

BETA CHI CHAPTER CHI SIGMA IOTA

John Carroll University

Fall 2003

BETA CHI OFFICERS

Faculty Advisor Dr. Paula Britton
President Allison Metz
Vice President Tara Lemasters
Secretary Pamela Peters
Treasurer Colleen Winters
Past President Kevin Feisthamel

BETA CHI COMMITTEE CHAIRPERSONS

Wellness Tara Lemasters
Conference Pamela Peters
Silent Auction Chantel Michalek
Awards/ Emily Schubel
Scholarship Colleen Winters
Social Events Jeanne Cesa
Membership Marti Dixon
Newsletter Alli Metz

MEMBERSHIP ELIGIBILITY REQUIREMENTS

Eligibility to become a member of Chi Sigma Iota includes 9 completed credit hours in the Community or School Counseling Program with a minimum of a 3.5 grade average. Applications are available on the Community Counseling bulletin board (AD 314). Please call Alli at 216-397-3001 for more information.

WELLNESS CONFERENCE

The 10th annual Wellness Conference will be held this year on **Saturday November 15** from 9am-1pm in the LSC Conference Room at John Carroll University. This year's conference is titled "**The Evaluation and Treatment of Sexual Addiction: Education for Mental Health Practitioners.**" **Candace Risen**, co-director of the Center for Marital and Sexual Health in Beachwood, will be the keynote speaker. Ms. Risen will discuss the background, evaluation, and treatment of sexual addiction. There will also be round-table discussion groups to provide the participants an opportunity to discuss a case study. In addition, Beta Chi will be sponsoring a Silent Auction to raise money for our Scholarship Fund; cash and checks will be accepted.

To register please contact the office of Continuing Education at JCU- 216-397-3008.

ALL OHIO COUNSELORS CONFERENCE

The AOCC will be held at the Hilton Hotel at Easton in Columbus on November 5-7, 2003. This year's theme is "Counselors: Taking Clients, Families, and Students to the Next Level". **Drs. Helsel and Taylor** will be presenting a session titled "Building the Bridge from Supervisor to Mentor: How to Help Your New Counselor Through Their Induction Year." **Kim Zannetti**, part-time faculty at JCU, will be presenting a post conference session "Death and Grieving in Children". Beta Chi member **Keith Brown** will be presenting "Life Space Crisis Intervention: A Roadmap for Prevention and Intervention" and member **Mary Papcke** will present "Recent legal Decisions Regarding Counselors and Representation of Clients." Current Community Counseling Doctoral Intern, **Aaron Kindsvatter**, will present "An Invitation to Between Session Reflection: Using Brief Therapeutic Letters in Counseling."

To register, visit www.cdeducation.org/aocc/reg or contact AOCC Coordinator Tim Luckhaupt at 614-833-1198.

PRESIDENT'S CORNER

Welcome back everyone; I hope that all of your classes are going well It is very thrilling for me to see all of the new students that are interested in becoming involved with Beta Chi. I am very pleased to have more School Counseling students become members of Beta Chi. Historically our chapter has been Community Counseling students, and it is good to see that it is branching out to include the School Counseling students. I would like to thank all of the members, and future members that have gotten involved in the various committees. I would also like to sincerely thank the committee chairpersons for their time commitment to Beta Chi. I would also like to thank **Renee Morgan**, **Matt Orlousky**, and **Amy Scherzinger** for their time and effort in the on-going development of the Beta Chi newsletter. I hope that you all have a great semester and I hope to see all of you at the Beta Chi events.
Thanks! Alli Metz

INDUCTION CEREMONY 2003

The annual Beta Chi Induction Ceremony took place on April 5 at JCU. Brando Tupaz was the keynote speaker. Beta Chi welcomed many new Community & School Counseling members.

Congratulations to the following new members:

JULIE BEHM	JANE EIGNER MINTZ
KAREN BROER	JAMES FIKAR
JENNIFER CANADA	SALLY GEHLFUSS
ROBIN CASTAGNOLA	SUSAN HAYES
SARAH CLARK	DAWN LOSE
KATHLEEN CONNELL	CHANTEL MICHALEK
JENNIFER DILISI	LAURA MORABITO
MARTI DIXON	ELIZABETH PROKAY
LESA COLLINS DROE	SHAWNA ROSNER

CONGRATULATIONS

The Ohio Counseling Association recognized **Dr. Chris Faiver**, coordinator of the Community Counseling Program, as the recipient of the Charles "Chuck" Weaver Award presented. This award is given to a person who has demonstrated long, consistent, and distinguished service to the counseling profession and exemplary caring for people. Dr. Faiver will be recognized for his achievement at the All-Ohio Counselors Conference in Columbus.

Congratulations to Dr. Faiver!

ALUMNI UPDATE

- Mary Catherine Caine** passed the Licensure Exam!
- Kevin Davidson** passed the Licensure Exam!
- Susan Kahan** is currently interviewing for jobs in private practice. She passed the Licensure exam in March!
- Jeffrey Mostade** has joined the Board of Trustees of Fairhill Center for Aging in January 2003. He also published an article in the Journal of Specialists in Group Work in Spring 2003, with 3 colleagues, on the use of reflecting teams in training of group workers.
- Jim Ryser** accepted the position Director of the Chronic Pain and Addictions Rehabilitation Unit for Methodist Hospital in Indianapolis. Jim does group work, individual therapy, and coordinates the patients' treatment plans.
- Patricia A. Schafer, MA, PC, CCDC-III** is a Doctoral Candidate at Kent State and has been working part-time at a private practice and part-time at Laurelwood Counseling Center.
- Cookie Volpe** finished her internship at the Free Clinic, and is studying for the Licensure exam, and will continue to volunteer at the Free Clinic.

PHARMACOLOGY EDUCATION: THE COUNSELOR'S RESPONSIBILITY

As boundaries between the fields of psychiatry, psychology, counseling, and social work become more blurred, the need for a thorough understanding of pharmacology becomes increasingly important to the non-prescribing mental health practitioner. Educational regulatory organizations such as CACREP have not yet made any formal pharmacology training a requirement for counselor licensure; as such, counselors are forced to educate themselves with respect to this increasingly relevant topic.

So what are the options for community counselors? HU580E, Psychopharmacology, is an elective covering the pharmacology of psychotropic medications. If you don't have room in your schedule to take this class, other viable options for drug education do exist. The *Physicians' Desk Reference Drug Guide for Mental Health Professionals* is out in its first edition this year. This reference includes sections on psychotropic drugs, possible interactions, and side effects. The guide also provides a listing of commonly prescribed medications as a reference. With a typical cost of around \$40, this book includes most of the information you should need to know as a non-prescribing practitioner. Finally, if you own a handheld, you have the option of purchasing PDR-type software for your device. Thompson Medical Economics, publisher of the PDR, offers *mobilePDR* software for \$59.95 at <http://www.pdr.net>. Mosby Medical Publishers also distributes one of the better programs I have seen; *Mosby Drug Consult* is available for download at <http://www.mosby.com> also for a price of \$59.95.

The bottom line is that after properly educating yourself, you need not have a puzzled look on your face the next time a client tells you she is on Clozapem, Depakote, or Ativan. Instead, you will be able to make clinical decisions based on all of the facts – including the medications your client takes.

MATT ORLOUSKY

DOCTORAL INTERNS

The Community Counseling Program's Doctoral Interns for the 2003-2004 school year are **Aaron Kindsvatter** and **Clarrice Rapisarda**. Both interns are from the Counseling and Human Development Services Program at Kent State University. In addition to other responsibilities, the doctoral interns serve as supervisors for Community Counseling students in the Practicum course.

PCLE STUDY GUIDES

Beta Chi has compiled a PCLE (Professional Counselor Licensure Exam) reference sheet to assist Community Counseling students in studying for the Licensure Exam. Dr. Paula Britton is handing the reference guides out in her Internship class, but they are also available on the Community Counseling bulletin board (AD 314). If you have any other resources that you found helpful, please contact Dr. Britton (397-1710) or Alli (397-3001).

SCHOOL COUNSELING: PROFESSIONAL ORGANIZATIONS

ASCA – American School Counseling Association

www.schoolcounselor.org

Student Membership Cost: \$45.00/yr

Membership Benefits:

- Professional School Counseling Journal: bimonthly journal
- Professional Development Opportunities
- Liability Insurance
- Free Resources: video tapes to career center starter kits
- Online Membership Directory
- Targeted Listservs
- Discounted Publications
- ASCA School Counselor Magazine: bimonthly magazine

OSCA – Ohio School Counseling Association

www.ohioschoolcounselors.org

Student Membership Cost: \$10.00/yr

Membership Benefits:

- Subscription to the "OSCA Advocate," the OSCA Newsletter, distributed to members 4 times/yr.
- Discounted registration at the All-Ohio Counselors Conference.
- Discounted registration at other workshops sponsored by OSCA.
- Networking and professional development opportunities.
- The OSCA web site as a resource, including job search.
- Representation at the State Legislature, State Board of Education and the State Department of Education as decisions are made affecting school counselors.

OACAC -Ohio Association for College Admission Counseling

www.oacac.org

Student Membership Cost: \$30.00/yr

- Network of over 1900 professionals assisting high school students in the transition from high school to college.
- Chartered affiliate of the National Association for College Admission Counseling (NACAC).
- OACAC sponsors professional development programs, including:
 - **Counselor of Color Workshop:** a one-day workshop specifically designed to address the issue of serving students of color.
 - **Spring Conference:** a two-day workshop covering a variety of topics for all areas of the college admission counseling profession.
 - **Summer Institute:** a three-day training workshop for new counselors.
 - **Fall Articulations Workshops:** one-day workshops held throughout Ohio, designed to facilitate communication between college admission professionals and high school guidance counselors

PRACTICUM / INTERNSHIP INFORMATION

Any school counseling students who plan on enrolling in the Practicum course next semester (Spring 04) should contact Dr. Taylor as soon as possible, if they have not done so already.

Any current school counseling Practicum students who plan on beginning their Internship in the Spring semester should also contact Dr. Taylor by November 1, if they have not already done so.

Dr. Taylor can be reached in her office: 216-397-4607, or via e-mail: ntaylor@jcu.edu

UPCOMING LOCAL AREA WORKSHOPS:

10/23/03 - Strategies to Prevent Bullying, 2.5 CEU'S

Presented by Dr. Ann Bauer -- Day's Inn, Brookpark
Contact: Wesley Sanderson, Nathan Hale School, Cleveland, OH, phone: 216-441-8915

10/29/03 - Breaking the Silence--Helping children & teens with grief/death, suicide, homicide, violence & terrorism, 6 CEU's

Presented by Linda Goldman, MS, -- St. Michael's Woodside Party Center in Broadview Heights.
Contact: Dianne Toronski, St Ives, Phone: (216) 206-5680; diannetoronski@st-ives-cle.com

12/5/03 - Helping Children & Teens Manage Anger, 3 CEU'S

Presented by Dr. Ann Bauer -- First Congregational Church, Akron, OH
Contact: Craig Tasker, Highland High School, Medina, OH 44256, phone: 330-239-1901, email: ctasker@highlandschools.org

Beta Chi's Social Committee recently donated hand-knit blankets to Huron Hospital's Newborn Unit. The Senior Club in Mentor knit the blankets.

Beta Chi Chapter has applied for a Chi Sigma Iota Personal Excellence Grant. The grants are intended to support activities in chapters that promote and recognize excellence in the areas of leadership, professional identity, advocacy, and scholarship. The grants provide \$100 as seed money for chapter projects.

BOOK REVIEW

Understanding Ophelia: Insight into Adolescent Girls in America

Reviving Ophelia, Mary Pipher, PhD & *Ophelia Speaks*, Sara Shandler
Reviving Ophelia chronicles Dr. Mary Pipher's work as a therapist with adolescent girls in the small city of Lincoln, Nebraska. In her book she shares over forty client case studies covering issue areas ranging from families in crisis to body image and eating disorders to sex and violence, as well as her resulting culturally-based theories on what's going wrong with today's adolescent girls in America and what we, as therapists and as a society, can do to help. *Ophelia Speaks* is a collection of first-person essays giving voice to those adolescent girls Pipher talks about. It was Sara Shandler's high school project and response to Pipher's book—taking away the “adult filter” and providing a forum for “Ophelias” to speak for themselves. These *New York Times* Bestsellers of 1994 and 1999 provide incredible insight into the lives and minds of adolescent girls. If you ever plan to work with this population, or their parents, these are must-reads.

AMY SCHERZINGER

UPCOMING BETA CHI EVENTS

DOCTORAL PANEL

Monday, October 20 5-6pm JCU: OC214

Representatives from local Counseling Doctoral Programs will present information on their programs.

BETA CHI HAPPY HOUR

Friday, October 24 5pm-? Pizzazz

The social committee is gathering students, members, and friends for a Happy Hour at Pizzazz restaurant on Fairmont Circle (next to JCU). Everyone is invited.

WELLNESS CONFERENCE

Saturday, Nov. 15 8am-1pm JCU- RecPlex

“The Evaluation and Treatment of Sexual Addiction: Education for Mental Health Practitioners”

CANNED FOOD DRIVE

Monday November 17- Thursday Nov. 20

Beta Chi will collect canned food in JCU Community & School Counseling Classes. Donations will go to local churches.

**BETA CHI CHAPTER
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