



IMMACULATA UNIVERSITY NEWSLETTER FOR COUNSELING ALUMNI

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What is Chi Sigma Iota: Beta Mu Chapter

“The mission of Chi Sigma Iota, the international honor society for professional counselors, counselor educators, and students established in 1985, is to promote scholarship, research, leadership, professionalism, and excellence in counseling, and to recognize high attainment in the pursuit of academic and clinical excellence in the profession of counseling.” [-www.csi-net.org](http://www.csi-net.org)

Immaculata’s Chi Sigma Iota chapter, Beta Mu, is more than just an educational

accomplishment; it is a place to network with current and former students. Whether you are looking for a mentor, a professional perspective or a place to meet other people, Beta Mu is the place for you.

Beta Mu brings its members previews of what is available in the professional field and what options are present for further educational advancement. There are many worthwhile resources acces-

sible to students throughout the year: Career Night, Counselor Connection, and the Mentorship Program to name a few. Beta Mu also sponsors trips to conferences and seminars allowing for professional networking, exploration and advancement.

Want to know more? Join us at our next meeting on September 1, 2009 at 6:30 p.m. or pick up an application at the graduate office.

-Kristin Cupo

Kelly Joseph: IU Graduate in the Spotlight

Kelly Joseph is a May 2008 graduate of Immaculata University with a Master of Arts degree in Counseling Psychology and a state certificate in Secondary School Counseling.

At the start of the 2008-09 school year, Kelly began her counseling career as a school counselor in the Downingtown Area School District. Kelly says she enjoys work-

ing with the students, making connections, and feels that she is making a difference. Along with groups and daily responsibilities, Kelly successfully organized “Mix It Up At Lunch Day”. This is a nationwide call to action under the Teaching Tolerance Project, where students choose a different seat at lunch.

Kelly coordinated the seating plan and provided each stu-

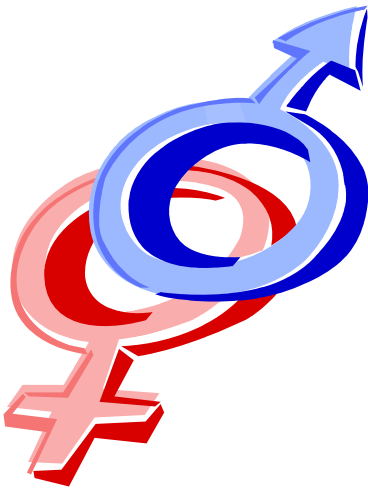
dent with conversation starters at their place. The cafeteria was alive with animated conversation that day due to Kelly’s proactive ideas and creativity. Currently, Kelly is working towards her hours for licensure and has successfully passed the NCE.

Congratulations, Kelly for having been chosen as Beta Mu’s graduate in the spotlight!

-Gwen Johnson



Review: *Why Gender Matters: What Parents and Teachers Need to Know about the Emerging Science of Sex Differences* -Leonard Sax, MD, PhD



Until about twenty years ago psychologists argued that male and female differences in cognition and behavior were nurtured and reinforced by parents, teachers, as well as society. It was thought that if we parented and taught children the same way, our children's gender differences would disappear, since it was theorized that sex differences were learned as opposed to being innate.

In his book, Dr. Sax proposes that twenty years of research has put this debate to rest, by showing scientific evidence as to the physiological, and clear innate differences between the genders. He discusses the ramifications for raising and educating males and females. Physiological differences include how the two genders hear and see differently, and how parts of the brain develop uniquely to each. For example, during a period of

time when ADD may be too often diagnosed, especially for boys, Dr. Sax identifies research showing that females hear better than males. Putting a boy at the back of a classroom with a female teacher who is soft-spoken is setting him up for some potential attention problems because he may not be able to hear her! On the other hand a girl who sits at the front of the room with a deep voiced male teacher may be sensitive to his "yelling".

According to Dr. Sax, another distinction is how emotion is processed by boys and girls. By their late teens, girls' emotional development has moved into the cerebral cortex from the amygdala, but in boys this remains in the more primitive part of the brain. This development for females helps them to be able to articulate their feel-

ings but for males, it is very difficult to make the connections in order to verbalize or process their emotions because they are hardwired differently.

Why Gender Matters is an important read for parents, psychologists, and teachers because it addresses the significance of the role gender plays, and how it affects our interpretation of the environment, and how we learn. As founder of The National Association for Single Sex Public Education, Dr. Sax is a strong advocate for education that meets the needs of each gender separately. He has recently published a second related book called:

Boys Adrift: The Five Factors Driving the Growing Epidemic of Unmotivated Boys.

To learn more, go to: www.singlesexschools.org/sax.html.

-Dana Smith

Current Trends in the Field



Most kids enjoy going to the movies. Why not put that love of movies to use in your school counseling curriculum? *Cinematherapy* can help students in school counseling groups to address issues and feelings in a unique, effective way.

Tips for Using Movies:

~Don't use the entire film. Many movies contain scenes inappropriate for children and

can lose meaning when viewed in a nontherapeutic context.

~Show movie clips. Many movies have scenes perfect for group sessions.

~Check your school's policies on movie use and inform parents when required.

~Assess your professional training and ethically consider your knowledge and skills before using movies in group.

~When using a movie clip be sure to allow a reasonable amount of time afterward for processing thoughts.

~Develop questions for discussion in advance which pertain directly to the message you are trying to get across with a particular clip.

-Taken from *ASCA School Counselor, Volume 46, Jan/Feb. 2009*

-Kelly Joseph

Feature: *Some Changes at IU*

In Spring of 2010, Immaculata University through the M.A. Counseling Psychology Program hopes to offer Counseling students the opportunity to obtain a certificate in Addictions Studies. Stay tuned for the December issue of Counselor Connection which will carry the details.

Students who have graduated and are interested in this certificate may send an e-mail to Sister Jeannine at jo-kane@immaculata.edu with the subject line Addictions Certification. Sister will keep

you informed as the plans for the certification unfold.

The 3 credit course on the Integration of Spirituality and Counseling taught by Sister Jeannine and Dr. Anne Rein-smith has been redesigned to comprise three modules of 1 credit each. Students may choose to take one or two of these weekend courses or avail themselves of the entire course by taking all three 1-credit offerings. The courses and their times are listed on page 5.

For students who have missed out on Beta Mu Meet-

ings, Guest Speakers, Practicum Tips opportunities, or such tasks as petitioning for comps or even the Christmas Social, be sure to check this site for the CP Events Brochure to be posted late August. If you are at IU, there will be copies of the Brochure outside the Graduate Office.

Of interest to graduates is a workshop on supervision by Mr. Michael Morton, MFT on Tuesday, October 27, 2009 from 1:00 to 4:00 p.m.

The cost is \$25 payable at registration in the Great Hall, Lourdes Building.

Supervision Workshop

Three CEUs applicable to LPC and NBCC are offered. Call Ms. Janet Rowe at 610-647-4400 by Friday, October 23rd to register. We would love to see you there!



The weather in Charlotte was gorgeous! Flowering trees lined the streets, and tulips bloomed in every corner of this lovely city. The spirit at this year's American Counseling Convention was equally sunny as a few thousand counselors from all over the country convened for several days of meetings, classes, displays and networking.

Representing Immaculata and Beta Mu, Dana Smith and I

2009 ACA Convention

sat in on standing-room-only seminars, browsed the exhibit hall, attended poster sessions, talked with other attendees, enjoyed Charlotte's downtown area, and participated in the Chi Sigma Iota business meeting. The highlight for us was stopping by the Reality Therapy booth only to find it manned by Robert Wubbolding himself, who consented to having his picture taken with each of us. Despite the

long drive to North Carolina, it was a wonderful experience.

Next year's meeting will be held from March 18-22 in Pittsburgh, a much shorter drive, making it possible for more of us to attend.



Attendees benefit from the education (you can earn CEU credits!), networking, employment listings, and the good time the ACA Convention offers.

-Susan Drummond

Pittsburgh 2010

FOR MORE
INFORMATION
ON NEXT YEAR'S
CONVENTION
CHECK THE
ACA WEBSITE:
WWW.COUNSELING.ORG



Immaculata University has had the pleasure of hosting faculty who not only excel in the field of psychology, but have a passion for passing on that knowledge and talent to the counselors of tomorrow. Recently, Immaculata has welcomed new staff members who carry on this tradition.



Dr. Thomas O'Brien, the new College of Graduate Studies Assistant Dean graduated from Immaculata himself and earlier embarked on a career that allowed him to serve the children of the Archdiocese of Philadelphia as the Superintendent of Schools. After spending several years in education, his interest extended to the mental health field where he served as a guidance counselor and maintained a private practice (which he continues part-time today). Dr. O'Brien enjoys working with the busy adults attending Immaculata who are trying to further their career

while raising a family because he himself had that experience. Dr. O'Brien believes that with passion and strong will, the students of Immaculata can achieve anything!



After receiving her doctoral degree, Dr. Julie Guay started her teaching career as an adjunct professor within the ACCEL program at Immaculata while studying to become a licensed psychologist in PA and DE. Dr. Guay received specialty postdoctoral training in the area of neuropsychology, which stemmed from a fascination with both medicine and psychology while in high school. Dr. Guay enjoys the friendly atmosphere of Immaculata as well as mentoring students.



Ms. Kathy Spitz, M.S., LPC was the Guest Speaker at the Beta Mu Installation this year.

Kathy is an adjunct teacher in the Counseling Psychology Program. She is currently the director of an inpatient facility dedicated to treating comorbid disorders. She also maintains a private practice in which 90% of her patients suffer with addictions. Kathy enjoys the atmosphere of learning that is so unmistakable at IU, and believes that our students are academically prepared for the challenges awaiting them as professional counselors.



Sister Donna Kelly, Psy.D has become the new M.A. field site coordinator at Immaculata. Before coming to IU, Sister Donna worked in a psychiatric hospital in Maryland. She enjoys both environment and the people here at Immaculata. Helping students in the process of becoming skilled therapists and sharing in their passion for learning the intricacies of psychology is a benefit Sister Donna receives from her interactions with students.

-Katie Longshore

What's New at csi-net.org???

A wealth of information and resources are on this website. The "Counselor's Bookshelf" is a great place to read reviews of books, TV programs and movies which others find beneficial to us as professionals. One can reply to these reviews in online forums. If you have seen or read something you'd like to discuss, send a 250-500 word review to

info@csi-net.org as an attachment, and the editorial review board will review and post it!

The "job links" section of csi-net.org is a great place to see what's out there for those looking for work. Links are available to job search websites and there is a forum for specific job postings for CSI members. Check it out to see what the counseling job market looks like!

Did you know?? As of May 31, 2009, CSI has 13,083 active members in 259 chapters. A total of 64,218 members have been initiated into the Society! That is impressive! Spread the word about CSI and Beta Mu at Immaculata to those meeting the criteria! For more information, exciting news and resources visit www.csi-net.org.

-Rebecka Still

Did you know??

**As of May 31, 2009,
Chi Sigma Iota has
13,083 active members
in 259 chapters.**

Welcome New Beta Mu Members!



New Members include: R. Kaliner, K. Butler, D. Farnsworth, W. Schaber, K. Goree, R. Still, K. Chacosky, L. Holliday, M. Bellamy, D. Szymanski, H. Anderson-Bay, C. Karian, Z. Hernandez, L. Caskill. All are not pictured here.

Beta Mu Chapter of Chi Sigma Iota Honor Society inducted new members on May 7, 2009. Sister Ann Heath joined S. Jeannine in welcoming the Inductees and their family and friends. Susan Drummond, M.A. Vice-president and Kristina Carter, Secretary conducted the ceremony and Ms. Kathleen Spitz M.S., LPC addressed the group and encouraged them in their role as scholars and soon to be professional counselors. Family, friends and faculty celebrated the occasion with students over refreshments.

You are invited to get involved:

Email editor at dasdzn@yahoo.com

- ◇ Write a feature article
- ◇ Review a good book
- ◇ Tell us about an upcoming conference
- ◇ Share a good website or job opportunity
- ◇ Write a letter to the editor
- ◇ Be our next "Graduate in the Spotlight."
- ◇ Tell us what you're doing
- ◇ Provide suggestions for one credit courses

Immaculata University

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To register for CEUs call Janet Rowe at 610-647-4400 ext. 3509

Contact us at www.immaculata.edu College of Graduate Studies, Psychology, MA in Counseling Psychology and *Counselor Connection*.

Graduate Psychology Department

Supervision Workshop: Michael Morton, MFT, AMFT Approved Supervisor

October **, from 1:00 to 4:00 p.m. Great Hall

3 NBCC / LPC CEUs — \$25

Fall One Credit Course Offerings:

- The Theory and Practice of Theistic Counseling
9/11 -12 Dr. Anne Reinsmith
- Transitions and Ultimate Meaning in Holistic Counseling
10/16-17 Dr. Anne Reinsmith
- Theistic Counseling Strategies for Healing Self and Others
11/13-14 Dr. Anne Reinsmith
- Dual Diagnosis in the Treatment of Addiction
10/30-31 Dr. Thomas Legere

Three Credit Course Offering:

- The Psychology and Spirituality of the 12- Step Program.
Thursdays 7:20 to 10:00
Dr. Thomas Legere