

# NEIU CESA-CES Newsletter

Volume 8, Issue 5

July 2017

## Letter from the Editor

Greetings Counseling Education Students and *Adieu*,

I started my journey in the NEIU School Counseling program in Fall 2014. Now, as the summer semester comes to a close, so does my time at NEIU (graduating!!) and as Vice President of the Counselor Education Student Association (CESA) and Chi Epsilon Sigma, the NEIU chapter of the honor society for counseling students, Chi Sigma Iota. for the 2016-2017 year. However, I leave you in capable hands of the new officers!

It is my pleasure to announce the new 2017-2018 officers: **Galina Lipkin** (President), **Ericka Soto** (Vice President), **Wendy Hass** (Secretary/Treasurer), and **John E. Coumbe-Lilley** (Outreach Coordinator).

Sincerely,

Aleksandra Kapustka

## Inside This Issue

Letter from the Editor	1
Mentorship Program	1
Introduction to Officers	2-3
Upcoming Conferences	4
Local Events & Conferences	4
Book Review – Body Keeps Score	5
Book Nook – Unselfie	5
Bibliotherapy	5
Other Books for Children	6
Building the Rolodex	6
CES Corner	7
Word Search Answers	8

## Mentorship Matchmaker

We understand that being a new student may be hard, especially not knowing the professors, the campus, or others classmates.

The **NEIU Counselor Education Mentorship Program** (CEMP) focuses on pairing first-year students with advanced students who can provide guidance and support as you begin your journey in the Counselor Education Program. We are hoping to start making connections this August.

Mentors are required to check-in with mentees at least once a month (one check-in has to be a face-to-face meeting) and check-in at least once each semester with the faculty advisor. CEMP pairs decide how they will communicate with each other for the year (i.e., Skype, email, phone, etc).

If you want to be paired up with a mentor, submit this request [form](#)

If you are interested in becoming a CEMP mentor, submit this [contract](#)

Questions? Contact Ericka Soto: [e-soto14@neiu.edu](mailto:e-soto14@neiu.edu)

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## Meet the 2017 – 2018 Officers!

### **President – Galina Lipkin**

Track: Clinical Mental Health

Expected Graduation Year: 2018

“Our field is constantly growing and CESA/CES ensures that we stay up to date with the new information coming our way. I aim to continue the amazing work that has been done by past officers and collaborate with the new officers to provide students with events, information, and opportunities that promote academic and professional growth such as student and alumni panels and volunteering experiences.



I have previously served as president for several student organizations and have attended numerous leadership conferences to build upon my organizational, budgeting, and communication skills. We have an incredible community in the NEIU Counselor Education Department and have a lot to learn from one another. I am confident in my ability to translate my skills into the role of president of CESA/CES in order to foster a collaborative and productive environment with all of the students, officers, and faculty advisors involved.”

### **Vice President – Ericka Soto**

Track: Clinical Mental Health

Expected Graduation Year: 2018

“I am interested in becoming an officer for CESA because I enjoy being a part of a group of peers that works hard to provide resources for a community of people. I have been in student organizations since my first year in high school and have even had the privilege of overseeing many organizations (in both high school and undergraduate). My goal for each one of these organizations was always to provide what the student body felt was needed and was within reach. I have a strong knowledge of how student organizations function and feel comfortable with the responsibilities that come with being an officer. I am very dedicated to fulfilling my obligations, genuinely take pleasure in planning events that benefit others, and have been involved with CESA since my first year here.”



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## **Secretary/Treasurer – Wendy Haas**

Track: Clinical Mental Health

Expected Graduation: 2018

“My interest in being Secretary/Treasurer of the CESA/CES board stems from a desire to be more involved with the Counselor Education program and fellow students in my second year of study. While scheduling conflicts have limited my participation in my first year, I’ve been honored to work as a graduate assistant for the department, volunteer for the NEIU 2016 Art in Response to Violence conference, and have recently spearheaded efforts to improve the counseling lab rooms on campus.



In the past, I’ve served as Secretary and President of a neighborhood business association, on auction gala planning committees, and organized a variety of events for both non- and for-profit organizations. I’m looking forward to contributing to CESA’s regular operations and special events, coordinating complementary education, and networking opportunities, and contributing to the board’s collective efforts to create a dynamic and connected student community at NEIU.”

## **Outreach Coordinator – John E. Coumbe-Lilley**

Track: Clinical Mental Health

Expected Graduation: 2019-2020

“I am interested in becoming an officer because I can contribute to our department, connect with peers across a variety of tracks, and get more connected to the field. I have been involved in many special interest groups (SIG). I currently serve as a co-chair for a teaching sport and exercise psychology SIG. I like doing service to the field and find it rewarding. I prefer opportunities where I live which is why I wanted to be a part of CESA.”



### **Get Involved with CESA Today!**

- Send us an email at [neiucesa@gmail.com](mailto:neiucesa@gmail.com)
- Sign up for our [Facebook Group](#)
- Visit our [website](#)

Come to our next CESA-CES meeting!  
TBA for 2017-2018 Semester

### **Interested in writing in article for this newsletter?**

Contact Ericka Soto [e-soto14@neiu.edu](mailto:e-soto14@neiu.edu)

### **Interested in becoming a CES member?**

Contact [neiucesa@gmail.com](mailto:neiucesa@gmail.com)

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## Upcoming Conferences

### *ASCA Annual Conference*

July 8 – July 11, 2017  
American School Counseling  
Association  
Denver, Colorado

### *AADA Conference*

July 14 – 15, 2017  
Association for Adult Development  
and Aging Association  
New York, New York

### *AMHCA Conference*

*“Innovate and Advocate: Pathways  
to Clinical Excellence”*  
July 27 – 29, 2017  
American Mental Health  
Counselor Association  
Washington DC

## Local Events and Conferences

### **ACES 2017 Conference: “Forging the Future of Professional Counseling”**

October 5 – 8, 2017  
Chicago, Illinois

Association for Counselor Education and  
Supervision

### **69<sup>th</sup> Annual ICA Conference: “The Spirit of Creative Counseling”**

November 9 – 11, 2017  
Naperville, Illinois

Illinois Counseling Association

Click [here](#) for more details about  
the full schedule of events.

Click [here](#) for more details about  
the ICA Conference and the full  
schedule of events

## Upcoming Conferences

### *Association for Creativity in Counseling 2017 Conference*

September 8 – 9, 2017  
Association for Creativity in  
Counseling  
Clearwater Beach, Florida

### *ARCA Professional Conference “Advocacy, Counseling, Training, and Research for Individuals with Disabilities”*

September 15 - 17, 2017  
American Rehabilitation Counseling  
Association  
Orlando, Florida

### *IEATA Conference*

October 4 – 8, 2017  
International Expressive Arts  
Therapy Association  
Winnipeg, Manitoba, Canada

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*Don't be a prisoner of your past, it was just a lesson – not a life sentence*

- Unknown

## Book Review on *The Body Keeps Score*

Tricia Dwyer, NEIU Alumni

Anyone within the counseling profession should read *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel Van der Kolk, M.D. This eloquent book puts the healing of trauma into perspective. Dr. Van de Kolk powerfully explains how trauma affects the brain, body, and mind with extensive research and personal narratives to back it up. It will completely change the way you conceptualize working with clients who have trauma histories. He explains beautifully how trauma affects each system of our bodies while using language that anyone without a medical degree can easily understand.

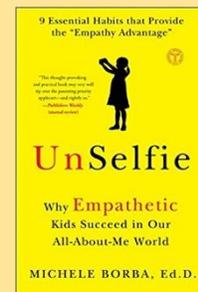
Dr. Van der Kolk gives solid evidence and explanation as to how many different approaches to treating traumatized clients work, including neurofeedback, yoga, theater, meditation, and more. While reading, I had so many moments of clarity and understanding that I now find this book vital for my counseling career. I highly recommend this book to counselors, social workers, physicians. I also recommend this book for those who have experienced trauma themselves to help them gain some understanding and validation of their own trauma narratives.

Have a resource you could share?  
Email Ericka Soto, [e-soto14@neiu.edu](mailto:e-soto14@neiu.edu)

## The Book Nook

Aleksandra Kapustka, NEIU Alumni

*UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World* by Dr. Michele Borba



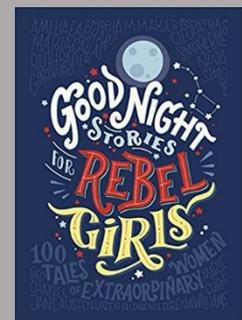
This book supports the idea that empathy is the key to raising children who are resilient. . This book is framed as a 9-step program to help parents (and other adults) to cultivate empathy in children as models of positive behavior. Within the book, Dr. Borba provides case studies and research to argue that children who have well-developed empathy skills are more likely to self-regulate, less likely to resort to hurtful behavior, and more likely to engage in collaboration with others.

For full summary and comments from other readers/comments, visit [goodreads.com](http://goodreads.com).

## Bibliotherapy

*Good Night Stories for Rebel Girls* by Elena Favilli & Francesca Cavallo

A children's book of 100 stories about the life of 100 extraordinary women from the past and present.



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## Other Books to Read to Kids

Aleksandra Kapustka, NEIU Alumni

- ***The Invisible Boy*** by Trudy Ludwig & Patrice Barton
- ***Crabby Pants (Little Boost)*** by Julie Gassman & Richard Watson
- ***The Most Magnificent Thing*** by Ashley Spires
- ***The Girl Who Never Made Mistakes*** by Mark Pett & Gary Rubinstein
- ***Don't Call Me Pruneface!*** By Janet Reed Ahern & Drazen Kozjan
- ***The Juice Box Bully: Empowering Kids to Stand Up for Others*** by Bob Sornson & Maria Dismondy
- ***Too Perfect*** by Trudy Ludwig & Lisa Fields
- ***A Base Case of Tattle Tongue*** by Julia Cook & Antia DuFalla
- ***My Mouth is a Volcano!*** By Julia Cook & Carrie Hartman
- ***Grace for President*** by Kelly DiPucchio & LeUyen Pham
- ***The Wonderful Things You Will Be*** by Emily Winfield Martin
- ***How to Banish Fears Series*** by Catherine Leblanc & Roland Garrigue
- ***She Persisted: 13 American Women Who Changed the World*** by Chelsea Clinton
- ***Women of Science: 50 Fearless Pioneers Who Changed the World*** by Rachel Ignotofsky
- ***Skin Again*** by bell hooks
- ***What Do You Do with an Idea?*** By Kobi Yamada
- ***The Book of Mistakes*** by Corinna Luyken
- ***MotherBridge of Love*** by Xinran & Josee Masse

## Building the Rolodex

Aleksandra Kapustka, NEIU Alumni

### The Replogle Center for Counseling and Well-Being

- ❖ 37 years of providing “professional, caring, and holistic counseling and therapeutic services”
- ❖ Offers sliding scale
- ❖ Professional development and events are offered (scholarships are sometimes available)
- ❖ First and third Tuesday of each month = meditation sessions (\$10 donation)

Click [here](#) for more events and information about this center.

## Are you an active member of the Illinois Counseling Association?

Every year the Illinois Counseling Association requires that each university chapter send them a copy of our chapter membership roster in order to comply with the chapter requirements as outlined in the ICA By-Laws.

Please help NEIU's Counselor Education Student Association (CESA) uphold our ICA membership by completing this brief form!

Please fill out this [ICA Membership Self-Report](#) if you are a member of ICA.

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## CES Corner

*Chi Epsilon Sigma, chapter of Chi Sigma Iota*

### Chi Sigma Iota (CSI)

CSI is a national honor society, which serves Counselor Education students. There are various benefits to becoming a member, including free online webinars, indication of academic excellence on resume, *Journal of Counselor Leadership and Advocacy* subscription, and a chance at scholarships.

In order to be eligible for NEIU's very own chapter, Chi Epsilon Sigma (CES), Counselor Education students must have completed a minimum of 9 credit hours and have a cumulative GPA of 3.5 or higher.

### FYI: Career Center

CSI has a Career Center where you can find resources to help in the job search process. They have examples of cover letter (from each concentration), tips on how to write a CV or resume, and networking tips/tricks.

CSI also posts job openings and you can even get notifications through CSI on new postings too!

You can narrow your job search to specific states (i.e., Illinois) or search nationwide for a counseling job if you are willing to relocate!

### CSI Webinars

Currently, no webinars are scheduled, but you can still take advantage of the recorded webinars as a CES member!

Click [here](#) to find newly added webinars on various counseling-related topics.

**Interested in becoming a NEIU Chi Epsilon Sigma member?**

Contact [neuicesa@gmail.com](mailto:neuicesa@gmail.com)

### Professional Books & Reviews

As a member, you also have access to book recommendations and reviews on those books—giving you a chance to exploring what is out there for the counseling field and gathering information before adding books to your collection.

The CSI website consists of 3 major review forums:

- ❖ Counselor's Bookshelf
- ❖ Books That Help Me Become a Better Counselor
- ❖ Bibliotherapy (for all ages)

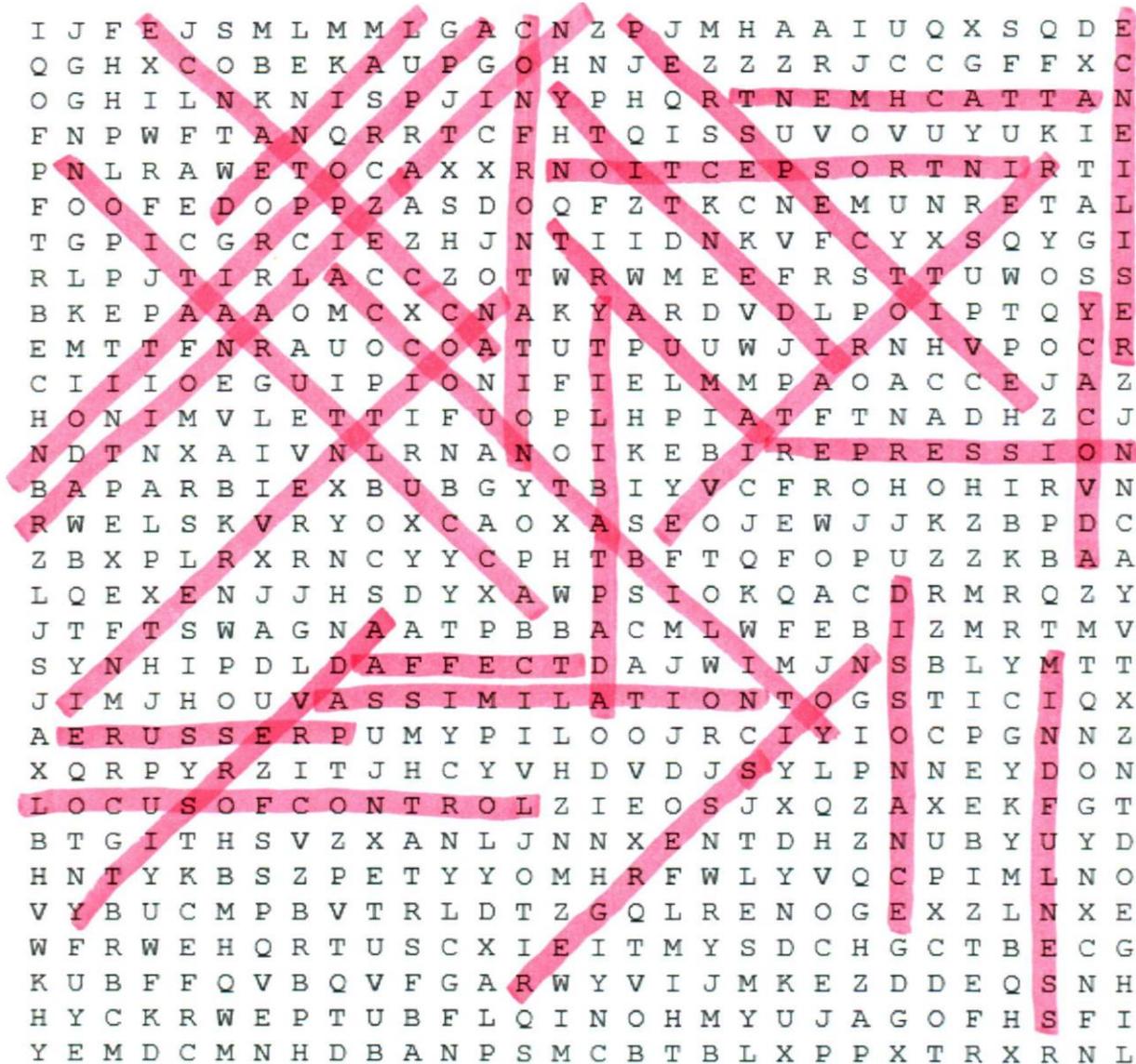
Click [here](#) to find more about resources available to members of Chi Sigma Iota!

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## Answers for the Word Search in the April 2017 Newsletter



- |                     |                     |                        |                   |
|---------------------|---------------------|------------------------|-------------------|
| 1. Acceptance ✓     | 8. Assimilation ✓   | 14. Intervention ✓     | 21. Regression ✓  |
| 2. Accountability ✓ | 9. Attachment ✓     | 15. Introspection ✓    | 22. Regrouping    |
| 3. Acculturation ✓  | 10. Confrontation ✓ | 16. Locus of Control ✓ | 23. Repression ✓  |
| 4. Adaptability ✓   | 11. Denial ✓        | 17. Mindfulness ✓      | 24. Resilience ✓  |
| 5. Adversity ✓      | 12. Dissonance ✓    | 18. Perspective ✓      | 25. Restorative ✓ |
| 6. Advocacy ✓       | 13. identity ✓      | 19. Pressure ✓         | 26. Trauma ✓      |
| 7. Appropriation ✓  |                     | 20. Rationalization ✓  | BONUS: Affect     |