

Spring 2016

Mu Chi Alpha Spring 2016 Newsletter

Mu Chi Alpha, Counseling Program

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Mu Chi Alpha Chapter

promoting excellence in the field of counseling at Messiah College



May 20, 2016

Spring 2016: CSI Newsletter



Welcome 2016 New Inductees



Editor's Note:

Welcome to the first bi-annual Mu Chi Alpha CSI newsletter! We hope to highlight one of our current staff, student, or alumni for each track. We will also offer some pertinent information that will benefit you as a professional counselor, student, or CSI member. We are excited to deliver what we hope is a great resource to what's going on with our chapter here at Messiah College. If you have any comments or ideas to contribute, let me know by email. I look forward to hearing from you! -

President & Editor-in-Chief
Jennifer Gould

Michael Abell, Robyn Albright, Stephanie Alexander, Jessica Ambrose, Hannah Bingham, Susan Bobrow, Glenn Borror, Yaffa Brindle, Adelyn Chambers, G. Cribbs, Mary Emerson-Follick, Paige Gibney, Jesse Harrison, Nathan Hempel, Patrick Hite, Teresa Isabella, Ariel Jacobs, Emily Johnson, Sheldon Kauffman, Leslie Lescallette-Button, Kimberly Lewis, Mary Kate Linebarger, Kristin Malloy, Michael McGuinness, Jamie McMillen, Stacey Morgan, Ashley Morgan, Kayla Nolen, Danielle Oudenne, Valerie Palmer, April Poretta, Lauren Powers, Christy Ramos, Abigail Roh, Nicole Schneider, Gervonna Scott, Jason Sharp, Lydia Snow, Nicole Snyder, Kelli Strickler, Jennifer Way, Lindsay Woodward

We're excited to announce the 2016 new inductees for *CSI Mu Chi Alpha* inducted members on Friday, May 13, 2016. New members will join the 101 already existing members as a strong representation of the CSI chapter at Messiah College. The official ceremony was followed by a reception.

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Melody Li, LMFT-A, NCC, MA
 Counseling + Couples Therapy
 East 5th St. #201, Austin, TX
 512-843-3879

Co-founder of Austin Counseling
 Collective, Messiah CSI alumni

Q & A with a CSI Alumni: Melody Li

Melody is a Licensed Marriage & Family Therapist Associate located in Texas. To find out more about Melody and her practice, visit <http://www.melodyli.com/>

What advice do you have for those entering the MCFC field?

The best advice that I received during the program, that I would like to pass along, is to be bold in pursuing self-knowledge. Be willing to be vulnerable to reflect on your own biases (e.g. cultural, gender, sexuality). Be brave and dig deep. It can feel uncomfortable at first, but this is a tremendous gift to your clients in the future.

What is your current position and titles (LPC, etc.)? What are your primary responsibilities?

I'm currently a Licensed Marriage and Family Therapist Associate (LMFT-A) and a National Certified Counselor (NCC). My primary responsibility, at the moment, is to provide therapy to individual adults and couples in my private practice in Austin, TX. I am also

"Success is not about the money you make, but the difference you make in somebody's life."

Former camp staff Michelle Obama, First Lady of the United States

consistently pursuing supervision and training to further my skills and knowledge.

What is the most impactful book or resource you have found that applied to your M&F practice?

Counseling the Culturally Diverse: Theory and Practice, by Sue & Sue, accompanied by, Why Are All the Black Kids Sitting Together in the Cafeteria: And Other Conversations About Race, by Beverly Daniel Tatum, were life-changing reads for me. I hope this is still on the curriculum. Those are important resources that are applicable towards all methodologies.

Looking back, how do you think Messiah's counseling education adequately prepared you for your counseling career?

Messiah's counseling education provided a space, an accepting place for me to stretch and grow. I felt supported by my peers and supervisors in the midst of challenging lessons and learning experiences.

What was the most useful experience of your training at Messiah?

My practicum experience was the most valuable part of my training. My faculty and site supervisors worked together to guide and support my work with clients.



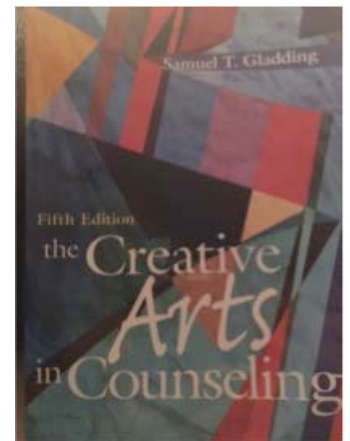
Book Review: *The Creative Arts in Counseling*

If you already are incorporating creative arts in your counseling sessions, Gladding's *The Creative Arts in Counseling* is a great source to affirm what you have been doing by substantiating your approaches with a strong research base. If you are looking for ways to enrich your talk therapy sessions, enliven a group session, or expand your skill-set, Gladding's newest book edition offers a multitude of creative interventions in an easy to use format.

The use of the creative arts in counseling is a well-validated approach that leads to increased growth and healing in our clients, evidenced by the improved treatment outcomes achieved when these techniques enhanced the counseling process. Creative arts can be used effectively with a diverse client population because the approach appeals to all ages and cultures.

Creative interventions serve many functions during the counseling process. They provide a safe and non-threatening environment where clients learn that their problems are universal. They help clients acquire a sense of belonging. They facilitate clients' self-awareness and insight and advance their interpersonal skills through modeling. They improve their problem-solving skills. Most importantly, creative interventions create divergent thinking in our clients. Divergent thinking causes individuals to consider a multitude of possibilities.

The most prolific counselors employ a combination of art and science in their counseling approaches. Gladding does a remarkable job demonstrating how the creative arts can be the best part of the "art". *Bibliotherapy, scriptotherapy, cinematherapy, and expressive drama* are just a few of the creative arts that Gladding highlighted in his book. If these techniques do not appeal to you, there are many other options. I love my copy, particularly because Gladding signed it during the ACA's annual conference this year. I think other students, as well as experienced counselors, will find this book a worthwhile addition to their collection of counseling resources.



Be the kind of person that
seeks and welcomes advice.

Be Vulnerable

Be Humble

Be a Pursuer

Be a Learner

Author: Leslie Lescallette-Button

Q & A with Professor: Leah Clarke

Dr. Clarke is a member at Messiah College. She earned her M.S. and Ph.D. in Counseling and Counselor education from the University of North Carolina in Greensboro. Her undergraduate work was done at The College of William and Mary in Virginia.

- **What is your current position?**

I love my job! I am an Assistant Professor (soon to be Associate Professor) of Graduate Counseling and I am also the Assistant Director of the program.

- **What are your main responsibilities?**

As a faculty member, the three parts of my job are teaching, institutional service, and scholarship (research). I enjoy teaching the 501 intensive course because I get to know students on a different level and be a part of their first steps toward becoming a counselor. The online courses I teach are all in the Clinical Mental Health track. I serve on various committees at the college but most of my service to the institution takes place in the counseling department. In my role as assistant director I oversee curriculum and assessment. Currently Dr. Barto and I are collaborating on two research studies about online counseling programs and students. This summer I will start seeing clients through Safe Harbor Counseling.



- **What is your favorite part about being a counselor?**

It feels like such a privilege to me to be let into people's lives, especially when they are hurting and

vulnerable. To show someone respect, caring, and support when whatever is going on with them, makes them difficult to be around (I used to work on a psychiatric hospital) is a way to express my Christian faith.

- **What is your least favorite part about being a counselor?**

It's tiring. I'm an extravert but after a full day of counseling it's hard for me to come home and even talk to anyone.

- **Do you have any advice for a graduate student who is just starting out in the field of counseling?**

See where this road takes you and be flexible. I never thought I would become interested in refugee mental health or work with people with addictions. I'm so glad I kept my eyes open when those things landed on my path and walked toward them. That opened up some really great opportunities.

- **What has being part of CSI meant at you as a professional and a student?**

I remember my CSI induction. I really valued becoming a part of something that was just for counselors. I took classes from Jane Myers and Tom Sweeny who helped found CSI and I am grateful to them for realizing that counselors are not psychologists or social workers, we needed our own way to recognize people who excel in the profession. CSI continues to do a lot to encourage leadership in counseling and counselor identity.



Leah K. Clarke,
PhD, LPC, NCC

Asst. Director of
Messiah's Grad
Counseling
Program



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Snapshots from Montreal:

mini-synopsis on the ACA Conference 2016

for more information on sessions log onto www.counseling.org

Leslie Lescallette-Button:

What was your favorite session at the conference and what did you learn from it?

My favorite learning session was probably Gerald Corey's presentation, *Becoming a Professional Counselor*. Dr. Corey was warm, honest, and open to answering all of the questions his audience of mostly students, asked. By sharing his early counseling experiences, he reminded us that every effective counselor starts out uncertainly, and gains skills through a trial and error process that takes time--a message we all appreciated!

What is one thing you took away from the conference that changed the way you looked at counseling?

The conference was phenomenal, for lots of reasons. Although I can't say it changed the way I look at counseling, I can say it did change the way I look at counseling, a little bit. It made me realize that counseling is more than a "field"; it is a living, breathing, entity made up of passionate people, like us, who aspire to make a difference in other people's lives --much like a church is not a building but, rather, the people in it.

Teresa Morgan Isabella:

What is one thing you took away from the conference that changed the way you looked at counseling?

My perspective on counseling changed from one of a simple career pursuit to that of a community of like-minded individuals who are not only they're to help others, but to support and inspire each other as well.

Dr. Stanley Hoover:

What was your favorite session at the conference and what did you learn from it?

Jeffrey Kottler and Richard Balkin, a storyteller and a researcher, presented my favorite session. Both counselors, in their own unique way, discussed the transformative power of the counseling relationship. It was an encouraging reminder that—more than anything else—our relationships with clients are what make counseling effective.

Pamela Nee:

What is one thing you took away from the ACA conference that changed the way you looked at counseling?

I would like to share a couple of interesting things I took away from the ACA conference - such as, women experienced less trauma but develop a higher rate of PTSD; find growth in suffering (posttraumatic growth - PTG); social media deeply effects how we see ourselves based on our body image; when we feel better about our body – we feel more empathy; identify transferable skills gained in a sport to work with athletes; clarity must happen before acceptance to any change, and help clients restory their life in a positive way.

Jennifer Gould:

What was your favorite session at the conference and what did you learn from it?

My favorite session was *Dancing with Gravity*, led by Dr. Darrell Sanchez from Boulder, Colorado. He invented a Tuning Board (balance board) to help clients with body awareness and Mindfulness. I learned that a simple physical movement could create mental and emotional healing. We were able to participate and try out the board and some had intense emotional reactions to centering themselves and limiting fear.



Q & A with a Graduate Student: Pamela Nee

Pam is a mother, Veteran, current Messiah School Counseling graduate student, and swim instructor

What is your current position in your internship/ practicum? What are your main responsibilities?

I just finished my 17-week practicum at Tuscarora Junior High School as a practicum student. My responsibilities included: individual and group counseling, classroom guidance lessons, videos, observations, teacher/admin and SAP meetings, reporting child abuse, completing practicum assignments, evaluations, weekly logs, and biweekly online video sessions with practicum class.

How come you decided to become a counselor and earn a Master of School Counseling degree?

Personally, my son suffers from Attention Deficit Hyperactivity Disorder (ADHD) and I wanted to learn a better way to understand and help him succeed in life. Being prior military, I talked with Hope Clever - a former Wing Psychologist and she enlightened me about counseling and knowing I like to talk and listen to people tell their stories, I thought this may be my path. I was in a terrible car accident when I was younger and almost died. I now realize that God had other plans for me and have a belief that he saved me, so I can help others. All these steps led me to Messiah College.

What is your favorite part about being in an elementary school setting?

I love working with children - playing games, teaching social skills, or just talking with them on a path to become something greater. I have taught swim lessons for over 6 years and coach swim team as well. I have learned that children learn better through repetition and react well to praise. I enjoy seeing children succeed!

What is your most challenging part about being in a practicum/internship?

I had started my practicum at Steel High Elementary, but was told after two weeks the school district was most likely shutting down due to lack of funding and I was advised to find a new placement. I then went an entire month without a site placement. I drove an hour one way just to get to Tuscarora Junior High School. My time there was filled with students that have many issues and hands on experience to help guide them. Caren Mann, my site supervisor mentored me and I learned so much more about me working with the students. I have an understanding that I do not have every answer on working students and their problems, but help is not that far away if you just reach out when uncertain.

Do you have any advice for another graduate student who is just starting out in practicum or internship?

Get all the required documents in early, so MC can reach out to preferred schools on your behalf. Communicate the requirements and your needs with your site supervisor throughout your placement.

What has being part of CSI meant to you as a member?

Being a part of CSI is an honor. CSI means that we personally strive to excel and reach a higher level of educational satisfaction. We all want to be someone that anyone would feel comfortable talking to for some guidance at anytime. I have taken advantage of CSI's wonderful online video training to enhance areas that I am weak or would like to know more about.



Dr. Samuel Gladding & Pam Nee

CSI Important Links:

CSI Webinar for the Month:

<https://www.csi-net.org/events>

Mu Chi Alpha Website:

http://www.csi-net.org/members/group.aspx?code=mu_chi_alpha

CSI Career Center:

<http://www.csi-net.org/networking/>

CSI Counselors Corner:

http://www.csi-net.org/?page=Counselors_Corner



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Fun Fact:

The meaning behind the colors of the CSI Logo:

- White for virtue
- Blue for trustworthy
- Integrity for both

The wreath symbolizes honor encircling the Greek letters for high ideals



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If you have ideas or articles you would like to share please contact the editor



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