

NEIU Chi Epsilon Sigma (CES) & Counselor Education Student Association (CESA) Newsletter

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From the Editor,

It's a new school year! Time to make some goals!

Welcome new Counselor Education students, and welcome back to those who are not so new (and to those who are no longer in the program but like to stay updated)! Chi Sigma Iota and the Counselor Education Student Association would like to extend an open invitation to all Counselor Education students to participate with us in our many enjoyable and informative events planned throughout the school year. We also invite you to contribute to the newsletter and share information of interest to you about the counseling community. Most of all, we invite you to share your own experiences as Counselor Education students at NEIU that can be helpful to others in the program. Cheers to Midterms, Finals, long papers, but most of all, a great school year!

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*Start where you are.
Use what you have.
Do what you can.*

-Arthur Ashe

Upcoming Events:

Fall DPE Study Sessions:

November 18: Theories

10am-1pm

Room TBA

**CESA End of Semester Get
Together!**

Date: TBD

Location: Paddy Macs

Time: 7:30pm

Contact us at

NEIUCESA@gmail.com

For more information

A Home Away From Home

Dr. Laura Tejada, Ph.D, LMFT, LCPC
Assistant Professor

NEIU is a magical place for me. It is the first place outside of my home where I have felt I truly belong. But I got here by not quite belonging. Growing up in rural northeastern Arizona, my Spanish and Mexican-American heritage on my father's side was different from that of the Mormon children that I played with. I wasn't a Mormon but I was Caucasian, so I belonged--but not quite. Although I understood the world of my Hispanic friends, they saw me in the context of my mother's English and Scots-Irish parents who lived with us. Again, I belonged, but not quite. I bridged the worlds of my hometown, and I learned to live on the outside looking in.

Living amid the different cultures of my family, I assumed everyone knew the distinctions between the various Latino groups in that region of the American Southwest: Hispanics with roots stretching back to the Conquest, Mexican-Americans, and mestizo refugees fleeing the violence in Central America. I didn't know this knowledge was inside of me until I moved from Arizona to Kansas and became a school counselor in a Mennonite community. The town was a mix of farms and family-owned businesses. Working alongside the Mennonites were Hispanic migrant workers, Latino families who had been there for centuries (this was the spot where Coronado gave up on his search for the Seven Cities of Cibola), and formerly undocumented immigrants who were granted amnesty by Reagan. I was right at home, bridging the different cultures and belonging, but not quite.

Then field of family therapy called me. It turns out that belonging but not quite is ideal for a family therapist. We join families for a short time, and help them build bridges between each other and their communities, but we don't ever belong in the family. This is as it should be. Here at NEIU, I bridge both school counseling and family counseling in my job in the Department of Counselor Education. I am here with many students who have stories like mine—we belong but not quite in our various cultural identities. But I do know this—we belong at NEIU.

Spotlight on College Athletes

By John Coumbe-Lilley, Clinical Mental Health Counseling student

According to the [National Collegiate Athletic Association](#) (NCAA, 2017) there are 460,000 student athletes competing in individual and team sports, competing in the fall, winter and spring semesters with short break in the summer months. Student athletes are subject to academic eligibility rules, they carry a minimum full time credit hour load (12 hours, but many students register for more to graduate in four years) and give twenty hours to their sport. This does not include travel which sometimes requires long days, hotel stays and time away from campus and home. When you consider the demands of coping with studies, sports and self-care for a young adult between the ages of 18-24, you can imagine that difficulties somewhere along the process are inevitable.

Additionally, many student-athletes stay within their sport culture and adopt the practices of their team's culture guided by the expectations of their organization, coach and senior players. On one hand, this team culture might create a sense of belonging. On the other hand, the culture of a team tends to support and maintain itself, which can present its own challenges.

Student Athlete Transitions Model

High School Recruitment Phase	Freshman pre season (1)	Fall Semester	Christmas Transition (1)	Spring Semester	Summer transition / summer break (1)
Sophomore Preseason (2)	Fall Semester	Christmas Transition (2)	Spring Semester	Summer transition / summer break (2)	Junior Preseason (3)
Fall Semester	Christmas Transition (3)	Spring Semester	Summer transition / summer break (3)	Senior Preseason (4)	Fall Season
Christmas Transition (4)	Spring Semester	Graduation			

When examined against the transitional nature of development at this age, it is not difficult to imagine college athletes might face a range of difficulties.

Playing college sports can mean up to 12 transitions during the typical 4-year college degree. The *Student-Athlete Transitions Model* (shown left), which I have come up with, highlights these transitions, and conceptualizes a college life spent in habitual transitions through the sports, academic, and life cycles.

Given this context, it is not surprising that student-athletes are prone to mental and emotional health concerns. These include, but are not limited to, stress due to multiple transitions, disordered eating, anxiety, depression, substance use, gender and sexuality concerns, and life skills (Etzetl, 2009).

In 2017, the NCAA published its first set of best practices in mental health delivery for student-athletes. These included the recommendation that a licensed clinical mental health professional be a member of the college athletics structure to work with student athletes to help them cope with their mental health and enhance their performance.

One wonders how severe the experiences of young people playing sports at college will have to get before colleges and athletic departments around the country determine that there is merit in funding mental health staff positions.

We should also be curious as to why the same issues of assault and violence by student-athletes towards each other and non-athletes keep occurring on college campuses year after year. We might think we know the answers to these questions but clearly there is a long way to go before either are taken seriously enough to be addressed to enhance the well-being of students and make campus life safe and welcoming for all students.

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Is there a counseling topic you feel strongly about? Do you feel everyone should know about it?

Write an article for the CES-CESA newsletter!

Send your inquiries and submissions to
Ericka Soto at
esoto14@neu.edu

CHI SIGMA IOTA (CSI)

CSI is a national honor society which serves Counselor Education students. The NEIU chapter Chi Epsilon Sigma was reactivated last year. There are various benefits to becoming a member, including free online webinars, indication of academic excellence on resume, *Journal of Counselor Leadership and Advocacy* subscription, and scholarships.

To be eligible, Counselor Education students must have completed a minimum of 9 credit hours and have a cumulative GPA of 3.5 or higher.

Interested? Contact neiucesa@gmail.com for more information.

Student-Athletes continued from p. 3

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From Parenting to Counseling, or the Other Way Around Persida Bularca, Family Counseling Student

I would like to share how two of the most important areas of my life interlace, mingle, and mash so harmoniously that it sometimes becomes very hard for me to distinguish which one serves as the base: parenting, or my interest in counseling. I will settle on reflecting on how parenting makes the content of the Family Counseling program very easy for me to digest and comprehend.

So far, I see a tight correlation between the quantity of the quality time I spend with my daughter and her good and stable behavior. This translates into counseling terms, as her relational needs are at the core of her good behavior and misbehavior. In addition, I can easily observe the efficacy of counseling theories in my everyday interaction with my daughter. Becoming a parent also made me reflect quite a lot on my own childhood and family-of-origin dynamics. The intergenerational trends of parenting and the psychological implications of a caregiver's choices make more sense to me now. Not only have I become more forgiving and compassionate towards my caregivers' struggles, I find I have an increasing level of acceptance of the past.

I can conclude that being enrolled in the Family Counseling program has helped me experience a better quality of life on several levels. On one hand, I'm getting trained and educated towards a career. On the other hand, I'm getting organized with my complaints, finding a structure in problems, and I have better relations with my loved ones and people in general.



Counselor "Humor"



**How many counselors does it take to change a lightbulb?
Just one, but only if the lightbulb wants to change.**

DACA and Our Role as Counselors

Ericka Soto, Clinical Mental Health Counseling Student

News broke out in early September that the DACA program was terminated by the Trump administration (with a 6 month delay). This means that about 800,000 undocumented young adults find their residency in the U.S. is now threatened and uncertain (Pew Research Center, 2017). The key date for the DACA program is March 5, 2018, the last day that the supporters of DACA have to defend it on Capitol Hill.

If this is a very new topic to you, you may be wondering what DACA is. DACA is the **Deferred Action for Childhood Arrivals** program, created in 2012 by Former President Barack Obama. Through this program, undocumented youth who met certain strict criteria were eligible for deferred action on their immigration status. This meant they would not be deported and could lawfully reside in the U.S for a period of two years, and would also be eligible to work in the U.S.

As counselors in training, what does this mean for us? It means that we are not just a counselor to a client, peer, or colleague who has DACA status. It means we are a trusted mentor or even an ally. We are there to help them achieve specific personal goals, and if you are in the School Counseling track, educational goals as well. It means that we are there to be supportive of them and responsible for creating a safe environment in the time that we spend with them, which is crucial for an individual who lives in constant fear of being deported.

The current uncertainty about DACA means that we should become knowledgeable about specific government policies so that we know what we are talking about. Most importantly, our responsibility goes beyond young adults with DACA, and applies to all undocumented immigrants. We must be both mindful and open-minded when working with an undocumented immigrant of any age, not just the young adults seeking education and employment opportunities. Help your client develop trust by using the term “undocumented” instead of “illegal immigrant” because no human being is illegal.

If you would like more information on resources for individuals with DACA (also known as “Dreamers”) or other undocumented individuals and how you can help, please visit:

http://www.icirr.org/content/documents/counselor_guide_2016_update.pdf

or you can also visit the Immigrant Youth Justice League site: www.iujl.org

or the Illinois Coalition for immigrant and refugee rights: <http://www.icirr.org/>

To read the article from the Pew Research Center:
<http://www.pewresearch.org/fact-tank/2017/09/01/undocumented-immigrants-covered-by-daca-face-uncertain-future/>



Opportunities

Scholarships

<http://www.nbccf.org/programs/scholarships>.

The NBCC Foundation offers scholarships and fellowships to master's level counseling students committed to underserved minority, military or rural communities.

Application deadline: Oct. 31, 2017.

Workshops

IMHCA offers ***NCE Test Prep Workshops***: <http://imhca.org/workshops>

Dec. 1-2, 2017- Skokie

Treating Anxiety Disorders in Children & Adolescents.

Dec. 12-13, 2017, Northbrook IL,

Dec. 14-15, 2017, Oak Lawn IL. www.pesi.com

Trainings:

Live Oak Counseling

The Ethics of Clinical Practice Outside (and Inside) the Therapy Room

Nov. 17, 2017, 9:00am -12:00pm, Cost: \$25.

Strategies for understanding and maintaining ethical practice across the broad range of circumstances in which we engage our clients.

When Technology Bypasses Ethical Codes

November 17, 2017, 1:30-4:30pm

Find these and other professional development trainings at:

www.liveoakchicago.com/index.php/professional-development/training-upcoming-at-live-oak

Advocacy & Learning Opportunities

The State of Illinois Opioid Crisis Action Plan.

Thurs. Nov. 16, 1-3 pm

McHenry County Offices 667 Ware Rd, Second Floor Woodstock IL 60098.

Emma.Ciavarella@illinois.gov.

Suicide Prevention. Anne Gulotta & Scott Campbell present

Thurs. Nov. 16, 7 pm

Community Resource Center 620 Dakota St Crystal Lake 60012.

Community Mental Health Board of Chicago

Mon Nov 20, 11am -1 pm:

Englewood Mental Health Center: 641 West 63rd st, Chicago, IL. 60621

Review 2018 the City of Chicago Mental Health Budget, access to care & racial parity.

Meeting Open to all.

CONFERENCE

CIBA (Community Behavioral Healthcare Association) CONFERENCE -: Embracing Change and (Re)Shaping the Future of Behavioral Healthcare.

Mon-Tues., Dec 11-12; 8:30 -7 PM

Hyatt Regency Hotel Woodfield 1800 E. Golf Rd. Schaumburg IL 60173.

Register online at <http://www.cbha.net> . Includes a Gubernatorial Forum where candidates speak.

Podcasts

ACA Podcast Series:

<https://www.counseling.org/knowledge-center/podcasts/>

Conversations about Mental Illness

<https://www.stitcher.com/podcast/conversations-from-studio-b-on-mental-health>
(via Stitcher)

10 podcasts about mental health

<https://thelily.com/10-podcasts-about-mental-health-cd513bcac368>

and

5 mental health podcasts by therapists of color

<https://www.redefineenough.com/blog/5-mental-health-podcasts-by-therapists-of-color>