



## Beta Rho Chi Chapter Florida Atlantic University Spring 2019 Newsletter

### 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*  
Dr. 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 4<sup>th</sup> floor lobby.

Next meeting: 3/25/19

### Message from the President

I would like to take a moment to congratulate all graduate students as they move toward the close of what I am sure was a successful year in the Department of Counselor Education at Florida Atlantic University. I look forward to seeing you at our upcoming Spring Induction Ceremony on April 4<sup>th</sup>.

As the President of the Beta Rho Chi chapter of Chi Sigma Iota, I want to encourage students who have not yet joined our chapter to consider doing so. 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 rest of the 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



**Have an idea for an event and/or want to collaborate with our Beta-Rho Chi Chapter?  
Please reach out to our President-Elect, Taylor Irvine: [tirvine1@fau.edu](mailto:tirvine1@fau.edu)**

**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://mhcabc.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](http://www.fau.edu/counseling)
- **Social Media:** @FauCAPS for events and information

**Mental Health First Aid Training**

FAU CARD has teamed up with Jewish Family Services to provide a Youth Mental Health First Aid Course. This 8-hour, FREE course is designed to teach adults who regularly interact with adolescents how to help someone who may be experiencing a mental health or substance use challenge. The training helps you identify, understand and respond to signs of addictions and mental illnesses. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

Thu, March 28, 2019

9:00 AM – 5:00 PM EDT

Jewish Family Services

6413 Congress Avenue, Suite 225

Boca Raton, FL 33487

*For more information about this course, please see:*

<https://2019mhfa.eventbrite.com/>

**PASSWORD: FAUCARD2019**

**Annual Graduate Research Day**

**Friday, April 5, 2019**

GPSA invites you to showcase your work and research to colleagues, peers, and the community

The registration deadline to submit a poster presentation is **March 15, 2019**

<http://www.fau.edu/graduate/current-students/graduate-research-day.php>

## **“Spotlight” on Faculty**

### ***Dr. Melissa Mariani***

Dr. Mariani is an Assistant Professor in the Department of Counselor Education at Florida Atlantic University, where she also received her Ph.D. in Counseling. Dr. Mariani teaches primarily in the School Counseling track at FAU and has ten years of experience as a professional school counselor and program coordinator at both the elementary and middle school levels. Dr. Mariani has conducted school counseling outcome research and has published/presented nationally and internationally on topics related to student prosocial skill use, classroom climate factors, and the problem of bullying in schools. For more on her work, please visit her page on ResearchGate: [https://www.researchgate.net/profile/Melissa\\_Mariani2](https://www.researchgate.net/profile/Melissa_Mariani2)

Dr. Mariani also serves as a national trainer for the Student Success Skills (SSS) evidence-based program. In addition, she has served as a Project Manager on three Elementary and Secondary School Counseling Grants, assisting various school districts in Kentucky to develop, implement, and maintain comprehensive school counseling programs based on the ASCA National Model, several of which have received RAMP status. Dr. Mariani recently co-authored a book titled, “Facilitating Evidence-Based, Data-Driven School Counseling: A Manual for Practice” which guides school counselors through this process.

In 2011, Dr. Mariani was awarded *Florida School Counselor of the Year* for PK-8 and was recently honored (2016) as *FAU University and College Scholar of the Year* at the Assistant level. Dr. Mariani is also passionate about professional service and currently sits on national, state and local advisory councils. She has held various leadership positions for the Florida School Counselor Association (FSCA) and serves on several editorial review boards for professional counseling journals.



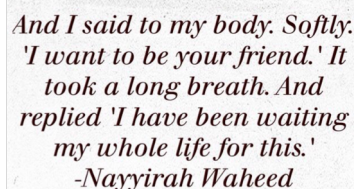
## Eating Disorders, Media Influence, and Counselor Advocacy

by Adriana Labarta, M.Ed., Ed.S.

Let's engage in a short activity. On a separate sheet of paper, create a list of people, places, and things that have influenced your views on what the "ideal" body looks like. Once the list is complete, review each one and ask yourself, "Does this person, place, or thing make a profit off of the way I feel about my body?" Circle each "yes." What did you notice?

This year, National Eating Disorders Awareness Week is honored from February 25<sup>th</sup> to March 3<sup>rd</sup>. The National Eating Disorders Association (NEDA) has chosen the theme "*Come as You Are*" to validate the experiences of individuals at all stages of recovery and body acceptance. This year's theme is mindful of the alarming statistics surrounding weight shaming and dieting on the development and maintenance of eating disorders. Although eating disorders consist of various biopsychosocial factors, the best-known environmental contributor to the development of eating disorders is the sociocultural idealization of thinness (Culbert, Racine, & Klump, 2015). Weight stigma, which is prevalent in the media's marketing for dieting and weight loss, poses significant threats to mental and physical health, and is documented as a risk factor for depression, low self-esteem, and body dissatisfaction (Andreveva, Puhl, & Brownell, 2008). In a study of adolescents, those who dieted moderately were 5 times more likely to develop an eating disorder, while those who practiced extreme restriction were 18 times more likely to develop an eating disorder compared to those who did not diet (Golden, Schneider, & Wood, 2016).

Counselors serve as advocates for the counseling profession. Body image, diet culture, and weight stigma can be difficult discussions to approach with clients. Those who struggle with eating disorders face the constant challenge of navigating diet talk throughout the year, starting with New Year's resolutions focused on weight loss, pressure to sculpt "summer bodies," and encouragement to "burn off" calories for indulging during the holidays. What messages are being sent to our clients? How does this impact the way that they view themselves and their bodies? As counselors and advocates, we can choose to opt out of body shaming by being mindful of our language. When we give our clients permission to be exactly as they are, counselors create and encourage environments that celebrate bodies of all shapes and sizes. While diet culture and weight stigma can feel like daunting topics to tackle, change can begin in our sessions with clients. This NEDA week, how will you empower others to practice self-acceptance?



*And I said to my body. Softly.  
'I want to be your friend.' It  
took a long breath. And  
replied 'I have been waiting  
my whole life for this.'  
-Nayyirah Waheed*

Andreveva, T., Puhl, R. M. and Brownell, K. D. (2008). Changes in Perceived Weight Discrimination Among Americans, 1995–1996 Through 2004–2006. *Obesity*, 16: 1129–1134.

Culbert, K. M., Racine, S. E., & Klump, K. L. (2015). Research Review: What we have learned about the causes of eating disorders - a synthesis of sociocultural, psychological, and biological research. *J Child Psychol Psychiatry*, 56(11), 1141–1164.

Golden, N. H., Schneider, M., & Wood, C. (2016). Preventing Obesity and Eating Disorders in Adolescents. *Pediatrics*, 138(3).

**Spring 2019 Induction Ceremony Guest Speaker: *Luna Medina-Wolf***

Luna Medina-Wolf is a graduate of FAU and the former president of our Beta-Rho Chi Chapter of Chi Sigma Iota. She is a licensed mental health counselor and a master certified addiction professional. Luna specializes in helping people heal from traumatic events and lead a healthier, happier, and more balanced life. Luna is trained in trauma techniques such as EMDR and TIR and is fluent in Hebrew and Spanish. Luna believes change is possible and that each person has the power to learn the skills needed to better their lives.



Luna is currently the Vice President and Advocacy Chair for Professionals United for Parkland (PU4P). This organization was created to identify and meet the short and long-term needs related to mental health/wellbeing of the South Florida community in the aftermath of the Marjory Stoneman Douglas tragedy through evidence-based services including: education for the general community and professionals, clinical training, clinical services, support for clinicians, and more. PU4P works alongside other local organizations and groups to ensure that they identify gaps in current services and that the needs of the community are being adequately addressed. In addition, PU4P provides a database of accessible, evidence-based providers, facilitates the creation and promotion of trauma and grief clinical training, assesses mental health needs of the community, and provides support (consultation, supervision, therapy, support groups) for mental health professionals.

**Induction Ceremony Details:**

**Date/Time/Location: Thursday, April 4<sup>th</sup> at 7 PM (SU, Majestic Palm Rm.)**

**RSVP Here:** <https://goo.gl/forms/GtemDXFPTpHeL2Vs2>



## ***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/](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](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](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>





### **Why Join?**

- Only \$20.00 for student membership...Plus your first networking lunch and educational seminar is on us!! So come check out these engaging event monthly.

### **Learn**

- Our CEU workshops are presented live by professional author/speakers as well as educational opportunities among peers.

### **Exposure**

- You'll be listed in our online directory you can edit and maintain. Post a photo, make a statement, list your fees, describe your practice, find a peer! A key goal of our organization is helping professional clinicians become known.

### **In the Loop**

- We post regular updates on our industry, legal issues, and other topics that you should be aware of.

### **Upcoming Events**

- Marijuana: Weeding Out Fact From Fiction. March 15<sup>th</sup>
- Eating Disorders Don't Discriminate: Screening for Signs and Symptoms. April 19<sup>th</sup>

**Questions?** Contact Dr. Anna Owens at: [drannaowens@gmail.com](mailto:drannaowens@gmail.com)



IN COLLABORATION WITH AVDA, FAU'S BETA-RHO CHI  
CHAPTER OF CSI IS PROUD TO PRESENT...  
**SEXUAL ASSAULT & DOMESTIC VIOLENCE PANEL**

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**THURSDAY, APRIL 18<sup>TH</sup> | 7 PM**

FLORIDA ATLANTIC UNIVERSITY, COLLEGE OF ED., ROOM 119  
777 GLADES ROAD BOCA RATON, FL 33431

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**RSVP Link:** <https://goo.gl/forms/ch4SoHFGzerhU1Fg2>

**Meet Our Panelists:**

- **Sarah Deatherage-Rauzin:** Assistant Director of Owls Care Health Promotion over Healthy Relationships & Women & Gender Equity at FAU; "Flip the Script" coordinator.
- **Candace Harrinarine:** Victim Services Coordinator at FAU.
- **Lucas O'Ryan:** Transgender Youth Program Coordinator at Compass Community Center. Lucas is passionate about guiding LGBTQ+ youth on their journey of self-discovery.
- **Matthew Tyler:** Violence Prevention Educator at AVDA. Matthew is passionate about prevention & the need for men as allies & advocates in the field of domestic violence.
- **Susan Carlini:** Victim Services Program Coordinator at Palm Beach County Victim Services which, in 2005, became the only certified rape crisis center in PBC.
- **Dr. Kelly Emelianchik-Key:** Assistant Professor in the Clinical Mental Health Counseling Program (FAU); Dr. Emelianchik-Key has conducted research on teen dating & IPV.

**Moderator:** Jennifer Rey has dedicated her career to ending intimate partner violence (IPV) since 1999 & is currently the Program Services Director at AVDA.

For more information, please contact Taylor Irvine at: [tirvine1@fau.edu](mailto:tirvine1@fau.edu)

## ***Beta Rho Chi Chapter of Chi Sigma Iota Emerging Leaders Program 2019-2020***

Student leaders can participate in CSI activities, receive mentorship, and connect with professional networking opportunities.

Emerging leaders will also have opportunities to learn the responsibilities associated with serving in elected leadership positions within our chapter.

Please note: The Emerging leader will be selected to serve for the 2019-2020 term, all graduate students welcome to apply.

### Requirements:

1. Application
2. CV/resume
3. One letter of faculty support
4. Statement of commitment/future leadership aspirations (500-word limit)

Interested applicants should submit their application via the link below, no later than 3/22/19:

<https://goo.gl/forms/ler2NR96AL220Foo1>

The selection committee will notify applicants of the status of their application by 3/29/19. The Emerging Leader will be featured in the Fall newsletter, and will be recognized at the Induction Ceremony on 4/4/19.

**Any questions?**

**Contact President-Elect Taylor Irvine at: [tirvine1@fau.edu](mailto:tirvine1@fau.edu)**