I am honored to serve each of you as President of Sigma Upsilon, the Syracuse University Chapter of Chi Sigma Iota. Before entering the counseling field, my primary work was in community organizing and political activism. As a counselor and doctoral student, I strive to honor the spirit of social justice in all areas of my personal and professional identity. The opportunity to serve as president of CSI has allowed me the opportunity not only to return to organizing, but also to connect with the larger Chi Sigma Iota community of professionals committed to the development of our field. Chi Sigma Iota is been tremendously helpful to my development as a counselor, and I encourage everyone to take advantage of the endless benefits of membership.

All of our events are open to the entire CHS community, regardless of membership status. Our recent ArtSlam event included participants from across the campus and community, many of whom remarked upon the openness and excitement they felt while working alongside counseling students and faculty. Our unique identity as counselors, and our advanced training as empowering listeners, invites us to create positive change throughout our communities. One way Sigma Upsilon is working to encourage these opportunities is through increasing our chapter’s involvement within our department and throughout the greater Syracuse community of counseling providers and social/community justice organizations, and the national counseling field. I look forward to working with the entire Counseling and Human services community to create experiences and opportunities for professional development, community service, and social growth/support.

I am inspired and humbled to work with an executive board of exceptionally intelligent, creative, and committed upcoming counselors, and look forward to working with all members of our diverse and dynamic community. If you have any ideas, inspirations, or feedback, please do not hesitate to contact me personally. I look forward to an exciting year!

In solidarity and friendship,

Cara Levine
Recommendations On Becoming a Professional Counselor

Jaime Hernando Castillo III


Montinique Denise McEachern

Samons, S. L. (2009). *When the Opposite Sex Isn’t: Sexual Orientation in Male-to-Female Transgender People*. New York: Routledge. I recommend this book because it provides sensitivity, anecdotes, and a broader understanding into the experiences of Male-to-Female transgender people for mental health professionals wishing to establish a foundation with the population.

Sonia Ramrakhiani

Yalom, I. D. (2002). *The gift of therapy: An open letter to a new generation of therapists and their patients*. New York: HarperCollins. I read this book over the summer and it was crucial to my understanding of existential counseling and perspective. It was given to me by my Practicum site supervisor and really helped me in my work through out my Internship. The attention to here-and-now can be difficult and Dr. Yalom helps us with a better understanding of the significance of here-and-now work by giving examples from his own work with clients. This book is a quick read and full of rich examples.
Counselor’s Self-Care Resources

From O’Hallowran and Linton, *Stress on the Job: Self-Care Resources for Counselor*


Harris, R. (2000). *Twenty minute retreats: Revive your spirits in just minutes a day with simple self-led exercises*. New York: Holt & Co. It provides more than 190 retreats designed to freshen the spirit and sharpen the mind. It could be an excellent guide for calming oneself between challenging sessions or used as a ritual to start the therapeutic day.


Contact Us

CSI is an international honor society that values academic and professional excellence in counseling. We promote a strong professional identity through members (professional counselors, counselor educators, and students) who contribute to the realization of a healthy society by fostering wellness and human dignity.

Feel free to contact Rebecca Preston at rmpresto@syr.edu or Xiao Yu at xyu25@syr.edu.

ACES

From October 16th-20th, Denver, Colorado hosted the ACES (Association for Counselor Educators and Supervisors) 2013 conference. SU faculty and student represented throughout the conference. Our faculty, including professors Melissa Luke, Derek Seward, Janine Bernard, and Jason Duffy, adjunct faculty Sue Snyder, and doctoral candidate/adjunct faculty Allison Hrovat, and doctoral students Alan Miller, Jaime Castillo, Allison Hrovat, Yhi Sing Liu, and Sara Thaxton, presented their recent research and scholarship in roundtables, educational sessions, and poster presentations. The department was also honored by Allison Hrovat and Steve Kassirer, who were named as fellows in the ACES Emerging Leaders program, and by Jason Duffy, Alan Miller, Steve Kassirer who each received NARACES travel scholarships to support their attendance. Our leader, the unsinkable Dr. Luke, was awarded the Dr. Marijane Fall Counselor Education Award from NARACES. Dr. Luke was also recognized, along with SU alum Dr. Kristopher Goodrich and Dr. Janna Scarborough, with the prestigious ACES Research Award for groundbreaking work on Project SCENE: School Counselors’ Education, Needs and Experiences for LGBTQ youth.

If you are interested in learning more about conference presentations and support for beginning research/presentation opportunities, contact Cara at callevi01@syr.edu or watch your email for upcoming CSI events.

What’s Next -

11AM
Saturday, November 2nd
Sigma Upsilon Chapter
Chi Sigma Iota
Traditional Event: Central New York
Regional Farmer’s Market
@ 2100 Park St. Syracuse NY

7PM
Thursday, November 21st
Sigma Upsilon Chapter
Chi Sigma Iota
Traditional Event: Trivia Night
@ Sheraton Bar

7:15PM
Monday, November 18th
@ Clinic Classroom
Sigma Upsilon Chapter
Chi Sigma Iota
General Interest Meeting
Open to all current and prospective members

8:15PM
Monday, November 18th
@ Clinic Classroom
CSI’s Popcorn Webinar
“Bibliotherapy: Using Movies, TV Shows, and Music in Counseling to Facilitate Client Change”
Dr. L Marinn Pierce & Dr. Philip Clark

5PM
Saturday, December 7th
Sigma Upsilon Chapter
Chi Sigma Iota
Traditional Activity: End of Semester Pot Luck
@ Cara’s House
(address to be announced)