



Chi Sigma Iota - Beta Upsilon Chapter

Counseling Academic & Professional Honor Society International

20th Anniversary
Edition

Beta Upsilon News

The Official Newsletter of Barry University Department of Counseling's Chapter of Chi Sigma Iota Counseling Honor Society International

Chi Sigma Iota

The mission of Chi Sigma Iota is to promote scholarship, research, professionalism, leadership, advocacy, and excellence in counseling, and to recognize high attainment in the pursuit of academic and clinical excellence in the profession of counseling

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Beta Upsilon Chapter Presidential Address: Leo Balseiro

In light of the 20th Anniversary of the Beta Upsilon Chapter of Chi Sigma Iota, the Board and I have decided to take an alternate, more personal course with the vessel that is our wonderful newsletter – an artifact among many in our chapter's history that represents our chapter's fine achievements toward the Beta Upsilon mission: "to promote scholarship, leadership, professional development, research, and advocacy in the counseling field". This special edition features some of our archived articles and pictures of years past, which best represents the chapter tradition and its members in review.

I was first informed of the Chapter's upcoming anniversary on a sunny September afternoon, where I was planning and organizing the semester agenda with Dr. Raul Machuca in his office. I sat in one of the two, blue sofa-chairs next to his desk, jumbling my bag and documents in one hand and my laptop in another, paying mind to the miscellaneous items on the nearby coffee table, to where Dr. Machuca casually exclaims "Oh, hey, by the way, this

semester marks our 20th year anniversary".

At that moment I was humbled by the idea that, as my last semester as a Master's student at Barry University, I would be the President in time for this monumental event.

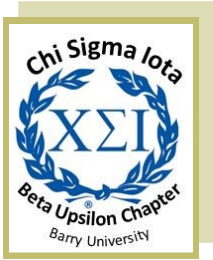
I was also anxious.

Initial ideas that came to our minds for our observance included cake, music, dancing, dinner, celebration, the works. At the time, I wasn't sure of how these elements would fall into place – lo and behold, some of these ideas fell into place perfectly as our most recent initiation ceremony was a huge success.

I will share with you a narrative that I mentioned at the previously held initiation ceremony. A few days



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Beta Upsilon Chapter Presidential Address: Leo Balseiro

prior to the event, I had been tasked to give a presidential address at this ceremony to perfectly encapsulate the achievements and success the Beta Upsilon Chapter has attained in the past two decades. For two long nights, I became well acquainted with my den, desk, and all of the resources I'd managed to gather – newsletters, photos, documents, articles, abstracts, and awards, to name a few. I immersed myself with the remnants of two-decades worth of historical information. By the middle of the second evening, I became *lost*.

Let me reframe this feeling for you by saying that to be lost in all of the historical information was a good thing, as that moment reflected the magnitude of this chapter's positive impact upon the community and the student body for twenty years. Nonetheless, with all of the information I found, including numerous fellowships, recognitions, invitations, scholarly articles, and contributions from members and advocates who are continuously dedicated to the field, the Counseling Department could create an elective course dedicated to the chapter. To simply put, to be able to perfectly put the chapter's entire history into a brief rhetoric was unrealistic.

With this newfound perception, I came up with an alternative solution to celebrate and observe our 20-year tradition – a solution which includes all members. Let us promote and intensify our mission through active membership. Through leadership, research, scholarship, professionalism, and advocacy, let us continue to serve our fellow students, members of the community, and our counseling field that we share. Let us continue to carry our Chapter tradition and become involved with our mission to the fullest extent possible, as I *firmly* believe that our impact will be bigger than ourselves.

As I currently bid this Chapter farewell as the now 'past-president', and as our celebration has reached it's 'yuletide' so to speak, what I see as the central message is: with dedication, hard-work, decisive action, reasonable goals, and support, you'll be quite surprised with what you can accomplish. Speaking of support, I am profoundly indebted towards Dr. Raul Machuca and Dr. Jennifer Casani for their unwavering support, assistance, and patience. I am also grateful for my board, especially Jayme Thomas, who will be serving as your President in the Spring of 2017. I am eternally grateful for this Chapter, and its past leaders, for its presence has helped me become a clinician and a professional that I dared to dream about when I began this program at Barry University.

Look forward to the future Beta Upsilon events in the future. I am ecstatic to inform you that our executive board has fresh ideas, with Jayme Thomas confidently at the helm, and will be continuing our chapter tradition. From the bottom of my heart, which cares for our twenty-year-old Beta Upsilon Chapter dearly, I thank you for allowing me to serve you. — Sincerely, Leo Balseiro



***Chi Sigma Iota
Beta Upsilon Chapter
2017 Officers***

President:

Jayme Thomas

President-Elect:

Lori Glenn Reibach

Past President:

Leo Balseiro

Treasurer:

Marlene Kashton

Secretary:

Molly Wright

Member-at-Large

(Masters):

Charity Reno

Member-at-Large

(Doctoral):

Julie Basulto

Member-at-Large

(Alumni):

Natalee BielCassarino

Newsletter Editor:

Samuel Lang

Faculty Advisor:

Dr. R. Machuca

Faculty Co-Advisor:

Dr. Jennifer Casani

Faculty Advisor's Greeting: Raul Machuca, PhD, LMHC, NCC

I want to congratulate the Beta Upsilon Chapter of Chi Sigma Iota on its 20th year anniversary. I wish the Chapter continuous growth and success in its mission to promote excellence in the Counseling profession.

As I reflect on my four-and-a-half year journey with the Beta Upsilon Chapter of Chi sigma Iota, the most significant experiences are definitively connected to the many outstanding students that have been a part of the Board. Since the Fall of 2012, I have witnessed many students, who have served in different roles in the Chapter while proudly embodying the mission of Chi Sigma Iota. I cherish the memories of countless hours of planning and preparation, teamwork, as well as the shared satisfaction of a job well done through the years. I am particularly grateful for the high level of commitment and leadership that the chapter presidents have displayed during the last four years. I believe that students, such as our past president Leo Balseiro, truly represents the

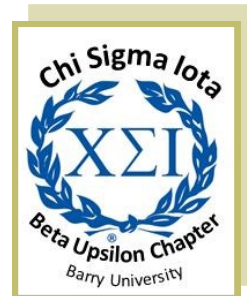
spirit of our honor society.

I have also been blessed with the company and support of extraordinary faculty who have served along with me as faculty advisors. Dr. Christine Sacco-Bene, Dr. Regina Moro, and more recently, Dr. Jennifer Casani, have shared with me the joys, adventures and challenges of maintaining a long legacy of extraordinary successes in our Chapter. I want to thank also the Department of Counseling faculty who have supported the Chapter through the years.

I am proud to be part of the rich history of the Beta Upsilon Chapter of Chi Sigma Iota.



Faculty Co-Advisor's Greeting: Jennifer Casani, PhD, LMHC



Membership in a national honor society is reserved for individuals who demonstrate merit in, commitment to, and passion toward a particular field.

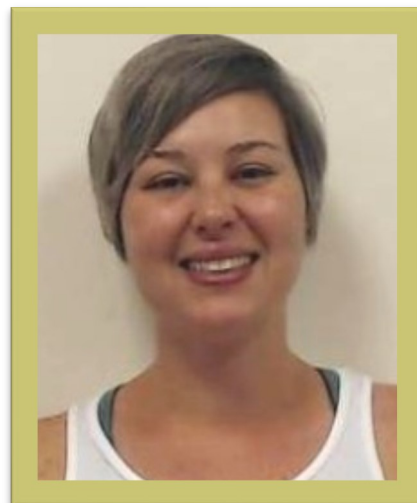
On December 3rd, 2016, the Beta Upsilon Chapter of Chi Sigma Iota celebrated its 20th Anniversary. In this time, the chapter has been recognized for its outstanding newsletter, dedicated service to the field and community, and continued promotion of advocacy for and excellence in the counseling profession. It is because of the kind of individuals the Beta Upsilon Chapter has attracted that the above distinctions have been granted. It is humbling to be part of a chapter who started with the support of a now "Lifetime Member," Dr. Sylvia Fernandez, who exemplifies the attributes of a true counseling professional, and to have continual facilitation by Dr. Raul Machuca, Dr. Regina Moro, and Dr. Christine Sacco-Bene, faculty who are recognized in the counseling field.

I am so thankful for the opportunity to serve as a faculty co-advisor of the long standing and exceptionally noteworthy Beta

Upsilon Chapter of Chi Sigma Iota. Particularly, I am grateful to have known and witnessed the genuine dedication and responsibility of the most recent board members: the past-president, Leo Balseiro, and current president, Jayme Thomas. Their modesty toward leadership and service, two hallmark characteristics of Chi Sigma Iota members, is remarkable, and I am proud to have participated alongside them in their devotedness to this Chapter.

I am most excited to see what is to come for the Beta Upsilon Chapter. Although the new board members will have large shoes to fill, their enthusiasm and eagerness to join and serve the chapter was evident the day they turned in their membership applications!

I am delighted and full of pride to belong to the Beta Upsilon Chapter, and I hope to be able to watch the chapter, its members, and legacy grow to new heights for many years to come.



The 20th Anniversary Celebration Beta Upsilon-Chi Sigma Iota Fall 2017 Initiation Ceremony



December 3rd marked a very special Initiation and Awards ceremony, as the Beta Upsilon Chapter observed and celebrated twenty years of service to the community, recognized individuals who contributed to the chapter and community, initiated new members, and celebrated graduating members for their success. The event was monumental as it featured an observance of twenty years in service through photography, a thorough awards display, and fine words from past-leaders—such as past presidents Adam Fishel and Cindy George, former Faculty Advisor Dr. Christine Sacco-Bene, former Faculty Advisor Dr. Regina Moro, and lifetime CSI member, former Faculty Advisor, and current Associate Dean Dr. Sylvia Fernandez. Graduating members, Initiates, Faculty members, and families celebrated with one another for a ceremony to remember.



Dr. M. Sylvia Fernandez



BU-CSI initiates/Installments

(Left to Right) Samuel Lang, Molly Wright, and
Lori Glenn Reibach



BU-CSI Installment Graduates

(Left to Right) Laguerda Isma, Leo Balseiro, Nancy Acquaviva, Fana
Lelifanovska, Erica Gissentanner-Bush, Juzmin Molina, and Javier Ponce

20th Anniversary Celebration Contd.



Past, present, and future presidents
Mirsha Alexandre, Leo Balseiro, and
Jayme Thomas



Dr. Jessica Vera receives an award of
recognition for her service to the chapter



Laura Meyer receives an award of
recognition for her service to the chapter



President Jayme Thomas



Dr. Raul Machuca and Dr. Jennifer Casani
"reframing" the event



Proud Past President Leo Balseiro

Fall 2016 Beta Upsilon Chapter-Chi Sigma Iota Initiates

Lori Glenn Reibach, Molly Wright, and Samuel Lang

Spring 2016 Beta Upsilon Chapter-Chi Sigma Iota Graduates

Laguerda Isma, Javier Ponce, Juzmin Molina, Nancy Acquaviva, Fana Lelifanovska, Erica
Gis-sentanner-Bush, and Leo Balseiro

Spring 2017 Leadership Installments

President - Jayme Thomas

President-Elect - Lori Glenn Reibach

Secretary - Molly Wright

Historian/Newsletter Editor - Samuel Lang

The Use of Counseling Skills in Hostage Negotiations

By: Patricia Salgado (Circa Spring 2015)

For the past 14 years, I have worked in law enforcement and serviced the community in which I grew up. I have been exposed to many situations, from an act of heroism to a devastating tragedy.

Several of these experiences have brought me to where I am today: the counseling field. Coming into counseling as a police officer was a challenging transition in which I had to learn to bring down my defense wall. Much of the training I have received over the years had to be left at the door of the classroom. Interestingly enough, I use on a daily basis, while working, all of the individual counseling skills I have acquired.

Within the past year, I was assigned to the Hostage Negotiation Team and have been able to apply basic counseling skills during negotiations. Imagine a person who is having suicidal thoughts and barricades himself in a room with a weapon. How do I stop this? How can I help him realize he is worth it?

I begin by establishing rapport with him and actively listen to every word he says. Many times, we do not have the op-

tion of establishing eye contact, so I use minimal encouragers to let him know I am listening. I make sure to ask him a combination of both open and closed ended questions to elicit information on what is going on externally and internally. Does this sound familiar so far?

"Coming into counseling as a police officer was a challenging transition in which I had to learn to bring down my defense wall."

I proceed to reflect content and meaning to ensure I understand what he is saying and feeling. I paraphrase the content of the conversation, so he knows I am listening.

In my line of work, every second and every word counts. I cannot make false promises on something I will not be able to deliver. Those who are in crisis and who I am trying to negotiate with can see right through any form of insincerity. As

such, it is imperative that I remain genuine, empathetic, and show concern and unconditional positive regard.

It is clear to me that the skills we learn in the field of counseling transcend into every area of our lives. Try using them with your partner, friends, or co-workers; you never know who you will help.



BU-CSI Member

Patricia Salgado

A Four Step Self-Care Plan for Counselors

By: Tina Fitts (Circa Fall 2015)

Being a counselor is not easy and while counselors are caregivers by nature, we often don't take care of our own needs. As counselors, we advocate for individual health, happiness, and comfort, yet in order to continue making a difference in people's lives, we need to take care of ourselves first.

Self-care refers to "care of the self without medical or other professional consultation." Hearing this term may conjure additional responsibilities to our already long to-do list as most of us are busy with school, one or two jobs, kids, and relationships, which leaves us little time to add another responsibility to our list. However, promoting your own self-care does not need to be time-consuming or complicated. Sometimes, it is simply doing nothing that is self-care.

As a counselor, student, fitness instructor, and nutrition enthusiast I know the benefits of self-care. Taking care of my health has helped me gain confidence, have more energy, remain calm during stressful days, feel fit, execute my responsibilities, avoid doctor visits, and help my clients. I want to share with you a few tips on

how you can stay healthy, happy and effective.

Sleep According to National Sleep Foundation, adults need between seven to nine hours of sleep with recent studies indicating that seven and a half hours is the optimal amount. Make sleep a priority as it improves your mood, energy, and attentiveness. It's not a coincidence that sleep deprivation has long been considered an effective torture technique as lack of sleep can make you lethargic, irritable, and forgetful. You can discover your optimum sleep schedule by experimenting with different hours and times.

HelpGuide.org suggests the following tips for getting a good night's sleep. First, set a regular bedtime and wake up time. Second, turn off your television and computer, and put away your cell phones a few hours before sleep. Third, keep your bedroom quiet and dark. Fourth, don't drink caffeinated beverages or eat sugary snacks and avoid big meals at night.

Nutrition We all know the importance of a well balanced diet, but eating healthy often isn't easy with a life seemingly always on the go. Famed au-

thor and nutrition activist Michale Pollan sums up a good dietary approach with this well known, pithy statement: "Eat Food. Not too much. Mostly plants."

"Taking care of my health has helped me gain confidence, have more energy, remain calm during stressful days, feel fit, execute my responsibilities, avoid doctor visits, and help my clients."

What Pollan is really saying is to eat REAL food – fruit, vegetables, grains, fish, and lean meat; not processed, man-made, chemicals formed into food like substances.

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Also, keep your proportions down. A shovel full of good food makes for a lot of calories and even too much of good calories leads to weight gain. Lastly, Pollan emphasizes a diet that is mainly plant based, but leaves room for lean meats and fish. Start reading the labels of the food you buy and pay attention to the content. Educate yourself about the food you ingest. Is it nourishing your body or is it destroying your health?

According to the Stanford School of Medicine our bodies turn over a total of 50 to 70 billions cells daily. This makes nutrition an important part of our lives, since we are truly what we eat. Some ways to help you enhance your health through nutrition include eating unprocessed whole foods, drinking more water, avoiding vending machine and fast foods, and eating only when you are hungry. Nutrition-facts.org is a great website to refer to learn what consist of a healthy diet

Exercise The benefits of exercise are also well known and well publicized. Not only does it promote good heart health and better circulation, but exercise has been proven to release endorphins, which are essentially hormones that make us happy. But with many demands for our time as counselors, it can seem hard to make time for a good workout. It's

important to know that exercise can be fun and not a chore and it does not have to mean a time consuming trip to the gym. A walk in the park, a bike ride to the grocery store, taking the stairs instead of the elevator, and parking the car a little farther from the entrance all help. There is also a misconception about exercise where people think that exercise is *only* for weight-loss or weight control. In fact, experts also suggest that exercise promotes better mood, improves self-confidence, prevents cognitive decline, reduces stress, alleviates anxiety, sharpens memory, and increases productivity. If you need some motivation, find a buddy who will push you when you are feeling less motivated, make a good play list to get those toes tapping, and change your homepage to a fitness webpage such as yahoo.com/health or popsugar.com/fitness.

Meditation Lastly, it's important to know that sometimes it is better to do nothing. Simple breathing exercises can relax muscles, lower tension, and can make you feel better. You don't have to go to a temple or take a lot of time away from your schedule to meditate or assume some special posture. Simply taking five to ten minutes to focus on your breathing can refresh you, make you feel present, and calm you down. You can meditate anytime and anywhere. You can

meditate while you eat, shower, or read. What this means is that when you are fully present and focusing on only one thing you are doing, you are meditating. Daily meditation promotes peace of mind, emotional stability, increases happiness, and sharpens the mind. In fact, a recent Harvard study showed that brief meditation enhances compassion, improves memory, lessen addictions, and increase threshold for pain.

As the old saying goes, a healthy body is a healthy mind. Our profession requires compassion, understanding, and empathy and all of that is easier if we ourselves are healthy and happy. If you want to get healthier, start making these small changes and before long, you'll see a big difference in your life.



BU-CSI Member

Tina Fitts

Re-Membering Loss Due To Addiction: A Phenomenological Inquiry Into Ambiguous Loss.

By George M. Walker, LPC, NCC (Circa Fall 2014)

I was asked by Beta Upsilon News to provide a brief summary of the proposed research I am considering for my dissertation. The following is from the first draft of my prospectus.

This study focuses upon the meaning family members attribute to the extended absence often

"Remembering is designed to re-aggregate the 'members of one's life story.'"

experienced in the course of long-term addiction.

Long-term substance dependence

quite often is characterized by alternating episodes of abstinence and relapse back into active substance use. Situations in which this addictive cycle results in the dependent person absenting him or herself from the family or with the family demanding that the person leave, is not uncommon (Binswanger, Stern, Deyo, Heagerty, Cheadle, Elmore, et al., 2007; Dunlop & Tracy, 2013; Söderström &

Skårderud, 2013). In such cases, the dependent person may lose any effective contact with the family. For all intents and purposes, the dependent person is deceased; or at best, missing in action (MIA).

The gap in the literature (i.e., grief/bereavement/ambiguous loss and addiction/recovery literature) is the application of the above substance induced absence from the family to ambiguous loss theory. Ambiguous loss theory, as coined by Pauline Boss (1972, 1999, 2004a, 2004b, 2007), includes the phenomena of loss when a loved-one is physically gone but not deceased. Ambiguous loss (Boss, 1977; 1999; 2004a) is said to defy the resolution and closure that is typically sought in bereavement (Boss, 2004a), circumvents the grief process (Boss, 1977), and refers to "not knowing whether a loved person is absent or present; dead or alive" (Boss, 1999, p. 4). Be-

cause the loss is intangible or uncertain, the mourning process for family members becomes complicated. The usual familial and social rituals associated with death do not apply. There is no leave of absence from work and no well-wishers in the community proffering flowers and condolences. For the family who experiences ambiguous loss, the situation is stressful and oftentimes cruel in its unending torment.

The final or "re-membering" part involves the use of a Narrative Therapy practice. The practice of re-membering is designed to re-aggregate the "members of one's life story" (Meyerhoff, as cited in Russell & Carey, 2002). The practice speaks to the idea that there are those in our "club of life" whose impact plays an important part in how we come to know and experience ourselves. If the family member is able to turn

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the corner and move past the self and relational destruction of chronic substance use, the chance of being reunited with the family becomes a very real possibility (McKim, Warren, Asfaw, Balich, Nolte, & Perkins, et al., 2014; White & Kelly, 2011). Unfortunately, the years and sometimes decades of separation make a reunion difficult, if not entirely impractical. While each step in the 12-Step process is considered equally important, it is here with the Ninth Step where the recovering person is enjoined to, "Make amends to those we have harmed except when to do so would injure them or others" (Anonymous, 1976), that the recovering person will face the actual people rather than the theoretical constructs regarding the wreckage of his past. Even the most resourceful and experienced sponsor may not be able to prepare the newly sobered person for the sometimes vehement, or worse utter disregard and contempt, of the spouse/partner or other family members left behind. Re-

membering (Cassim, 2013; Hedtke, 2014; White, 1995), provides a way for the family to allow the departed member back into the heart and hopes, if not the home, of the family.

The initial questions that guide this research are as follows:

1. How does the spouse/partner of a person who has abandoned the home due to substance use experience the loss?
2. What feelings were experienced when the departed member was relocated, found to be sober, and sought to make amends?
3. Has the relocated spouse/partner been "re-membered" and if so, how does re-membering look?
4. Does the idea of ambiguous loss seem to apply to the experience of the partner/spouse?
5. What understandings might be useful to others going through a similar process

with a family member suffering from long-term addiction?

I have tried to provide an overview of this effort.

Feedback or comments on any of these subjects are welcomed. Peace.



CSI-BU Member George Walker, LPC, NCC

Don't Be A Gatekeeper: Increasing Gender Variance Competency (Circa Fall 2014)

By Nicole Lewis

A relatively new term in LGBT communication, gender variance is defined as an umbrella term to describe the gender identity of those who “do not conform to societal gender norms” of their biologically assigned sex (Collazo, Austin, & Craig, 2013, p. 229). Gender variance includes those who are self-described as transgender, transsexual, or gender queer.

As the research on the gender variant population emerges, there seems to be a trend in the roles counselors have taken on: gatekeepers. Counselors as gatekeepers refers to the position that counselors find themselves in when clients seek hormone replacement therapy (HRT) or sexual reassignment surgery certification letters. We are often viewed as professionals who can “selectively block” clients from their desired medical treatments (Lev, 2009).

Perhaps the biggest harm in being seen by transgender clients as a gatekeepers is that the clients learn what to say and what not to say in order to gain a letter from a counselor that certifies readiness for medical treatment. In omitting the truth, transgender clients

could possibly be putting themselves at risk by receiving hormonal treatments that may have adverse effects with other drugs or pre-existing medical conditions and mental disorders.

How can a counselor avoid becoming a gatekeeper? Through personal practice at SunServe (a social services agency in Ft. Lauderdale dedicated to providing mental health, medical, and case management services to the LGBTQ community), I have noticed transparency to be one of the biggest tools for counselors to use in avoiding simply becoming a gatekeeper. Being honest about your roles and intentions in advocating for and supporting the transgender client can serve to keep a counselor transparent.

Counselors can also avoid being a gatekeeper by being competent on the latest Standards of Care (SOC) published by the World Professional Association for Transgender Health (2012). Our role in an experience with a transgender client seeking HRT is NOT to block or allow medical treatment. That final decision is made by the medical doctor providing the treatment after

“I have noticed transparency to be one of the biggest tools for counselors to use in avoiding simply becoming a gatekeeper. Be honest about your roles and intentions in advocating and supporting...”

numerous considerations have been taken into account. Some of those considerations will be covered in the letter the counselor provides the medical provider and are as follows as per the WPATH 7th Version SOC (2012):

- Persistent presentation of gender dysphoria—this is obtained by gathering a detailed psychosocial account of the client’s history, especially pertaining to issues surrounding gender identity;

The client has the capacity to and has given informed consent—in order for the client to fully give an informed consent, the side effects and possible adverse outcomes of the treatment must be reviewed and processed

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Give It a Thought! Reflections on a Doctoral Journey (Circa Fall 2014)

By: Khalid Alfallatah, MS

Ask not what the counseling field can contribute to your professional growth, ask what your professional growth can contribute to the counseling field.

From an epistemological perspective, being in the doctoral program has helped me gain a broader and deeper understanding about the counseling profession in relation to my own personal and professional growth. I think that the shift of focus from observing and learning about a particular theoretical orientation to questioning,

critiquing and challenging the criteria of effectiveness of those models in therapy, has helped me to see counseling from a different perspective.

Is being competent in a theoretical orientation the most important aspect of my success as a therapist? Or is there more to the story? That question generated a shift in my focus from wanting the doctoral program to teach me, to wanting to teach myself, grow, and help contribute to strengthen the counseling profession. It is only when the

focus is on professional growth, that a successful utilization of resources in the doctoral program can be most beneficial.

In other words, ask not what the counseling field can contribute to your professional growth, ask what your professional growth can contribute to the counseling



CSI-BU Member Khalid Alfallatah, MS

Don't Be A Gatekeeper: Increasing Gender Variance Competency

By Nicole Lewis (Circa Fall 2014)

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- with the client. The counselor must also rule out any pervasive developmental, personality, mood, or substance induced disorders that may inhibit the client from making a consciously informed decision;
- Client must be the age of majority or have consent and support from parents;
- A plan to address or manage significant mental health or medical concerns if present—usually in the form of committed weekly

therapy and/or medication management if there is a mental health concern.

If a counselor is considering working with the transgender population, it is imperative that the proper training is sought prior in order to avoid becoming gatekeepers. We have much more to offer our client than a letter as they journey through the transitioning process that may have an impact on their mood and behavior.

References

- Collazo, A., Austin, A., & Craig, S. L. (2013). Facilitating transition amongst transgender clients: Components of effective clinical practice. *Clinical Social Work Journal*, 41, 228-237.
- Lev, A. I. (2009). The ten tasks of the mental health provider: Recommendations for revisions of the World Professional Association for Transgender Health's Standard of Care

Utilizing Our Furry Friends In Counseling

By: Peri Gross (Circa Spring 2016)

There are so many creative techniques and interventions we can learn about and utilize as clinicians. One in particular that is very often used is Animal-assisted therapy (AAT). The International Association of Human-Animal Interaction Organizations defines AAT:

AAT is a goal oriented, planned, and structured therapeutic intervention directed and/or delivered by health, education and human service professionals. Intervention progress is measured and included in professional documentation. AAT is delivered and/or directed by a formally trained (with active licensure, degree or equivalent) professional with expertise within the scope of the professionals' practice.

AAT focuses on enhancing physical, cognitive, behavioral and/or socio-emotional functioning of the particular human client (International Association of Human-Animal Interaction Organiza-

tions, 2014).

AAT is used in various different disciplines aside from counseling, in a variety of settings, with a large range of issues, and with any age or population. Almost any animal can be trained as an AAT

"We share this earth with so many magnificent creatures—why not collaborate with them to better serve our clients?"

animal, but dogs are the most commonly used. Some consider the first therapy dog to be Smoky the Yorkshire terrier, who accompanied his master Bill Wynne through the horrors of World War II.

When Bill was hospitalized at a certain point in the war, Smoky was brought to him and was

recognized by the doctors and nurses as a source for joy and healing. Bill and Smoky went on to visit veterans post-war (if you want to know more about this wonderful story, read Bills memoir *Yorkie Doodle Dandy*).

Studies show that dogs have been particularly effective in helping individuals suffering from substance abuse disorders, individuals who are incarcerated, at-risk youth, children with Autism Spectrum Disorder, and so much more. AAT is represented in the literature, however there is a need for more quantitative research (research idea!). We share this earth with so many magnificent creatures- why not collaborate with them to better serve our clients?

Beta Upsilon Chapter of Chi Sigma Iota: Awards and Achievements

Founded on October 29th, 1996

Chapter of the Year
1999, 2006, 2007

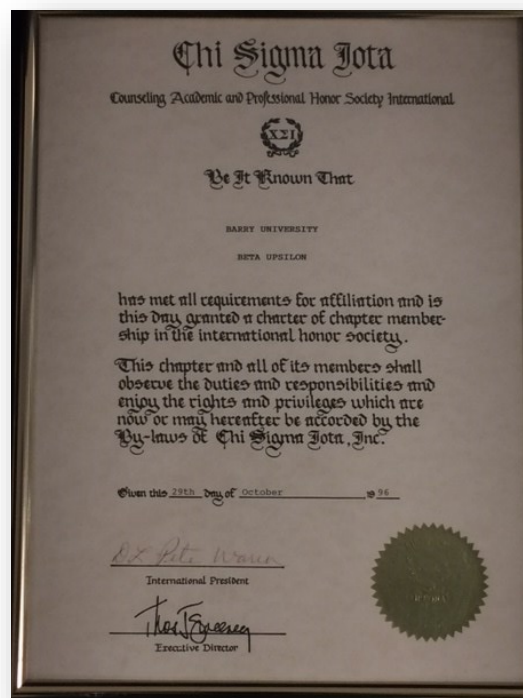
Eight Fellowship Awards
1997, 1998, 2001, 2002 (2), 2003, 2004, 2006

Outstanding Service to the Chapter Award
2001, 2007

**Advocacy Project Poster Showcase Int'l Award for
Excellence**
2003, 2004, 2005, 2006

Outstanding Chapter Newsletter Award
2004, 2006, 2007, 2008, 2009, 2015

CSI Excellence in Counseling Research Grant
2008



2007-2009 Professional Development, Advocacy Outreach, & Social Enrichment



2013 Fall and Spring Initiation Ceremony



2014 Career Readiness & The Florida Counseling Association



2014 7th Annual Graduate Student Conference



2014

The Sunshine Seminar & Community Service Day with the Special Olympic Foundation

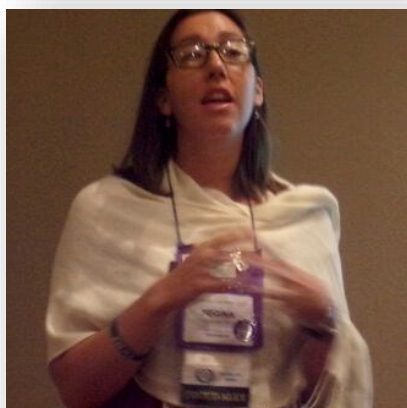
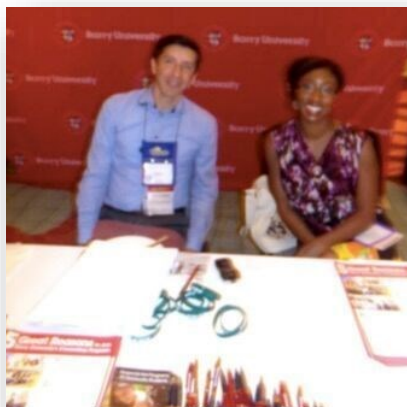


2014 & 2015 *Wellness Day & the BU-CSI Social*



2015

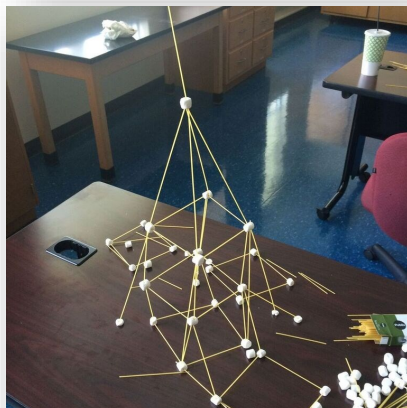
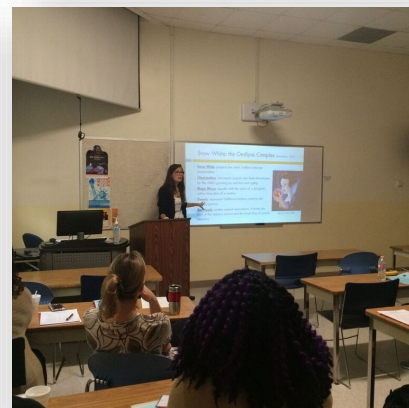
The American Counseling Association Conference & Expo and the 7th Annual Graduate Student Conference



2015 Initiation and Awards Ceremony



2016 The 8th Annual Graduate Student Conference



2016

Spring Initiation Ceremony and The American Counseling Association Conference & Expo



2016

Service in the Community: Family Service Day & The 'Out of the Darkness' Walks





Chi Sigma Iota

Member, Association of College Honor Societies
Beta Upsilon Chapter

Counseling Academic & Professional Honor Society International

Beta Upsilon News

Editor-in-Chief

Leo Balseiro



Come Join the Beta Upsilon Chapter of Chi Sigma Iota!

All you need is:

9 Credits established within the program

3.5 GPA

One Letter of Recommendation

10 Volunteer Hours per year upon acceptance

Send an email to Dr. Raul Machuca, at rma-chuca@barry.edu, for membership information and documentation!

Come Write with Us!

Thank you for reading! We hope you have enjoyed the newsletter!

Are you actively involved in the Beta Upsilon Chapter? Do you enjoy reading *Beta Upsilon News*? Here's an opportunity to write academic articles, book, workshop, and conference reflections, and conduct interviews for *Beta Upsilon News*.

We are looking for a variety of writing styles and topics to include in our award-winning newsletter.

Don't miss out on your chance to publish an article of your interest next semester! E-mail our new Editor-in-Chief for the Spring 2017 semester, Samuel Lang, at Samuel.Lang@mymail.barry.edu for more information, Dr. Raul Machuca at rmachuca@barry.edu, or check your email for the committee call to join us!

We're on the web!
www.facebook.com/groups/betaupsiloncsi