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Dear Fellow Loyola Counseling Students and Members of Chi Sigma Iota:

This month we wanted to bring you information about using mindfulness to deal with stress. We don't know about you, but this semester has been flying by, and between all of the assignments, jobs, and errands, we haven't had a second to breathe. So let's all take a minute... deep breath in, deep breath out, and repeat a simple mantra from Thich Nhat Hahn:

Breathing in, I calm my body
Breathing out, I smile
Dwelling in the present moment,
I know this is a wonderful moment

There now, isn't that better? As counselors in training, we know (theoretically) how important it is to take time to reconnect with ourselves and our emotions. In practice, though, who has time? William Faulkner once said, "Clocks slay time...time is dead as long as long as it is being clicked off by little wheels; only when the clock stops does time come to life." We hope you will find time to enjoy the beautiful weather before it's too late.

Sincerely,

The Board of Chi Sigma Iota

**CALENDAR OF
EVENTS**

November:

23-25: Thanksgiving Break

December:

9: Last Day of Classes

12-16: Final Exams

15: Graduation

Have a wonderful vacation!

January:

9: Classes Start

SPECIAL CONGRATULATIONS:

Dr. Cupit is expecting her first child on December 12th. Don't forget to come to the Big Room before November 30th to guess what day and time you think her child will be born. We wish her a speedy delivery!

Jokes:

Q: What do two psychologists say when they pass each other in the hall?

A: "You're fine. How am I?"

Q: How can anyone possibly believe in the collective unconscious?

A: It's easy if you're Jung at heart!

CALL FOR SUBMISSIONS:

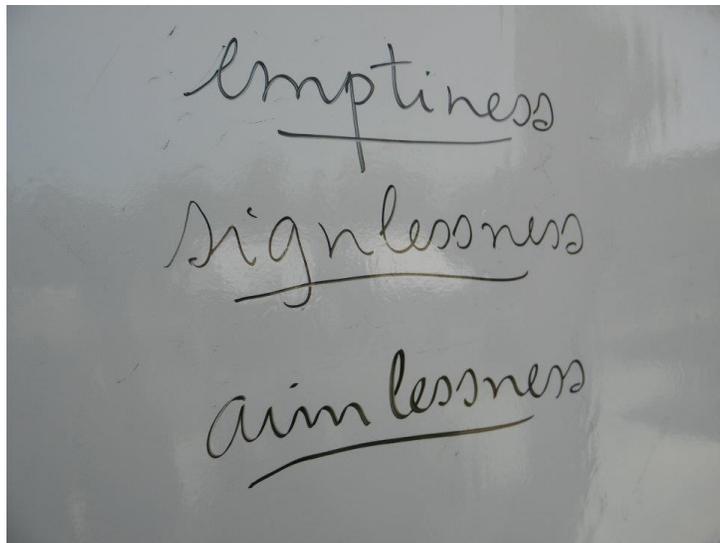
Is there a topic in counseling that you want to spread the word about? Here is your chance!

We are currently accepting article proposals for the next issue.

Send your ideas to aphillip@loyno.edu.

We look forward to hearing what you have to say!

NEWS AND ANNOUNCEMENTS



Loyola Counseling Department Raises \$1,488.72 for the National Alliance on Mental Illness

The Department of Counseling participated in the National Alliance on Mental Illness (NAMI) fundraising walk on Saturday, October 8th. Together, twelve students and faculty members raised \$1,488.72 to donate to NAMI New Orleans which provides mental health services and supportive services for affected families. After adding up the donations, Team Captain Matthew Watson, a second year student, commented, "I'm so proud and honored to be part of a team that showed that we're not simply going to school 9 hours a week just to get a degree, but actually care about our community and work on many levels, beyond those 9 hours, to do our part to improve mental health services for those who need it." The Counseling Department plans to participate in the walk next year and continue its community outreach efforts.



Check Out the Loyola Counseling Department On-Line
Facebook: Loyola Counseling
and Twitter: <http://www.twitter.com/LUNOCounseling>

DAY OF MINDFULNESS WITH ZEN MASTER THICH NHAT HAHN

Christine Bagala, Alison Phillips, and Jessica Alvendia traveled to the Magnolia Grove Monastery in Batesville, Mississippi, on Sunday, October 2nd, to participate in a Day of Mindfulness led by Zen Master Thich Nhat Hahn. According to his website: "One of the best known and most respected Zen masters in the world today, poet, peace and human rights activist, Thay (teacher) has led an extraordinary life. Born in central Vietnam in 1926, He was ordained a Buddhist monk in 1942 at the age of sixteen. Just eight years later, He co-founded what was to become the foremost center of Buddhist studies in South Vietnam, the *An Quang Buddhist Institute*."

During the retreat, Thich Nhat Hahn led a walking meditation followed by a discussion of the Diamond Sutra featured in his book, *Cultivating the Mind of Love* (selected by Dr. Justin Levitov for the Counseling Philosophy course). The retreat was an extraordinary opportunity to learn more about Buddhism and engage in mindful meditation.

NEW LANDRO SYSTEM

The Counseling Department is pleased to be utilizing a new video recording system to enhance the clinical practice training of students focusing on Play Therapy. The new Landro system was recently installed in the Play Therapy Center located on the second floor of Mercy Hall. It will be especially useful to students using client-actors to gain play therapy experience before starting Practicum and Internship. Landro allows student practitioners the opportunity to *review their own clinical sessions*, identifying effective techniques and analyzing techniques that require additional practice. Counseling students concentrating on Clinical Mental Health or Marriage and Family Therapy have benefitted greatly from the Landro system installed in the "fishbowl," a room with double-sided mirrors located on the second floor of Mercy Hall, as they have worked with client-actors. Now, students focusing on Play Therapy will receive the same benefits.

STUDENT PRESENTATIONS



Ali Rivera and Melody Baker did a poster presentation at LCA entitled *Using groupwork to help soldiers returning from combat.*



Ari Evans did a poster presentation at LCA entitled *Treating substance abuse and co-occurring disorders using Cognitive Behavioral Therapy.*



Christine Bagala and Alison Phillips did a poster presentation at LCA entitled *Using Existential group counseling with adolescents exhibiting pre-borderline symptomology.*



Caitlyn Galjour presented a workshop at LCA entitled *Wellness counseling for midlifers and older adults: Aging with a wellness lifestyle* with Dr. Foster. She also did a poster presentation entitled *Older adults and aging: Using Reminiscence group work to treat late life depression.*

Jill Glenney did a poster presentation at LCA entitled *The role of group therapy in the treatment of eating disorders in adolescents using rational emotive behavioral therapy.*



Lisa Chew presented at the Association for Counselor Education and Supervision National Conference in Nashville, TN, held October 26-30, 2011. Her presentation entitled *Tarasoff Thirty-Five Years Later: A Fifty State Examination of the Statutes and Legal Interpretations that Define the 'Duty to Warn' for Mental Health Professionals*, focused on providing an overview of the variations among the state laws regarding this important exception to confidentiality. She also presented with Dr. Christine Ebrahim in an educational session entitled, *Helping Female Counselor Educators: Balancing Career and Personal Life*. Both presentations went extremely well and Lisa was pleased to have had the opportunity to present twice at a national conference.



Counseling students Alison Phillips and Christine Bagala presented a workshop at the Illinois Counseling Association annual convention held in Chicago under the guidance of Dr. Thomas Foster. Their presentation entitled, *Using Existential Group Counseling With Adolescents Exhibiting Pre-Borderline Symptomology*, was well-received, with many audience members giving positive feedback. They were excited to have the opportunity to present their research regarding the connection between the existential givens of Death, Freedom, Isolation, and Meaninglessness and Borderline Personality Disorder symptoms. For a complete copy of their group manual, email aphillip@loyno.edu.

"There is no need to go to India or anywhere else to find peace. You will find that deep place of silence right in your room, your garden, or even your bathtub." -Elisabeth Kubler-Ross

I'm Up in the Gym Just Working on my Fitness, Beating Mental Illness...

By Mary DePartout

You may have noticed that the colder weather and shorter days of winter are having an effect on your mood. One way to combat the negative consequences of the season on your mental health is with exercise. Daniel Landers, Regents' Professor in the Department of Kinesiology at Arizona State University, wrote an article compiling the evidence on the benefits of exercise on mental health for the President's Council on Physical Fitness and Sports.

He reviewed the literature on dozens of meta-analyses that included hundreds of studies and thousands of participants, and presented the undeniable evidence that exercise is positively related to decreases in depression and anxiety. These meta-analyses looked at the relationships between exercise and anxiety, and exercise and depression. Landers assessed the results for exercise's effect on anxiety were best with aerobic exercise, after weeks of regular exercise, for those who are low fit to begin with, and for those who have high levels of anxiety to begin with. As for depression, results were best after weeks of exercise, when done several times a week, with more vigorous exercise, and for those who are more depressed.

Exercise is shown to be at least as effective as other commonly used treatments for anxiety and depression, plus it has additional health benefits. The positive effects of exercise may be noticeable as early as the first session and last beyond the exercise regimen has ended. Acute and chronic exercise can be used to both prevent and treat of mental illness. Landers also references studies indicating that the benefits of physical activity expand to positive mood, self-esteem, and restful sleep. Because of the rising cost of healthcare, exercise can be used in combination with or instead of other treatments for depression and anxiety.

So, if you're looking for a cost effective way of beating the winter blues, try heading over to the University Sports Complex to run on the track, swim in the pool, lift in the weight room, or take a free class. Personal trainers are available at \$30 for students as well. Find an exercise buddy if you need a little extra encouragement; many students in the department have already taken advantage of this perk included in your student fees!

Reference:

Landers, D.M., The Influence of Exercise on Mental Health. Arizona State University. Originally published as Series 2, Number 12, of the PCPFS *Research Digest*. December 1997.

University Sports Complex

Facility Hours

Monday - Thursday 6:30am - 10:00pm
 Friday 6:30am - 8:00pm
 Saturday 9:00am - 8:00pm
 Sunday 1:00pm - 8:00pm

Pool Hours

Monday - Friday 6:30am - 7:00pm
 Saturday 9:00am - 7:00pm
 Sunday 1:00pm - 7:00pm

Group Exercise Schedule

The below schedule is effective Monday, August 29 - Friday, December 16 2011 (subject to change).

- All classes are FREE with ID showing current validation sticker.
- *Yoga and Piyo are being offered FREE Monday, October 24 - Thursday, December 1 (normally require advanced registration and a fee).
- 7:00am and 7:45am classes do not occur when the gym opens at 9:00am (please make sure to check the facility schedule).

Time/Area	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am Aerobics Room	Yogalet (Darlene)	*PiYo (Julie)	Yogalet (Darlene)	Cardio/Strength Fusion (Taylor)	
12:00pm Aerobics Room	Step (Judy)		Step (Judy)		Step (Judy)
12:30 Aerobics Room		*Yoga (Lela)		Mustle Hustle (Taylor)	
1:00pm Pool	Water Workout (Janna)		Water Workout (Janna)		Water Workout (Janna)
5:00pm Aerobics Room		*Iyengar Yoga (Susan)		Disco Sculpt (Lela)	
6:00pm Aerobics Room	Aerobic Fitness (Mary)		Aerobic Fitness (Mary)	*Yoga (Lela)	
6:30pm Aerobics Room		Zumba (Jaime)			
7:00pm Aerobics Room					

MUSIC AND LIFE

BY CHRISTINE BAGALA

I have one goal in pursuing my education: I want to be an effective counselor. I do not want to pursue this profession unless I know that I will truly help clients. Of course, all counseling students share this goal, yet I wonder if all realize the importance of caring for themselves before they can help others. When I look around at my peers I notice a common trend: stress. If counselors begin to see their work as simply a source of income rather than a lifestyle, where is our profession headed? Counselor educators encourage a wellness lifestyle, yet the majority of counseling students struggle to achieve a healthy way of life because of the difficulties of being a graduate student.

We live in a society where a pressure exists to constantly keep going and going. Personally, I grew up in a family that only intensified this drive. My parents demanded the highest achievement. I began working twenty hours a week at restaurant jobs when I was sixteen and working full time during summers. High stress has been part of my life for years. I remember an incident during my senior year of high school where I complained to my father that it was hard for me to watch my friends having fun and making the most of their senior years while I was working. He sympathized, and told me that one day I would understand and be grateful for these sacrifices. Seven years have passed and that day has still not come. Unfortunately, I feel that my story is not unique. Our program is filled with high achieving individuals, so stress must be a predominant part in everyone's lives. Is all of this stress completely necessary? I believe that personal development and progress are admirable and necessary goals, but are we going about achieving these goals in an unhealthy way?

For example, despite my passion for the study of health and the human psyche, I drove myself to misery during my first semester in graduate school. Like most of my peers, I spent every minute of my spare time working. I took out the maximum amount of government loans and quickly spent all of them on tuition, books, and moving expenses. I worked 30-35 hours weekly, usually until midnight while attending school full time in an attempt to pay my bills. Additionally, although I desired a healthy lifestyle, I did not eat nutritiously because of my lack of time and money. Although my education proceeded during this busy semester, my personal development came to a halt. I allowed no time for hobbies. I possessed no healthy way to cope with my stress or clear my mind. I realize that this lifestyle is common for graduate students, yet it took its toll on me. Not only did I develop stomach ulcers and breathing difficulties from the stress, my relationships suffered and my friends found me unpleasant to be around.

I called myself an existentialist, yet on a daily basis I put off my health and happiness for the distant future. I have always valued the beauty in the world, but at this point I had arrived at a place where I did not even allow myself the time to eat meals, much less notice the life around me in every moment. I placed pressure on myself to live a fast-paced life in order to feel productive. I left no time for any encounters in life, not even with those closest

to me. Not only did I make myself miserable, I impeded my ability to be a good counselor. I needed to change. Paradoxically, my education is what led me to realize that this change needed to occur. When I read this sentence by Thich Nhat Hanh in Dr. Levitov's philosophy class, it shook me, "If we look around, we see many people who are already like dead persons, carrying their own dead bodies on their shoulders." This was me, and the worst part was that I was not even sure why I was living this way. Many of my actions actually worked against my psychological health. Why did I think that just because of my status as a graduate student that I must destroy my body with stress? I initially chose Loyola because I wanted the best education, yet at this point, I was wasting my money. My lifestyle aimed for achieving a *degree*, not an *education*.

My coursework at Loyola and personal reading compelled me to break the cycle of stress in my life. Our counseling program stresses the importance of personal growth; "one of the program's core beliefs is the effective professional counselor preparation requires a continuous blend of three types of learning: academic learning, experiential learning, and learning about one's self," yet my personal development had come to a halt. I decided to take the summer off from classes and get to know myself and my country a little better.

With my car, a backpacking tent, five hundred dollars, and a single backpack of supplies I left Louisiana. I possessed no vision for the summer; rather I surrendered myself to fate, having faith that if I was in the correct state of mind my journey would take me where I needed to be. I vowed to get out of my comfort zone as often as possible. While my peers read about multiculturalism from a textbook, I lived it. Of course, I was not in foreign countries, but I was meeting people in our own land from various backgrounds and lifestyles. Poor and basically homeless, I walked in the shoes of many people I had previously judged. Depending much on the grace of other humbled me, and taught me about the love that exists in the world. It also put me in a place to learn about many people whom I would not normally have associated closely with. How many important encounters had my judgmental nature and ignorance previously excluded me from?

Although I witnessed endless kindness, generosity, and selflessness, I also faced many serious challenges. Being alone in an unfamiliar part of the country, I quickly learned self-reliance. My safety rested on my ability to maintain a calm state of mind. Despite this pressure, life-threatening stressors seemed simple. I never once felt overwhelmed. I always saw options. I was shocked with how easy it was for me to go with the flow when I felt happy and trusted myself. I found it surprising, but when I threw myself to the wind, rather than trying to control a situation with stress, things naturally worked themselves out. I had never experienced this before, because I had been too afraid to let go. I soon realized that for the first time in my life, I possessed a completely clear mind. People seemed drawn to this (CONTINUED).

On my trip I underwent “stress detox.” I ate well and exercised regularly. I pursued hobbies: I read constantly and wrote. I researched Buddhism and human consciousness. I practiced discipline: waking up at 8am every morning and meditating daily. Powerful changes resulted. I reached a place where I was capable of noticing the magic in the world around me. I became less cynical. My acid reflux subsided and I was able to stop taking daily stomach medicine. I never got so much as a runny nose, despite sleeping outside many nights. During my travels I fell in love with California, and spent much longer than anticipated in San Diego. On the last day before I left San Diego for Louisiana I saw a bumper sticker that read, “RIP Brian: Rest in paradise.” This choice of the word paradise stood out to me. The majority of my thoughts that day had previously focused on how sad I felt preparing to leave my personal paradise. How could someone live in this amazing place and still feel they had to die to reach paradise? Then I realized, just like Brian, I have lived in paradise my whole life, and never allowed myself to notice it. Why do people feel that they must put off their

happiness for the future, for after death? How are we so sure that paradise isn’t simply a state of mind? What if we simply must allow ourselves to see it? How many people miss their chance to truly live?

Thich Nhat Hanh writes, “You do not have to die to enter the kingdom of God. In fact, you have to be alive to do so.” I strongly believe that committing one’s self to becoming a counselor is a decision that should affect one’s lifestyle, not simply one’s academic performance. Therefore, it is equally important to pursue development outside of the classroom as it is to pursue development inside the classroom. A large part of this is demanding wellness in every avenue of life. I encourage everyone, do not get so bogged down by everyday stressors that you forget the reasons you first applied for this program.

“Health is a state of complete physical, mental, and social well being, and not merely the absence of disease or infirmity.” -World Health Organization, 1948



Nate’s Calming Stress-Free Relaxation Corner

By Nate Koch

How you react to stress may influence the relaxation technique that works best for you:

Stress Response

Overexcited

Symptoms

You tend to become angry, agitated, or keyed up under stress

Best Relaxation Technique

You may respond best to relaxation techniques that quiet you down, such as meditation, deep breathing, or guided imagery

Under excited

You tend to become depressed, withdrawn, or spaced out under stress

You may respond best to relaxation techniques that are stimulating and that energize your nervous system, such as rhythmic exercise

Frozen (both overexcited and under excited at the same time – like pressing on the brakes and gas simultaneously)

You tend to freeze: speeding up in some ways while slowing down in others

Your challenge is to identify relaxation techniques that provide both safety and stimulation to help you “reboot” your system. Techniques such as mindfulness walking or power yoga might work well for you

Deep Breathing Meditation

The key to deep breathing is to breathe deeply from the abdomen, getting as much fresh air as possible in your lungs. When you take deep breaths from the abdomen, rather than shallow breaths from your upper chest, you inhale more oxygen. The more oxygen you get, the less tense, short of breath, and anxious you feel.

- Sit comfortably with your back straight. Put one hand on your chest and the other on your stomach.
- Breathe in through your nose. The hand on your stomach should rise. The hand on your chest should move very little.
- Exhale through your mouth, pushing out as much air as you can while contracting your abdominal muscles. The hand on your stomach should move in as you exhale, but your other hand should move very little.
- Continue to breathe in through your nose and out through your mouth. Try to inhale enough so that your lower abdomen rises and falls. Count slowly as you exhale.

Reference: http://helpguide.org/mental/stress_relief_meditation_yoga_relaxation.htm

Have a wonderful holiday break Loyola Counseling Department!

Sincerely,

The Alpha Phi Chapter of Chi Sigma Iota