



Chi Sigma Iota Monthly Newsletter

Xi Chapter - February 2022



President Message

Hello!

As counselors in training you are not new to the concept of carrying the weight of the world. Worry and concern are an everyday thing living in our world today. As members of the helping profession we care so much about the well being of others. As soon to be counselors we all bring unique experiences from our world into the world of counseling. Some of us may be parents, working full time, taking care of other family members or friends, dealing with concerns of our own, struggling financially and much more. All of these aspects of our lives impact how we show up as students, counselors, friends, family members and parents.

Authenticity is the quality of being real or true. Incorporating authenticity in our everyday lives allows us to live up to our true potential and shows others that they can do the same. In thinking about how hard the work we do is, it is even harder when we do not show up as our authentic selves. Embrace who you are, what you stand for and what you are passionate about. Clients know when we aren't being true and present as ourselves. We learn a lot about ourselves during our time in our graduate program. These may be new things about yourself you didn't know or things you didn't want to think about.

Take time to allow these changes to occur, speak up when things aren't going well and when they are, notice when you do not feel true to yourself, ask questions, make mistakes and most importantly live your truth. This program is challenging and exhausting but it is worth it. We will be going into the world with a unique set of skills and perspectives to change lives. One person can make a difference and it starts within ourselves. "The miracle is not some magic that you got, the miracle is YOU!" Enchantio

Alyssa Acton, CSI Chapter Xi President

What's Been Happening?

- Chapter Meetings: CSI Executive Board Members and chapter members met on February 2. In this meeting, future events and plans were discussed. Information regarding the next chapter meeting will be forthcoming.
- NCE/CPCE Study Session: On January 15th, students gathered together to begin reviewing for the CPCE and NCE. During this first session, Christine Keemle, an alumni and former CSI president, led a discussion and review of the topics "Professional Counseling and Ethics" and "Social and Cultural Diversity". On January 29th, CSI Members Lindsay Chandler and Elyse Kress led discussions on the topics of "Group Counseling" and "Human Growth and Development". Two more study sessions will take place in February to prepare for the first exam, the CPCE on Feb. 26th.



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Upcoming CSI Meetings & Community Events

Date	Event/Meeting	Description
Feb. 7th-11th	National School Counselor Week	A week of advocacy and celebration for the school counseling field. This year's theme is "School Counseling: Better Together"
Feb. 5th and 19th	NCE/CPCE Study Groups	Final two study sessions to prepare for the NCE and CPCE
Feb. 26th	CPCE Testing Date	Good luck Interns on completing the CPCE and finishing your final semester in the Counselor Ed program!
March 31	CSI Chapter Initiation and Graduation Celebration	Join us on March 31st to welcome our new chapter members and celebrate our graduating members!
April 7	Spring Walk and Talk	Meet up with other CNED students for a walk along the river! Refreshments to follow.
Month of April	Counselor Awareness Month	The ACA designates April as a time for advocacy and celebration of the counseling field. #BurnBrightNotOut
April 15- May 28	NCE Testing Window	Students registered for the NCE will complete their test during this window of time. Good luck!

Let's Talk About Bruno!

(*Spoiler Alert*- This article contains spoilers about the movie "Encanto")

By Lindsay Chandler

Have you seen Disney's latest hit *Encanto*? At first glance, it is a cute movie full of fun songs and heartwarming themes. However, if you dig a little deeper, *Encanto* can be a great tool to use in therapy, both for children and adults. The themes throughout the movie speak to intergenerational trauma, finding your own voice, overcoming the weight of the world, and asking for help when you need it.

Encanto is a story of an intergenerational Columbian family where each member has their own special (and magical) gift. These gifts are derived from a darker storyline, specifically as a need to protect the family after a traumatic event that forced the eldest members of the family to flee their home and seek safety. The main protagonist of the story, Mirabel is the only member of the family to not receive a magical gift, however, her real gift is the ability to see her family for who they truly are and ultimately help heal them all.

Let's look at a few of the characters and how clients may see their own themes and reflections in them:



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Mirabel- Clients may relate to Mirabel as she often feels invisible to her family and community. She sees the problems and speaks out about them but feels shut down and unheard. She seeks acknowledgement from her family and is ultimately the glue that holds them together.

Isabela- The perfectionist who feels she is not allowed to fail. She feels she must always do whatever her family requires of her, even marrying someone she does not love. She feels limited by her gift and desires to have the freedom to express how she feels and thinks, even if it goes against her family's wishes.

Luisa- Clients may relate to the crushing weight of responsibility that Luisa feels throughout the film. She struggles with anxiety and feeling the need to support and carry her family through any and all problems. Throughout the story, Luisa must learn to lower her own expectations of herself as well.

Bruno- (We can talk about him... really, it's okay.) Ostracized by his family for seeing things differently, Bruno embodies the family secrets that are never talked about. Many families have topics that are taboo to speak and sometimes those topics center around hurt and trauma.

So how can you use *Encanto* in therapy? Try asking your clients what special "gift" they would choose for themselves and why. Also, explore which character your client relates most closely with. Is it the gift, their birth order and responsibilities, or their family dynamic? Provide dolls or pictures and allow children to act out their own family dynamics.

Get Involved!

What is Chi Sigma Iota?

"CSI is an international honor society that values academic and professional excellence in counseling. We promote a strong professional identity through members (professional counselors, counselor educators, and students) who contribute to the realization of a healthy society by fostering wellness and human dignity" (Chi Sigma Iota, 2018).

Mission: Promoting Excellence in the Profession of Counseling

Our mission is to promote scholarship, research, professionalism, leadership, advocacy, and excellence in counseling, and to recognize high attainment in the pursuit of academic and clinical excellence in the profession of counseling (Chi Sigma Iota, 2018).

Benefits of Chi Sigma Iota

- Members of Western Illinois Universities XI Chapter of CSI empower students and advocate for change.
- Being a part of a supportive community
- Access to FREE professional development webinars
- Scholarship and award opportunities

How can I become a member?

- Students who have completed 12 credit hours of school counseling or mental health counseling and have shown academic excellence with a GPA of 3.5 are eligible to join Chi Sigma Iota.
- ANYONE interested in joining can come to our full chapter meetings.
- **New member letters will be going out soon!**

Chi Sigma Iota. (2018). What is CSI? Retrieved from <https://www.csi-net.org/>

To learn more about benefits of becoming a member visit this link: https://www.csi-net.org/page/Membership_Benefits