

COUNSELING TIMES

A BETA RHO CHI NEWSLETTER

CHAPTER OF CHI SIGMA IOTA, COUNSELING ACADEMIC
& PROFESSIONAL HONOR SOCIETY INTERNATIONAL



Fall 2019 Edition: "Wellness & Gratitude"

19-20 LEADERSHIP

Taylor Irvine
President & Editor

Adriana Labarta
President-Elect

Danna Demezier
Vice President

Joshua Katz
Treasurer

Danielle Panariello
Secretary

Samantha Pino
Emerging Leader

**Dr. Kelly
Emelianchik-Key**
Chapter Faculty
Advisor

Dr. Ayse Torres
Co-Chapter Faculty
Advisor

INSIDE THIS EDITION

President's Message	2
Leadership Team	3
Important Dates & Events	4
Spotlights	5-7
Featured Article	8-12
Self-Care Lessons	13-14
Counseling Humor	15
And <u>More!</u>	16-ON

WELCOME BACK!

We will be having a general, monthly meeting the 4th Monday of every month this semester starting at **6:45 pm**. All are welcome to attend!
Meetings located by the 4th floor elevators.

Message From the President: Taylor Irvine

Greetings Students & Faculty!

I would like to welcome you all to Fall 2019! I am honored to serve as this year's President of our Beta Rho Chi Chapter of Chi Sigma Iota. This semester will be filled with great events and training opportunities (*be sure to check them out on the following pages*).



The theme for this newsletter edition is **wellness** and **gratitude**. On that note, practice wellness this Fall by attending our Wellness event (*info on p. 4*) and read more about mental health and self-care on the following pages. Regarding gratitude, I would like to take a moment and express how grateful I am for our wonderful leadership team who worked hard to make this upcoming year a great one! I would also like to give a warm welcome to our new CFA, **Dr. Kelly Emelianchik-Key** (*spotlight on p. 5*) and Co-CFA, **Dr. Ayse Torres**. Our chapter is very lucky to have these two new additions! At our Spring induction ceremony, we also honored **Dr. Carman Gill** for her years of hard work and service to our chapter!

This semester, I want to impress upon you to consider joining Beta Rho Chi which provides great leadership and networking opportunities! Feel free to email me anytime with questions, concerns, or feedback! I hope to see you at our meetings which are the 4th Mondays of every month.

Best,

Taylor Irvine, M.Ed., Ed.S
President, Beta Rho Chi Chapter
tirvine1@fau.edu



Taylor Irvine
President



Adriana Labarta
President-Elect



Danna Demezier
Vice President

BETA RHO CHI 2019-2020 LEADERSHIP TEAM



Joshua Katz
Treasurer



Samantha Pino
Emerging Leader



Danielle Panariello
Secretary

IMPORTANT DATES

Stay up to date on awareness months & upcoming events!

Awareness Months:

September:

- Suicide Prevention Week (9/8-9/14)

October:

- Mental Health Awareness Week (10/6-10/12)

November:

- Alzheimer's Disease Awareness Month

Upcoming Events:

Gottman Level 2 Couples Training:

- 9/6, 9/7, 9/13, & 9/14 (8:30-4:30 PM); College of Ed., Rm. 464

Muscular Dystrophy Association (MDA) Event:

- 9/14 (12-3 PM); Majestic Palm Room (SU)

Wellness Event: Featuring CAPS & Owls Care Health Promotion

- 9/18 (2-3:30 PM); College of Ed., Rm. 111

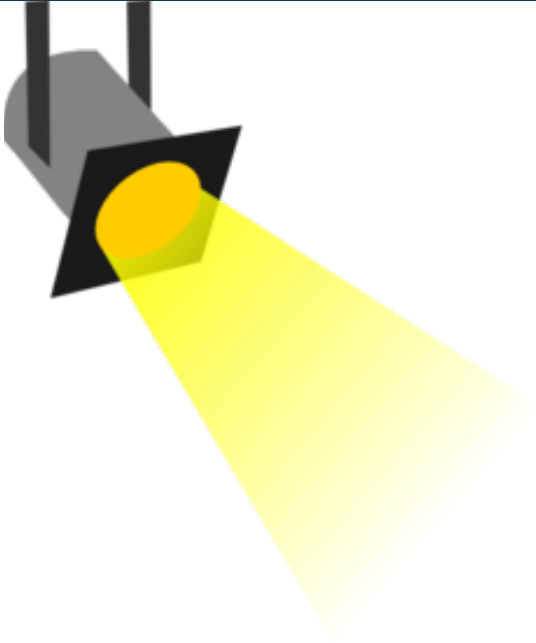
National Counselor Exam (NCE) Prep:

- 9/28 (9-5 PM); College of Ed., Rm. 457

****RSVP links are on the flyers at the end of this newsletter****

Upcoming Events:

DR. KELLY EMELIANCHIK-KEY

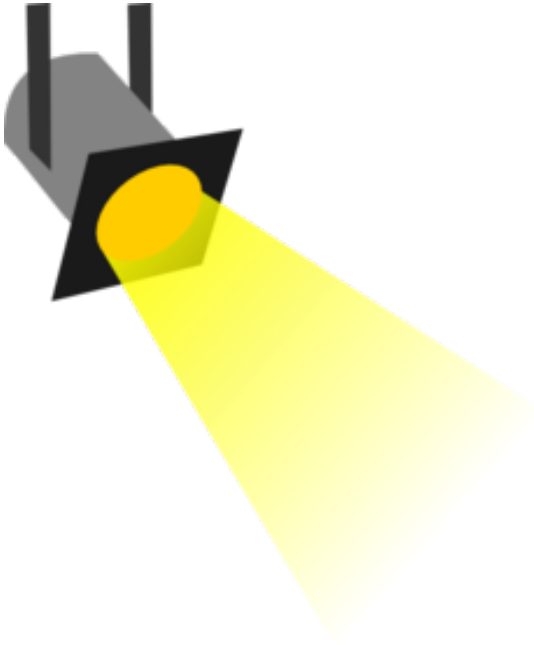


Beta Rho Chi warmly welcomes our newest Chapter Faculty Advisor, Dr. Kelly Emelanchik-Key! Assistant Professor in the Clinical Mental Health Counseling Program, Dr. Emelanchik-Key also serves as the clinical coordinator for practicum and internship experiences. She received her Bachelor of Science degree from Florida Atlantic University, her Master's and Educational Specialist degrees in Mental Health Counseling from the University of Florida, and her Doctorate in Counselor Education and Supervision from Old Dominion University. As a licensed mental health counselor and nationally certified counselor, Dr.

Emelanchik-Key has experience working with diverse populations, such as children, teens, couples, college students, and families. She has worked in a variety of capacities and settings, including but not limited to: inpatient facilities, community agencies, and private practices. She has been a member of CSI since 2005 and is a former CSI International Fellow.

Dr. Emelanchik-Key is an engaged member of the counseling community via her work with teaching, research, clinical supervision, and professional service. Most recently her article titled, 'The initial development of the teen screen for dating violence: An exploratory factor analysis, Rasch analysis, and psychometric data' was published in the counseling field's premier research journal (Measurement and Evaluation in Counseling and Development, MECD). This article was selected by the journal editor for the prestigious Patricia B. Elmore award which recognizes the manuscript deemed to have made the greatest contribution to the professional literature in the 2018 publishing year for this journal. Additionally, Dr. Emelanchik-Key currently has a co-authored book in production titled, 'Non-Suicidal Self-Injury throughout the Lifespan: A Clinicians Guide for Treatment Outcomes' which is set to come out in October 2019.





Interested in being the next Emerging Leader?

- Student leaders can participate in CSI activities, receive mentorship, and connect with professionals via networking opportunities.
- Emerging leaders will also have opportunities to learn the responsibilities associated with serving in elected leadership positions within our chapter.

*****The 2020-2021 Emerging Leader application will open this January*****

Meet our 2019-2020 Emerging Leader, Sam Pino!

"Hi, I'm Sam Pino and I'm halfway through the Master's in Counselor Education: School Counseling program. In the field of school counseling, I would like my research focus to be on LGBTQ+ issues and learning disabilities, while also advocating for all students. I applied for the Emerging Leader position to gain experience and connect with others in the program. I further joined to have the opportunity to network and build connections within the community."



COMMUNITY ORGANIZATIONS SPOTLIGHT

Practicum or internship coming up? Check out these approved sites!

THE FAULK CENTER FOR COUNSELING

About: The Faulk Center is a non-profit mental health agency located in Boca Raton, FL. This organization provides free and low-cost counseling services to people of all ages!

Services Offered: Individual, couples, and family counseling; groups (support, therapy, DBT, anger management, etc.).

Contact: (p) 561-483-5300 | (w): www.faulkcenterforcounseling.org

Student Testimonial:

"Having completed both my practicum and internship at The Faulk Center, I can attest to what a wonderful experience it was. I had the opportunity to do individual and family counseling, as well as run numerous groups with various populations and presenting issues. The supervision is also amazing!"

-Taylor Irvine, Beta Rho Chi Chapter President



THE RENFREW CENTER

About: Since 1985, The Renfrew Centers have been providing clinical excellence within a nurturing environment for adolescent girls and women with eating disorders. With 19 sites nationwide, The Renfrew Center of Coconut Creek is one of two residential facilities offering multidisciplinary care.

Services Offered: Residential treatment, partial hospitalization, IOP, individual and group therapy, case management, nutrition counseling, medication management, and medical services.

Contact: (p) 954-698-9222 0 | (w): www.renfrewcenter.com



Student Testimonial:

"Doing my practicum/internship at the Renfrew Center helped me get experience in every aspect I wanted: case management, therapy, and group therapy. It's a great training process, with a lot of support and supervision that helped me feel more confident and competent."

-Taylor Forster, FAU Counselor Ed. Alumna

Featured Article: "To Be or Not to Be... Eclectic: The Intersection of Case Conceptualization and Choosing a Theoretical Orientation"

By: Gerardo Casteleiro, M.S.

How many of your classmates or colleagues have deliberately pursued training in their chosen theoretical orientation? How many of them describe themselves as “eclectic?” Whether in interviews for clinical internships or employment, the question “What is your chosen theory?” looms in the future of every counselor-in-training. It would not be a stretch to guess that this question almost invariably surfaces in interviews for doctoral programs or other post-graduate degrees. This brief article discusses “eclecticism,” its ethical and practice implications, and the underlying messages that could be unwittingly conveyed to gatekeepers, should one choose it as a descriptor for their theoretical or therapeutic orientation.

What is eclecticism?

Gladding defines eclecticism as, “A term to describe the practice of using a variety of theoretical systems together instead of just one theory” (2018, p. 53). It is common for clinicians who do not subscribe to one theory to refer to themselves as “eclectic.” In the past, as many as 64% of counselors endorsed the “eclectic” designation (Norcross, Prochaska, & Gallagher, 1989). Eclecticism can be broken down into many different levels (i.e., syncretism, theoretical integrationism, and technical eclecticism). Colloquially, the term is used to describe a flexible approach towards choosing techniques and interventions. However, the commonly-used term more accurately denotes a “ragtag, shotgun collection of miscellaneous methods, otherwise known as unsystematic eclecticism” (Lazarus & Beutler, 1993, p. 381).

Although movement towards eclectic practice (i.e., movement away from single-theory or orientation) may be credited with the increase of clinical flexibility, the promotion of interdisciplinary research, and decreased dogmatism, many still oppose its practice. For example, Dr. Len Sperry, a Professor of Mental Health Counseling at Florida Atlantic University, strongly opposes it. He has commented:

“Unfortunately, eclecticism has become a code word for ‘do whatever you want, whenever you want.’ It is the ultimate in clinician-focused vs. client-focused treatment. In my opinion it is the most ethically challenged way of practicing counseling since there is no assurance that

"To Be or Not to Be... Eclectic: The Intersection of Case Conceptualization and Choosing a Theoretical Orientation" Contd.

Contd. from page 8

it is safe, effective, nor appropriate for a given client. Besides this ethical neglect, it fails the test of being competency-based and evidence-based, the two essential cornerstones of professional practice today." (personal communication, August 14, 2019)

Why might being "eclectic" be problematic?

Currently, a Psychology Today webpage asserts that, "Any type of psychotherapist can successfully practice eclectic therapy" (2019, para. 2). However, this assertion relies on the assumption of consensus on what can be deemed successful practice. The aspirational potential of "eclecticism" is undoubtedly luring: Clinicians choose interventions without adhering to a single theory or modality, consistently doing what is best for the client. Obviously, this premise is easier stated than practiced.

Lazarus and Butler (1993) made an excellent case against attempting to implement interventions from irreconcilable theories. An example was presented given a young male client, suffering with anxiety, depression, and issues with sexual performance. The authors proposed that an unsystematic eclectic approach might indicate that the therapy explore anxiety, a potential Oedipal conflict, and other conflicts that surfaced in childhood from a psychoanalytic perspective. On the other hand, it was suggested that behavioral analysis could derive interventions such as systematic desensitization, exposure, and assertiveness training. However, this approach does not provide any useful answers about which interventions to enact first. It also points to a major detriment: the lack of criteria used to determine which parts of each theory are useful and applicable and which are not (Lazarus & Beutler, 1993).

Not all eclecticism is created equal. For example, the alternative to unsystematic eclecticism began with the work of Thorne (1957, 1967), who suggested that a flexible repertoire of techniques and interventions could be useful to therapists and clients. However, he strongly warned against being unsystematic or uncritical in the approach. Thus, his type of eclecticism was not atheoretical, and much care was encouraged towards preventing the combination of techniques from conflicting or irreconcilable theories. Lazarus coined the term "technical

"To Be or Not to Be... Eclectic: The Intersection of Case Conceptualization and Choosing a Theoretical Orientation" Contd.

Contd. from page 9

eclecticism" in the late 60's and he endeavored to devise a systematic approach that follows the critical assessment of interactive and discrete problems (Lazarus & Beutler, 1993). Under his approach, individual clients are assessed for: behavior, affect sensation, cognition, imagery, interpersonal issues, substance use, and biology. It would seem that the structured and ethical practice of "eclecticism" largely came to depend on adequate and diligent case conceptualization.

Eclecticism and Case Conceptualization

In order to provide acceptable answers for a client's predisposition, defined as "factors fostering adaptive or maladaptive functioning" (Sperry & Sperry, 2012, p. 50), with minimal reliance on a single counseling theory, one must conceptualize the client from a biopsychosocial (BPS) perspective. BPS is the most widely used assessment in clinical practice, especially in managed-care settings. In the managed care climate of compulsory accountability, there may be an obvious link in this practice to self-preservation instincts. That is, counselors generally endeavor to seek compensation for their work. Still, BPS conceptualizations can be perfectly adequate. Conversely, they can falter in sufficiently answering questions about a client's beliefs of what could be considered a meaningful or fulfilling life. They can also fail to provide nuanced directions for treatment, especially within the "psychological" component. In fact, with minimal knowledge of personality or counseling theories, clinicians will consistently struggle to provide a "psychological" explanation of their clients' suffering.

Some researchers have criticized the BPS approach for failing to maintain coherence in the philosophy it was initially rooted in (i.e., general systems theory; Engel, 1980), as well as having insufficient sensitivity to the subjective experiences of clients (Benning, 2015; Ghaemi, 2011). Furthermore, given that BPS is not tied to any particular theory, Benning (2015) warns that the approach risks dangerously perpetuating "undisciplined eclecticism" (p. 350). Therefore, overreliance on BPS conceptualizations could cycle back to the very problem that case conceptualization aims to thwart in "eclectic" practice.

Next Page

"To Be or Not to Be... Eclectic: The Intersection of Case Conceptualization and Choosing a Theoretical Orientation" Contd.

Who is responsible for preventing this outcome?

There are instructors (and programs) who firmly believe in the benefits of thoroughly exploring, learning, and choosing theories. This is evidenced in the freedoms instilled in curriculum, such as writing case reports from a personally chosen theoretical orientation. These efforts support professional self-awareness and allow trainees to immerse themselves in a theory of interest. Also, although programs are seldom “hooked up” with a certain theoretical orientation, with enough knowledge and attention to detail, it is not difficult to discern certain theoretical leanings. For instance, some programs infuse theory-specific assessment techniques such as early recollections.

Graduates of counseling programs, especially CACREP accredited ones, must successfully complete coursework on personality and counseling theories. Essentially, trainees must demonstrate adequate knowledge of various theories of psychopathology, wellness, and change. However, it would be a stretch to suggest that this knowledge is sufficient for novice therapists or recent graduates to manage adequate conceptualizations of most clients and issues from any given theory, much less all clients. Thus, it logically follows that deliberately seeking specialized training in a theoretical orientation can lead to more nuanced explanations for clients’ predisposing factors. In turn, this could lead to more accurate and effective conceptualizations, treatment interventions, and clinical outcomes.

What about going too far in the other direction?

The most likely question that surfaces when considering the opposite end of the “eclectic” spectrum is: “Is it okay to be a purist (i.e., dogmatic)?” Absolutely! But only if the person you are asking practices the same orientation as you and they are also a purist. Playfulness aside, rigid adherence to treatment modalities, especially if they are outdated, run the same risk of detriment as being “eclectic.” When competent clinicians modify their conceptualizations and interventions to fit their client’s needs, that implies a healthy understanding about the limitations of their chosen theory and that they are acting in the utmost ethical manner. Therein, the practice demonstrates fidelity to the client and not the theory of choice. Nevertheless, it does not equate to eclecticism (Ghaemi, 2011).

Next Page

"To Be or Not to Be... Eclectic: The Intersection of Case Conceptualization and Choosing a Theoretical Orientation" Contd.

Conclusion

Choosing a theoretical orientation can be difficult. Provided that the process will unchangeably involve matters of “truth” and “belief,” it is akin to choosing a religion (Cottone, 2012). However, it is hard to imagine that prompts about this choice can be avoided other than in the rare case that seeking an advanced counseling degree is not connected to a professional objective. This article has provided a brief overview of what it means to be “eclectic,” reviewing misconceptions, legitimate variants and connections to case conceptualization, and also ethical implications. The aim herein is to spark a conversation or inspire some self-reflection on chosen theoretical leanings, or the lack thereof. Given that unsystematic eclecticism can be fertile ground for unethical practice, the hope is that the reader will critically consider if they want to espouse being “a jack of all theories, and master of none.”

About the Author:

Gerardo "Gerry" Casteleiro graduated with his master's in mental health counseling at Lynn University. Currently, he is pursuing his Ph.D. in Counseling at Florida Atlantic University where his dissertation focus is on case conceptualization and mindfulness. In addition, Gerry is a registered mental health intern and has extensive experience working in the substance abuse field.



"JEDI MASTER OR STRESSED OUT DISASTER?"

SELF-CARE LESSONS LEARNED FROM THE BURNED OUT BEYOND"

BY: TAYLOR IRVINE, M.ED., ED.S.

"Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel." — Eleanor Brown



Just BREATHE. This phrase tends to be over stated and under utilized in our society, especially among graduate students. Reflecting back on my own experience as a master's student, I have certainly acquired some burnout bruises and, with those, learned some very important lessons along the way.

Here are just a few:

1. **Self-care is a personal thing.** There is no right or wrong, 'cookie cutter' way of doing it. During my master's program, I often needed to remind myself that sometimes watching (maybe occasionally binging) my favorite Netflix show was just as healing and valid as going to the gym.
2. **Self-care does not denote weakness.** Over time, I realized it does not imply inferiority or an inability to manage life stressors. Engaging in self-care simply means that you are human and cannot pour from an empty cup.
3. **Self-care and self-reflection go hand in hand.** In order to determine your needs, looking inward and engaging in self-reflection can help to uncover those answers. It is also helpful to do a routine check-in. While one day being with family and friends is self-care, other days may warrant solitude and Game of Thrones reruns!

"JEDI MASTER OR STRESSED OUT DISASTER?"

SELF-CARE LESSONS LEARNED FROM THE BURNED OUT BEYOND" CONTD.

Contd. from page 5

4. **Self-care may feel uncomfortable.** As a fervent Type-A individual, sitting still and just 'being' has always been a bit of a challenge for me. Although running round and round can feel tiring at times, some days the sleepiness from 'doing' trumps the anxiety of 'being.' It is in these moments that I have found it helpful to pause and reflect on the costs of this behavior and take a mindful moment to de-stress .
5. **Self-care means balancing the 'yeses' with the 'nos.'** Throughout my master's program (and pretty much life in general), I have had a propensity for the word 'yes.' Yes to opportunities, yes to academia- YES, YES, YES! One of my biggest lessons was learning to set healthy boundaries and knowing when to say no or 'I can't right now.'
6. **Self-care is most useful when it is proactive and preventative.** Remember those stop, drop, and roll exercises from elementary school? The goal of these drills was to be ready at a moment's notice for a fire. A preventative self-care plan also serves to quell the mental fires (i.e., stress, burnout, etc.) that come from not only being a student in this program, but a human in the counseling profession.

*This semester, how will you
engage in self-care?*

*Please join us at our upcoming
WELLNESS EVENT!*

For more information, please see below:

RSVP Link:

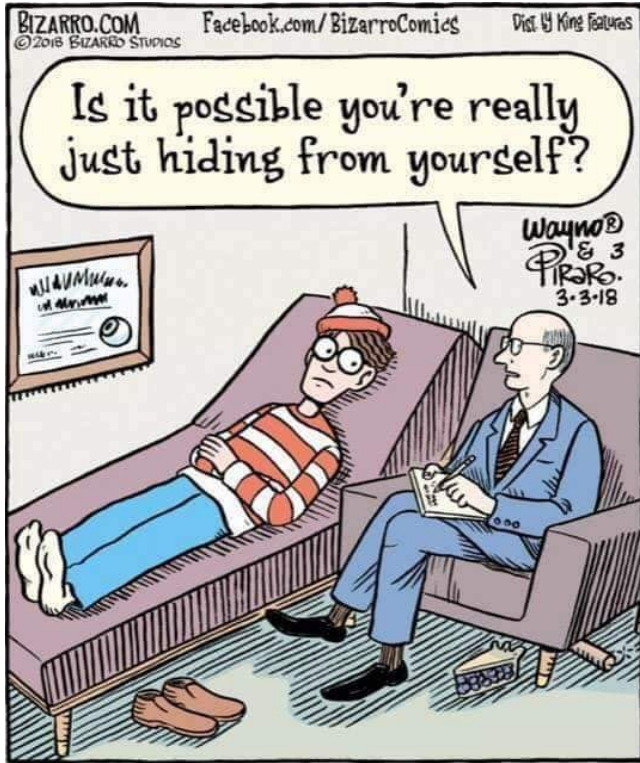
<https://forms.gle/nv52YBRdqZRvxsRU9>



*"Frank just up and exploded.
I hope I never get that burned
out."*

LAUGHING INTO A STATE OF WELLNESS

Feeling stressed out? Check out this counseling humor!



**The therapy dog
after I share all
my problems:**



It's all fun and games until
someone figures out
the function of your
behavior.

someecards
user card



By: Taylor Irvine, M.Ed., Ed.S.

In honor of Mental Health Awareness week this October (10/6-10/12), we sought answers from former Beta Rho Chi President, Dr. Anna Owens. In this interview, Dr. Owens sheds light on the current state of mental health and discusses what can be done to raise awareness, as well as remedy deficits in both education and outreach efforts.

Dr. Anna Owens is an assistant professor for the College of Psychology at Nova Southeastern University and maintains a private practice at Boca Behavioral Health in east Boca Raton. Having worked as a middle and high school counselor, Dr. Owens has ample experience treating adolescents, young adults, and their families. Currently, she serves as a board member for the Mental Health Counselors Association of Palm Beach (MHCAPB) and Professionals United for Parkland (PU4P).



1. Currently, mental health is considered a hot button topic and can often be found at the forefront of various media outlets. In your opinion, what are some of the biggest myths and misconceptions surrounding mental health today? What are the primary gaps in mental health education?

DR. OWENS: As mental health professionals we are called to advocate for our clients and to dispel myths about mental health. So, where do we start? We can all work to break down stigma attached to mental health; things like keeping the need for counseling a secret or that asking for help makes someone inadequate. Primary gaps in mental health education continue to plague schools due to a lack of resources. Fortunately, the Florida State Board of Education voted in summer 2019 requiring mental health education for students. Schools will provide students in grades 6-12 at least five hours of mental health instruction on an annual basis. The instruction will be related to youth mental health awareness and assistance. Students will learn the warning signs and symptoms, process for getting or seeking help for themselves or others, and gain an awareness of accessible mental health resources, including the National Suicide Prevention Hotline.

2. This September, we will be honoring Suicide Prevention week (9/8-9/14). In your experience, what are some of the biggest challenges that clinicians face when clients present with suicidal ideation? How can we, as a counseling community, work together to better address this prevalent issue and raise awareness? *Response on next pg.*

DR. OWENS: Much of my professional experience has been working with secondary students in both middle and high school settings before merging into private practice. Suicide is in the news, social media, and popular TV series now more than ever, especially with teens. Suicidal ideation is a challenge for school counselors and mental health counselors due to the need to be supportive of the student/client, while creating an effective plan when the need for suicide assessment is necessary. Students/clients become aware of the boundaries of confidentiality, therefore, shielding their responses. As a community, I believe advocating for access to mental health services will remain the key factor when addressing suicidal ideation and raising awareness.

3. As a former FAU Counselor Ed. graduate, you know better than anyone the challenges that come with being a student in this program. What are some tips and/or advice that you can offer to students? How can they safeguard their own mental health throughout this stressful time?

DR. OWENS: All graduate students will be faced with difficult challenges throughout their program and once they begin practicum/internship. The advice I would offer to students is to become involved in mental health professional organizations. Here are just a few examples that are easily within your reach:

- Joining Chi Sigma Iota (Beta Rho Chi), the International Honor Society which values academic and professional excellence in counseling.
- Attend a Mental Health Counselor Association of Palm Beach (MHCAPB) monthly meeting. This is an active local chapter that provides educational seminars each month and offers student discounts ([more information on the next page](#)).
- Become a member of the Florida School Counselor Association (FSCA). Submit for a poster presentation or an application for “Emerging Leader” as a graduate student.

The process of becoming involved may seem like a daunting task at first, but this will act as a safeguard for your own mental health. Counselor burnout is a challenge all professionals face in the field, therefore, it is important to build up your network of mental health professionals as your support system.

Boca Behavioral Health is a counseling private practice located in east Boca Raton which offers mental health services to a wide array of populations! For more information, please visit:
www.BocaBehavioralHealth.com

Boca Behavioral Health
399 W. Palmetto Park Rd.
Suite 106
Boca Raton, FL 33432





Hello South Florida Graduate Students,

On behalf of the **Mental Health Counselor Association of Palm Beach (MHCAPB)**, allow us to offer you a sincere warm WELCOME to this group of mental health professionals. This is an exciting LOCAL organization which provides CEUs, and engaging educational experiences all while building **YOUR NETWORK** of mental health professionals in your community.

QUESTION: “What’s in it for ME?”

- Student Membership is only \$20.00 for the year!!! (10 Total meetings)
- Each month educational lectures are held at the Children’s Services Council in Boynton Beach, Florida.
- Once you become a member, you decided which meetings to attend based on interest and availability of your own schedule. At only \$20.00 per seminar which includes a delicious catered lunch, assorted desserts, drinks...AND did we mention...

LOCAL NETWORKING!

Please check out our website for additional details, how to become a member, and the benefits for you as a professional. Also...follow us on **Facebook!!!**

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

We would like to extend the invitation to students are interested in attending upcoming meeting and who are willing to committee the investment of a \$20.00 first year’s membership

BONUS: Your First LUNCH, SEMINAR, and NETWORKING is on US!!

Sincerely,

The Mental Health Counselor Association of Palm Beach (MHCAPB) Executive Board

John Davis, LMHC

Erinn Beck, LMHC

Anna K. Owens, Ph.D.

**Please email Dr. Anna K. Owens with any specific questions, comments, or concerns at: DrAnnaOwens@gmail.com*

UPCOMING CONFERENCES & TRAININGS

Compiled by doctoral student & President-Elect, Adriana Labarta

Upcoming Conferences:

**Florida Counseling Association
(FCA)**

Annual Convention

10/04/2019-10/05/2019

Tampa, FL

<https://www.flacounseling.org/>

**Association for Counselor
Education and Supervision
(ACES)**

Annual Conference

10/10/2019 - 10/13/2019

Seattle, WA

www.ACESONLINE.NET

**Florida School Counselor Association
(FSCA)**

Annual Convention

11/07/2019-11/08/2019

Orlando, FL

<https://www.fla-schoolcounselor.org>

CEs and Trainings:

**American Counseling Association (ACA)
Free CE of the Month**

ACA offers free CEs to all members, regardless of member types. Be sure to check out the featured CE of the month by clicking here:



RESOURCES, GRANTS, & SCHOLARSHIPS

Compiled by doctoral student & Vice-President, Danna Demezier



AMERICAN COUNSELING
ASSOCIATION

American Counseling Association (ACA)

1. Graduate Student Ethics Awards for Master's Degree Students

- **Deadline:** December 2019

2. Graduate Student Ethics Awards for Doctoral Degree Students

- **Deadline:** December 2019

3. ACA Future School Counselors Awards (Master's Level students)

- **Deadline:** December 2019

4. Best Practices Research, Student Award (Any Graduate Student in Counseling or Counselor Education)

- **Deadline:** December 2019

5. Courtland C. Lee Multicultural Excellence Scholarship Award

- **Deadline:** December 2019 (Graduate Student in Counselor Education)

6. Glen E. Hubele National Graduate Student Award (Graduate Students)

- **Deadline:** December 2019

7. ACA Tomorrow's Counselors Award

- **Deadline:** December 2019

8. Dr. Judy Lewis Counselors for Social Justice Award

- **Deadline:** December 2019

National Board of Certified Counselors (NBCC)

1. 2020 NBCC Minority Fellowship Program for Addictions Counselors (Master's)

- **Deadline:** between December 2019 and January 2020 ; Application Opens: October 2019

2. 2020 NBCC Minority Fellowship for Mental Health Counselors Program (Master's)

- **Deadline:** between December 2019 and January 2020; Application Opens: October 2019

3. 2020 NBCC Minority Fellowship Program for Mental Health Counselors Program (Doctoral)

- **Deadline:** between December 2019 and January 2020; Application Opens: October 2019



RESEARCH STUDY OPPORTUNITY

MINDFULNESS RESEARCH STUDY Dr. Greg Brigman (PI) and Katy Bosso (Co-PI) Department of Counselor Education



To understand the effects of mindfulness meditation on mind, body, and emotions.

Who can participate?

- Those 18 years of age or older
- A student of Florida Atlantic University enrolled in classes for Fall 2019
- Uses a smartphone
- Available to attend two, 1-hour appointments at the Boca Raton campus in addition to a 5-week, 10 minute per day self-guided practice
- Comfortable with participating in two blood draws at the FAU Exercise Biochemistry Lab
- Has little experience with a mindfulness meditation practice

Additional information:

- Participants who attend both appointments receive a \$25 Visa gift card.
- If you meet these criteria, contact Katy by email: mindfulnessfaustudy@gmail.com or phone: 561-312-6759 for more information about this study.

Want to advertise your research? Email Chapter President, Taylor Irvine at: tirvine1@fau.edu

JOIN THIS SEMESTER!

Why Join?

- Promote excellence in the field of counseling.
- Networking with fellow graduate students in other programs.
- Collaboration with faculty on research or community work.
- Philanthropic involvement in the FAU and greater Palm Beach County communities.
- Professional development opportunities for continued success in the field of counseling.
- Free continuing education [CE] courses available both during and after graduation.

Requirements to Join:

- Completion of 9 credit hours (equal to one full-time semester) in a Counseling Education program.
- GPA of 3.5 or higher.

Fall 2019 Meeting Dates:

August 26th

September 23rd

October 28th

****6:45-7:15 PM (upstairs on the 4th floor of the College of Education).****



JOIN US

FINAL REMARKS

Check us out on social media!



Chi Sigma Iota Florida Facebook Page:

<https://www.facebook.com/groups/CSI.Florida.Statewide.Networking/>



Beta Rho Chi LinkedIn Page:

<https://www.linkedin.com/groups/12252758/>

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 info & updates:

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



Have an idea for an event and/or want to collaborate with our Beta Rho Chi Chapter?
Please reach out to our President, Taylor Irvine: tirvine1@fau.edu

Please take our brief, anonymous [feedback survey](https://forms.gle/ER8md2KYj8ADB7LX9):

<https://forms.gle/ER8md2KYj8ADB7LX9>

DEPARTMENT OF COUNSELOR EDUCATION

Fall 2019 Important Dates

Graduating this Fall?

If so, please check to ensure whether you have an updated, accurate, and approved plan of study (POS) on file and have met all university graduation requirements detailed on the Graduate College website:

<http://www.fau.edu/graduate/forms-and-procedures/fall-graduation.php>

Friendly Reminders:

- Fully approved Plan of Study (POS) should be on file by **Tuesday, August 6, 2019**
- “Application for Degree” for Fall 2019 graduation is due by **Friday, Sept. 6, 2019.**
 - ▶ ***Application for degree is available here:***
http://www.fau.edu/registrar/graduation/deg_app_cert.php
- Last day to revise an *already approved* POS (if needed) is **Monday, Sept. 30, 2019.**

Have questions or concerns? Contact these two lovely ladies who just received awards for their unrelenting service to our chapter!



Darlene Epperson
Office Assistant
Ph.D. Primary Contact
frederic@fau.edu

Mikaela Kursell
Program Assistant
M.Ed. & Ed.S. Primary Contact
mkursell@fau.edu



Wishing you all a great Fall semester!
-The Beta Rho Chi Leadership Team



MDA[®]
#LiveUnlimited

The Beta Rho Chi Chapter of CSI Proudly Sponsors:

5TH ANNUAL MUSCULAR DYSTROPHY ASSOCIATION EVENT

Saturday, September 14th (12-3 PM)
FAU: Majestic Palm Room, Student Union

Come and join us for an afternoon of guest speakers, refreshments, music, dancing, and more!

To RSVP and for more information,
please contact Joshua Katz at:
jkatz33@fau.edu



The Beta Rho Chi Chapter of CSI Presents:

WELLNESS EVENT

Featuring speakers from:
Counseling and Psychological Services (CAPS)
&

Owls Care Health Promotion

SEPTEMBER 18, 2019
2 PM - 3:30 PM
COLLEGE OF EDUCATION [ED 47], RM. 111

RSVP: <https://forms.gle/z7cSLfbeVE88MydS6>

Overwhelmed and stressed out? Join us at this **FREE** event!
For more information, contact Taylor Irvine: tirvine1@fau.edu



The Beta Rho Chi Chapter of CSI Presents:

NCE PREP WORKSHOP

Proctored by Dr. Robert Freund

Day/Time: September 28, 2019
from 9 a.m. to 5 p.m.

Location: FAU (Boca Campus)
College of Education, Rm. 457

COST: \$50

Registration/Payment Link:

<https://fauf.fau.edu/19-ed-nce-prep-workshop/>

****Deadline to register is September 16, 2019****





GOTTMAN LEVEL III TRAINING
Guided by Master Gottman Therapists
Don Cole & Carrie Cole

Day/Time: February 27th – 28th – 29th 2020
(8:30-4:30pm)

FAU Student Price = \$650
Level 1&2 Bundle Participants = \$750

About this Training:

Through videotaped cases of real couples, hands-on role plays, demonstrations of assessments and interventions, and nuanced discussion of technique, the Level 3 Practicum in Boca Raton, FL significantly expands your understanding of when and how to use Gottman Method approaches. *For more information about this training visit:* www.gottman.com

The Presenters:

Donald Cole, D.Min. and **Carrie Cole, M.Ed.** serve as the Clinical Director and Research Director of The Gottman Institute, respectively. They are both Certified Gottman Therapists, as well as Master Trainers in Gottman Method Couples Therapy. They were personally trained by the Gottmans and often co-present with them.

Please use the following link to **register** and **make payment:**
<https://fauf.fau.edu/gottman-level-iii-clinical-training/>

Level III Registration Deadline: February 3, 2020
No refunds after this date

WORK TOWARDS
BECOMING
GOTTMAN
CERTIFIED

TRAINING MANUAL
IS INCLUDED

GOTTMAN LEVEL III
PRICE = **\$950.00**

YOU SAVE
\$200-300!!

**FLORIDA ATLANTIC
UNIVERSITY**

777 Glades Road
Boca Raton, FL 33431

Specific questions? Please
contact Taylor Irvine at
tirvine1@fau.edu