



Chi Sigma Iota Beta Rho Chi Chapter Florida Atlantic University Fall 2018 Newsletter

Chi Sigma Iota Leadership 2018-2019

Alison B. Bourdeau, *President*
Taylor Irvine, *President-Elect*
Alexzandria May, *Vice President*
Guy Beauduy, *Secretary*
Ghari Shirley, *Treasurer*
Josh Katz, *Executive Director*
Anna K. Owens, *Past President*
Dr. Carman Gill, *Chapter Advisor*

REMINDER

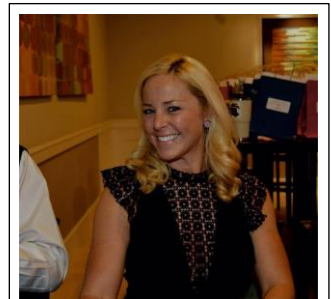
Meetings will be held the fourth Monday of every month from 6:45pm to 7:15pm in the 4th floor lobby

- 9/24
- 10/2
- 11/26

Message from the President

I would like to take a moment to welcome all new students to the Department of Counselor Education at Florida Atlantic University, as well as acknowledge the beginning of another busy year for our previous students. As the President of the Beta Rho Chi chapter of Chi Sigma Iota, I want to encourage you to consider joining CSI. This organization provides wonderful opportunities for leadership, volunteering, networking, continuing education, as well as opportunities for funding to attend conferences. Please feel free to reach out to me with any feedback or questions, and have a great semester!

Regards,
Alison B. Bourdeau
President, Beta Rho Chi chapter
abourdeau@fau.edu



Join CSI this semester!

- **Why join?**
 - Promote excellence in the field of counseling
 - Networking with fellow graduate students in other programs and tracks
 - Collaboration with faculty on research or community work
 - Philanthropic involvement in the FAU and greater Palm Beach County communities
 - Professional development for continued success in the counseling field
 - Free Continuing Education Courses available during and after graduation
- **Requirements include:**
 - Completion of 9 credit hours (equal to one full-time semester) in a Counseling Education program
 - GPA of 3.5 or higher and faculty endorsement



Our Chi Sigma Iota (CSI) Beta Rho Chi chapter is seeking any feedback or recommendations to make the upcoming year a great one. If you can please take a few moments to fill out this brief survey, your comments would be highly appreciated!

Survey Link:

<https://goo.gl/forms/icaxIIYmoBn0YvIX2>

Check out our updated CSI link on the Department's website:

<http://www.fau.edu/education/academicdepartments/ce/betarhochichapter/>

Check out and “like” the Department's Facebook page for information and updates:

<https://www.facebook.com/FAU-Dept-of-Counselor-Education-418207451646170/>

Check out the following links for upcoming events:

Mental Health Counselors Association of Palm Beach County:

<https://mhcapbc.org/events/>

National Alliance on Mental Illness:

<https://namipbc.org>

Faulk Center for Counseling:

<http://faulkcenterforcounseling.org>

Feeling overwhelmed and stressed out??

Counseling and Psychological Services (CAPS) at FAU is an invaluable resource made available (and FREE) to all active students.

Located above the breezeway on the second floor, CAPS provides several mental health options including: individual, group, psychiatric, and outreach services.

CAPS offers a variety of resources including process, support, and skills-based groups. Please find additional contact information below.

Contact:

- **Phone:** 561-297-3540 (during hours) and 561-297-3540 (crisis line for after hours)
- **Website:** www.fau.edu/counseling
- **Social Media:** @FauCAPS for events and information

NAMI WALKS 2018

The National Alliance on Mental Illness of Palm Beach County is hosting its annual “NAMI WALKS” in order to support the community and decrease the stigma of mental illness.

Come join CSI members Alison Bourdeau and Ashley Cooper (NAMI PBC Board of Directors) and volunteer and participate in this event.

Contact Alison at abourdeau@fau.edu for further details.

When: 10/27/2018

Where: John Prince park, Lake Worth

Time: 8:30am check in, 10:00am start

<https://namipbc.org>

Faulk Center for Counseling Community Educational Programs

FREE *First Wednesdays, 11:00 a.m. – 12 noon

Wednesday, October 3—*Counseling Caregivers of People with Dementia*, Taylor Blake (FAU graduate student)

“Spotlight” on Faculty

On behalf of the Beta Rho Chi chapter of Chi Sigma Iota, we would like to welcome Dr. Ayse Torres as an Assistant Professor in the Department of Counselor Education at Florida Atlantic University. The department is fortunate to have such an accomplished addition to its faculty.

Dr. Torres is Assistant Professor of Clinical Rehabilitation Counseling at Florida Atlantic University. She received her B.S. degree in counseling psychology from Hacettepe University in Turkey; M.Ed. and Ph.D. degrees from FAU, Department of Counselor Education. Dr. Torres has worked in various counseling and leadership roles in public rehabilitation counseling settings. As a certified rehabilitation counselor, she has gained extensive experience in working with individuals with a wide range of physical and mental disabilities. Her experience also includes the development of client driven, outcome based working partnerships with a vast network of medical, psychological and vocational service providers in Florida.

Dr. Torres' research has focused on investigating evidence-based practices in clinical rehabilitation counseling, and on the integration of veterans with disabilities into communities. She developed a motivational interviewing training for rehabilitation counselors and trained counselors throughout the State of Florida. In recognition for the contribution from her research to the field of Counselor Education, her dissertation recently won the 2018 Florida Atlantic University, College of Education, Outstanding Dissertation award.





Volunteer for an event co-sponsored by MDA and the Beta Rho Chi chapter of Chi Sigma Iota.

Summer Camp Volunteers, Campers and their families will be reuniting for an afternoon of learning, fun, games, and socialization.

The afternoon will include several guest speakers, refreshments, music, dancing, and arts and crafts.

Come for an hour or stay the whole time, your all invited. If you have any interest or have questions, please RSVP to jkatz33@fau.edu

Chi Sigma Iota's 4nd annual event supporting the Muscular Dystrophy Association

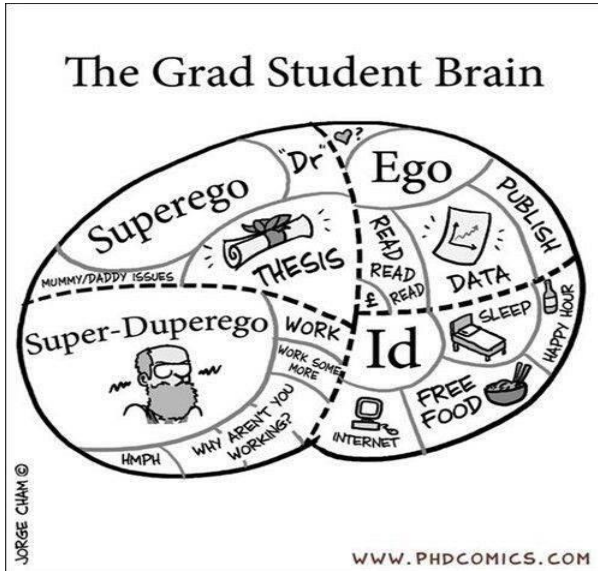
**Saturday, September
15th, 2018**

1:00pm to 4:00pm

**Volunteers needed:
12-1pm Set-up
2-3pm Food Service
4-5pm Clean-up**

**FAU Boca Campus
Majestic Palm Room
Student Union**

Graduate Student Resources



We all know that meditation and mindfulness are so important, but it is hard to find the time to fit it in. There are some really great apps to assist with slowing down and being mindful, all can be found on iTunes. Adult coloring books also have a similar effect for those who prefer more concrete means to disconnect and slow down. Below are two high rated apps, "Simply Being" for meditation, and "Zen: coloring book for adults."



Need an idea for an interesting podcast?

The Science of Happiness

"Learn research-tested strategies for a happier, more meaningful life, drawing on the science of compassion, gratitude, mindfulness, and awe. Hosted by award-winning professor Dacher Keltner. Co-produced by PRI and UC Berkeley's Greater Good Science Center."



Self-Care

Self-care is an incredibly contemporaneous topic, and yet it is the one we often struggle the most with. While not an exhaustive list, below are some tips that I have picked up along the way in my graduate experiences:

1. Introduce yourself to Darlene and Mikaela, they will be your lifeline.
2. Find a group of peers that you connect with and will be your support network moving forward.
3. Give yourself permission to not be perfect. It is impossible to balance everything all the time.
4. Find topics for research that interest you, this will help you when you feel overwhelmed.
5. Try to carve out some time for your personal interests. Don't feel guilty disengaging and protecting your mental health.
6. Get involved in groups on and off campus. Take advantage of leadership opportunities even if it is uncomfortable, it will help you grow personally and professionally.
7. Reach out to others in the program that came before you for advice, and then pay it forward!
8. Try to embrace and enjoy the process, it goes by so fast!

Need funding for conferences or for research?

Thank you to CSI member Tiffany Vastardis for creating the below resource guide:

1) Council for Student Organizations Registered Student Organization Annual and Emergency Funding (FAU COSO): <http://www.fau.edu/involvement/clubhouse/coso/COSOFunding.php>

-Club Paraphernalia (t-shirts, polos, pens, etc.), Guest Speakers and Performers, Event Equipment, up to \$1000 of Emergency (Contingency) Funding for Expenses Anticipated/Incurred after allocation of annual budget (regular and emergency funding varies and is determined upon COSO review)

2) Organizational and Individual Travel Grants (FAU Student Government):

http://www.fau.edu/sg/services/student_travel/

-Local, National, Individual Conferences (funding varies according to role [attendee, presenter, award recipient, etc.] and location of event)

3) Individual Graduate Student Travel (FAU Student Government):

http://www.fau.edu/sg/services/student_travel/grad-student-travel.php

-Local, National Conference, Convention, Seminar, Workshop or Professional event related to studies (funding varies according to role [attendee, presenter, award recipient, etc.] and location of event)

4) Dissertation Year Awards: <http://www.fau.edu/graduate/current-students/fellowships-and-awards.php#dya>

-The objective of the grant is to help students in their dissertation year meet unusual expenses related to completion of their dissertations. Information and application for this award is available on the Division of Research web site.

5) Thesis and Dissertation Scholarship: <http://www.fau.edu/graduate/current-students/fellowships-and-awards.php#dya>

-This scholarship is intended to assist graduate students with timely graduation. Master's or doctoral students who are close to graduating, but need additional funds to finalize one's dissertation could apply for this scholarship. Scholarships are valued up to \$500 and applications are reviewed on a rolling basis. Graduate students could utilize this scholarship to cover expenses such as: thesis and dissertation editing, final manuscript materials, printing, and other miscellaneous or unexpected research costs.

6) Three Minute Thesis (3MT®) Competition Scholarships: <http://www.fau.edu/graduate/current-students/fellowships-and-awards.php#dya>

-During the Fall of 2016, FAU's Graduate College hosted the University's inaugural Three Minute Thesis (3MT®) Competition. This exciting opportunity is open to any active FAU graduate student in good academic standing with the University. This competition provides all participants with a unique and invaluable professional development experience and championship winners are awarded research scholarships and awards up to \$2,500, with the possibility to win up to \$5,500 to support one's graduate research.

ADDITIONAL INDIVIDUAL AND GROUP RESEARCH GRANT LEADS:**American Counseling Association (ACA):**

National Awards (Advocacy, Research, Regional Impact, Graduate Students, General Awards):

<https://www.counseling.org/about-us/awards/national-awards>

Graduate Student Essay Competitions (essays vary):

<https://www.counseling.org/about-us/awards/student-awards/student-awards-overview>

American Counseling Association Foundation (ACAF) Grants:

(Disaster Relief, Growing Health and Confident Kids, General Microgrants for groups and individuals):

https://gsu.qualtrics.com/jfe/form/SV_1WYlhAhpjbh1PN3

Southern Association for Counselor Education and Supervision (SACES):

<http://www.saces.org/research>

Association for Counselor Education and Supervision (ACES):

<http://www.acesonline.net/resources>

Council for Accreditation of Counseling and Related Educational Programs (CACREP):

<http://www.cacrep.org/about-cacrep/research-corner/>

American Psychological Association (APA) [Restrictions apply to Counselor Education research, though some seems to be supported by the APA and Federal Organizations according to specialty]:

APA: <http://www.apa.org/about/awards/>

Federal (Specialty-Specific):

<http://www.apa.org/science/about/psa/2016/12/funding.aspx>

Counselors for Social Justice (CSJ) Awards and Grants:

<https://counseling-csj.org/awards/>

Association for Assessment and Research in Counseling (AARC) Awards and Grants:

<http://aarc-counseling.org/awards>

American College Counseling Association (ACCA) Awards and Grants:

<http://www.collegecounseling.org/Research-Grant>



Hot topics & seasoned speakers!

Join this exciting **local group of therapists meeting live monthly for great exchanges of business leads, earned CEU's and awesome networking opportunities you won't find anywhere else. All LMHC, LMFT, LCSW, and students are welcome in our membership!**

***Current Students, check out our member rates!!**

2018-19 Fall/Winter*

August 24

*Using Emotion in the Therapeutic Alliance:
The Work of Napier, Ekman, Gottman,
Norcross and Others*

November 16

Understanding Non-Suicidal Self-Injury

December 15

Out of Chaos into Meaning

September 14

On Becoming a Master Therapist

January 12 (Full Day)

October 12

Ethics, Medical Errors, Dom Violence

Accelerated Trauma Resolution

**Feb thru June Speaker/Dates TBA*

**John Davis, LMHC
President**



**Erinn Beck, LMHC
Vice President**



**Anna Owens, Intern
Treasurer**



**John Imperatore,
Intern
Secretary**





L1 **LEVEL 1 CLINICAL TRAINING**
GOTTMAN METHOD COUPLES THERAPY
Bridging the Couple Chasm

LEVEL 2 CLINICAL TRAINING
GOTTMAN METHOD COUPLES THERAPY
Assessment, Intervention, and Co-Morbidities



**The Beta Rho Chi Chapter of Chi Sigma Iota
presents: Gottman Level 1 & 2 training guided
by Dr. Paul Peluso**

*(Level 2 is offered in two formats: workshop or 3-credit hr
course)*

**The Gottman Institute Level I Training (workshop only): Video
Based**

October 19th and 20th 8:30am-4:30pm **Cost \$189.00**

**The Gottman Institute Level II Training (workshop only): Video
Based**

January 18-19, 25-26, 2019 8:30am-4:30pm **Cost \$289.00**

**The Gottman Institute Level 1 & 2 Bundle (workshop only): Video
Based**

October 19- 20, January 18-19, 25-26, 2019 8:30am-4:30pm **Cost \$389.00**

***Offered to FAU students only or non-degree seeking**

**The Gottman Institute Level II Training (3-credit hour elective):
Video Based**

January 18-19, 25-26, 2019 (Class February 8) 8:30am-4:30pm **Cost
\$189.00 (+ tuition)**

In these workshops, you will be provided with a
research-based roadmap for helping couples
compassionately manage their conflicts, deepen
Please use the following link to register and make payment.

<https://fauf.fau.edu/Gottman>

Work towards
becoming Gottman
certified

Room location TBA

Gottman Level 2 MHS
6930 Advanced
Couples Counseling

Gottman level 1 &
level 2 bundle
package offered at
\$389.00

Florida Atlantic
University

777 Glades Rd
Boca Raton, FL 33431

561-297-3602

Specific questions please
contact Anna Owens
acampb42@fau.edu

Member Spotlight

Congratulations to doctoral students and CSI members **Alison Bourdeau, Olga Duchrow, Anna Owens, and Tiffany Vastardis** for successfully defending their dissertation proposals and becoming official “doctoral candidates.”

Congratulations to Master’s students and CSI members **Taylor Irvine and Alexzandria May** for successfully passing the Counselor Preparation Comprehensive Exam.

Chi Sigma Iota Emerging Leader 2018-2019

Danielle Panariello

My name is Danielle Panariello and I have the privilege of being named the 2018-2019 CSI Emerging Leader. I am a second year Masters student in the Mental Health Counseling program. I like to say I come from a long line of mental health counselors. My mom and my sister both graduated from the same program here at FAU. I have witnessed firsthand, the skills and competencies instilled by the mental health counseling curriculum and faculty. I am grateful to have been given the opportunity to associate with professors who have immense influence on the field of counseling.

As my first semester came to a close, I realized how much I loved participating in class discussions, but wanted a way to create lasting relationships and develop skills outside of the classroom. I learned about Chi Sigma Iota through older classmates and decided that this was an avenue with great mentorship potential. I began attending meetings and interacting with other members. I applied to become Emerging Leader in order to get involved as soon as possible. I have attended executive board meetings and provided input on how to improve our chapter. I have learned just how much time and effort the Beta Rho Chi Board puts forth into making our CSI chapter what it is today. Being Emerging Leader has increased my confidence in my abilities to be a leader and help other counseling students further their ambitions.

Aside from monthly meetings, CSI sponsors some fascinating and valuable events. My favorite event has been the Gottman Couples Counseling trainings. I attended the Level 1 and Level 2 trainings which consisted of watching lectures and actual counseling footage of John and Julie Gottman. I learned some really simple, yet highly effective interventions and gained a whole new understanding of what makes, and sometimes breaks, a relationship. I also had the opportunity to network with other students and counseling professionals in the area. After two days of Level 1 training and four days of Level 2, we all got to know each other on a professional and personal basis. Many of us exchanged numbers and business cards in order to keep in contact, which I know will be useful when I begin looking for an internship or a supervisor.

CSI has helped me feel more prepared and excited for my counseling future and I encourage any counseling student, no matter the track or year, to consider what CSI could do for them as well.

