

Beta Rho Chi

CSI NEWSLETTER

FALL, 2023

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welcome

Hello and Welcome to the 2023-2024 School Year!

By Nadiya Boyce-Rosen, President

I am excited to lead our Beta Rho Chi chapter alongside our amazing leadership board. I've served as the president of a CSI chapter twice, and there's a good reason why. CSI's mission to promote scholarship, research, professionalism, leadership, advocacy, and excellence in counseling serves as a reminder to emphasize the growth and development of our chapter members. This year, we want to keep carrying out CSI's goal.

Numerous local, state and federal legislation and policy developments directly impact the counseling profession. A recent development is the **counseling compact**, which will grant licensed counselors the privilege to work in several states. This benefit significantly increases the number of people and populations accessing essential counseling services. Even if you are fully licensed or currently completing your master's, it's crucial to understand how this change will affect you and your clients or students.

Change is an opportunity. Change is what enables creativity, growth, and action. **Awareness, Kindness, and Advocacy** are the 3 words I'm using to guide me in making change this school year. *Awareness* allows us to understand the culture and concerns of our communities and the nuances of new legislation. *Kindness* is how we connect, see our common humanity, and embrace our differences. *Advocacy* is our tool and strategy to apply our counseling skills and make change for our community and profession.

I invite you to get involved! We are launching our community engagement committee and always need mentors and mentees for our wonderful mentorship program. Remember: your voice matters; small actions can lead to big change.

PILLARS

Pause: In a world of constant stimuli, pause. Whether for a minute, an hour, or a day, this momentary break can help recenter your mind and soul.

Introspect: Delve into self-reflection. What does your soul long for? What brings joy to your heart? Recognize these needs and desires as valid and vital.

Love: Embrace self-love. Remember that you deserve kindness, love, and understanding, just as you give these to your clients.

Learn: Engage in lifelong learning to sharpen your counseling skills for personal growth and enrichment. This could be through books, courses, or meditative practices.

Affirm: Speak life into yourself. Affirm your worth, your capabilities, and your journey. These affirmations pave the way for a healthier mind and soul.

Relationships: Cherish and nurture your relationships. They serve as a refuge, offering solace, understanding, and joy. Remember, it is okay to lean on others just as they lean on you.

Savor: Take time to savor life's big and small moments. This mindfulness practice enhances appreciation, gratitude, and contentment.



The Wellness Journey

By Clara Bossie, Vice President

In the ever-demanding realm of counseling, we journey through the ebbs and flows of our client's emotions. We compassionately lend an ear and a helping hand to others, often forgetting to extend the same grace to ourselves. Just as we tell our clients, self-care is not a luxury- it is a necessity for those in the counseling profession. Wellness is not merely the absence of illness or the prime physical condition. Wellness includes nourishing the soul, fostering personal growth, deepening relationships, and embracing self-love. Being well mentally, emotionally, and spiritually equips us to guide our clients more effectively, and it also sets a precedent for them; a testament to the power of self-care. You can begin to integrate a holistic approach to wellness by considering PILLARS.

Ultimately, wellness should not just be about warding off burnout; instead, a way toward thriving, growing, and continually evolving into better versions of ourselves. In your journey, remember that being well doesn't mean being perfect. It means being present, being compassionate to oneself, and being proactive in seeking what nourishes the soul.

"Being well mentally, emotionally, and spiritually equips us to guide our clients more effectively"

As you read this, we at Beta Rho Chi urge you to take a moment today (and every day) to check in with yourself and truly embrace PILLARS. Your well-being is worth every effort, and the ripples of that well-being touch every life you encounter. Be the beacon of wellness you wish to see in the world.

Beta Rho Chi

On the Road!



AARC

2023 Conference | Sept 8-9 | Nashville, TN



ACES

2023 Conference | Oct 11-15 | Denver, CO
Active master's student member? Get a 50% registration discount, code found in the "Current Member Discounts" dropdown in your CSI member profile.



SAIGE

2023 Conference | Oct | Virtual



FSCA

2023 Convention | Oct 26-28 | Daytona Bch, FL



IAMFC

2024 Conference | Feb 1-3 | St. Petersburg, FL
Call for proposals! Due by August 31st



FMHCA

2024 Conference | Feb 2-3 | Lake Mary, FL



EBSCC

2024 Conference | March 7-9 | ONLINE
Call for proposals! Due by October 4th



ACA

2024 Conference | April 11-14 | New Orleans, LA

Fall

EVENTS

CSI Beta Rho Chi Chapter

Member & Mentorship Mingle

When: Wednesday, Sept. 20th @3pm -4 pm

Where: ED-112

Member Host: Nadiya Boyce-Rosen, nrosen2021@fau.edu

Mindful Moments

When: Select Dates @ 3:30 pm

[Fall Dates: Mon 9/25; Wed 11/29]

Where: Zoom & In-person (*ED room# coming soon*)

Join via Zoom:

Mon, 9/25 Meeting ID: 841 1445 9157, Passcode: 143

Wed, 11/29 Meeting ID: 891 6450 6612, Passcode: 143

Member Host: Clara Bossie, CBossieGonza2020@FAU.Edu

Advocacy Vision Board ArtShop

When: Wednesday, Nov 8th @ 3pm-4:15pm

Where: ED-457

Member Host: Nadiya Boyce-Rosen & Clara Bossie

Bridging the Gap: Imposter Syndrome, Pursuit of Perfection, and Ensuring Longevity in Counseling with speakers Jon Davis, LMHC and Ara Mascarenas, M.S.

When: February 2024

Where: TBA

Member Host: Nadiya Boyce-Rosen

Event Questions? brc-csi@fau.edu

"be intentional"

-Kelly Emelianchik-Key, Ph.D

Beta Rho Chi

Be On the Lookout!

[College of Education Scholarships](#)

[NBCC Scholarships and Fellowships](#)

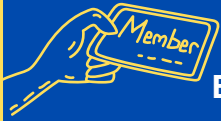
[CSI -Grants and Awards](#)

[CSI Leadership Essay Contest](#)

[ACES Diversity Conference Scholarship](#)

*Click Title to learn
More!*





Becoming a CSI Member

CSI Membership is offered through chapter invitation only to students and graduates of Beta Rho Chi's CACREP-accredited counselor education program who meet the membership eligibility criteria below:

- Students must have completed at least one semester of full-time graduate coursework in a counselor education degree program
- Earned a grade point average of 3.5 or better on a 4.0 system,
- Recommended and endorsed for membership by the chapter, including promise for a capacity to represent the best about professional counseling through appropriate professional behavior, ethical judgment, emotional maturity, and attitudes conducive to working to advocate for wellness and human dignity for all.

Please contact Jessi Broom (jbroom2022@fau.edu), CSI membership chair if you are interested in joining CSI.

Beta Rho Chi Needs Assessment

Complete our [needs assessment](#)! We're excited to learn how we can support you this year.



Leadership Opportunities

Get involved with CSI! We are looking for leaders and members for the committees below:

- Mentorship Committee
 - Mentorship Chair
 - Mentors
 - Mentees
- Community Engagement Committee
 - Community Engagement Chair
 - Committee Members

Interested? brc-csi@fau.edu



Beta Rho Chi *Officers*



Nadiya Boyce-Rosen,
M.Ed, NCC, RMHCI, APC

President



Rachel Saunders

President-Elect



Clara Bossie, MS. LMFT-QS

Vice President



Elizabeth Rodriguez

Treasurer



Erin Maharaj

Secretary



David Alphonso

Emerging Leader



Kelly Emelianchik-Key,
Ph.D., LMHC, LMFT, NCC, ACS

Faculty Advisor



Ayse Torres, Ph.D., CRC, LMHC

Faculty Advisor



