

2016

CESA-CES Newsletter- December 2016

CESA Staff

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NEIU CESA-CES Newsletter

Volume 8, Issue 2

December 2016

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Upcoming CESA-CES Events

CESA-CES Meeting
January 9, 2017
6:00 – 7:00PM, SU 217

CESA-CES Meeting
February 6, 2017
6:00 – 7:00PM, SU 217

Introducing Dr. Bloom

Hello everybody, my name is Zach Bloom, and I wanted to take a moment to introduce myself to any students who have not yet met me. I am a new faculty member in Counselor Education, and I am excited to join the NEIU team and to return to my native home of Chicago.



To tell you a little bit about my background, I completed my training in mental health counseling and marriage and family therapy in central Florida, where I also earned my Ph.D. in Counselor Education. Some of my research interests include the influence of technology on empathy, objectification, and quality of interpersonal relationships. However, beyond research, my real passion in this field is for teaching future counselors and family therapists to work with clients and their families, and I look forward to bringing that passion to NEIU's counselors-in-training (you).

Outside of the classroom, I tend to play a lot of guitar and drums (but not well), spend a lot of time writing for fun, and dramatically hiring and firing everyone on my fantasy basketball team. I'm also happy to share with you that I recently got married earlier this year in the form of a Halloween wedding.

It has been a fast but fun semester so far, and I look forward to meeting all of you in person!

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Upcoming Conferences

Illinois Association for Play Therapy 2017

February 23 & 24 2017
Association for Play Therapy - Illinois
Itasca, IL

2017 IMHCA Annual Conference

March 10-12, 2017
Illinois Mental Health
Counseling Association (IMHCA)
Northbrook, IL

ACA 2017 Conference & Expo

March 16-19, 2017
American Counseling
Association
San Francisco, CA

What is HIPAA?

The *Health Insurance Portability and Accountability Act (HIPAA)* of 1996 protects and gives a client the right to get and correct their medical records. Under this privacy ruling, you also have the right to file a complaint if you believe that a health care provider violated your right to see, get a copy of, or correct your medical records.

HIPAA Guidelines for Technology Use

By Ainhua Indurain (Current NEIU Student)

I attended the ICA Conference on the 3rd and 4th of November, which was held in Springfield. I wanted to write an article about some of the highlights from the conference or any interesting topics that I had listened to while I was there. However, I was fairly disappointed by most of the presentations. I found some useful information from a presentation on [HIPAA guidelines](#) (so, you can imagine how great the other presentations were).

The presenter, Dr. Scott Nelson, discussed the technological implications of our work as counselors. I felt this was particularly relevant, since, as counselors, we are using technology more and more (e.g., note taking, contacting clients, etc.).

An important key term that I got from the presentation was the idea of the *Business Associate*. This term describes anyone with whom we work with that handles personally-identifying information. These can be billing services, backup data providers, email providers, or cloud services.

To be HIPAA compliant, we need to get an agreement with these associates—which would ensure that the Business Associate will appropriately safeguard client information.

So, if the person doing the billing for you is from a small company in your town, you would have to go to them and ask for a Business Associate Agreement (BAA) (and keep it for a possible audit). If they don't know what you are talking about—**they are not HIPAA compliant**.

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But, what happens when we want to have an agreement with Google?

In these cases, most services will provide you with that documentation, once you start using their services. For example, Google provides a BAA if you purchase their service, "Google Apps for Work," which costs \$5 per month. Microsoft 365 offers something similar.

If you don't have those services, then using a normal Gmail account would not be HIPAA compliant. You should not use that account to share client information or to communicate with them for clinical purposes. However, clients have a right under HIPAA to use an unencrypted email. So, if they ask you to communicate through non-secure accounts, it is your responsibility as a clinician to let them know of the risks of information theft and the limits of confidentiality through this medium. Some examples of encrypted email that would sign a BAA with clinicians are Hushmail, Paubox, or Protected Trust.

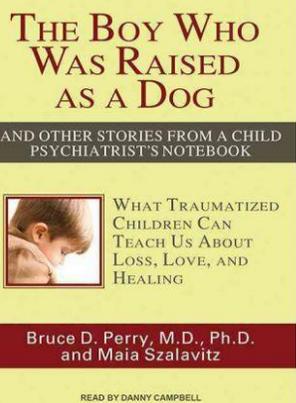
Some other more specific technological tools that are HIPAA compliant are VSee, for video chatting with encryption (Skype isn't secure) and Viivo, for cloud storage (Dropbox isn't secure either). If you have any doubts or want more information, we were recommended a website that has a monstrous amount of information on the topic: personcenteredtech.com.

Book Recommendation

The Boy Who Was Raised as a Dog

By Bruce Perry and Maia Szalavitz

A book based on Dr. Perry's young patients who have faced numerous situations such as



THE BOY WHO WAS RAISED AS A DOG

AND OTHER STORIES FROM A CHILD PSYCHIATRIST'S NOTEBOOK



WHAT TRAUMATIZED CHILDREN CAN TEACH US ABOUT LOSS, LOVE, AND HEALING

Bruce D. Perry, M.D., Ph.D. and Maia Szalavitz

READ BY DANNY CAMPBELL

genocide, murder, kidnapping, and family violence. This book focuses on the brain's capability to heal from the trauma and how surroundings, affection, language, and touch correlate

with the development of the mind. Highly recommended as a glimpse into the lives of children who have been traumatized.

CHI SIGMA IOTA (CSI)

CSI is a national honor society which serves Counselor Education students. The NEIU chapter, Chi Epsilon Sigma was reactivated last year. There are various benefits to becoming a member, including free online webinars, indication of academic excellence on resume, *Journal of Counselor Leadership and Advocacy* subscription, and scholarships.

In order to be eligible, Counselor Education students must have completed a minimum of 9 credit hours and have a cumulative GPA of 3.5 or higher.

Interested? Contact neiucesa@gmail.com for more information.

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Crisis Text Line

By Galina Lipkin (Current NEIU Student)

When Twitter came out in 2005, people joked about how it was impossible to express oneself in 160 characters. Eleven years later, we've come to know that 160 characters is enough room to share an update on your favorite show, caption a picture of your cat, or share a political statement. But what if someone gave you 160 characters and said, "Here. Now save this person's life?"

Each day, hundreds of volunteer Crisis Counselors log on to **Crisis Text Line** and they do just that: talk individuals through some of their most challenging moments ranging from relationship issues to suicidal feelings. They do all of this using 160 character texts while utilizing their training, which emphasizes person-centeredness. I find myself in the ranks of these volunteer Crisis Counselors and, although it is a challenge to limit myself to 160 characters per text, I have come to see that some of the most incredible work can be done in the most limiting of confines.

As Carl Rogers put it, "meet clients where they are" and, in case you haven't noticed, teens are, well, on their phones. Increasingly, bodies of research are showing that teens and young adults prefer communicating through text rather than face-to-face. Sometimes having the option to text rather than call will make the difference between asking for help and continuing to struggle alone. Users can text in for free and have access to a Crisis Counselor wherever they might be, without having to announce to the world that they're struggling. It's what they need, where they need it, and when they need it.

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Crisis Text Line has become a resource, a lifeline, and a springboard for individuals to reach out for more long-term counseling services.

If crisis services are being effectively provided over text, is face-to-face counseling headed in the same direction? Can long-term online counseling be equally as effective as in-person counseling? What are the confidentiality issues that we face? Does technology change the way we approach multicultural factors of counseling? The questions are endless and, as counseling students, something to think about.

Interested in writing an article for the CESA-CES newsletter?

Contact Aleksandra Kapustka
(akapustk@neiu.edu)

Get Involved with CESA Today!

Send us an email at
neiucesa@gmail.com
Sign up for our [Facebook Group](#)
Visit our [website](#)

Come to our next CESA-CES meeting!
January 9 @ 6:00pm SU 217

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Plan Your Graduation

I know this is hard to believe but **some of us have two semesters left before we graduate** with a master's degree. Though, it is a time for celebration, make sure to understand the process of applying to graduate. It is important to know the deadlines and that you actually need to apply for graduation.

Click on the [website](#) to read up on how to graduate from NEIU.

Month of Anticipated Completion of Degree	Deadline
May	September 1 until November 1
August	February 1 until April 1
December	March 15 until May 15

You must submit the [Application for Graduation for Master's Student](#) by the deadlines provided above to the Graduate Records Office (D-101D).

If you want to walk in a NEIU commencement ceremony, you need to contact the College of Graduate Studies and Research Dean's office for directions on how to petition to be included.

Upcoming Test Dates

Departmental Proficiency Exam (DPE)
February 4, 2017
9:00AM to 12:00PM, TBA

National Counselor Exam (NCE)
September 1, 2017

Please refer to this [website](#) for the forms needed for registration and approval.

Mentorship Matchmaker

We understand that being a new student may be hard, especially not knowing the professors, the campus, or other classmates. The NEIU Counselor Education Mentorship Program (CEMP) focuses on pairing first-year students with advanced students who can provide guidance and support as you begin your journey in the Counselor Education Program. We are hoping to start making connections this January.

If you are interested in being paired up with a mentor, submit this [request form](#)

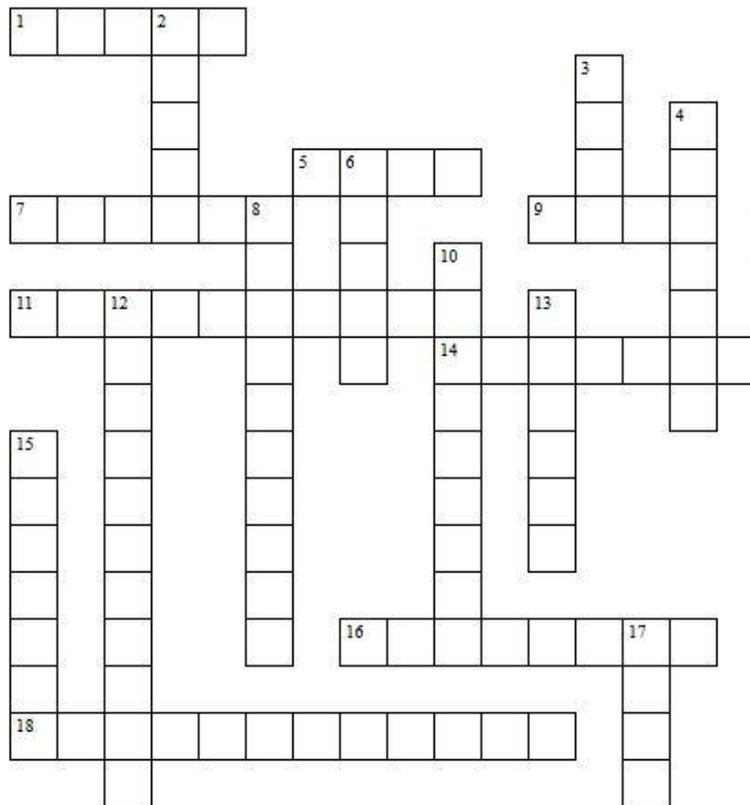
Interested in becoming a mentor?
Contact Aleksandra Kapustka at akapustk@neiu.edu

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DPE Guide Crossword Puzzle



Across

1. Erikson's 1st Stage; "opposite" of mistrust
5. Name associated with Cognitive Behavioral Therapy (CBT)
7. An accrediting agency for program
9. Freud's Stage of Psychosexual Development (18 months to 3-4 years)
11. Erikson's Stage (3-6 years); "opposite" of guilt
14. Asking for additional information in counseling
16. Erikson's Stage (1-3 years); "opposite" of shame
18. Piaget's 1st Stage; 0-2 years

Down

2. Career counseling theorist that believed occupational preferences change with time and experience
3. Average of data
4. Name associated with RIASEC
6. Name associated with Rational Emotive Therapy
8. Term used to describe brain's continuous development
10. Expected to change when manipulated; depends on other variable(s)
12. Variable that affects another
13. Name associated with Person-Centered Therapy
15. Father of Vocational Guidance Counseling
17. Value that occurs most often

**Answers can be found
on the [CESA website](#)**