Contemporary Psychoanalysis is the new version of Freudian psychoanalysis. The Freudian therapeutic relationship has changed by allowing the therapist to give input to the client and emphasis is placed on understanding that the therapist and client view things through their own cultural lenses. It seems as though the longer the profession of counseling develops, it is moving more and more toward working with diverse cultural clients and being culturally sensitive.

Some things have not changed much, such as the client lying on the couch facing away from the psychoanalyst and the interpretation of dreams.

Here are a couple fun dream interpretations from Allure (2012):

- **Teeth falling out** – Reflects anxieties about how others perceive you.
- **Nakedness** – You are feeling exposed. You are afraid that you are being too open or that something private will be discovered.
- **Breasts** – (for women) Self-worth and sexuality.
- **Fingernails** – Breaking a nail suggests you may be trying to avoid a situation or a responsibility. Biting your nails may mean there is something in your life that is too tough to handle. Overgrown nails suggest you are on the defensive and losing a sense of the big picture.
- **Weight** – Losing weight indicates you are no longer being weighed down by responsibility or emotional burden. Gaining weight means you are feeling overburdened and pressured.
- **Hair** – Knotted hair is symbolic of uncertainty in your life. Hair loss can reflect anxiety about aging. A drastic change in hairstyle suggests you may be yearning for a change in part of your life.
- **Pimples, boils, moles, and cold sores** – These are about being an outcast or disgusting to others and may be a fear of illness or death.

However, when interpreting dreams, remember what Irvin Yalom said in Love’s Executioner: (a) “The most important part of the dream when interpreting them is the feeling and emotion experienced in the dream” (p. 86) and (b) “Dreams, like symptoms, have no single explanation: they are overdetermined and contain many levels of meaning. No one ever exhaustively analyzes a dream; instead, most therapists approach dreams expediently by examining the dream themes that will accelerate the immediate work of therapy” (p. 150).

Sweet dreams.

References


Congratulations To Our 2012-2013 Officers!

President: Jennifer Krock
President Elect: Carol Farmer
Secretary: Gabriella Reynosa
Treasurer: Mehmet Akif Karaman
Community Counseling Rep: Alita Andrews
Doctoral Rep: Sabrina Yu
School Counseling Rep: Vacant
Service Chair: Stacy Waterman
Membership Chair: Lisa Aguilar
Awards Committee Chair: Marlise Lonn
Communications Chair: Angelica Tello
Web Administrator: Heather Kordas
Social Chair: Mary Sinclair

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.

Counselor Leadership and Advocacy Series: Advocacy Roles Through Counseling Practice in Schools, Agencies, and Communities
Drs. Andrea Dixon & Brian Dew
Friday, September 7, 2012
12:00 noon-1:00 pm EST

Rules of Running an Organization: An Insider's Understanding
Dr. Don C. Locke
Wednesday, September 12, 2012
12:00 noon-1:00 pm EST

Best of Luck!

We have several CSI members who will be presenting at the 2013 SACES Conference in Savannah, Georgia this September.

Dave Johnson
Marlise Lonn
Angelica Tello
Sabrina Yu

Spring 2012 Social at Chris Madrid’s
New Beginnings

Gabriella Reynosa, Secretary

As another school year approaches, we begin to see some new faces as well as some familiar ones. While I am no stranger to our wonderful organization, I am new to our board of executives. As executive secretary for the 2012-2013 academic year, there are many things I look forward to doing. I am excited to learn how the executive board functions whether it’s working together with our team or with our community. I am also eager to learn about my duties as secretary because while this is not my first opportunity serving as secretary with a board, this is my first experience with CSI.

Overall, I am just thrilled to be on the board of this organization and excited to get to know my team members as well as other members. I hope to bring some things to this organization just as I know I will receive and learn so much too! So let's get this year started holding our love for academia and our profession in our hearts and minds. Cheers to CSI and here's to being a Roadrunner!!!

Joins Us in Welcoming our New Advisor, Dr. Moyer!

Gabriella Reynosa recently contributed to the Student Insights Column of CSI’s Exemplar (Summer 2012, Vol. 27, No. 2).


CSI Chapter Awards Program

Marlise Lonn, Awards Committee Chair

The awards committee is looking for members! The bulk of our work will happen in the fall semester, so if you are looking for an exciting way to be involved with CSI and to enhance the recognition of our members, please contact me at marliselonn@gmail.com.

Chapters are encouraged to develop an awards program and to submit nominees annually for CSI International Awards. There are several award categories and you can nominate someone deserving from our chapter. Complete nomination packets and award descriptions are available on-line. Nominations must be supported by a faculty member recommendation. All nominations for our chapter will be coordinated through our Awards Committee, so if you have a nominee in mind, please contact me.

Outstanding Individual Awards

Several awards are available for outstanding individuals. These include:
Outstanding Entry-Level Student
Outstanding Doctoral Student
Outstanding Service to the Chapter
Outstanding Chapter Faculty Advisor
Outstanding Research Award
CSI also recognizes practitioners through the Outstanding Practitioner and Outstanding Practitioner Supervisor Awards

Outstanding Chapter Awards

Awards are given to chapters in recognition of outstanding individual programs and outstanding newsletters. In addition, an award is given annually to one Outstanding Chapter

Who will you nominate?
A Special Thank You to Heather Kordas!

Thank you for getting our Facebook page, our collegiate link, and website going! We also thank her for putting together the election and community service surveys.

Ordering T-Shirts

We will be placing an order for t-shirts on September 15th. T-shirts are $15 each. If you would like to purchase one, please email your shirt size to Jennifer Krock at jenniferjkrock@gmail.com.

CSI Workshops & Activities Fall 2012

Please mark your calendars. More details will follow as these dates approach.

September 22 (Time, TDB): PTSD & Veterans Workshop with Dr. McNaughton-Cassill
October 13th (Time, TDB): NAMI Workshop with Ed Dickey
October 20 (5:30 PM-7:30 PM): Social at The Cove
November Workshop (Date and Time, TDB): Psychopharmaceuticals with Dr. Janel Whidbee
November 17 (2:00 PM-4:00 PM): Social at Bros BBQ

Join the Communications Committee

Angelica Tello, Communications Chair & Newsletter Editor

The Communications Committee is currently looking for members to help out with our newsletter.

The following positions are available:

- Regular Featured Writers
- Proofreading Assistant Editor
- Layout Assistance Editor
- Photographer

If you are interested, please contact me at angelica.m.tello@gmail.com.

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 Rowdy Links at https://utsa.collegiatelink.net/organization/none.

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

Our submission deadline is October 26, 2012.

Contact Angelica Tello at angelica.m.tello@gmail.com.