

The Counselor

CHI SIGMA IOTA
SIGMA TAU SIGMA CHAPTER



Welcome! Let's Celebrate! by Jodie Elder

The Third Annual Induction Banquet for the Sigma Tau Sigma Chapter was held on April 17, 2005, at 5pm at the LBJ Student Center, and it was a big success. Our turnout was so great that we filled the room to capacity! I would like to send a special thank you to Dr. Homeyer and Dr. Schmidt and his wife for attending, as their presence helped make the event even more special.

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Jan Friese, Executive Director of the Texas Counseling Association (TCA), kindly presented as our guest speaker. She addressed the importance of advocating for the counseling profession and relevant issues currently impacting counselors, such as lobbying to get Medicare coverage for mental health services for adults. Jan also provided excellent resources for getting involved and educating the public about our work, such as brochures about counseling, the most recent TCA newsletter, and membership applications for TCA. These items have been placed inside room 4037 in the Education Building.

In addition, the Outstanding Individual Event Award received by our chapter at the ACA Convention for the Tri-Chi Consortium was presented to members at the banquet. It has been placed in the glass case by the elevators on the 4th floor of the Education Building for all to view and be proud of! Other awards presented were Outstanding Student Leader given to Lori Mraz, former CATS President, and Outstanding Faculty Advisor, given to our esteemed faculty advisor, Dr. Eric Schmidt. Both of their contributions to our student organizations are worthy of recognition.

A fun part of the night was the "A Year In Review" slide show presentation, where many of our members and officers were featured attending various events and activities.

New CSI members were inducted and their success recognized. Please congratulate them: Neil Adams, Ashley Baker, Julie Bittle, Starr Burgess, Jean Byers, Wendy Byrd, Venessa Cano, Kenyatta Dawson, Ryan Foster, Ben Hall, Verna Manor, Kristy Pacheco, Kelly Phillips, Sean Redeker, Claire Smith, Jennifer Wade, Victoria Wing, Angela Bassett, Michelle Bohls, Delores Brown, Amanda Cerny, Kristina Clouse, Kristina Cotten, Leanna Coulter, Michelle DeMarco-Pundt, Joy Feldkamp, Kristie Gantt, Jenny Gebert, Janice Giddings, Beckett Gilchrist, Jason Goad, Kindra Gonzalez, Allison Gossett, Kristina Hanson, Kimberly Kinsella, Nesi Lillard, Julie McMasters, Erin Mendoza, Christina Moore, Amber Norris, Ivy Oliver, Thao Phan, Ann Roberts, Megan Steves, Angela Tierney, Joel Wyrzten, Cheryl Vernor

Lastly, the new CSI Executive Council for 2005-2006 was announced. Our new officers are:

Past President:	Jodie Elder
President:	Laura Kahanek
President-Elect:	Sean Redeker
Secretary:	Mindy Clow
Treasurer:	Ben Hall
Event Coordinator:	Justin Anderson
Community Representative:	Melissa Victor
Marriage and Family Representative:	Michele Riggs
School Representative:	Venessa Cano
Student Affairs Representative:	Kristy Pacheco

Thank you to everyone who attended the banquet and helped make it a success. It was full of fun and activities, and we look forward to seeing you all at next year's banquet and at our upcoming "CATS and CSI End of Semester Social" on May 6, 2005, at Hula Hut in Austin! Welcome new CSI members!

A Glimpse of the Future from Alumni by Kenyatta Martin

This year Chi Sigma Iota's Alumni Panel was held on February 26, 2005 at the LBJ Student Center. This was an exciting opportunity for prospective graduating students to meet and greet those who have graduated from Texas State's Counseling program. And those students not quite at the end of the program also could find out more about the real world of counseling professionals.

The professionals on our panel had experience that ranged from a few months to a decade plus. Their work experiences were in school settings, agencies, private practices, or a mixture of agency work with a growing private practice. Our panel included esteemed graduates such as Misty Mathis, Patty Bobbitt, Kevin Barrow, Brad Kennington, and Lisa Carroll. They spoke about their personal experiences getting licensed after graduation and how they transitioned into the working world.

CSI officers provided handouts detailing the current requirements for Community, Marriage & Family, and School Counseling professions. Here are a few of the interesting facts shared at this event:

- When applying for your temporary LPC license, you must use the official form of the Texas State Board of Examiners of Professional Counselors to report your practicum and internship hours. This form is called the Practicum Hours Form and is part of the LPC application packet that can be accessed at: http://www.tdh.state.tx.us/hcqs/plc/lpc/lpc_def.htm. You should get professors to sign the forms before graduation, and always keep copies.
- When starting a private practice you can send out a notice to professionals that generally make counseling referrals like doctors, psychiatrists, and even other counselors with different specializations.
- You can easily find other professionals who will sublet an office for \$10-\$20 an hour. This is helpful when your client base is not big enough for you to have your own full-time office.
- As an LPC-Intern you cannot operate your own private practice; you can as an LMFT-Associate.
- You can have no more than two supervisors. You must have your LPC supervisor sign for your LPC-Intern hours to be official. And if he or she goes out of town or their license lapses your hours for that time period will not count.
- School Counseling requirements not only differ from state to state, but district to district. Check out the requirements of that school district and don't assume you qualify because it's a Texas school.

The afternoon wrapped up with a small reception and an awesome opportunity to network. Our panel members graciously extended their cards and hands to those who are where they once were. They gave words of encouragement and threw in a little sugar on the spicy challenges of graduation, licensing, and the realities of being an unsung hero in the counseling profession.



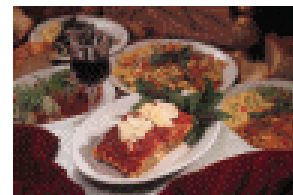
The Alumni Panel gave attendees a chance to 'walk in the shoes' of those who have previously graduated from Texas State's Counseling program.

Dining for Opportunity by Amy Bybee

The CATS/CSI Internship Dinner was held on March 4, 2005 at the LBJ Student Center. Forty students attended the event and enjoyed a delicious lasagna dinner catered by Fazoli's.

Students were able to meet and network with internship site representatives from the following eight agencies: Casa Esperanza, San Antonio Kids Exchange, Texas State Counseling Center, Comal County Crisis Center, Center for Relational Care of Intimate Life Ministries, Lifeworks, Hays-Caldwell Council on Alcohol and Drug Abuse, and Hays Consolidated Independent School District.

Information was provided about agency site requirements and the services provided, including agency brochures, as well as a list of other agencies that currently accept interns. To obtain contact information for the agencies, please visit our website at www.eaps.us/csi-sts/ and find the link for Internship Dinner.



Departmental Doings by Dr. Linda Homeyer

HOME AGAIN! We are excited about the renovated Education Building. After being in temporary quarters for 18 months, being back is wonderful. Upgrades occurred to the classrooms, instructional media, and offices. Most of all, we have a new, large clinic on the first floor. This clinic is used by both School Psychology and Professional Counseling. With 14 client rooms (two play therapy, one group, and one family) and two observations rooms, two classes can meet simultaneously. The clinic has a waiting room, complete with a child's waiting room as well. The Assessment and Counseling Clinic (ACC) is used for all our clinical courses, particularly Practicum, COUN 5689.

SEARCHING CONTINUES: Faculty search committees have been busy for over a year in the process to hire School Counseling, Marriage & Family, and Child & Adolescent positions. We are still interviewing another candidate for the Child & Adolescent position; the Marriage and Family position is in the final selection process; and the School Counseling position will remain unfilled and the search will resume in the fall. Our top three school counseling candidates were hired elsewhere, before we could even get them on campus for interviews. We appreciate and value the student input from the teaching experiences of the candidates. We look for qualified individuals who will meet the research, service, and teaching requirements and also a good match for the program.

CHANGE: We are continuing the process of implementing curriculum decisions made last year. Emails have been sent out regarding these changes on several occasions. If you have not gotten them, please contact Dr. Homeyer (lhomeyer@txstate.edu). Briefly, beginning in fall 2005, COUN 5354 will replace COUN 5250 & COUN 5207 and its temporary course number COUN 5378; COUN 5358 replaces 5258. If any of these changes affect your degree plan, contact Dr. Homeyer so an official change can occur on your degree plan. You must have an updated degree plan to graduate.

GROWTH: The Professional Counseling Program continues to grow. We have 239 students this semester. You may be curious to know that this spring 8% are taking 12 hours, 29% are taking 9 hours, 39% take 6 hours, and 22% take 3 hours.



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Laura's Look Ahead by Laura Kahanek, President

First of all, I would like to welcome all new Chi Sigma Iota members who were inducted this year, as well as incoming officers who were elected. I am very excited to be working with all of you next year.

My vision for this organization is to continue to promote scholarship and academic excellence in counseling, as well as provide opportunities to enhance professional development.

Next year, the Executive Council will work toward increasing membership involvement. The Council will continue events from the past, such as Ph.D. or Not, the Self-Care Workshop, and the Alumni Panel, as well as working to provide additional workshops and events relevant to all tracks in the Professional Counseling Program..

Texas State University-San Marcos will host the Tri-Chi Consortium in October 2005. This will be a great chance for students to get involved in planning and running a conference, in giving professional presentations, and networking with other students and professionals in the counseling field.

The Executive Council will work to provide grants for CSI members to attend the ACA Conference. Members will be encouraged to present at conferences to promote professional development.

The Executive Council is very open to any suggestions you may have for workshops or events. We will be sending out a survey via e-mail next year to solicit your ideas and opinions.

All new members, as well as current members, should be proud of their accomplishments and their acceptance into this prestigious organization. I encourage all of you to become involved as a member of Chi Sigma Iota, as this organization provides many opportunities to enhance professional development and growth.



Jodie's Farewell by Jodie Elder, Past President

For the last two years, Chi Sigma Iota and the community of Texas State have been such a large part of my life that I'm not quite sure how to say goodbye. I am very excited to move on to enter the field of counseling as a new professional and to reacquaint myself with the world of paychecks and health benefits again, but I also feel some sorrow at what I am leaving behind, such as an amazingly supportive faculty, wonderfully talented colleagues, my role as a leader of the Sigma Tau Sigma Chapter of Chi Sigma Iota, and well...the Texas State nest!

At the same time, I am comforted to know that I have learned and grown so much from my experiences and encounters with each of these groups. For instance, I learned the value of teamwork, the personal and professional benefits of building relationships with colleagues, and the importance of looking for the gifts in each person you encounter. I encourage each and every one of you to become more involved with Chi Sigma Iota and reap the benefits I have experienced. The gifts of Chi Sigma Iota are too numerous to name and are well worth the time and energy commitment.

While I am filled with sadness over my departure, I am also filled with joy and excitement, because I so admire the skill, integrity, and commitment of the incoming officers. I am certain they will take this chapter to new and exciting places never before dreamed of!

I wish the best of luck to all CSI members and colleagues I have had the pleasure to get to know, and I want to sincerely thank you for the honor and privilege of serving as President of the Sigma Tau Sigma Chapter. I look forward to working side by side with each of you in this great profession of counseling.



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Tri-Chi Accolades by Jodie Elder

Congratulations Sigma Tau Sigma Chapter! Along with two other CSI chapters, we received the Outstanding Individual Event Award from Chi Sigma Iota National Headquarters for the Tri-Chi Consortium.

The consortium was a joint effort between the CSI chapters of Texas State, St. Mary's University in San Antonio, and the University of Texas in San Antonio. Held on October 23, 2004 at St. Mary's University, the consortium was attended by over 50 students and included eight presentations by graduate students on various topics relevant to the counseling profession.

At CSI Day during the American Counseling Association Annual Convention in Atlanta, Georgia, the three CSI chapters received the Outstanding Individual Event Award, recognizing the Tri-Chi Consortium as an excellent learning opportunity for our members and source of fundraising for our chapters. In addition to this award, the consortium was also an Excellence Grant, which is a grant of \$100 to be used toward next year's event.

Congratulations and thank you to all members who were involved with and helped make the 2004 Tri-Chi Consortium a success. The award has been placed in the glass case outside Room 4037 on the 4th Floor of the Education Building for everyone to see and be proud of, so please take the opportunity to view it!

The 2005 Tri-Chi Consortium will be held on October 15, 2005, at the Texas State LBJ Student Center. For more information on how you can get involved, email csi@txstate.edu.

Way to go Sigma Tau Sigma Chapter!



Getting Tri-Chi award; representatives from each chapter. Back: Jodie Elder (TxState), Mike Muniz (St. Mary's), Jen Alamia (UTSA), Laura Kahanek (TxState). Front: Tom Sweeney (CSI Executive Director), Dr. Jane Myers, Ria Baker (UTSA)

Membership Meeting by Jodie Elder

The annual membership meeting for the Sigma Tau Sigma Chapter of Chi Sigma Iota was held on February 26, 2005, at the LBJ Student Center. Approximately 15 members attended, and the meeting was presided over by Jodie Elder, CSI President, and Laura Kahanek, CSI President-Elect. Issues discussed were:

- Soliciting officer nominations for the 2005-2006 Executive Board and Elections
- Report of Success of the 2004 Tri-Chi Consortium and invitation to join committees for 2005 Tri-Chi Consortium
- Discussion of Upcoming Chapter Events for this semester
- Solicit member input for future events: Members suggested continuing the Student-Professor Mixer and adding an advising component, Ph.D. or Not?, Internship Dinner, and workshops on how to find a supervisor and what happens after graduation
- Discussion of CATS/CSI merger: It was unanimously suggested by all members present that there be only one student organization in the future for increased clarity and efficiency
- Solicit member input on the best means of communication: All members suggested the chapter continue communicating through the CSI bulletin board, CSI email, counseling listserv, flyers, and classroom announcements
- Financial Report: Current balance at the time was \$1,311.07

It was unanimously suggested by all members present that there be only one student organization in the future for increased clarity and efficiency.

Grants for Professional Growth by Jodie Elder

In March, the Sigma Tau Sigma Chapter of Texas State applied for and was awarded \$500 in grant money from the Texas State Student Organization Council to support members who wished to attend the American Counseling Association's Annual Convention in Atlanta, Georgia. Three members, Jodie Elder, Laura Kahanek, and Kenyatta Martin, applied for and received the grant money.

These three CSI officers were in Atlanta April 7-10th, and their time at the convention involved attending presentations by and meeting counseling legends such as Irvin Yalom, William Glasser, Samuel Gladding (ACA President), and Tom Sweeney (Executive Director of Chi Sigma Iota). They also attended informational sessions on interesting topics such as career counseling, couples counseling, creative interventions with children, and numerous others.

As an added benefit for members who were unable to attend, the handouts and notes they gathered at the convention will be posted on our chapter's website by the end of May. Please visit www.eaps.us/csi-sts/ to access this information.

Congratulations Jodie, Laura, and Kenyatta! Our chapter hopes to continue to provide grant monies to support the professional development of our members, so keep your eyes open for more opportunities in the future!



Jodie (CSI), Ria Baker (UTSA), Laura (CSI), Dr. Sam Gladding (ACA President), Jen Alamia (UTSA), and Pierre (TxState Alumni)

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PROMOTING EXCELLENCE
IN THE PROFESSION OF
COUNSELING

WE'RE ON THE WEB!

WWW.EAPS.US/CSI-STS/

A Look at Lobby Day by Laura Kahanek

Counselors from all over the state, as well as a couple of graduate students from Texas State University-San Marcos (Laura Kahanek and Jodie Elder), went to the Capitol on March 8, 2005 to speak with their representatives about pressing issues and relevant bills.

Lobby Day started out at the Texas Counseling Association office in downtown Austin. Jan Friese, Executive Director of TCA, gave information on bills that were being discussed in the legislature relevant to Licensed Professional Counselors and School Counselors at that time. Then we headed to the capitol to speak with our representatives. Jodie and I were lucky enough to walk around with Mary Lou Padilla, the President of TCA. She supported us and gave us helpful tips for advocating as we took turns meeting with our representatives.

The experience was invaluable as we gained experience in advocacy and were able to network with many different individuals. We encourage all of you to get involved with lobbying for the counseling profession. More information about upcoming TCA Lobby Days can be found at <http://www.txca.org>.

LPC Licensure Changes by Dr. Eric Schmidt

As you may have heard, significant changes in LPC licensure requirements have taken place over the past several months. As I understand it, these changes were made by the Texas State Board of Examiners of Professional Counselors in an attempt to strengthen reciprocity by aligning Texas' requirements with those of other states, and to more thoroughly assess the knowledge and skills of counselors both before and after internship.

In years past, licensure as a professional counselor in Texas involved/required the following:

1) graduate degree in counseling or related field; 2) passing score on the LPC exam; 3) 3000 hours of supervised internship experience with board approved supervisor; then 4) receipt of license.

As of September 1st, 2005, the following steps must be completed in order to become licensed as a professional counselor in Texas: 1) graduate degree in counseling or related field; 2) passing score on the National Counselor Exam (NCE); 3) passing score on a state-specific Jurisprudence Exam (an exam that assesses knowledge specific to LPC Board rules and Texas law); 4) 3000 hours of supervised internship experience with board approved supervisor; 5) passing score on the National Clinical Mental Health Counseling Examination (NCMHCE) (see below for a brief description of the NCMHCE); then 6) receipt of license.

Basically, the NCE and the Jurisprudence exams will replace the state-specific LPC exam historically used. The NCE is used widely by many states as part of the licensing process for professional counselors. The Texas LPC Board hopes that by including the NCE as part of the licensing requirement, reciprocity (the ability for a counselor licensed in Texas to move to another state and quickly be licensed) will be greatly enhanced. Also note that the Jurisprudence Exam will now be required for all LPC's every two years.

The NCMHCE is less widely used, but still fairly popular by many states for licensure. According to the National Board for Certified Counselors (NBCC), the NCMHCE is comprised of ten simulated clinical mental health counseling cases designed to sample a broad area of competencies, not merely the recall of isolated facts. Therefore, the cases contain problems designed to assess clinical problem-solving ability, including identifying, analyzing, diagnosing, and treating clinical issues.

For further information on the NCE or NCMHCE, please go to www.nbcc.org. Also, please reference the LPB Board website (http://www.tdh.state.tx.us/hcqs/plc/lpc/lpc_def.htm#newrules) to stay abreast of final rule determinations.

As of September 1, 2005, there will be significant changes in the LPC licensure requirements.

Financial Highlights by Keely West

- Academic year starting balance: \$320
- Incoming dues: \$460
- Net costs for Induction Banquet: \$300
- Profit from events: \$295
- Current balance: approx \$1200