

BETA CHI CHAPTER CHI SIGMA IOTA

John Carroll University

Fall 2004

BETA CHI OFFICERS

Faculty Advisor Dr. Paula Britton
President Matthew Orlousky
Vice President Morgan Sprosty
Secretary Susan Hayes
Treasurer Julie Minarczik
Past President Allison Metz

BETA CHI COMMITTEE CHAIRPERSONS

Wellness Conference Eva Cirincione
Katie Kugelman
Dawn Palsa
Silent Auction Morgan Sprosty
Awards Molly Barnard
Social Events Bridgett Kilbane
Membership Julie Minarczik
Newsletter Matthew Orlousky

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 online at <http://www.csi-net.org>. Please call Joan at 216-397-3001 for more information.

THE 11th ANNUAL WELLNESS CONFERENCE

The 11th annual Wellness Conference will be held this year on **Saturday, November 13** from 8:30am – 1pm in the LSC Conference Room at John Carroll University. This year's conference is titled **"Introduction to Diagnosis and Treatment of Dissociative Disorders."** **Peter M. Barach, Ph.D.**, is a nationally recognized authority on dissociative disorders and a Senior Clinical Instructor in Psychiatry at Case Western Reserve University. In addition to the keynote speaker, there will also be short presentations on several other trauma-related issues. Beta Chi will sponsor a silent auction at the event to raise money for the chapter's 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 3-5, 2004. This year's theme is "Counseling for Change". **Dr. Paula Britton and Clarice Rapisarda** will be presenting a session titled, "Sanctioned Supervision: Ideas for Intervention". **Drs. Karen Broer and Nancy Taylor** will also present; their session is entitled, "The Use of Outcome Measures in Counselor Training and Supervision".

To register, visit www.cdeducation.org/aocc/reg or contact the AOCC Coordinator at 614-833-1198 for registration information.

PRESIDENT'S CORNER

Welcome back to another year of learning and practicing the profession of counseling! As the new academic year begins, I would like to take the opportunity to encourage all students to become actively involved in the development of counseling. Participation in counseling organizations, attendance at conferences, and research are just several ways to immerse ourselves in making counseling a better profession. Of course, one of the easiest ways to get involved is taking part in Beta Chi activities; simply volunteering to help at the Wellness Conference or finding donations for the silent auction are two easy ways to become active. Finally, I would like to thank everyone who has involved themselves in the various committees. My thanks also goes out to the chairpersons for their time commitment to Beta Chi. Have a great semester – I hope to see all of you at the Beta Chi events.
-Matt Orlousky

INDUCTION CEREMONY 2004

The annual Beta Chi Induction Ceremony took place on May 1 at JCU. Robert Windle was the keynote speaker. Beta Chi welcomed many new Community & School Counseling members. Congratulations to the following new members:

Joanne Adamo	Rachel Meyer	Laura Scott
Molly Barnard	Julie Minarczik	Kristin Seaholm
Marie Beaubien	Renee Morgan	Vera Seltzer
Renee Berline	John Nisky	Marcie Slusarczyk
Lauren Blythe	Matthew Orlousky	Morgan Sprosty
Luisa Boyaggi	Dawn Palsa	Crystal Starling
Eva Cirincione	Shirah Platt	Allison Tasker
Kerrie Cirino	Tiffany Plute	Heather Vicich
Sharisse Edwards	Kathryn Richards	Sally Viola
Mark Kaplafka	Rita Roach	Bethany Walker
Katie Kugelman	Amy Scherzinger	Jamie Zadzilka
Michele McCabe		

ALUMNI NEWS

Nina Gilkey passed the counseling licensure exam!

Pamela Peters passed the licensure exam and has been working at Tri-C Eastern campus on an interim basis as a Career Advisor.

Colleen Winters passed the licensure exam!

Allison Metz also passed the counseling licensure exam and is currently doing mental health consultation in two school districts through Portage Children’s Center in Ravenna.

Tara LeMasters passed the licensure exam in June.

Kevin Feisthamel has started his first year in the Counselor Education & Supervision doctoral program at the University of Akron. Kevin has an assistantship in the department of Educational Foundations and Leadership.

We’d love to hear what other alumni are doing! Please contact Alli Metz at ametiz05@jcu.edu with your information.

PAPILLARY THYROID CANCER

By: Kerrie Cirino

“You have third stage/borderline fourth stage papillary thyroid cancer,” were the words my doctor used. What is this disease? Thyroid cancer is malignant cells found in the tissues of the Thyroid gland; one form of which is papillary thyroid cancer. With a peak onset age of thirty to fifty, the disease strikes females more than males at a three to one ratio. Papillary thyroid cancer also accounts for eighty-five percent of thyroid cancers due to radiation exposure. However, distant spread to the lungs or bones is very uncommon and currently there is no cure for this stage of the disease.

The thought going through my mind was, “I am twenty-five years old – how did I get this disease?” If not genetically, how did the physiological changes occur within my body? Thoughts went rapidly through my mind, until I realized I was under a lot of stress during the time period I would have received the disease. I began to research the connection between stress and exposure to radiation. The term psychoneuroimmunology is what I came upon: The study of the relationships that exist among the central nervous system, autonomic nervous system, endocrine system, and immune system. The impact of psychosocial stressors and the psychophysiological stress response within the mind and body relationship in turn causes physical and/or mental abnormalities.

Psychoneuroimmunology was the answer to my questions. I had now found out how papillary thyroid cancer developed in me: It was the combination of both chronic stress and exposure to radiation. The psychosocial stressors in my life were so dramatic to me that it had caused physiological changes within my body that began to break down my immune system. Since I was exposed to radiation during that time period, malignant cells began to form in the thyroid gland, giving me the disease.

DON’T FORGET YOURSELF WHEN YOU START CARING FOR OTHERS

By: Amy Scherzinger

Being a Counselor Trainee can be both rewarding and overwhelming. Each day is a new learning experience with clients and with the treatment systems in which we are training. It can be exciting when we finally take on the care of our clients’ mental health, as many of us were drawn to counseling by our desire to help others. But being a Counselor Trainee can also be overwhelming for all those same reasons, and it can be easy to forget to care for ourselves while we are learning to care for our clients.

So take a break from time-to-time from counting hours, filling-out state board paperwork, treatment planning and homework, and try a few of the following stress management techniques...not unlike the ones you’re recommending to your new clients! And remember, you are a better counselor when you are taking care of yourself.

- Exercise regularly, eat a healthy, balanced diet and get adequate sleep
- Learn to recognize your own physical, psychological and behavioral symptoms of stress

(Continued on last page)

IMPORTANT WEBSITES:

- BETA CHI CHAPTER** – www.jcu.edu/educatio/Programs/CommunityCounsel/ChiSig2/index.htm
CHI SIGMA IOTA – www.csi-net.org **JCU CONTINUING ED.** – www.jcu.edu/ce
AMERICAN COUNSELING ASSOCIATION – www.counseling.org
OHIO COUNSELING ASSOCIATION – www.ohiocounselingassoc.com

SCHOOL COUNSELING SCHOOL COUNSELING SCHOOL COUNSELING

SCHOOL COUNSELING: PROFESSIONAL ORGANIZATIONS

ASCA – American School Counseling Association

www.schoolcounselor.org

Student Membership Cost: \$45/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: \$15/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: \$10/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 Articulation Workshops:** one-day workshops held throughout Ohio, designed to facilitate communication between college admission professionals and high school guidance counselors.

PRACTICUM / INTERNSHIP INFORMATION

Deadlines for submitting materials for practicum and internship are quickly approaching. Materials for students enrolling in spring courses are due at the end of October. Also keep in mind that materials for the fall semester are due in March. Please contact Dr. Nancy Taylor with any questions.

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

UPCOMING EVENTS

All-Ohio Counselors Conference

Dates: 11/3/04 – 11/5/04

Location: Hilton Columbus at Easton Town Center

OSCA District 3 Workshop: Counseling Special Needs Students, Jason McGlothlin

Date & Time: 1/11/05, 3:30pm – 7:30pm

Location: Panera Bread, Rocky River, Ohio.

Counselor of Color Workshop

Dates: 3/22/05 – 3/23/05

Location: University of Cincinnati

OSCA District 3 Workshop: Counseling Students Impacted by Grief and Loss

Date: 4/13/05

OACAC Spring Conference

Dates: 4/17/05 – 4/19/05

Location: Aurora, OH

SCHOOL COUNSELING INTERNSHIP PANEL

We will be conducting a School Counseling Internship Panel in February 2005. Current students and alumni of the program will discuss their internship and provide tips on how to have a successful year.

If you are currently doing an internship and are interested in speaking about your experiences, please contact Renee Morgan at (440) 268-9100 or renee_gorski@yahoo.com

Caring for Yourself (continued from p.2)

- Take time out for a little fun with family or friends...and smile!
- Communicate your needs—at work and at home
- Practice regular relaxation—deep breathing, meditation, visualization, prayer or yoga
- Do something fun and unrelated to counseling or school, like seeing a movie
- Process any of your own issues that come up while working with clients or colleagues
- Talk about difficulties and successes with others in the program—you're not in this alone!
- Prioritize, set realistic goals and set limits for yourself (and stick to them!)
- Recognize that you are a counselor in training and it's okay to make mistakes
- Attend to your personal needs, whatever they may be

UPCOMING BETA CHI EVENTS

DOCTORAL PANEL

Monday, October 18 5-6pm JCU: AD232
Representatives from local Counseling Doctoral Programs will present information on their programs.

WELLNESS CONFERENCE

Saturday, Nov. 13 8:30a-1p JCU: RecPlex
"Introduction to Diagnosis and Treatment of Dissociative Disorders"

CANNED FOOD DRIVE

Monday, Nov. 15 – Thanksgiving
Beta Chi will collect canned food in JCU Community & School Counseling Classes. Also, please feel free to drop off donations in Dr. Britton's office. Donations will go to local churches.

**BETA CHI CHAPTER
CHI SIGMA IOTA
JOHN CARROLL UNIVERSITY
DEPT. OF EDUCATION
20700 NORTH PARK BLVD.
UNIVERSITY HTS., OH 44118**

