

Semi-Annual Newsletter - Spring 2022

Upsilon Nu Alpha Chi Sigma Iota



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President's Message

Lauren Shell

Things may not be back to the "normal" that we all remember prior to the pandemic, but it has been a delight to offer both the fall breakfast and spring workshop as in person events for the first time since 2019-2020. We have also experienced growth in both our local membership participation as well as continued growth of inductees into our Upsilon Nu Alpha chapter & we are looking forward to welcoming each new member in person at events next year as well!

I have served on the CSI board for several years now and each year has been a wonderful experience, but I have to thank and commend each of the board members this year as they were all willing to step into leadership positions shortly after being initiated as member, making all of the board members new to their positions except myself and two others. These new officers went above and beyond what was asked of them and did so with positive outlooks. I cannot thank each of you enough & I cannot wait to see what wonderful things you all continue to do next year. I cannot mention the hard work of the board members without also thanking our chapter faculty advisor, Dr. Amy Davis. She has been phenomenal to work with and has led and supported in a manner that has inspired each of us. Your contribution to the success of this year's events did not go unnoticed and we are grateful for your service to this organization!

Last but not least, I thank you all for allowing me the privilege to lead as president of the chapter this year and as an officer each year prior. I am humbled & grateful. The experiences I have had as a board member will always be cherished!

2022-2023 Officers

President: Sadie Sturdivant
President Elect: Abigail Gorbatoff
President Elect-Elect: Tennille Sullivan
Secretary: Max Hamke
Co-Secretary: Zeynep Harkness
Treasurer: Felicia Inman
CMHC Representative: Lindsey Lowrey
SC Representative: Madeline Bailey
Newsletter Editor: Olivia Koger

2022-2023 President Introduction

Sadie Sturdivant

Hello! My name is Sadie Sturdivant, and I am honored to serve as the 2022-2023 Chi Sigma Iota President! I have seen the many benefits of being a member of Chi Sigma Iota and the opportunities that it provides such as networking, professional development, continued education, and collaboration. The past couple of months have been filled with CSI activities. We held a successful CSI Spring Workshop that included session topics of teen mental health challenges, ethics and technology, warning signs of traumatized children, and spirituality through creativity. Thank you again to our speakers: Tracy Parker, Chris DaSambiagio-Moore, Chase Wise, Quinn Pearson, Jaina Glaze, Candace Robinson, and Hope Bonitz. We also had a wonderful initiation ceremony where 26 new members were inducted into the Upsilon Nu Alpha Chapter! This is one of the largest new member inductions that the chapter has had. We are grateful that our chapter is growing because that means there will be more counselors in the profession that value scholarship, research, professionalism, leadership, advocacy, and excellence. In addition, I would like to congratulate the newly elected 2022-2023 CSI board members! I am looking forward to a great year with this devoted team. I hope to see you all at the Fall Breakfast!



Spring Workshop Recap

Tennille Sullivan

I had the pleasure of attending the Chi Sigma Iota Spring Workshop at UNA. The conference presented opportunities to meet and connect with numerous counseling colleagues from the area. The conference was well put-together, authentic, and intellectually stimulating. Tracy Parker, school counselor for Sheffield High School, provided useful interventions for students in crisis and students who commit self-harm. Dr. DaSambiagio-Moore delivered a well-received and interesting presentation on ethics. Mr. Chase Wise offered insightful information on how to identify warning signs of trauma in children. He also provided useful interventions for working with traumatized children. Last but not least, Dr. Quinn Pearson provided opportunities to learn about creative arts and how the arts can be associated with meaning-making and self-care for both the therapist and the client. The conference was edifying for seasoned counselors, as well as students. I am looking forward to next year's event.

Congratulations 2022 Initiates!

Madeline Bailey
Faith Ann Bonitz
Rachel E. Brown
Brailey Paige Busby
Danielle Smith Canup
Grace Coleman
Liane K. Freels
Clay Austin Greenhill
Lauren S. Grider

Claire A. Hampton
Hannah Faith Hurst
Hannah Marie Hyde
Natalin Claire Ingle
Felicia Ann Inman
Lindsey Lowrey
Julie Hood Mannor
Laine W. Martin

Stephanie Parsons
Staci Phillips
Kasey Pujol
Amy Newton Sain
Tennille Thompson Sullivan
Evins Alana Wall
Jennifer Blair Whiteside
Phoenix Gabrielle Young
Adrianna Rose Young