

# CSI NEWSLETTER

THE ALPHA CHAPTER OF CHI SIGMA IOTA  
SPRING 2023

## IN THIS NEWSLETTER

- We congratulate our new members and our graduates
- Discover what your colleagues and fellow students have been up to this spring and what they'll be doing this summer.
- Check out a book review that might be of interest!
- Interview with Dr. Urkmez.
- Snapshots from Spring Wellness day



## IT'S TIME TO CELEBRATE

- Dr. Christine Suniti Bhat was elected as 2024 ACA President. She will be the 2nd President from the Ohio University Counselor Education program. The first was Professor Emeritus Dr. Tom Sweeney who was ACA President from 1980-1981. We continue to celebrate and congratulate her!
- The Alpha Chapter of Chi Sigma Iota welcomes new members on April 8, 2023. Our initiation speaker will be Dr. Cassandra Storlie, Kent State University, President-Elect of ACES
- A huge congratulations to all of our 2023 graduates. We are so proud of you and can't wait to hear how your careers take off.

# INTERVIEW W/ DR. URKMEZ

INTERVIEWED BY: PHIBA SYIEMLIH & AYSEGUL ERCEVIK

## WHAT INSPIRES YOU TO DO WHAT YOU DO EVERY DAY?

MY HEALTH. LIFE IS SHORT SO WAKING UP HEALTHY INSPIRES ME TO DO THE WORK I DO

## CAN YOU SHARE WITH US SOME OF YOUR HOBBIES AND INTERESTS?

WALKING, GARDENING AND PLAYING SOCCER.

## CAN YOU SHARE SOME FUN FACTS WE MIGHT NOT KNOW ABOUT YOU AND WE WOULD BE SURPRISED IF WE KNEW?

I HAVE BEEN A PROFESSIONAL SOCCER REFEREE SINCE 2013

## IF YOU HAD A CHANCE TO WAKE UP AS A SUPERHERO ONE DAY, WHAT DO YOU THINK YOU WOULD BE?

I WOULD WANT TO WAKE AS A SUPERHERO WHO CAN FLY.

## WHAT IS THE FIRST THING THAT COMES TO YOUR MIND WHEN YOU THINK ABOUT BEING PART OF THE DEPARTMENT OF COUNSELOR EDUCATION?

DIVERSITY.

## WHICH LEADER OF THE COUNSELING FIELD INSPIRES THE WORK THAT YOU DO AND YOU AS A PERSON?

DR. MICHAEL LEAHY, HE IS THE GODFATHER OF REHABILITATION COUNSELING. HE CREATED THE FIRST REHABILITATION COUNSELING PROGRAM IN THE UNITED STATES.

DR. CHRISTINE BHAT, BEING THE FIRST INTERNATIONAL PERSON TO GET ELECTED AS THE PRESIDENT OF ACA.

## GIVEN THAT YOU ARE A MEMBER OF THE NCE EXAM COMMITTEE, WHAT WORDS OF WISDOM WOULD YOU GIVE TO THE CANDIDATES ATTEMPTING THE EXAM?

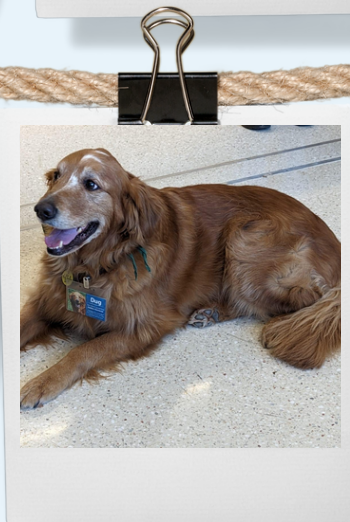
STUDY, UNDERSTAND THE QUESTIONS AND BE FAMILIAR WITH THE MULTIPLE-CHOICE QUESTIONS.

**SPECIAL THANKS TO DR. URKMEZ FOR THIS INTERVIEW.**

# OTHER NEWSWORTHY ITEMS

- CSI president Ibrahim Akmese was selected as a 2023-2024 Chi Sigma Iota Leadership Fellow and an Emerging Leader for the American College Counseling Association. Ibrahim will also be presenting his research at the ADEC spring conference.
- Sarah Hatch, vice president presented on relational safety in supervision at Carlow University and will begin her tenure as SAIGEO president in July 2023
- Kailey Bradley, newsletter editor has been busy advocating for grievers. This spring she presented grief related content at numerous state, regional, and national conferences. Kailey also had a piece published in Counseling Today on the unique intersection of sexuality and grief.

## HIGHLIGHTS FROM WELLNESS DAY BELOW!



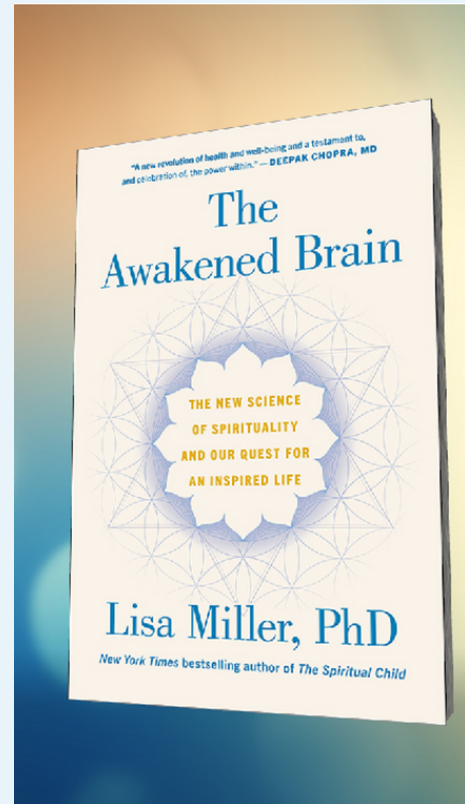
# BOOK REVIEW

## THE AWAKENED BRAIN

REVIEWED BY SUNDER SINGHANI

LISA MILLER DEFINES SPIRITUALITY AS HAVING TWO THEMES – THE TRANSCENDENTAL AWARENESS THAT WE ARE LOVED, GUIDED, AND NEVER ALONE, AND WE ARE ALL CONNECTED. SPIRITUALITY IS NOT RELATED TO RELIGION BUT CAN BE SPAWNED FROM IT. MILLER'S EXTENSIVE EPIDEMIOLOGIC RESEARCH HAS SHOWN THAT SPIRITUALITY REDUCES THE LIKELIHOOD OF SUICIDALITY BY 50-80%, DEPRESSION BY 60%, AND SUBSTANCE USE/DEPENDENCE BY 80%. SHE ALSO WORKED WITH YALE SCIENTISTS TO DETERMINE THE NEURAL CORRELATES OF SPIRITUALITY. AS THE RESEARCH SUBJECTS LISTENED TO THEIR NARRATION OF A PERSONAL SPIRITUAL EXPERIENCE INSIDE AN FMRI SCANNER, THE RESULTS CONSISTENTLY DEPICTED THE FOLLOWING BRAIN CHANGES: (A) THE DEFAULT MODE NETWORK WAS DEACTIVATED, INDICATING REDUCED SELF-RUMINATION, (B) THE VENTRAL ATTENTION NETWORK WAS ACTIVATED, WHERE WE RECEIVE FLASHES OF INSIGHT, (C) THE FRONTOTEMPORAL NETWORK WAS ACTIVATED, WHICH IS IMPLICATED FOR LOVE AND BLISS, AND (D) THERE WAS REDUCED ACTIVATION IN THE INFERIOR PARIETAL LOBE INDICATING A SENSE OF ONENESS.

ALL OF THE RESEARCH ON SPIRITUALITY HAS CONCLUSIVELY SHOWN THAT WE ARE INNATELY WIRED FOR SPIRITUALITY; IT IS HERITABLE AND IS A PROTECTIVE FACTOR FOR MENTAL HEALTH. MILLER CREATED SPIRITUAL AWARENESS PSYCHOTHERAPY, ENCOURAGING US TO ASK OUR CHALLENGED CLIENTS, "WHAT IS LIFE SHOWING YOU NOW?" ON A PERSONAL NOTE, WHEN I WAS GOING THROUGH A LOW POINT IN MY LIFE WITH HIGH SUICIDAL IDEATION, THE SPIRITUAL NEAR-DEATH EXPERIENCE OF AUTHOR ANITA MOORJANI REMINDED ME THAT I AM A SPIRITUAL BEING HAVING A HUMAN EXPERIENCE AND LIFE IS A GIFT. AND LIFE GUIDED ME TO A CAREER CHANGE, EVENTUALLY BRINGING ME TO COUNSELOR EDUCATION.



### ALPHA CHAPTER OF CSI LEADERSHIP

Ibrahim Akmese, President  
Sarah Hatch, Vice President  
Divya Warriar, Treasurer  
Derrick Danquah, Secretary  
Newsletter editor: Kailey Bradley  
Dr. Bhat, Faculty Advisor

### FOLLOW US ON FACEBOOK

[FACEBOOK.COM/GROUPS/5139548270](https://www.facebook.com/groups/5139548270)