



the CONNECTION

P i S i g m a U p s i l o n

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Letter From the President

The pizza party for the new cohort was a resounding success! We were all impressed by how quickly the '06 cohort engaged with each other and formed new bonds.

Although many CSI and non-CSI members helped make this event a success, I would like to single out Matthew Morschek, our Treasurer, for special thanks. He spearheaded this party and put considerable time and energy into coming up with the format and execution of the event. He definitely went above and beyond the call of duty and deserves a round of applause.

Michael J. Flynn, President

Self-Care

One topic that has interested me of late is self-care, especially

regarding graduate student counselors. How do I juggle all the responsibilities of work, school, practicum, supervision, internship, my mental and physical health, finances, and maintaining my social networks at the same time, without pulling out my hair?

I thought I'd share some of my opinions and tips I've gleaned from others that may be helpful

to others, and start you thinking about what self-care means to you. There is no way to fit everything into one article, so this will be part of a series. The second part will appear in our next newsletter.

One thing I do is to take time each day for myself, when I can be mindful and relaxed. Every morning (well, afternoon - I work at night) I set my alarm to allow

	Super Saver By Nov. 30	Advance By Feb. 15	General & Onsite By March 25
ACA Members			
Professional/Regular	\$700	\$300	\$375
New Professional/Student/Retiree	\$180	\$275	\$250
Non-Members			
General Attendees	\$410	\$320	\$350
Non-Member Student	\$300	\$430	\$400

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enough time to get up and read the headlines online to see what is going on in the world. This gives my body a chance to wake up before I dive into my day of studying, school, taking care of email, life, work etc.

When I get home from school and work, before I start dealing with homework, business, etc., I sit down and do the daily crossword puzzle. This gives me a little break before I have to get back to the work of daily living.

Finally, when I'm done for the day and I'm ready to relax and take time for myself, I jump into the shower and envision all of my school work, worries, and concerns about the future being washed away. This is extremely helpful, especially after intense counseling sessions in practicum, so that I don't "take client problems home with me."

I have often heard our faculty say that time management makes or breaks students in graduate school. They know you're smart enough to get through to graduation, and they don't set up the academic requirements to weed out students. Nevertheless, their expectations are high.

If you don't have some kind of calendaring system, please find or develop one! If you already have one, use it! I find it's

extremely helpful to plan time for dealing with serious projects such as internship. Once the time is scheduled, I don't need to worry about it between times - I have a time set aside to deal with it.

To-do lists help me break down large projects into more manageable bites. Writing down the things you need to deal with can help you prioritize tasks and visualize how much time you'll need for each one.

In my next letter, I plan to focus on family, finances, health, and work. In the meantime, please send me your tips and suggestions: flynnm@pdx.edu.

Michael J. Flynn, President

Why is Accreditation Important to us?

Accreditation is one of those long words that looks good in print, but what does it mean, and why is it so important? The Counselor Education Program is presently in the process of obtaining CACREP and CORE re-accreditation for 2008, so I decided to ask Dr. Johnson about accreditation and what it means for us.

According to my computer's dictionary, accreditation is

defined thusly: "to give authority or sanction when recognized standards have been met." According to Dr. Johnson, "the biggest issues with accreditation are related to licensure, transferability between states, and credibility."

Accreditation is not just about saying "Accredited" on the University website or your resume. It is about recognition within the various counseling professions you are going to enter, and knowing that your education meets the highest standards.

The Counselor Education Program is currently accredited by two agencies: CACREP and CORE. CACREP stands for the Council for Accreditation of Counseling and Related Educational Programs.

The CACREP model is generalist – they expect a program to provide general skills and knowledge that all counselors should have – and includes specifics for specializations as well.

CORE stands for the Council on Rehabilitation Education. This accrediting council provides standards for rehabilitation counseling programs and provides accreditation for the Rehabilitation Counseling track.

Dr. Johnson noted that the American Association for

Marriage and Family Therapy (AAMFT) is a competing entity which focuses on marriage and family therapy education. AAMFT sees Marriage and Family Therapy as a separate discipline, rather than the generalist model employed by CACREP. The Counselor Education Program is not currently accredited by AAMFT. It also should be noted that APA does not accredit master's-level programs.

These accrediting councils exist first and foremost to create standards for counselor education programs in the United States. Our faculty are dedicated to keeping the standards of this program high, and therefore they are working hard to achieve CACREP and CORE re-accreditation in 2008.

A major reason for achieving and maintaining accreditation is that it is increasingly tied to state licensure. Dr. Johnson told me that "If your program is CACREP accredited, the state licensure board doesn't go over your transcripts with a fine-tooth comb; instead they accept that the program meets their curriculum standards."

While there is no guarantee that you will be able to transfer all of your academic work if you move to another state, coming from an accredited program will give you the best chance of transferring academic work.

Dr. Johnson said: "Right now, the Community and School specializations are CACREP accredited. We are strongly considering the possibility of going for CACREP for the MFT program here for all the above reasons, but it requires 90 credits not 72." Dr. Livneh informed me that the Rehabilitation track is accredited by CORE.

In short, accreditation matters to each of us because it means our degree carries more weight when we seek licensure, and our program has more credibility than a non-accredited program.

Darcy Kramer, Newsletter

Mentorship Corner

Hello 06 Cohort,

The temperature is dropping, the days are getting shorter, the weather is getting wetter, and the quarter is grinding on. By now, you have probably taken mid-terms and written, or are in the process of writing, at least one paper. You are definitely getting ready for finals. In short, you are settling in to the routines of graduate school.

As CSI's Mentorship coordinator, I am wondering how you're doing at this point. Now that you have a feel for the ways of the Counselor Education Program at Portland State University, do you have any questions, frustrations, joys or sorrows which you would like to share?

Would you be interested in me setting up a place between 3:00 and 4:00 on Monday, November 27 to come and meet with me and other 2nd or 3rd year students? I can round up people for an informal discussion group if there is interest. Please contact me (davidc@pdx.edu). I am here to assist you as a peer to the best of my ability.

I sincerely hope you are doing well and enjoying your time in the Counseling program.

David Chittenden, Mentorship

APA Seminar

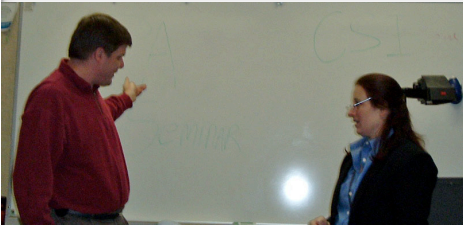
CSI held its annual APA citation seminar on October 30. David Chittenden and Darcy Kramer bravely tried to explain the mysteries of the APA Style.

A number of '05 and '06 cohort members took advantage of this opportunity to learn more about how to cite various sources and build a reference list.

Chi Sigma Iota

Member, Association of College Honor Societies

Counseling Academic & Professional Honor Society International



David and Darcy describe how to handle in-text citations.

If there is sufficient interest, CSI may hold another seminar later in the academic year. Contact either darcy.kramer@gmail.com or davidc@pdx.edu if you want us to hold another seminar next year. Let us know what days/times would be best for you.

David Chittenden, Mentorship

Darcy Kramer, Newsletter

“Deconstructing Disabilities”

A great opportunity for all counselors!

November 13-16 the Disability Advocacy Cultural Association (DACA) will be holding open forums titled “Deconstructing Disabilities”. This will include panels covering such topics as: hidden disabilities, queer/transgendered issues, and physical disabilities.

Monday the panels will discuss issues around dating, Tuesday’s

topic is marriage/cohabitation, Wednesday’s topic is physical intimacy, and Thursday’s topic is reproductive rights.

The panels will be held in Room 327/328 in the Smith Memorial Student Union from 9 to 4 each day. For further information, contact David Chittenden davidc@pdx.edu or DACA’s main office 503-725-5664 (SMSU Room 114) daca@pdx.edu.

David Chittenden, Mentorship

The Library and What it can do For You

You’re researching a topic for a paper that’s due in three or four weeks. You’ve searched the databases and discovered that your search either yields hundreds of results, or none. What do you do next?

The library is the place to go! You don’t even have to go to campus! Go to the library home page: <http://www.pdx.edu/library/>

Check out the category “Research Help”. Among the many helpful pages in this category, you’ll find a wonderful Research Survival Guide

<http://www.lib.pdx.edu/instruction/survivalguide/index.htm>

You can email a librarian, or chat online:

<http://www.pdx.edu/library/askus.html>

There is a research page just for the Counseling Program:

<http://www.pdx.edu/library/counselingresearch.html>

The Counselor Education Program has a librarian who can provide individualized help. Sarah Beasley is your best resource! She can be reached by email: beasleys@pdx.edu or by phone: 503-725-3688. Her time is limited, however, so it’s best to contact her early and make an appointment.

Lastly, I am available to provide research-related peer mentorship. I have worked at the Portland State University library for 7 years, and will do my best to make time for my fellow students. You can contact me by email: darcy.kramer@gmail.com.

Research should be fun and quick! Remember the library is there to help you do research quickly and efficiently, and use it!

Darcy Kramer, Newsletter