



Counselor Education Student Association Newsletter

Professional Development Events

6/27/2020 - 6/28/2020

NCMHCE/LCPC
Test Prep Workshop

7/24/2020 - 7/25/2020

Starting, Maintaining, and
Expanding a Successful Private
Practice

8/28/2020 - 8/30/2020

Illinois Mental Health Counselors
Association Annual Conference

11/1/2020 - 11/2/2020

Illinois School Counselor
Associational Annual Conference

11/5/2020 - 11/7/2020

Illinois Affiliation of Marriage &
Family Therapists Conference

Cheers

**TO THE CESA/CES BOARD FOR
THE 2020-2021 SCHOOL YEAR!**



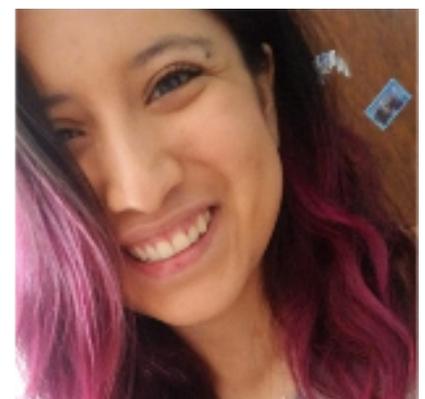
**President
Rachel Rosen**



**Vice President
Bridget Sutton**



**Secretary
Alyssa Rathan**



**Treasurer
Aracely De La Luz**

Professor Spotlight



Jia Rung Wu, Ph.D.
Assistant Professor

Can you provide us with a little bit of your background before arriving at NEIU?

I received my Ph.D. and master degree in rehabilitation counselor education from the University of Wisconsin-Madison. I also received a bachelor's degree in occupational therapy from Fu-Jen Catholic University in Taiwan. I am a certified rehabilitation counselor, a licensed professional counselor, and a licensed occupational therapist. I have years of clinical experience working as an occupational therapist and a psychiatric rehabilitation counselor in the United States and in Taiwan.

This is your second semester at NEIU. What has your experience been like so far?

An adventure! Chicago is so much different than Madison and there is so much to explore. Likewise, NEIU is much more diverse. The range of students I am able to see in class is wide. Having taught new classes these two semesters, I have gained more insights on class design and adapted my teaching style. I am grateful to be part of this diverse environment.

What made you decide to work at NEIU?

Chicago is the essence of America. It is a melting pot of cultures, food, and most importantly people. Personally, I had decided I would come to a big city. After obtaining my Ph.D, I was at a crossroads between research and teaching. I came to the realization that it is not a zero-sum decision. At NEIU, I would be able to teach a new diverse generation of counselors while still continuing to do research. The new environment would foster new paradigm shifts allowing for more personal and professional growth.

What is your cultural background and how does it influence the manner in which you approach counseling?

Taiwanese-born, I grew up in an urban environment and decided to work in an rural area with an underserved population. Women in my family were not encouraged to pursue higher education, but I pursued my interests and studied abroad for my doctoral degree at the University of Wisconsin- Madison. I have experienced a relatively Caucasian dominant campus for four years, and as adjunct faculty in HBCU for two years. My cultural background and experiences have definitely shaped who I am, my counseling style and approach. I enjoy listening to story from my clients, and building up rapport with them. I believe each individual has the potential to learn, heal, and progress. It's important to be flexible and let creativity flourish, only then can we experience the most out of our life.

Not sure how play therapy comes into rehab counseling, but say you have a sand tray in front of you with unlimited toys, animals, figurines, monsters-anything you want. What does your tray look like if you used the items to describe your career in counseling thus far?

Interesting question, no one asked me to do this before, but I love kids and another part of my work experience is pediatric rehabilitation: early child intervention, play therapy, and sensory integration. At this moment, I think I will draw a smiling face in the middle of the tray and put a lot of circles from small to large, each circle building on each other. I also want to randomly put toys, animals, and monsters on top of those circles. Life is often a result of seemingly unrelated events, each appears to be insignificant at the time but all leads you to the single direction.



Student Spotlight

What made you decide to enter the counseling program? Why NEIU? What is your program and why did you choose it?

After spending some time volunteering at Sarah's Circle, a daytime homeless shelter for women, I knew I wanted to go into the helping field. My bank account and I wanted to attend a public counseling program in Chicago which narrowed down my search quite a bit. When I heard about NEIU, I scheduled a meeting with Dona for more information and upon my arrival I felt the spark. Dona was real, straight forward, and didn't try to sell me the program. She quickly bounced me over to Dr. Tejada because I was interested in family counseling. Dr. Tejada really sealed the deal for me. Her "come-as-you-are" attitude was welcoming and I could easily see myself growing here.



Rachel Rosen
CESA President
Family Counseling Program

What led you to become the President of CESA?

I am truly obsessed with NEIU's counselor education department. During my first year as a student, I wanted to get involved so I began to attend CESA meetings regularly. When elections came around at the end of Spring 2019, John Coumbe-Lilley (CESA President 2018-2019) suggested I run for president. Initially I didn't think I was ready. I doubted myself because I had never been in a leadership role of this kind, but I'm glad that I challenged myself to try on this hat.

If you had to teach one class on something, what would it be?

I would love to teach Droznin movement! I spent a semester studying theatre in Moscow, RU during undergrad where I was introduced to this method of movement training. Droznin connects the body and mind/soul through partnered and group lifts and acrobatics. Trust is a huge component of this work. I would be curious to try out Droznin with couples!

What is the best piece of advice you've been given?

David Brooks' essay "[The Moral Bucket List](#)" is very important to me. I keep a copy in one of my drawers and read through it whenever I need a reminder.

How would you describe yourself in three words?

Critical. Hungry. Awestruck.

You have a sand tray in front of you with unlimited toys, animals, figurines, monsters--anything you want. What would your tray look like if you used the items to describe your experience in the counseling program thus far?

The sand is churned up with lots of wild animals strewn about. Many of the animals are above the surface of the sand, but there are a few that remain partially buried, and others that are still entirely under the sand's surface. There are a few monsters cuddling with little mice and birds. Carved in the sand is a messy winding path that a disheveled detective figurine is traveling on. The detective is walking with a cluster of other figures on the path.

QUARANTINE BLUES?



JOIN US

Sippin' with CESA

DIGITAL EDITION

May 8, 2020

7:30 p.m.

Meeting URL: <https://meet.google.com/krb-yykc-tai>

Phone: [+1 475-558-0172](tel:+14755580172) PIN: [281 958 220#](tel:+14755580172)

Podcasts

Head Space and Timing

Understand Suicide

Community Routes

Individuation Podcast: Institute for Conflict

Motherhood Sessions

How's Work? with Esther Perel



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