



**Chi Sigma Iota**  
Counseling Academic and Professional Honor Society  
Beta Chapter University of Florida



## Professional Development and Leadership Conference

Norman Hall Terrace Room  
March 26, 2010

**2:00 – 2:50 pm Reality Play Therapy Training for School Counselors**

*Eric S. Davis, Doctoral Fellow*

Today's elementary school counselors have the daunting task of providing effective research-based counseling approaches to all students. Additionally, school counselors must ensure the approaches are developmentally and culturally sound. Two approaches that have been shown to be effective in working with a variety of students are William Glasser's Reality Therapy and Play Counseling. While there has been a great deal of play counseling adaptations from a number of theoretical orientations, there has not been a combination of reality therapy with play techniques. The presenter proposes that a combination of these techniques could provide a much needed tool for school counselors to work with upper grade elementary school students in such areas as gaining insight into their quality worlds, building supportive relationships, and developing problem-solving skills. To investigate this, volunteers from local elementary schools participated in a series of reality play therapy trainings and provided feedback related to the concepts and activities. The presenter will provide an overview of the reality play therapy trainings as well as the qualitative theoretical data analysis of the feedback provided by the participants.

**3:00 – 3:50 pm Using Yoga to Improve Wellness: Exploring the Effects of a Four-Week Luna Yoga Program on Female Counselors and Counselors-in-Training**

*Cheryl Pence Wolf, Doctoral Fellow; Elisa Mott, Masters Student*

In Fall 2009, we conducted a study introducing a yoga program created for female professional counselors and counselors-in-training which focused on holistic wellness. It was different than traditional yoga in that it focused on the gentler moon salutations and was completed in a circle to enhance the connection between participants. The study explored the effects of participating in the four-week program on overall wellness, social support, and body image and awareness through pre and post tests of the Five Factor Wellness Inventory (5F-Wel). The research started with 63 practitioners and students and was conducted using a prospective, randomized, controlled design. Please join us to learn about the results of this study.

**4:00 – 4:50 pm Becoming an Active Member of CSI: How to Get Involved**

*Cheryl Pence Wolf, Doctoral Fellow; Ana Jaramillo Masters Student*

Explore the benefits of CSI membership and participatory opportunities available to all members. We will discuss the purpose of CSI, how it serves the Counselor Ed community and students, and how you can become actively involved in little or big ways. Also learn about our online resources, upcoming events and leadership opportunities. We depend on student involvement to keep CSI Beta strong, so please join us in this interactive discussion to find where you fit best.

**5:00 – 6:30 pm CSI Annual Awards & Initiation Ceremony**

We are excited to recognize our 2009-2010 chapter and international award winners, initiate our newest members, and install our new chapter officers (detailed program available at the door).

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