

Fall 2019

## CESA Newsletter- September 2019

CESA Staff

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# CESA

## *Counselor Education Student Association Newsletter*

### *Upcoming Counseling Events*

**September 6th & 7th**

**IMHCA NCE/LPC Test Prep**

**September 7th**

**IAMFT Desire Discrepancy Workshop**

**September 11th - 15th**

**IMHCA Starting a Private Practice**

**September 24th**

**IMHCA Strategies to Avoid Burnout**

**October 17th**

**IMHCA Ethics in Counseling**

**November 8th & 9th**

**ICA 71st Annual Fall Conference**

**January 30 - February 1, 2020**

**IAMFC World Conference**

### *Upcoming CESA Events*

**September 14th, 11 a.m. - 3 p.m.**

**Golden Eagle Picnic**

**September 20th, 7:30 p.m.**

**Sippin' with CESA**

**Nighthawk Coffee Bar & Tavern**



### *Golden Eagle Picnic*

Join CESA for a picnic on September 14th at the University Commons with fellow NEIU students, alumni, parents, faculty, staff, and their families.

Everyone is welcome! Come for the food, stay for the fun!

There will be tons of outdoor activities including a balloonist, caricature artist, and bouncy house inflatables.

- Live Acoustic Karaoke with John Rush
- Live kids concert featuring The Dreamtree Shakers
- Chicago Public Library Game Team
- Outdoor games including inflatables, face painting, Hawaiian artist, and balloonists.
- Beer garden
- Picnic and fair-style food

Free to NEIU students and children under 12. Otherwise, \$10 per guest. See you there!

# Professor Spotlight



**Zachary Bloom, Ph.D.**  
Assistant Professor  
Faculty Advisor

**How long have you been at Northeastern and what do you do here?**

I started teaching at NEIU in the fall semester of 2016. I have taught a wide array of classes in that brief span of time - ranging from the general and introductory courses (e.g., COUN 402, COUN 403) to the more specialized and advanced classes, especially for the family counseling program (e.g., COUN 431, COUN 432). Aside from teaching, I work towards producing one or two publications per year, and my research tends to align with subjects related to instrument development, sexuality, or empathy. In the last year or two, I've been working to help students get their research and ideas published as well and then to present that research at the state level. I'm also on several departmental, college, and university committees at NEIU.

**What is one thing you wished you would have known before becoming a counselor?**

Nothing is categorical, so give it up. Experience exists on a spectrum.

**What's your favorite karaoke song to sing?**

I don't think I've ever sung karaoke! But, if you remember those old "Rock Band" games, I happily did a terrible job singing anything 90's grunge. Kurt Cobain is my middle name.

**What is your counseling experience?**

It's hard to pinpoint my first experience with "counseling." My dad is a psychiatrist, and I have been exposed to ideas and conversations around mental health for as long as I can remember. I had always planned on eventually working in one of the helping professions, but it was a bit of a game of occupational Pong to figure that out. To make a long story short, I ultimately decided to take the leap to leave a potential career as a Secondary Ed teacher to go back to school (yet again) to pursue a degree in Mental Health Counseling with a certificate in Marriage and Family Therapy. Since then, I've worked in multiple community counseling clinics and private practices and also held an internship position at an in-patient hospital setting.

**As a kid, what did you want to be when you grew up?**

If we discount the nonsensical stuff of being a ninja turtle or a G.I. Joe, I think the first profession I ever wanted to pursue - and approached with seriousness - was a Ghostbuster.

**If you were a superhero, what superpower would you want?**

I have had lifelong discussions around this question and wish it amounted to one powerful and concise answer that I could deliver here. Truthfully, I would probably capitalize on the opportunity to gain a superpower but would not use it to become a superhero. Stan Lee says, "Great power comes with great responsibility," and, yeah, I get that. But, if I could just fly around quickly and easily, I think I'd really enjoy that. At this point in my life, that's all I want. Anything else can get really morally questionable.

**What advice would you offer to new students in the NEIU counseling program?**

You will never again have access to the resources available to you here and now to hone your counseling skills, to examine your worldview and life experiences, or to develop your understanding of yourself or others in the world. So, embrace it. It can be easy to wish you were at the next step already, but if you rush the process, you might be surprised to find yourself wishing you could go back and carve out some space for yourself to read articles, to ask questions, and even to watch videos of yourself counseling! Be where you are.

## *Podcast Picks*

- "Where Should We Begin?" with Esther Perel
- "The Jordan B. Peterson Podcast" with Dr. Jordan Peterson
- "The Psychology Podcast" with Dr. Scott Barry Kaufman
- NPR's "Hidden Brain"
- "Death, Sex, & Money" with Anna Sale

Send us your favorite counseling and psychology podcasts for the next issue!



NEIU Counselor Education  
Student Association



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