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FACULTY SPOTLIGHT: PROFESSOR LAURIE SIEGEL ON OPENING A PRIVATE PRACTICE

BY RYAN MUIR N

While we continue to traverse our counseling program, it is never too early to start thinking about what lies beyond National Louis University. There are so many pathways to explore in the counseling field that it can become intimidating. For many of us, our goal is to one day have a private practice. Fortunately for us, we have people like Professor Laurie Siegel, who is more than willing to provide eye-opening insight into the daunting process of creating a private practice.

Professor Siegel lets us know that credentialing is a necessary beginning step. She warns that credentialing can take a couple of months before insurance companies begin to recognize your practice even being in business. While this is necessary, many other preliminary steps need attention first. Professor Siegel suggests thinking about an area of expertise that we want to focus on. This thought process is beneficial for us to begin even while we are working towards our graduate degree. Professor Siegel suggests finding what you are passionate about, the location of your practice, and the type of work you want to do. Creating a space to help clients feel comfortable is a critical step. Fun things like decorating for the seasons and hanging inspirational quotes can not only help the client feel relaxed and calm but can also be thought-provoking. The aroma from candles can also be used to help clients relax before their session. Offering comforts such as water, coffee, and tea is essential as well.

I asked Professor Siegel, "What are some common misconceptions of having a private practice?" Her first response was, "billing isn't easy." She highly recommends outsourcing the billing process for someone else to do. There is constant follow-up with insurance companies. It just gets to be too much to take care of and helps a great deal to have someone else do it. Professor Siegel states, "Counseling is our thing we do well; let's stick with that." Finding someone to do our billing and finding an accountant are decisions that will pay for themselves. Hiring other professionals whose areas of expertise are billing, and accounting allows us to maintain our area of expertise.

Professor Siegel offered another bit of information that seemed counterintuitive at first thought. She suggested when deciding on a location to also be aware of other clinicians in the area. She recommends seeing other clinicians as a benefit rather than a hindrance. She reassures us that there is plenty of work for everyone. Facilitating a working relationship with other clinicians allows us to refer clients to them, but more beneficially, they refer clients to us.

Additional information can be found at <https://www.imhca.org/>. IMHCA offers an informative two-day workshop for individuals who are looking to create their private practice.





Student Spotlight: NLUCA President Sam Rivera

BY RYAN MUIR

Hi! My name is Samantha Rivera; I'm in my internship year expected to graduate with an M.S. in School Counseling in June 2022. I am also the President of NLUCA this year. I served as President-Elect and Secretary last year, and this year I'm excited to bring NLUCA to the next level. To all our M.S. Counseling students, regardless of the track you're on, I want to extend a warm invitation to join our monthly NLUCA general board meetings on the first Saturday of every month at 10am on Zoom (except for January 1st, 2022--we'll reschedule this one so folks can enjoy the holiday with their loved ones).

By joining NLUCA, you can leave your mark at NLU and expand your professional network. As a Mexican-American, first-generation college student, I am passionate about increasing access to leadership opportunities, particularly for people who have historically been excluded from higher education (BIPOC, LGBTQ+, low-income, neurodiversity students, etc.). Representation matters. So if you're feeling out of place at NLU, I want you to know and feel that you are welcome here. Join us, let your voice be heard, and participate in building the inclusive community that you want for yourself and your peers.

National Louis University Counseling Association (NLUCA) is a pivotal organization that helps facilitate lifelong connections in the counseling world. Connecting counseling students with the broader Illinois Counseling Association helps to ensure continued career success beyond our time as students. NLUCA's three pillars, Networking, Leadership Development, and Professional Development, are all professional pillars that promote a sustainable career.

This year, I (Sam) am looking forward to working alongside all of our NLUCA members and the NLUCA Leadership Team to accomplish the following goals:

NLUCA 2021-22 Goals:

- Increase participation in NLUCA events and meetings.
- Develop a deeper sense of community amongst NLUCA members.
- Host quarterly professional development webinars or events







RCT: Relational Cultural Therapy

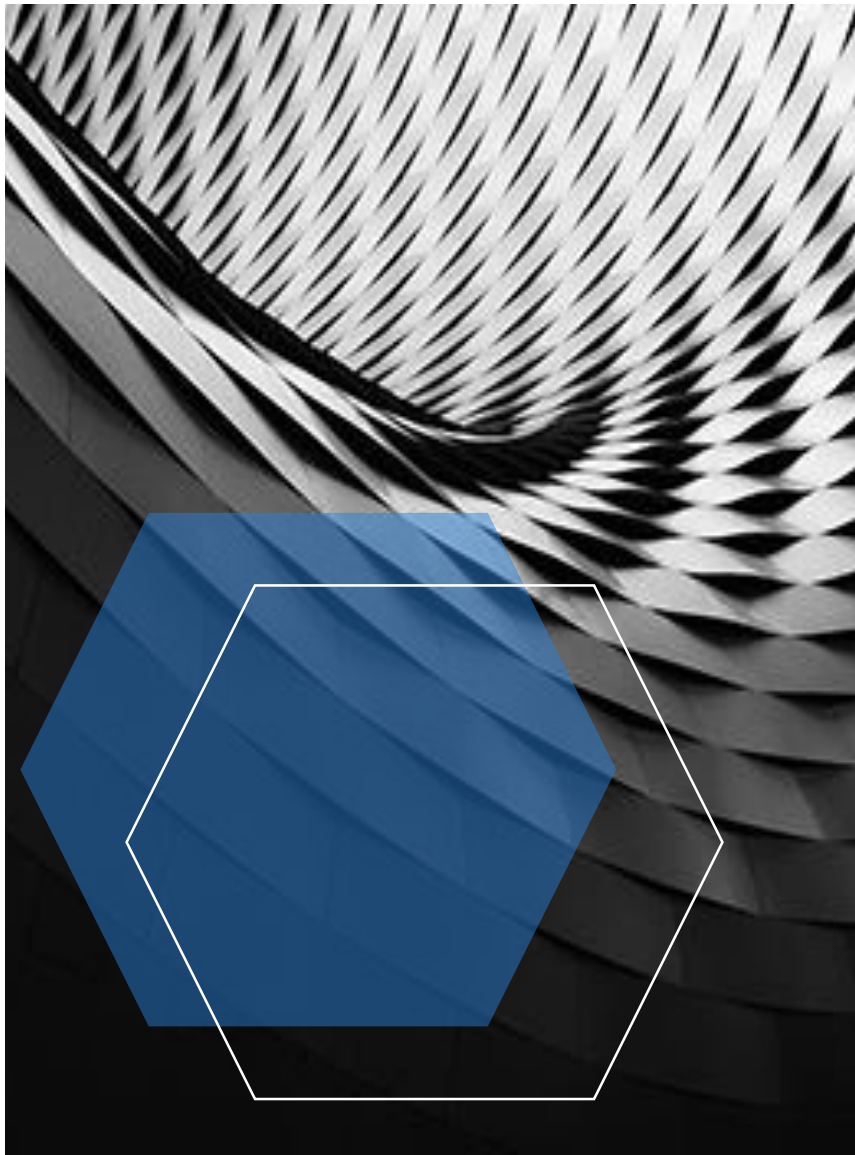
BY: DR. CHRISTINE M. BROWN, ASSISTANT PROFESSOR, COLLEGE OF PSYCHOLOGY AND BEHAVIORAL SCIENCES

As a counselor educator, it is imperative to maintain a commitment towards serving clients that represent diverse backgrounds. As counselors, we often use multicultural competency as a goal that can be achieved at some point in our careers. However, I want to caution counselors and counselors-in-training, that for as long as you serve in the field of counseling; competence is a life-long career process. As our world evolves with circumstances that are often out of our control, resulting in injurious psychological distress for human beings; it is the counselor's obligation to work diligently to equip their practice to serve humanity.

One of the ways in which I have continued my journey towards becoming a multicultural counselor is through research of theories and therapies; that are effective in addressing oppression, power, privilege, and marginalization. In addition, I have been interested in the ways in which privilege, race, and culture impact the therapeutic relationship in counseling. In search for tools to better equip myself as a counselor educator and psychotherapist, I have found Relational-Cultural Therapy (RCT) to be a promising resource in practice.

Relational-Cultural Therapy (RCT) is grounded in a combination of feminist and psychodynamic theories. RCT has a framework that is empirically supported in building multicultural competencies for both counselors-in-training and those with years of service. RCT is a feminist therapeutic approach developed in the late 1970s by four women clinicians (Jean Baker Miller, Irene Stiver, Janet Surrey and Judith Jordan). These phenomenal women sought out to understand the needs and motivations of women rather than placing emphasis on their weaknesses or circumstances. The collaborative group took a step further to understand the impact of race, culture, sexuality, and sociopolitical power, now referred to as *intersectionality*; and the ways in which women experienced psychological distress differently. Kimberle' Crenshaw coined the term and definition for *intersectionality* which refers the multiple





intersecting identities related to systems of oppression, domination or discrimination. Crenshaw a phenomenal law professor and scholar at Columbia University understood that gender, race, sexual orientation, religion, age, and ability and other forms of identity interact on multiple levels (Crenshaw, 1991). For further clarity, we are not only men, fathers, partners, people living with chronic stress, Black, or baby boomers. Some of us are aging Black fathers living with chronic stress. Although the RCT model was originally developed to better understand women's experiences, it has become clear that the psychological well-being of men has also been distorted historically. Men certainly desire to have connections, rather than dominant culture's response for men to achieve independence, autonomy, and individualistic competition (Levant, 1992). For persons of color, these overlapping identities influence each other in ways that are different for the individual navigating factors one at a time. The counseling profession demands that we see individuals, groups, families, communities, and systems in completeness of complexities and intersections. Counselors are therefore responsible for creating spaces for clients to safely explore the intersections of themselves.

Relational-Cultural Theory is an emerging perspective that helps counselors better understand the urgency of examining intersectionality, along with chronic disconnections and isolation in individual's lives (Jordan, 2009). Relational connections and disconnections with others contextually occur based on an individual's gender, race, religion, physical ability, sexual orientation, and other cultural and biological factors (Walker, 2005).).

The core concepts of RCT (Jordan, 2000), include the following:

1. People grow through and toward relationships throughout their lives
2. Mature functioning is achieved through movement towards mutuality rather than separation of characteristics
3. Relational differences support human growth
4. Mutual empathy and empowerment are the core of growth-fostering relationships
5. Vulnerability is required for real engagement with others
6. In growth- fostering relationships, all persons benefit

7. Relational competence is one of the goals of RCT

RCT contributes to a cohesive approach in psychotherapy and serves as a conceptual framework for undertaking social justice. As a counselor educator and psychotherapist, I view RCT as not only an effective approach to engage individuals in process of healing; but also actively changing the social conditions that create the suffering.

References

Crenshaw, K. (1991). Mapping the margins: Intersectionality, identity politics, and violence against women of color. *Stanford Law Review* 43(6), 1241. doi:10.2307/1229039

Jordan, J. (2000). The role of mutual empathy in relational/cultural therapy. *Journal of Clinical Psychology*, 56(80), 1005-1016. doi:10.1002/10974679

Jordan, J. (2009). *Relational-Cultural therapy*. American Psychological Association.

Levant, R (1992). Toward the reconstruction of masculinity. *Journal of Family Psychology*, 5(3), 379-402. doi:10.1037/08933200

Walker, M. (2005). Critical thinking: Challenging developmental myths, stigmas, and stereotypes. In D. Comstock (Ed.). *Diversity and development: Critical contexts that shape our lives and relationships* (pp. 47-67). Brooks Cole.

Supporting counselors-in-training is integral to the National Board of Certified Counselors (NBCC) Foundation's mission. By providing scholarships and fellowships, the Foundation increases the number of counselors committed to helping priority underserved communities. The Foundation offers scholarships and fellowships to master's and doctoral counseling students, training awards to individuals earning the BCC certification, and professional development awards to CCE credential holder. Applications are currently open to Master-level students.

Please visit www.nbccf.org for more information

MINORITY FELLOWSHIP PROGRAM

CALL FOR APPLICATIONS: WWW.APA.ORG

The Minority Fellowship Program (MFP) is dedicated to help promising counseling graduate students, postdoctoral trainees and early career professionals achieve lasting success in areas related to ethnic/racial minority psychology and other behavioral sciences. Check below to see which opportunities would be best for you. Applications Accepted: October-January 15

Masters:

Services for Transition Age Youth (Stay) Fellowship: Designed for master's level students providing services to ethnic/racial minority youth (ages 16-25) who anticipate entering the field after graduating, rather than immediately entering a doctoral program.

Interdisciplinary Minority Fellowship Program (IMFP) Fellowship: Designed for master's students in psychology, nursing, social work, marriage and family therapy, mental health counseling, and substance use and addictions counseling programs training for careers in behavioral health services for ethnic and racial minorities who have a mental or co-occurring mental and substance use disorder. Applications Accepted: October-January 15

Doctoral:

Mental Health and Substance Abuse Services (MHSAS) Doctoral Fellowship: Created for doctoral psychology students training in behavioral health services with a strong commitment to supporting ethnic/racial minority communities. Applications Accepted: October-January 15

Interdisciplinary Minority Fellowship Program (IMFP) Fellowship: Created for doctoral students in psychology, nursing, social work, marriage and family therapy, mental health counseling, and substance use and addictions counseling programs training for careers in behavioral health services for ethnic and racial minorities who have a mental or co-occurring mental and substance use disorder. Applications Accepted: October-January 15

Postdoctoral and Early Career:

Mental Health and Substance Abuse Services (MHSAS) Postdoctoral Fellowship: Established for individuals who have attained their doctorate degree in psychology and are engaged in postdoctoral training that supports ethnic/racial minority behavioral health services or policy. Applications Accepted: October-January 15

Leadership and Education Advancement Program (LEAP) for Diverse Scholars: Established individuals who have attained their doctorate degree in a social/behavioral science field who show promise in research related to the National Institute of Diabetes and Digestive Kidney Disease mission and in leadership. Applications Accepted: November-May 30.

Psychology Summer Institute: A week-long intensive training workshop aimed at advanced doctoral psychology students and early career psychologists. PSI provides mentoring and career development as participants develop projects focusing on ethnic minority issues. Applications accepted February- May 1.

BALANCE

STUDENT SPOTLIGHT: KAREN WARREN, LISLE CLASS OF 2022

MANAGING GRADUATE SCHOOL, WORK AND FAMILY

Continuing your education can be a very difficult and overwhelming decision that should not be taken lightly. There are a lot of factors to consider, especially if you already have a job and/or family. There will be times you feel overwhelmed. I know for sure I do. Managing work, parenting and graduate studies can be difficult to navigate. The best advice I received is to make a plan and then make a backup plan in case of emergency. Also, you need a great support system that is willing to help. That can include friends, family, older siblings, even neighbors and other parents.

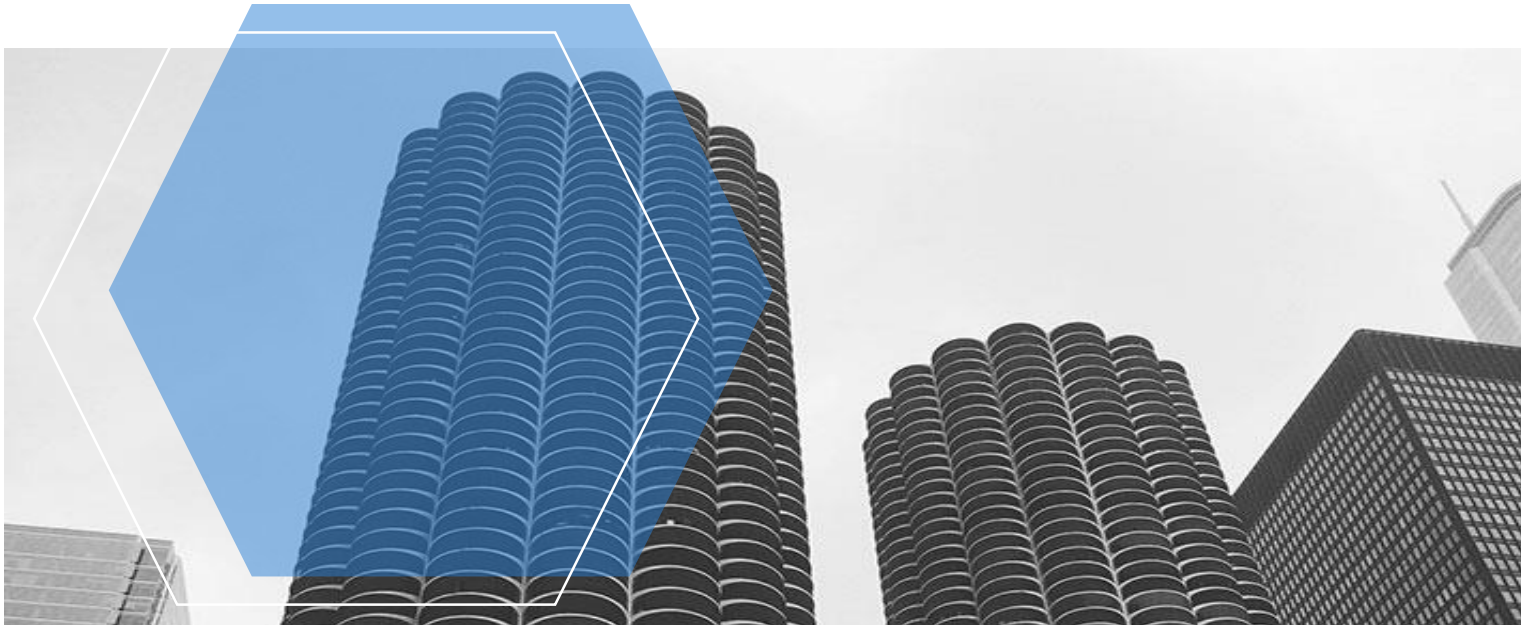
Work can be difficult to balance as a graduate student. For younger children childcare is needed. For school-age children, we can manage a bit better, as much of their day is spent in school. After school care can be an option, however may be expensive and the additional cost may become another stressor. For families with high adolescents, there is less concern for supervision and activities; however adolescents require a different kind of support. There are some families that are fortunate to have grandparents involved in childcare and activities. Be aware that you do not want to overburden them either and take advantage.

Fortunately, the NLU graduate counseling program remains virtual and this has been a blessing in so many ways. You can meet the needs of your household and family, without disruption in your class and study time. My advice would be to plan as much as possible. Sometimes you need to lock the door to concentrate and that might be hard with little ones. I have considered renting a desk at a business so I could complete special assignments. It is imperative to seek support in advance when you have papers or projects due. I know several people with little ones that do homework after the children are in bed. If you have a long lunch break at work you can bring your notes to work and study. There are apps on the phone and computers where you can scan text and convert your notes to an audiobook. I listen to my readings for class while I'm running errands with the kids and even cleaning my house.

If you are the parent with childcare responsibilities, there needs to be a discussion with your partner to create a plan to address the potential stress you might experience as a graduate student. If you are a single parent, it would be good to have a support system to help with parenting responsibilities and extracurricular activities with children.

Personally, I depend on my spouse who leaves work early on school days to help and when that is not possible, I have my parents for backup. Overall friends and family are a great resources and we all need help sometimes.

Life is about balance and juggling. Take on only what you know you can handle. It is good to share with others in your life about your graduate work; individuals may even offer to help. The best advice is to plan and have a support system in place. It will be difficult at times. You will need to ask for help even if it is hard to do so. At the end of this you will have your master's degree and your family will be your loudest cheerleader at your graduation!



ICA: Illinois Counseling Association

Registration for the 2021 Annual Conference has opened! Choose your own conference experience - in person, virtual, or a combination of both!

Pre-Conference Registration
Main Conference Registration
Virtual Conference Registration
Exhibitor / Sponsor Registration
Student Member Volunteer Registration
Hotel Reservations

Recorded Webinars: Additional Webinars for purchase on the ICA website from many of our divisions. **BROWSE AND REGISTER TODAY!**

Upcoming Events

ICA's 73rd Annual Conference - Virtual Webinars

10/29/2021 » 12/31/2021

ICA

ICA's 73rd Annual Conference Exhibitor & Sponsor Registration

10/29/2021 » 10/30/2021

Location: Lisle, Illinois

ICA

Tuesday, November 16, 2021

IMHCA: Addressing Ethics and Best Practices in Supervision for Counselors & Social Workers

11/16/2021

Time: 9:00AM-4:00PM

IMHCA: Addressing Ethics and Best Practices in Supervision for Counselors & Social Workers

Saturday, November 20, 2021

IMHCA: NCMHCE Test Prep

11/20/2021 » 11/21/2021

Location: Skokie, Illinois Time: 9:00 AM - 4:00PM

IMHCA: Addressing Ethics and Best Practices in Supervision for Counselors & Social Workers

Tuesday, November 30, 2021

IASGW Monthly Peer Support Group

11/30/2021

Time: 6:00pm

IASGW Monthly Peer Support Group
Friday, December 3, 2021

IMHCA: 2 Day Workshop Presentation: Starting, Maintaining, and Expanding a Private Practice
12/3/2021 » 12/4/2021
Time: 9:00 AM - 3:00PM
IMHCA: 2 Day Workshop Presentation: Starting, Maintaining, and Expanding a Private Practice
Tuesday, January 25, 2022

IASGW Monthly Peer Support Group
1/25/2022
Time: 6:00pm
IASGW Monthly Peer Support Group
Tuesday, February 22, 2022

IASGW Monthly Peer Support Group
2/22/2022
Time: 6:00pm
IASGW Monthly Peer Support Group
Wednesday, February 23, 2022

Group, Peer, and Triadic Clinical Supervision Strategies: Best Practices
2/23/2022
Time: 9:00AM-4:00PM
Group, Peer, and Triadic Clinical Supervision Strategies: Best Practices
Friday, March 4, 2022

IMHCA Annual Conference- Friday
3/4/2022
Location: Oakbrook, Illinois Time: 9:00 AM

IMHCA Annual Conference- Friday
Saturday, March 5, 2022

IMHCA Annual Conference- Saturday
3/5/2022
Location: Oakbrook, Illinois Time: 9:00 AM
IMHCA Annual Conference- Saturday
Sunday, March 6, 2022

IMHCA Annual Conference- Sunday
3/6/2022
Location: Oakbrook, Illinois Time: 9:00 AM
IMHCA Annual Conference- Sunday
Friday, March 11, 2022

IMHCA: 2 Day Workshop Presentation: Starting, Maintaining, and Expanding a Private Practice
3/11/2022 » 3/12/2022
Location: Northbrook, Illinois Time: 9:00 AM - 3:00PM

IMHCA: 2 Day Workshop Presentation: Starting, Maintaining, and Expanding a Private Practice
Friday, March 18, 2022

12th Annual ICA Southern Spring Conference
3/18/2022
Location: Collinsville, Illinois Time: 8:45AM-4:30PM
12th Annual ICA Southern Spring Conference
Saturday, March 26, 2022

IMHCA: NCMHCE Test Prep
3/26/2022 » 3/27/2022
Time: 9:00 AM - 4:00PM
IMHCA: NCMHCE Test Prep
Saturday, April 2, 2022

ICA Executive Committee Meeting - Virtual Format
4/2/2022
Time: 10:00am

ICA Executive Committee Meeting - Virtual Format
Thursday, April 21, 2022

Assessing Boundaries and the Supervisory Relationship
4/21/2022
Time: 9:00AM-4:00PM
Assessing Boundaries and the Supervisory Relationship
Saturday, April 23, 2022

ICA Governing Council Meeting
4/23/2022
Time: 9:00am
ICA Governing Council Meeting
Saturday, June 4, 2022

ICA Executive Committee Meeting - Virtual Format
6/4/2022
Time: 10:00am
ICA Governing Council Meeting
Saturday, June 11, 2022

IMHCA: NCMHCE Test Prep
6/11/2022 » 6/12/2022
Time: 9:00 AM - 4:00PM
IMHCA: NCMHCE Test Prep
Friday, June 17, 2022

IMHCA: 2 Day Workshop Presentation: Starting, Maintaining, and Expanding a Private Practice
6/17/2022 » 6/18/2022
Time: 9:00 AM - 3:00PM

IMHCA: 2 Day Workshop Presentation: Starting, Maintaining, and Expanding a Private Practice
Saturday, June 25, 2022

ICA Governing Council Meeting
6/25/2022
Location: Schaumburg, Illinois Time: 9:00am

ICA Governing Council Meeting
Friday, September 16, 2022

IMHCA: 2 Day Workshop Presentation: Starting, Maintaining, and Expanding a Private Practice
9/16/2022 » 9/17/2022
Time: 9:00 AM - 3:00PM
IMHCA: 2 Day Workshop Presentation: Starting, Maintaining, and Expanding a Private Practice
Friday, December 2, 2022

IMHCA: 2 Day Workshop Presentation: Starting, Maintaining, and Expanding a Private Practice
12/2/2022 » 12/3/2022
Time: 9:00 AM - 3:00PM
IMHCA: 2 Day Workshop Presentation: Starting, Maintaining, and Expanding a Private Practice

**HAVE AN
AMAZING FALL
TERM EVERYONE!**

**THIS NEWSLETTER WAS CREATED BY GRADUATE ASSISTANTS
KIM CHO AND RYAN MUIR, CLASS OF 2022**