It has been my goal as president to discuss and shed light on underserved populations in each issue; however with recent events I am inspired to discuss the pros and cons of social media concerning the field of counseling and mental health. For me, Facebook has been a way to keep up with family and friends who live away from me. I read, I laugh, at times I get uplifted, and I learn about the character of people. I am not on Instagram and I only tweet on Thursdays about my favorite show Scandal. Recently, I have used Facebook on a more professional level. I joined a group on Facebook that connects counselors in the San Antonio and surrounding areas. Joining this group allowed me to meet people and get answers to questions concerning office space, private practice, and licensing information. I have and will use Facebook to publicize the counseling services I will soon offer.

In this way, posting and interacting via Facebook and other social media is a benefit to our field. In comparison, social media, specifically Twitter, allows people to “tweet” in secret due to anonymous sign in names. The veil of anonymity provides a thin and dangerous line between freedom of speech and moral insensitivity. Many thoughts, opinions, and feelings that have normally been saved for “kitchen table talk” are now flying onto the screen with no concern of the effect or harm that those words can elicit. As counselors we have an ethical standard to “do no harm.” Harm does not always have to be delegated to the counseling office. Words that are spoken or written can hurt and with Facebook and Twitter; the amount of hurt can be vast.

Many people speak of how small the world is and social media makes it even smaller. As a society we are now connected in more ways than we have ever been. Just as I am on Facebook, my clients, former clients, friends and family of clients, potential clients, colleagues, and potential employers may be on Facebook as well. We as counselors have to remember that fact and always take it into consideration when posting and commenting on various forms of social media. Posts that speak about hate, politics, ethics, morals, and beliefs are risky because there is a great possibility of offending someone. Once the post spreads and the damage has been done, the repercussions can be irreversible.

Clients may terminate, potential clients may choose someone else, there could be consequences at work, and there can be damage for future opportunities. In order to know what is or is not acceptable make sure you know the ACA code of ethics that can be found at http://www.counseling.org/Resources/aca-code-of-ethics.pdf. The Texas Administrative Code can be a helpful tool as well. Information on ethics can be found at Title 22, part 30, chapter 681, subchapter C: http://info.sos.state.tx.us/pls/pub/readtac$ext.ViewTAC.

(Continued on Page 2)
To Post or Not to Post Continued

My goal with this article is to challenge readers to really think and figure out where you stand concerning social media. Reflect on what you have posted and what you plan to post. As professional counselors, we are held to a higher standard and guided by ethical codes. I understand the desire to express oneself freely; however, there are other outlets that can provide the same opportunities without the potentially negative consequences. Lastly, as you reflect on what you post or have posted; I ask you to question whether or not you need to change where you express your thoughts, feelings, and opinions or change what the thoughts, feelings and opinions are.

Sigma Alpha Chi Conference Scholarships

The Sigma Alpha Chi chapter of CSI is pleased to announce financial support for members who are presenting at the Texas Counseling Association's 2014 Professional Growth Conference November 12-15, 2014 in Dallas, TX. Two TCA Conference Registration Scholarships are available to current UTSA graduate student members. If your conference proposal poster or content session is accepted, you will be eligible to apply.

Requirements:

1. Have a presentation accepted to the TCA Conference & register for the conference
2. Submit a letter outlining active participation in CSI
3. Contribute one article to our chapter newsletter based on the presentation topic

In order to be reimbursed for the registration fee, a receipt must be provided. Each scholarship is a maximum reimbursement of $100 based on the registration fee paid by the presenter.

For additional information please contact: Noréal Armstrong at dr.flowerchild.524@gmail.com

Please watch your e-mail for the TCA request for proposals.
Change, it is a simple word with enormous aftereffects. According to the Merriam Webster Dictionary, several definitions of change include (a) to make different in some particular; (b) to make radically different; (c) to give a different position, course, or direction to; (d) to make a shift from one to another; and (e) to undergo a modification of (Merriam-Webster, n.d.). In counseling, change often includes a modification in behavior with the goal of circumventing undesirable outcomes.

Many people are fearful of change, fearful of the unknown. Additionally, change is one thing, comfort is another. Some people are comfortable with their lifestyle. Then there is ignorance. In the absence of an awareness of alternatives, life is fine. Some people want to change or want a change in their lives. Change can be fairly simple or quite difficult. It depends on what is to be changed, how it can be changed, and when it can be changed. Overall, this encompasses the contextual aspect of the client’s worldview.

So how does change occur? First, as exclaimed in this cliché, people have to want to change. As counselors, this sometimes is a difficult concept to grasp. It may be especially difficult for new or unseasoned counselors. Nevertheless, most counselors whether seasoned or a neophyte want to assist others in their quest for a better life. This usually signals a need for change, a change in the way our clients do life. However, change ought to be client driven and counselor supported. This is an integral component of the collaborative process, the therapeutic alliance between client and counselor. At times, the change we believe our clients should undergo or the rate at which this change should occur differs. This can result in counselors becoming frustrated with their client’s progress. Luckily, we do not have to remain frustrated, choose to degrade, or fire our clients. Fortunately, our profession has a history of best practices and evidence based research to assist in our work.

When dealing with change, Prochaska and DiClemente’s (1992) stages of changes can be a helpful model. While originally developed in conjunction with a specific population (Prochaska & DiClemente, 1992), it is a model which can assist many of us in our work regardless of clients’ presenting situations. In accordance with this model, clients present for counseling at various stages. Moreover, clients may vacillate among the various stages depending on the area of concern. This model of change may be helpful in case conceptualization for the counselor, to provide insight for the client, and serve as a tool for the counselor during various stages of the counseling process (i.e. assessment, planning, implementation, evaluation). Whatever the stage, honesty and acceptance are key components in the therapeutic alliance. As you work, continue to embrace compassion, professional excellence, and a hope that you can successfully assist clients in their quest for betterment, their quest for change.

(Continued on Page 4)
Change Continued

Since our clients are humans, as we are, this message of change is applicable in our lives personally and professionally. Professionally, let this be your call to action for the recognition of counseling as a distinct profession. Let this be your call to advocacy for an underserved or distinct population. Let this be your personal and professional call to ascribe to excellence in your professional practice. Personally, let this be your call to emulate positive relational connections within your spheres of influence. I urge you to select an area and begin to work towards change.

So how can you enact change? Conduct a personal evaluation of your professional and personal life. Solicit feedback from loved ones, trusted peers, and supervisors. If available, have a comprehensive yet focused dialogue with these individuals. Overall, be honest with yourself, and implement suggestions. Change may be a helpful goal in your life.

Change certainly can be a good outcome. However, we must be ever mindful that change is a procedural objective rather than a onetime occurrence. Furthermore, time is relative from situation to situation, from person to person. May we all discover areas for growth and find support as we work towards change.

References


CSI Elections!

Elections will take place soon. If you are interested in running as an officer or committee chair, the following positions are available:

- President-Elect
- Secretary
- Treasurer
- School Counseling Representative
- Community Counseling Representative
- Doctoral Student Representative
- Webmaster
- Social Chair
- Awards Chair
- Membership Chair

For additional information please contact: Noréal Armstrong at dr.flowerchild.524@gmail.com
SIGMA ALPHA CHI CHAPTER PRESENTS:

**LIVE WELL, LOVE YOU**

February 25-27th
DURANGO BUILDING 1.116
"Student Center"

<table>
<thead>
<tr>
<th>Tuesday-Thursday</th>
<th>View UTSA Students' Photo-voice Stories, Sign Our Brag Board, &amp; Get Loads of Helpful Information!</th>
<th>Health Services, Counseling Services &amp; Chi Sigma Iota</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>&quot;LET'S TALK&quot; Discussion on Eating Disorders</td>
<td>Emily Ciepcielinski, M.A., LPC</td>
</tr>
<tr>
<td>12:00-2:00</td>
<td>CSI &amp; Counseling Services Information Booths</td>
<td>UTSA Campus Recreation</td>
</tr>
<tr>
<td>4:00-4:45</td>
<td>Living Well on a Budget Trivia &amp; Peace Through Presence; Finding the present moment through the breath and body</td>
<td>Tara Moorman, Ph.D., LPC, NCC, RYT</td>
</tr>
<tr>
<td>4:45-6:00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>&quot;Do My Calves Look Big?&quot; Men &amp; Body Image</td>
<td>Christopher Leeth, Ph.D., UTSA</td>
</tr>
</tbody>
</table>

Stop by, Take a look, Stay a while & Learn to Live Well For Info Contact: csi.utsa@gmail.com
Grant Writing

Mercedes Vaugh

The majority of institutions and organizations, large or small, need help with funding, especially those in the mental health field where pro bono and sliding scale services are provided. Like any business there are salaries to pay, overhead costs to cover such as rent and utilities, and for those in the counseling field, supplies such as creative counseling tools, handbooks, and assessments. Grants from private foundations, such as the Robert Wood Johnson Foundation and federal institutions, such as the Substance Abuse and Mental Health Services Administration (SAMHSA), are available to help fund different areas of community and school counseling every year. Many grants aim to subsidize counseling services for low-income individuals and families as well as for special populations such as women, children, minorities, and veterans.

Although we may not get many opportunities to partake in grant writing activities during graduate school, it is important to educate ourselves in the grant writing process. Many workshops are offered throughout the community and at our own university through the UTSA Office of Research Development (see http://vpr.utsa.edu/ord/proposaldevelopment.php for Grant Writing Resources). As student counselors graduate and begin work as counseling interns in the community or in schools, it is important to recognize the need to help fund their own services. As grant season approaches (many call for proposals are put out from March through June to fund programs beginning in August or September), stay abreast of the needs of your community/organization and explore the possibility of gathering a team to help write a grant proposal.

Every grant application has specific requirements outlined in the call for proposals. Most grant proposals require documentation of the need for funding (a needs assessment is sometimes required), an itemized budget, and plans for measuring and evaluating the success of the program. Applying for a grant utilizes a combination of skills student counselors are exposed to during their time in graduate school. One must be able to formulate and articulate goals and processes of the program or research you are proposing to implement; demonstrate collaboration among professionals, community resources, and agencies; demonstrate your knowledge of a specific concern/diagnosis or population; and utilize basic skills in research, assessment, consultation, and evaluation. Grant opportunities range from funding a group curriculum in your school to funding a research project, or securing a multi-year, multi-agency grant. Ask around at your work or internship site to find out what role grant funding currently plays and what opportunities exist for future funding opportunities.

Please join us for CSI Day 2014 at the American Counseling Association Conference in Honolulu, Hawaii!

March 26-30

CSI Day Education and Poster Session Themes:
- Enhancing Counselor Community and Engagement
- Leadership and Standards
- Professional Advocacy

For more information on CSI Day 2014: http://www.csi-net.org/?page=CSI_Day

To register for the ACA Conference: http://www.counseling.org/conference
Confusion Leads to Clarity

Brenda L. Melton, PhD, LPC-S, NBCT

When graduate students first enter the counseling profession, they hear a litany of acronyms for the professional associations: “ACA-TCA-ACES-TACES-ASCA-TSCA!” Thus, graduate students walk away in a dazed, confused state of mind. The questions that lead to clarity about this added source of stress to an otherwise overwhelmed student are: what are the professional organizations and what should I join as a graduate student struggling to pay tuition and fees to the gym I never use? First, think about your role as a professional. Physicians, attorneys, architects, and other learned groups expect individuals to join and participate in the governance and decision-making that guides their professional identities. The counseling professional identity is defined by representatives, elected and appointed, who communicate with consumers and stakeholders. We are master-level professionals who follow ethical guidelines and legal parameters that protect our clients or students. Your participation is important to the counseling profession. By making important connections to other counselors and high-quality professional development, counselors should find the same motivation to join the professional counseling association as physicians who join the AMA.

Start local, think global. Within Texas there are several tiers that mirror the national associations. A state branch of the American Counseling Association (ACA), the Texas Counseling Association (TCA) has 6,000 professional members and is recognized nationally as providing outstanding advocacy and leadership. (Texas tends to brag about having the largest membership and the most national leaders of any state branch, including two ACA Presidents in the last five years. In fact UTSA had four representatives on the ACA Governing Council in the last four years.) State laws have more jurisdictions over professional counselors than federal legislation, so involvement will directly impact you. The LPC (Licensed Professional Counselor) Board, for example, generates rules and regulations for licensure, and reviews ethical complaints. Professional counselors are represented at the state and local levels by the TCA and appointed liaisons to licensure boards appointed by the governor.

TCA is comprised of local chapters, which denote geographic representation, and state level divisions, which correspond to special interests or work place. The state divisions are branches of their national counterparts, although the connections to ACA may include management (e.g., collecting dues, holding elections, and publishing); or as independent organizations (ASCA, AMHCA, and AMCD) affiliated with ACA.

Locally, the chapter that represents San Antonio and surrounding counties is South Texas Counseling Association (STCA). TCA’s divisions include: (a) Texas Association of Counselor Educators and Supervisors (TACES); (b) Texas School Counselor Association (TSCA); (c) Texas Mental Health Counselor Association (TMHCA); (d) Texas Association for Multicultural Counseling and Development (TexAMCD); (e) Texas College Counseling Association (TCCA); (f) Texas Career Development Association (TCDA); (g) Texas Association for Humanistic Education and Development (TAHEAD); (h) Texas Association for Marriage and Family Therapy (TAMFC); (i) Texas Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling (TALGBTIC); and (j) Texas Counselors for Social Justice (TCSJ).

Still confused? Ask your professor to share the experience of being involved in a professional association. See if your professor will guide you at the next conference. Set a goal to fulfill the 2-2-2 formula at a meeting or conference: meet 2 new people; reconnect with 2 peers, and learn 2 new ideas or interventions for your clients or students.

TCA 2014 Professional Growth Conference Call for Programs

Submission Deadline: April 13, 2014

The call for programs is now open for the TCA 2014 Conference. The conference will take place in Dallas, Texas on November 12th-15th.

For more information, please visit www.txca.org/PGC.
From the beginning of the counseling program at UTSA, through successions of lectures, reading, research, and experiential projects, our professors and mentors have instilled in us the importance of developing our professional identities as future counselors. I recall a specific moment significant to my development as a counselor-in-training: a poster presentation on creativity in counseling with a group of peers in our introduction to community counseling class. I found that my peers had a great passion for and knowledge of the topic; it both inspired and challenged me to pour myself into the project. Being able to research a subject that I love and present it collaboratively, in a professional milieu, was the real beginning of my identification with the counseling profession.

Along with my cohort, I continued to develop my knowledge and skills as a counseling student, laying the groundwork for my first practicum experience last semester at the Community Family Life Center. I found the process of endeavoring to integrate didactic and experiential learning for use with real clients, again, both inspiring and challenging. During this time, I was encouraged by both my clinical supervisor, Dr. Michael Moyer, and my ethics professor, Dr. Kathryn Henderson, to attend the Texas Counseling Association (TCA) Professional Growth Conference, held in San Antonio in November of last year. The theme of the conference “Unity within Our Diversity: Celebrating Our Professional Identity” was intended by the coordinators of the program to encourage participants to reflect on the unifying values and experiences of counselors across a variety of settings, in service to both clients and the profession (Texas Counseling Association, 2013).

The keynote speaker, Dr. Cirecie West-Olatunji, current president of the American Counseling Association, highlighted the history and shared characteristics of the profession, with a central focus on service and advocacy (Texas Counseling Association, 2013). Dr. West-Olatunji’s personal story of transformation within the counseling field as reluctant leader (West-Olatunji, 2013) resonated with me, as I often feel ambivalence about taking on leadership roles. Her solution to the burnout often experienced in service to the profession was to ask counselors to make contributions to the field through limited, achievable actions, paradoxically generating enthusiasm by participants for future service opportunities (West-Olatunji, 2013).

During break-out sessions, I had the opportunity to hear Dr. Perry Francis speak on discriminatory referral practices (Texas Counseling Association, 2013). As I listened to Dr. Francis speak, I felt confident contributing to the presentation based on the knowledge and experience I had gained though my ethics and practicum coursework. Hearing Dr. Francis stress the importance of bracketing our own values, taking on the values of the counseling profession, and entering our clients’ world (Francis, 2013) crystalized for me the challenge, responsibility, and privilege of entering the counseling field. Attending the presentations by Dr. West-Olatunji and Dr. Francis at TCA were significant moments in my journey toward becoming a professional counselor. I have attended many conferences in my life, but at TCA, I finally felt at home.

I have spoken to several of my peers and found their experiences during the conference were similarly transformative. I attended the first evening of the conference with John-Robert Iruegas, a second year graduate student in the community counseling program. He shared with me that his experience at TCA “changed his life forever” (Iruegas, personal communication, January 21, 2014). John-Robert’s original post graduate plans were to apply to a PsyD program in clinical counseling. Inspired by his UTSA professors and conference presenters, John-Robert will be pursuing a doctorate in counselor education following graduation (Iruegas, personal communication, January 21, 2014).

(Continued on Page 9)
Professional Identity Continued

Tracey McLeod, a second year school counseling program graduate student, stated: “Before the conference, I saw myself as only a graduate student. After the conference, I began to see myself as an equal to the other professional counselors at the conference. The boost in confidence and knowledge that I received through attending TCA helped positively develop my professional identity toward becoming a counselor” (McLeod, personal communication, January 15, 2014). Yuliya Zholu, a second year graduate student in the community counseling program and current Chi Sigma Iota president-elect, had the opportunity to present at the conference with Dr. Michael Karcher on counseling interventions to promote school connectedness in teens (Texas Counseling Association, 2013). Yuliya stressed the importance of making personal connections with other professionals at conferences rather than simply participating in online training. “To me, it boils down to human contact and the experience of face-to-face connections. Being a part of a group in which we are able to share personal experiences and professional knowledge allows us to deepen our sense of connection to the profession; it also promotes a sense of unity and commitment. It is in the context of interpersonal connection that we are able to better experience the inner world of each other and truly connect” (Zholu, personal communication, February 14, 2014).

This year’s TCA professional growth conference will be held in Dallas, Texas, from November 12th through November 15th. Until then, in the spirit of sharing our experiences and knowledge, and deepening our connections to one another, I encourage us all to reflect on our journey of professional identity development and consider sharing our stories through the CSI newsletter.

References

Congratulations!

Please join us in congratulating:

- Dr. Elias Zambrano for receiving the 2014 TACES Outstanding Counselor Educator Award!
- David Johnson and Danielle Knight for receiving the 2014 TACES MidWinter Conference Poster Presentation Scholarship Award!
**CSI 2013 Award Recipients**

Outstanding Entry-Level Student Award  
*Yuliya Zholu*

Outstanding Doctoral Student Award  
*David Johnson*

Outstanding Research Award  
*Jessica Rios*

---

**Stay Connected!**

To join us on Facebook, search for the group Sigma Alpha Chi Chapter of Chi Sigma Iota.

You can also find us on RowdyLink at https://utsa.collegiatelink.net/organization/none.

---

**CSI Webinars**

CSI members may receive free CEUs for participating in the webinars. For webinar descriptions, CEU instructions, and registration information, please visit the main CSI website at www.csi-net.org.

**Counseling Adolescents and Families from an Adlerian Perspective: Treatment of Non-Suicidal Self-Injury**  
*Dr. Amanda LaGuardia*  
Friday, March 7, 2014  
2:00 PM - 3:00 PM EST

**Counseling Around the World: Increasing Global Literacy**  
*Drs. Spencer G. Niles & Norman E. Amundson*  
Thursday, March 13, 2014  
6:30 PM - 7:30 PM EST

**The Role of Clinical Supervisors in the Formation of Professional Identity in Developing Counselors**  
*Drs. Stephanie Burns & Daniel Cruikshanks*  
Wednesday, March 19, 2014  
7:00 PM - 8:00 PM EST

---

**Are you interested in writing an article for our next newsletter?**

*Our submission deadline is April 30, 2014.*  
*Contact Angelica Tello, Newsletter Editor,*  
*at angelica.m.tello@gmail.com.*