



The Connection

Volume 3 Issue 1

Calling all Classmates:

Based on the feedback that we have received from many of you and the resulting discussions we have decided to take on the challenge that Chi Baker shared with the 2002 cohort and do whatever we can to facilitate healthy and inclusive relationships among class members. This will take effort and patience on your part. You will need to become involved to facilitate this goal. Only you can make the effort individually to meet and/or reconnect with your fellow classmates. As we diverge into our specialties in the next year, we will have to work at keeping connected as a cohort. We welcome your suggestions and ideas. Contact board members at anytime. See back page with names and email addresses.

*“THE COMPS ARE COMING...
THE COMPS ARE COMING !!!”*

That’s right those dreaded comprehensive exams are right around the corner. For those of you in your final term of the program, you have this to prepare for as well as the other licensing exams that would be pertinent to your track/ speciality (CORE, LCE, NCC, etc.)

The comps workshop received high marks for giving in-

formation that would help students prepare for that big stress filled time.

The honor society for counseling at PSU sponsored the 2 I/2 hour workshop to assist students in studying. In addition to the information provided by faculty Dr. Hanoch Livneh, four of the most recent successful graduates

sat on a panel and provided their perspective on preparation and resources that were helpful in preparing them for last years exam.

Each year the exam is changed to provided an up-to-date examination that reflects the courses.

Study materials and video available soon.

**GOOD LUCK
GRADS!!**

PSU CHI SIGMA IOTA NEWSLETTER WINS NATIONAL AWARD!

PSU’s Counseling program honor society, Chi Sigma Iota, Pi Sigma Upsilon earned their place in chapter history this April when Mark Stauffer and David Capuzzi accepted the national ACA award for Best

Newsletter at the National ACA convention in Wichita, Kansas in front of their peers. Editor, Jan Premo attributed success to all the contributors and the support of the Board..

Check out the resources:

www.geocities.com/csi_psu

Website for Counseling Program info:
www.pdx.edu/coun/

This newsletter is Sponsored by Chi Sigma Iota, Pi Sigma Upsilon Chapter, ~ Portland, OR

Steve O'Sullivan

GRIEF AND LOSS WORKSHOP

IS A SUCCESS !!

Part of Pi Sigma Upsilon's mission is to promote professional development within the counseling profession. We listen to the ideas and concerns of students, professors, and professionals and then try to take steps towards addressing them. One way to take action and see results is to sponsor meaningful and cost-effective workshops. On November 21, 2003 we hosted a Grief and Loss Workshop led by Dr. David Capuzzi at Our Lady of the Lake Church in Lake Oswego. Twenty-seven people paid to attend the one-day workshop for Continuing Education Credits (CEU's). After expenses we raised approximately \$1,100 to be used for future student needs, events, and workshops. *Not bad!*

A variety of professionals, including school counselors, marriage and family therapists, community track

counselors, and psychologists attended the event. Dr. Capuzzi's use of video's, stories, group work, and humor had the participants actively involved, questioning issues of grief and loss, and sharing personal and work experiences.

In order to make this event successful and cost-effective, Dr. Capuzzi volunteered his services, and Our Lady of the Lake Church hosted this event for free.

Father McMahon and Deacon Heames wanted to assist in raising awareness around issues of grief and loss and a few members of their staff attended the event for free to improve their own awareness and skills.

The staff members were so impressed with the event that they asked us to host another event and it spurred them to have a follow-

up workshop for their lay ministers who visit the sick and people in need. Our very own alumni, Bobby Clark, M.S., CRC, led that workshop a few months later.

In addition, many students also volunteered their time and expertise to make this event successful and cost-effective. While planning and implementing this event was time consuming and challenging, it was worth it. Thanks to everyone involved who participated with drafting emails, mailing and posting flyers, creating a web site, processing paperwork and checks, and mailing certificates. This event was successful because of the efforts of the following people: Dr. David Capuzzi, Mark Stauffer, Jan Premo, Todd Meier, Tracy Braden, Brenda Dau, Kay Rowling, Marion Sharpe (Continuing Education) and many others. ~



Induction Ceremony scheduled for Fall

Way too many stressors this spring, demanded that we schedule the induction of the new board in the Fall of 2004. The new board will be working during the summer to do long range planning and set goals for the coming year. If you would like more information or if you would like to see the organization ad-

dress some issues please contact Jan Stevens or Jan Premo. We welcome feedback and suggestions. The group is only as good as it's participants!

Jan Stevens:
janice.stevens2@verizon.net

Jan Premo: premoj@pdx.edu

NOTICE

Anyone with intern sites that need or would be willing to hire for the Winter and Spring of 2004 please contact Jan Premo and we will pass the word.

This newsletter is Sponsored by Chi Sigma Iota, Pi Sigma Upsilon Chapter, ~ Portland, OR

Internship Workshop

phase I, handbook...



This newsletter is Sponsored by Chi Sigma Iota, Pi Sigma Upsilon Chapter, ~ Portland, OR

Internship Workshop

Phase II, Intern Panel Discussion...



MENTOR NEWS

Mentoring Update

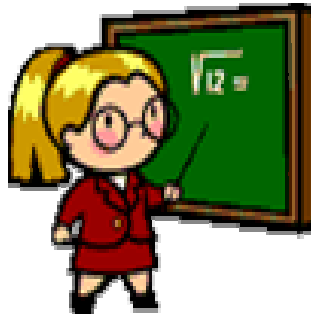
The CSI Peer Mentorship Program has a total of 56 participants this year with thirty first-year students requesting a mentor at the beginning of the Fall term. The CSI Board wishes to thank all of the mentors and mentees who are participating this year and those who volunteered to participate at a later date.

Mentoring is well established and fairly widespread in business and industry as well as in some teacher preparation programs. In recent years, mentoring in the helping professions has gained increased attention, especially faculty-student mentor programs at the doctoral level. Peer mentor programs are equally important and can strengthen the



graduate education experience of first-year students by offering much needed support and encouragement. Peer mentoring includes friendship, coaching, guidance, and socialization.

CSI is planning a number of events in the upcoming months. Try to take time out of your busy schedule to attend CSI events with your mentor/mentee. Remember that your student peers today will be your professional peers tomorrow. Ideally, you will want to leave PSU with a network of professional contacts for referrals, consultation,



and support!

For mentees

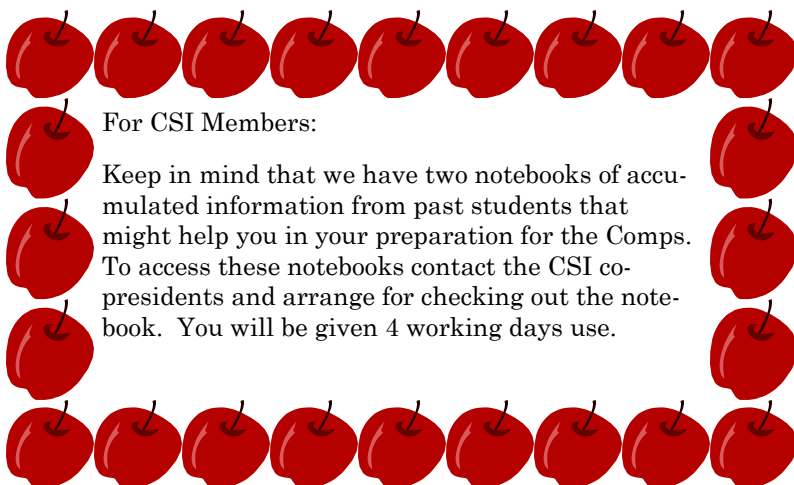
Congratulations!! You are about halfway through your first year of graduate school. Have you had to make some adjustments? It can be very difficult for first-year

students to juggle multiple roles (employee, spouse, parent, friend) while taking several graduate-level courses. Your mentor is a good resource to ask questions about practicum, internship, licensure, and even stress management. Ask your mentor for help and assistance—that is what they are there for!

For mentors

You can assist with the social integration of your mentee by introducing him or her to members of your own cohort. This is not only great for networking but increases the sense of community of the PSU Counselor Education program. Show your support and encouragement for your mentee by communicating with him or her on a regular basis. Ask your mentee for feedback. Mentoring strategies do not have to be time-consuming--a quick email to check-in with your mentee will often suffice. Keep up the good work!

If you have any questions about the CSI Peer Mentorship Program, please feel free to contact us at: debby_lattimore@hotmail.com.



For CSI Members:

Keep in mind that we have two notebooks of accumulated information from past students that might help you in your preparation for the Comps. To access these notebooks contact the CSI copresidents and arrange for checking out the notebook. You will be given 4 working days use.

F.Y.I ~ CSI members:

We are in the process of putting a copy of the digital video taken at the internship workshop last Spring and the Comprehensive Exam workshop on a DVD. We will notify you when they are ready for checking out from the MISL. There are some production issues currently being resolved. Be patient.

Russ Miars ~ a few words



The 2004-05 academic year will be one of transition and change as we adjust to the retirement of Dr. Capuzzi, conduct a faculty search for his permanent replacement (Dr. Rick Johnson has a one-year, Visiting Scholar, interim appointment until the search is completed), and deal with the loss of Dr. Lisa Wilson's half-time position in the Rehabilitation Track. An exciting opportunity for stu-

dents will be the Experiential Training Clinic which will fulfill 10 of the 20 hours of the personal counseling requirement needed prior to the start of Practicum.

Dr. Russ Miars
Program Director
Counselor Education

Email: miarsr@pdx.edu

A Multicultural Perspective ~ China

By Xiaoling Tian

How comfortable are Chinese when talking about their marriage?

There was an old saying in China its meaning may be approximately translated as: your good behavior will only be known within the family, but what you have done wrong will be spread out thousands of miles away quickly without informing to the others. This old saying meant to warn people behave themselves, and it also meant that there was no necessary for telling the problems you had had in your family. For most of the Chinese, the problems of their marriage were considered especially a shame to let people know.

There was not counseling in China back to two decades ago. However, the head of the unit people worked, people who work in Women's Association or the Labor's Union were considered responsible for counseling their

employees, although their counseling limited to the visible problems, such as quarrelling and fighting. Sometimes the elders in the neighborhood would feel they were responsible to counsel couples with visible problems. These "counselors" volunteer to talk to the people who have serious problem in their marriage instead of those couples seeking for counseling.

Who if anyone is the head of the household ?

In the current society in China, women request absolutely equity both at home and in the society. In a lot of families in the city, women are head of the household (my own perspective) because they control the finance of the family. But the increasing stress for man and women is that they have to work hard to keep their status both in the society and at home, sometimes they may feel necessary for seeking for counseling to release the stress. But most of the people still limit this seeking to people

they trust: family members, respectful relatives, good friends. Some people may prefer to call counseling hot line at night to talk about their problems but keep their secret from the people they know. Grown up from Chinese culture, Chinese students in the United States seldom seek for counseling as far as I know. But counselors who work with Chinese may be successful if they can earn the trust of their Chinese clients.

What do most have as a religion and how does that impact their life?

Most of the people in the United States might think that Chinese religion was Buddhism. That may not exactly true. For the generation grown up in 60's or 70's, there was no religions were encouraged in the country. People started to seek spiritual support in the later 80's. Those

Cont. pg 13

New Student Interviews



NEEDED....NEW, HIGH ENERGY, LEADERSHIP..BOARD MEMBERS

NEW BOARD MEMBERS

BY STEVE O'SULLIVAN

The end of the year is fast approaching and Chi Sigma Iota, PSU chapter, is looking for



new board and committee members.

New member inductions will occur in May, and new leaders will assume their positions at that time with the assistance of current board and committee members.

If you enjoy helping students, working as a team, and actually following up on ideas to make them a reality consider a leadership position based on your interest, talents, and time that you can commit.

We currently have eleven board and committee members who commit as much or as little time as their schedule allows. You can be active for just one event or several or you can be active on a regular basis.

The wonderful part of this is that students with diverse backgrounds, interests, talents, and time make this group work. If you are debating like I did, as well as many of the other members last year, take a chance and act. Several current members are committed to

guide new leaders through the transition, answer questions, and act as a mentor.

Over the last year, we focused on building a solid foundation for next year's leaders to build upon. Recognizing that the student population is working, attending school, and balancing personal and family responsibilities, we tried to implement meaningful events. It is a team effort that makes our program successful and we are hoping that another team of students can work together to implement ideas and address concerns.

Events in Fall and Winter included the pizza social, the mentor/mentee relationships, the grief and loss workshop, and the practicum and internship workshops. In the Spring, we will hold the internship fair, assist with new student interviews and student orientation, help with the graduation ceremony, and recognize student achievements at an award's ceremony.

A lot of students wonder what is in it for them, what is the cost, and how can they balance work, school, family, and other commitments with a volunteer leadership position. Each of us has his or her own reasons for joining organizations. If you find yourself wanting to improve aspects of our program or wanting to make improvements for

students, act on your instincts and take a chance.

-If you want to make a difference in our program,

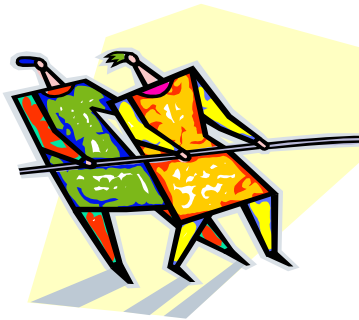
- Implement those ideas you and others have talked about,
- make new friendships, gain a greater sense of belonging, and
- build leadership skills, consider this leadership experience.

I started by volunteering and wanting to advocate for my fellow students as a Newsletter Editor. I was encouraged to run as President and supported by many classmates. Their confidence helped me to recognize my own strengths, and I went into the position with a sense of purpose to improve other student's experiences.

I am incredibly thankful that I had the opportunity to be a part of Chi Sigma Iota and the trust people placed in me. I learned a tremendous amount about leadership, recognizing student's needs, balancing pri-

orities, teamwork, and resolving conflict. Sounds like work, but it wasn't because I enjoyed helping students.

If you are interested in a position and have questions, please contact myself at: osullivansummit@yahoo.com, Jan Premo at premoj@pdx.edu, Dr. David Capuzzi, our new faculty advisor, Hanoeh Livneh, or any other board/committee member of Chi Sigma Iota, PSU chapter. I look forward to answering your questions and making next year's events even better!



New Student Orientation



New students collaborating



Going for the Gold.



Success!!
Puzzle solved, the result of working together
Great Start 2004 Cohort!

continued

New Student Orientation

So Much to remember, so little time...



Bonding ...



More information...



And More information...



Whew. The 40 mile tour is over..

ALUMNAE NEWS

Winter 2004 is off to a cold start, no pun intended... We will all greatly miss Dr. Capuzzi as he moves into the retirement phase of his PSU experience. He has been a devoted mentor and inspiration for all of us, and brings an element of color and lightness to the classroom that lifts people's spirits even during those dark pre-term paper due date stress periods. It is unfortunate that our state and federal government chooses to continue cutting funding to the education system, and even stoop as low as to substantially reduce P.E.R.S. benefits to state employees. During these fluctuating economic times, we all have an opportunity to become

increasingly organized, entrepreneurial, and politically strategic in furthering the cause of education and the social services sector in this country. It is important that we brainstorm and collaborate together in designing methods and strategies that enhance our effectiveness at grass roots levels.

CEU'S: The department will continue offering CEU programs at competitive rates and portions of the proceeds will serve as CSI fundraisers that brings in resources to help students via scholarship opportunities as well as other important uses.

IDEA: I was thinking about having a link on the CSI web page where alums

and students can list their area of specialty. Not just professional specialty, but special interests (e.g., psychodrama, music therapy, Buddhist meditation etc...). It would be helpful if there were a clearing-house where someone can key in a word search under a subject category, and reveal names of alum's and student's who share similar interests/hobbies.

Hope your year is going well... please visit us at <http://www.ed.pdx.edu/coun/newsletters.html> Current CEU workshops can be checked out at www.geocities.com/csi_psu

Todd Meiers

Check it out ..



New websites to check out:

National Library of Medicine,

<http://www.ncbi.nlm.nih.gov/entrez/query.fcgi>

SAMHSA's Mental Health Services Information Center,

<http://www.mentalhealth.org/>

Mental Health and Behavior Topics – Medlineplus/NLM

<http://www.nlm.nih.gov/medlineplus/mentalhealthandbehavior.html>

Facts for Families, sponsored by

the American Academy for Child and Adolescent Psychiatry,

<http://www.aacap.org/publications/factsfam/index.htm>

The Psychiatric Times –newsletter like..CME Inc. sponsored

<http://www.psychiatrictimes.com/p030473.html>

The Geriatric Times: CME sponsored <http://www.geriatrictimes.com/>

Clinical psychopharmacology. The Virtual Hospital:

<http://www.vh.org/adult/>

provider/psychiatry/CPS/contents.html

Pathophysiology of Drug Addiction

<http://www.nida.nih.gov/Diagnosis-Treatment/Diagnosis4.html>

(Note the listing of the websites does not imply credibility or support, it is only for you to determine for yourself as to it's worth and appropriate use.)

LINKS FROM PREVIOUS ARTICLE.

Bulletin Board

Anyone interested in developing
a research proposal?

How about doing a workshop or conference at Portland State related to issues in the counseling profession, school counsel-

I am interested in doing the above or something along those lines which would be beneficial to the program and/or my professional development. I would like to hook up with anyone else with similar interests and see what we could do to

This is space for you to request or suggest project activities, etc...

A BOOK THAT I WOULD RECOMMEND IS:

**LOVE'S EXECUTIONER & OTHER TALES OF
PSYCHOTHERAPY**

BY IRVIN D. YALOM MD. A WONDERFUL BOOK OF STORIES THAT DESCRIBE THE HUMANITY, ART AND POWER OF PSYCHOTHERAPY. THESE ARE INSPIRING STORIES FOR THOSE INTERESTED IN BECOMING THERAPISTS.

Glenn Maynard

**The quality of Your
educational experi-
ence depends on
what you. Make the**

Multicultural cont.

who seek for health or comforts practice Qigong. Those who want religion go back to Buddha temples. But there are numbers of people interest in Christianity. Many Chinese in this county accept Christianity as their religions.

What do they think about child abuse, or divorce?

Divorce was not accepted by the society back to three decades ago. Couples would keep their marriage even they hate each other badly. However, currently, people in China believe individual's own happiness is as important as families' and their children, they will choose divorce if they feel they can not keep the relationships. The rate of divorce is getting higher in China now. Most of the Chinese believe that children are the extension of their life. This believe make them easy to spoil their children. Child abuse will not accept for the society. In China, child sexual abuse is the most serious criminal.

Career Path:

- Students and Alumni may access part-time and full-time job listing from the web and set up search criteria and email notification when new opportunities come up.

www.career.pdx.edu

*The team that's working
for you....in 2003-04....*

Chi Sigma Iota

President-Steve O'Sullivan, osullivan-summit@yahoo.com

Vice President-Tracy Braden, tbraden@pdx.edu

Treasurer/Development-Meghan Campbell

Secretary-Brenda Dau, juneaubird@yahoo.com

Advocacy Chair-Kelly Polychronis, kellypoly@msn.com

Alumni Membership Chair-Todd Meier, wtmeier@agora.rdorp.com

Membership Chair-Alexa Memory, aamemory@yahoo.com

Awards and Recognition Chair-Maritess Mayer, marijade@hotmail.com

Newsletter Editor-Jan Premo, premoj@pdx.edu

CEU Committee Chair-Brenda Dau, juneaubird@yahoo.com

Mentorship Committee Chair-Debbie Lattimore, debby_lattimore@hotmail.com

Faculty Advisor-Dr. David Capuzzi, capuzzida@pdx.edu

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