

COUNSELING TIMES

A BETA RHO CHI NEWSLETTER

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



Spring 2021 Edition: 2020-2021 Year Reflections

2020-21 LEADERSHIP

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Ghari Shirley
President-Elect

Taylor Irvine
Past-President

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Joshua Katz
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Secretary

Tatiana Poole
Emerging Leader

Kelly Emelianchik-Key, Ph.D.
Chapter Faculty Advisor

Ayse Torres, Ph.D.
Co-Chapter
Faculty Advisor

MESSAGE FROM THE PRESIDENT

Dear Students, Faculty, and Staff,

The 2020-2021 academic year has been a challenging yet rewarding one. We collectively navigated the COVID-19 pandemic, adapted to online learning, and advocated for marginalized populations that continue to experience injustice in our society. Through these experiences, we fostered connection, resilience, and growth. In the spirit of reflection, this newsletter provides a snapshot of the year's highlights, successes, and accomplishments. Thank you to FAU's Department of Counselor Education, faculty, staff, and students for your ongoing engagement and passion, which undoubtedly helped the Beta Rho Chi Chapter flourish. As the semester comes to an end, I am filled with gratitude and hope for the future growth of our chapter. Have a wonderful summer and be well!

Warmly,

Adriana Labarta, M.Ed., Ed.S., LMHC
President, Beta Rho Chi Chapter

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BETA RHO CHI

2020-2021 LEADERSHIP TEAM

Thank you to the Beta Rho Chi Leadership Team for your hard work and dedication during the 2020-2021 academic year!



Adriana Labarta
President



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Danna Demezier
Vice President



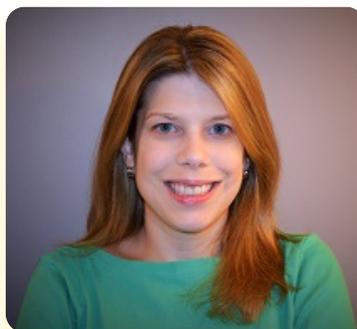
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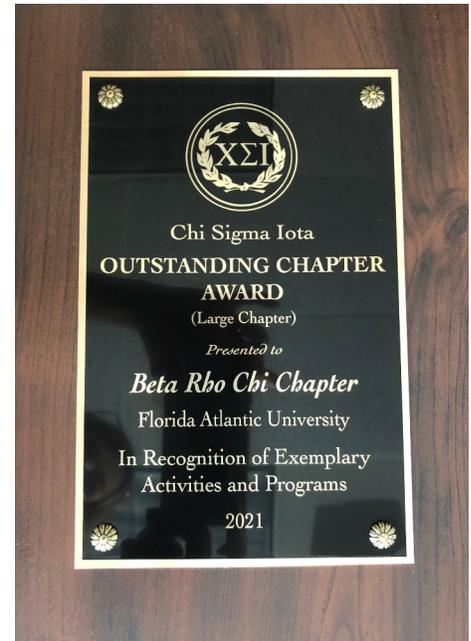
Ayse Torres, Ph.D.
Co-Chapter Faculty Advisor

2020-2021 YEAR-IN-REVIEW

During the 2020-2021 year, the Beta Rho Chi Chapter organized the following events and received several awards/recognitions:

Fall 2020

- Department of Counselor Education Fall Welcome Event
- Mentorship Program Fall Meet-and-Greet Event
- Beta Rho Chi Fall Induction Ceremony
- Counseling Haitian Families: Lessons from the Field (Expert Panel Event)
- Virtual Relationship Retreat
 - In collaboration with FAU Owl's Care Health Promotion
- LGBTQIA+ Competencies Workshop



Spring 2021

- Mentorship Program Self-Care Workshop
- 3rd Annual CSI Florida Statewide Networking Conference
 - In collaboration with Barry University, Florida International University, University of Florida, and University of Central Florida
- Beta Rho Chi Spring Induction Ceremony

Awards & Recognitions:

- CSI International Outstanding Large Chapter Award
- CSI Florida Statewide Outstanding Chapter Award
- CSI International Statewide Networking Grant
 - Grant co-authors: Barry University (Beta Upsilon Chapter), Florida International University (Delta Iota Chapter), University of Florida (Beta Chapter), and University of Central Florida (Upsilon Chi Chapter)



MENTORSHIP COMMITTEE UPDATES

Even when we were social distancing... we stayed connected.

Last spring 2020, the world as we knew it rapidly changed. From transitioning to online learning to campus facilities becoming unavailable/restricted, our students faced more challenges to academic success than previous years. Further, in the face of this adversity, our students were experiencing more social isolation and adverse mental health outcomes as a product.

The Mentorship Program was re-established in hopes of ameliorating these concerns for our counselor education community. The goal was originally just to foster more social interconnectedness amongst students, but due to the dedication of our brilliant members, the program has surpassed all our wildest hopes and aspirations.

Since its inception less than one year ago, we have:

- Welcomed 45 members (mentors & mentees) to our program.
- Hosted two virtual social events. A 'Meet & Greet' for our mentor/mentee pairings to get acquainted and a 'Self-Care Workshop' for a mid-academic-year check-in.
- Supported mentees adjustment to graduate school by providing weekly mentor-hosted virtual office-hours.
- Celebrated that all members of the new 2021-2022 leadership team are also leaders within our program.

Once again, thank you to all the members who made this possible. We look forward to seeing how this program continues to grow in the future!

A special thanks to the outgoing Mentorship Committee for their hard work with developing and implementing this program!

- Kira Rowane
- Judanny Mullings
- Jeannine Pearce Clark
- Kloe Rivera
- Cassandra Colosimo
- Makenzie Rynn
- Joshua Katz (Advisor)

Welcome to our incoming 2021-2022 Mentorship Committee!

- Makenzie Rynn (Chair)
- Victoria Webster
- Angela Kardoss
- Nigel Johnson
- Judanny Mullings
- Cassie Colosimo
- Kloe Rivera
- Jeannine Pearce Clark
- Joshua Katz (Advisor)

Congratulations to the recipients of the 2020-2021 Outstanding Mentor Award!

- Judanny Mullings
- Kira Rowane
- Rosemyrtle Jean
- Makenzie Rynn

WELCOME THE 2021-2022 BETA RHO CHI LEADERSHIP TEAM



Ghari Shirley
President



Gina Cipriano
President-Elect



Adriana Labarta
Past-President



Kira Rowane
Vice President



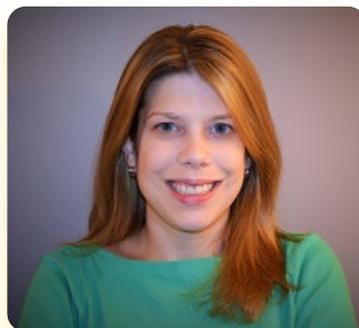
Rosemyrtle Jean
Treasurer



Holly Winters
Secretary



Nigel Johnson
Emerging Leader



Kelly Emelianchik-Key, Ph.D.
Chapter Faculty Advisor



Ayse Torres, Ph.D.
Co-Chapter Faculty Advisor

CONGRATS TO OUR NEW CSI MEMBERS

This spring, we are excited to announce the induction of 30 new members. Congrats to all and welcome to the Beta Rho Chi Chapter!

- Melissa Abdo
- Vannia Arana Herrera
- Lisa Bailey
- Wendi Bayless Natta
- Heather Cannon
- Gina Cipriano
- Kallay Cutler
- Christine Derry
- Marcia Griffin
- Morgan Haas
- Nicole Harris
- Peyton Henry
- Jannette Hernandez
- Kristin Hsu
- Rosemyrtle Jean
- Nigel Johnson
- Marvaughn McCray
- Alison Merrill
- Rebecca Meyer
- Devin Rohack
- Irene Ruiz
- Howard Rudnick
- Makenzie Rynn
- Vanessa Sanchez
- Alison Shutt
- Rachel Sparks
- Isabel Springer
- Lauren Steele
- Jennifer Votino
- Holly Winters



RECOGNIZING OUR UPCOMING M.Ed. & Ed.S GRADUATES

- ***Clinical Mental Health Counseling***

- Der'Resha Bastien
- Melissa Beaulieu
- Johana Carrillo
- Deanna Casper
- Alexandra Colangelo
- Tara Duncan
- Samantha Gabriel
- Breanna Higgins
- Blayne Prasse
- Erica Sanes
- Agne Staigyte
- Claudene Talbott
- Deirdra Vrabel
- Haley Yost



- ***School Counseling***

- Deborah Chanan
- Liliias Demontegnac
- Michelle Ferrer
- Jessica Lee
- Darielle Gadsby
- Ramona Lanning
- Marie Mahovetz
- Jaimie Vermillion
- Tiffany Winch
- Alicia Young

- ***Clinical Rehabilitation Counseling***

- Stuart Buckley (*posthumous*)

RECOGNIZING OUR UPCOMING DOCTORAL GRADUATES

Check out their dissertation research abstracts in the next 2 pages!

Danna Demezier, LMHC, NCC

Dissertation Title: *Biculturalism, Familism, and Parenting Styles of Haitian Parents with Juvenile Youth: Impact of a Family-Based Intervention*

The purpose of this randomized experimental design was to determine the impact of a culturally adapted family-based intervention program on parenting styles. A secondary purpose was to determine the impact of cultural factors, biculturalism and familism, on the parenting styles of parents who participated in the family intervention, as compared to those who did not participate in the intervention. The sample consisted mostly of Haitian parents whose youth, ages 13-17, were involved in the juvenile justice system in South Florida. Twenty-one parents were randomly assigned to the intervention group ($n= 15$) and comparison group, or standard of care ($n= 6$). This study was a sub-study of a larger scale study that was conducted at a major university in South Florida. Participants in the family-based intervention group received an evidence-based intervention that was adapted to their cultural needs and language preferences. The intervention lasted between 3-4 months. Participants in the comparison group were those in the standard of care, or treatment as usual group, who were referred to community-based organizations for counseling services. A pretest-posttest design was used to examine the effects of the culturally adapted intervention on parenting styles and familism. Parenting styles were measured using the Parenting Styles and Dimensions Questionnaire (PSDQ, Robinson et al., 1995) and familism was measured using the Attitudinal Familism Scale (Lugo Steidel & Contreras, 2003). T-test analyses were used to determine statistical significance of the variables and gain scores were calculated for the intervention group and comparison group. Pearson's r correlation coefficient was also used to explore any significant relationships between the dependent variables, parenting styles and familism, and parenting styles and biculturalism. Biculturalism was measured using the Bicultural Involvement Questionnaire (Szapocznik et al., 1980).

No significant differences were found in PSDQ scores or in the gain scores of parenting styles and familism. An independent t-test showed an increase in the total familism score from the pre-test to post-test for parents in the intervention group which was statistically significant ($t=1.74, df=19, p< 0.05$, one-tailed, $d=0.75$) All parents, in both groups, identified authoritative parenting style as their preferred parenting practice. No significant relationship was found between parenting styles and biculturalism and parenting styles and familism. Small to moderate effect sizes were identified in the results. The small sample size may have impacted the overall results for statistical significance. The reduction in arrests in juveniles also impacted the number of referrals for these youth to diversion programs who may have served as participants in the study. Finally, methodological issues with the measures may have impacted the results since many of the assessments were not normed for the population. This study offers a unique contribution to the literature as this project explores the role of parenting practices and beliefs in an understudied population in counseling and explores the role of cultural factors in parenting practices for an immigrant group. Furthermore, this study considers a family-based intervention approach, with cultural adaptations, for adolescents involved in the juvenile justice system.

RECOGNIZING OUR UPCOMING DOCTORAL GRADUATES

Continued from Page 8

Gerardo A. Casteleiro, LMHC

Dissertation Title: *The Effects of Mindfulness Training on Student Counselors' Case Conceptualization Competency*

The purpose of this longitudinal, quantitative, quasi-experimental study was to explore the effects of a standardized bipartite workshop on counselor trainees' case conceptualization competency. A secondary purpose was to examine the relationship and effects of mindfulness, anxiety, personality, and the benefits of the training. Master's level counselor trainees (N = 121) participated in a two-part workshop (3 hours in length per workshop) designed to teach the integrative case conceptualization model (Sperry, 1989). For each workshop, pre- and post-intervention case conceptualizations were rated by at least two independent raters using the Case Conceptualization Evaluation Form 2.0 (CCEF 2.0). Mindfulness was measured by the Five Facet Mindfulness Questionnaire-Short Form (FFMQ-SF), whereas the State Trait Anxiety Inventory (STAI) and Big Five Inventory (BFI) were utilized to measure anxiety and personality, respectively.

The differences between the experimental and comparison group's case conceptualization scores were tested using Welch's Two Sample t-tests. A significant difference was found between the first workshop's gain scores of the experimental group (M = 28.32, SD = 10.71) and the comparison group (M = 17.88, SD = 10.54), $t(66.31) = 4.17$, $p < 0.001$, CI.95 [5.45, 17.88]; $d = 0.98$. A similar result was found for the second workshop, there was a significant difference between the experimental group (M = 14.07, SD = 14.29) and the comparison group (M = 6.57, SD = 13.01), $t(98.39) = 2.78$, $p = 0.006$, CI.95 [2.15, 12.86]; $d = 0.55$. A combined anxiety and mindfulness multiple regression provided evidence to support substantial links between anxiety, mindfulness, and case conceptualization $F(8, 88) = 8.64$, $p < 0.001$, $R^2 = 0.44$, CI.95 [.23, .52]. This model accounted for approximately 44% of the variance of the first (pre-test) case conceptualization scores. Additionally, a moderation effect was detected for anxiety and case conceptualization. There was evidence to suggest that the extraversion personality factor moderates the effect of anxiety on case conceptualization. Post-hoc analyses conducted (cluster analysis) found two significant and unique personality clusters in the data, which were consequently confirmed by discriminant analysis, achieving 90% classification accuracy.

2020-2021 AWARDS & ACCOMPLISHMENTS

***Congratulations to our students and faculty
for their awards and accomplishments
throughout the past academic year!***

Student Recognitions:

- **Kira Rowane:** Katherine Dexter Treadwell Memorial Scholarship in Counselor Education
- **Taylor Irvine:** CSI International Outstanding Doctoral Student and Leadership Fellow; CSI Statewide Outstanding Doctoral Student
- **Danna Demezier:** AACTE Holmes Scholars Research Coordinator & Board Member
- **Adriana Labarta:** SACES Emerging Leader; ACA Tomorrow's Counselors Essay Competition Grand Prize Winner

Faculty Recognitions:

- **Len Sperry, M.D., Ph.D.:** ACA Fellow
- **Kelly Emelianchik-Key, Ph.D.:** SACES Outstanding Teaching Award
- **Hannah Bowers, Ph.D.:** SACES President-Elect
- **Elizabeth Villares, Ph.D.:** ACES Treasurer

Department Recognitions:

- SACES Outstanding Doctoral Program Award

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 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/>

**THANK
YOU!**

The 2021-2022 leadership team is interested in your feedback to plan for the upcoming academic year! Please take a few moments to complete this survey below:

<https://forms.gle/TtqJR75vxzrpsYF6A>

Please reach out to the incoming Beta Rho Chi Chapter President, Ghari Shirley, if you have any additional ideas or suggestions!

Gshirley2015@fau.edu