diversity.

Goals Statement

Chi Sigma Iota has a rich history and ambitious mission to promote excellence in counseling and to recognize attainment in its pursuit. As president, it is my hope to build upon this mission through leadership development, chapter networking, professional identity, and diversity enhancement.

Leadership Development

Chapters need opportunities to create and foster leaders. I propose additional leadership trainings: let us look beyond national forums to regional, state, and invited discussions at the chapter level to the CSI tradition of leadership development. We can create mentoring relationships

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Candidates for 2007-2008

Andrea L. Dixon
Assistant Professor
University of Florida
Gainesville, FL

Academic and Professional Experience
Andrea L. Dixon is an Assistant Professor and the School Counseling Program Coordinator in the Department of Counselor Education at the University of Florida. Andrea received her doctorate from the University of North Carolina-Greensboro and is a Nationally Certified Counselor and a certified School Counselor in Florida and Arizona. Andrea’s CSI involvement has included serving as: the co-advisor for the Beta Chapter, the chairperson of the Excellence in Counseling Research Grants Committee; a CSI Fellow; the President of the Upsilon Nu Chi chapter; and the Editor of the Mu Tau Beta Chapter Newsletter. She is a member of the American Counseling Association’s Awards Committee and Presidential Blue Ribbon Panel for Responding to the CACREP Standards. Her clinical experience includes working as elementary, high school, and private practice counselors. Andrea’s research interests include the construct of mattering in counseling, strengths-based and culturally-relevant school interventions, and ethnic minority adolescents’ identity development.

Goals Statement
CSI remains the strongest counseling organization promoting outstanding attainment of academic and clinical excellence in our profession and I remain proud to be affiliated. As a member of CSI, I inherently model the professional values of promoting scholarship, professionalism, leadership, and excellence in counseling. I would be honored to offer my commitment to nurturing the mission of CSI by serving as Secretary. As a CSI Officer, I would continue my personal goals of supporting the CSI team in promoting excellence in professional counseling’s advocacy, leadership, research, and professional practice, through the following contributions:

a) Leading the efficient and relevant dissemination of (continued on page 10)

Christopher P. Roseman
Assistant Professor
University of South Dakota
Vermillion, South Dakota

Academic and Professional Experience
Christopher P. Roseman is an Assistant Professor in the Counseling Program at the University of South Dakota. He received a doctorate and master’s degree at the University of Toledo where he served as the Alpha Omega Chapter President (2003-04). Chris’s involvement with CSI continues as he serves as Chairperson of the CSI Advocacy Poster Showcase at ACA, Co-Chairperson of the CSI Advocacy Committee, and a committee member of CSI’s Professional Task Force. Chris is active in many other professional organizations serving as a member of the ACES Awards Committee, a Key contact representative of ACA for South Dakota, the ACES 2007 National Conference Student Volunteer Coordinator, and as the President-elect for the South Dakota Association for Counselor Education and Supervision. Chris’s research and presentations have focused on substance abuse issues, sex offender treatment, advocacy, and clinical supervision.

Goals Statement
CSI embodies all the qualities that professional counselors strive to be at the highest level one can achieve: excellence. These qualities include compassion, thoughtfulness, reliability, honesty, organization, effective communicator, and altruism. The role of secretary is challenging and ever-changing but undeniably must uphold the responsibility of all the aforementioned qualities. With that said, it is a tremendous honor to be considered for secretary of Chi Sigma Iota. As Secretary of CSI, I will continue to promote the standards of excellence set by my predecessors contributing to the advancement of our profession, our future leaders, and our clients. I will work deliberately to: a) ensure a strong identity for professional counselors, b) create an environment whereby all counselors regardless of specialty are heard, and c) promote and model the best service possible to colleagues, students, and clients. Thank you for your consideration.
Catharina Chang
(continued from page 8)

Scholarship and Research
Over the past several years, Chi Sigma Iota has reconfirmed its dedication to scholarship through the Chi Sigma Iota Excellence in Counseling Research Grants Program, which is intended to buttress and enhance the counseling profession through targeted support of research by Chi Sigma Iota members. Sound research fosters academic and clinical excellence. Thus, it is important to further investigate and encourage different avenues for Chi Sigma Iota members to engage and collaborate on research that facilitates excellence in academics and practice. Specifically, I propose establishing a research interest network where members can network and collaborate on research.

Leadership
Chi Sigma Iota has a strong history of leadership development, and I would like to build on this foundation. Recently, I witnessed two different Chapter Presidents serve as President of two different ACA divisions. This speaks to the immediate and future impact Chi Sigma Iota’s leadership development is having on the counseling profession. The Chi Sigma Iota intern/fellow program and CSI Day at the ACA convention help sustain this focus on leadership development. In order to foster this internal growth, we must expand leadership training at the chapter, regional, national and international levels and strengthen mentoring opportunities for Chi Sigma Iota members. Specifically, I suggest collaborating with ACA divisions and affiliates to conduct leadership development workshops at regional and national conferences.

Social Advocacy
Chi Sigma Iota already has a firm commitment to professional advocacy and to that I would like to include a focus on social advocacy. Although social advocacy has gained prominence in recent years, it is and always has been fundamental to the practice of counseling. I propose that Chi Sigma Iota champion social advocacy through its scholarship and research, workshops, and development of new initiatives.

As an organization that has remained steadfast to its mission, Chi Sigma Iota continues to provide a leadership role for our profession. I owe a great debt to Chi Sigma Iota and its many member-mentors for the integral role this organization took in shaping my growth as a professional counselor and counselor educator. Regardless of the outcome of the election, I will remain dedicated to its mission and will continue to serve and to give back to Chi Sigma Iota with enthusiasm, commitment, and passion.

Dana H. Levitt
(continued from page 8)

with seasoned and new leaders in all positions within CSI, offering further and more personal networks for success.

Chapter Networking
Like any grassroots organization, CSI’s success and work derive from chapters. We must create networking opportunities throughout the year to share successes and insights, especially for chapters with limited resources. I hope to build upon the Chapter Faculty Advisors committee work this year of providing opportunities for chapter leaders and advisors to connect at professional meetings. We use listservs, websites, newsletters and email to share ideas. How quickly we counselors forget the value of human contact. Personally sharing ideas is valuable for advisors, leaders, and members. I propose a networking system to create personal contacts at each level.

Professional Identity
CSI members must feel a connection to their chapters and the honor society as a whole to maintain strong professional identity through advocacy, action, and leadership. As a counselor educator, I am proud of the counselors I help to shape and their contributions to the profession. These professionals should lead our organization. Despite greater than 60% student membership, CSI is not a student organization. At chapter and national levels, I propose task forces and liaisons to address the ongoing issue of membership retention. We must honor and draw upon the successes of our members and local counselors, and solicit their leadership to be true to CSI’s commitment to promote professional excellence.

Diversity and Excellence
The counseling profession promotes self-awareness, a critical component of our professional standards of diversity and commitment to work with diverse populations. CSI must promote and advance cultural self-awareness for professionals and the organization. Our starting point must be an expanded definition and recognition of diversity. I propose recognition for CSI members and leaders making advances in professional diversity issues. From ground-breaking research to culturally-sound practice, chapters are advocating for diversity issues in the profession and their communities. We must further help leaders, both emerging and established, identify and foster the meaning of leadership from a personal cultural standpoint.

Chi Sigma Iota has a tremendous responsibility to represent and promote excellence in the profession. I hope to foster excellence in alignment with the Chi Sigma Iota mission in collaboration with the expertise of my colleagues, mentors, and leaders within the organization and profession.

Andrea L. Dixon
(continued from page 8)

I sincerely appreciate your consideration and thank you for your support.

Moving or Renewing Your Membership?
Go to www.csi-net.org
Children’s Books
(continued from page 1)
symbol of their vision and to process what they learned about themselves. These simple stories are springboards for deeper self-exploration and expression.

With Counseling Students
Counseling students are often very anxious as they begin to learn and practice the basic counseling skills. Children’s books can be a great teaching tool as the concepts are put forth in metaphorical ways which are not intimidating or overly complex. The Other Way to Listen by Byrd Baylor presents some of the basic lessons of active listening: be present; don’t think you are better than the person with whom you are listening; practice; and practice some more. Students will never forget Wilfred Gordon Macdonald Partridge by Mem Fox and the simple way the young character enters into the world of his elderly friend and responds in a way that opens up his memories and emotions—a skill all counseling students strive to learn. The True Story of the Three Little Pigs by Jon Scieszka is a fun way to emphasize perspective and to remind students that each client brings in his/her own reality. Asking students to sit on the floor in a circle as you read often brings reactions of glee and discomfort—a perfect opportunity to process how asking clients to do something simple but different from their normal routine can bring varied reactions and resistances.

Invaluable Resources
As an adult, I still have memories of hearing my mother read storybooks to me, and I think many of my former students and clients now have memories of my reading and sharing some of my favorite children’s books with them. I have found that often they remember the stories and their meanings more clearly than any of our discussions or lessons. Elie Wiesel once said, “Some stories are true that never happened.” I encourage you not to overlook children’s books as an invaluable resource for helping clients discover new truths and for finding their own truths.

Suggested Children’s Books
I’m in Charge of Celebrations (Baylor)
Looking for Angels (Gregory)
The Mountain that Loved a Bird (McLerran)
The Girl Who Loved Caterpillars (Merrill)
What You Know First (MacLachian)

Self-Injury
(continued from page 6)
severity. To learn more about counseling adolescents who self-injure, including ethical and safety issues, see:


Development, 81, 490-496.

Welcome New Chapters
Welcome to the following new Chi Sigma Iota Chapters
Gamma Omicron Delta
University of Texas-Pan American

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.

Christie L. Wilczynski Alpha
Juliana Parascandola Alpha Lambda
Alice Vasquez Alpha Rho
Barbara Garner-Hudak Mu
William A. McDowell Mu Upsilon
Alexis M. Cottman Psi Omega Pi
Michael P. Accordino Rho Alpha Mu
Lorena L. Whipple Upsilon Theta
Powerful Messages from Those Who Grieve
Maria Sweeney
Alpha Rho Chapter

When my LPC supervisor, Cathy Woodyard, invited me to co-facilitate a group on grief and bereavement, I was eager for the opportunity. Not only was I going to gain experience with someone whom I admire but also I was going to explore an area I had limited prior encounters both personally and professionally. Eagerly, I invested in books about the grief process in order to understand what our future clients might be facing as we began to work together. It didn’t take long to realize that the group members themselves would be the teachers in this experience. Although my readings on grief satisfied my intellect, there would be nothing to match the insight and wisdom these clients bestowed on me throughout the process.

Lesson 1: The Power of Connection

As Cathy and I met to discuss our plans for group, we brainstormed ways in which to create connection among our five members—one whose father had died, three who had lost adult sons, and one whose wife had died only months before leaving him alone to parent two small children. My novice mind craved to create some sort of direction and to incorporate discussions on Kubler-Ross’s five stages of grief during our twelve weeks together. However, my first lesson was perhaps the most powerful: learn to trust the process. The clients will communicate what they need, where they are in their journey, and will proceed at their own pace.

The process of connection began the first night. One woman cried and shared how relieved she was finally to have found a safe place to just “be” with her grief. Another explained that she had a “public self” and a “private self.” Group members nodded in agreement as she explained that most people only know her public side. Although she brought her guarded, public self to group that night, she gradually revealed pieces of her private self, showing her desire to connect. In the following sessions, the connecting grew stronger as each member fearfully shared his or her story of grief. I learned so much about vulnerability and its delicate nature; I also learned how in order to heal, we must first connect.

Lesson 2: Becoming Real Through Rituals and Symbols

The experience of traveling the grief journey with another is indeed a sacred journey, and we learned that rituals and symbols helped clients make their way through. In one of our first sessions, we asked members to create individual sand trays. They created a picture of what their lives looked like – now that they had lost a loved one. It was enlightening to see these stories and their lives through the small figures. One woman’s sand tray revealed that her entire world revolved around the occurrence of her son’s death. I learned from her that grief is enormous and can be all-consuming. As a counselor, I was reminded to be sensitive to the depth of loss in my clients’ lives.

As our group evolved, Cathy and I noticed how crucial it is to give clients ways to tell their stories—but in ways they may not have told them before. Using a collection of balls of different shapes and textures, clients created pictures for the group of how their families had changed since the death of the loved one. Using crayons, they drew their anger. Exercises such as these and the sand tray exercise allowed clients to move beyond the words that describe their grief to symbols and metaphors that often spoke more fluently than verbal expression. It gave them a way to reach a new level of their story – and to have it witnessed and heard by others who understood.

The group has also taught me that grief is not just about death. One member of our group anticipated the loss of her husband who was very ill. As we walked with her along her path, I noticed how much responsibility she carried for everyone and everything around her. The superhero figurine she chose as her identity during the sand tray exercise became a perfect metaphor for how she has been the eternal rescuer to all in her life. Perhaps she was grieving the letting go of that heavy cape she has worn for years – or her inability to do so as she anticipated more responsibility when he died.

Because Cathy and I both believe that rituals help to form meaning and are innate to human existence, we chose to incorporate them into our group with the intention of honoring and celebrating important dates our members wanted to share. Encouraged to bring an item that helped honor an anniversary date or birthday of their loved ones, members brought songs, poems, pictures and scrapbooks. On each occasion, we had the member light a special candle for that session. I was humbled by the raw emotion that emerged as clients recalled the memories that surrounded their objects. In addition to honoring the losses the members experienced, we felt it important to celebrate the positive and new steps the members were taking. One such ritual was to celebrate the life that one member’s new marriage would create for her. Each group member lit a candle and offered a wish for her and her husband’s relationship. Their wishes were based on a special connection they had shared with the person whom they had lost; they offered a wish for this new bride to share that type of love and connection with her new husband. It was a tender experience to witness lifelong giving in the midst of grief.

Lesson 3: Lifting It Up

Wednesday evenings have become a very sacred and holy time for me as we have joined with our group members for nearly 6 months. Each week I learn more about the human condition and how resilient we are at our core. One man who lost his wife unexpectedly comes to my mind. His capacity for strength dwells in the two children he is now raising as a single father as (continued on page 15)
Student Insights

In Your Development as a Counselor, What Have You Learned from Clients or Other Individuals Who Struggle with Life’s Problems?

Edited by Liz Mellin and Richard Hazler

The Power of Resilience

“I am inspired by the successful navigation by children experiencing difficult life circumstances beyond their control. Adversity seems to call upon personal strengths, often ones they have not yet recognized in themselves. Focusing on students’ accomplishments with things even as simple as getting up and coming to school can offer an opportunity for them to see their own capacities for choice and success.” Jennifer Allen, Alpha Iota

It Is All About Perspective

“I have found a temporary or permanent solution to the problems clients experience is related to how they perceive the presenting problem. If the individual is able to move forward and see the problem as a learning experience, then their problems often do not seem so troubling.” Rhonda Bonnette, Alpha Eta

“...it is the perception of the crises from which we gain wisdom to overcome future dilemmas. During a crisis we may feel that we do not have the capacity to overcome it, but with a little encouragement from a counselor, family member, or self, we realize that all along we had the necessary tools to deal with the problem. I have faced obstacles such as losing my father when I was 10 years old and my brother and best friend when he was only 18. I believe in the existentialistic view that we make a choice to allow these occurrences to either destroy or motivate us.” Oswaldo Chavez, Theta Alpha Mu

The Value Asking for Clarification in Difficult Situations

“At an initial meeting with individuals who are terminally ill and their families, I frequently play the Native American flute. From my experience, this ancient folk instrument can bring relief, provide distraction, and promote relaxation. One day I had forgotten my flute, but I was still able to establish rapport with the new client. The next time I saw her, I asked if she’d like to hear me “play.” Her reply was a steely, “If it will make you feel better, go ahead.” “My mind went into overdrive. What was this all about? Where was our good relationship? Had the client misunderstood me? My heart beat wildly, and after hesitating a little longer, I tentatively offered, “You know, a moment ago I didn’t say, ‘pray for you,’ I said, ‘play for you’ and then held up the flute before me. The person readily agreed, “Oh, well, in that case, by all means, go ahead and play.” This was a turning point. I had asked for clarification. It was a particularly edgy hunch, I think, and one another might handle differently.” Pat Edmonds, Chi Upsilon

The Power of Understanding Normal Reactions to Abnormal Events

“During the time I worked as an addiction counselor, it appeared many clients were trying to find power in the very substances that were robbing them of it. These individuals were seeking the power to understand their lives and get their needs met. It seemed they were trying to bury many of their emotions, especially those emotions our society does not deem acceptable or worthy of our attention. So, I began to pour on the normalizing! Our desires to be normal and to be accepted seem to be common themes among those seeking counseling.” April Young, Rho Epsilon

Everyone is Unique

“I have learned that each person is a unique individual whose needs in any given situation might be totally different from the needs of another individual in the same situation. I have come to believe uncovering an individual’s individuality is one of the most important things we can do for a client.” Sherry Kirkland, Delta Chi

The Importance of Having Someone to Share Ideas With

“In my development as a counselor, I have found that the individuals struggling with life’s problems need someone to talk to. Many individuals seem to be at a fork in the road or are just confused about what steps to take in their lives. Often times these individuals start to feel that there is something wrong with them, when in reality it is completely normal to be ‘stuck.’ I have seen that once these individuals are able to talk through their problems, many possibilities begin to be placed in front of them.” Chris Tyler, Alpha Eta

More About Myself …

“I always think that the progress that the clients made is also made by the counselor. The counseling process to me is a mutual learning process. As a counselor, I am often an “onlooker” who can think more objectively and rationally about the problems individuals experience. As a part of that process, I can recognize my own blind spots, such as similar reactions or mistakes I would have had in the same situation. Thanks to my clients, I learned how to work and live more efficiently.” Wei Liu, Tau Sigma

Full Submissions

For the full submission of each of the student’s insights, go to the CSI web site at www.csi-net.org.
Dr. Samuel Sanabria currently works at Argosy University in Sarasota, Florida, where he serves as core faculty, program chair, and faculty advisor to CSI’s Alpha Upsilon Sigma Chapter. Dr. Sanabria has served in these positions since 2003. His counseling experience, however, began in the late-90s when he worked as a crisis counselor and includes counseling adolescents, forensic counseling, program coordination, substance abuse counseling, mental health counseling, and work as a private practitioner. During this time, Dr. Sanabria received a Master of Education, a Specialist in Education (Ed.S) in Mental Health Counseling, and a Ph.D. in Counselor Education and Supervision from the University of Florida’s Counselor Education program. It was as a student at the University of Florida in Gainesville that Samuel first became involved with CSI. Starting the Alpha Upsilon Sigma Chapter of CSI was one of his first projects at Argosy University in Sarasota. Samuel is proud of the chapter and has watched its membership thrive since it was established in 2003. Samuel’s students strongly believe that the organization helps them feel more connected with the profession and with each other.

**Connecting with the Counseling Balance**

According to Dr. Sanabria, Counseling is “a balance of both art and science, requiring creativity, sensitivity, professionalism and a strong foundation of clinical practice.” He believes that counselors should be committed to lifelong learning while remaining open to working with a variety of clients and issues. Samuel shows his commitment to both learning and diversity through his presentations, professional service, trainings and current work as a practitioner. He balances art with science introducing such topics as “Stress and the Laughing Cure” and “The Clearness Committee: A New Model for Clinical Supervision.” His professional service includes co-chairing the ACA Ethics Committee for the American Counseling Association (2005-06), serving as an editorial board member for The Career Development Quarterly (2004-present), and as a team visitor for CACREP (2003-04). In this way, he creates connections with the counseling balance and serves as a model for students becoming counseling professionals.

**Connecting with the Voice of Advocacy**

Dr. Sanabria believes that there is a growing need to strengthen our counselor identity in order to improve the public perception of the profession. Counselor identity encompasses many things. For Samuel, it means, “taking pride in helping people through my work as a clinical counselor. It means knowing where I came from and where I am going as a counselor. It means being an example to the counseling community and to the public. It means being an educator and an advocate. It means being an ambassador; a part of single voice that promotes our identity.”

Samuel practices advocacy by “not just teaching but mentoring my students, by participating in professional organizations, and by being active in the community.” Active involvement in professional organizations like the American Counseling Association and divisions, such as Counselors for Social Justice and also the Association for Lesbian, Gay, Bisexual and Transgendered (LGBT) Issues in Counseling underscores the belief in advocacy. Commitment to the community presents an opportunity to educate students and other about the counseling profession, and Samuel stays active in his community by maintaining a private practice and volunteering his services in organizations such as the Sarasota’s Sheriff’s Department and ALSO Out Youth, a drop in center for LGBT adolescents. Further, he ensures that students have an understanding of professional identity and how to get involved in professional advocacy. On a practical level, this means teaching the foundation and ethics courses so that he can empathize the advocacy issues that are important to counselors.

As a CSI faculty advisor, Dr. Sanabria feels that connecting students to the voice of advocacy is crucial. He believes that every voice, every action counts. He states “The most meaningful experience is seeing our students’ excitement for promoting professional identity. Students are taking a leadership role by actively encouraging others to join and to be involved. They are definitely taking on a more proactive role in the development of their profession.”
Grieve

(continued from page 12)

well as his inherent sensitivity. He has taught me that there is no shame in allowing your naked truth to be exposed. Another man who lost his teenage son gradually, slowly, has given himself permission to move ahead with his life. Some nights it seems to have taken everything he has just to make it to group, but he has come — and he is finding glimmers of hope by connecting with others who understand.

Some of the group has felt uneasy giving themselves permission to express their anger. Cathy explained during one session that our anger is needed for protection and it gives us energy and motivation. I noticed that some members had to test the water a while before giving themselves permission to voice their anger. Once they did, some wanted revenge; others wanted justice; but what I heard from everyone was a yearning for the answer to “Why?” There are still many unanswered questions and more anger to be expressed, but I am filled with awe at how our group has lifted one another up through times of anger, helplessness and feelings of defeat.

In the second twelve weeks of our group, a new member joined whose husband had died just weeks before. She reached out hungrily to other members, particularly the man whose wife had died months before. She needed to see that it could be done — that someone could make it through the raw, incredible pain she was feeling. The group responded with an understanding and reassurance she could trust, for she knew they were just a couple of steps ahead of her on their journeys. The power of connection is indeed uplifting and healing.

Lesson 4: There is No Destination in the Grief Journey

The title of our group is “Moving through Our Grief.” Since our first meeting together, our members have shared that they have very few people, if any, on the “outside” with whom they can talk with about their grief. Many returned for our ongoing group because they say they are heard and don’t feel awkward in telling their stories. They are able to weave the experience of grief into their everyday lives with the support of those who live a similar existence. Each of our group members has taught me that grief is very much about getting through rather than getting over the loss of a loved one.

Conclusion

My original apprehension in becoming co-facilitator of this group was my lack of expertise in the area of grief. I was fearful of the unknown. Our clients have taught me through their own courage and trust to rephrase that statement and allow the unknown to simply become the “not yet known.” I have witnessed our group evolve and take many strides towards healing on their grief journeys. They gracefully peeled their own layers of grief to expose the seed of strength that resides in each of them. I am extremely grateful for the journey I have shared with our group. I also encourage any new counselor who may feel apprehension in exploring an unknown area to greet it as an amazing opportunity. Trust the process. Allow the client to teach you what you need to know. You will be a more effective and compassionate therapist through the experience.

JobLinks Bits

Jonathan Orr

This column has typically provided tips for a job search, but many of you are probably generally pleased with your jobs. Over the next few issues I will offer some tips related to improving your current job situation. To get us started, here are a few tips for improving your compensation:

• Research the compensation rates for levels of responsibility and service comparable to your own. The Internet, professional organizations, government agencies, and members in your professional network are good resources for this information.

• Know your value in relation to the work that you do. Ask yourself these questions: a) what is unique about my contribution to the company/client? b) what is the value of my contribution?

• Approach your employer as a collaborator rather than an adversary. You and your employer are working towards the same goal; both of you want to get the most from the job that you do.

• Understand your areas for growth and create an action plan for how you will address those areas.

• Provide a clear explanation for how greater compensation will lead to increased job performance.

• Check JobLinks in Members Only section of the CSI webpage for more ideas about compensation for counselors.

Student Ideas and Experiences

Needed for Publication!

Editors Liz Mellin and Richard Hazler

We are looking for CSI student member ideas to be published in the summer and fall editions of the Exemplar around the “Student Insights” question listed below. The new questions are:

Submission deadline November 15

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

Submission deadline April 15

What are the leadership skills you have found to be most important in a good leader?

Submissions of no more than 400 words should be made to Richard Hazler and Elizabeth Mellin by email <hazler@psu.edu> or mail to 331 CEDAR Building, Penn State University, University Park, PA 16823.
Leaders: Looking Back at the Leaders of the Past Decade

Marisa L. White
CSI Fellow

Leadership is the basis of Chi Sigma Iota International. Chi Sigma Iota (CSI) has instilled leadership at international, national, and local levels. Each year, the organization recognizes members for demonstrating leadership in roles such as executive board members, committee chairs and members, and as interns and fellows. Who are these leaders? What achievements and positions have they attained?

Past-presidents of CSI

As a CSI fellow, I qualitatively analyzed the activities of those in leadership position in CSI; I examined the vitas of nine past presidents of CSI International. The vitas were formatted in a variety of ways and contained a range of information. The majority of the vitas provided education information, professional affiliations, presentations, grants, and publications.

All past CSI presidents were previously counselor educators, are licensed as professional counselors, and provided service to the counseling profession on local and national levels. Numerous other activities were mentioned on the vitas including supervising, counseling, producing, consulting, presenting, grant writing, publishing, and other service to the profession.

I sorted the different levels of leadership into five categories: international, national, regional, state, and local. Each past-president had a variety of activities listed, from local community service to being the president of several national organizations. All of the CSI past-presidents have been president of at least one of their state organizations, five have been president of national American Counseling Organizations, one has been president of The International Association of Counseling, and two have been president of regional counseling associations. All participants were members of numerous professional organizations. One vita listed the past-president as a member of seventeen different counseling organizations. In addition, one past-president had ninety-two publications and another had 145 presentations.

Impressive Examples of Leadership

The activities and dedication exhibited by these CSI past-presidents is a genuine display of the foundation of the organization. CSI encourages its members to become great leaders within the organization. These leadership activities are impressive examples to the members, upcoming leaders, and the counseling profession as a whole.