



DELTA KAPPA

The Official Newsletter of The Lambda Chapter

What's Inside

- ◆ Letter from the President
- ◆ Welcome New Members
- ◆ Highlights from AAMFT
- ◆ Couples Retreat
- ◆ Natural Hair: Let's Talk About It
- ◆ Advocacy: Toy Drive
- ◆ Social Events: Past and Future
- ◆ T-shirts
- ◆ Mentorship Program
- ◆ The Induction Ceremony



Letter from the President

What an eventful year it has been for our student organization! The journey of establishing the Delta Kappa Lambda chapter was at times murky, but mostly very exciting. The success of the chapter is due to the devoted and hardworking board, as well as, our adviser Dr. Karin Jordan. We also own a big thank you to the MFT professors, who have encouraged their students' involvement.. Of course, the project would not have gotten off the ground without the support and guidance of Dr. Jordan, who has been a major source of strength the board has drawn upon. I personally want to thank each board, committee and staff member for sharing the vision and sparing time in your busy schedules Thank you, everyone!

The MFT program has been energized by the honor society. The presence of the society in and of itself is an honor, but it also lends credibility to our program, as we have had interest from community organization to collaborate with us. Our chapter is a means for strengthening the reputation





Chapter Board Members

Faculty Advisor:

Dr. Karin Jordan

President:

Uliah Fisher

President Elect:

Megan Vitek-Ward

Past President:

Katie Wooton

Secretary:

Noelle Chapelle-Zamudio

Community Involvement:

Molly McDowell-Burns

Treasurer:

Symphonie Smith

Historian:

Michael Pennington

Membership & Mentorship:

Amber Fensler & Lauren Stevens

Committee:

Kay Metzler, Amanda Stanley & Zen Davis

of the MFT profession locally and possibly statewide in the future.

The events and programs we have held thus far have been successful in engaging our students. And, how about the awesome new t-shirts! The major events are still to come. The new member induction ceremony will be held on May 1st, 2015, the 2015 Spring Workshop will be held on May 22nd, 2015 (see inside for more details), as well as, social and community events.

Highlights From AAMFT

By: Kay Metzler



Coming from the business consulting field, attendance at conferences is not a new occurrence. As a full time student, the new experiences as a future MFT began with the realization that neither a client nor my company was paying for the costs so my prevailing choice was to attend the 2014 AAMFT Annual Conference as a volunteer which cost only \$50.

Overall, the benefits far outweighed the time away from home spent studying. The benefits began at the Volunteer Orientation where I had the opportunity to become better acquainted in a more relaxed environment with key members of AAMFT's main office and Board, UA professors Dr. Patton and Dr. Katafiasz, UA doctoral students, Ohio MFT members, and many many many therapists. Our volunteer experience began in Orientation where it was clearly explained, "Regardless of your role, if anyone introduces themselves with the last name of Berg, consider them royalty." Ironically, my volunteer role was a greeter and I thoroughly enjoyed the opportunity to personally welcome those who had traveled locally to as far as Alaska for this conference which featured THE founders of Brief Solution Focused Therapy. On the first full day, shortly after helping that Alaskan contingent, I see someone who had been directed to my assigned Check-in area. It took some questioning but finally I was able to lead her to another area where I could have passed her off to someone else but decided to provide the full-service approach. The coffee kicked in as I started typing in "B-e-r-g" that it hit me. It took a full second to realize this extremely cordial

Welcome New Members!

Members Inducted on May 1st:

Chantelle Saddic
 Alexis Garcia
 Laura Elizabeth Cianchetti
 Rachel E.A. Carson
 Kyle Blain Keckley
 Lauren Deppi-Stevens
 Hilliary Savage
 Tara Freni
 Jennifer L. Olin-Hitt
 Angela Laska
 Richard S. Dawson
 Amandeep Kaur Masutta
 LaSheena R. Doxley
 Nathan J. Griffin
 Kalyn Jorgensen
 Heather Katafiasz
 Jeffrey S. Reech
 Rebecca Jones
 David H. Tefteller



humble woman named Sarah Berg who is the daughter of Insoo Kim Berg who later married Steve de Shazer!

As I am trying to help Sara, she is connecting me to other SBFT founders in the Cleveland area. After Michele Weiner-Davis' tribute to Sara's parents, she made a point to track me down in the audience to introduce me to this Cleveland contact. Sara was like the other professionals there who treated the students with respect and seemed more than willing to reach out and guide us new MFTs-to-be.

Attendance at an annual conference can be exciting for more reasons such as the opportunity to explore a new area (AAMFT 2015 is in Austin) to networking. If I had previously had any doubts, there were erased when most of what I had learned to date crystalized in each session. Then in the session, breakouts were common or after a session, I could interact with other professionals much more seasoned and hear and learn from their perspectives and how the information presented actually worked in the "Real World." Overall, the plethora of program choices could have been overwhelming as I often wanted to attend two at a time but I focused the first day on Discernment Counseling and then sessions with renowned Mark McKergow to apply SFBT to organizational consulting so I could see how I could "marry" my two careers. The keynotes were all fascinating from understanding Gen X, Y and beyond with D. Karyn Gordon to Senator Patrick Kennedy's personally moving experience and background to pass the Mental Health Parity and Addiction Equity Act where mental illness should be treated and paid for like any other body ailment to the initial team that laid the foundation for SBFT. The social events were not lame at all and well attended, especially the Bikers and Brats night, where we could forget about the next paper due or research to be conducted and indulge in some self-care with a few hours of pure fun with other MFT students.

If it is possible, I would highly suggest exploring YOUR benefits of traveling to Austin for this year's annual conference from September 3-6, 2015.

Picture from AAMFT

Couples Retreat Is A Huge Success!!



One of the highlights each year at the Clinic for Individual and Family Counseling is the Valentine's Day retreat for couples. The clinic has been putting on a retreat each year for the past three years, but this is the first time it went all day and was actually on Valentine's Day. We had a really great turn out this year and the response from the couples was amazing.

This year we were happy to have the Akron Beacon Journal! on site to document some of the activities throughout the day.

To read more about the couples retreat check out the full article from the Journal here:

<http://www.ohio.com/news/break-news/couples-use-valentine-s-day-retreat-to-grow-their-relationships-1.567004#.VOCLcUlcVpk.mailto>





Delta Kappa In The Community

As part of our commitment to advocacy each semester Delta Kappa participates in a service project. For the fall semester project we participated in the Holiday Toy Room Program at Summit County Children Services.



Through this program caregivers such as grandparents and foster families to select gifts for children they are responsible for. This can sometimes mean a world of differences to the family.

Stay tuned for information about upcoming service projects in the summer newsletter!!

2014/2015 Social Events



MFT's Having a great time on a hay ride at Kingsway Pumpkin farm.

One of the DKL dinner socials!!!



DELTA KAPPA LAMBDA

T-shirts are here!!!



Delta Kappa Lambda is excited to offer t-shirts to members, soon-to-be members, friends, family and MFTs!

\$15

If you are interested please contact Molly McDowell-Burns to place your order.

Please include in your email:

Name

of shirts

Size (youth sizes and larger sizes available upon request)

mjmi38@zips.uakron.edu



The Mentorship Program

By Amber Fensler

The 2014-2015 school year was the first year of Delta Kappa Lambda's mentorship program. The program was created to help those in their first year of the MFT master's or PhD program by pairing them up with students who are much further along in the program. The mentors and mentees are paired up based on availability, research/clinical interests, and demographic preferences. The purpose of the program is to provide guidance to new MFT graduate students and help with their transition into graduate school and the exciting world of systemic thinking. Mentors are able to provide answers to questions about graduate school, practicum, internship, licensure, and the program in general. Forming these bonds not only eases the anxiety of new students, but provides early professional development and a support network from the very start of one's clinical training. Mentors who are in the PhD program can obtain help with research projects and provide master's students with research experience. At the start of each semester, mentors and mentees are invited to a Delta Kappa Lambda social, so that they can meet and socialize with other MFT students. Master's students who are about to start practicum or internship are encouraged to apply as mentors in the 2015-2016 school year. Any questions, please email Amber Fensler: anaz3@zips.uakron.edu.

We would like to thank those who dedicated their time to participate in our first year of the Mentorship Program!

Mentors & Mentees 2014/2015

Mentors:

Hilliary Savage
Chantelle Saddic
Zen Davis
Lauren Stevens
Megan Vitek
Yin Lao
Michael Pennington
Ulia Fisher
Molly McDowell-Burns
Symphonie Smith
Noelle Chappelle-Zamudio
Katie Wooton

Mentees:

Sarah Gowan
Chelsea Walton
Natasha Finney
Mindy Armbrust
Natalija Simovic
Miranda O'Dell
April Tomic
Kiena Hugley
Eve Griffin
Aseem Garg
Gabriel Anderson
Noha Elsaved
Zina Petrov

DKL Induction Ceremony

Congratulations to all our new members!



DELTA KAPPA LAMBDA *Presents...*

Disaster Mental Health: What Every Health Professional Should Know



Dr. Karin Jordan, director of The School of Counseling at The University of Akron, is a leading international researcher on disaster mental health. For this workshop, Dr. Jordan will introduce the **Disaster Recovery Model**, an ecosystemic developmental model for servicing disaster survivors.

This approach is culturally sensitive and uses both systemic and developmental lenses. The stages of the model will be discussed with a more in-depth focus on the early stages. Various assessment techniques will be presented, as well as, common early intervention strategies. In addition, vicarious, shared and dual trauma will also be discussed.

Training Objectives: Explore various types of disasters, Define stages of the disaster recovery model, Explain vicarious traumatization, Review disaster assessment and post intervention

May 22nd, 2015
8:00 a.m. – 5:00 p.m.
The University of Akron
Quaker Square

DKL Award Recipients: free
Poster Presenters: \$20
Students: \$40
DKL Student Members: \$30
Faculty: \$60
DKL Faculty Members: \$50
Professionals Seeking CEUs: \$75
Group discounts: 3 or more; \$5.00 off per person

