Graduate Students, Let’s Go to Hawaii
Amy Land McLeod, CSI Intern
Victoria Sepulveda, CSI Intern

It is hard to believe that the next ACA convention will be here in less than a year and that convention attendees will be learning about advances in counseling and counselor education on the beautiful beaches of Honolulu. The 2008 ACA Convention will be held at the Hilton Hawaiian Village in Waikiki from March 26th - 30th. As is normally the custom, Chi Sigma Iota Day will be held in conjunction with the ACA Convention. This will be a great opportunity for counselors, counselor educators, and counselor education graduate students to take a break from everyday life and enjoy the flora and fauna of the Hawaiian Islands.

Assistance with Registration Fees
For many CSI members, the idea of attending the conference in Hawaii seems financially impossible. However, at the 2007 ACA Convention, professionals, educators, and students were able to register for the convention at the lowest price available. Those who have not yet registered can still find low registration fees available online through the ACA website, www.counseling.org. There is also a special opportunity available for graduate students in regard to convention costs; if students are accepted as ACA Convention volunteers, their registration fee is halved. If students have previously volunteered at ACA conventions and choose to do so again, their entire conference registration fee may be waived.

Airfare and Lodging
While this assists in one area of cost for the convention, ACA members may still be concerned with the costs of airfare and lodging. ACA has reported that the Hilton Hawaiian Village is offering special lodging prices (see www.counseling.org for details). If these prices are still prohibitive, another option may be to stay in a less expensive hotel near the ACA Convention hotel. There are many websites that offer competitive airfare and hotel rates (Travelocity.com; Orbitz.com; Cheaptickets.com; Priceline.com; and Hotwire.com) that can be useful in planning for the convention trip. Checking travel websites regularly for special deals is key to finding a great bargain. ACA members may also consider getting a credit card that allows you to earn bonus points that can be cashed in for travel discounts such as free or reduced cost airfare, free nights in a hotel, or hotel room upgrades.

Members Assisting Each Other
Chi Sigma Iota chapter members may help each other ease the financial burden of convention travel through planning, collaboration, and communication. One easy way for chapter members to collaborate in order to reduce the cost of travel is to consider rooming together at the conference. Chapter listservs could be utilized to help members connect with roommates. Contacting state and regional chapters of CSI for potential roommates is also an option. Students should also keep in mind that at many universities travel funds are available for members of chartered student organizations.

Chapters may also benefit from organizing group fundraising activities in order to subsidize travel costs. Some fundraisers may include having 50/50 raffles or having donation boxes set up during chapter events, fellow-

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Connections: Looking Within

June Williams
CSI President

As I begin my term as CSI President, I would like to use this column as a reflection piece, using the theme of the CSI Day Leadership Training, Connections: Looking Within, Reaching Out, and Moving Beyond, as a focal point. With each of the three columns during the upcoming year, I would like to focus on one of the sub-themes. The first sub-theme, Looking Within, highlights the importance of being a reflective practitioner.

Connecting with Ourselves

In order to seek excellence in counseling, we must first look within and connect with ourselves before we can reach out to clients or colleagues. What exactly does it mean to connect with ourselves? One way to explain it is that we feel comfortable in our own skin. It doesn’t necessarily mean that we “have arrived,” but rather that we are okay with being a work in progress. As counselors and as leaders in the profession, we all have unique gifts and talents. Understanding what our strengths and challenges are contributes to our effectiveness.

One of the challenges that I struggle with as a counselor and a counselor educator is finding a balance between self-reflection and a focus on reaching out to others. (Notice that I use the present tense.) I don’t necessarily think that I am unique in my struggle. In conversations with colleagues and counseling students, I often notice that many of us must work hard to maintain a healthy balance. In speaking of group work, Yalom refers to the self-reflective loop in which we alternately experience and then reflect on our experience. We can apply the self-reflective loop to our professional lives as well, engaging in counseling-related activities and then reflecting on our thoughts, feelings, and insights related to those activities.

Seeking Feedback

In striving for professional excellence, we can learn much from regularly focusing on self-awareness. Seeking feedback from others is a key part of this process. Just as we can provide a mirror to our clients and colleagues, we also need others to serve as a mirror for us. The reality is, we all have blinders on to some degree, which keeps us from seeing things as clearly as we need to at times. Friends, family members, colleagues, and clients can all serve as mirrors for us – giving us feedback on our actions, inaction, our words, and our interactions with others. Often we wait for others to offer their insights. It takes a great deal of courage to ask them for it.

Questions for Reflection

For me, the words Chi Sigma Iota are synonymous with excellence. And excellence is impossible without self-awareness. As I reflect on the theme of self-awareness (connecting with self), I have identified a couple of questions for myself to ponder, and I invite you to join me:

- How in touch am I with my strengths and challenges as a counselor?
- How often do I invite feedback from others? What may prevent me from seeking that feedback?

The insights that we gain from these reflections may contribute to our effectiveness in reaching out to others.
Update from Headquarters

What Must a Chapter Do to be “Active”?
Thomas J. Sweeney
CSI Executive Director

Since its inception in 1985, CSI leadership has set as an essential focus the importance of active chapters. We currently list 289 chapters throughout this country and abroad. In truth, however, almost half are not active. This has been a continuing and increasing concern to the Executive Council. Each year we initiate new members with an expectation that they will wish to continue an active affiliation with the Society of members who like themselves strive for both personal and professional excellence. Indeed, almost half of all active members of CSI are practitioners and counselor educators who continue membership beyond student status. For our expectations to serve all members to be realized, however, our chapters must be strong, active in service, and committed to professional as well as student members of the Society.

Requirements

Active chapters have proven to serve members best when they plan, implement, and assess their efforts to recognize and promote excellence. Of course, without some reporting system, the Executive Council has no way of knowing that members have access to the benefits of CSI membership. In addition, because there is a constant turnover of chapter leaders and Chapter Faculty Advisors, some form of annual updating is essential to good communications with chapters. As a consequence, to maintain active chapter status, be eligible for an annual rebate (over $45,000 this year), and to initiate new members, a chapter must at a minimum:

a. Submit an online Annual Report (present officers) and an online Annual Plan (including incoming officers) by the end of the CSI fiscal Year (April 30th) at least once every two years;

b. Initiate new members at least once every two years;

c. Have a representative in attendance at an annual Assembly meeting at least once every three years; and

d. Comply with CSI policies as determined by the Executive Council (e.g., only authorized use of CSI registered logo).

To endorse and subsequently initiate new members, the chapter also must have a Chapter Faculty Advisor who is an active member of CSI to oversee endorsement of new nominees into membership. For new and reactivating chapters, a second full time doctoral member of the faculty in counselor education must be an active CSI member who would be willing to serve as CFA should the need arise. This latter requirement has become essential as faculty who started chapters were making career changes and leaving chapters in some cases within months of starting the chapter. Other honor societies with this practice helped us to see its merit.

In addition, new and reactivating chapters must be nationally accredited by CACREP or CORE (depending upon the degree program) presently or within the next five years as indicated by the university administration’s support letter. Over two thirds of CSI chapters already meet this expectation and all new chapters this year have as well. As a Society committed to excellence, meeting the “minimum standards for preparation” through peer review is a means of increasing the likelihood of chapters

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Recognition for Chi Sigma Iota’s Exemplars

Julie Stephan,
CSI Awards Co-Chair

The culmination of this year’s CSI Day at the American Counseling Association Conference in Detroit, Michigan, was the annual Awards Ceremony and Reception, in which chapter and individual recipients were rewarded for their outstanding service and excellent achievements. This year’s recipients are to be congratulated for their ability to represent the professional goals of Chi Sigma Iota extremely well.

Chapter Awards

Kappa Upsilon Chapter at Kent State University (Ohio) received the Outstanding Newsletter Award for large chapters. The newsletter is an extremely professional publication, with colorful page design, captivating pictures, and lengthy, important articles about a large number of issues. Additionally, the pdf format of the Kappa Sigma Upsilon News enables easier distribution to members.

Beta Upsilon Chapter at Barry University (Miami Shores, Florida) received the Outstanding Newsletter Award for small chapters. The newsletter has a distinctive style, incorporating professional-quality photographs with a variety of well-written, interesting articles focused on the concerns of members and state, local, and national counseling issues. The Beta Upsilon News is published twice a year by a staff that includes Editor Lisa Bailey, as well as many contributors.

Pi Alpha Chapter at Wake Forest University (Winston-Salem, North Carolina) received the Individual Program Award for small chapters for their 2006 “Seminar in Grief Intervention and Assessment,” which taught guidance counselors, teachers, and other school personnel how to utilize effective grief intervention skills after the death of a student, teacher, or staff person. CEU credit was given for seminar attendance and money was raised for members to attend the ACA conference.

Chi Epsilon Chapter at Georgia State University (Atlanta) received the Outstanding Individual Program Award for large chapters for their “Day of Learning: GLBTQI Issues in Counseling and Education,” which promoted awareness of how multiple identities intersect to comprise one’s full identity. The program was attended by over 100 people. The day included an address by keynote speaker, along with more than twenty additional presentations and poster presentations dealing with the program mission.

Beta Upsilon Chapter (Barry University) received the Outstanding Chapter Award for small chapters and was described by reviewers as accomplishing a great deal due to its commitment to planning and implementing action steps toward goal attainment. This small chapter rivals larger CSI chapters in the number and type of meetings and programs provided for and by its members.

Alpha Upsilon at the University of Akron (Ohio) received the Outstanding Chapter Award for large chapters for its strong organizational structure with highly productive monthly meetings and very active members, as evidenced by the year’s activities. Of the 13 programs conducted by the chapter, several were noted as being quite significant for membership and professionals in the area. A very dynamic and fruitful chapter, Alpha Upsilon has an annual renewal rate of eighty percent.

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It was a difficult task to select the 10 Fellows and Interns from the many strong candidates who applied. The selection committee consisting of Richard Hazler, CSI Past-President (Chair), Cynthia Osborn, CSI President, and June Wilson, CSI President-Elect came to agreement that the leadership potential and accomplishments demonstrated by these 10 individuals make them excellent choices to work closely with CSI leaders in the 2006-07 year. Past Fellows and Interns have used the involvement and mentoring they received to go on to many professional leadership positions and it is expected that this year’s selections will find equal value in the experience.

Are you or someone you know the type of person who has demonstrated the professional enthusiasm and actions that would benefit from a next step in professional leadership by becoming a CSI Fellow or Intern? They come with many different strengths and goals as you will see below, and CSI is always looking for the diversity of people who can add their unique qualities and perspectives to the profession. We hope you will start thinking now about next year’s application opportunities that will be available on the CSI Website.

Interns

Amy Land McLeod is a Counselor Education doctoral student at Georgia State University. She is the current President of the Chi Epsilon Chapter and has served as chapter Membership Chair and Newsletter Editor. A number of scholarly publications and presentations already have her off to a good start at becoming a counselor educator. Issues of self-efficacy of counselors, cultural differences, and counseling rape survivors are a sample of her work and interests.

Victoria Sepulveda is a Counselor Education doctoral student at the University of Toledo. CSI leadership accomplishments have included being President, Membership Chair, and Newsletter Editor for Alpha Omega Chapter. She has made presentations at state and national conferences on her counseling experiences with youth and adults in abusive relationships. Her work emphasizes a wellness perspective for dealing with domestic abuse and other difficulties.

Fellows

Dawn C. Brislin is a Counselor Education doctoral student at Penn State University. She has served as President of Epsilon Kappa Upsilon Chapter and as a member of the CSI Awards Committee. Dawn was awarded the Kentucky Counseling Association Graduate Student of the Year Award for Professional Excellence and Volunteer Service, which captures the focus of her many efforts in support of counselors and clients.

David Brown is a Counselor Education doctoral student at Auburn University. He has served as President for both Iota Delta Sigma and Alpha Chi Alpha Chapters. Recognition has been gained for his presentations, one focus of which is spirituality. Another area comes from his travel experiences that have expanded his view of people and cultures.

Keely Hope is a Counselor Education doctoral student at the University of Florida. She has served at President for Mu Sigma Upsilon and Beta Chapter where she was also Awards Chair. Her counseling work has turned into articles and presentations on attachment and crisis.

Laura Yancey Jones is in a Counselor Education Educational Specialist program at the University of South Carolina. She serves as President of Upsilon Sigma Chi Chapter and has been their Newsletter Editor. She has published in Exemplar and headed a student committee that lobbied the university president to hire for a much needed faculty position.

Colleen MacDonald is a doctoral student at the University of North Carolina Greensboro. She is the Professional Development Committee Co-Chair for Upsilon Nu Chi Chapter and has also served the UNCG Counselor Education Student Association in several capacities. Her work has lead to publications and presentations on topics including family crisis and community work.

Mark S. Parrish is a doctoral student at Auburn University. He has served as Newsletter Editor for Gamma Zeta Chapter and is currently Professional Development Co-Chair for Iota Delta Sigma. Spirituality, ethical decision-making and counseling for academic success are topics on which he has presented.

Cheyenne Pease-Carter is a doctoral student at the University of North Texas. Serving as Professional Development Chair for Rho Kappa Chapter she developed innovative programs that helped revitalize the chapter. Animal assisted counseling, ethical decision-making, and the graduate student experience have been issues on which she

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**Exemplars**
*(continued from page 4)*

Sigma Tau Sigma Chapter of Texas State University (San Marcos) received the *Outstanding Web Page Award* for an extremely informative resource with a highly professional appearance. The website is a very nice achievement, in that it is extremely user-friendly, well designed, and frequently updated.

**Individual Awards**

Janelle Atwood of Nu Chapter at State University College (Brockport, New York) received the *Outstanding Entry-Level Student Award*. She has been described as a unique student who combines an innate creativity with a strong work ethic and exceptional drive to be the best she can be. She has been a very active chair of the Nu chapter membership committee, as well as the “right hand” to the chapter president. She has received the Nu chapter Outstanding Member Award.

Torey Portrie-Bethke of Phi Omicron Chi Chapter at Idaho State University (Pocatello) received the *Outstanding Doctoral Student Award*. She has engaged in a very large number of research and publication-related activities in a relatively short time, as well as nearly twenty professional presentations at the national, regional, state, and local levels. In the past three years, she has provided professional service and leadership in seven national, state, and local college organizations.

Lisa Bailey of Beta Upsilon Chapter at Barry University received the *Outstanding Service to Chapter Award*. Last year she served on 14 committees for her chapter and has been described as an outstanding leader. In a very noteworthy way, she ensured the smooth operations of numerous fundraising and advocacy activities and was described as “indispensable” within the chapter.

Amy Bandfield-Jones of Alpha Omega Chapter at the University of Toledo (Ohio) received the *Outstanding Research Award* for “Testing Hypothesized Differences Between Adult Children of Alcoholics (ACOAs) and Non-Adult Children of Alcoholics in a College Student Sample,” which reviewers described as a much-needed study with important findings and implications for counselors.

Debra Berens of Chi Epsilon Chapter at Georgia State University received the *Outstanding Practitioner Award*. Over the past 17 years, she has demonstrated exemplary clinical work as a professional rehabilitation counselor, practitioner, and most lately, a doctoral student. She has authored or coauthored 24 books, chapters, monographs and articles and serves her local Chi Sigma Iota chapter and other national and local committees. She is currently the Editor-in-Chief for the *Journal of Life Care Planning*.

**Thomas J. Sweeney Professional Leadership Award**

Dr. Martin M. Ritchie of Alpha Omega Chapter at the University of Toledo received CSI’s highest honor, the *Thomas J. Sweeney Professional Leadership Award*. Reviewers noted he has served our profession exceptionally well over 28 years. His scholarship and service in the United States and Australia has consistently emphasized the advancement of the counseling profession through work with various professional organizations, research, and dedication to students. Never a person to highlight his own work or seek adulation, Dr. Ritchie’s efforts have been recognized in many ways, including election to offices in at local, regional, and state levels. Students and colleagues alike wrote letters expressing appreciation for his concern and efforts towards their best interests as well as those of the profession.

Torey L. Portrie-Bethke (Outstanding Doctoral Student) and Amy Jones (Outstanding Research Award) accept awards for their accomplishments.

Cynthia Osborn congratulates Martin Ritchie, recipient of the Thomas J. Sweeney Leadership Award.
Connecting the Pieces of the Leadership Puzzle: Thoughts from an Emerging Leader

Carmella Hill
Kappa Sigma Upsilon

Dr. Lee also encouraged CSI to extend its boundaries by connecting with the International Association for Counseling (IAC). He suggested that we could use the vast resources available to challenge social injustice in the world.

Dr. Lee concluded by reflecting on the leadership of famous people such as Thomas Jefferson. He ended his discussion with this admonition, “Great deeds are done with humility.” He encouraged us as CSI leaders and as leaders in the profession to be humble in all that we do.

Final Thought

Overall, I believe all who attended the Leadership Workshop enjoyed the experienced and gained a wealth of information. As a CSI member and chapter leader, I left energized and motivated to make an even greater impact in the profession and the community at large.

The perception of my leadership puzzle is different now. I will no longer try to figure out the whole picture before I have taken the time and necessary steps to put the pieces together. Leadership development is a process that takes significant time and effort—and one that requires connection with self, others, and beyond.

Welcome New Chapters

Beta Sigma Chi
Bridgewater State College

Nu Kappa
Northern Kentucky University

Beta Iota Gamma
Austin Peay State University

Omega Delta
Old Dominion University

Alpha Omega Lambda
Regent University-Virginia Beach

Rho Upsilon Chi
Regis University
How do CSI chapters use technology to provide services to our members? Are there specific ways chapters use technology resources that are more useful than others? Do chapters have specific needs in relation to technology that are not being met? These are a few of the questions that have been discussed at recent leadership meetings relative to use of technology in CSI chapters. A brief, 10-item survey was developed to begin to answer these questions.

The survey was developed through surveymonkey.com and Chapter Faculty Advisors (CFAs) were asked to respond. One blast e-mail to CFAs resulted in 72 responses, or approximately 41% of active chapter CFAs. Opportunities were provided for narrative or open-ended responses to several of the questions. The major results are reported here. Members wishing a complete copy of the results can obtain them by writing jemyers@uncg.edu.

Communication Questions

The first four items in the survey were: (1) How do you communicate with on-campus chapter members? CFAs were allowed to check any or all of 11 possible responses. (2) What is the PRIMARY way through which you communicate with on-campus chapter members? (3) How do you communicate with off-campus chapter members, including alumni and professional members? (Check all that apply). (4) What is the PRIMARY way through which you communicate with off-campus chapter members? In addition to the responses noted in the table below, open-ended responses noted more than once included e-mail distribution lists (25%) and announcements in classes (12.5%). Only one chapter noted announcements in meetings.

Technology-Based Services

Questions 5 and 6 were: Which of the following technology-based services from CSI have you found useful? What technology-based services would you find useful for your chapter? The quantitative responses to these items are included in the table below. For question 6, static training modules were described as PowerPoint presentations on topics such as creating chapter newsletters and chapter web pages, and conducting chapter initiations. On-line webinars were defined as 60 minute training sessions with national leaders conducted on similar topics.

Reported Needs

The next question was open-ended and asked: What technology information and training needs do you have that CSI could meet, and how could CSI meet those needs? Twenty-three CFAs responded to this question with a diversity of responses. Seven (30% of those 23) indicated a need for technology-related training, most for chapter web page development with listserv development in second place. Assistance using Skype (free internet video phone available for downloading at Skype.com) for board meetings and information on how to conduct initiation ceremonies were each mentioned once. One request was made for a downloadable leadership manual (such as the one available on the chapters link, following log-in).
CSI Web Page

The final three questions were designed to obtain feedback on the CSI home page, www.csi-net.org. A quantitative question asked for likert-type responses to main web pages and links, with respondents noting whether they had ever used the link, and if so, whether they found it useful, limited in usefulness, somewhat useful, or very useful/essential. For links limited in usefulness, respondents were asked to specify what changes could be made to make the link more useful. Finally, respondents were asked to consider what changes could be made to the CSI web page to make it more useful to CFAs and chapter members.

The CSI home pages noted as most useful or essential included the membership link (69%), main page contact information (63%), and What is CSI (61%). Pages reported most useful by 45-55% of respondents included: CSI Day, Publications, Professional Advocacy, Awards, Directory of Leaders, and Home Page Announcements. Pages noted most useful by 35-44% of respondents included: Site Search, Mission information on main page, Calendar, Research & Grants, Log-In links, and Job Link. The CSI Store was noted as most useful by 32% of respondents and the Shopping Mall by 26%. Mean scores generally followed the same pattern, with the exception that the lowest mean, or lowest ranking, was obtained for JobLink (3.3 on a 5 point scale).

Active Chapters (continued from page 3)

CSI Web Page

Twenty-one CFAs wrote in suggestions for making the CSI web page more useful to chapters, and 8 of those (38%) noted that the web page was useful and they had no suggestions for improving it. Several other respondents suggested that the web page include several items that already are available, such as the site search and downloadable sample chapter by-laws. Comments made by additional CFAs included a recommendation for a main listserv for all members, a request to eliminate blast e-mails due to e-mail overload, and including a list of all downloadable pdf and document files.

Conclusion

The responses from CFAs to the Technology Survey echo many of the comments we have heard on CSI Day at leadership training and chapter networking sessions. The CSI web page is a useful resource, and both chapters and members access it regularly. For the most part, they find what they need and the resources available are meeting their needs. The CFAs who responded to this survey made useful suggestions for additional web page resources, though it is a concern that suggestions were made to add resources for chapter leaders which have been available since the web page was first developed.

For many people, the information age has brought with it information overload and a continuing need for training in technology-related issues. Although a plethora of information is available at www.csi-net.org, some chapters are not finding what they need and not finding useful resources that are available. With frequent changes in CFAs, the need for ongoing training is evident. CSI is committed to providing the highest quality of services to its members, and the web page is one more avenue through which we can demonstrate excellence in service. To do so in a user-friendly manner is our goal. We are always open to suggestions and will continue to work to make the CSI web page a place members want to visit often to obtain the latest information and resources to support their leadership and professional development.

Active Chapters

having a suitable home base from which to engender a commitment to high standards of personal and professional behavior and judgment.

Record Growth

It may seem like deja’ vu "all over again" but CSI new and renewal memberships set new records again this year. Our active membership in April reached 12,515 with new memberships just under 5,000 (N = 4,922) and renewals closely behind at 4,527. We continue averaging almost one new chapter per month (N = 11) and equally important, have chapters who have been inactive once again becoming active.

The net result is a chapter system that is becoming stronger in service to our members, a membership that is outstanding in its potential for service to others, and an honor society that is unique in its support for all professional counselors regardless of setting or those whom they serve.
One of the most popular and innovative trends in play therapy involves the use of a sand tray play. Sandplay is a therapeutic activity that is usually used in conjunction with other therapies. Sand tray work originated with Jungian therapists, although sandplay was introduced in the United States in the 1960s by Jungian therapist Dora M. Kalff of Switzerland.

Sand tray play allows clients to select figures and objects that represent or symbolize situations and events from the past, present, and future that take up emotional space in one’s psyche and which may not be shared with a clinician otherwise. The movement of the sand and selection and placement of the objects allow for expression of inner concerns that may be conscious or unconscious.

**Needed Materials**

Necessary materials include a sand tray (usually a 20" x 30" container that is at least three inches deep and painted blue inside to represent the sky or water), sand, and miniature figures that can represent self, others, and the world. The size of the container is based on what one can see without head movement.

Recommended figures include representations of the animal world; people; monsters; plants, rocks, mountains, and caves; eggs and food; buildings; barriers; transportation; and spiritual, glittery and/or luminescent figures. Figures are commonly stored on shelves, and the arrangement of figures is dictated to keep figures from ending up in inappropriate places, such as a monster figure beside a baby figure. Finally, clay or playdough can be a useful addition, as clients can create their own figures when necessary.

The characteristics and wetness of the sand are important aspects of the experience. Sand can be utilized in various colors and coarseness, as well as wet or dry. Clients are usually asked to select the sand color and coarseness, although the wetness of the sand may be the practitioner’s choice, as dry and wet sand are considered different mediums. Most clinicians keep two sand trays so that either medium is available. When using sand wet, clients are given a water bottle and told to wet the sand to a comfortable degree.

**The Sand Tray Process**

The process involves inviting a client to make a picture in the sand by choosing objects that represent his/her world, concerns, feelings, or other therapeutically relevant material. The counselor sits nearby and watches, providing a safe space for spontaneous creation of the client’s inner world. Sand tray therapy allows the client to create an external and metaphorical representation of internal realities in an unconditionally accepting environment, where the counselor serves as a witness to the idiosyncratic reality and the attendant emotional and psychological ramifications.

Verbal counseling generally comes before sandplay, and there are competing theories and methodologies concerning the degree to which the counselor observer narrates or questions the client during a sandplay session. The counselor can utilize directive, nondirective, and semi-directive techniques, depending on one’s orientation or client goals.

The concrete reality of the sandplay representation is useful to both client and counselor, as images created largely nonverbally can be seen as reality and then processed for their metaphorical, symbolic, and/or thematic qualities. In this way, sandplay is at the same time an assessment and an intervention. Additionally, the picture created in the sand can be captured to document client growth.

The sand tray is left intact at the end of the session, and practitioners are encouraged to keep a camera nearby to catalog the client’s evolving creations. As digital cameras become more available, documenting client changes becomes easier and less expensive. These pictures are used for diagnosis, tracking therapy, and planning further treatment.

**Useful with Many Populations**

Sand tray therapy is effective with adults as well as children, and some practitioners work only with adults. People of all ages benefit from sandplay, but other types of play may be recommended for some children initially. Sandplay has been utilized in individual, group, and family modalities, and has even been incorporated successfully in supervision sessions for counselors.

Counselors are encouraged to train in sandplay therapy prior to initiating it with clients and to seek supervision by sandplay therapists. Two years of supervised practice is required before one can become a certified sandplay therapist.

For More Information, Check Out the Following Resources:

Sandplay Therapists of America
www.sandplayusa.org

The Center for Culture and Sandplay
www.cultureplay.com

Articles on Sand Tray Therapy
www.enterthefreudianslip.com/sandtray_therapy_articles1.htm
Student Insights
From Your Experiences in Life or Training, What Counseling Skill Has the Most Positive Influence on Clients, Peers, Friends, or Relatives?

Edited by Liz Mellin and Richard Hazler

Therapeutic Relationship, Listening, and Reflecting

“A positive therapeutic relationship cultivates an atmosphere of safety and security. Once this environment is established, I find most clients prepared (and many times eager) for the challenge of expressing themselves.” Richard Albright, Rho Alpha Mu

“There is no other counseling skill that is so basic and fundamental as listening. However, when I entered graduate school, I thought being a successful counselor was not about listening but about knowing the right things to say.” Michael Manalo, Gamma Beta

“Sometimes it is not important what technique or theoretical premise is being utilized but the ability for the client to feel validated and heard. I have to be sure that I do not get in the way of my client's progress and that I do not turn our interaction into one that is focused on myself (e.g., what can I do, how can I help this person feel better, how can I fix the problem).” Mayi Dixon, Alpha Upsilon Alpha

“Imagine for a moment that every counseling skill is pulled out of a toolbox one by one and someone asks you to choose only one to carry with you. What one would you choose? After holding and considering each tool, I wrap my hand around mindful listening and choose with confidence. It is by far the most useful counseling skill we posses.” Susan L. Marshall, Alpha Upsilon Alpha

“When people know that they have been heard, truly heard, they relax, open up, and oftentimes find the answer in themselves.” Mike Kletzly, Sigma Zeta Chi

“We have two ears and only one mouth. For this reason, I feel that this world would be a little better off if we could listen more and talk less.” Leticia Orueta, Upsilon Tau Epsilon

“At times, with all of our textbook knowledge and superior grades, we naively convince ourselves that we have all of the answers for our clients. The truth of the matter is, without an accurate picture of the client's worldview authored by the client, we are actually limited in our effectiveness.” Kirsten D. Person-Ramey, Alpha Upsilon Alpha

“Reflection, whether it is of content, feeling or meaning, can transform ordinary interactions into deeper, meaningful dialogue. Once cannot underestimate the gift that comes with someone else feeding our own story back to us.” Erin Mason, Chi Epsilon

Unconditional Positive Regard and Empathy

“Just like I hope people are objective about me, I try very hard to be objective toward individuals and not judge them for their circumstance. By being understood and accepted as they are, clients can begin a journey of hope, healing, and self-discovery.” Jamie Gilliland Adams, Alpha Upsilon Mu

“Attempting to walk in someone else’s shoes is the key that has opened many doors for me, both personally and professionally. This key has opened doors to the inner worlds of others. Sometimes the door is only opened slightly enough for me to catch a glimpse of what is inside. Other times, this key allows me to open the door fully, to discover and experience the many different parts of their inner world.” Kara Young Kaelber, Alpha Upsilon Alpha

“Most importantly, empathy has affected those around me by providing me with an understanding of myself and my world. My ultimate goal is to travel and learn about the dynamics of the word empathy cross culturally.” Keisha Smith, Chi Delta Rho

“Gradually I found that my clients became more open and cooperative. When I was wondering why it happened, my clients gave me the answer; 'no one understands me like you.' Even though I did not experience their sufferings or have the same background, I listened and understood.” Wei Liu, Tau Sigma

“By nodding her head with a look of concern on her face and looking at me as if I was the only other person in the world, my teacher showed me it was okay to feel the way I did. She validated my feelings. That day she changed my life.” Andrea Jackson, Delta Gamma

Full Submissions
For the full submission of each of these student's insights, go to the CSI web site at www.csi-net.org.

Editor's Correction
In the "Student Insights" column in the spring edition of the Exemplar, Mary A. Hill from the Mu Upsilon Alpha Chapter was incorrectly identified as Marcy A. Hill.
Using Technology to Build Connections

Kelly Kozlowski
CSI Associate Editor

Innovative and creative ideas were shared in breakout sessions during Chi Sigma Iota Day's Leadership Workshop at this year's American Counseling Association conference in Detroit. Over sixty leaders from chapters all over the country participated in discussions of how individual chapters addressed the topics of looking within, reaching out, and moving beyond. The next three columns of Chapter Happenings will present to you insights offered by these chapter leaders.

E-mail for Chapter Communication

The discussion around the topic of moving beyond generated many creative ideas centered on the use of technology for communicating with members. The conversation began by asking about chapter e-mails sent out via list serves, speculating if members were actually reading the information or maybe just reading the first line before hitting delete. A lively sharing of tips and hints sparked several ideas from many chapters. One hint was to begin by considering the subject line; it should catch members' attention or perhaps even pose a question that the body of the email will address. One chapter stumbled upon the idea of including pictures of members at workshops and chapter activities in emails to entice curiosity; their members now anticipate pictures of themselves and friends in their emails from the chapter. Others shared how the emails were made visually interesting with clip art and meaningful quotes from well known counselors.

Another question which was addressed was whether e-mails from CSI headquarters or legislative were forwarded on to the chapter members. Some suggested that while the information is useful it may be better received if it is rewritten by chapter leaders to relate to specific membership and chapter activities. Other suggestions were to consolidate information into bullet points for a fast scan of information. ACA's electronic newsletter was sited by many as a good example of sending out information in a concise format. Another leader reported the success of sending out a teaser postcard to members with questions such as “Do you know who the keynote speaker is for the next induction?” or “Do you know who has been nominated for chapter awards? The answer can be found in the next newsletter or email update.”

Using Technology

Some innovative leaders shared their chapters' use of growing trends in technology. They have constructed blog sites and allow for the sharing of reactions and suggestions to what members have read. Templates are available on the web to create chapter blog sites. Some chapters have jumped on the iTunes craze and offer podcasts. Uploaded lectures, information, reviews and any other chapter information can be accessed easily and listened to at the member's convenience. Imagine having shared tips for comps accessible to students as a podcast or current information on growing trends in counseling. Other uses of technology included the use of Survey Monkey for officer elections.

Offering Workshops

If technology overwhelms some chapter members, chapters might consider demystifying it by offering workshops on its use. Invite students from another department to present or people in the community to come and share what they know. Include how LPC’s utilize computers for billing purposes.

Cautions

Some leaders pointed out that while the use of technology is a fast and easy way to communicate with members it can also be impersonal. While chapters are excited about what it can offer, most cautioned about the sole reliance on it as a means of communication. Counseling is a profession focused on relationships and our members are drawn to personal connection. It is important to find a balance between what can be impersonal technological communication and a visit to a class from an officer to share personally what Chi Sigma Iota has meant to his or her professional growth. Passion and excellence can be difficult to convey in electronic format and contagious when shared with others in person. One chapter even shared how by going back to mailing personal invitations and workshop announcements printed on nice paper signed by chapter leaders they have enjoyed greater turn out at events and higher membership. It would seem that in the world of technology there is still a need for a personal invitation and a warm heartbeat behind the email, blog or podcast.

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.

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Nu Delta Sigma
Rho Epsilon
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Tau
Faculty Advisor Highlight
Shawn Spurgeon: Living Professional Identity

Carman Gill
CSI Associate Editor

Self-Awareness as Key to Professional Identity

From early on, Dr. Shawn Lamont Spurgeon held the belief that “self-awareness is the most critical aspect of counseling and students need to be willing to engage in discussions and writing that explore this aspect of their development.” Based in his dedication to this belief, he completed his Master’s degree in Community Counseling, a Specialist in Education degree in Marriage and Family Counseling, and Doctorate in Philosophy in Counseling and Counselor Education as a student at University of North Carolina at Greensboro. During this time, he was awarded both the Courtland C. Lee Multicultural Excellence Scholarship Award and the Emerging Leaders Award. According to Dr. Spurgeon, learning more about professional identity and personal development was the highlight of his education. As a result of these learning experiences, he has a strong sense of professional identity and is better prepared to promote self-awareness and growth in his students and to allow those students affect change and growth within him.

The Meaning of Professional Identity

For Dr. Spurgeon, professional counseling is a passion, not merely a job. It is an opportunity to help others grow, develop, and live optimally. Professional identity means earning the right to call oneself a qualified practitioner who possesses the skills, training, and credentials to help other people live better lives. This does not include devaluing or denigrating what other professions do, rather emphasizing the importance of the counseling profession through ethical behavior, adherence to professional standards, and facilitating activities in which reciprocal self-awareness can occur. As a result, he believes

Shawn Spurgeon

in hard work, dedication to the profession, and a willingness to advocate for clients and students.

Advocacy, which contributes directly to professional identity, is incorporated into his life daily through a variety of methods such as talking to colleagues in different departments about the profession, participating in community forums, and talking with parents and families about counseling’s unique focus. Dr. Spurgeon states, “I always seem to find a way to let others know about the relevance and importance of the counseling profession. I think every professional counselor can find ways in his or her life to be an advocate for the profession.”

Involvement in Chi Sigma Iota has given Shawn the opportunity to understand the meaning of professional identity and advocacy on a deeper level. As a doctoral student, he was encouraged to get involved with CSI by his dissertation chairperson. Upon hearing about the role CSI had in advocacy and the development of the counseling profession, he was compelled to take an active position in the organization. While at UNCG, he served as CSI intern and worked within the infrastructure of CSI as Service Committee chair, Nominations/By-laws Committee chair, and Awards Committee co-chair. Currently, he is serving as Faculty Advisor for his chapter. CSI has helped Shawn to understand the importance of ethical and professional responsibility.

The Status of Professional Identity in Counseling

Dr. Spurgeon believes that the profession has developed to the point where counseling has established a strong identity through continued advocacy efforts. Counselors today face challenges associated with this growth such as the need for a universal identification so that licensure is uniform and transitions from location to location are smooth. In addition, counselors need to develop clear and concrete dispositions for both counselors-in-training and counselor educators-in-training in order to meet the needs of a changing clientele.

Shawn believes that through developing stronger and more defined dispositions, competent, ethically sound professionals who work to make positive changes to our society can be produced. Furthermore, he wants students to know that “we, as a profession, have established the right to do what we do and to be validated by other professions. We have advanced beyond the stage where we need to spend time explaining our profession to others; the work we do and type of professionals we produce speaks volumes as to the relevance and effectiveness of our profession. Advocacy efforts have created an opportunity for us to sit at the table with other professions and not feel intimidated.” As a result, the development of clarity concerning the behaviors and characteristics of value to the profession becomes paramount.
Engaging Professional Members:
A New Chi Sigma Iota Working Group
Anne P. Buford and Christopher Roseman

Chi Sigma Iota (CSI) has many bright, insightful, and diverse members. Among these are practicing professional counselors who serve clients with sensitivity and dedication. They bring a broad range of experience and expertise – as well as a passion for excellence – to the therapeutic environment and to CSI.

Recognizing the value of these individuals, the CSI Executive Council recently started a dialogue about service to professional members. As part of this conversation, the Council called for creation of the Professional Member Taskforce (PMTF), a working group that began looking into professional member issues in late summer 2006. To date, significant progress has been made by the PMTF in several areas, thanks very much to helpful feedback from the Executive Council and other CSI members.

Recent Activities

Early into its work, the PMTF considered its purpose and goals. After a period of reflection, the working group drafted a mission statement and objectives. These are, respectively:

“To cultivate an environment which will engage, inform, and support all counseling professionals for best practice” and

1. Unify the voice, focus, and resources of the professional counseling discipline to better serve our clientele.
2. Facilitate the growth of practicing professional counselors and the association.
3. Advance the awareness of current research in the discipline and support the CACREP standards in order to serve the public.
4. Effectively communicate a common understanding of the discipline between all specializations and collaborate among diverse populations.

The PMTF also recruited committee members, although more are always welcome. Additionally, the PMTF circulated a survey to chapters with active professional memberships, and it reviewed the Consumer Rights and Responsibilities Brochure (created several years ago by CSI and NBCC). Notably, too, the PMTF compiled potential content for a “Professional Members” area of the CSI website. Possible material for this website section includes links to state and national professional counseling organizations, an index of Exemplar articles (by professional topic area), and wellness resources.

Future Goals

The efforts of the PMTF have been encouraging thus far, and it will be important to attend to several more goals, moving forward. The PMTF welcomes guidance from the Executive Council and the larger membership relative to these goals. We want to make sure that the work of the committee reflects CSI’s purpose, and that service to professional members is substantive and effective.

Bearing this in mind, the PMTF would like to invite participation from CSI members who have a special interest in professional issues (to learn more about the PMTF and how you can help, please contact Anne Buford at: apbuford@gmail.com). The PMTF would also like to explore the possibility of creating a survey, inquiring about resources professional members might want to see from CSI. This survey could potentially be accessed through the CSI website or another portal, such as www.Survey-Monkey.com.

Additionally, the PMTF hopes to learn more about going “live” with the “Professional Members” section of the CSI website. The group will also be looking into the feasibility of an online membership directory or listserve, as well as development of web-based continuing education modules.

Topics for these modules might include advocating for the profession, working with certain client needs, and implementing new counseling techniques.

What You Can Do: Recommendations for CSI Chapters

The PMTF is working on a broad scale to address the needs of professional members. At the same time, though, and importantly, much assistance can be provided at the chapter level. Indeed, chapters represent one of the most vital ways to connect with professional members.

If your chapter is interested in cultivating services to professional members, there are several actions worth exploring. First, consider creating an Alumni and Professional Member Committee. This group could focus on issues important to professional members. Second, think about establishing a network for alumni and professional members. This group could facilitate social activities, for instance. Third, identify and plan professional development opportunities. These might include continuing education seminars or licensure/certification workshops for recent graduates. Fourth, discuss with department faculty the possibility of having professional members participate in select class activities (e.g., speaking in a Professional Orientation class; lecturing on the treatment of certain disorders).

Conclusion

Practicing professional counselors are critical to our client and CSI communities. The PMTF is a new group that emphasizes assistance to these individuals. Together with chapter-based efforts, the PMTF may be an effective resource and may aid the important work professional members do.
Hawaii (continued from page 1)

(continued from page 1)

ship activities, meetings, or other group outings. Through these type of fundraisers, both members and friends of CSI can contribute in small quantities that can add up over time. Chapters can also raise money by holding apparel fundraisers and adding small dollar amounts to clothing items that are sold, such as CSI t-shirts and hats (CSI apparel can be purchased through the CSI Store on www.csi-net.org). Other chapters may find that working in large groups to raise funds through activities such as car washes, silent auctions, or bake sales might be beneficial. Some chapters also earn money by working with their institution’s food service; through serving food at sporting events and concerts on campus, chapter members can raise money for their registered student organizations.

Through the outcomes of these fundraisers, chapters may be able to offer subsidies for chapter members who plan to attend the ACA Convention, as well as help to support future scholarship and travel opportunities.

Ideas for distributing the subsidies to students include holding an essay contest in which students write about how they will benefit from attending the ACA conference in Hawaii, holding drawings for travel subsidies, or dividing subsidies evenly between all CSI members who are attending the conference in Hawaii. Another great idea is asking students who receive subsidies and attend the 2008 ACA Convention to write about their experiences in the CSI chapter newsletter or present highlights from the conference in class. This way everyone benefits.

Additional Cost Cutting

Once you have made the commitment to attend the ACA Convention in Honolulu, food, transportation, and entertainment costs may be of concern. Here are a few helpful hints to reduce these expenses and still have a great time. First and foremost, plan ahead. Check out websites like TripAdvisor.com to read reviews of restaurants and identify some low-cost and delicious dining options. Dining coupons may also be available at Restauranteur.com. Once in Hawaii, making a trip to a grocery store instead of eating out for every meal is a way to save some cash. Looking for cheap entertainment? The Hilton Hawaiian Village offers free shows and demonstrations daily. You can watch lei making demonstrations or a beachfront fireworks show for no additional cost (See www.hilton-hawaii.com for details). Inexpensive souvenirs and artwork may be purchased from over 700 vendors at the Aloha Stadium Swap Meet (See www.alohastadiumswapmeet.net for details). Finally, Honolulu has a low-cost public transportation system (See www.thebus.org for details) that can take you where you need to go without undue expense.

See You There!

The 2008 ACA Conference in Honolulu, Hawaii, will truly be an event to remember! By planning ahead, working in collaboration with fellow CSI members, and getting creative about raising funds and saving money, attendance at the conference can be possible. Hope to see you there!

CSI Fellows & Interns (continued from page 5)

Chinwe J. Uwah is a doctoral student at Georgia State University. She is Treasurer of Chi Epsilon and President of the Licensed Professional Counselor Student Chapter. She is an active writer and presenter on topics including professionalism, cultural issues, and work in urban schools.

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 July 15

In your development as a counselor, what have you learned from clients or other individuals who struggle with life’s problems?

Submission deadline November 15

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

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.
As the pomp and circumstance of graduation starts to fade and you have settled into the realization that student loans will need to be repaid at some point sooner rather than later, you are likely to launch your job search in earnest. One of the best places to initiate your job search is within your professional and personal networks. Here are a few quick tips for developing and using networks during the job search:

• Contact former instructors, supervisors, and colleagues and let them know you are actively seeking employment. Remember to also ask them if they would be willing to provide professional reference letters for you.

• Treat the members of your network with genuineness before, during, and after the job search. Their positive recommendations may be the key to your future.

• When you find an interesting job opportunity, meet with other current or former employees to get the real scoop on what is happening in the agency/program.

• Many counseling positions are advertised by word-of-mouth, so talk with your employed colleagues about potential opportunities within their places of employment.

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