

Winter 2021

## Mu Chi Alpha Winter 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

Winter 2021

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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/>

*Messiah University, Grantham, Pennsylvania, Established in 2012*

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

## Thoughtful Conversation

### REEL TALK

### RE-IMAGINED



*Check out our socials each week to download discussion guides, view quotes, and share pictures of your discussion group!*

February: "Braided" and "Beautiful"  [muchialpha\\_csi](https://www.instagram.com/muchialpha_csi)  
March: "White Savior"  
April: "Teach Us All"  [Mu Chi Alpha of Chi Sigma Iota](https://www.facebook.com/MuChiAlphaofChiSigmaIota)

### Reel Talk Spring Series

#### Host Your Own Virtual Watch Parties!

Each month Reel Talk will highlight a different topic as it relates to the African American experience and mental health. Topics include beauty, religion, music and the criminal justice system. Host a viewing party and/or watch on your time by emailing [vc1164@messiah.edu](mailto:vc1164@messiah.edu) or receive a discussion guide and enter a chance to win a 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

With the new year beginning, we invite anyone who is interested in helping with the mentorship program to reach out for more information. Please contact Amber Nutter at [an1256@messiah.edu](mailto:an1256@messiah.edu).

Currently those already involved in the program have received a form to help rejuvenate the program for the new year and we would love to have your input as well. Thank you for all of your support and your dedication during these challenging times.



Look for us on social media!

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

# Conferences



## Save the Date

### International Counseling Web Conference

Presented by Mu Chi Alpha

April 17, 8:00-1:00

The Messiah University Graduate Program in Counseling and Mu Chi Alpha, Messiah College's Chi Sigma Iota chapter, will host the second International Counseling Web Conference on April 17, 2021. We hope that you will join us and attend one or more of these interactive sessions. Alumni will be eligible to receive NBCC hours. Special registration rates will be available for Mu Chi Alpha members, current Messiah site supervisors (since January 2020), Messiah counseling students, and Messiah graduate counseling faculty. More information will be sent out later, but you can contact Sam Fuge at [sf1307@messiah.edu](mailto:sf1307@messiah.edu) with any questions.

## CSI Days

March 23-26, 2021

### Culturally Responsive Leadership in Times of Crisis Virtual Event

CSI sent this information out via email in their E-news, but it has not yet appeared on their website.

For more information keep checking back to their website: [https://www.csi-net.org/page/CSI\\_Day](https://www.csi-net.org/page/CSI_Day)

## Psychotherapy Virtual Symposium

March 18-21, 2021

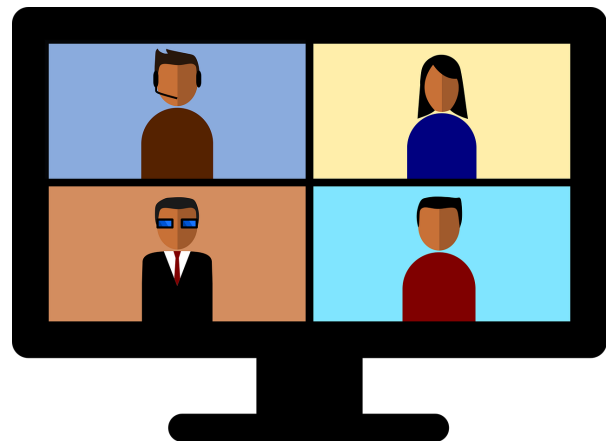
### Creating Meaningful Change: The Quest for Healing in an Anxious Time Virtual Event

Many big names in the field will be presenting at this conference. Early bird pricing is available until January 30, and if you gather a group of 10 or more, you can get a 10% discount. Click here for more information: [https://catalog.psychotherapynetworker.org/sales/bh\\_s\\_001440\\_2021virtualsymposium\\_sem-172813?utm\\_term=psychotherapy%20networker%](https://catalog.psychotherapynetworker.org/sales/bh_s_001440_2021virtualsymposium_sem-172813?utm_term=psychotherapy%20networker%)

## ACA Virtual Conference

This year's conference will be virtual, but content will be accessible from April 5 to May 31, 2021. Register by April 30, 2021 to take advantage of this creative way to gain continuing education credits and connection to ACA colleagues.

For more information, visit ACA's website here: <https://www.counseling.org/conference/conference-2021>



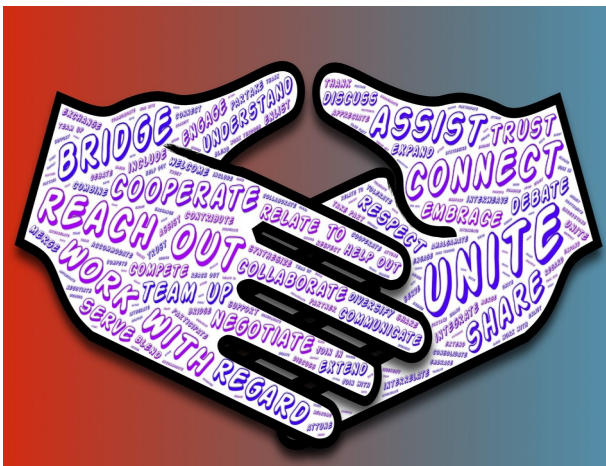
# CSI in Action

## Supporting a Worthy Cause

We raised \$175 for the Messiah University Graduate Counseling Team for the American Foundation for Suicide Prevention (AFSP)!

### Ways to Stay involved in AFSP: Hope in a Box!

Brighten someone's day by sending them a free postcard! This past year was extremely difficult on so many families. Complete the form at the site below and AFSP will drop a postcard in the mail to bring a smile to someone's face by letting them know they're on your mind. [afsp.org/HopeInTheMailbox](https://afsp.org/HopeInTheMailbox)



## Intensives

During the week of Intensives, the Social Events committee hosted a daily social event in Mu Chi Alpha's Zoom meeting space during the lunch hour. Each day, students joined to connect with others and ask questions. The conversations ranged from general introductions to questions about the honor society and field experience. A special thanks to, Jen Sheffe, Amber Nutter, and Katelyn Lee, who volunteered to co-host alongside Susan Talbott on varying days.

## NCE Bootcamp

### 2020-2021 NCE STUDY GROUP

Join Us! Beginning in February, Mu Chi Alpha will be hosting a peer-run National Counseling Exam study group. This group will review the following NCE topics:

- Human Growth and Development
- Diversity
- Relationships
- Group Counseling
- Career Development
- Assessment
- Research and Evaluation
- Ethics

The group will meet over Zoom on the 2nd and 3rd Saturdays of the month at 5pm.

Please Email Bethany Rainey at [br1275@messiah.edu](mailto:br1275@messiah.edu) to sign up!



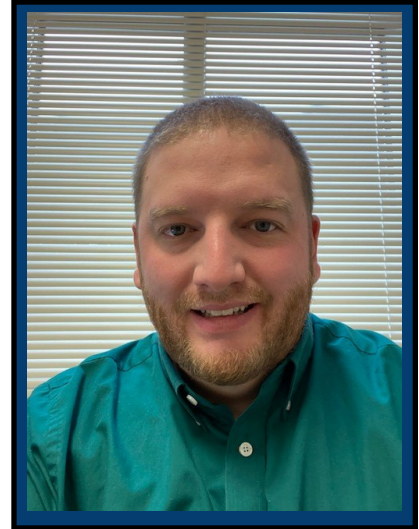
# Alumni Spotlight

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In each newsletter, the Professional Members/Alumni Committee of Mu Chi Alpha will be highlighting one of our very own alumni/professional members as a way of getting to know recent Messiah grads and learning more about how to stay involved post-graduation. This month, we're featuring Jeff Vaughn.

## Tell us a little bit about yourself:

My name is Jeff Vaughn and I live in Palmyra, PA and am a father of 3 kids (ages 6,4,& 2 months). I am currently a middle school science teacher and coach at Middletown Area School District in central PA where I have worked for the last 8 years. I graduated from Shippensburg University in 2011 with an undergraduate degree in education. After working with kids in the classroom for a few years, I decided that I wanted to work with kids in a different capacity outside of the classroom, which is when I decided to join the program at Messiah for school counseling.



## What has life looked like for you post-graduation?

After graduating in December 2020, I have since returned to teaching in my classroom and coaching, after taking time off to complete my school counseling internships in the fall. It has been busy with raising 3 children at home, and learning how to teach both in person and virtually in my classroom has proven to be a challenge this year with COVID. I am keeping my eyes/ears open for school counseling jobs around the area, and am going to be working to become an LPC after I start a school counseling job. I recently passed the NCE exam which was one of the first hurdles in becoming one.

## What is the most valuable part of being a Messiah alum, in your opinion?

Two things, first the weight that a counseling degree holds from an accredited program like Messiah will allow me to find positions more easily with a quality degree from a quality university. Second, is the connections you make with classmates and professors. Not only getting to know them on a personal level is rewarding, but also allows you to start a network of people/resources that you can use to help you once you get into the field.

## If you could share one thing with a first-semester student, what would you say?

Be willing to work hard for your goal, no matter what challenges come, and to get to know your classmates, even if your course is online. You can learn so much from each other.

## What piece of advice would you give a last-semester student?

Usually last semester includes practicums/ internships/ hours actually doing the job you want to do. So I would say be open and willing to learn on the job, finish strong, and make sure to show gratitude to all the people that helped you make it happen!

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**Alumni, is your membership current?** Did you know that you can stay involved in the Messiah Mu Chi Alpha chapter as a registered Professional Member? You'll stay up to date with advocacy, continuing education, social events, and more. Log into [csi-net.org](http://csi-net.org) to see if your membership is still current/renew your membership, or email Christina Crouse (Professional Members/Alumni Committee Chair) at [cc1426@messiah.edu](mailto:cc1426@messiah.edu) to confirm your status.

# We love a good book!

Whether we use reading for self-care, professional development, or both, we are always looking for reading recommendations. Mu Chi Alpha members offer their book suggestions.

(Titles in boldface were recommended by multiple members)

***Maybe You Should Talk To Someone: A Therapist, HER Therapist, and Our Lives Revealed* by Lori Gottlieb**

*Daring Greatly: How the Courage to be Vulnerable Transforms the Way We Live, Love, Parent, and Lead* by Brene Brown

*Black Like Me* by John Howard Griffin

*The Underground Railroad* by Colson Whitehead (fiction)

*Life Without ED: How One Woman Declared Independence from her Eating Disorder and You Can, Too* by Jenni Schaefer

*Getting Grief Right: Finding Your Story of Love in the Sorrow of Loss* by Patrick O'Malley

*Ambiguous Loss: Learning to Live with Unresolved Grief* by Pauline Boss

*The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions* by Christopher Germer

*Switch on Your Brain: The Key to Peak Happiness, Thinking, and Health* by Dr. Caroline Leaf (Dr. Caroline Leaf has a great podcast, too: Cleaning up the Mental Mess)

*The Power of Different: The Link Between Disorder and Genius* by Gail Saltz

*Come As You Are: The Surprising New Science That Will Transform Your Sex Life* by Emily Nagoski

*The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse* by Ellen Bass and Laura Davis

***The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel Van Der Kolk**

*Body Kindness: Transform Your Health from the Inside Out—and Never Say Diet Again* by Rebecca Scritchfield

*Cry of the Soul: How Our Emotions Reveal Our Deepest Questions About God* by Dr Dan Allender and Dr. Tremper Longman III

*It's Ok Not to be Okay : Moving Forward One Day at a Time* by Sheila Walsh

*The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive* by Kristin Neff and Christopher Germer

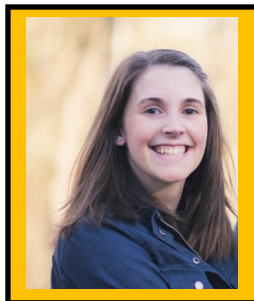
***Self- Compassion: The Proven Power of Being Kind to Yourself* by Kristin Neff**

*White Fragility: Why it's So Hard for White People to Talk About Racism* by Robin DeAngelo

*Caste: The Origins of Our Discontents* by Isabel Wilkerson

*Wild Calm: Finding Mindfulness in Forest Bathing: A Guided Journal* by Joan Vorderbruggen

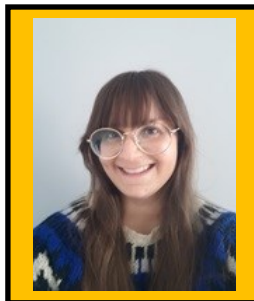
# Volunteer Board



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



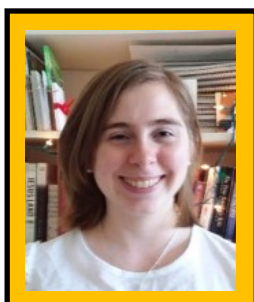
Chrystal Horace  
Web Presence  
Committee Chair



Amber Nutter  
Mentoring  
Committee Chair



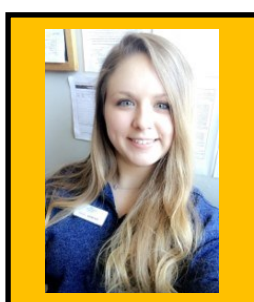
Jen Sheffe  
Newsletter/Publications  
Committee Chair



Janelle McCarthy  
Professional  
Advocacy  
Committee Chair



Same 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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of Chi Sigma Iota