



Sigma Alpha Chi Chapter at UTSA

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A Letter From the President

Marilyn Caylor, M.A.
President

Welcome to the fall semester. The Sigma Alpha Chi CSI officers have been busy planning some great events this school year. In early October we will hold our first workshop focusing on counselor wellness as one of the first tasks of a great counselor (and student) is to take care of personal physical and mental health. We have planned a community outreach at the Children's Hospital of San Antonio. We also have several events planned for the spring that will help our Master's students prepare for the next step in their careers after commencement.

I will be your Sigma Alpha Chi Chapter President for the 2016-2017 school year. I thought it might be appropriate to tell you a little about myself in our first newsletter of the year. I graduated with my BS in Psychology from Troy University in 2007. I took a few years to see where my fortunes lay in the world of work. However, after three years I realized I was dissatisfied with the work I was doing. I decided to earn my Masters in Counseling Psychology and graduated in 2015. Happily, I was accepted for UTSA's doctoral program in Counselor Education and Supervision and began that journey in fall of 2015.



Twenty-one years ago, I married my high school sweetheart just after high school graduation. We have five wonderful children and we have opened our home to many other children along the way. I also have three beautiful children who call me Grandma. We were a military family for 19 years before my husband retired due to injuries sustained during deployment. Our family's experience traveling to wherever the military dictated allowed us to travel the world. I have been bitten by the travel bug and I am constantly on the look out for my next adventure.

I look forward to serving as your President over the next year. If you want to get involved in our chapter's activities, we would be excited to have you aboard.

Wellness Corner

Creating Balance in the Busy Times

*Hannah Cornelius, M.S., NCC
Doctoral Student & Wellness Chair*

The school year has begun and you are faced with many obligations, both exciting and daunting! The life of a graduate counseling student is a fulfilling, yet challenging, season of life. Whether you are starting your first semester, finishing up your degree, or somewhere in between, balance is essential. Most students juggle school, internship, outside employment, family, friends, extra curricular activities, and so much more. Let's add one more to that list: Wellness.

Wellness is an important factor, especially for beginning counselors (Richards, Campenni, & Muse-Burke, 2010). Now is the time to build strong, healthy habits necessary to obtain optimal mental health. Most wellness models focus on physical aspects (Myers & Sweeney, 2008). However, counselors work from a holistic perspective and our wellness should follow the same paradigm. In addition to physical wellness, counselors recognize emotional, mental, and spiritual aspects. Counselors may consider wellness as a state of being, integrating the mind, body, and spirit for the purpose of achieving and maintaining personal and professional health.

Along with stress of balancing school, beginning counselors are more likely to experience burnout when compared to seasoned counselors (Skovholt & Ronnestad, 2003). Richards, Campenni, and Muse-Burke (2010) discovered a positive correlation between self-care and wellbeing. While this concept seems obvious, beginning counselors may be likely to put their wellness aside while completing the bountiful, endless tasks that come with this stage of career development. As counselors, we are our own tool and must invest in our mental, emotional, physical, and spiritual wellness.

Wellness domains:

Mental: Peer consultation, faculty mentorship, realistic expectations for clients

Emotional: Fostering healthy relationships, sense of humor, personal counseling

Physical: Nutrition, exercise, healthcare

Spiritual: Mindfulness, yoga, higher-being connection

How does one balance wellness within an overloaded schedule? Time management is essential. In an older, yet seminal study, Macan, Shahani, Dipboye, and Phillips (1990) inferred an association between poor time management and emotional stress in individuals working toward a graduate degree. This study emphasized the importance of scheduling crucial wellness and self-care practices into your schedule.

In closing, wellness is a large component of a counselor's work. Doctors would not operate with a rusty scalpel, just as counselors must not be burned out or impaired when working with clients (American Counseling Association, 2014). As the school semester launches, consider sharpening your scalpel by incorporating mental, emotional, physical, and spiritual wellness practices.

Creating Balance in the Busy Times continued....

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A Healthy View of Wellness

*Jodi Hibler, B.A.
Masters Student*

In *The Gift of Therapy* (2002), Irvin Yalom explores his experience of our profession and generously shares his personal and professional wisdom. Despite the invaluable gifts from the counseling profession he describes, Yalom cautions: "Psychotherapy is a demanding vocation, and the successful therapist must be able to tolerate the isolation, anxiety, and frustration that are inevitable in the work" (2002, p. 251). When it comes to assessing my own wellness, I tend to judge according to an external stereotype of balance which is both artificial and impossible to achieve. I end up feeling worse about myself, and surely irrational self-criticism is not conducive to increasing one's overall wellness. In contemplating counselor wellness, I posit that if we consider ourselves as Yalom suggests we consider our clients, we can develop an abundant, fluid, and realistic concept of wellness for ourselves.

Combined with the core conditions as identified by Carl Rogers (including unconditional positive regard and empathic understanding of the client's internal frame of reference), novice counselors are trained to consider a client's wellness within an individual context of the client's world (Rogers, 1959, as cited by Wedding & Corsini, 2014, p. 99). I propose that when we consider the balance of our own lives, we should learn to afford ourselves the same empathy and respect of individuality which Yalom and Rogers advocate for on behalf of our clients.

A Healthy View of Wellness continued....

My idealized version of my “balanced” self is a single mother/master’s student/full-time professional who works in a stressful environment while managing to maintain an equilibrium of physical, emotional, and mental health. She works out, does yoga, never procrastinates assignments, practices sight-word flash-cards with her toddler, keeps a journal of spiritual epiphanies, and does not miss family gatherings. This woman makes me feel like a slovenly impostor barely holding it all together; this “well” woman makes me feel quite sick indeed.

Health in all aspects is important, and every individual should strive for a personal balance that promotes wellness and a richness of truly being alive and living a full life. Yet, I am learning to measure according to my own fluctuating guidelines based upon the actual events and priorities occurring in my life in the here-and-now. Balance is not actually a static state of being with all parts remaining perfectly equal. In fact, I would argue that if our lives were perfectly balanced all the time, we would necessarily be neglecting some facet of our life. Active lives are ebb and flow. Sometimes my daughter gets sick and needs more of my attention and time. Finals come around, and I have to put off cleaning the house for a few days. There are times I have to tell my friends or family no. These are not symptoms of a life out of balance; these are necessary adjustments to specific circumstances within the context of my personal obligations and capabilities.

Let’s examine our personal definitions of wellness and balance to make sure they are healthy and realistic. Let’s consider our lives in context, as we do with our clients. Let’s actively listen to ourselves in the here-and-now with mindfulness and take care of our authentic needs with kindness and empathy.

References

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CSI Coming Up Events

CSI Wellness Workshop



“Wellness” Workshop

Saturday October 1st, 2016
From 2:00-4:00 pm

Key Note Speakers:
Jessica Lloyd-Hazlett, Ph.D., & Hannah Cornelius, M.S.



CSI Social

First Social

Saturday October 1st, 2016
From 4:30-6:00 pm

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.

Introducing our Faculty Advisor

Dr. Brenda Jones

In 2012 Dr. Jones served as an Co-Advisor to Chi Sigma Iota and in 2014 she became the Faculty Advisor. Since then, she has seen our organization grow and shine! Dr. Jones is a valuable piece to CSI. Thank you again for all you do for Sigma Alpha Chi, Dr. Jones!



CSI E-News

Call for Proposals: CSI-sponsored ACA Poster Sessions

The American Counseling Association (ACA) has invited CSI to sponsor 25 poster sessions at the 2017 ACA Conference & Expo on March 16-19 in San Francisco, California! The primary presenter must be a student member of both CSI and ACA. Proposals will be due on **Monday, September 12, at 5:00 PM EDT**. For more information and the online proposal form, please review the [2016-2017 Call for ACA/CSI Poster Session Proposals](#).

CSI & CACREP Co-Sponsored Leadership Essay Contest: Submissions Due on **November 15 at 5:00 PM EST!**

CSI members can enter the contest in one of two categories: Entry-Level Students and Doctoral Student Professional Counselors/Counselor Educators.. The First Place recipient in each category will receive \$500, a one-year CSI membership renewal, and publication of the essay in the *CSI Exemplar*, the *CACREP Connection* newsletter, and at csi-net.org! *Submission guidelines are provided on the [Leadership Essay Contest webpage](#).*

CSI Live Webinars in Fall 2016. Stay tuned for more!

Trauma Series:

Creative Strategies for Counseling Children and Adolescents

Dr. Richard Joseph Behun, Dr. Julie A. Cerrito, & Dr. Eric W. Owens
Tuesday, September 20, 2016
2:00-3:00 PM EDT

CSI Grants: How To Write a Strong Proposal and Submit Your Application

Dr. Stephen D. Kennedy, Dr. Christine Suniti Bhat, & Dr. Suzanne Degges-White
Tuesday, September 27, 2016
2:00-3:00 PM EDT

Upcoming CSI Workshops & Socials

Sigma Alpha Chi of Chi Sigma Iota Fall 2016 Schedule of Events

Day/Date	Events
September 12th-October 14th	Membership Drive
October 1st	Workshop: “Wellness”
October 1st	Social: On Campus
October 10th-21st	Halloween Candy Drive for Community Event
October 22nd	Workshop: “Counseling the Military Family”
October 28th	Community Engagement Event: Children’s Hospital
November 12th	Initiation Ceremony
December 3rd	Christmas Party

Upcoming Conferences. Stay tuned for more!



September 16-17th
In San Antonio, TX



September 23-24th
In Savannah, GA



October 4-10th
In New Orleans, LA



TEXAS COUNSELING ASSOCIATION

November 2-5th

2016-2017 Officers

Marilyn Caylor
President

Marina Vladimir
Past President

Jarryn Robinson
President Elect

Veronica Pereira
Secretary

Chelsea Conaway
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Clinical Mental Health Representative

Ashley Solomon
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Pete Ureste
Membership Chair

Brittany Domer
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Katelynn Cockerham
Social Chair

Nicole Botino
Awards Chair

Jessenia Garcia
Community Service Chair

Cristina Creevan
Communications Chair

Michael Lopez
Webmaster

Anthony Camacho
Historian

Hannah Cornelius
Wellness Chair

Wishing everyone a great new semester!



Counseling Academic &
Professional Honor Society International
Member, Association of College Honor Societies

Sigma Alpha Chi Chapter
of Chi Sigma Iota

Join the Communications Committee

Cristina Creevan, M.A., NCC
Communications Chair & Newsletter Editor
Doctoral Student

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

Our next submission deadline is October 25, 2016.

Contact Cristina Creevan, Newsletter Editor,

at chu953@my.utsa.edu

Second Newsletter

Topic: Counseling the Military Family

Submission due date on Friday October 25th, 2016

Third Newsletter

Topic: Mentoring

Submission due date TBA

Fourth Newsletter

Topic: Healthy Relationships

Submission due date TBA

Note: Submissions are accepted earlier than the assigned due date. Maximum 500 words. You can submit a (Creative work, Scholarly piece, or a Perspective piece).