

Beta Rho Chi

# CSI NEWSLETTER

Spring, 2024

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## *Welcome Back*

### Hello and Welcome Back from Break!

By Rachel Saunders, President Elect

**Welcome back** for another great semester! My name is Rachel Saunders, and I have been serving Beta Rho Chi as President-Elect since the Spring of 2023. I am currently in my second year of the Clinical Mental Health Counseling track of the Counselor Education M.E.d.

Transitioning into this new semester, Beta Rho Chi has placed a focus on the Professional Development of our chapter. In this issue of the CSI newsletter, we have included a short article authored by one of our members, to aid in the professional growth of both counselors-in-training and current practitioners. Additionally, we have included a Q+A from the previous chapter president turned full-time faculty member, Dr. Labarta.

We will be hosting various **events** that aim to support the members of Chi Sigma Iota in their development as professionals. We encourage our members to take advantage of these opportunities and the upcoming conferences on Page 6 of this issue. (Learn how to unlock your conference potential on Page 7).

We will be holding our yearly **initiation** this semester on **April 18th**. All students in the Counselor Education Department who are eligible will receive an invitation to join our chapter within the first week of February. If you are interested in joining and have not heard from us by mid-February, contact our membership chair, Jessi Broom (jbroom@fau.edu).

Additionally, we will be accepting **Executive Board applications** this semester. If you want to join the Executive Board, don't hesitate to get in touch with me with any questions (rsaunders2018@fau.edu).

I look forward to continue to serve Beta Rho Chi this semester and wish you all a fantastic Spring semester!

# EXECUTIVE BOARD APPLICATIONS

Email [RSaunders2018@fau.edu](mailto:RSaunders2018@fau.edu) for more information

## Executive Board Roles

**President-Elect:** As President-Elect, you will assist the President in performing all of (his/her) duties. You will perform the duties of President in the event of the resignation or inability to serve for health or other reasons of the President. You will serve as a member of the Chapter Executive Committee. It is your role to become informed of the current affairs and activities of the chapter and to prepare for your upcoming term as President. **This role is a two-year commitment.**

**Vice President:** As Vice President, you will assist the President and President Elect with their duties and share in the responsibilities with Executive Committee, Secretary and treasurer should any member become unable to perform their duties.

**Secretary:** As Secretary, you are responsible to serve as a member of the Chapter Executive Committee. It is your responsibility to attend and keep records of the Executive Committee and chapter business meetings. You will write and handle official correspondence as directed by the President. It is your role to maintain a file of chapter activities and pass on all relevant file materials to your successor.

**Treasurer:** As Treasurer, it is your role to assist the Faculty Advisor and officers in the development and administration of the annual budget. You will maintain financial records for the chapter. Furthermore, it is your responsibility to receive and disburse chapter funds as directed by the President.

**Emerging Leader:** As Emerging Leader, it is your role to serve as a member of the Chapter Executive Committee. You will create, maintain, and implement committee's that incorporate core values of CSI to include awards, advocacy, professional development, or academic excellence and receive mentorship through your participation as an active Board member.

## 2023-2024 EXECUTIVE BOARD



**Nadiya Boyce-Rosen,**  
M.Ed, NCC, RMHCI, PMH-C

*President*



**Rachel Saunders**

*President-Elect*



**Clara Bossie, MS. LMFT-QS**

*Vice President*



**Elizabeth Rodriguez**

*Treasurer*



**Erin Maharaj**

*Secretary*



**David Alphonso**

*Emerging Leader*



**Ayse Torres, Ph.D., CRC, LMHC**  
*Co-Chapter Faculty Advisor*



**Kelly Emelianchik-Key,**  
Ph.D., LMHC, LMFT, NCC, ACS  
*Chapter Faculty Advisor*



SPRING 2024

# CSI EVENTS

**February 20th**

10:00AM College of Education Room 333 or ZOOM

**Bridging the Gap: Imposter Syndrome, Pursuit of Perfection, and Ensuring Longevity in Counseling** with speakers Jon Davis, LMHC and Ara Mascarenas, M.S.

**February 20th**

6:00PM on ZOOM

Meeting ID: 884 9316 2386  
Passcode: Qra9mM

Mentorship Meeting: Meet with other CSI chapter members and their mentors. Discuss your experience as apart of the mentorship program!

**March 12th**

6:00PM on ZOOM

Meeting ID: 782 069 1977  
Passcode: gQtUd5

Mentorship Meeting: Meet with other CSI chapter members and their mentors. Discuss your experience as apart of the mentorship program!

**April 9th**

6:00PM on ZOOM

Meeting ID: 782 069 1977  
Passcode: gQtUd5

Mentorship Meeting: Meet with other CSI chapter members and their mentors. Discuss your experience as apart of the mentorship program!

**April 18th**

Initiation for the Beta Rho Chi chapter of Chi Sigma Iota will take place on the 18th of April. Keep an eye on your email for membership enrollment information.

QUESTIONS? EMAIL [BRC-CSI@FAU.EDU](mailto:BRC-CSI@FAU.EDU)

# Q & A with DR. ADRIANA LABARTA

CSI Beta Rho Chi Chapter



## Briefly introduce yourself and your counseling experience/interests.

My name is Dr. Adriana Labarta and I am a new Assistant Professor in the Department of Counselor Education. As a Florida Atlantic University alumna, I am honored to reconnect with the department that provided me the space to learn and grow as a counselor educator. I am a licensed mental health counselor with previous experience in various treatment settings and a passion for helping clients with eating disorders and body image concerns, which is also the primary focus of my research.

## How has CSI influenced you in your professional counseling journey?

Chi Sigma Iota (CSI) was instrumental to my growth as a counselor, leading me to serve as the Beta Rho Chi Chapter President from 2020 to 2021. My experiences as a member and chapter leader changed my life personally and professionally, deeply informing my leadership philosophy (i.e., servant leadership), strengthening my professional identity as a counselor, and connecting me with a supportive community of students, faculty, and alumni. If you are considering joining our CSI chapter, I highly encourage you to do so!



Dr. Labarta is a fantastic example of the accomplishments that Beta Rho Chi chapter members can achieve post-graduation. We thank her for her time in this Q&A and wish her all the best in her new position with FAU.

Learn how you can become involved in Beta Rho Chi on Page 2

# Let's Talk about Talking: Language in Mental Health Matters

By Sheria Kwok, Author, Editor, & CSI Member & Courtney Reiff, Editor & CSI Prospective Member

“  
The art of communication is the language of  
leadership. – James Humes  
”

*Language is significant across counseling professions and everyday life. Language is a two-way channel, impacting individuals intra- and interpersonally. Word choices and meanings influence our decisions, actions, mental health, and well-being. Words can be chosen to describe ourselves, others, and the world around us. In mental health counseling, effective communication begins with respect and curiosity. Every person can lead and advocate for mental health by demonstrating respect and curiosity for diverse cultures, ethnic backgrounds, life experiences, and individuality. By practicing inclusion intentionally, every person can improve communication and amplify awareness and mutual understanding of each other. Appropriate and inclusive language acknowledges the range of mental health conditions, merits individualism, and destigmatizes people with mental health conditions.*

## **The following are a few tips to raise language awareness of mental health:**

- **Use appropriate words to describe what is occurring.** For instance, rather than saying “you are crazy” in a disagreement and/or “psycho,” “insane,” and/or “mental,” try to use appropriate words to accurately communicate what and how you are feeling and your thoughts, such as “I feel frustrated” and “I disagree with you.”
- **Focus on the person.** A person is not their diagnosis. They are experiencing mental health conditions and symptoms. “A person with depression” and “a person diagnosed with depression” may be less stigmatizing than calling them “a depressed person.” By being cognizant of the humanity in every person’s experiences, mental health, and symptoms, consideration and esteem may be possible for every individual.
- **Be mindful.** Mental health professionals diagnose and treat persons for mental health conditions. Mix-ups can occur in defining mental health when non-mental health professionals are describing what others are feeling as a mental health condition (e.g., “You are bipolar” is not the same as “feeling mood swings”).

*Being mindful of your language is paramount to enhancing conversations on mental health. Words have power. The influence language carries, and the promotion of inclusivity in direct and indirect discussions regarding mental health can be exemplified. As leaders and advocates in counseling and our communities, we can lead by example through our actions and language. May every individual intentionally choose and use words to highlight the best in each other. Anyone and everyone can elevate the possibility of making a luminous difference in our changing world.*

## **Suggested Language & Stigma of Mental Health Resources:**

*Inclusive Language Guide*

*It's Time for Counselors to Modify Our Language*

*Why Language We Use to Describe Mental Health Matters*

*Pledge to be StigmaFree*

# Conference COUNT DOWN

CSI Beta Rho Chi Chapter

2024 Conference | Feb 1-3 | St. Petersburg, FL



## IAMFC

International Association of Marriage  
and Family Counselors



2024 Conference | Feb 2-3 | Lake Mary, FL



## FMHCA

Florida Mental Health Counselor  
Association

2024 Conference | March 7-9 | ONLINE



## EBSCC

Evidenced Based School Counseling  
Conference

2024 Conference | April 10-11 | New Orleans, LA



## IAPC

International Association of  
Psychology & Counseling

2024 Conference | April 11-14 | New Orleans, LA



## ACA

American Counseling Association

# 2023 Conference Recap



## *Unlock Your Professional Potential: The Power of Conferencing in Counseling*

by Clara Bossie, Vice President

Conferencing is more than just an event; it is a cornerstone of professional identity and a vibrant hub for connection among counseling professionals. As someone deeply embedded in this world – a qualified supervisor, a doctoral student in counselor education, and a supervision researcher – I feel a deep sense of belonging among my Association of Counselor Education and Supervision (ACES) peers. The ACES conference exemplifies the best of what these gatherings have to offer: I found enriching educational sessions, unmatched networking opportunities, and the chance to contribute as a presenter. Even amidst this busy schedule, there was time for an invigorating trek up the Rocky Mountains with my FAU family – a perfect blend of professional engagement and personal rejuvenation. I encourage each of you to actively engage in conferencing in 2024. Conferencing is an opportunity to find your professional 'home' and connect with fellow counselors who share your vision and passion. Here is how you can make the most of your conferencing experience:

- **Explore Varied Conference Options:** Look into conferences highlighted in this issue, considering how they align with your licensure, specialty, or advocacy interests. The world of conferencing is vast, with local, state, regional, national, and international options available.
- **Embrace the Role of a Presenter:** Presenting at a conference is a rewarding experience. Consider collaborating with your peers or faculty on a presentation. Remember, submitting a proposal is straightforward, and you will typically have about 50 minutes for your session. A well-prepared 40-minute presentation, leaving room for introductions and a Q&A segment, can make a significant impact.
- **Plan and Budget Your Travel Smartly:** Whether attending or presenting, thoughtful budgeting is key. Utilize the buddy system to save on costs. If you are presenting, inquire about any travel funds your university might offer. Also, volunteering at these events can often lead to reduced conference fees and is a great way to network.
- **Strategize Your Conference Time:** Think about which educational sessions to attend, networking events to participate in, and what insights you want to share. Consider exploring leadership roles within the organization and plan quality time with your peers, like group dinners or sightseeing.

Conferencing can be a transformative experience, professionally and personally. In 2024, step out of your comfort zone, find your professional community, and create lasting connections with like-minded counselors. Your next big professional leap could start at a conference!



Beta Rho Chi, CSI Event, ACES in Denver, Colorado, Fall 2023



Sightseeing, Beta Rho Chi and friends, ACES in Denver, Colorado, Fall 2023



Former CSI chapter president and Alumnae, Dr. Taylor Irvine, presented with Dr. Peluso and the Gottmans at the Evolution of Psychotherapy conference

