

3-1-2019

## **CESA-CES Bulletin #5**

John E. Coumbe-Lilley

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# **NEIU**

## **Counselor Education Student Association & Chi Epsilon Sigma Chapter**

Bulletin #5. 2019.

3/1/2019

### **President's Message**

**Good News!** The semester is well underway and we have two events lined up for the program. The first event is the Chi Epsilon Sigma Chapter induction ceremony for the Chi Sigma Iota National Honors Society on March 15. The second event is a licensing panel on April 5<sup>th</sup>. You will not want to miss that one! Note the new social meetup and look for updated Chi Epsilon Sigma information in future bulletins. Lastly, elections will be announced for the new school year. There are four spots available. Come and get involved in your student organization. Please contact Ismira or me and share what's on your mind. Keep on, keeping on.

Go Eagles!

John E. Coumbe-Lilley, President CESA/CSI. Chi Epsilon Sigma inducted 2018.

### **Upcoming CESA/CSI Events**

CESA Board Meeting. Wednesday, March 13<sup>th</sup> between 5:45pm-6:45pm

CESA Board Meeting. Wednesday, April 10<sup>th</sup> at 5:45pm-6:45pm.

Informal meetings by arrangement

### **Social Hour**

3/15/2019 at Nighthawks, 4744 N Kimball. 8pm 'til late

Contact Jimmy Escobar at [jescoba5@neiu.edu](mailto:jescoba5@neiu.edu) for more information.

### **Donation Drive**

Look out for the next drive!

### **2019 Events**

Friday March 15<sup>th</sup>. CES-CSI Induction Ceremony.

Friday April 5<sup>th</sup>. Internship Panel Discussion.

# **NEIU Counselor Education Student Association & Chi Epsilon Sigma Chapter**

## **Upcoming State Counseling Association Events in Illinois and the Midwest**

[Illinois Mental Health Counselors Association. Annual Conference, March 8-9, 2019. Hyatt Regency, Lisle IL.](#)

[Illinois Alcohol and Other Drug Abuse Professional Certification Association. Spring Conference, March 18-22, Itasca, IL](#)

[Illinois School Counselor Association, Annual Conference, April 4, 2019. Rosemont, IL.](#)

[Illinois Affiliation of Marriage and Family Therapists, April 4-6, 2019. NIU Naperville, IL](#)

## **Counselor Training Providers Delivering Training within an hour's drive from Chicago.**

[Cathedral Counseling Center](#)

[Center for Creative Arts Therapy](#)

[PESI-Behavioral Health](#)

## **Upcoming Observances**

Self-Injury Awareness Day - SIAD (March 1)

## **APRIL**

Stress Awareness Month

Alcohol Awareness Month ([www.ncadd.org](http://www.ncadd.org))

Sexual Assault Awareness and Prevention Month ([www.nsvrc.org](http://www.nsvrc.org))

Screen-Free Week (last days of April and first days of May, check [www.screenfree.org](http://www.screenfree.org) for annual dates. 2018: April 30 - May 6, 2019: April 29 - May 5, 2020: May 4 - May 10)

National Alcohol Screening Day (Thursday of the first full week of April, [www.mentalhealthscreening.org](http://www.mentalhealthscreening.org))

World Health Day (April 7 [www.who.int](http://www.who.int) )

## **MAY**

Mental Health Month ([www.nami.org](http://www.nami.org))

Borderline Personality Disorder Awareness Month ([www.borderlinepersonalitydisorder.com](http://www.borderlinepersonalitydisorder.com))

National Women's Health Week (starts on Mother's Day each year. Themes available at [www.womenshealth.gov](http://www.womenshealth.gov))

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National Prevention Week - annual health observance dedicated to increasing public awareness of, and action around, mental and/or substance use disorders. (May 13 - 19, 2018. Dates and themes vary by year. Check [www.samhsa.gov/prevention-week](http://www.samhsa.gov/prevention-week) for details)

National Children's Mental Health Awareness Day (May 10, 2018. Date and theme vary by year. Check [www.samhsa.gov/children/awareness-day](http://www.samhsa.gov/children/awareness-day) for updates)

## ***How do you get started with CESA?***

Contact President. John E. Coumbe-Lilley. Marriage and Family Therapy Program. [jcoumbel@neiu.edu](mailto:jcoumbel@neiu.edu)

Treasurer/Secretary. Ismira Dacic, School Counseling Program. [idacic@neiu.edu](mailto:idacic@neiu.edu)

Add us on Facebook: NEIU Counselor Education Student Association

## **How do I register for Chi Sigma Iota, Honors Society?**

Go to this link to register and pay your membership: <https://www.csi-net.org/default.aspx>

## **Faculty Advisers**

Dr. Ami Camp Ph.D, [a-camp2@neiu.edu](mailto:a-camp2@neiu.edu) Overseeing activities and events.

Dr. Zachary Bloom Ph.D, LPC, LMFT. [z-bloom@neiu.edu](mailto:z-bloom@neiu.edu) Overseeing mentoring program.

Chi Epsilon Sigma Chapter  
Northeastern Illinois University

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## **Counselor Education Student Association & Chi Epsilon Sigma Chapter**

**John Coumbe-Lilley, Marriage and Family Therapist Track**

### **On Chi Sigma Iota (CSI) Membership**

I was not thrilled to pay another \$50 for a student membership for CSI but I am glad I did. I attended a webinar called Good Grief Helping Clients Negotiate Grief and Loss Beyond D.A.B.D.A delivered by Dr Sadler-Gerhardt, Ph.D, LPCC-S. The webinars are free for graduate student members. The value of the webinar was \$39. After two of these I got my money back and more. The webinar was informative and used interactive polling to promote audience participation.

I attended this session because I was interested in how grief and loss worked from counselor and client perspectives. I was unsure how much training I might get during our program at NEIU. I listened to professors like Dr. Tejada, Dr. Bloom and Dr. Chen who recommended supplemental training and education through conference attendance and certification programs to augment our education at NEIU. The webinar I attended was timely and helpful for me. I took advantage of the opportunity and learned plenty I was unaware of. The webinar was recorded for later listening and handouts and slides were presented for attendees' use too. You could earn continuing education credit by attending the webinar and taking a follow up quiz.

I learned a few things I was unaware of. For example, while grief is a universal human experience, it is experienced individually. I learned new ways of thinking about the grief process because of the influences from culture, faith and gender. Grief can be an adaptive process. Nonlinear models are preferred over stage models. Nonlinear models mean individuals are treated as unique versus clumped together in a specific stage. I appreciated the criticisms of Kubler-Ross's DABDA model, including its prescriptive sequencing and linear expectations. Individuals can be actively engaged in their own grieving process and are not limited to passing through stages in sequence.

I found particularly interesting that everyone does not have to emot to go through the grief process. In fact, cajoling some folks to emot can be harmful and detrimental to their coping if they are not the kind of person to emot. I also learned that grief can have a strong physical impact, most notably a loss of energy, and emotions can range from hostility to sadness, and from guilt to yearning.

Particular grief models which caught my attention were a cultural example from the Navaho who used a modulated approach to grieve over a 4-day period ending with no conversation about the deceased. Another model proposed by Martin & Doka (2000) demonstrated a continuum of adaptive coping approaches. Ranging from intuitive emotional coping to instrumental cognitive and behavioral modulated expressions of coping, the adaptive coping models can be taught to clients and help them cope in their own ways over time. Emotional, behavioral and cognitive strategies might be employed, providing counselors with a range of opportunities as they work with different clients. I had no previous knowledge of the models and approaches discussed beyond the DABDA model.

The idea of meaning making and finding the positive within the experiences of loss could have a strong negative impact on a griever. Done too early, it could cause a lot of upset. The presenter expressed the difference between making meaning of death versus creating meaning from a death. They were clear the latter offered more positives than the former. Counselors were encouraged to be present, take a non-expert orientation and avoid assumptions like grief ends.

According to the presentation, grief counseling does not deserve a one size fits all approach or over emphasizing the emotional cognitive processing of the grief experience.

Some of the interventions covered in this talk included relaxation, genogram for loss, loss line, loss boxes and mapping the influence of loss. Counselors were encouraged to be attuned to careful use of each tool for each individual. The loss line and genogram tools encouraged for use could generate a lot of information requiring processes with the client in a gradual and gentle manner. These approaches

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opened my eyes to the opportunities and challenges presented for clients and counselors processing grief experiences.

This webinar was great value to me and helped kick start my understanding of this area of counseling. Did I get my money's worth from this webinar? You bet!

