



Semi Annual Newsletter - Fall 2021

# Upsilon Nu Alpha Chi Sigma Iota

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## The University of North Alabama Chi Sigma Iota Chapter

### President's Message

By Lauren Shell

We have had an exciting Fall 2021 semester as we have been able to join each other in person for board meetings and chapter events once again after “virtual CSI experience” last year. While our profession as counselors grew and we learned a lot about how to offer services online last year, it has been wonderful to network with each other in person once again. We especially enjoyed gathering together for our Fall Breakfast to hear our speaker Ms. Jennifer Berry, LPC-S, speak on how to identify & treat clients struggling with disordered eating & services available to those with clinical eating disorders in the state of Alabama. We are looking forward to welcoming more speakers at our Spring CSI workshop in March 2022. I would also like to thank all of our new board members, most of whom are currently aspiring counselors in the UNA counselor education program. They have all gone above & beyond in their duties this fall. Lastly, I would like to wish you all happy and safe holidays. I look forward to seeing everyone at events in the Spring 2022 semester!



## Fall Breakfast 2021

By Abigail Gorbatoff

CMHC Graduate Student Representative

It is a true honor to be in the Clinical Mental Health Counseling program and in Chi Sigma Iota! As students in the program, we are continually provided with opportunities to learn and grow as future counselors. Being in Chi Sigma Iota is one of these wonderful opportunities. At the 2021 Fall Breakfast, we heard an exciting and informative presentation from Jennifer Berry. Ms. Berry is a licensed mental health counselor and works at the University of North Alabama Student Counseling Services. One of her greatest passions is working with clients struggling with eating disorders. Her presentation at the breakfast reflected her zeal. Ms. Berry shared about what eating disorders are and what they are not. She also gave real life examples of clients to provide further education about the reality of eating disorders. It was apparent that Ms. Berry has extensive knowledge regarding this population. Hearing her insight and passion about this topic produced a personal desire in me to learn more about it. Overall, the fall breakfast was a wonderful opportunity to learn more about the profession of counseling

# CSI Membership Dues

Local CSI membership dues for the amount of \$10 are due on December 15, 2021 for the year of 2022. The membership dues can be paid via check or cash through mail or through PayPal. When paying by check, please make the check payable to CSI and send to the following address:

Chi Sigma Iota  
Box 5327  
Florence, AL 35632

If you are paying via PayPal, you can scan the QR code below with your phone camera. You can also search within the PayPal webpage or app for UNACHiSigmaIota@gmail.com or account username: CSI Upsilon Nu Alpha.

## CSI Upsilon Nu Alpha

