

The Counselor



CHI SIGMA IOTA— SIGMA TAU SIGMA CHAPTER

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The President's Message: Why Become Involved in Chi Sigma? LAURA KAHANEK



“Why become involved in Chi Sigma Iota?” Potential and new members of CSI may be asking themselves this very question. The answer is multi-faceted, but ultimately comes down to investment in one's own personal and professional development to become a leader, educator, advocate, and counselor.

CSI provides its members with many benefits, such as being recognized as an academically outstanding professional counseling student. To be a member of CSI you must consistently maintain at least an overall GPA of 3.5. With classes, a work schedule, and other personal commitments, maintaining an overall GPA of 3.5 or above in a counseling

graduate program definitely shows a high level of commitment to the one's academic achievement. All CSI members who have achieved this should be proud of their academic accomplishment and success.

CSI members also receive relevant information to the counseling field through newsletters, the chapter and national CSI websites, and emails through the CSI listserv. The *Exemplar* is a scholarly newsletter distributed by CSI national headquarters, which provides relevant counseling information for counseling students, educators, and professionals. The *Counselor* is a semi-annual newsletter dispersed by our local chapter, which provides relevant information to students and alumni, and an update on past chapter events and events that will occur in the upcoming semester. Our chapter's monthly newsletter, *CSI Tidbits*, provides information on upcoming conferences, workshops, and important deadlines, such as the registration deadline for the CPCE Exam.

Attending events provided by CSI provides members with many benefits, such as a chance to learn about possible internship sites and how to create an excellent resume/vita (Internship Expo, Feb. 10th). You can also learn about information you need to know about after you graduate (i.e., licensing requirements) and important insights into what it takes to get a doctoral degree in the field of counseling or higher education (Alumni Panel, March 4th). CSI also encourages attendance to local, state, and national conferences. These events are designed to promote professional development, provide opportunities to build relationships with other counseling students and professionals, and even hone presentation skills for students who choose to present.

After you graduate the likelihood of you joining professional organizations and attending conferences is an almost certainty—to obtain continuing education hours, to gain more information in your field, or to become more involved on a broader level to advocate for the clients you serve. Becoming involved in CSI will give you experience in being a part of organizations that you will become involved in later in your career and provide you with the opportunity to build and enhance skills needed to grow professionally, such as leadership skills. Being an involved member of your local chapter could include serving as an officer on the Executive Council, assisting in putting together one of the events, or sitting on a committee, such as the Scholarship Committee. Taking the opportunity to attend events and conferences and becoming involved with CSI on the local or national level will provide you with benefits that will surely enhance your experience at Texas State and prepare you to enter the field of counseling. For more information on joining CSI or becoming more involved please email csi@txstate.edu.

Member Benefits:

- ACCESS TO UP-TO-DATE INFORMATION FROM A VARIETY OF PUBLICATIONS
- EVENTS DESIGNED TO HELP MEMBERS GROW PROFESSIONALLY
- EXPERIENCE BEING INVOLVED WITH A PROFESSIONAL ORGANIZATION

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TOP: DRs. BECKENBAUM AND PATRICK AT THE MIXER.



MIDDLE: MELISSA VICTOR, MICHELE RIGGS, LAURA KAHANEK & VENESSA CANO STOP FOR A PHOTO BREAK. BOTTOM: CSI MEMBERS KENYATTA DAWSON & JENI WADE ENJOY CHATTING WITH FRIENDS AND PROFESSORS.

The Counselor

MIXING AND MINGLING WITH PROFESSORS AND STUDENTS OF THE TEXAS STATE COUNSELING PROGRAM: THE CSI STUDENT-PROFESSOR MIXER MELISSA VICTOR

CSI hosted a Student-Professor Mixer and membership meeting on September 16, 2005. During the membership meeting CSI members and non-members alike were informed of upcoming events and were able to express their ideas and thoughts as to how the SIGMA TAU SIGMA Chapter could serve them better.

During the mixer, students and professors were able to mix and mingle over snacks and discuss upcoming plans for the year ahead. Students were able to get to know and ask questions about the counseling program of those professors who attended (**Dr. Schmidt, Dr. Homeyer, Dr. Patrick, and Dr. Beckenbach**). Students

were also able to converse with each other and get to know one another personally and professionally, developing relationships with other peers in the field of counseling.

After consuming mass quantities of meats, cheeses, veggies, fruit, and desserts, we were all stuffed...and all smiles! All who attended enjoyed this opportunity to get to know one another better and learn valuable information about the counseling program. We look forward to future occasions where professors and students can build relationships outside of the usual classroom setting.

“THERE HAS BEEN SOME CONFUSION ABOUT WHETHER TO TAKE THE NCE HERE ON CAMPUS (BEFORE YOU GRADUATE), OR TO JUST WAIT UNTIL AFTER YOU GRADUATE. **MY RECOMMENDATION IS TO TAKE THE EXAM BEFORE YOU GRADUATE.**” -ERIC SCHMIDT, PH.D.

NATIONAL COUNSELOR EXAM ERIC SCHMIDT, PH.D.

The **National Counselor Exam (NCE)** is now the official state licensing exam for Texas (*just as the pecan is the state tree*). Currently, the NCE is used by many states to license counselors, so if there are any of you interested in moving out of Texas, you should have an easier time getting your license once you're there.

There has been some confusion about whether to take the NCE here on campus (before you graduate), or to just wait until after you graduate. **My recommendation is to take the exam before you graduate.** Taking it before you graduate will allow you to begin accruing your post-graduate supervised hours sooner. Should you take the NCE after you graduate, you'll have to wait until your transcript becomes available, send it to the NBCC (along with other forms), wait for their response, schedule a testing location, date and time, take the exam, receive the score and

then send your score to the Texas State Board of Examiners of Professional Counselors (a.k.a., LPC Board). Only then will you be awarded a temporary license, which is necessary before you can begin to work on your 3,000 hour requirement (or 2,600 hours for most of you). This could possibly take a few months. However, by taking the NCE before you graduate, you could already have your NCE scores in hand when you graduate.

To qualify to take the exam before you graduate, you must be within a semester of graduation. For example, if you plan to take the NCE in April '06, you should be on target to graduate on or before August '06. Should you have more questions, feel free to contact me directly.



DR. SCHMIDT & DR. HOMEYER ENJOYING A RELAXED TIME WITH STUDENTS AND OTHER FACULTY AT THE MIXER IN SEPTEMBER.

2005 TRI-CHI CONSORTIUM: FINDING YOUR VOICE MINDY CLOW



MICHELE RIGGS & BEN HALL CO-PRESENTING ON THE TOPIC OF INTIMACY.

On October 29, 2005, Texas State University-San Marcos proudly hosted the 2nd Annual Tri Chi Consortium, "Finding Your Voice: Establishing Your Niche in Professional Counseling." The Consortium was a collaborative effort between the Chi Sigma Iota chapters at The University of Texas at San Antonio, St. Mary's University, and Texas State University-San Marcos, that provided an opportunity for students to learn the ins and outs of producing and presenting at a professional conference.

After months of hard work, this year's Consortium went off without a hitch. The day began with an address by the keynote speaker, **Gail Goodman**. "I thought it was particularly poignant when the keynote speaker, **Gail Goodman**, asked us to think back to the time when we 'fell in love with counseling.' I got chills, because I do love this work, and I think the time, energy, and emotion we devote to this profession is nothing less than a love affair," said **Jodie Elder**, Texas State Alumna and CSI-Sigma Tau Sigma Past-President.

Students and professionals from around Central Texas then went on to attend a variety of programs which included two presentations by Texas State students. **Justin Anderson** and **Stacey Reicherzer** (of St. Mary's University) discussed transgender issues and **Ben Hall** and **Michele Riggs** tackled the topic of intimacy.

THE TEXAS COUNSELING ASSOCIATION PROFESSIONAL GROWTH CONFERENCE

LAURA KAHANAK

The Texas Counseling Association Professional Growth Conference was held November 2-5, 2005, in El Paso, Texas. The theme of the Consortium was "Counselors: the Soul of Texas." The keynote address was given by **Dr. Irvin Yalom, M.D.**, on existential psychotherapy.

There were many different sessions and workshops on topics including mental health, schooling counseling, wellness, college counseling, career counseling, ethics, professional preparation, and marriage and family therapy. The sessions and workshops provided professional growth and development experiences, as well as a setting for networking and communication with other counseling professionals.

One of the workshops and sessions was presented by our own **Justin Anderson**, who is a counseling student at Texas State receiving his M.A. in Professional Counseling with an emphasis in Student Affairs. He co-presented with **Stacey Reicherzer** (a student from St. Mary's University) and **Lisa Wannemacher** in a workshop titled: "Children of the Rainbow: Counseling, Education, and Advocacy for GLBTQI Youth." He also co-presented with **Stacey Reicherzer**, **Lisa Wannemacher**, and **Feleshia Porter** in a session titled, "Mental Health in the Lives of Transgender and Intersex Youth."

There was also an exhibit hall that allowed time for shopping, networking with other counseling professionals, and gathering information about schools, organizations and divisions of TCA that were set up in booths with information. There was also entertainment, such as the President's Reception and Dance and Casino Night. This allowed all participants to let loose and socialize with other counseling professionals, educators, and students.

Overall, the Texas Counseling Association was a valuable experience for the Texas State students (**Laura Kahanak** and **Justin Anderson**) and alumnae (**Pedra Bobbitt** and **Jodie Elder**) that attended. The experience allowed the participants to enhance their professional development through knowledge learned, enhancement of skills (such as through giving presentations), and valuable connections made through networking with other counseling professionals in the State of Texas.

"I THOUGHT IT WAS PARTICULARLY POIGNANT WHEN THE KEYNOTE SPEAKER, **GAIL GOODMAN**, ASKED US TO THINK BACK TO THE TIME WHEN WE 'FELL IN LOVE WITH COUNSELING.' I GOT CHILLS, BECAUSE I DO LOVE THIS WORK, AND I THINK THE TIME, ENERGY AND EMOTION WE DEVOTE TO THIS PROFESSION IS NOTHING LESS THAN A LOVE AFFAIR" -JODIE ELDER



JUSTIN ANDERSON CONTEMPLATING HIS UPCOMING TCA PRESENTATION AT THE JULY OFFICER RETREAT.

The Counselor

“THIS IS A GREAT OPPORTUNITY TO MEET REPRESENTATIVES FROM DIFFERENT INTERNSHIP SITES AND NETWORK FOR POSSIBLE JOBS AFTER GRADUATION.”

2006 CSI INTERNSHIP EXPO

MICHELE RIGGS

Chi Sigma Iota will be hosting the Annual Internship Expo on Friday, February 10, 2006, at 7pm-9pm at the LBJ Student Center. If you are new to the program, already in internship, or somewhere in between, this event has something to offer to you.

Representatives from several internship sites will have tables set up with information on their sites and will be available to answer questions. This is a great opportunity network for internships as well as possible jobs after graduation.

In addition to the site representatives, Career Services from Texas State will have a table set up for resume critiques, advice on such things as writing cover letters and letters of intent, as well as general career services information.

This event is free to CSI members and \$5 per person for non-CSI members. Dress will be business casual. For more information on this event please contact Michele Riggs, Event Chairperson, at csi@txstate.edu.

2006 Professional Conferences

2006 American Counseling Association (ACA) Convention

Montreal, Canada

May 31st-April 3rd, 2006

www.counseling.org

2006 National Association of Student Personal Administrators (NASPA) Annual Conference

Washington, DC

March 11th-15th, 2006

<http://www.naspa.org/conference/career/index.cfm>.

2006 Texas Association for Marriage and Family Therapy (TAMFT) Annual Conference

January 18-21, 2006

Houston, Texas

<http://www.tamft.org/>

Secondary School Counselors Conference

April 2-4, 2006

Austin, Texas

<http://www.txca.org/tca/Default.asp>

Elementary School Counselors Conference

April 30-May 2, 2006

Austin, Texas

<http://www.txca.org/tca/Default.asp>

The 64th American Association for Marriage and Family Therapy (AAMFT) Annual Conference

October 19-22, 2006

Austin, Texas

<http://www.aamft.org>

SCHOLARSHIPS ARE AVAILABLE FOR CSI MEMBERS WHO WISH TO ATTEND AND/OR PRESENT AT THESE AND OTHER PROFESSIONAL CONFERENCES.

FOR INFORMATION ON SCHOLARSHIPS PLEASE EMAIL CSI@TXSTATE.EDU



ASK THE ALUMNI: WHAT ADVICE WOULD YOU GIVE UPCOMING GRADUATES OF THE TEXAS STATE COUNSELING PROGRAM? JODIE ELDER, M.A., LPC-I

As a recent graduate of the program, I would like to let those of you who are approaching graduation know how proud I am to be an alumna of this program. You will find, as I did, that the Texas State Professional Counseling Program is recognized as an excellent training program for new counselors, and many agencies are very excited about receiving our resumes! The advice I would give upcoming graduates is as follows:

“YOU WILL FIND, AS I DID, THAT THE TEXAS STATE PROFESSIONAL COUNSELING PROGRAM IS **RECOGNIZED AS AN EXCELLENT TRAINING PROGRAM** FOR NEW COUNSELORS, AND MANY AGENCIES ARE VERY EXCITED ABOUT RECEIVING OUR RESUMES!”
JODIE ELDER, M.A., LPC-I

1) Use the **LPC Board's official practicum documentation** form for your practicum and internship hours, as you will have to submit this form with your LPC application packet. At the end of each semester when you have accrued direct contact hours, get your professor to sign the form. Keep several copies for yourself, as well as the original.

2) If you intend to get both your LMFT and LPC licenses, then get **"double documentation"** of your practicum and internship hours, meaning get your professors to sign two forms for each practicum/internship experience. You will have to submit an ORIGINAL form to each licensing board.

3) Prepare your **licensing application packet prior to graduation** and then send it off as soon as you can get an official transcript from the registrar's office. Your transcript must indicate completion of your degree, which takes about a week after graduation, so be sure to ask for your completed transcript.

4) The application process takes about 4-5 weeks. Be patient. **Call to be sure they received your file about a week after you send it.**

5) Make **COPIES of your degree and license** to keep in your files (BEFORE you frame them)! This is a lesson I learned the hard way! :)

6) Start your **job search early** (at least 4-5 months before graduation). Network with people in the community through professional organizations.

7) Sometimes internships are a doorway into a full-time job, but not always, so **keep your options open.**

8) **Keep in touch with your classmates** after graduation...they are your future colleagues!

Below: Jodie taking her own advice (#8) attending the Tri Chi Consortium, stopped for a picture with Laura Kahane, Michele Riggs & Mindy Clow.



Jodie graduated from the Texas State Professional Counseling program with a Master of Arts in May 2005 and currently works at Southern Methodist University in Dallas as a career counselor. She serves as a member of the TCA Advocacy Committee and on the Dallas Metro Counseling Association's Program Committee. She also serves on the CSI Executive Council as Past-President.



Promoting Excellence in the Profession of Counseling

CHI SIGMA IOTA – SIGMA TAU SIGMA CHAPTER

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Chi Sigma Iota is the international honor society for students, professional counselors and counselor educators established at Ohio University in 1985. Our mission is to promote scholarship, research, professionalism, leadership and excellence in counseling, and to recognize high attainment in the pursuit of academic and clinical excellence in the profession of counseling.

Sigma Tau Sigma was established at Texas State University-San Marcos in the fall of 2002. To date this chapter has initiated a total of 115 members. Since its inception, the Sigma Tau Sigma chapter has boasted approximately 80 active members each semester.

SIGMA TAU SIGMA 2005-2006 EXECUTIVE COUNCIL

Jodie Elder, Past President
Laura Kahaneck, President
Position Open, President-Elect
Mindy Clow, Secretary
Ben Hall, Treasurer
Justin Anderson, Event Coordinator

Track Representatives:
Michele Riggs, Marriage & Family
Melissa Victor, Community
Kristy Pacheco, Student Affairs
Venessa Cano, School Counseling



MARK YOUR CALENDARS

February 10th, 2005

INTERNSHIP EXPO

The Annual Internship Expo is designed to provide students with information about potential internship sites. This is a networking opportunity with representatives from area agencies who present information about their sites.

March 4th, 2005

ALUMNI PANEL/MEMBERSHIP MEETING

This multi-subject event will help us learn about the licensing requirements we will meet after graduation, as well as how to find a quality supervisor and submit articles for publication.

April 30th, 2005

INDUCTION BANQUET FOR NEW MEMBERS AND OFFICERS

One of the more formal events we host, the banquet is designed to honor you for your academic excellence.

May 5th, 2005

STUDENT SOCIAL

Come hang out with other students and let off some end-of-semester steam!

For more information on any of these events, please contact csi@txstate.edu.

