



# Chi Sigma Iota

Counseling Academic and Professional Honor Society

Beta Chapter University of Florida



*Students, alumni, faculty, staff and friends of Counselor Education are invited to attend*

## Professional Development and Leadership Conference

April 3, 2009

**12:00 p.m. – 12:50 p.m.**

*Terrace Room*

**Welcome** – Eric S. Davis

**Introduction of Keynote Speaker** – Megan L. Scharett

**Keynote Address: Dr. Dee Dee Locascio, Ph.D., N.C.C.**

Presentation Title: *Perspectives from the field marriage and family therapy and mental health counseling*

**1:00 p.m. – 1:50 p.m.**

*Room 1327 A*

**Eric S. Davis, Doctoral Fellow**

Presentation Title: *Playing with reality: Combining reality therapy with play*

*Room 1327 B*

**Cheryl Pence Wolf, Doctoral Fellow**

Presentation Title: *Finding a job in counseling: Where do you begin?*

*Room 1331*

**Laura Reed, Masters Student**

Presentation Title: *The Parent Proficiencies Questionnaire for African Americans*

**2:00p.m. – 2:50 p.m.**

*Room 1327 A*

**Adrienne Baggs, Doctoral Fellow; Cheryl Pence Wolf, Doctoral Fellow; Ana Puig, Ph. D.; Mary Fukuyama, Ph.D.**

Presentation Title: *Integrating spiritual competencies into multicultural counseling*

*Room 1327 B*

**Jim Porter, Ph.D. (May, 2009)**

Presentation Title: *Children's tendency to defend victims of bullying*

*Room 1331*

**Megan L. Scharett, Doctoral Candidate**

Presentation Title: *Differentiation: Making meaning in group counseling*

**3:00 p.m. – 3:50 p.m.**

*Room 1327 A*

**Michael D. Brubaker, Doctoral Fellow & Candidate & David Miller, Ph. D**

Presentation Title: *Treatment barriers for the chronically homeless*

*Room 1327 B*

**Kevin Tate, Doctoral Student**

Presentation Title: *Career and counseling: Making sense of chaos*

*Room 1331*

**Elisa Mott, B.A., Masters Student, Certified Kripalu Yoga Teacher**

Presentation Title: *Reclaiming the Body: Healing Eating Disorders with Yoga*

**4:00 p.m. – 4:15 p.m.**

**BREAK**

**4:30 p.m. – 6:00 p.m.**

**CSI Initiation Ceremony**



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## ABSTRACTS

### 1:00-1:50

**Eric S. Davis, *Doctoral Fellow***

Reality therapy has been shown to be effective in working with a variety of clients dealing with numerous issues; however, little work has been done with younger children. Reality therapy is mostly a talk approach which is not necessarily conducive to younger clients. As a result, it would be useful to implement play aspects with reality therapy's principles. The purpose of this presentation will be to introduce the basic concepts of choice theory and reality therapy and how to incorporate these concepts with play counseling techniques. It is hypothesized that by applying these reality therapy play counseling techniques, counselors and clients will gain insight into client's "quality world," be able to evaluate their needs and wants, and help clients to make choices to meet those needs and wants. Attendees will be provided several reality play techniques including the use of art, sand, and puppets to utilize in their own counseling practices.

**Cheryl Pence Wolf, *Doctoral Fellow***

Do you have an ideal career path at an agency, private practice or school? Do you even know where to begin looking for a job? This presentation will help you gain valuable resources to begin your job search, learn where you want to work, determine what kind of environment you want to work in, and gain access to the "hidden job market." For students preparing to embark on the job search process or those just planning ahead, this presentation can help you with tools and resources to take control of your career goals and help you follow your passion! Designed for all tracks.

**Laura Reed, *Masters Student***

Beginning as early as the third grade, African American students demonstrate significantly lower performance in Reading, Mathematics, and Science as compared to their more prosperous White peers (National Center for Education Statistics [NCES], 2001). Many studies have assessed the impact that parental behaviors have on student academic achievement (Fan & Chen, 2001; Hill & Taylor, 2004) and have found that parenting behaviors correlate with increased academic performance (Porter DeCusati & Johnson, 2004). African American parenting has been characterized by numerous years of misinterpretation, faulty assumptions, and a limited understanding of African American world views (Mandara, 2006; West-Olatunji, Mehta, Sanders & Behar Horenstein, *in press*). Currently, there is little in the literature examining the role of African American parenting, in particular, relative to academic achievement (McNeal, 2001; Schwartz, 2002). The Parent Proficiencies Questionnaire for African Americans (PPQ-AA) is a diagnostic counseling instrument that was developed by researchers to assess parenting practices among low-income African American parents/caregivers in relation to their child's academic performance (West-Olatunji, Leite, Goodman, Rush & Sanders). The instrument is intended to be used by counselors to assist parents with the academic success of their student. This presentation will introduce a Masters Thesis study presently in progress in to assess the predictive validity of the PPQ-AA. Attendees from all tracks are welcome and asked to provide critical feedback.

### 2:00-2:50

**Adrienne Baggs, *Doctoral Fellow*, Cheryl Pence Wolf, *Doctoral Fellow*, Ana Puig, *Ph. D.*, Mary Fukuyama, *Ph.D.***

With 80% of Americans valuing religion and more than 90% having strong religious beliefs and convictions, surveys report that religion and spirituality will play an increasingly important role of our national life (Gallup & Lindsay, 1999). Beyond religion, spirituality also incorporates a more holistic integration of the search for meaning, wholeness, and purpose (Love, 2002). Thus, authors in the field of mental health contend there is a critical need to incorporate spirituality and religion into counseling (Burke et al., 1999; Fukuyama & Sevig, 1999; Hage et al., 2006; Myers & Willard, 2003). More specifically, Puig and Fukuyama (2008) encourage addressing spiritual and religious issues in counseling through a "critical multicultural diversity lens" (p.34). Despite this need, many counselors feel they lack the adequate skills necessary to deal with the spiritual and religious beliefs of their clients (Genia, 1994, Shafranske & Malony, 1990). Spirituality has many different meanings for both counselors and clients. This presentation will address the issue of incorporating spiritual issues into multicultural counseling through an experiential format. Presenters and participants will come together to discuss issues surrounding the various meanings of spirituality and religion and how these issues can be incorporated into counseling.

Look on Back



## **2:00-2:50: Continued**

### **Jim Porter, Ph.D. (May, 2009)**

School bullying is a hazardous activity connected with long-term mental health complaints and safety concerns including suicide and homicide. Some children tend to facilitate bullying while others tend to oppose it. Interestingly, girls appear more likely than boys to defend victims of bullying. My study examined how gender identity and gender-based social norms might help explain this difference between girls' and boys' helpfulness in bullying situations. I welcome questions about the study and about how I navigated the dissertation process.

### **Megan L. Scharett, Doctoral Candidate**

Positive family-school involvement has been shown to increase school achievement and students' sense of well-being. As children age and reach adolescence, parent involvement in schools becomes less. School becomes increasingly difficult as students age and students face more pressure socially and emotionally; therefore, it is paradoxical that parent involvement decreases during a time when their child needs them the most. This presentation is for parents, counselors and teachers and will provide information regarding how each can connect with schools to enhance adolescent achievement.

## **3:00-3:50**

### **Michael D. Brubaker, Doctoral Fellow & Candidate & David Miller, Ph. D**

The chronically homeless represent a small minority of society, yet are higher consumers of substance abuse and mental health services. Despite this need, there is a widespread indication that many are unable to obtain services. This purpose of this presentation is to show the results of a SAMSHA funded project based out of Jacksonville, FL, serving the chronically homeless. Participants completed the Barriers to Treatment Instrument (BTI; Miller, Hodgkins, Estlund, & Brubaker, 2008) which identified specific barriers to services, and determined whether they believed these to be caused by society, programs, or the individuals in the study. The study will show the relationship of these barriers to other psychological and demographic variables. The intended goals are to inform counseling students about the needs for services among the homeless and to see their role in eliminating barriers. Counseling implications will be discussed that may be applied to school, mental health, and marriage and family therapy settings. Handouts will be provided.

### **Kevin Tate, Doctoral Student**

Career issues are central to life long development. The question is, how does this inform effective and ethical counseling? This presentation is intended to highlight and explore the process and content of career counseling, and to dispel myths that attendees may hold about this counseling specialty (for example – “career counseling is simply advising on how to find a good job”). Additionally, the Chaos Theory of Careers (Bright & Pryor, 2005) will be discussed as an exemplar of how this type of counseling is operationalized. At the end of this presentation, attendees should have a clearer understanding of career counseling in general, and a preview into how this specialty is practiced using the Chaos Theory of Careers (Bright & Pryor, 2005).

### **Elisa Mott, B.A., Masters Student, Certified Kripalu Yoga Teacher**

This presentation will explore the healing power of yoga as a creative and complementary approach in the counseling of eating disorder clients. Yoga, the union of body, mind, and spirit, allows the client to become more present and aware living in her body. Because so many eating disorder clients are cut off from their bodies, thus creating a split between body and mind, yoga postures and yogic philosophy can be used in counseling to help the client become more aware of her body and its sensations. In this workshop, we will explore yoga philosophy, asana (physical practice), and samskaras (physical and emotionally experiences that are held in the body). Demonstrations and a case example will be utilized.

This presentation is designed for mental health counselors, school counselors and marriage and family therapists who are working with clients at the primary, secondary and tertiary level. Following this presentation, attendees will be able to better understand how yoga postures and yogic philosophy can help the client to become more accepting of her body as well as a greater understanding as to how the body "holds" feelings and emotions from past experiences.