

Spring 2020

## CESA-CES Newsletter- Spring 2020

CESA Staff

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# CESA/CES

## *Newsletter*

### *Professional Development Events*

**1/30/2020 - 2/1/2020**

**International Association of  
Marriage and Family Counselors  
World Conference**

**2/21/2020 - 2/22/2020**

**Illinois Mental Health Counselors  
Association: NCMHCE/LCPC Test  
Prep Workshop (12 CEs)**

**2/28/2020 - 2/29/2020**

**Illinois Mental Health Counselors  
Association: Starting, Maintaining,  
and Expanding a Successful Private  
Practice (10 CEs)**

**4/16/2020 - 4/17/2020**

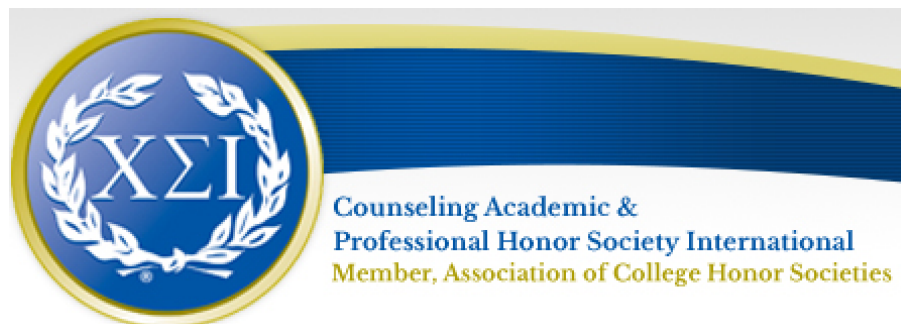
**Illinois School Counselor  
Association Annual Conference**

**4/16/2020 - 4/19/2020**

**American Counseling Association's  
Conference & Expo: Breakthrough**

**5/8/2020 - 5/9/2020**

**Illinois Mental Health Counselors  
Association: Hypnosis Basics (10 CEs)**



## **Ready to join the national counselor education student honor society?**

Chi Epsilon Sigma (CES), the NEIU chapter of Chi Sigma Iota (CSI), will be contacting eligible students to submit self-nominations for membership.

You are eligible to become a member of CSI if you have been admitted to one of the four programs in the NEIU Department of Counselor Education and have completed at least 9 credit hours with a 3.5 GPA or higher. Benefits to members include: membership noted on resumes, online professional counseling webinars, 20 free conference registrations to CSI student members, member directory and supervisor directory, access to the Journal of Counselor Leadership and Advocacy, leadership training, and scholarships and awards.

To nominate yourself for membership, or for more information, please email Rachel Rosen, CESA President, at [r-rosen2@neiu.edu](mailto:r-rosen2@neiu.edu).

# Professor Spotlight



**Laura Tejada, Ph.D.**  
Assistant Professor  
Faculty Advisor

## **What first piqued your interest in the counseling field?**

As a K-5 teacher, I saw how my students played out traumatic events in the play house and on the playground. I realized I had no skills in dealing with trauma, so I became a school counselor and then a play therapist. One day as a school counselor, I was doing a play session with a kindergartener, and in the play the boy became anxious and came to touch my knee as that "safe base" talked about in attachment theory. But he didn't need me as a safe base. It was his grandmother who was his safe base, and I realized that I had to learn how to do therapy with families so that his grandma and all the grammas and caregivers out there could be the safe base in session with their children, not me.

**After student counseling you transitioned over to couples and family therapy. Why the change?**

I grew up out west in a region with many collective cultures, and I thought a family-based orientation was "normal." When I went to the midwest and saw how families were alienated in schools and the individual valued much more than the family, I could not work that way. I went on a one-woman crusade to change the culture in the building where I was a school counselor, and I think I was successful. In the process, I found I loved the complexity and energy of families, especially large ones.

**What has been the most rewarding aspect of your career as a counselor? The most difficult?**

The most rewarding aspect of being a counselor is seeing how much love there is in the world! It's humbling.

The most difficult was accepting that I am not a miracle worker, and learning to value my limits as ways my body and mind remind me I am only human.

**Why play therapy?**

Simple: It's so much more effective than talk therapy with kids and caregivers. 'Nuff said!

**You have a sand tray in front of you with unlimited toys, animals, figurines, monsters—anything you want. What does your tray look like if you used the items to describe your career as an MFT?**

First, there's a meander in the sand from one side of the tray to the other.

That's the highways I have driven from one career to the other. In one corner, high on a hill, is a family of 3 kids, 2 parents, and 2 grandparents. Put some cows, tumbleweeds, mountains, pine trees, and snow around it. That's where I came from and those are the people who got me here. In the corner closest to the family, put in a school.

Around the school are dragons, fires, tornadoes, drug paraphernalia and guns, signifying the traumas my students and families experienced.

Then, there's a river with a bridge. Across the river, put city buildings and cars. In the corner next to the city, put another school, and put the same trauma symbols around it. Finally, take a piece of string, and wrap it from the family to the school, across the bridge, around the city and lead around the second school and back to the family on the hill.

# Student Spotlight

## What contributed to your decision to attend Northeastern Illinois University?

As I started my search for the school that would be my second home for the next couple of years, I had three main requirements; cost, distance and, CACREP certified. I needed a school that would not leave with a debt too big to pay, I needed a school that was not too far away from my home since I have small children, and lastly, I have dreams of moving back to California, so I needed a school that was CACREP certified so the transfer would be smoother.

## What got you interested in becoming an active member of CESA? How did you get involved?

I first learned about CESA in the orientation meeting with Dr. Tavakoli. Ding, the light went on. In my undergrad I didn't join anything, or do much to get involved, and I regretted that so much. I can now appreciate how important it is to be involved and create community. It felt like a natural thing to do when I showed up to a meeting.

## How do you take care of yourself when life gets hectic?

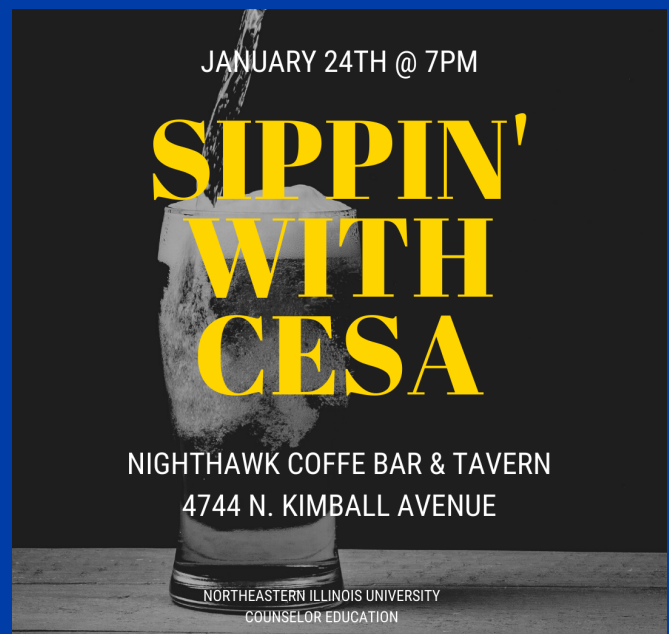
I have small children, a husband, a house to clean, and now graduate school. I have found that what really makes me feel good is creating community, hanging out with friends, and TALKING to adults. I feel like I let out my stress.

## Any recommendations for first semester students?

Get involved in the counseling community, attend talks, get to know your teachers, make friends, and don't be afraid to ask questions on what you are reading. Nothing is perfect and this field is always evolving.



**Mara Hundrieser**  
Clinical Mental Health Program



## CESA Top Pics

- Podcast: Code Switch from NPR
- Book: "The Body Keeps the Score" by Bessel van der Kolk, M.D.
- Article: "The Joy of Missing Out" by Phil Reed, Ph.D.



## **CESA Open Meetings**

**February 5th**  
**February 26th**  
**March 25th**  
**April 8th**  
**April 22nd**

**All meetings will take place at 6pm in Room SU 218.**

**CESA welcomes all counseling students to attend!**  
**Meetings are informal and the board would love your input into**  
**planning future CESA activities.**  
**If interested, please email secretary Sarah Rosenwinkel.**



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