



# Upsilon Nu Alpha Chi Sigma Iota

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## President's Message

Sadie Sturdivant

CSI has already had an exciting and busy Fall 2022 semester with our recruitment event, board meeting, and Fall Breakfast! We enjoyed getting to know the potential new members at the recruitment event while eating some delicious snacks. In addition, we had a wonderful time at our Fall Breakfast where Dr. Susan Barclay, LPC, spoke on Career Counseling and Life Design. She presented this information in an engaging format, and everyone was thrilled to hear about Career!

We are looking forward to welcoming more speakers at our 2023 Spring Workshop in March. I would like to thank all of the CSI board members, who have gone above and beyond to plan, coordinate, and execute successful Fall CSI events. On a personal note, as a new school counselor, I have seen the need for more counselors and critical role that counselors play in the success and growth of our clients/students. Thank you for all that you are doing to contribute to the counseling profession. I am honored to be a part of and serve the Upsilon Nu Alpha chapter of Chi Sigma Iota. Lastly, I want to wish you all a Happy Holidays! I hope to see you all at the events in the Spring 2023 semester!

# ALCA Conference 2022 Recap

*Tennille Sullivan  
President Elect-Elect*

The Alabama Counseling Conference is always a joy to attend. This is my second year attending the conference, and it truly lived up to the motto “Counselors Connecting.” Attendees had the opportunity to network during, between, and after presentations. The level of expertise and knowledge of the presenters was excellent. In addition, I appreciate each presenter’s positive attitude, willingness to explain concepts, and opportunities to ask questions. An impressive number of attendees were UNA students and alums at the conference, and I look forward to the conference next year in Birmingham.

## Upsilon Nu Alpha Presenters at ALCA

**Dr. Andrea Hunt & Courtney McKinnon** - *Multicultural Approaches to Trauma-Informed Care*

**Faith Bonitz & Dr. Amy Davis**- *Let’s Connect and Play: Using Theraplay for Classroom Guidance*

**Clay Greenhill & Haoran Huang** - poster presentation, *Psychometric Properties of the MPOQ - Common Factors Questionnaire*

**Rachel Brown** - poster presentation, *Counseling Traumatized Adolescents: Significant Factors for Healing*



Upsilon Nu Alpha president Sadie Sturdivant receiving the Asa Sparks New School Counselor of the year award from ALSCA president Daniel Birdsong.

# Fall Breakfast Recap

*Abigail Gorbatoff*  
*President Elect*

Chi Sigma Iota offers wonderful opportunities to learn from others in the counseling field. At the 2022 Fall Breakfast, we heard an informative presentation from Dr. Susan Barclay. Dr. Barclay has extensive knowledge in the field of counseling. One of her areas of expertise is career counseling. Her presentation at fall breakfast reflected her wisdom and skill in this area. Dr. Barclay shared about how influential career can be in the lives of individuals. She taught about the importance of career counseling and life design. As mentioned in the presentation, this is prevalent regardless of the counseling setting. Hearing Dr. Barclay's presentation sparked interest for me to learn more about this part of the counseling field. One of the most significant things I learned from her presentation is that career counseling is an important aspect of the mental health field. Dr. Barclay has inspired me to desire to learn more about the impact of career on clients. All in all, the fall breakfast was an excellent opportunity to learn more about aspects of the counseling profession.



# Spring 2023 Events

## *Spring Initiation*

Tuesday, April 13th at 5pm

Location: TBD

## *Spring Workshop*

Saturday, March 18th at 8am

Location: GUC Performance Center

