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## Join Chi Sigma Iota....

It's recruitment time already! Now is a great time to get involved with Chi Sigma Iota in preparation for induction in May. Check out our bulletin board on the third floor of MacCracken Hall for meeting information! Being a part of Chi Sigma Iota is a rewarding and enlightening experience. We've had a successful start to the year - this is a great organization to add to your professional repertoire.

### So how do you get involved?

1. Come to meetings
2. Keep your ears out for CSI sponsored events
3. Apply to be a member of the Alpha Chapter!

To be eligible for membership, you must have completed at least two quarters of graduate work; have a minimum cumulative GPA of a 3.5 on a 4.0 scale; and be recommended for membership by the faculty (NOTE: you do not need a recommendation letter, the faculty will meet and decide to recommend applicants). Make sure to **apply** within the first two weeks of Spring Quarter ([www.csi-net.org](http://www.csi-net.org); select "Membership" in the left-hand column, and scroll down to the link for "New Member Application"). **ALL APPLICATIONS ARE DUE BY FRIDAY, APRIL 15<sup>TH</sup>, 2011.**

Once you have been accepted, make sure to attend the annual Alpha Chapter Chi Sigma Iota Banquet and Initiation Ceremony on Saturday, May 7<sup>th</sup>, 2011 in the Baker Center Multipurpose Room. Interested in an executive board position for next year? Get involved, and watch for more information on the candidacy process after April 15<sup>th</sup>!

-Stephanie Kern, CSI Secretary

## ❖❖ **SOCIALS** ❖❖

**Join us for dinner!!**

**Casa Nueva**  
**Friday, March 4<sup>th</sup>, 2011**  
**7:00 pm.**

**SPRING SOCIAL TO BE ANNOUNCED SOON!!**

**IDEAS?**  
**CONTACT ASHLEY McKEE @**  
**am658705@ohio.edu**



*Chi Sigma Iota is an international honor society for professional counselors, counselor educators, and students in the counseling field. Established in 1985 at Ohio University, CSI strives to promote scholarship, research, professionalism, leadership, and excellence in counseling, while also recognizing high attainment in the pursuit of academic and clinical counseling excellence. Members of Ohio University's Chapter (Alpha) are part of a 250 chapter, 12,787 active member organization. Additional information about these chapters and CSI as a whole can be found at <http://www.csi-net.org>.*

## MARK YOUR CALENDARS...

### Upcoming Conferences:

**International Association of Eating Disorders:** March 3-6  
**American Counseling Association:** March 23-27  
**American Assoc. of Pastoral Counselors:** March 31-April 2  
**Binge Eating Disorder Association:** March 30-April 2  
**International Family Therapy Association:** March 30-April 2  
**Ohio Assoc. for College Admissions Counseling:** April 10-12  
**American School Counselor Association:** June 25-28

Phoenix, AZ  
New Orleans, LA  
Phoenix, AZ  
Scottsdale, AZ  
The Netherlands  
Cincinnati, OH  
Seattle, WA

### SAFE ZONE WORKSHOP:

#### Spring Quarter

The SafeZone Training workshop will be coming to McCracken soon. The workshop gives participants a safe and open environment to expand their knowledge on LGBT issues. This is a forum in which you can ask questions, learn and share. Please stay tuned for details on the date, time and location of this spring quarter workshop.

Good Works Dinner: Friday, April 15<sup>th</sup>, 2011

Good Works, Inc is a Community of Hope for those struggling with poverty in rural Appalachia.

Join Chi Sigma Iota for dinner and fun. In addition to preparing dinner for the patrons of Good Works, we'll be planning some fun activities for the evening.

[www.good-works.net](http://www.good-works.net)

Do you have a story to share? Have you completed some interesting research or learned of a great opportunity? If you are interested in submitting an article for the Spring Quarter Newsletter, please contact Jill Okey at [okey@ohio.edu](mailto:okey@ohio.edu).

### **Chi Sigma Iota Banquet: Saturday, May 7<sup>th</sup>, 2011**

A silent auction benefitting Chi Sigma Iota featuring goodies for local businesses will take place during the dinner. The highlights of the evening will include induction of the newest members of CSI and recognition of other Counselor Education students and faculty. We hope that you'll be able to join us. Please feel free to invite your family and friends. Details including ticket sales will be forthcoming.

### **True Colors Workshop: TBD**

*"True Colors" has been used successfully for over twenty-six years in business and education to foster positive, healthy, and productive personal development that improves communication, team-building, leadership, morale, and conflict resolution skills both at work and at home. Be sure to sign up for the workshop, details to come.*



### Upcoming CSI Meetings:

- Tuesday, February 22<sup>nd</sup>, 2011 at 7:00 pm
- Tuesday, March 8<sup>th</sup>, 2011 at 7:00 pm

### **Sue Apple Run: Saturday, May 14<sup>th</sup>, 2011**

CSI coordinates the Sue Apple Run each spring in memory of Suzanne Apple. Proceeds from the Sue Apple Run fund a scholarship for a second year master's student. Apple, a three-time Ohio University graduate, became a licensed psychologist in 1984. During her career, she worked at the Western Guidance Center in Parkersburg, W.Va., and the College of Osteopathic Medicine at Ohio University. She also taught as an adjunct professor of psychology and led courses in the Department of Counseling in the College of Education. Apple is perhaps best known in the Athens community for her private psychology practice, where her clinical work focused on children and family mental health. A brain tumor took Apple's life in February 2006.

Details on getting involved will be emailed out in Spring Quarter. Please contact Laney Preston at [laneypreston@yahoo.com](mailto:laneypreston@yahoo.com) with any questions.

**...AND WATCH YOUR EMAIL**

## Suggested Read: *The Philosopher and The Wolf*

*The Philosopher and The Wolf* by Mark Rowlands

Review submitted by Julia Martin, School Counseling/Clinical Mental Health

Wolves have long been literary icons of the cunning sharp-toothed predator. A spine-tingling combination of mystery, stealth, and violence, wolves represent an intimidating, unpredictable, and chaotic force of nature. It could be said that *The Philosopher and The Wolf* is an examination of the interaction of man and nature, where they overlap, and where the boundaries the human condition have denied their coexistence. When Mark Rowlands, a professor of philosophy, decides to adopt a wolf, Brenin, he establishes a new paradigm of existence through blending the raging chaos of wild animalistic tendencies and the refined order of higher academia. Rowlands himself is an entertaining blend of animal and man as he spends a fair amount of time drunk and playing rugby. The Philosopher quickly discovers the destructive outcome of a lone-wolf left at home and is resigned to taking Brenin with him wherever he goes, including the university classroom. Throughout the book Brenin serves as a mirror that reflects the psyche of both Rowlands and that of humankind in general. Universal experiences such as time and death, love, loss, play, and fighting are approached through the blended eye of The Philosopher and his wolf. This is a book filled with irony that encapsulates the grey matter of lupine domestication of carnal urges and the undeniable and humbling truth of the animal that resides within us all. It's a quick and entertaining read which provides a new slant on deeply felt aspects of life.

## Professional Development: Conferences and More!

### Faculty and Student Presentations at Upcoming Conferences: Compiled by Shantel Hammett

Baker, C., Bowen, N., & Dollarhide, C.T. (2011, March). Becoming a multicultural professor: Insights for evolving a mc professorial identity. American Counseling Association Convention, New Orleans, LA.

Bethel, B., Henderson, D., Oates, J., & Robinson, M. (2011, March). Building Bridges: Play Therapy for Children with Disabilities. Play Therapy Italy Institute, Tuscany, Italy.

Bhat, C. S., Gance, D., Koester, A., & Williams, M. (March 2011). Counselors: Making a Difference Wherever You Are Through Community Engagement. American Counseling Association Convention, New Orleans, LA.

Bhat, C. S., & Linscott, J. A. (March, 2011). No Sexting or Cyberbullying: Media Literacy Ideas for Tweens, Teens, and Parents to Foster Appropriate Use of Social Media. American Counseling Association Convention, New Orleans, LA.

Bhat, C. S., Ziff, K. K., & Patterson, C. (March 2011). Developing Personal and Social Skills for All Students Using the Responsive Classroom Approach: School Counselors Collaborating with Administrators, Teachers and University to Create Optimal Student Learning Environments. American Counseling Association, New Orleans, LA.

Davis, T., Bobby, C. & CACREP Board Members (March, 2011) Becoming a CACREP Site Reviewer. Training for the new faculty member. American Counseling Association Convention, New Orleans, LA.

Henderson, D., Edwards, D., & Robinson, M. (2011, April). It's All Relative: The impact of ASD on the sibling relationship. National Council on Rehabilitation Education Conference (NCRE), Manhattan Beach, CA.

Kostohryz, K. (2011, March). Creative interventions when counseling terminally ill in rural Appalachia. American Counseling Association Convention, New Orleans, LA

### Introduction to Grant Writing:

#### A Workshop for Graduate Students in Education and Human Services

March 4, 2011 from 2:00- 3:00 in McCracken Hall, room 214B

Dr. Aimee Howley, Sr. Associate Dean of Research and Graduate Studies, and Mr. Rick Huard, Research Grants Development Coordinator, will be presenting a special grant writing workshop for Patton College graduate students. The presentation will include information on different types of grants, sources of funding, and how to put together the basic elements of a grant proposal (justification, objectives, activities, management plan, capacity statement, and budget).

### Conference Prep Available

Submitted by Natalie Williams

If anyone has questions regarding presenting at conferences (e.g., how to apply for a travel grant, how to prepare a proposal, presentation tips, etc.), please feel free to contact Natalie Williams ([nw351909@ohio.edu](mailto:nw351909@ohio.edu)), Professional Development Committee Co-Chair. Natalia's happy to help with any questions.

## CSI Members Go Abroad: Honduras

### Service Learning in Honduras By Michael Williams



During the course of one's life there comes a time when opportunity knocks at the door and one has a choice as to their answer. One may choose, to ignore the knock and go on never knowing what was on the other side, or one can choose to swing the door wide open and experience all that is there and all which it entails.

Such a time came to me last spring. I was made aware of a course that is offered every summer by Dr. Pete Mather which addresses issue of Service Learning and its role in Higher Education. (For more information see the college of education abroad.

<http://www.ohio.edu/educationabroad/>) The course involved a good amount of informative reading which was selected to prepare the student for what lie ahead; a two week trip to the countryside of Honduras.

Issues such as Immigration, all levels of education, poverty, privilege and culture among others were examined in a meaningful way amidst the backdrop of one of the most purely remote and genuine places I have ever been. The people of this region were no less than the personification of this genuineness.

Although the second week of the experience is spent examining all of those issues within the context of education opportunities available to Hondurans, the first week of the trip was spent laboring with the good people of a small (240 people) village known as San Martin Arriba. Our work with the village was coordinated by the university through an organization called Honduras Outreach International ([www.hoi.org](http://www.hoi.org)).

In this village, we (Sarah Johnson and I among others in the class) "helped" pour concrete floors into homes that were made primarily of wood and adobe, build walls for homes and aided in other phases of construction. I say "helped" because the villagers are more than capable of doing the work and do for the most part. A lot of times we felt more in the way than anything. However, this was due to our awe of them not anything they expressed. Some of us even got to work in the villages' school where a 6<sup>th</sup> grade education is compulsory. The work was difficult by American college student standards. However, what we learned by doing the work was far more valuable to us than any of us expected.

We learned about all of the things I mentioned, but more importantly in the course of "serving others", we were in turn served by people who were relative strangers only a few days before. For me, this trip allowed me to become more appreciative of my life in the states, the value of my education and the opportunities afforded to me and how the knowledge of these things can affect my development as a Counselor and a Counselor Educator.

I highly recommend this course which is available this summer not only for one's own professional development but also as a benefit to one's own development as a helping professional who truly intends to help. Living amongst people whose lives are an open book, allows offers one the opportunity to open their book a bit and examine the story therein. For me, the service and the learning were both received by me to an extent that neither I nor the villagers expected.



# CSI Members Go Abroad: Taiwan

Submitted by Covia Boyd

Covia Boyd recently returned from National Cheng Kung University in Taiwan. In this article he reflects a bit on the journey that began with a recommendation from Dr. Mona Robinson.

After being I was accepted to NCKU, I changed my dissertation research to support a sample of indigenous Asian college students. I had intended to only study nine hours in graduate level courses and three hours of language and culture in addition to data collection for my dissertation. Ultimately, I was able to take 18 hours of language and culture classes, at NCKU, because of limits to doctoral and graduate classes in my field. I was also connected with a faculty advisor at NCKU, Professor Meng-shia Rau. She was instrumental in my access to study participants for my research.

Throughout my time at Cheng Kung University I learned many new and exciting things including Chinese language, calligraphy, Chinese painting, Archery, Kung-Fu, Erhu, Taichi and sword-play.

I have painted 15-20 pictures in the Chinese painting (hua hua) style. I have learned to play a song on the Erhu. I have learned how to introduce myself and have basic general conversations in Chinese; I can also order most menu items and drinks for meals. As a student in the Chinese Language Center, I was invited to participate is several of the NCKU 79<sup>th</sup> Anniversary activities. This reminded me of a homecoming celebration in the United States. I thoroughly enjoyed the festivities and took many pictures.

I also enjoyed the time that I spent working with the OIA staff and volunteers at the 2010 SATU Presidential Forum. I was amazed at the number of institutions represented at this conference and the communal interaction and mutual respect that was shared. I have never witnessed such an impressive program that really seemed to be outcome oriented as opposed to process-oriented. I made several connections while in-service at this conference and was even able to speak with the NCKU President.

I believe that future students may benefit most if they study for at least 1-year at NCKU. This will allow these students to gain or build on their language skills as well as allow for more academic freedom with class choices. This will also provide these students with ample time for language acquisition to attend the bevy of classes not offered in English or their natural language.



# Research: The Experience of Infertility

## The Experience of Infertility: What Counselors Should Know

Cornelia Patterson, PhD., PC, CRC  
Christine Suniti Bhat, PhD, PC  
Amber Koester, MSE, NCC

Having a child is one of the most fundamental developmental milestones that we, as humans encounter in our lifetime. However, according to RESOLVE, the National Infertility Association, nearly 10% of the population in the United States struggles with infertility. Infertility is defined as the inability to become pregnant after one year of regular, unprotected sex, or the inability to carry a pregnancy to live birth. Couples or individuals may be diagnosed with primary infertility (failure to conceive for the first time) or secondary infertility (the inability to conceive after having had a child in the past).

Infertility is commonly and erroneously perceived as a female problem. Conversely, approximately 40% of infertility cases are a result of a female factor, 40% result from a male factor, 10% are some combination of both a female and male factor, while the remaining 10% of causes are idiopathic, meaning that the cause is unknown.

Counselors working with individuals or couples experiencing infertility should pay attention to psychological, social, and cultural factors (Greil, Slauson-Blevins, & McQuillan, 2009). Common emotions related to the experience of infertility include guilt, shame, grief, shock, and jealousy. These strong negative feelings combined with the fact that infertility is often a taboo subject of discussion may lead to social withdrawal and isolation.

Counselors working with individuals and couples experiencing infertility should be aware of the common terminologies used in infertility treatment and have a thorough understanding of medical and other interventions. It is vital that counselors acknowledge and facilitate the grieving process for a couple unable to conceive a child. "Infertility is like a death, a death for which there are no rituals and little public acknowledgement" (Daniluk, 1991, p. 318). Counselors can work with individuals to identify effective coping skills and explore feelings associated with self-blame and guilt. When working with couples, counselors should acknowledge that infertility is a significant life crisis, facilitate communication between partners, and discuss potential future parenting options (Peterson, Gold, & Feingold, 2007). Finally, group counseling can be effective as a place to reduce the feelings of isolation and work to manage the stress associated with infertility. Empathy and being willing to be a non-judgemental listener can be helpful both as a professional counselor and as a friend to those experiencing the pain of infertility.

Dr. Patterson and Dr. Bhat were funded by an Outreach Grant by the Patton College to address the issue of infertility in 2010. They invited Amber Koester, a doctoral student to join their team. Together they have organized a half-day conference on infertility at the Baker Center, and they have presented on the topic at two conferences (OACES and OCA). They are currently developing a manuscript for publication on the topic. Please contact them if you'd like to learn more about this topic.

Daniluk, J. C. (1991). Strategies for counseling infertile couples [Electronic version]. *Journal of Counseling & Development*, 69, 317-320.

Greil, A. L., Slauson-Blevins, K., & McQuillan, J. (2009). The experience of infertility: A review of recent literature. *Sociology of Health & Illness*, 32, 140-162.

Peterson, B. D., Gold, L., & Feingold, T. (2007). The experience and influence of infertility: Considerations for couples counselors. *The Family Journal: Counseling and Therapy for Couples and Families*, 15, 251-257.

RESOLVE, The National Infertility Association. [www.resolve.org](http://www.resolve.org)

## Faculty Highlight: Dr. Bowen

By Carrie Luce

I had the opportunity to interview assistant professor Dr. Nikol Bowen. Her office is located on the second floor and you can tell that her door is always open and welcoming to students. Read on to learn more about the newest addition to Ohio University's Counselor Education program.

**Q: What brought you to Ohio University?**

**A:** I think it is the history of the department and its role in developing counselor licensure in the state of Ohio and throughout the US. I also think the community has some really unique experiences with diversity and I'm very interested in researching integration issues in a rural setting. And I'm very excited about exploring the impacts of a comprehensive school counseling program in a rural setting.

**Q: Where did you receive your BA, MA, and Ph.D.?**

**A:** I received my Bachelors of Arts at The Ohio State University and focused my senior honors thesis on productive procrastination and subjective overachievement. I also received my MA and PhD at OSU. My Master's focused a lot in clinical mental health issues of psychiatric care. My dissertation was on compassion (compassion satisfaction and fatigue) within mental health counseling.

**Q: What are past work experiences?**

**A:** I worked for OSU Harding, Adult Partial Hospitalization program, I was an employee of Career Connection at OSU as well, and the Kirwan Institute for the study of race and ethnicity. At Career Connection, I worked with undergraduate and graduate students on career development. Here we took a more holistic approach to career development. You could say we took a "lifespan" approach to career development. At Kirwan, I worked with communities and education boards to develop diversity policies and evaluate integration plans on academic achievement.

**Q: What areas of research interest you?**

**A:** Well today is a great day because my research proposal on exploring cultural realities of non-white school counselors working in predominately white institutions got approved by the IRB! I'm very excited because it is a collaborative effort between OHIO, OSU, and the University of Wisconsin. I am also starting research on compassion in College Student Personnel students. Specifically those who will be working in residence life, I'll be researching compassion satisfaction and compassion fatigue with them.

**Q: Greatest accomplishments in counseling?**

**A:** I feel that my greatest accomplishments are that I am currently the president of the Ohio Mental Health Counselors Association, secretary for the Central Ohio Counselors Association; I am also president elect for the Central Ohio Counselors Association. And In 2008 I was awarded outstanding doctoral clinical counseling student. I have also presented at ACA and the International Conference of Social Sciences as well as the Association of Counselor Education and Supervision. (ACES).

**Q: What was your favorite place to present?**

**A:** It is a tie between the ACA and international conference.

**Q: Why is that?**

**A:** They were both in Hawaii! I did really enjoy the ACA conference; I won an award for research design on counselor trainee attitudes.

**Q: Who is your biggest role model?**

**A:** My father, Senator William F. Bowen. He was always willing to speak up and speak out for those who have the least among us, whether it be economic, racial, or ability status. Growing up in his shadow allowed me to have hope and believe in the possibilities of the human spirit.

**Q: Any advice you can give us as future counselors?**

**A:** Here is a list I always look at for self care (as she hands me a piece of paper hanging above her desk): It is a list of nine different strategies about balance and developing realistic expectations and finding ways to nurture oneself.

**Q: Any last things you would like to tell us about yourself?**

**A:** I would encourage students to be open to varying points of view and be willing to suspend judgments to enhance the education process.

If you have the chance drop by Dr. Bowen's office to say hello, she brings a new and exciting perspective to our program. I hope you enjoyed this interview as much as I did!

# Alpha Chapter Leadership

## CHI SIGMA IOTA EXECUTIVE BOARD

PRESIDENT	LANEY PRESTON	<a href="mailto:LANEYPRESTON@YAHOO.COM">LANEYPRESTON@YAHOO.COM</a>
VICE PRESIDENT	ALEX REED	<a href="mailto:JR303907@OHIO.EDU">JR303907@OHIO.EDU</a>
SECRETARY	STEPHANIE KERN	<a href="mailto:SK251109@OHIO.EDU">SK251109@OHIO.EDU</a>
TREASURER	JEN HOYT	<a href="mailto:JH384202@OHIO.EDU">JH384202@OHIO.EDU</a>
DOCTORAL STUDENT REP.	DOREA GLANCE	<a href="mailto:DG146809@OHIO.EDU">DG146809@OHIO.EDU</a>
FACULTY ADVISOR	CHRISTINE SUNITI BHAT, PHD	<a href="mailto:BHATC@OHIO.EDU">BHATC@OHIO.EDU</a>

## COMMITTEE CHAIRS

### Advertising and Newsletter

**Jill Okey**  
[okey@ohio.edu](mailto:okey@ohio.edu)

### Fundraising

**Alex Reed**  
[jr303907@ohio.edu](mailto:jr303907@ohio.edu)

### Social

**Ashley McKee**  
[am658705@ohio.edu](mailto:am658705@ohio.edu)

### Professional Development

**Amber Koester**  
[ak249309@ohio.edu](mailto:ak249309@ohio.edu)

**Natalie Williams**  
[nw351909@ohio.edu](mailto:nw351909@ohio.edu)

### Social Justice and Advocacy

**Jen Gittinger**  
[jg360409@ohio.edu](mailto:jg360409@ohio.edu)

**Kati Muhleman**  
[km340505@ohio.edu](mailto:km340505@ohio.edu)