

Chi Sigma Iota Newsletter

Phi Omicron Chi

Fall 2014

Volume 1

Our History of Excellence

by Tiffany Nielson, Newsletter Chair

Chi Sigma Iota (CSI) is the academic and professional international honor society for counselors. This organization is dedicated to excellence and promoting the counseling identity. This excellence is evident in the work and experiences of the members of our chapter of CSI, Phi Omicron Chi (POC) at both campuses.

The members of CSI describe their personal and professional benefits of membership. First year doctoral student, Heidi McKinley, describes deep roots to CSI, as past president of CSI at Montana State University. Her "passion" for advocacy and the counseling identity draw her to this organization. She describes how

"I value being a member of CSI because it allows me to be involved in our department events while also staying updated on current issues in counseling."

Kristi Tofte

Meridian has shown their devotion to service and counseling through a toiletry drive for The Corpus Christi Homeless Shelter and painting the interior of the Women's and Children's Alliance. They also sponsored a presentation from Wendy Hoskins and Randy Astramovich on "Slow Counseling" last spring. Pocatello has held the Welcome Back Picnic, Halloween Party, Marched in the Homecoming Parade, and are currently running a food drive for Benny's Pantry. Communities from both campuses have benefited from CSI's service and advocacy efforts.

"being involved in Chi Sig is a great way to promote a strong professional identity." With the growth of our chapter bringing many opportunities, Heidi stated, "I feel honored to be a part of it." Second year master's student, Kristi Tofte, stated that CSI "allows me to be involved" and stay "updated on current issues in counseling". These members' experiences validate the work and efforts of our chapter to promote the members and communities we serve.

This Edition

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Service

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Benny's Pantry
Donate canned goods TODAY!
The winning cohort will receive a PIZZA PARTY

Family Services Alliance
Donations will be gathered including makeup, feminine hygiene products, soaps (body and laundry), and gift cards.

Learning

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Practicum Panel Discussion
Tentatively Wednesday
November 19th at 3:00 pm

Idaho Counseling Association Conference

Register Now!
January 28-31, 2015
Pocatello, ID

Wellness Corner

By Steve Moody, PhD



As you have probably noticed, there is a strong focus on wellness in this department. It is infused across the curriculum and program.

The question arises: Why wellness?

The answer to this question lies in our understanding of how we can cope with the many stresses that develop in our lives. We experience both acute and chronic stress on a daily basis. These stresses include many things including deadlines at school and work, family relationship problems, and fatigue brought on by physical activity. Living life with a focus on wellness can help

The wellness wheel, presented to the right, breaks these elements down further by bringing in your social support and career issues.

Your physical wellness includes elements such as your diet, exercise, and sleep patterns.

Spiritual wellness is the connection with something larger than yourself and transcends the material aspects of life.

Emotional wellness encompasses the connections you have with others in your life including family, friends, and pets.

Finally, mental wellness is the component of your well-being that includes your creative expression

As an example, an individual may work in a daily walk as a way to help regulate his or her emotional and mental well-being. This individual has found a way to use one area of wellness to help with stressful conditions in the other realms. There are many possibilities to increase wellness through a preventative routine. Eating well, reading books, exercising, and talking with friends and relatives are just a few prevention strategies for preparing yourself for those hard days.

Take some time to reflect upon the ways you promote wellness and prevention in your own life. As you look at these behaviors, think about how much time you give yourself each day to enjoy these proactive choices and how you might find ways to continue to increase your wellness routine.

Integrating wellness into your daily routine can be a positive force in preventing personal stresses from overtaking your life. Maintaining a balanced approach in tending to your wellness needs will help keep you feeling at the top of your game and provide a strong defense against the stresses of life.

“Living life with a focus on wellness can help prepare you for those unexpected stresses in life.”

prepare you for those unexpected stresses in life.

There are various models of wellness that one can ascribe to, yet they all bring in elements of your:

1. Physical well-being
2. Spiritual well-being
3. Emotional well-being
4. Mental well-being

and intellectual stimulation.

As you look at each aspect of your well-being, it is important to keep in mind the holistic picture of wellness. This means that each area of the wellness wheel is not an individual entity. The different elements are proactively and reactively dependent upon each other.

Spotlights

Who is our new new faculty Dr. Leslie Stewart?



Hometown: Atlanta, GA

Alma mater: Georgia State University

Counseling theory: Feminist-Informed Adlerian

What's the #1 most played song on your playlists? It rains a lot at night in GA, so I have a rain playlist that I listen to almost every night when I'm going to sleep. It makes Idaho feel more like home!

Favorite quote: I'm not sure I can only choose one! I have 3 that I keep around to inspire me, and I love them all for different reasons.

"I didn't arrive at my understanding of the fundamental laws of the universe through my rational mind" - Albert Einstein

"I have not failed. I have simply found 10,000 ways that don't work" - Thomas Edison

"To love means to open ourselves to the negative as well as the positive - to grief, sorrow, and disappointment as well as to joy, fulfillment, and an intensity of consciousness we did not know was possible before" - Rollo May

Favorite place in Pocatello: My back porch

Unique quirk: I'm a pretty talented amateur snake-catcher

Learn more about Sophie the therapy dog:

Hometown: Sparta, TN

Alma mater: The German Shepherd Dog Club of Atlanta Rally and Obedience School

Counseling theory: Person-centered. I never ask questions and I'm really good at the empathy, congruence, and unconditional regard stuff.

Favorite quote: "He is your friend, your partner, your defender, your dog. You are his life, his love, his leader. He will be yours, faithful and true, to the last beat of his heart. You owe it to him to be worthy of such devotion." - Unknown

Favorite place in Pocatello: City Creek Trail

Unique quirk: I love baths

Who is the new doctoral student, Alexia Deleon?

Hometown: Sweetwater, TX

Alma mater: Sweetwater High School, Angelo State University-San Angelo, TX (B.A. Psychology); Adams State University-Alamosa, CO (M.A. Clinical/Mental Health Counseling)

Counseling theory: Person-Centered

What's the #1 most played song on your playlists? Road Trippin' by Josh Abbott Band because I travel a lot and always listen to it when starting a new traveling adventure.

Favorite quote: "Love the life you live. Live the life you love." ~Bob Marley

Favorite place in Pocatello: I don't remember the name of it, but it's a small park off of Alameda Road that sits a little higher than the city and has beautiful views & a sense of peace and tranquility for me when I go there.

Unique quirk: I have been told that I do great impersonations of others ;)

Be Involved

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Chi Sigma Iota

Csi-net.org

Webinars available to members.

Look for your membership invitation next semester!

American Counseling Association

Counseling.org

Idaho Counseling Association

Idahocounseling.org

Stay Connected

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Like the Department of Counseling on Facebook!

Next Edition

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If you have ideas or articles you would like to share please contact the editor.

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TOP TEN: Things you'll hear in the Counseling Department

1. It's counseling, not therapy
2. You will survive
3. Will you be my client?
4. Its part of the process
5. Ask your advisor.
6. What do you think?
7. What theory are you dating?
8. You feel sad.
9. I'm wondering...
10. It depends

CSI Phi Omicron Chi Chapter

Officers and Advisors 2014-2015

Co-President: James Osborne

Vice President: Kelsey Pierce

Treasurer: Kristen Lister

Secretary: Nicole Kopp

Membership Chairperson: Kristi Tofte

Newsletter Chairperson: Tiffany Nielson

Philanthropic Chairperson: Jamie Howerton

Faculty Advisors: Steve Moody and Leslie Stewart