

Spring 2021

Mu Chi Alpha Spring 2021 Newsletter

Mu Chi Alpha, Counseling Program

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Sharpening Intellect | Deepening Christian Faith | Inspiring Action

Messiah University is a Christian university of the liberal and applied arts and sciences. Our mission is to educate men and women toward maturity of intellect, character and Christian faith in preparation for lives of service, leadership and reconciliation in church and society.



Counseling Academic &
Professional Honor Society International
Member, Association of College Honor Societies

Mu Chi Alpha Chapter of Chi Sigma Iota

Spring 2021

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Messiah University, Grantham, Pennsylvania, Established in 2012

Our chapter includes current students, alumni, and faculty. We focus on promoting excellence in the profession of counseling and hope to get members more involved in professional development, community engagement, wellness, and more.

With 137 active members, Mu Chi Alpha is considered a large chapter. Our Facebook group, Mu Chi Alpha of Chi Sigma Iota, has 93 members. We'd love for you to join us on Facebook:

<https://www.facebook.com/groups/muchialpha/>

Our mission is to promote scholarship, research, professionalism, leadership, advocacy, and excellence in counseling, and to recognize high attainment in the pursuit of academic and clinical excellence in the profession of counseling.

- CSI Mission

Eligibility requirements

- 24 Completed credits
- Minimum of 3.5 GPA
- Good academic standing

Get Connected

Reel Talk Spring Series

Each month Reel Talk will highlight a different topic as it relates to the African American experience and mental health. This month's topic is education and next month will be the criminal justice system.

Host a viewing party and/or watch on your time by emailing vc1164@messiah.edu or receive a discussion guide and enter a chance to win a gourmet popcorn raffle!

Share a picture of your watch party on Mu Chi Alpha and/or Messiah Graduate Counseling Program Facebook Page for a chance to win!



Mentorship Program

The mentorship committee is pleased to announce that mentor video introductions can now be found on the Graduate Counseling Canvas page. These videos include a quick snippet about the mentor that allow students to see the mentor's heart for the profession and mentorship.

You can access the videos by:

- Going to the Canvas website and clicking on the Graduate Counseling course.
- Once in the Graduate Counseling Course click on modules and then scroll down until you see the tab for Mu Chi Alpha Honor Society.
- The mentor videos can be found in the section under the tab titled "Mu Chi Alpha Mentors: Video Introductions."

Feel free to watch the videos and/or reach out via the email listed with each mentor's video. We are excited to continue to encourage and support one another in the mentorship process.

In the future we hope to expand the reach of the mentoring committee and meet in Zoom to have a time where students can ask questions and discuss topics such as: intensives, field experience assistance during the pandemic and insight for those who are thinking about switching tracks. Updates to come soon with possible dates for each discussion.

Input needed!

The mentoring committee is seeking support in creating a resource list for all counseling graduate students that will be on the Graduate Counseling Canvas page. We are looking for resource of tips in the areas of self-care, research, field experiences, writing help, classwork advice, networking, podcasts, trainings and avenues/opportunities. Please contact Amber at an1256@messiah.edu with any suggestions.



JOIN US IN CELEBRATING THE END OF THE SEMESTER!

ZOOM TRIVIA

A TRIVIA NIGHT HOSTED BY MU CHI ALPHA
FRIDAY MAY 14TH • 7PM

TOP 3 WINNERS GET PRIZES!

RSVP BY EMAILING
VC1164@MESSIAH.EDU

Look for us on social media!

Facebook: <https://www.facebook.com/groups/muchialpha/>

Conferences

International Counseling Web Conference

April 17, 2021, 9AM-1PM ET

The 2021 International Counseling Web Conference is co-sponsored by the Graduate Counseling Program at Messiah University and Mu Chi Alpha, Messiah University's Chi Sigma Iota chapter. Both live and pre-recorded sessions will bring our attention to current issues and resources related to international counseling. Attendees will be eligible to receive 7 NBCC hours. We hope that you will join us!

Register here: <https://na.eventscloud.com/ereg/index.php?eventid=610091&>

Reach out to Maya Georgieva at mgeorgieva@messiah.edu if you have any questions.

CONFERENCE PROGRAM

9:00 - 9:15 Welcome address: Maya Georgieva, Ed.D. and Leah Clarke, PhD. Messiah University.

9:15-10:15 *Reconciliation in Rwanda: Applications for counselors working with intra-family transgressions.*

Presenter: Leah Clarke, PhD. Messiah University.

9:15-10:15 *Cultural considerations when counseling asylum-seeking youth.*

Presenters: Marcelle Giovannetti, LPC. Messiah University.

Chanel Rodriguez, PhD Candidate, University of North Carolina at Greensboro.

10:25-11:25 *Cultural immersion of counselors-in-training: A panel discussion.*

Presenters: Maya Georgieva, Ed.D. Messiah University.

Heather Overstreet, Kristin Charnley, and Rica McKingley, graduate counseling students. Messiah University.

10:25-11:25 *International female faculties navigating identities in CACREP accredited programs: A critical narrative inquiry.*

Presenter: Aishwarya Joshi. Ph.D. Candidate. Idaho State University.

11:35-12:35 *Research mentoring needs of international doctoral counseling students (IDCS): A phenomenological analysis.*

Presenters: John Harrichand, PhD. SUNY Brockport.

S Anandavalli, PhD. Southern Oregon University.

TWO ADDITIONAL PRE-RECORDED SESSIONS:

Building connections in a foreign land: Stories from a humanitarian expert.

Presenters: Vahid Jahangiri. Deputy Director, International Lifeline Fund.

Maya Georgieva, Ed.D. Messiah University.

Explorations: Bringing a multidisciplinary and experiential lens to study abroad.

Presenter: Ioana Marcus, PhD. Marymount University.

Upon registration, attendees will receive three Zoom links to access each session.

Registration fee: 45.00

Special registration rates: Mu Chi Alpha members, current Messiah site supervisors (since January 2020), Messiah counseling students, and Messiah graduate counseling faculty.

Messiah University-Graduate Program in counseling has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4563. Programs that do not qualify for NBCC credit are clearly identified. Messiah University – Graduate Program in Counseling is solely responsible for all aspects of the program.

Questions about NBCC hours or ACEP status can be referred to:

Leah Clarke

Messiah University

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Mechanicsburg, PA 17055

717-796-1800 x2109

lclarke@messiah.edu



Graduate Counseling Website For Messiah University - Counseling Graduate Program's Complaint & Confidentiality Policies, please refer to our website. Complaints will be reviewed by the certification liaison and reported to NBCC.

Good News!

Interstate Counseling Compact



Maryland passed the bills for the Interstate Counseling Compact.

This is a moment in history.

This legislation will permit licensed professional counselors from all states in the compact to provide counseling services for clients in all other states that join. ACA expects many other states to follow suit with 20 working on their bills this year and another 10-20 next year.

Dr. Carol McGinnis has posted the news on the MCA home page with a link to the ACA news release: <https://www.mdounseling.org/>

Click here for the full press release: <https://www.counseling.org/news/updates/2021/03/30/maryland-state-legislators-pass-counseling-compact-bill#>

Welcome, Incoming Board Members

Congratulations to our new board members:

- President-Elect: Brian Hoffman
- Treasurer-Elect: Kate Corey
- Social Events Committee Chair-Elect: Haley Klinger
- Professor Stephanie DePalmer will be joining Dr. Maya Georgieva in chairing the chapter.



We are still in need of: Advocacy, Web Presence, and Newsletter Committee Chairs. If you would like to get involved with the board, please contact Dr. Maya Georgieva at mgeorgieva@messiah.edu.

The Journey

Mu Chi Alpha Members share stories of their journey to the field of counseling.



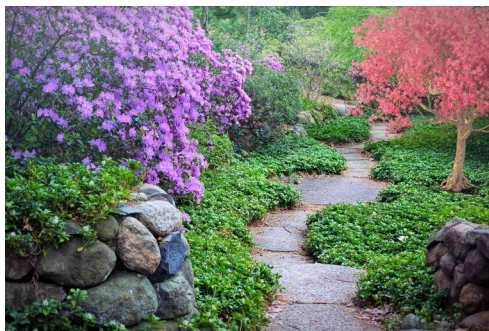
After a very long struggle trying to keep my marriage afloat from years 6-15, we were at the point of divorce when God guided me to wake up and say to my husband, "I cannot try to talk to others about a God that can move mountains yet not believe he can salvage my marriage." I entered the counseling field to help other couples find that hope and attain that relationship they hope for with each other.

Side note: We are now in use 25, in a relationship and friendship better than we had hoped.
Leticia Chaparro

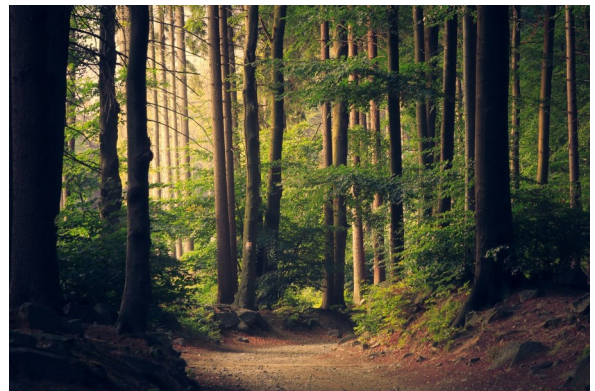
I began pursuing a career in counseling after taking some beginner's counseling courses as part of my undergraduate program at Penn State. I immediately fell in love with the idea of understanding people more deeply and even potentially helping other understand themselves. From there, I explored the areas of child trauma, depression, adolescent development, abuse, and ethics. Christina Crouse

I went through a difficult time when my husband deployed, and it opened my eyes to the burdens I was carrying as a military spouse. Counseling changed my life, and helped me recognize strengths I didn't know I had. It turned out, those strengths were conducive to being a counselor, so I stepped out in faith and God confirmed my path with every step! Jen Sheffe

My undergraduate major was Human Development and Family Science & my love for systems theory began then. In my positions as a Family Educator and Home Visitor I worked with families in crisis and those with a general interest in child development. In my position now as a Neighborhood Revitalization Coordinator, I see how systems in place can impact a family's mental health in so many ways. By addressing Crime Prevention through Environmental Design and other basic needs, families can live in communities of opportunity. Mental health is often neglected in effort to meet other needs but many neighborhoods suffer from trauma. Counseling from a holistic lens that sees how all of these systems: government, housing, schooling, religion, peer groups etc. can provide communities of recovery and resilience! By addressing the larger system while pursuing individual work & self awareness, people can truly thrive!

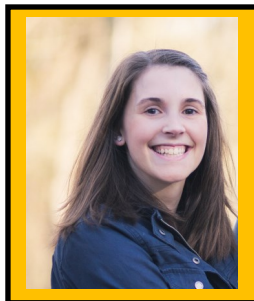


Veronica Kelly



I had a long history of being a nurse, working as the laboratory coordinator in the nursing department at Messiah University for over 30 years which included many roles some of which included setting up for labs, to teaching nursing skills to a large involvement in simulations. In 2014/2015 I experienced several major life experiences including the loss of my father one week after placing my mother in a nursing home when she needed 24/7 care due to having a brain tumor; as well as separating from my husband and then I heard God say to me, that He wanted me to go back to school to get my Masters in counseling. This was quite scary as I had not been in school for a long time but I found because God called me to it, He would see me through it. (Side note, my husband and I renewed our wedding vows after counseling and a lot of hard work, and we will be celebrating 40 years of marriage in November, 2021 and my mother passed 10 months after my father's passing). Eileen Gardner

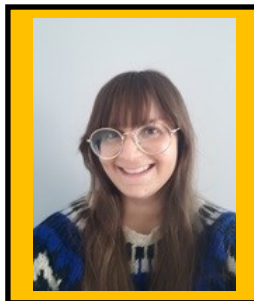
Volunteer Board



Patricia Kreider served as 2019-2020 President



President
Bethany Rainey



Jordana Blumenfield
Secretary/Treasurer



Dr. Leah Clarke
Chapter
Faculty Advisor



Dr. Maya Georgieva
Chapter
Faculty Advisor



Veronica Kelly
Counselor Community
Engagement
Committee Chair



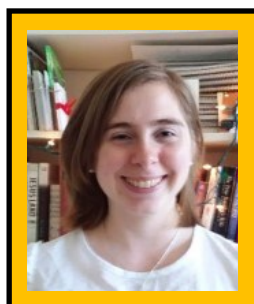
Chrystal Horace
Web Presence
Committee Chair



Amber Nutter
Mentoring
Committee Chair



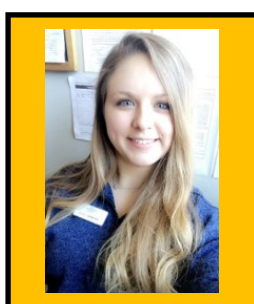
Jen Sheffe
Newsletter/Publications
Committee Chair



Janelle McCarthy
Professional
Advocacy
Committee Chair



Sam Fuge
Professional
Development
Committee Chair



Christina Crouse
Professional
Members/Alumni
Committee Chair



Susan Talbott
Social Events
Committee Chair



Counseling Academic &
Professional Honor Society International
Member, Association of College Honor Societies

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