



# Nu Chapter Chi Sigma Iota

COUNSELING ACADEMIC AND PROFESSIONAL HONOR SOCIETY INTERNATIONAL

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**Inside this issue:**

**What's New?** 2

**Meet Kathleen Fallon** 2

**Upcoming Events** 3

**A Day in the Life of an Intern** 3

**CACREP Update** 4

**Event Photos** 5

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## Nu Insights

**Letter from the President . . .** *Mindy Chamberlin*

For many of us, this is the start of a new school year. I have always looked forward to fall because it symbolized a new beginning, a fresh start, and a world of new possibilities and opportunities. I hope this finds you doing well and looking forward to the possibilities awaiting you. This fall, I am beginning my new position as President of Nu Chapter-Chi Sigma Iota. I am very excited for this new endeavor.

We are in the process of making some changes. In an effort to provide quality programming and benefits, we will be sending out an electronic survey to solicit information as to how we can best serve students, members, and alumni. When you receive the survey, please take a few moments to answer the few brief questions and provide us with your suggestions. In addition, members of Nu Chapter will be making classroom visits this fall to inform students about the honor society, upcoming events, and the steps necessary to apply.

The first Saturday of every month at 9:45 we meet at the SUNY Brockport Metro Center for Saturday Morning Coffee Talks. The first hour is spent discussing a counseling topic followed by a business meeting. Please consider attending to meet and interact with other professionals in the counseling field.

I would like to wish all of you the best as you begin a new semester and continue in your development as a counselor.

**Mindy Chamberlin,**  
**President, Nu Chapter**

Be sure to check out Nu Chapter's website. Upcoming events will be posted there as well as meeting minutes, Coffee Talk topics, photos, newsletter, etc. If you have questions or comments about the website, please let the webmaster, Emily Carpenter, know via email, [eteeples@yahoo.com](mailto:eteeples@yahoo.com).



**Nu Chapter Officers  
2008-2009**

**President**  
Mindy Chamberlin

**President Elect**  
Kathleen Schreier

**Past President**  
Mike Cross

**Secretary**

**Treasurer**  
Kathy Krebs

**Nu Chapter Committee  
Chairpersons  
2008-2009**

**Award of Excellence**  
Kathy Krebs  
kakrebs@frontiernet.net

**Awards**  
Kathleen Schreier

**Community Service**

**Finance**  
Kathy Krebs  
kakrebs@frontiernet.net

**Membership**  
Jan Atwood  
jatwood@bluefrog.com

**Marketing**

**Newsletter**  
Anne Hughes  
ahughes@monroecc.edu

**Programs**

**Do you have newsletter  
ideas? Email Anne!**

[www.nuchapter.org](http://www.nuchapter.org)

## **What's New in the Counselor Ed Department? Dr. Susan Seem**

**New Orientation Program**—Beginning January 2008, the faculty decided to conduct a day long orientation for students. The intent of this day long, mandatory orientation is to help begin to develop a culture of graduate studies in the Department of Counselor Education. In addition to the typical coverage of program objectives and plans of study, this orientation allows new students and faculty to get to know each other on a more meaningful basis. An experiential exercise is done in which both faculty and students bring something meaningful to share in a group format. Additionally, we do fish bowl exercise in which faculty sit in a circle with students in the outside circle. Faculty discuss their hopes and dreams for students, our awareness of the multiple roles in their lives and the demands of graduate study. Our intent is let students know of our understanding and support of them while at the same time our high academic standards. Our ultimate goal is to help students understand that we are preparing them to have an impact on people's lives so that what they are asked to learn in their graduate work is of utmost importance. Additionally, faculty share some of our graduate work struggles. Then students join us in a discussion about what they heard and how they feel. This exercise seems to carry the most meaning with students because they learn that we faculty are human and that we truly do want them to succeed.

## **Meet New Faculty Member Dr. Kathleen Fallon**

Dr. Fallon earned a BA in Psychology and Religious Studies from Salve Regina University, an M.Ed. An Ed.S. in Marriage and Family, and a Ph.D. in Mental Health Counseling from the University of Florida. Prior to joining the faculty at The College at Brockport, Dr. Fallon was a faculty member at the University of Florida. She has worked as a crisis counselor, outpatient substance abuse therapist, emergency screener, career counselor, and had a private practice. Other areas of clinical specialty include sexual orientation issues and personal growth issues. Her theoretical framework incorporates creativity and spirituality and is informed by feminist, narrative, motivational interviewing, and cognitive lenses.

Dr. Fallon values collaborative learning models and strives to create learning communities in the classroom. She is interested in pursuing community-based action research projects grounded in the scholar-practitioner model of scholarship. Currently, she is working on a project examining the impact of self-disclosure in counselor education courses. Previously, her community-based work involved serving the homeless through a grassroots outreach effort. In addition to her teaching and research interests, Dr. Fallon is an enthusiastic mentor for counselor education students.

## Upcoming Events

### Nu Chapter Events

November 1	9:45 Coffee Talk 11:00 Business Meeting	Metro Center
December 5	Graduate Reception SUNY Brockport	Faculty Office Bldg.
December 6	9:45 Coffee Talk 11:00 Business Meeting	Metro Center

### Spring 2009 Spring meeting dates will be posted on the NU website

May 16	Graduation
May 16	Graduate reception –immediate following graduation

**Check out the Nu Chapter Website for more information**

**[www.nuchapter.org](http://www.nuchapter.org)**

### **A Day in the Life of an Counseling Intern**

**Dewey Lawrence**

My first day at my internship site was a very memorable experience. I had no idea what to expect and I think it showed. I knew it would be a very long year if I didn't just throw myself into the school environment. I felt like an intruder who was wandering around aimlessly. However, I felt that going around the school and saying "hi" to students was helpful to start creating relationships with the students. It was my first day that I discovered the importance of being comfortable with approaching students. However skeptical they were of this new face, we would eventually get to know each other. This lead to many helping relationships and I began to understand the culture of the school and the dynamics of relationships in the school.

From the beginning of my internship, I knew that my major responsibilities would be to counsel students. However, as the internship progressed it became more and more clear to me that after my internship ended, I would hopefully be working as a school counselor. I began to realize that I knew very little about my supervisor's day-to-day school counseling responsibilities. As the intern, I did the majority of the one-on-one counseling but I knew that she had other responsibilities. From that moment on I began to make sure that I asked questions about my supervisor's responsibilities. I knew that while some different school districts may have their school counselors do school counseling, that the majority of school counselors have countless other responsibilities besides counseling.

Overall, my internship experience had its ups and downs. I think that every intern is going to experience something different. What matters most is how you decide to respond. In addition, I think that always being open to learning something new is important. Take time to learn about some of the roles that teachers take on and how you can better help teachers do their jobs. Also, do not forget that the students spend the majority of their time at home, with their siblings and parents. This can be an important resource to utilize. All-in-all, you are there to help students be successful in school. Find the "stuff" that is getting in their way and they will be successful.

### Jayne's Gems

Dr. H. Jayne Vogan was a tremendously talented faculty member and practitioner. Those of us who had her for an instructor valued her wit and sense of humor woven with rich nuggets of truth. If you were fortunate to have Jayne for an instructor, here's what you might have heard:

**I know nothing until the client tells me** \* This is not a social situation \*  
**The client leads, I follow** \*  
 Look concerned and shut up \* **The best way to begin is to begin** \* When you mean to end, do \*  
**The whole purpose of counseling is to clarify** \*  
 Decision making is a process not an event \* **If you hear two voices stop yours** \*  
 Be prepared for not being the right person \* **Everything is reversible or at least modifiable** \* If you get caught be foggy and look sincere \* **I show respect when I allow someone to be where she/he is** \*

Even though many of you reading this never had Jayne as a teacher, the above gems give you a small taste of her counseling philosophy and are still very relevant to the work we do every day.



## CACREP Update

**Dr. Susan Seem**

The department is seeking continuing CACREP accreditation for its MSED- Counseling, school and college counselor programs (accredited the first time in 1987) and first time accreditation for the MS – Mental Health Counseling program. Because of the requirements of counselor licensure, we started our new Mental Health Counseling program in the fall of 2007. (The MSED – Counseling, community counselor emphasis will be graduate it's last graduate spring 2009 and no longer exist). Seeking and maintaining accreditation is not an easy process, but I believe it helps to make our department and its program as strong as they are.

The first step in accreditation is to review the curriculum and program and write a self-study. The department started this process in the fall of 2006. The self-study was written during the 2007-2008 academic year and submitted to CACREP in April 2009.

The second step in the accreditation process is an initial review of the CACREP self-study. This was completed by the CACREP Board during the early part of the summer of 2008. CACREP had a few questions which were very easy for the department to answer.

The CACREP site team visit is the next step in the accreditation process. The purpose of the CACREP site team visit is to ascertain if the department is doing what it says it does in the self-study. The site team consists of three members and they met with faculty, students, alumni, site supervisors, college administrators and visit a school, college and mental health internship site. This site visit is scheduled for October 5 -8, 2008.

The site team writes a report indicating which standards are met and not met. This report is submitted to the CACREP Office which forwards the report to the department. The department then has a chance to respond in writing to any standards that the site team deemed not met.

The final step in the accreditation process is the CACREP Board decision. All the information compiled (the self-study, the initial review, the department's response to the initial review, the site team report and the department's response to that report) is reviewed by the CACREP Board and a decision is rendered. This decision will occur at the January 2009 CACREP Board meeting. The department will be notified about the Board's decision shortly after that meeting.

While I cannot guarantee the outcome of the CACREP Board's decision, I think that the department is in good shape for the CACREP site team visit. We have initiated two new courses: EDC 619: Counseling in School Settings and EDC 606: Research and Program Evaluation to ensure the department's coverage of program area (school counseling) and core curricular requirements. We also revised and renamed EDC 613: Diagnosis and Treatment Planning to meet mental health counseling program area standards. We now have 6 core faculty in the department who present a wealth of knowledge and experience in the counseling profession. I look forward to the CACREP site visit because I am proud of what the department has accomplished in the last two years. I also look forward to sharing with you the CACREP Board's decision regarding accreditation of our programs.

Nu Chapter Chi Sigma Iota  
Just Desserts: Initiation and Awards Ceremony  
June 2008



New Nu Chapter faculty & initiates pose for a photo following the ceremony. L-R T.Hernandez, R. Dobmeier, K. Tobin, E. Meyer, S. Bliss, M. Barrell, M. Sakofsky, D. Lawrence



Nancy Harris speaks about advocacy in mental health counseling settings.



Can't have an event without food!!!

Below, Amy Gaesser accepts an award for Outstanding Achievement.



Below, Dr. Dobmier accepts a Nu Chapter Outstanding Contribution to Counseling Award

