



Chi Sigma Iota - Beta Upsilon Chapter

Counseling Academic & Professional Honor Society International

Beta Upsilon News

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

Spring 2016

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

Beta Upsilon Chapter Presidential Address: Leo Balseiro

First and foremost, for all who are reading this newsletter, and for those who have contributed to our Beta Upsilon Chapter of Chi Sigma Iota, I'd like to extend my gratitude for your time, commitment, and service.

The Spring Semester was full of change. Dozens of fellow students have graced the graduation floor with their presence as they will venture into a new chapter of their lives. Dozens more have embarked outside of the classroom and into the realm of Practicum & Internship. Students within the Chapter who had provided their services as board members have now come to pass into the next stage of their lives. Many more fellow students will rotate from classroom to practice in a blink of an eye.

For many of us, the change may have been surreal. I, for one, can attest to this. I've had the opportunity to follow through with a transition from a fellow newsletter writer and member of the chapter to Editor-in-Chief. Surely enough, within short notice, the presidential candidacy became vacant. I pursued this

opportunity to become amongst members and advisors responsible for building such a wonderful chapter.

A "little self disclosure" but more change nonetheless had occurred. My grandfather had passed away in March. He was a powerful man who had achieved so much for himself and for his community within his lifetime. From a familial standpoint, I already held him in high regard as a grandfather who supported my endeavors. However, coming to learn the multiple bench-

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Beta Upsilon Chapter Presidential Address: Leo Balseiro

marks of success for himself and for the many lives he had impacted, his legacy became my modern power — An additional driving force for me to excel, to motivate others, and to enrich the lives of many as well as myself.

At this point, I figured that change, metaphorically speaking, would have clocked out for the semester. I was mistaken, as we had come to learn that one of our beloved professors, Dr. Regina Moro, will be transitioning into another chapter of her life, moving forward as a professional and as a person. She has graced us with her knowledge, support, and service within the chapter and beyond. She, alongside with another beloved professor Dr. Raul Machuca, has helped to instill the values and the mission of our chapter. Listening and learning from her has been an experience like none other, and I wish her the best in her future endeavors.

While change surrounds us all, whether we have the power or not to change these ever-moving aspects of our lives, there are other aspects of life that tend to remain the same. Among many other things, for me is the meaning of our Beta Upsilon Chapter. Dr. Arleezah Marrah delivered a beautiful message in her keynote address to the graduating members of the chapter, as she enlightened others about the meaning of a bonafide leader. Many people who participated in the discussion had plenty of ideas of what it means to be a leader: even a young man in the audience had some profound feedback for our keynote speaker. However, none of us really were able to put it all together until Dr. Marrah did with one word:

Service.

With that said, as I write this letter and as you read this, I believe that we as members of this chapter have a unique responsibility. Our responsibility to our chapter, as well as our profession, is to provide our service. Through service, I firmly believe that we can truly change the lives of many people in ways that may surprise ourselves. In turn, through service we change as well — We can evolve into the professionals and activists of our field that we desire to become. We change our perspective in multiple ways. We empower ourselves as we empower others, and forge an unbreakable bond in between.

As the President of this Chapter, I invite everyone within our chapter to join us in this expedition. The only requirements to this design include willingness, ability, and an established trust in the process.

Sincerely,

Leo Balseiro

Faculty Co-Advisor's Farewell: Regina Moro, PhD, LCAS, CAP, NCC



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Dr. R. Moro

As I do with every new beginning and every end, I currently find myself in a state of reflection. Many of you have heard that I will be leaving the university, for personal reasons, my family and I will be relocating across the country. And, while I'm wholeheartedly excited about my own future, I am deeply saddened about leaving Barry and the Beta Upsilon Chapter behind.

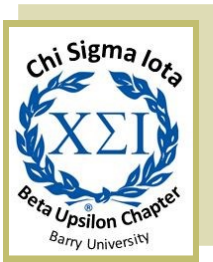
When I was initially looking for a position as a faculty member, I was interested in not only being at an accredited program, but also being at a program that had a large CSI presence. When I heard that Barry had an open position I was immediately excited, as for years I had heard the chapter's name being called at the national awards ceremony! This excitement continued when I arrived on campus for my interview. I had been shuffled between meetings all day, and during a break I was outside

of the Department of Counseling suite, and saw the Beta Upsilon bulletin board. Posted on the board was a calendar of events for that semester, and I was blown away by the activities the chapter was hosting! Everything from social events, to fundraisers, and professional development opportunities- and that has continued each and every semester!

This current year the members of the board, members of BU-CSI and students of the department have continued to impress me. In my



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Faculty Co-Advisor's Farewell: Regina Moro, PhD, LCAS, CAP, NCC

opinion, the most impressive event during the 2015-2016 academic year was the graduate student conference! All of the presenters gave phenomenal talks, were passionate and professional, and truly embodied excellence. And the attendees! It is not an easy task to work all week, attend classes in the afternoons/evening, and show up to learn more on the weekends! The amount of students who chose to come and learn on top of their classes was remarkable.

If I had to choose one word to describe you all, the remarkable students here at Barry, it would be 'dedicated'. You are dedicated beyond words to your own learning, dedicated to your growth as counselors, and dedicated to your clients. And, many of you are also dedicated to your families, and to the lives you have outside of the classroom- an important balance for us all to remember.

I came to Barry hoping to find a family, and I can truly say that I have. It has been a great experience seeing students graduate over the years and go on to be competent professional counselors. I also was privileged to work with some of the best colleagues anyone could ask for. For the students, it is important that you recognize the greatness that you are surrounded by each day- not only in your excellent peers, but in the faculty members. I am indebted to Dr. Raul Machuca for embracing me, and guiding me in my role as co-faculty advisor. He has served as my mentor with this organization, calming me down when I get cranky and lecturing me when I get too sassy. I hope you all know how lucky you are to have Dr. Machuca as a Faculty Advisor!

Thank you all for opening your hearts to me, and for seeking excellence in yourselves, your faculty and your clients. It's exciting to think about the future and where all of our paths may lead!

Sincerely,

Dr. Regina Moro



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

Dear Beta Upsilon member of
Chi Sigma Iota,

As we close on another year of activities for our chapter I would like to reflect on the many experiences we have shared, as well as the very positive learning moments we had together this year.

I am, as usual, very grateful for the student leaders of our chapter who have maintained our vision and goals alive. We experienced significant transitions on our executive board, as well as other leadership roles. However, we managed to successfully accomplished most of the activities that have been part of our identity as a chapter. We have held our sunshine seminar in the fall 2015, our graduate student conference in the spring 2016, as well as our comprehensive exam workshops and initiation and awards ceremonies in both semesters.

I am particularly proud of the work and commitment shown by our conference chair Leo Balseiro, as well as our fellow members of the BU-CSI Board. I am also grateful for the support received by faculty

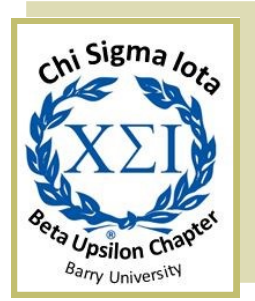
members who understand and value the role of Chi Sigma Iota in our professional identity development as professional counselors.

I am particularly grateful with our Chapter Faculty Advisor Dr. Regina Moro for her continuous and generous support to me, to our chapter and to our students.

I want to also recognize the very significant contributions done by two of our doctoral student members Laura Meyer and Gemma Philage. Thanks to their contribution to the professional development of our future counselors, our students have had a wonderful opportunity to prepare for their comprehensive exams. The ex-



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



cellence, hard work, commitment and dedication of Laura and Gemma to this task over several years has been reflected in the significant increase in the passing rate on the exam by those students who have taken the workshop.

I have learned many things in my work as Chapter Faculty Advisor this year, however one of the most significant lessons has been that, when properly supported and encouraged, our students are able to accomplish amazing things. I am still rejoicing on the successful presentations of our students at the 8th Graduate Student Conference this past April. Visitors from other chapters praised the quality of the organization as well as the topics selected and the proficiency displayed by our presenters.

In closing, I would like to say farewell to our amazing Beta Upsilon Chapter faculty Advisor Dr. Regina Moro. These past several years have been a joy having you by my side in this constant search for memorable experiences for our counseling students. It has been particularly encouraging to me the fact that you share that passion for excellence, as well as that unconditional regard for our students and for our profession. I will always be honor to say that in you I have met a true counselor educator and a friend. May life give you all that you deserve and more, and I hope that our paths cross many, many times again.

Utilizing Our Furry Friends In Counseling

By: Peri Gross

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?

Letter from the Editor: A Call for Professional Development

By: Leo Balseiro

Students may ask themselves upon receiving and reading their course syllabi, “What is professional development?” Better yet, “How does professional development apply to me?”

The first answer to the questions is exactly how it sounds: professional development describes opportunities to engage in activities pertinent to the student’s field of study outside of the classroom. Professional development, of course, is not limited to simply attending seminars – although, seminars are very valuable especially if a student seeks to acquire additional knowledge or if a counselor-in-training is seeking CEU’s towards licensure.

Especially for the field of Counseling, professional development can be done in multiple ways. Dr. Fay Roseman, a fellow professor at Barry University and the Director of Continuing Education at the CARE Center, is a strong advocate for profes-

sional development and says, “Professional Development involves participation in focused learning outside the basic learning required to earn licensure” and “helps members expand their knowledge and expertise in a given field.”

“Professional Development involves participation in focused learning outside the basic learning required to earn licensure”

Volunteering time in community service engagement is one mode of professional development: acts of community service demonstrate willingness to give back to one’s community, which is an important trait that all competent counselors share. Community service engagement can include participation in food drives, assisting homeless shelters in opera-

tions, or accommodating the elderly or disabled at a nearby facility. The buck doesn’t stop there, as students are encouraged to engage in such a way to advocate for a unique population of which they feel passionate for. Demonstrating advocacy, also a common counseling trait, is important as it shows that counselors aren’t afraid to stand with their clients and navigate with them through stressful events. Furthermore, working closely with multiple populations also increases cultural diversity which is heavily needed in the counseling field.

Extra-curricular activities exist as another mode of professional development. Scholarship associations are an excellent way to become involved in extra-curricular events, as they provide platforms for students to engage in various activities geared toward their field of study. Scholarship organizations

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Letter from the Editor: A Call for Professional Development (Contd.)

often create professional events such as student-led conferences, newsletters, workshops, webinars, and community service. While holding their members to a good academic standard, scholarship organizations allow members to engage in activities that often extend beyond the classroom. The biggest benefit of being involved with a scholarship organization is two-fold. Students find themselves working beyond their comfort zone into something they want to try and do (and often times excel when they do!). Students also find that they gain valuable experience, which is often applicable to many counseling situations. Finally, each extra-curricular activity becomes an additional talking piece when graduates attend their first job interview.

Seminars, Webinars, and Additional Readings are sources of valuable additional information. Students may find themselves to be averse to such sources because of the everyday demands of their schoolwork, employment, or other scheduling conflicts. What most students may not know is that such sources of information encourage *casual reading* and participation. Natalee BielCassarino, a fellow Barry University Alumni, has engaged in multiple seminars during her time in the program. "Professional development activities help students and professionals learn and grow as they begin to apply new skills in the counseling

field." Furthermore, "Seminars are wonderful opportunities to exchange experiences with professionals to improve work with your clients and to increase your base of knowledge across multiple theoretical approaches."

There is no question that professional development is not only difficult to ignore but also extremely valuable in the job market. Students and counselors in training alike stand to benefit from engaging in such activities for employment prospects. Dr. Roseman urges her students to invest in professional development. "Prospective employers who value the development of their counselors might see someone who engages in professional development as a more advanced professional with a deeper commitment to helping clients."

Overall, the basic tenet to understand is the student's need to incorporate professional development into their academic careers. Professional development is more than a simple certificate, or a pat on the back. Professional development becomes an experience unlike others, an advantage across peers, and a guided pathway to become a competent counselor.

Finding Wellness in Nature

By: Angela DiPasquale

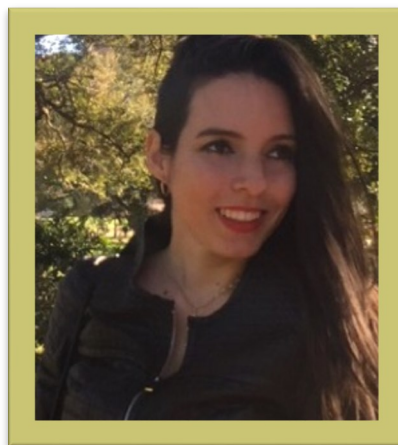
One thing all human beings share in common is that we inhabit planet Earth, which gives every single individual an opportunity to be exposed to nature. Each person has their own unique relationship with the natural environment. Nature can be as vast as the rainforest, the desert, the mountains, the ocean, the forest, or as small as a park, garden, or a house plant. Whether one considers themselves a “tree-hugger,” an “outdoorsy type,” or an “environmentalist,” there is research that supports the evidence that one can find inner peace in the presence of nature. Wellness – which is one of the most important platforms currently in the counseling field – has a strong connection with this notion.

It is common practice when counselors use meditation techniques with their clients to have them envision a relaxing place in nature, for example, a nice

sunny beach. Evidence from certain studies have illustrated that having contact with nature can enhance positively, “physiological, emotional, psychological, and spiritual health” (Brymer, Cudihy, & Sharma-Brymer, 2010, p. 22). It is typical for people to daydream or fantasize about places they wish they could be when they are working or completing a stressful task. Exposure to nature has been associated with decreasing symptoms of aggressive behavior and stress (Reese, Lewis, Wahesh & Iversen, 2014). Additionally, individuals ideally prefer hotel rooms that have better scenic views. It is not a coincidence that there are so many reasons people feel connected to Mother Nature.

For survival purposes, individuals are tied to the environment aesthetically and biologically. Through the course of time, there is “within our DNA an instinctive need to connect with all that is alive and vital”

(Greenleaf, Bryant, & Pollock, 2014, p. 162). Therefore, it is theorized that there is a biological need for human beings to take time to bond with nature. The biophilia hypothesis is “the love of life or living systems as a subconscious urge to affiliate with the rest of life and the environment, including plants, animals and the weather” (Greenleaf et al., 2014, p. 162). Hence, human beings can gain so much from the environment, which is one of the reasons it is important to preserve it. Thus, taking the time to be in nature can significantly improve one’s sense of wellness.



Angela DiPasquale
Graduate Student

Faculty Spotlight: Dr. Jennifer Casani

By: Javier Ponce



• After graduating from your master's degree in clinical psychology, you started your doctoral program in counseling. What led you to it?

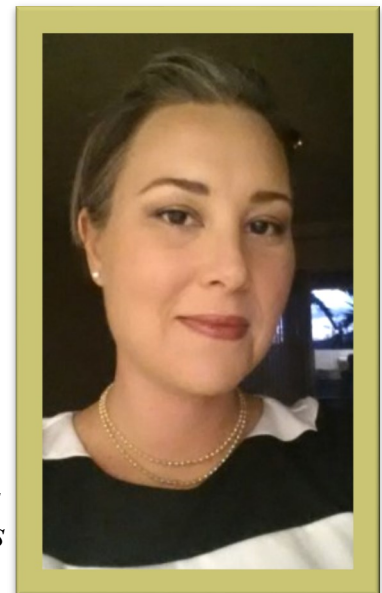
I had a very difficult personal transition between my master's and doctoral programs. My mother had been diagnosed with stage 4 metastatic breast cancer in 2006, and was receiving treatment between 2006 and 2009. The treatment was awful: it included chemotherapy and radiation. I accompanied my mother to her doctor's appointments, quite often, and helped my father take care of her when she felt ill.

During this time, I was working on my thesis, completing practicum and internship, and applying to doctoral programs in clinical psychology. I became very acquainted with the system that serves individuals who are living with physical illness, and – to be very honest – I was unimpressed with the majority of “helpers” in this system. Some of my mother's physicians were beyond description: they took time to listen to my mother's concerns, plan effective timelines for treatment and follow-up, and treated my mother with dignity and respect.

BUT, there were other doctors that showed they could not care less about who my mother was or how she was treated.

I soon recognized that those were the kind of doctor I never wanted to become. I always knew that I wanted to be a clinical psychologist; it had been my dream since I was in 10th grade, and I handled the pressure of classwork and internship well during my master's program. I knew this was the path I wanted to travel for the rest of my life... until my mother became very sick, untreatably sick, and I saw how some individuals of the medical profession treated her.

I made a shift in the way I looked at, talked to, and treated my own clients while my mother was ill. I worked in hospice during my internship, and I recognized that clients and their families had a story to tell. I started moving away from trying to figure out bereavement, anxiety, and depression as diagnoses, and started listening for ways that the clients



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Faculty Spotlight: Dr. Jennifer Casani

By Javier Ponce



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and their families had already succeeded in coping with end-of-life issues.

I felt that my training in clinical psychology had prepared me with the skills to help clients find and solve their problems, and recognize diagnoses to be made at the individual level, but my training had left me wondering about the familial and systemic aspects of my client's lives. I needed that missing piece; I was craving it, in fact. I conducted some research and found that counseling was the missing piece to complete the work I wanted to accomplish with my clients.

In 2008, right before I graduated from my master's program, I applied to only one doctoral counseling program: Barry University. I decided to stay closer to home, because I wanted to spend remaining time with my mother. Losing my mother was a difficult experience, but, I am very grateful that I was able to approach the context differently as I learned more about the practices of counseling. Now that I have completed my doctoral degree, looking back, there was really no other path I was more fit to walk: I am, truly, a counselor.

- What are some of your future professional goals?

I am thrilled to have three personal endeavors that translate nicely to current professional interests and future goals. I think I am equally interested in continuing my pursuits as an academician, a clinician, and an activist.

From my experiences to this point, I have learned that I feel very comfortable in a university setting, engaging with and learning from students; I also feel "at home" in sessions with clients, mostly when we are using new language to describe presenting concerns [that's my favorite part of therapy!]; and, I know I am at my best when I have the opportunity to fight alongside those with unheard voices. I also have an incredibly strong need to be surrounded by animals (I wanted to be a veterinarian when I was a kid), and this unrelenting passion to be creative and utilize artistic outlets... in the classroom, in sessions, and in advocating with others.

Therefore, I feel that the best possible professional future for me is as the chair of a counseling department, with my own little practice that specializes in ani-

"My training had left me wondering about the familial and systemic aspects of my client's lives. I needed that missing piece; I was craving it, in fact."

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Faculty Spotlight: Dr Jennifer Casani



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mal-assisted therapy, utilizing photography as an outlet for self-exploration, with underserved and marginalized populations. I hope to be able to become a person with this exact title, when I grow up.

- What unique qualities do you bring to the classroom when you teach to undergraduate, master or doctoral students?

I don't know how "unique" my qualities are, because I have developed my pedagogical stance from engaging with other wonderful teachers, but something that sets me up for success in the classroom is thinking of my students as future practitioners in the field – whichever field they will eventually pursue – and I believe that drives my authenticity and passion in the classroom.

I use plenty of observation, discussion, and experiential practice in my classes, no matter the students' level of current academic attainment. For undergrads, I try to impart as much new and different knowledge into my discussions as possible. They have only been "taught" material to this point in their academic career. It's exciting to see the moment they begin to view themselves as autonomous beings, instead of just seat-fillers in a classroom. I love to hear their life experiences, and try to connect those experiences with course

material.

With graduate students, I feel very safe and am part of an organic process that speaks to mutual admiration and learning between us. I love to discuss how they will make the material we discuss their own. My discussions with graduate students often center on purpose-to-practice, that is, what is your purpose for learning/understanding/practicing this way? I really enjoy how my graduate students conceptualize old material in new ways. I have yet to "teach" a doctoral level class, but have worked with doctoral students in the classroom and clinic. I love to watch them in action! Particularly as it concerns their developing pedagogical attitudes. It is wonderful to see a novice practitioner do what I do in a different way.

- What piece of advice could you give to master level counseling students?

The absolute most important quality of a counselor [and, human] is to be intentional. Try to develop intentionality as soon as possible, and practice it with everyone you encounter, in every situation you are a part of. If you keep intention

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Faculty Spotlight: Dr. Jennifer Casani



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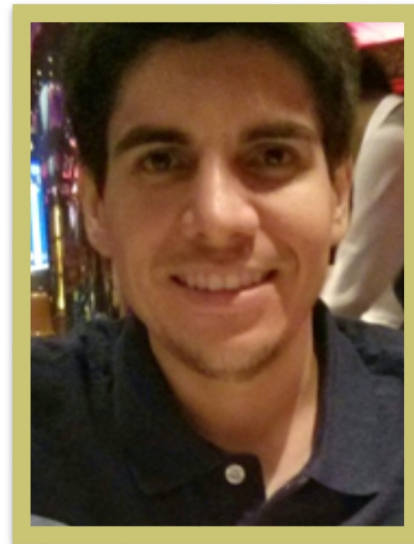
your first, most basic practice, everything else flows easily.

- If you could describe a mental health counselor in three words. What would these be?

Patient, responsible, artistic

- You have the best of both worlds. How do you balance that knowledge in sessions with your clients?

The diagnostician in me is always listening for form and function: is there sufficient evidence of symptomology to warrant a diagnosis, and how can the client and I work together to figure out how these symptoms can best be relieved? The counselor in me, however, is always listening for the unheard story (and, I've become better at conducting therapy from this stance, instead of solely relying on the former perspective). I believe that my clients have benefitted from the combination of psychology and counseling; the combination has provided them with a clearer understanding of how to combat their symptoms using skills they already possess.



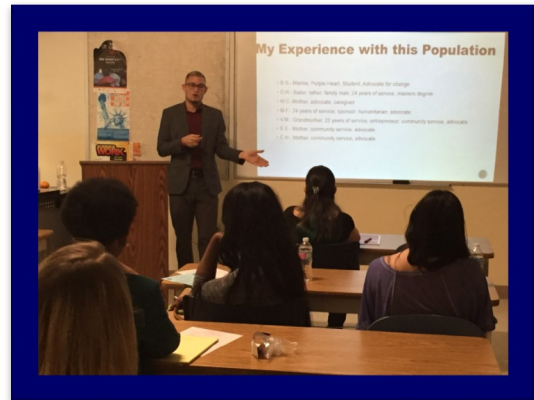
Javier Ponce
Graduate Student

Highlights of the 8th Annual Graduate Student Conference

The Graduate Student Conference is a platform for fellow Counseling Students to demonstrate their seminar-style skills amongst their fellow peers. This year, presentations showcased various hot topics of in the counseling field, as a record-setting amount of attendees came to engage in the seminar-style environment.



Nancy Acquaviva discusses the Concept of Fairytales & Transactional Analysis



Elisaul Perez explores the culture of War Veterans and counseling implications



Jessica White advocates for self-esteem as she urges others to 'Know Your Worth'



Fabiana Lugo & Mariline Nelson review Haitian and Latino Culture

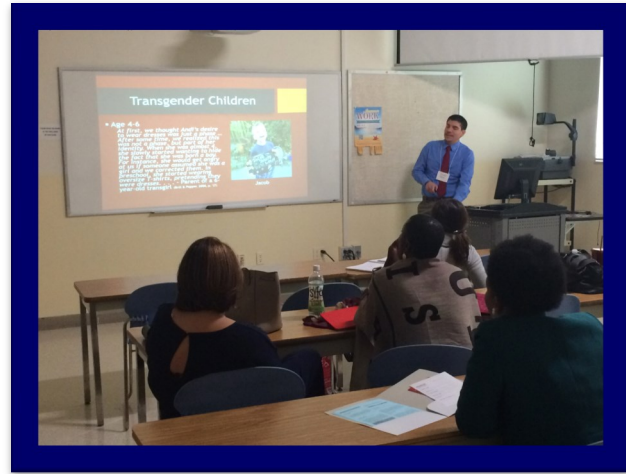
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Highlights of the 8th Annual Graduate Student Conference, Contd.



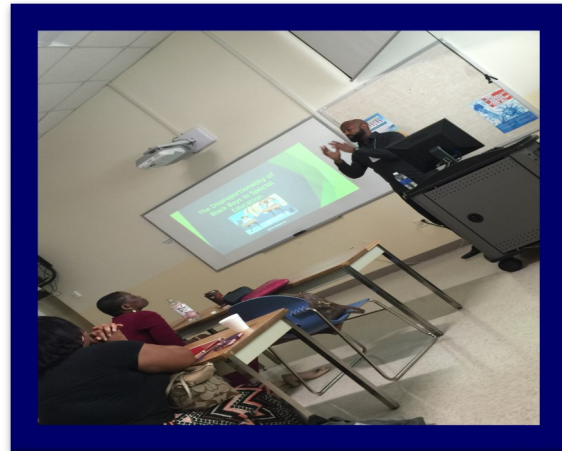
Angela DiPasquale and Gian Carla Lizardo uncover the process of Grief



Javier Ponce reveals the latent truths of Transgender Children and their families



Michelle Sukert & Shayda Nematollahi look into 'Living with Addiction'



Kevin Gibson in motion with Black Minorities in Education

Highlights of the 8th Annual Graduate Student Conference

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A Warm Welcome to the Beta Rho Chi Chapter of Chi Sigma Iota, from Florida Atlantic University...



... And a **Big Thank You** to all participants, volunteers, and attendees for creating such a monumental event!

Student Spotlight: Jessica White

By Naeema Britton



- As a new counseling student, tell me about yourself.

I am a young woman of God on a mission to inspire others. I have always had the drive and passion to help those in need. I believe it is important to spread. As a new counseling student, I am learning the skills needed to do what I believe God has called me to do — which is to counsel others.

- Why/How did you make the decision to pursue a career in the counseling field?

Since my junior year of high school I knew there was something more that I wanted to be. I was unsure the occupation but I knew it was along the lines of social work and therapy. I made my decision to become a counselor after I was sexually abused by a family member. I knew during this trying time it was better to persevere and rise above the circumstance. In doing so, I would be able to share my testimony and show others that have undergone similar obstacles that they too will be able to overcome.

- What expectations do you hold for yourself while in the counseling program?

My first semester was “trying”. I wanted to quit due to many tragic events that occurred in my personal life during that time. I became fearful and questioned if this was something I really wanted to do. It was in those dark times that God reminded me of my purpose for counseling. I believe in the expectation that I have — I handle every task with grace, no matter how hard things may seem. I expect to gain as much knowledge as possible so that I will be able to help people of all



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Student Spotlight

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race, religion, and culture. I expect to grow in a positive way and graduate confidently knowing I am ready to join the world of counseling.

- You have your own organization. Tell me about it.

My company, Sweetie's Jewelry Box, which started as a jewelry line with statement pieces that mimicked sweets, launching in February 2014. In late 2015, this began to evolve into an organization that enables me to spread the word of God while empowering women and youth throughout South Florida. In doing so, I am able to host life style, community, fitness, and charitable events to help cities in South Florida.

- How do you hope to bridge the gap with your organization and career as a counselor?

The thought of my organization being able to bridge the gap with my career as a counselor excites me. This is my dream. Because I host many community events for the youth, I will be able to use my platform to speak on topics that many women, men, and youth

struggle with daily while incorporating my counseling skills to a large audience. My dream is to have my own youth women's center where I am able to spread the love of God and counsel individuals.

- So far, what have you learned about yourself while in the counseling program?

I have learned that I am more than a conqueror and believe that, when times get hard, I do not back down: I rise above. I have also learned that I have to practice self-care. During my darkest times last semester, I never allowed myself to grieve. I kept working until I had a break down. I learned that to have a moment to yourself is O.K., especially when you lose a loved one or when times get hard.

- How do you think you will change by the end of the program?

I believe I will have strength in areas that I was weak. I will become more knowledgeable and understanding of people, as well as having an awareness of others.

"I believe I will have strength in areas that I was weak. I will become more knowledgeable and understanding of people, as well as having an awareness of others."

Highlights from the 2016 ACA Conference & Expo in Montreal, Quebec

The American Counseling Association was at it again this year at the 2016 ACA-CCPA Conference & Expo in Montréal, Quebec. Many counselors, therapists, and professionals worldwide arrived in the lively and humble city of Montréal to share experiences, exchange information, and network. Meanwhile, a host of counseling professionals set the platform with educational sessions, roundtable discussions, trainings, and poster sessions.

This year, the context of each event continued to be dynamic and profound. The topics presented were in abundance, and included themes such as Transpersonal Experiences, Dialectical Behavioral Therapy with Adolescents, Marriage and Couples Therapy around the World, and the Neuroscience of Traumatic Brain Injury. The ACA Conference included notable contributors such as Edward Neukrug, Gerald Corey, Sam Gladding, and Derald Wing Sue. Representing Barry University's astounding faculty members, Dr. Regina Moro provided a poster session, as Dr. Brian S. Canfield presented 'Marriage Counseling and Relationship Therapy with Celebrity and "High Profile" Couples'.



Among the numerous events held in Montréal, many professionals were awarded and celebrated for their contributions to the field of counseling. Among them, Barry University's own, Doctoral Student George Walker, received the International Association of Addictions and Offender Counselors Outstanding Doctoral Student Award.

Highlights from the 2016 ACA Conference & Expo in Montreal, Quebec

Students and Faculty from Barry University's Department of Counseling embarked on a long journey across the nation and over the border of Canada

"Attending ACA this year was a dream for me as a graduate student. Though our coursework provides us with a wealth of knowledge and education, I truly believe nothing can be more immersive of this field than attending conferences like ACA. I personally attended 16 different seminars in diverse tracks ranging from existentialism to suicide assessment to social class in counseling. I was also able to have conversations with Masters in this field like Gerald Corey and Sam Gladding, and mingle with professionals across our continent. This year's conference inspired me to be a future presenter on issues that I'm passionate about and follow my dreams of writing. ACA was more than professional development- it was also personal growth, and for that I am grateful." — Genesis Ettienne



"When I heard the conference was taking place in Canada, I thought 'oh no' because I am a Floridian and I hate the frigid climate. After packing courage, bravery and enough cold weather clothes to last a month, off I was to my first ACA conference. To be honest, the voyage was not cheap with all things considered. Admittedly, I have been to several conferences but by far this is the best conference I have ever attended. I had difficulties deciding which session I wanted to sit in because they were all so informative. To those who may be procrastinating and wondering 'why join ACA?', ask yourself 'why not?'. My money was well spent and my goal is not to miss another conference of this caliber. I would brace 5-degree weather all over again to attend. ACA 2017, here I come!!!!

— Mariline Nelson

Beta Upsilon-Chi Sigma Iota Spring 2016 Initiation Ceremony

On April 30th, Beta Upsilon held it's semi-annual Initiation Ceremony.

President Kelly Wilson initiated two new members into the chapter, as 15 graduating members were presented with honor cords. Awards were presented to Beta Upsilon members for their stellar service to the chapter as well as their outstanding academic achievements.



Graduating BU-CSI members



BU-CSI initiates



BU-CSI Installments

Spring 2016 Beta Upsilon Chapter-Chi Sigma Iota Initiates

Julie Basulto, David Rathjens, & Devora Lieberman

Spring 2016 Beta Upsilon Chapter-Chi Sigma Iota Graduates

Tori Burgess, Amanda Camacho, Estefania Concepcion, Angela DiPasquale, Genesis DeJesus Ettienne, Deborah Grunglasse, Chrystal Harley, Gian Carla Lizardo, Fabiana Lugo, Anne Luma, Mariline Nelson, Shayda Nematollahi, Mario Sobalvarro, La'Tarra Tynes, & Kelly Wilson

Spring 2016 Leadership Installments

President - Leo Balseiro

Doctoral Student At Large - Julie Basulto



Chi Sigma Iota

Member, Association of College Honor Societies

Beta Upsilon Chapter

Counseling Academic & Professional Honor Society International

The Beta Upsilon Chapter Newsletter Committee



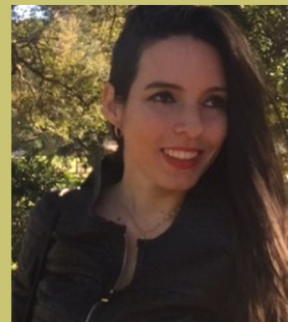
Javier Ponce



Naeema Britton



Peri Gross



Angela DiPasquale

I am honored to have worked with such fantastic contributors, classmates, and professionals such as yourselves — Another bold reminder that a great organization will never be able to operate without its members. Thank you very much for your time, service, and contribution to this year's newsletter!

— Leo Balseiro



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 will 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!

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 Leo Balseiro at leo.balseiro@mymail.barry.edu for more information, or check your email for the committee call to join us!

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