



ALPHA PHI CHAPTER OF CHI SIGMA IOTA

LOYOLA UNIVERSITY NEW ORLEANS

VISIT OUR WEBSITE: css.loyno.edu/counseling JOIN US ON ORGSYNC: Alpha Phi Chapter of Chi Sigma Iota
FRIEND US ON FACEBOOK: Loyola Counseling FOLLOW US ON TWITTER: Loyola Counseling

February 2014

INSIDE THIS ISSUE:

- Page 1 Letter from the Board
Calendar of Events
CSI Eligibility Guidelines
Reminders
Call for Submissions
- Page 2-6 Announcements
- Page 7-9 Submissions
- Page 10-11 Events
- Page 12 Lagniappe

LETTER FROM THE BOARD . . .

Greetings!

Welcome back current faculty members, students and a big hello to Dr. John Dewell and incoming students!

There are many exciting things to look forward to within our department: CSI after-hours and service events, the annual crawfish boil, the department's 45th celebration, and many local and national conferences. Aside from within, the city of New Orleans will be entering an electrifying season of Mardi Gras and soon after, weekends will be filled with a variety of great festivals to attend. Can you feel the warm sun? Hear the music?

I know we have heard those famous words... "Find a way to implement self-care" from the time we enter the program at the new student orientation, during class discussions, and as you enter your clinical experience. Suddenly, you are sitting in group supervision at your Practicum site during check-ins while listening to other students discuss their yoga and green tea routines, half-marathon accomplishments, and daily built in guided meditation exercises. You reflect on your own practice of self-care and you think, "Oh no!"

Don't let it be you. I hope that everyone will take the opportunity to embark on some much needed and well-deserved self-care. Here are some things to get you started: 1. Identify what activities make you feel your best, 2. Put it on your calendar—in ink! (Can you believe that we need to make an appointment with ourselves?), 3. Know when to say no (Seriously), 4. Just like we check in with our clients, we should regularly check-in with ourselves and assess the things that are working and those that are not, 5. Develop a practice that exercises your mind and soul, however you define that. 6. Oh, and service events. (Who doesn't like giving back to the community alongside delightful peers? It's a great experience!)

Finally, a big thank you to everyone who has participated in the hygiene kit drive for the Salvation Army, the Beagle Freedom Project, and 'Service Saturday' with the LA/SPCA. One of many unique characteristics of our department includes the tremendous amount of generosity, time, and energy that students bring to the community through service events. I am more than happy to hear any ideas you have for a service event. There are many more opportunities to get involved, so stay tuned y'all!

Warmly,
Nina Stewart
President-Elect, Chi Sigma Iota: Alpha Phi Chapter



Calendar of Upcoming Events

February

- 5: Prac/Internship Applications Due
- 24: CSI After Hours

March

- 3-7: Mardi Gras Break, No Classes
- 6-8: LAMFT Conference
- 21-22: LAPT Conference
- 22: MS Walk
- 24: Spring & Fall Advising begins
- 27: After Hours
- v31: Spring & Fall Registration begins

April

- 4: Comps Examination, 9am—1pm
- 5: Department Crawfish Boil!
- 10: 45th Anniversary Celebration
- 12: NCE, 8am—1pm
- 14-21: Easter Holiday, No Classes
- 30: Last day of Classes

We will continue to collect hygiene Kits for the Salvation Army. If you would like to donate, please fill a Ziploc bag with these travel size products: shampoo/ conditioner, bath soap, deodorant, hair brush, toothbrush, and toothpaste.
Thank you!

Volunteer Opportunity!

Ms. Nina Stewart is looking for 2-3 volunteers who are committed to dedicating a few hours on a Sunday for this very worthy cause. The event will be the 2nd Annual Hats on to End Child Abuse, hosted by The Audrey Hepburn CARE Center. This event helps raise funds that benefit victims of child abuse and maltreatment. Please contact Nina if you are interested in volunteering. (Due to the limited number of spots, serious inquiries only please.)

March 30, 2014, 12-4pm
Fairgrounds Race Course and Slots
1751 Gentilly Boulevard, NOLA 70119
Nina - alstewa2@loyno.edu

Chi Sigma Iota Eligibility

Students are invited to join CSI during the Fall and Spring Semesters. Consideration is based on the following criteria from our chapter by-laws:

4.1 The following shall be deemed eligible for membership in the Society through endorsement of their chapter:

4.1.1 Students: Those students who are enrolled in a counselor education program leading to graduate degrees (Master's, specialist, or doctorate).

4.1.1.1 They shall have completed the equivalent of at least one full academic term (semester or quarter) of counseling courses carrying approved graduate credit as defined by the institution and are deemed promising for endorsement as a professional counselor whose ethical judgment and behavior will be exemplary.

4.1.1.2 They must have maintained an overall scholastic grade point average of 3.5 or better (on a 4.0 system), or the equivalent, while enrolled in the program.

Call for Submissions

Is there a topic in counseling that you want to spread the word about?

This is your chance! We want to hear it!

We are always accepting article proposals for the next issue.

Send your ideas to Bri Cortez at bcortez@loyno.edu.





ALPHA PHI CHAPTER OF CHI SIGMA IOTA

LOYOLA UNIVERSITY NEW ORLEANS

VISIT OUR WEBSITE: css.loyno.edu/counseling JOIN US ON ORGSYNC: Alpha Phi Chapter of Chi Sigma Iota
FRIEND US ON FACEBOOK: Loyola Counseling FOLLOW US ON TWITTER: Loyola Counseling

February 2014

ANNOUNCEMENTS

INTRODUCING:

DR. JOHN DEWELL, ASSISTANT PROFESSOR



Dr. Dewell earned his M.A. from James Madison University and his Ph.D. from the College of William and Mary...but only after earning his B.A. from our very own Loyola University New Orleans! As a self-proclaimed “counseling nerd,” Dr. Dewell has a passion for teaching, supervising and mental health. He joined our department as Assistant Professor this semester and we couldn’t be more thrilled to have him. So thrilled, in fact, that Stephanie Spengel decided to flood Dr. Dewell with an interesting 21 Questions interview! Here’s what he had to say:

What’s the scariest thing you’ve ever been through/done? The birth of my first child — my daughter. “I didn’t do anything but it was terrifying for me. It was a C-Section, and I was terrified for my wife.”

Do you have any superstitions? Not really. I wear the same Saints jersey every game and I have for 6 years or so. And I don’t wash it during the season.

What was the last DVD you purchased? Does “Group Techniques” count? Haha, I haven’t bought a DVD in forever, probably since the 90’s. The last one given to me was Inception.

How do you feel about Harry Potter? A) Yeah, I’m okay with it. I had pneumonia once and I read the first 3 books in two days. B) He has a good friend whose sister passed away in a car accident recently and it was their sibling thing to be connected through Harry Potter, now it has also become his.

If you were a super hero, what powers would you have? I would probably be able to read people’s minds.

What would your super hero outfit look like? What I used to wear as a kid: a pair of Underoos with super hero logos on them. Maybe with a blue band? And a typical cape to go along with it. I’d probably smoke a pipe as well.

What would your hero name be? It’s gotta be Professor something right? I mean, if I’m running around in my Underoos, smoking a pipe, and reading people’s minds it’s gotta be something interesting right? Alright, how about Professor Pantalones. Because my daughter recently learned the word, and she often screams “No Pantalones!” And if I’m not wearing pants for my outfit., that works as well.

What’s your lucky number? 16

What’s your zodiac sign? July 23: Leo

Can you name all 50 United States in one try? Yeah, I probably can

If you could be any tree, what tree would you be? Not a pine tree! An oak tree, but I would have to have lots of nobby roots that come up right around me. Like the tree of life by the Fly.

If you could be any animal, what would you be and why? A male orangutan

How do you feel about Skittles replacing lime with green apple (gross)?

I hate Marshawn Lynch (RB for Seattle, and they beat the Saints) — and he eats Skittles like crazy. That’s my association with that.

Do you collect anything? No, not categorically

Have you ever had a disastrous interview? Um, probably. I can’t think of one though.

What’s the most embarrassing thing that’s ever happened to you? I had a panic attack in this building once in my undergrad when I was about to give a group presentation on drugs and society. It was very embarrassing at the time. I had to leave because I was the third person to present..One of the group members said “You didn’t come back so I just started dancing.” I’ll never forget that that was his response.

Do you wear socks with sandals? No, not often. But I kind of like the style. It’s kind of like Ice Cube in the 90s. I don’t do it, but I am a fan of it. My wife would make fun of me if I did.

What song best describes you? I really like music, that’s a really hard question. I would have to make you a playlist, I can’t just say one song.

If you could have a conversation with one person from history, who would it be and why? I would go with someone like Buddha, but he probably wouldn’t talk very much. I would have to go with Lao Tzu- He was the keeper of all sorts of knowledge. One day he decided life wasn’t for him and he walked out into the dessert to die. He had to cross the Great Wall of China and was stopped by a guard who would not let him leave because he knew everything. He made a deal, he should be able to leave if he wrote down everything he knew, and he did.

How often do you check your Facebook? I haven’t looked at Facebook in about 5+ years. Yeah, that’s probably not true, I looked at it once a little while ago. In the last 5 years though, probably once or twice.

What are you most excited about working at Loyola? I’m really excited about just being here in general. I’m most excited about being a part of a program who seems to really care about its students and trains good practitioners who are critically thinking about the world.

— Interview by Stephanie Spengel

We are very happy to welcome you to our department, Dr. Dewell, and we are confident that you will be a wonderful asset to the program. Welcome back to New Orleans!



ALPHA PHI CHAPTER OF CHI SIGMA IOTA

LOYOLA UNIVERSITY NEW ORLEANS

VISIT OUR WEBSITE: css.loyno.edu/counseling JOIN US ON ORGSYNC: Alpha Phi Chapter of Chi Sigma Iota
FRIEND US ON FACEBOOK: Loyola Counseling FOLLOW US ON TWITTER: Loyola Counseling

February 2014

ANNOUNCEMENTS CONTINUED

INTRODUCING:

YOUR SPRING 2014 COUNSELING DEPARTMENT GRADUATE ASSISTANTS



Anna Edelman



Lynsey Hinnenkamp



Stephan Jemmott



Tracy Kinamore

Chloe Kingery



Polly Pillen



Kaitlin Short



Stephanie Spengel

Nasima Khan Receives a Fully Funded Trip to the ACA Conference in Hawaii!

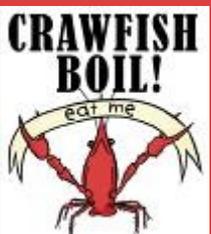
Yep. You read it correctly. Several months ago we found out that Nasima Khan was accepted to present at the American Counseling Association Conference which is scheduled to take place March 27-30 in Honolulu, Hawaii. As a member of CSI, we knew that Nasima could apply for funds to help her finance the trip. After working closely with SGA, Nasima was graciously awarded the funds which includes everything...airplane, transportation, hotel, and food. A funded trip was what we were hoping for, but a fully funded trip is nothing short of awesome! We are very happy for Nasima and even happier to say that this is just one of the direct benefits of CSI membership. Your CSI Board wishes you the best of luck, Nasima Khan!

ACT Study Group

Maria Cicio has initiated a study group for Loyola University Counseling Students to discuss Acceptance & Commitment Therapy (ACT). If you are interested in learning more about ACT and would like to partake in this opportunity, please contact Maria.

mcaida29@gmail.com

Fun, sun, and crawfish!



Our annual department crawfish boil will be upon us before we know it. It's a great opportunity to mingle with classmates, professors, and the significant people in their lives. Keep your eyes open for an email or a signup sheet as we will have those out as the event nears. For many of us, this is our favorite aspect of Spring in New Orleans. Never eaten crawfish before? No problem, we love to tutor! Please consider joining us. It's sure to be fun!

April 5, 2014 at the Fly
(along the Mississippi River, behind Audubon Zoo)

The annual MS Walk is scheduled to take place **March 22 at 9am** in Audubon Park. The MS Walk helps raise support and awareness for Multiple Sclerosis.



Register or donate here:

http://main.nationalmssociety.org/site/TR/Walk/LAMWalkEvents/1880095363?pg=team&fr_id=22829&team_id=362466



ALPHA PHI CHAPTER OF CHI SIGMA IOTA

LOYOLA UNIVERSITY NEW ORLEANS

VISIT OUR WEBSITE: css.loyno.edu/counseling JOIN US ON ORGSYNC: Alpha Phi Chapter of Chi Sigma Iota
FRIEND US ON FACEBOOK: Loyola Counseling FOLLOW US ON TWITTER: Loyola Counseling

February 2014

ANNOUNCEMENTS CONTINUED



Louisiana Association for Marriage and Family Therapy



Congratulations to **Prof. Kevin Foose, Dr. Justin Levitiov, Nina Stewart, and Bri Cortez!**
They were accepted to present their topic
“When Parenting and Partnering Collide.”

2014 LAMFT Annual Conference
“Healing From Relationship Trauma”
When: **March 6th-8th, 2014**

Congratulations to
Maria Cicio, Prof. Kevin Foose, Dr. Justin Levitiov!
They were accepted to present their topic
“Differentiation Through the Lens of Mindfulness.”

Where: Renaissance **Baton Rouge, LA**
Registration: <http://www.lamft.org/clinicians/conferences>



LAPT - Louisiana Association for Play Therapy

To promote the value of play, play therapy, and credentialed play therapists.



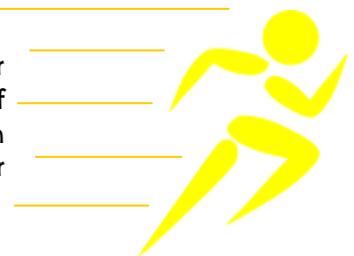
Congratulations to **Stephanie Garcia**
as she was accepted to present a poster
at the upcoming LAPT Conference!

2014 LAPT Annual Conference
“The Many Faces of Play Therapy”
When: **March 21-22, 2014**

Where: Loyola University New Orleans
Registration Info: <http://www.la4pt.org/2014%20LAPT%20Conference%20Brochure.pdf>

CONGRATULATIONS, MARIA!

Maria Cicio competed in and completed her first marathon on November 10, 2013 in Pensacola, Florida. She finished 25th overall with a time of 3:18:43; she was the 5th overall female finisher and 1st female finisher in her age group (35-39). Four months of training really paid off, and her finishing time qualifies her for the Boston Marathon in 2015!



Alumni Update

Rebecca Aponte-Rivera, M.S., LPC graduated from our program in 2008. Since that time, she’s been quite busy! Here’s a snippet of what she’s been up to:

Current/New Careers: “I’m currently working in Puerto Rico as a counselor at a private school in San Juan; serving on the Board of Directors of a professional dance school affiliated to a local college (www.coda21pr.com); and I’ve created two social projects through that school/company: the Spotlight Kids Workshop (for children with disabilities), and ArteSuficiente — a personal and professional development program for low-income Hispanic women, some who are domestic violence survivors.”

Professional developments: “[I am] currently working on a domestic violence manual translation for Dr. Kevin Fall and I’ve worked as a volunteer with The National Guard’s Yellow Ribbon program. I might start my PhD in social work next August.”

It is wonderful to hear from an alumni who was come so far in the field. Congratulations, Rebecca.
We wish you well on your continued endeavors!



ALPHA PHI CHAPTER OF CHI SIGMA IOTA

LOYOLA UNIVERSITY NEW ORLEANS

VISIT OUR WEBSITE: css.loyno.edu/counseling JOIN US ON ORGSYNC: Alpha Phi Chapter of Chi Sigma Iota
 FRIEND US ON FACEBOOK: Loyola Counseling FOLLOW US ON TWITTER: Loyola Counseling

February 2014

ANNOUNCEMENTS CONTINUED

Engagements

Sean Tate
&
Ariel White



Jenn Glynn
&
Andy Mau



Kaitlin Short
&
Oliver Galicki

New Parents

Justin & Jess Nystrom
welcomed
Virigil Armstrong
on December 4, 2013
At 11:00pm
8lbs 7oz, 21inches



Stephanie Robinson
welcomed
Hatten Renee'
on December 8, 2013
at 12:37pm
7lbs 7oz



Practicum & Internship Students and Their Sites

Are you interested in a specific site? Talk about it with someone who's there now!

- | | | | |
|---|--------------------|---|-------------------|
| Broadmoor Community Care | Tina Robinson | Family Services of Greater N.O. (St. Bernard) | Katie Bowman |
| Cabrini High School | Becca Bourgeois | Kingsley House | Laura Beatty |
| Counsel on Alcohol & Drug Abuse (CADA) | Justin Genovese | KIPP Central City | Michelle Gay |
| Counsel on Alcohol & Drug Abuse (CADA) | Kerry Hagerty | KIPP Central City | Sean Tate |
| Celebration Hope Center | Lizza Ieromazzo | Lazarus House | Rae Jacobson |
| Celebration Hope Center | Neema Murimi | LSU Play Therapy Center | Stephanie Garcia |
| Dillard University | Lauren Finan | Plaquemines Community CARE | Jesse Roessler |
| Family House | Leigh Boyer | Trinity Counseling & Training Center | Molly Sanders |
| Family Service of Greater Baton Rouge | Brandy Craig | Trinity Counseling & Training Center | Frances Rodriguez |
| Family Services of Greater N.O. (Canal St.) | Nina Stewart | Trinity Counseling & Training Center | Peter Santos |
| Family Services of Greater N.O. (Harahan) | Summer Keenan | Trinity Episcopal School | Gayle Guillory |
| Family Services of Greater N.O. (Harahan) | Richelle Stansbury | | |



ALPHA PHI CHAPTER OF CHI SIGMA IOTA

LOYOLA UNIVERSITY NEW ORLEANS

VISIT OUR WEBSITE: css.loyno.edu/counseling JOIN US ON ORGSYNC: Alpha Phi Chapter of Chi Sigma Iota
FRIEND US ON FACEBOOK: [Loyola Counseling](#) FOLLOW US ON TWITTER: [Loyola Counseling](#)

February 2014

ANNOUNCEMENTS CONTINUED

Spotlight on new classmates



Semonne' Aguilard

My interests include investigating the effects of family support and positive environmental stimulation on youth considered to be at risk, and how children's perception of family contributes to delinquent behavior. Also, I would like to create programs and organizations to empower at risk youth and their families who often live in impoverished environments. Upon completion of my degree, I plan to become a Licensed Professional Counselor and become the director of a private practice in the future.

I was born and raised in New Orleans. While I love this city, there is always room for improvement (especially access to resources and mental health services).

Loyola's Counseling Department is, by far, the best I know of. The holistic approach and the dedicated faculty and staff will prepare me for a career in counseling.

Fun fact: I am a music head and I love festivals!



Lanier Clement

I am interested in working with at-risk youth in attempt to decrease the crime rate in New Orleans. I think I would also enjoy working in a school or correctional institute setting.

I am enrolled in the Criminal Justice/Clinical Mental Health Counseling Dual Master's Program and loving it!

Fun Fact: I can ski backwards down a mountain!

Jennifer "Jenn" Glynn

Because I teach three year olds at the Whelan Children's Center on campus, right now my heart is working with children. I am interested in play therapy and school counseling but look forward to expanding my interests to other populations and techniques.

I am originally from Scottsdale, AZ. I moved to New Orleans in 2004 and never looked back. I am in love with the city and its personality. As for my thoughts about the Counseling Department so far, I'll be repetitive: I'm in love with it. I've never felt so relaxed, welcomed, and motivated all at the same time in a classroom setting before. From what I can tell, this is truly a unique experience and I am thrilled to be a part of it.

When I was in fifth grade we had to give a report/presentation on the state of our choice. I presented a state report for Idaho in a potato costume that my mother had sewn up; it was pretty much a child's pumpkin costume, just in brown. I have worn this potato costume every Halloween for the past 10 years and occasionally one day of Mardi Gras if you're lucky.



Nada Habashi

My goal is to work with children at risk, probably as a play therapist.

I love New Orleans and the people here are very friendly, the counseling department has the amazing family atmosphere :)

Jumped off a plane. "True/False?" I know how to ride a bike. "True/False?" Addicted to video Games. "True/ False?"



Jen Price

I am really excited to explore different areas of counseling. I have always been fascinated with the structure and dynamics of families so as it is right now family/marriage therapy. Before entering the program I had been working with the homeless for a few years so whatever track of counseling I end up pursuing, I hope to keep some sort of connection to the homeless and the extreme lack of mental health services available to transient populations.

New Orleans is a beautifully vibrant city. And to be honest so is the Counseling Department. Its not easy moving to a new city and starting over again but everyone in the program has made it an incredibly easy and exciting transition.

Fun fact: I have been an avid thrifter before Macklemore made it a cool. -I run half marathons to balance my buffalo chicken intake.

Tara Subaiya

As of now, I would like to be a family and marriage therapist and get a PhD, so I can teach and conduct research as well!

I am a New Orleans girl and love everything about my hometown!

Fun fact: I am a sushi addict and love the color pink.



Mark Winter

I am pursuing my M.S. to focus on PTSD treatment of Veteran and military contractor population

This program is stimulating, and very different than my past experiences in the mining and oil businesses.

Fun Fact: I am involved in the Symphony Chorus of New Orleans, WRBH radio, Touro Infirmary and the Audubon Institute.

Not featured: [Raemona Seeman](#)



ALPHA PHI CHAPTER OF CHI SIGMA IOTA

LOYOLA UNIVERSITY NEW ORLEANS

VISIT OUR WEBSITE: css.loyno.edu/counseling JOIN US ON ORGSYNC: Alpha Phi Chapter of Chi Sigma Iota
FRIEND US ON FACEBOOK: Loyola Counseling FOLLOW US ON TWITTER: Loyola Counseling

February 2014

SUBMISSIONS

What's on my future-counselor bookshelf?

By Kaitlin Short
CSI Secretary, Graduate Assistant

The closer I get to going out into the "real world," the more I realize...hmm, I should probably become better versed in literature other than my textbooks and products of my EBSCOhost searches. So, here's (a snippet of) the product of my Amazon Prime binge (free two day shipping is just a luxury, but also dangerous) — all of which I highly recommend!

***Language in Thought and Action* by Hayakawa and Hayakawa**

This book is centralized on the role of language, its functions, and how it affects pretty much everything we do in very deep ways that we may not recognize. Not exactly 100% counseling related, but pertinent nonetheless!

***Proof of Heaven* by Eben Alexander**

Huge shout out to Chloe Kingery for recommending this one (she knows the AUTHOR, y'all). This is a first-hand account of a neurosurgeon's near-death experience, and has opened my eyes so much to the idea of differing perceptions about death and what happens afterwards, which I'm sure we'll run into with a client in one way or another. Whatever your views are on death and after, this book is incredible.

***A Way of Being* by Carl Rogers**

Person-centered realness. Need I say more?

***Man's Search for Meaning* by Viktor Frankl**

Please don't judge me for just getting to this one. I'm sorry. This is Frankl's account of his experience in concentration camps during the Holocaust and its atrocities...but also his resulting conclusions that inform much of his later-developed logotherapy.

***Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change* by Hayes, Strosahl, and Wilson**

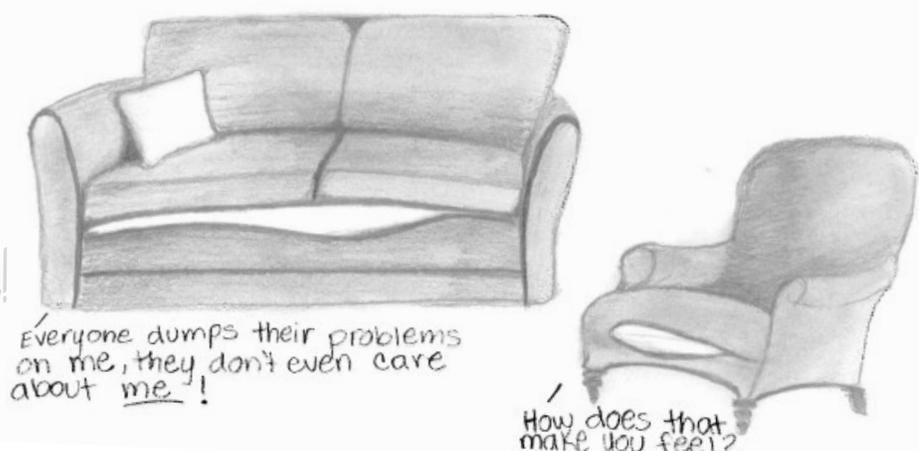
Recommended by Maria Cicio, I am so hooked on reading more about ACT. With elements of behavioral techniques and influenced by aspects of mindfulness, I'm intrigued and want to know more.

***On Being a Therapist* by Jeffrey Kottler**

Kevin Foose suggested looking into this one and I am forever grateful. Kottler goes into the challenges that we may experience as clinicians, even going into the stuff that maybe we don't want to talk about out loud for fear of sounding unprofessional, feeling like we're hypocrites to our clients or internally overly-judgmental of them, and so on. Trust me — this is a fantastic addition to your bookshelf, Kindle, desk, nightstand, etc.



This comic was
created by
Tracy Kinamore!





ALPHA PHI CHAPTER OF CHI SIGMA IOTA

LOYOLA UNIVERSITY NEW ORLEANS

VISIT OUR WEBSITE: css.loyno.edu/counseling JOIN US ON ORGSYNC: Alpha Phi Chapter of Chi Sigma Iota
FRIEND US ON FACEBOOK: Loyola Counseling FOLLOW US ON TWITTER: Loyola Counseling

February 2014

SUBMISSIONS CONTINUED

An excerpt from Thomas Merton's "Letters to a Young Activist"

Do not depend on the hope of results. When you are doing the sort of work you have taken on you may have to face the fact that your work will be apparently worthless and achieve no result at all, if not perhaps results opposite to what you expect. As you get used to this idea, you start more and more to concentrate not on the results but on the value, the truth of the work itself. And there, too, a great deal has to be gone through, as gradually as you struggle less and less for an idea, and more and more for specific people. The range tends to narrow down, but it gets much more real. In the end, it is the reality of personal relationships that saves everything.

You are fed up with words, and I don't blame you. I am nauseated by them sometimes. I am also, to tell you the truth, nauseated by ideals and with causes. This sounds like heresy, but I think you will understand what I mean. It is so easy to get engrossed with ideas and slogans and myths that, in the end, one is left holding the bag, empty, with no trace of meaning left in it. And then the temptation is to yell louder than ever in order to make the meaning be there again by magic. Going through this kind of reaction helps you to guard against this. Your system is complaining of too much verbalizing, and it is right.

...The big results are not in your hands or mine, but they suddenly happen, and we can share in them, but there is no point in building our lives on this personal satisfaction, which may be denied us and which after all is not that important.

The next step in the process is for you to see that your even thinking about what you are doing is crucially important. You are probably striving to build yourself an identity in your work, out of your work and witness. You are using it, so to speak, to protect yourself against nothingness, annihilation. That is not the right use of your work. Think of this more and gradually you will be free from the need to prove yourself, and you can be more open to the power that will work through you without your knowing it.

— submitted by Polly Pilsen

Incarceration and Mental Illness

I recently came across a very interesting article, "Mentally Ill Are Often Locked Up In Jails That Can't Help" by Laura Sullivan. (<http://www.npr.org/2014/01/20/263461940/mentally-ill-inmates-often-locked-up-in-jails-that-cant-help>) In the article, Sullivan describes the bleak atmosphere that surrounds the incarcerated mentally ill. This is a population that would likely fare much better in a psychiatric hospital where they could properly be assessed, counseled, treated, and medicated. Instead, they have been criminalized and harshly sentenced to hard time in facilities that are ill equipped to successfully help them.

This fantastic quote by David I. Bruck sums it up perfectly: "We tell ourselves that we convict and punish criminals to hold them responsible for the harm that they have chosen to inflict on others. But what about an offender who is actually not responsible due to severe mental illness? Punishing him — with the especially harsh sentences that characterize the American criminal justice system — carries no moral message. It just hurts and degrades someone who could have been any of us, or anyone we love."

This is a topic that sits very near to my heart. I hope that we, as counselors, can remember to consider the challenges faced by those who are incarcerated and suffering from mental illnesses.

~ Marinn Mehtens



ALPHA PHI CHAPTER OF CHI SIGMA IOTA

LOYOLA UNIVERSITY NEW ORLEANS

VISIT OUR WEBSITE: css.loyno.edu/counseling JOIN US ON ORGSYNC: Alpha Phi Chapter of Chi Sigma Iota
FRIEND US ON FACEBOOK: Loyola Counseling FOLLOW US ON TWITTER: Loyola Counseling

February 2014

SUBMISSIONS CONTINUED



For most of us, a new year begins with a list of resolutions. By the middle of January, most of us have let go

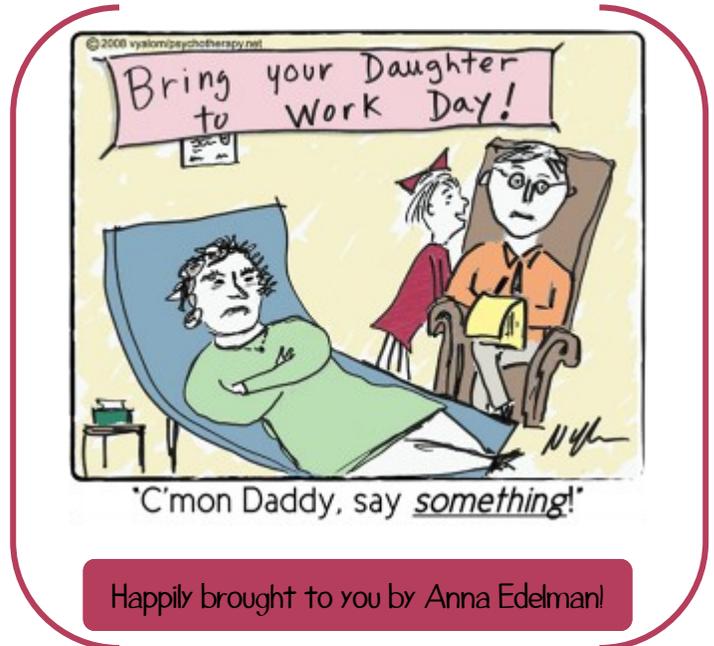
of those resolutions. I wanted 2014 to be different. I started jotting down resolutions over the holidays, which included read more books, take a picture a day, and run another half marathon. The holidays came to an end and then started the ebb and flow of the New Year. I was ready to get back to New Orleans, get back to class, and get back on a schedule. I was catching up on emails and came across a TED talk video about positive psychology that my mom forwarded to me. Shawn Achor is known for his advocacy of positive psychology. His talk, "The Happy Secret to Better Work," explains how the brain works better when it is in a positive state rather than a neutral, negative, or stressed state. Research shows that people are more efficient, creative, and overall more productive when experiencing a positive state. Mr. Achor discussed his technique of training brains to be in a positive state wherein you begin by writing down three new gratitudes a day for 21 days. This allows you to observe your environment for the positive instead of the negative. I have added this to my list of resolutions and it seems to be working. I have found that taking these five minutes every day has boosted my mindset in a more positive direction and given me the constant reminder to be thankful.

- Chloe Hingery



"Sure, there's traditional therapy, Mr. Wayne, but how about this? You get a costume, some gadgets, maybe a sidekick, and you fight crime. See how that works."

This little known fact was presented to you by Lynsey Hinnenkamp!



Happily brought to you by Anna Edelman!

It's Always Sunny in Philadelphia

Season 8 Episode 5, "The Gang Gets Analyzed"



In this FX original series, a group of four friends, Mac, Charlie, Dennis & Sweet Dee, play the owners of an Irish Pub in Philadelphia. Their rather eccentric personalities are constantly getting them into outrageous situations and every minute of the show is filled with non-stop hilarity. *It's Always Sunny in Philadelphia* has been on air for years now and is going on its 9th season. I have been a fan for a while & I found this particular episode "The Gang Gets Analyzed" to be especially entertaining as they add some comedic relief to Freud's psychotherapy. The episode begins with the leading lady, Sweet Dee, in counseling trying to deal with the stress caused by her friendship with the rest of the gang. After trying to talk through her issues with the therapist, Dee decides that the only way to solve the issues that have been troubling her is to bring the whole gang into counseling as well.

The therapist is obviously caught off guard, but takes Dee's decision in stride. What results is a series of counseling sessions with Dee and the rest of the colorful cast. This is an amazing show especially if you need a good laugh. I guarantee after one episode you will be hooked; Luckily, all 8 seasons are currently available on Netflix. Happy viewing!

- Stephan Jemmot



ALPHA PHI CHAPTER OF CHI SIGMA IOTA

LOYOLA UNIVERSITY NEW ORLEANS

VISIT OUR WEBSITE: css.loyno.edu/counseling JOIN US ON ORGSYNC: Alpha Phi Chapter of Chi Sigma Iota
FRIEND US ON FACEBOOK: Loyola Counseling FOLLOW US ON TWITTER: Loyola Counseling

February 2014

EVENTS

New Student Meet & Greet

January 5, 2014 — Some action shots from one of our favorite ways to welcome the new students!



CSI After Hours at The Bulldog

January 16, 2014 — Our Back to School Bash was a big success. A huge turn out requires a lot of pictures!



Bake Sale for Beagles

January 31, 2014 — Beagle Freedom Project supporters, Bri Cortez, Steffie Koch and Whitney Summers, raise funds to save Beagles from testing facilities. Thank you for all who supported the fundraiser. The sale was a big success, collecting about \$100! We foresee more Beagle Bake Sales in the near future!





ALPHA PHI CHAPTER OF CHI SIGMA IOTA

LOYOLA UNIVERSITY NEW ORLEANS

VISIT OUR WEBSITE: css.loyno.edu/counseling JOIN US ON ORGSYNC: Alpha Phi Chapter of Chi Sigma Iota
FRIEND US ON FACEBOOK: Loyola Counseling FOLLOW US ON TWITTER: Loyola Counseling

February 2014

EVENTS



Well, CSI Members, you voted and we answered you! Our most recent service event was at the Louisiana Society for the Prevention of Cruelty to Animals (LA/SPCA) shelter. The LA/SPCA is the longest running animal care center in the state. For over 25 years, they have been continuously dedicated to providing basic care and veterinary services to neglected, abused, and unwanted animals. The site houses numerous dogs, cats, and rabbits, but is equipped to accommodate many other types of animals. Veterinary services are provided to their resident pets, however, a well-equipped clinic for is available for the community's use as well. A nearby construction site will be the future home for the LA/SPCA's animals which will replicate home-style rooms for the animals to stay rather than their current caged spaces.

Loyola Students Leigh Boyer, Bri Cortez, Stephanie Garcia, Chloe Kingery, Nina Stewart, and Meredith Vizzini took a tour of the impressive facility complete with kitten, dog and bunny housing, a gift shop, and a well structured outdoor play area. The facility is not funded by the government (only Animal Controls services are funded by the government), so the animal shelter relies heavily on donations. Welcomed donations include blankets, towels, food, training treats, animal toys, and newspapers. After completing their service to LA/SPCA, the volunteers were given the opportunity to meet all of the shelter's animals.

This was a great opportunity for our students and turned out to be a very rewarding experience. We hope that next time we will have more volunteers to share in the experience!

Additional volunteer inquiries should be directed to: Dionne dionne@la-sPCA.org
For more information about the LA/SPCA, please visit www.la-sPCA.org.





ALPHA PHI CHAPTER OF CHI SIGMA IOTA

LOYOLA UNIVERSITY NEW ORLEANS

VISIT OUR WEBSITE: css.loyno.edu/counseling JOIN US ON ORGSYNC: Alpha Phi Chapter of Chi Sigma Iota
 FRIEND US ON FACEBOOK: Loyola Counseling FOLLOW US ON TWITTER: Loyola Counseling

February 2014

LAGNIAPPE

MARDI GRAS 2014

What would a Carnival Season Newsletter be without a Parade Schedule?!
 Mardi Gras is one of the unique aspects of our exceptional city!
 Check out the dates below and plan accordingly.

Saturday, February 15, 2014			Friday, February 28, 2014		
Krewe du Vieux (Mature themed)	6:30 p.m.	French Quarter	Hermes	6:00 p.m.	Uptown
Sunday, February 16, 2014			Le Krewe D'etat	6:30 p.m.	Uptown
Little Rascals	Noon	Metairie	Selene	6:30 p.m.	Slidell
Perseus	1:00 p.m.	Slidell	Morpheus	7:00 p.m.	Uptown
Friday, February 21, 2014			Centurions	7:00 p.m.	Metairie
Oshun	6:00 p.m.	Uptown	Saturday, March 1, 2014		
Cleopatra	6:30 p.m.	Uptown	NOMTOC	10:45a.m.	Westbank
Eve	7:00 p.m.	Mandeville	Iris	11:00a.m.	Uptown
Excalibur	7:00 p.m.	Metairie	Tucks	Noon	Uptown
Atlas	7:30 p.m.	Metairie	Endymion	4:15 p.m.	Mid-City
Saturday, February 22, 2014			Isis	6:30 p.m.	Metairie
Adonis	11:45a.m.	Westbank	Sunday, March 2, 2014		
Nemesis	1:00 p.m.	St. Bernard	Okeanos	11:00a.m.	Uptown
Pontchartrain	1:00 p.m.	Uptown	Mid-City	11:45p.m.	Uptown
Choctaw	2:00 p.m.	Uptown	Thoth	Noon	Uptown
Freret	2:30 p.m.	Uptown	Napoleon	5:00 p.m.	Metairie
Sparta	6:00 p.m.	Uptown	Bacchus	5:15 p.m.	Uptown
Pygmalion	6:45 p.m.	Uptown	Monday, March 3, 2014		
Caesar	6:00 p.m.	Metairie	Proteus	5:15 p.m.	Uptown
Olympia	6:00 p.m.	Covington	Orpheus	6:00 p.m.	Uptown
Titans	6:30 p.m.	Slidell	Zeus	7:00 p.m.	Metairie
Sunday, February 23, 2014			Tuesday, March 4, 2014		
Carrollton	Noon	Uptown	Zulu	8:00 a.m.	Uptown
King Arthur	1:00 p.m.	Uptown	Rex	10:00a.m.	Uptown
Alla	1:00 p.m.	Westbank	Elks Orleanians (Truck Parade)	Follows	Uptown
Dionysus	1:00 p.m.	Slidell	Crescent City (Truck Parade)	Follows	Uptown
Thor	2:00 p.m.	Metairie	Grela	10:00a.m.	Gretna
Wednesday, February 26, 2014			Argus	10:00a.m.	Metairie
Druids	6:30 p.m.	Uptown	Krewe of Jefferson (Truck Parade)	Follows	Metairie
Nyx	7:00 p.m.	Uptown	Elks Jeffersonians (Truck Parade)	Follows	Metairie
Thursday, February 27, 2014					
Knights of Babylon	5:30 p.m.	Uptown			
Chaos	6:30 p.m.	Uptown			
Muses	6:30 p.m.	Uptown			