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Letter From the President The Motor City: A Roaring Good Time

I had the privilege of going to the ACA conference in Detroit as a representative of our chapter of CSI in their meetings. First of all I had a blast at the conference which was only equaled by the amount I learned and people I met. The conference was well run, and I brought home a good 30 lbs of books, information pamphlets, and various gifts.

The highlight of my visit was getting to meet some of the leaders in our field: David Kaplan, Sam Gladding, Courtland Lee, Marie A. Wakefeild, June Williams, Gerald Corey, Robert Wubbolding, and Barbra Herlihy just to drop a few names. They were all amazingly good speakers, friendly, down to

earth, and interested in new members to the counseling field.

I went to the book signing to meet Gerald Corey, but I spent more time talking to his partner in crime Barbra Herlihy. She works at the University of New Orleans. The school was located next to one of the levees that failed, and was heavily damaged. She said that they were making great strides in getting the school up and running again. When I asked about counseling in the aftermath and the continuing lack of mental healthcare, she said that even the counselors needed counselors to cope with the devastation and she understands why so many professionals are not returning. The rate of burnout is high and there is no way to do counseling with people who are actively psychotic, manic, severely depressed, hallucinating due to a lack of medical care and
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Graduate Reception

Chi Sigma Iota invites graduates, students, faculty and guests to a graduate reception following the hooding ceremony.

Please join us **Friday, June 15th** from (approximately) **7:30 to 9:30 pm** in **Smith Memorial Student Union, Room 296.**

Hors d'oeuvres and beverages will be served.

There is a charge of \$5.00 per person. Please RSVP with payment to the office on the 2nd floor of the School of Education building.

Our incentive for pre-payment: you will be entered in a drawing for a \$25.00 gift to Barnes & Noble!

Letter From the President (continued)

psychoactive drugs. With a smile and an upbeat voice she said that those who are there are doing an amazing job and the situation will get better, but the smile never touched her eyes.

My least favorite part of the convention was the first-timers and mentor lunch which I paid an extra \$40 to attend. They didn't expect such a large turn out and trying to just corral 200 people took so long that in the end we didn't get to meet anyone except those located at our table, and only had 7 minutes to meet with the branch leaders of the ACA in our regions. It also didn't help that when we spread out based on geographical regions I was the only one from Oregon, and there was one other lady from Washington. No one from any surrounding region, not even California.

My favorite part of the conference was getting to be in the educational session and discussion around the future of the ACA which was hosted by Samuel T. Gladding, Wake Forest University, Barry Mascari, Charles Gagnon, Jim Wilson, David Kaplan.

The 20/20 project, which began in 2005, has brought together representatives from all of ACA's divisions and regions plus CACREP, NBCC, CORE, CRCC, and Chi Sigma Iota, to shape the future of counseling in the United States between now and the year 2020. This program provided participants with an update on the efforts of these 28 associations in seven strategic areas. This is not to homogenize our field, and they are using a consensus model and 90% of delegates must agree on any given proposal.

Seven areas under consideration:

1. Strengthen our identity.
2. Present counseling as one profession.
3. Improve the public's perception of counseling.
4. Create licensure portability.
5. Expand and promote the research base of professional counseling.
6. Focus on students and prospective students.
7. Promote client welfare and advocacy.

A one hour session was definitely not long enough to get through the first area: strengthening identity. The debate got really heated when a participant brought up that most of our counseling boards and teachers are psychologists. There is very little reciprocal parity between the APA and the

ACA. We value their membership, we use their rules to publish articles and research, they are teaching many of our students, but we garner little respect and equality from them.

I would recommend attending the annual convention, and remember to pack light because you're going to be bringing a lot back.

Michael Flynn, President
Chi Sigma Iota Pi Sigma Upsilon
Chapter

CSI Welcomes New Members

On Monday, May 7 CSI members welcomed new members to the honor society.



Our intrepid president, Michael Flynn, gives his welcome speech to new members.

Chi Sigma Iota

Member, Association of College
Honor Societies

Counseling Academic & Professional Honor Society International



New members rise to recite the CSI Pledge. (Yes, we're kidding! No, we're not!)



Our new members proudly display their certificates.

Who Am I Anyway? Am I My Resume?

As I prepare for graduation and begin my job search, I find myself looking at my resume and wondering how, from where I began, I ended up here. I like where I am, and I love the counseling profession. I'm just a little bemused by the path I took to get here.

Aside from the mechanics of producing a good resume which

will effectively market my skills, I find I am asking some big questions. Where do I want to go with this degree? Do I insist on my dream job or do I take a not-so-dream job to give me a good income? What are my values? Which values do I need to see reflected in where I work?

While I want to know that I will use the knowledge I have obtained in the last three years, I also have the looming pressure of beginning to pay of those dreaded student loans. Satisfying both needs seems a complex process.

And yet, it has become strangely easy since I made the decision to spread my net wide. By doing so, I will catch a job that will fit well with my interests, values, skills, and education. I've made my job search a process of inclusion rather than exclusion and found empowerment in doing so.

Am I my resume? Of course not! My resume is a useful marketing tool, not the story of my life. But it does stand in my place with prospective employers, and I therefore want it to reflect who I am as I look and hope for a great job.

Darcy Kramer
Newsletter/ Website

Breathe!

Breathing is both voluntary and involuntary. We need to breathe in order to survive. So, why would I write an article about breathing? Well, do you know how to breathe effectively?

There are many ways to breathe. If you do not think about it, your breathing occurs naturally. Yet, you can consciously choose to breathe fast, slow, or even hold your breath for a short time.

Many years ago, my Japanese Aikido Sensei taught me how important breathing is to my physical, mental, and spiritual health. Consider that if you run a short distance, your breathing becomes more rapid. The same thing occurs when you become stressed or emotionally overwhelmed.

Some Japanese healers teach that there are four different types of breath. These are: nasal breath, chest breath, abdominal breath, and heal breath.

Nasal breath is the extremely quick breaths which you see in someone who is near death. It is extremely rapid and shallow. It is a state in which the body is unable to take in much, if any, air.

Chest breathing is the type

which most of us do most of the time. It is breathing so that your rib cage expands and contracts to acquire a sufficient amount of air for living.

Abdominal (Ki) breathing is the deep breathing which expands and contracts the abdomen. This breathing is used in many different types of meditation. It helps to calm and center the body, mind, and spirit.

Heel breathing is the deepest form of breathing. The practitioner of this form focuses the Ki down through the heels to provide the deepest and most open conduit for the breath.

How do you practice Japanese Ki (abdominal) breathing? The key point to remember is to allow the breath. Allowing the breath means breathing slowly and deeply rather than forcing the breath in and out of the body.

This form of breathing helps to slow the mind, body, and spirit so the person can work toward finding balance.

Remember: as the body, so the mind; as the mind, so the spirit; as the spirit, so the body; and the breath leads the way.

David Chittenden
Mentorship

Resume Workshop

CSI will host a resume workshop on **Monday, June 4 at 6:40 pm.**

Mathew Morscheck, Greg Flores, and Darcy Kramer have experience in helping people develop effective resumes, and we are willing to pass on our wisdom.

We will give a 30-minute talk on preparing an effective resume, and then offer resume critiques to any who are interested.

The location will be announced via email to the cohorts as soon as we have a room number.

If you have any questions, email: kramerd@pdx.edu or matthewm@pdx.edu.