

CESA/CSI NEWSLETTER



Highlights



CESA/CSI '23-'24
accomplishments



Upcoming Events



CSI Initiation
2024 Recap

ATTN: Graduating CSI Members

CSI graduation cords will need to be ordered through the CSI website [HERE](#)

*Find instruction on purchasing cords [HERE](#)



Interested in
contributing to our
future newsletters?
Please let us know!
arramirez68@neiu.edu

2023-2024 CESA/CSI ACCOMPLISHMENTS

CSI is part of the International Honor Society of Professional Counseling and is dedicated to promoting excellence in the profession of counseling. CSI provides recognition for outstanding academic achievement. Our chapter here at NEIU provides students with a forum for interaction through social gatherings, continuing education, sharing of concerns, and support for common interests. Some of our accomplishments this year include a few of the following:

- **Mentorship Program**

16 students participated to create 8 different partnerships

- **Providing a student voice to faculty**

Executive board members provide student perspectives at faculty meetings while increasing faculty/student interaction outside of the classroom

- **CESA Socials**

Off-campus gatherings approximately once per month encouraging student connections beyond the classroom

- **Practicum Preparation Workshops**

Workshops focused on resume building, cover letters and interviewing skills.

- **IL State Licensure Preparation Workshops**
- **Faculty Brown Bags**
- **Student-Led Workshops**
- **CESA/CSI Newsletter**
- **In-person Initiation Ceremony**

UPCOMING EVENTS

NEIU Faculty Brown Bag Series

Thursday, April 11th | 1-2pm via [Zoom](#)

Meeting ID: 823 6366 0755

Passcode: 384062



Cultural Competency Training: Understanding the Impact of Historical, Intergenerational, and Migratory Trauma on the Individual and Community

Led by Dr. Fullerton

LCPC, CCTP, C-DBT, CCATP, NCC
NEIU Adjunct Instructor

This session will educate and engage clinicians in the process of increasing cultural competency and supporting clients and communities impacted by historical, intergenerational, and/or migratory trauma.

Presenter will share a variety of background on each type of trauma and the impacts of these traumas on the individual and community level. Theoretical frameworks, creative approaches, and practical applications to support clinicians in gaining awareness of their own strengths and growing edges within this work will also be presented.

*STUDENT-LED IFS Workshop

Led by Lirone Losoff

SATURDAY, APRIL 6TH AT 12PM-2PM

Workshop will be both didactic and experiential

12-1pm: Didactic

1-2pm: Experiential exercises and role plays
(optional for those who can't stay
for the 2nd hour)

Lirone is a student at NEIU earning her MA in Couple & Family Counseling. She has been studying the IFS model since 2022 and is Level 2 trained through the IFS Institute. Additionally, Lirone is currently in training learning Intimacy from the Inside Out© (IFIO), the relational model of IFS.

Internal Family Systems (IFS) is an evidenced-based therapeutic model that views the multiplicity of the mind as our natural state. It works to heal the parts of ourselves that have developed adaptive behaviors as protective strategies for our internal pain and shame.

The purpose of this workshop is to familiarize students with the theoretical foundations and practices of IFS.

Participants will learn:

- The key therapeutic goals of IFS therapy
- The concept of Self and its role and effectiveness as a leader in the system
- The differences between protective parts and exiles
- The role of the therapist in the IFS Model as compared to other models of therapy
- The steps and sequence of IFS therapy
- Clinical applications of IFS therapy



Initiation Ceremony Recap

Chi Epsilon Sigma Chapter

Welcome to our 43 new members!



CESA/CSI Faculty Advisors:
 Dr. Gilfillan & Dr. Gallardo



Keynote speaker, Brian Linhart



2023-2024 CESA/CSI Executive Board

Meet the New Board



Shannon Nugent
 she/her
 President
 Clinical Mental Health Counseling



Ruby Fraire
 she/her
 Secretary
 School Counseling



Heather Rosenwinkel
 she/her
 Vice President
 Clinical Mental Health Counseling



Kristen Slevnik
 she/her
 Treasurer
 School Counseling