

NEIU
Counselor Education Student Association &
Chi Epsilon Sigma Chapter

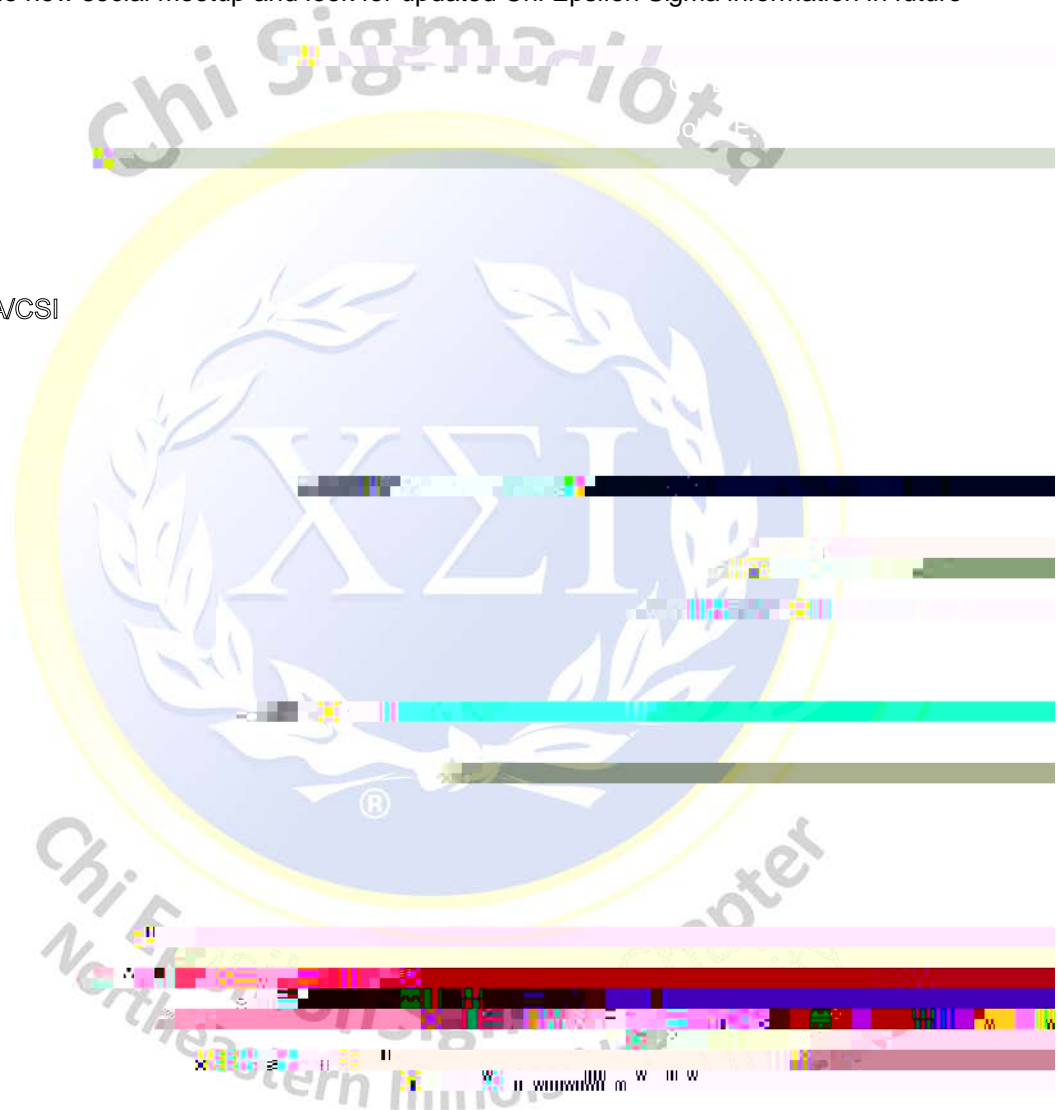
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President's Message

Good News! The semester is well underway and we have two events lined up for the program. The first event is the Chi Epsilon Sigma Chapter induction ceremony for the Chi Sigma Iota National Honors Society on March 15. The second event is a licensing panel on April 5th. You will not want to miss that one! Note the new social meetup and look for updated Chi Epsilon Sigma information in future

Upcoming CESACSI



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John Coumbe-Lilley, Marriage and Family Therapist Track

On Chi Sigma Iota (CSI) Membership

I was not thrilled to pay another \$50 for a student membership for CSI but I am glad I did. I attended a webinar called Good Grief Helping Clients Negotiate Grief and Loss Beyond D.A.B.D.A delivered by Dr Sadler-Gerhardt, Ph.D, LPCC-S. The webinars are free for graduate student members. The value of the webinar was \$39. After two of these I got my money back and more. The webinar was informative and used interactive polling to promote audience participation.

I attended this session because I was interested in how grief and loss worked from counselor and client perspectives. I was unsure how much training I might get during our program at NEIU. I listened to professors like Dr. Tejada, Dr. Bloom and Dr. Chen who recommended supplemental training and education through conference attendance and certification programs to augment our education at NEIU. The webinar I attended was timely and helpful for me. I took advantage of the opportunity and learned plenty I was unaware of. The webinar was recorded for later listening and handouts and slides were presented for attendees' use too. You could earn continuing education credit by attending the webinar and taking a follow up quiz.

I learned a few things I was unaware of. For example, while grief is a universal human experience, it is experienced individually. I learned new ways of thinking about the grief process because of the influences from culture, faith and gender. Grief can be an adaptive process. Nonlinear models are preferred over stage models. Nonlinear models mean individuals are treated as unique versus clumped together in a specific stage. I appreciated the criticisms of Kubler-Ross's DABDA model, including its prescriptive sequencing and linear expectations. Individuals can be actively engaged in their own grieving process and are not limited to passing through stages in sequence.

I found particularly interesting that everyone does not have to emote to go through the grief process. In fact, cajoling some folks to emote can be harmful and detrimental to their coping if they are not the kind of person to emote. I also learned that grief can have a strong physical impact, most notably a loss of energy, and emotions can range from hostility to sadness, and from guilt to yearning.

Particular grief models which caught my attention were a cultural example from the Navaho who used a modulated approach to grieve over a 4-day period ending with no conversation about the deceased. Another model proposed by Martin & Doka (2000) demonstrated a continuum of adaptive coping approaches. Ranging from intuitive emotional coping to instrumental cognitive and behavioral modulated expressions of coping, the adaptive coping models can be taught to clients and help them cope in their own ways over time. Emotional, behavioral and cognitive strategies might be employed, providing counselors with a range of opportunities as they work with different clients. I had no previous knowledge of the models and approaches discussed beyond the DABp (her)-6.3 d mii(al)-12.3 (-8 (w)-2.9 d1)-13.2 (uni759

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