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#### CSI Officers:

Laura Clausen  
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Elizabeth Dettinger  
**President Elect**

Naomi Tabassum  
**Treasurer**

Natalie Reiser  
**Secretary**

Michelle Wilson  
**Social Chair**

Ashley Krinke  
**Public Relations**

Stephanie Gramlow  
**Outreach/Advocacy**

Leigh McNichols  
**Past President**

Dr. Carol Buchholz Holland  
**Faculty Advisor**

# CONNECTIONS

NU DELTA SIGMA CHAPTER NEWSLETTER

CHI SIGMA IOTA

NORTH DAKOTA STATE UNIVERSITY

VOLUME 1, ISSUE 1

DECEMBER 2011

## A Fresh Start

Upon the semester close, the members of Chi Sigma Iota (CSI) Nu Delta Sigma Chapter would like to share with everyone the news, accomplishments, and daily happenings of the North Dakota State University (NDSU) Counselor Education Program. As the chapter president, I feel as if the current executive team and chapter members have made great strides to continue the tradition of a successful organization.

CSI is an international honor society that promotes value and excellence in academic and professional settings in the counseling field. Nu Delta Sigma chapter strives to help young professionals develop a strong professional identity through the promotion of scholarship, research, professionalism, leadership, advocacy, and overall excellence in counseling practice. The first Chi Sigma Iota chapter was founded at Ohio University in 1985. Today, CSI has over 78,000 Initiates, with our local chapter having sixteen members. We look forward to adding new members every year to continue in the tradition of growth and prosperity in our field of practice. In order to initiate, a scholar must achieve a 3.5 cumulative GPA on a 4.0 scale, and have completed at least nine credit hours of graduate course work in a counseling program. CSI members are well recognized in their respective programs for the outstanding academic achievements and personal integrity.

Nu Delta Sigma has been faced with the challenge of continuing to structure the organization, so the young professionals involved can preserve the long standing benefits that an organization such as this can provide. The current members have met this challenge head on and are successfully completing tasks that will benefit not only CSI members at NDSU, but the entire NDSU Counselor Education Program. Following in this newsletter, information will be shared about new faculty, awards the program and educators have received, the happenings of the current students, CSI's fall advocacy project, and much more. Enjoy!

By: Laura Clausen-Johnson

## Meet the CSI Nu Delta Sigma Chapter Officers

### Laura Clausen—Johnson President



**Hometown:** Everywhere and Nowhere - Home is where ever my family is, and those locations are vast and varied.

**Undergrad:** University of South Dakota - B.S. Psychology

**Graduate Track:** Community Counseling

**Counseling Inspiration:** During my undergraduate, a close friend completed a suicide. Through his mental strife, I became more familiar with the mental health world. That was compiled by some wonderful professors at my undergraduate university who taught classes that inspired me.

**Dream Vacation:** Catamaran around the Greek Isles

### Beth Dentinger President Elect



**Hometown:** Woodbury, MN

**Undergrad:** B.S. in Psychology, NDSU

**Graduate Track:** Clinical Mental Health

**Counseling Inspiration:** I have always been very interested in human behavior and psychology. Although I was very focused on clinical psychology for most of my undergraduate career, I realized that I wanted to focus on the person, as opposed to the disorder or research.

**Dream Vacation:** Jamaica!! :)

### Naomi Tabassum Treasurer



**Hometown:** Lowry, MN

**Undergrad:** B.A. in Psychology from the University of Minnesota, Twin Cities

**Graduate Track:** Clinical Mental Health

**Counseling Plan:** I'm interested in working in an outpatient setting with adolescents and/or adults. I have a lot of interest in multicultural issues involving privilege and oppression issues. I'm also interested in Eastern methods such as mindfulness and meditation.

**Dream Vacation:** Traveling to some remote location that might involve mountains to climb, streams to swim in, horses to ride, and nature to explore.

### Natalie Reiser Secretary



**Hometown:** Turtle Lake, ND

**Undergrad:** NDSU, B.S. in Psychology

**Track:** School

**Counseling Plan:** As a ND FFA state officer, my work building leadership and career skills in young individuals was extremely satisfying. That rewarding experience led me to realize that I would like to continue supporting youth as a school counselor. Hopefully I will one day be in a rural setting where I can be involved with both elementary and high school students.

**Dream Vacation:** Spring training in Fort Myers, FL (Mornings at the ball-parks and afternoons on the beaches!)

## Meet the CSI Nu Delta Sigma Chapter Officers

### Michelle Wilson Social Chair

**Hometown:** Grafton, ND

**Undergrad:** BA in Sociology & Religion, University of North Dakota

**Graduate Track:** Clinical Mental Health, addictions counselor certification through NDBACE

**Counseling Plan:** I can't imagine a better way to

spend my professional career than supporting people who have been affected by alcohol or drugs. Embedded in this larger interest are issues of trauma recovery, shame, relationships, intimate partner violence and co-occurring disorders. I honestly have no clue where this path will take me, but I'm open to what lies ahead.

**Dream Vacation:** The United Kingdom

### Ashley Krinke Public Relations Chair

**Hometown:** Granville, ND

**Undergrad:** Elementary and Technology Education, VCSU

**Graduate Track:** School

**Counseling Inspiration:** I have taught for 3

years and have found that if I cannot reach my students on a deeper level their learning suffers. My hope is to allow my counseling background to integrate into my classroom and to also one day work as a counselor within the school.

**Dream Vacation:** Egyptian Pyramids

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."

**John Quincy Adams**

### Stephanie Gramlow Outreach/Advocacy Chair

**Hometown:** Fullerton, ND

**Undergrad:** NDSU, B.S. Human Development and Family Science, Minor in Psychology

**Graduate Track:** Clinical Mental Health

**Counseling Plans:** I volunteered at a weekend grief camp for kids two

years ago, and absolutely loved it. After I leave this program, I hope to work with bereaved persons either at hospice or in another setting. Right now I plan to work with children and their families, but I look forward to exploring other possibilities in internship.

**Dream Vacation:** Italy (mainly for food & wine)

### Leigh McNichols Past President

**Update:**

This year is flying by. A couple weeks ago my Kindergarteners just celebrated being in school for 50 days and now we are at the end of the first trimester. Seeing their celebration has been a little reminder for myself to do the same. I am glad to say that I survived my first NDSA testing whirlwind. Learning the little ins and outs of the test still have my head spinning. Moving into my second trimester, I am looking forward to getting into the classrooms more to present guidance lessons to students, which teachers have requested me to do, which is GREAT and a big THANKS to them. I have had a blast so far this year in getting to know students, parents, and staff at both Ben Franklin and Lewis & Clark Elementary in Grand Forks Public Schools. Hope all of you have had a great beginning to the year as well. Remember the little accomplishments that have happened to you so far, even though they may be small to you, they may have had a great impact for others.

## Clinical Mental Health Internships Sites

As you are progressing through your classes and practicum, you may have started thinking about what population you'd like to work with, and in what capacities. Before you know it, it will be time to start applying for internships! As you consider how you'd like to hone your skills (OK, experiment with skills), start to gather some information about what internships are going to be available in the fall.

Here is list of several locations that are predicted to be accepting interns for the Fall '12 and Spring '13 semesters.

### Established internship sites:

Catholic Charities of North Dakota- This site works with the general population providing individual, group, marriage, and family counseling.

[www.catholiccharitiesnd.org](http://www.catholiccharitiesnd.org)

Rape and Abuse Crisis Center- This site primarily works with individuals dealing with domestic violence, sexual assault and child sexual abuse, as well as battering. The RACC offers individual counseling and group counseling at its site, as well as groups for children and adolescents in the school settings. Interns will be working with adolescents and adults.

[www.raccfm.com](http://www.raccfm.com)

Prairie St. John's Psychiatric Hospital- This counseling internship is in an inpatient setting that is split between the adult units and the child and adolescent units. Counseling is delivered primarily through group work. The client population is primarily being treated for mental illness, chemical dependency, and/or dual diagnosis.

<http://prairie-stjohns.com>

Concordia counseling center- This college campus counseling center offers group and individual counseling for the student population.

[www.cord.edu/Offices/Studentaffairs/counseling1.php](http://www.cord.edu/Offices/Studentaffairs/counseling1.php)

NDSU counseling center- This college campus counseling center offers group and individual counseling for the student population.

<http://www.ndsu.edu/counseling/>

### New internship sites:

Integrated Counseling Services- This site is a private practice owned and operated by Dr. Carol Follingstad. This counseling center does a lot of work with women and Native Americans. This site primarily offers individual and group counseling.

Benson Psychological Services- This site offers individual, couple, and group counseling, but primarily delivers groups for individuals struggling with sexual disorders and dysfunctions, including sexual offenses.

[www.bensonpsychologicalservices.com](http://www.bensonpsychologicalservices.com)

By: Naomi Tabassum



### Here are some of the logistics

- **For the M.Ed. track:** Your internship will require about 25 hours a week to gather your 900 total hours. Of those 900 hours, you are required to complete 240 hours of individual counseling as well as one hour a week meeting one on one with your supervisor.
- **For the M.S. track:** Your internship will require about 16 hours a week to gather your 600 total hours. Of those 600 yours, you are required to complete 240 hours of individual counseling as well as one hour a week meeting one on one with your supervisor.

If you are interesting in interning at a site that has not already been approved by the Counseling Education department, here are some things to consider: Your supervisor must have two years experience as a counselor, they must have a Master's degree in counseling or a related field, and they must be currently licensed as an LPC or related. CACREP also requires supervisors of interns to have completed some training in supervision.

### Tips for choosing an internship

- Don't apply to every one! Find the site or sites you are interested in and focus on those.
- Don't accept an internship you aren't sure about! If you know what populations you are or aren't interested in, don't compromise those interests.
- Be careful of private practices! They often don't have enough clients for you to fulfill your hour requirements.
- Consider the hours of operation of your potential site. If your clinic is open holidays and weekends, you will be working those hours. Also, some sites require you carry an on call phone.
- Learn as much as you can about your potential site! Most internship sites will host open houses for potential interns. In this case, you will get an email reminder so keep an eye out!

*"Learn as much as you can about your internship site."*

## Seasonal Affective Disorder

It's dark out at 5 pm, the bitter cold bites through your thickest parka, and your car needs to be shoveled out on a daily basis. To make matters worse, you can't shake the melancholy feeling that has settled over you. Although many would simply dismiss this as one of the many consequences of a North Dakota winter, it may be more than just the wintertime blues.

Seasonal Affective Disorder (SAD) is a mood disorder that is classified as a subtype of Major Depressive Disorder within the *Diagnostic and Statistical Manual of Mental Disorders* (DSM). SAD is characterized by its reoccurring depressive or bipolar episodes during key seasonal periods, such as the dreaded winter. However, these episodes cannot be attributed to psychosocial stressors that usually coincide with the season in which the episodes are occurring (for example, Christmas shopping or family gatherings). To meet diagnostic criteria, the seasonal episodes must also outnumber non-seasonal episodes and have occurred for at least two years.



*Story continued on page 6...*

The most popular explanation for the occurrence of SAD is the large decrease in exposure to sunlight that most individuals experience when the days get shorter and the air gets colder. This is supported by the very effective treatment option of light therapy. Other therapy options include cognitive behavioral therapy and the use of antidepressants in pharmacotherapy.

For professional counselors, recognizing SAD can be a difficult, yet important, task. Due to the unique specificity of this mood disorder, proper diagnosis will facilitate more effective treatment for your clients.

By: Natalie Reiser

### Did You Know?

In rare cases, SAD has a reverse seasonal pattern, with depression occurring only during the summer months.



### For further information, please view the resources below:

<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0002499/>

Lurie, S. J., Gawinski, B., Pierce, D., & Rousseau, S. J. (2006). Seasonal affective disorder. *American Family Physician*, 74(9), 1521-1524.

## SARA Hotline Provides CNED Students Opportunity for Service & Crisis Experience

According to the Department of Justice, just under 3% of college women will become victims of rape in a single academic year. This is across the country and not contingent on location or size of academic institution. In response to this reality, NDSU created a position to address Sexual Assault prevention in 2010. Along with prevention efforts, Sarah Dodd was able to secure grant funding for a Sexual Assault Recourses and Advocacy (SARA) hotline. The hotline is designed to be an affirmative, secure, and confidential reporting mechanism for NDSU students who have encountered sexual abuse, assault or coercion regardless of location.

Along with 2<sup>nd</sup> year clinical mental health student, Sam VanWechel, I have had the privilege to serve on the SARA hotline since its beginnings in August of this year. The extensive training Sarah Dodd designed has thoroughly enriched our knowledge of sexual assault on college campuses. This knowledge is not only beneficial in doing hotline work, but has also enhanced our ability to serve as advocates for people who encounter sexual violence. Not only does the SARA hotline answer a definite need in the NDSU community for a safe college experience, but it's just one of the incredible service opportunities professional counselors in training can use to better meet the needs of people we serve.

By: Michelle Wilson

### Program Information:

Sarah Dodd (701-231-5733)

NDSU Assistant Director, Sexual Assault Prevention Programs/Office of Student Life

**SARA Hotline: 701-730-6149**

"SARA hotline is just one of the incredible service opportunities professional counselors in training can use to better meet the needs of people we serve."

## NDSU Counselor Education Program Receives National Award

At the recent NCACES conference in Nashville, Tennessee the NDSU's Counselor Education Program received the *Innovative Counselor Education Program Award for 2011*. This award honored an outstanding, innovative, and unique counselor education program at an institution in the NCACES Region. Supporting the NDSU nomination with letters to the NCACES awards committee were PhD student Amber Bach-Gorman and Master's students Jennifer Lambrecht and Samantha VanWechel. Amber's letter of support echoed, "I am proud to say that the reputation that our faculty have of being "cutting edge" and leaders in the field is outstanding". Jen and Sam's support letter continued stating, "This program has allowed us as students to not only gain a remarkable education in the field of counseling but also work with the newest technology in our field". Laure Clausen, President of CSI and Elizabeth Dentinger, President Elect of CSI, sent additional letters of support. In it they stated, "North Dakota State University's CACREP accredited program offers an outstanding education that prepares its students for their entry into the professional counseling field. NDSU facilitates the use of impressive technology and teaching strategies to give counselor education students the opportunity for growth in all areas of their lives".

Additionally, Dr. Robert C. Nielsen was honored as the *NCACES Outstanding Supervisor for 2011*. This award honors an individual in NCACES who has demonstrated outstanding work as a supervisor in a university, community/mental health counseling, or school setting. Letters supporting Bob's nomination were sent by CSI members, Amanda Weston and Mary Burchill. Amanda expressed in her letter that Dr. Nielsen "has a gift for using wit and wisdom to relieve the anxiety that can often accompany a counselor's first experience with clients in the field. His knowledge in many different theoretical orientations made him an excellent resource and guide during an exploratory stage in my development as a counselor". Mary's letter of support stated, "Dr. Nielsen is not only a dedicated supervisor, but he also has an immense enthusiasm for his work with supervisees. His passion for counseling is made known through his work".

As a member of CSI and a student of the NDSU Counselor Education Program, I am proud to congratulate the program and Dr. Nielsen for being honored with these two distinguished awards.

By: Ashley Krinke



Dr. Korcuska,  
Dr. Nelson, & Dr. Hall

Accepting the Program  
award in Nashville



Dr. Nielsen

## A Fresh New Face: Meet Dr. Korcuska

Dr. James Korcuska, is the newest addition to the faculty of the NDSU Counselor Education Program. I recently had the wonderful opportunity to sit down with Dr. Korcuska and get to know him a little bit better.



*Describing his doctorate experience as “intense in a good way”, he attributes his energy, love for what he was doing, stubbornness and unbelievable support system as reasons why he was able persevere and work on his doctorate while working full time*

If you have had the opportunity to be in one of Dr. Korcuska’s classes this fall, or have talked with him at all, you are probably very aware of the fact that he has a lot of energy. It’s rare that he’s not walking around, gesturing, and getting very excited about the material he is covering in his lectures. This kind of energy served Dr. Korcuska well while he was obtaining his Masters and Ph.D. Dr. Korcuska worked part time while pursuing his Masters at Walsh University, in North Canton Ohio, and was working full time at Walsh University while working on his doctorate at Kent State. Describing his doctorate experience as “intense in a good way”, he attributes his energy, love for what he was doing, stubbornness and unbelievable support system as reasons why he was able persevere and work on his doctorate while working full time. In fact, Dr. Korcuska was the only one in his cohort who worked and went to school who finished their doctorate! This experience impacted him as a professor in that he realizes the importance of making classroom time meaningful and he likes to reduce seat time and increase flexibility.

Dr. Korcuska describes his route to the counseling field as long and winding. For him, it was more of a process of elimination and not knowing exactly what he wanted, but knowing that he would know it when he found it. After obtaining his Bachelor’s in English, Dr. Korcuska was managing a college bar, with the goal being to work into a partnership and make enough money so he could go back and get his doctorate in English. Dr. Korcuska knew he wanted to go into counseling when one of his staff members boyfriend was killed in an accident. He states: “I ended up having an hour and a half conversation with her. I remember thinking: ‘That was the best part of my day’ and ended up thinking I wanted to go into counseling.” Dr. Korcuska feels that taking the time to figure out what he wanted to do and taking a long moratorium period was the smartest thing he ever did because not moving too quickly into a career was a good thing for him.

In regards to specialties or interest areas within the counseling field, Dr. Korcuska has spent a lot of time with adolescents and young adults, as well as adults in transition and substance-abuse related issues. Dr. Korcuska also had the opportunity to be supervised by a neuropsychologist and received a lot of training in testing and treatment planning because of this. He really values and appreciates that experience and thinks it is important to understand as a counselor. Dr. Korcuska also has a lot of experience with group work, and has taught Group Counseling courses, along with running various groups in his work at the Counseling Center at Walsh University.



If you are going to be taking a course with Dr. Korcuska, you might be interested in what some of his pet peeves are in regards to teaching. The big one is when students feel that the rules should apply to everyone else except themselves. For instance, saying that you know the syllabus says you can only miss one class, but you can't do that and have to miss more. Dr. Korcuska views it as a fairness issue and he has to either change it for everybody or hold you accountable. He feels that the worst way to introduce yourself to someone, is as the exception. As graduate students we should be held accountable for our actions and I feel that Dr. Korcuska's pet-peeve is spot on.

I also had the chance to gain some insight into what Dr. Korcuska thoughts on being a counselor. Dr. Korcuska feels that the best part of counseling is that very powerful moment when a client is revealing something really painful for the first time and the room gets very quiet. At the moment, all you have to do is just listen and just be there with them. He also feels that one of the most difficult parts of counseling is wanting so badly to be useful to someone and realizing that there are some things you cannot change. For this reason, Dr. Korcuska feels self-care is very important. One of his personal favorites is exercising or running as well as getting away on the weekends with his wife for some relaxation.

When I asked Dr. Korcuska how he was liking North Dakota so far, he said that he loves the demographic and how people have the ability to poke fun at themselves. According to Dr. Korcuska, the Fargo-Moorhead area is a little more edgier and hipper than South Dakota. I think Dr. Korcuska fits right in.

By: Beth Dentinger

## Quick Facts

**Originally from:** Cleveland, Akron area of Ohio

**Dissertation:** Relationship of Masculine Gender Role Conflict and Undergraduate Drinking and Related Health Risk Behaviors. (This article has been cited about 40 to 50 times!!!)

**Family:** Wife and two kids. Lisa, Hannah and Owen

**Favorite kind of food:** Sushi

**Qualities of a Good Counselor:** Being able to forgive yourself, and an interest in people

**Favorite Sports Teams:** Cleveland Browns and Cleveland Indians

## Upcoming Events

### ~ TIS' THE SEASON ~

**WHAT:** Rape and Abuse Crisis Center Holiday Room – A day of gifts, wrapping, cookies, and hot chocolate.

**WHEN:** December 10, 2011 with volunteer shifts from 9:00-1:00 and 1:00-4:00. There will be also a social in the evening for NDSU Counselor Education students and faculty.

**WHERE:** 317 8<sup>TH</sup> ST N; Fargo, ND



**WHAT:** NDSU Counselor Education Holiday Party – Families, spouses, significant others, staff, & alumni are welcome to join.

**WHEN:** December 10, 2011 7:00pm

**WHERE:** Fargo Billiards and Gastro Pub - 3234 43rd ST. S; Fargo, ND



### ~ WINTER CONFERENCES ~

**WHAT:** Prairie St. John- Fall Conference- Topic is Self-Injurious Behavior

**WHEN:** December 14, 2011 from 8 am to 4 pm

**WHERE:** Holiday Inn, Fargo ND

**WHAT:** NDCA Midwinter Conference February 5-7, 2012

**WHEN:** February 5-8, 2012

**WHERE:** Ramkota Best Western Bismarck, ND



### Advocacy & Outreach Contact

If you would like more information about any of the advocacy projects, please contact Stephanie Gramlow.

Stephanie.Gramlow@my.ndsu.edu

## Upcoming Events

### ~ ANNUAL CONFERENCES ~

**WHAT:** ACA 2012 Annual Conference and Exposition

**WHEN:** March 21-25, 2012

**WHERE:** San Francisco, CA

**WHO:** Keynote Speaker Irvin D. Yalom

<http://www.counseling.org/convention/>



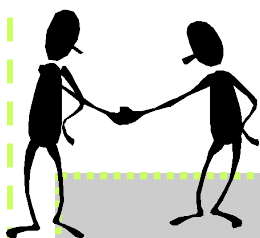
**WHAT:** ASCA Annual Conference

**WHEN:** June 23-26, 2012

**WHERE:** Minneapolis, MN

**WHO:** Keynote Speaker Dan Savage

<http://www.schoolcounselor.org/content.asp?contentid=182>



## Bison Service Challenge

### LOG YOUR SERVICE HOURS

As a CSI group, we are trying to win the Bison Service Challenge. In order to win \$500 to donate to our favorite organization, we need to LOG HOURS ONLINE.

If you volunteer with a group or by yourself, log your hours online.

Here's how...

[www.ndsu.edu/mu/programs/volunteer\\_network/bison\\_service\\_challenge/](http://www.ndsu.edu/mu/programs/volunteer_network/bison_service_challenge/)  
 "Click" Student Organizations

Log your volunteer info & Use the following to help us meet our goal!

Organization's Name: "Chi Sigma Iota"

Organization's Email: [Stephanie.Gramlow@my.ndsu.edu](mailto:Stephanie.Gramlow@my.ndsu.edu)



Find us on  
**Facebook**

*Search "NDSU Counseling Program"*

## Counselor Education T-Shirts

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The CSI chapter at NDSU has designed t-shirts for the Counselor Education program! The t-shirts we have designed are simple and concise and serve to represent and unify the excellent program here at NDSU. The quote on the back of the t-shirt was chosen by President-Elect, Beth Dentinger and states: *"To know even one life has breathed easier because you have lived; that is to have succeeded."* – Ralph Waldo Emerson. This quote exemplifies the Counselor Education Program here at NDSU as we work to become helping professionals and advocate for our clients. The T-shirts can serve as a symbol of our program at local and national conferences, as well as serve as everyday pride wear.



### Share With Us

Email your news, announcements,  
and exciting life events to Ashley  
ashley\_smette@hotmail.com

Feel free to include a picture!  
~Wedding, baby, family trip, new job, update~

\*If you have a newsworthy article or story to share, please send to Ashley by February 26th! Our next newsletter is scheduled to come out in April.

### T-shirts For Sale

Contact: Beth Dentinger

Email: Elizabeth.Dentinger@my.ndsu.edu



\$15

CustomInk.com

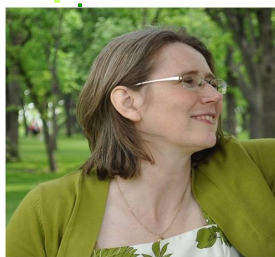


\$15

CustomInk.com

## Celebrations & Announcements

### NEW OPPORTUNITY

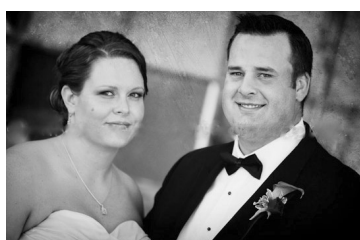


Susan Fullerton, 2010 NDSU graduate and former Lutheran Social Services therapist, is a newly hired child and adolescent therapist at Prairie St. John's. At

Prairie St. John's Susan will continue to practice Adlerian play therapy as she completes her certification. She will begin there in mid December. In January, Susan will also be attending training for trauma focused cognitive behavioral therapy at St. John's University, New York.

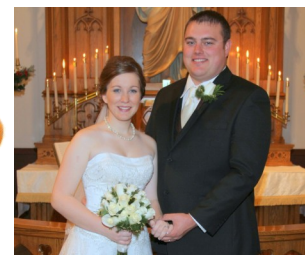


Ashley (Smette) Krinke, a  
first year student, & Shawn  
Krinke were married  
October 21, 2011



### WEDDINGS

On November 26, 2011  
Rebecca (Midgarden) Chyle, a  
first year student, & Adam Chyle  
were married



Laura Clausen-Johnson, a  
third year student, & John  
Johnson were married  
October 7, 2011