

# PI CHAPTER QUARTERLY



## BOARD MEMBER NOMINATIONS ARE OPEN!



Getting involved with the Delta Kappa Executive Board is a great way to make connections with other Pi Chapter members, enhance your resume, advocate for the field, and build leadership skills to take with you into the future.

The board meets one time per month and terms last two years.

There are a few more days to place your [nominations](#) for the following positions, Executive Vice President, Secretary, Treasurer, and Historian. [Check out the videos on our Facebook page](#) for details about the positions and watch an [interview with our Elections Committee Chair on YouTube!](#)

Nominate yourself or your peers [HERE](#) and join our executive team.

## PREPARING FOR YOUR LICENSING EXAM?

Capella's own Dr. Bertram has kindly offered to provide an exam prep course for the Pi Chapter members. This 10-hour course is completely **FREE OF CHARGE!**

-Nov 5th and 6th for a total of 10 hours.

-Free to Capella Students.

To register, email Dr. Bertram at [dalemft@yahoo.com](mailto:dalemft@yahoo.com). There is a 100-person limit to the prep course and first come first serve so email today to reserve your spot!



## FINDING BALANCE

By: TyLeshia Gilbert



### *Having Balance As A Mom, Student, and Just Being Me*

*Having a full plate may seem like a lot. I am going for my second master's degree in Marriage & Family Therapy. Have been inducted into Delta Kappa, as well as becoming a member of NSLS. Aside from that, I am a mother of three. My oldest is 13 years old (son); second is 12 (daughter) and youngest is 6 (daughter). My oldest was diagnosed with Autism at a young age and is excelling in 7th grade. My 12-year-old daughter is a first-degree Black Belt in Taekwon-Do. The youngest personality is out of this world. She is so full of life.*

*There was a time in life where I felt like I lost myself. I was the Mom and student, but what about TyLeshia. That's when I knew that I had to have a balance within incorporating who I am as a whole. As TyLeshia, I am a motivator who enjoys taking nature walks and have a passion for rapping and writing music. Having a balance completes me. I feel whole. It may seem like there is a lot on my plate, but balancing yourself will give you the right amount of portions that will enable you to take each portion in nice size amounts. What do you do to give yourself a balance in your life?*



## TEST QUESTION OF THE QUARTER

*A client seeks therapy for feelings of anxiety and panic that she's had since losing her job three months ago. She reports that she has a second interview at a good company at the end of the week, but she is having a hard time concentrating and is doubting her abilities. She adds that she hasn't been getting along with her boyfriend and wants to lose weight because she can't fit into old*

*works clothes. The immediate focus of treatment with this client should be:*

- A. Teaching her communications skills to better connect with her boyfriend.*
- B. Discuss strategies for her to prepare for her interview.*
- C. Explore her eating habits and exercise routine.*
- D. Refer her to a psychiatrist for a medication evaluation.*

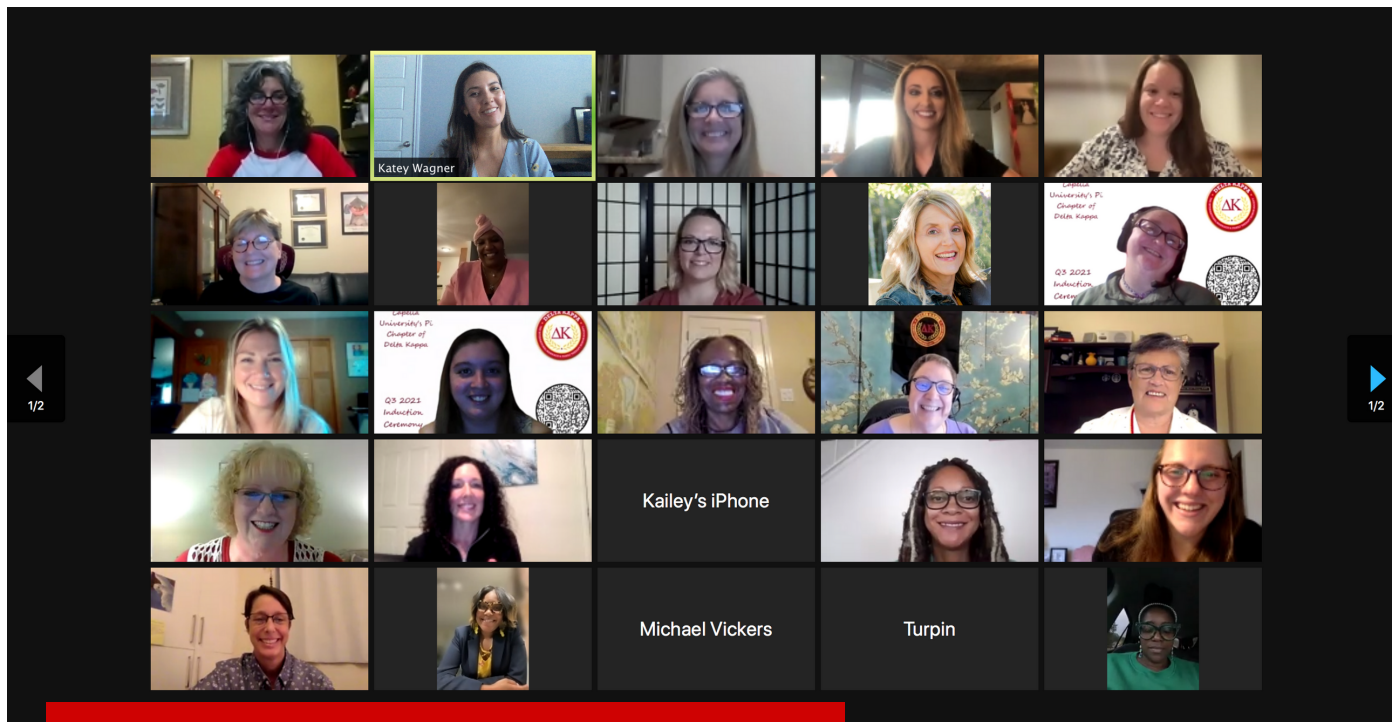
*(Answer and explanation on page 4)*

## MEET YOUR PI CHAPTER BOARD MEMBERS!

*Hello Peoples and Gentlethems! I'm Nessa Little (They, Them). I'm a mother of 4 and Mimi to my wonderful grandson. I have recently moved from Northern Wisconsin to Northern Illinois. I proudly graduated from Capella University in September of 2020 with my Master of Marriage and Family Therapy, and previously graduated from another institution with my Master in Psychology. I am currently a mental health clinician at a community mental health center in Rockford, Illinois working with children and families. I'm hoping to have my full licensure in the next two years. As your membership VP and Chair of the Networking Committee, I hope to help the Pi chapter of Delta Kappa clarify resources for new members and assist in networking opportunities for all members including meet and greets with board members and professionals in the field.*



*If you're interested in helping Nessa organize networking opportunities or have ideas for ways to connect with Pi Chapter members in your community, email them at [Networking@capelladeltakappa.org](mailto:Networking@capelladeltakappa.org).*



## NEW MEMBER INDUCTIONS! ALL ARE WELCOME!

*The Pi Chapter Board has made the decision to continue to conduct future inductions online rather than in person at residency so that our entire executive board, Capella faculty, and YOU- our current members can join in the celebration. If you would like to help welcome new members of the Pi Chapter and hear from guest speaker, Dr. Utesch, join us on Zoom on December 6th at 6:00pm CST. Keep an eye on our Facebook page for updates and Zoom links.*

# LICENSING TIPS FOR CALIFORNIA LEARNERS

By: Kelly Perkins

*Congratulations! You've graduated (or are soon to be graduating) from Capella! In the words of Elle Woods "WE DID IT!" Soooo, now what? If you live in California the task of applying for you Associates license can seem daunting. Here's a few tips, trips, and fun facts to help you through that process.*



*The first thing I want to tell you before you go and do ANYTHING, is something that may seem obvious to some but was not to me until after i'd put a lot of work into the application process and had to re-do everything... Just because you live in California and are trying to get a license in California, does NOT mean you get to apply as an "in-state" resident. Due to the fact that Capella is based out of Minnesota, and you're trying to get a license in California, you must apply with an "Out-of-State" application. This will require you to take a separate 12-hour Law and Ethics Course and submit a course complete certificate with your application. You can find these courses through places like Simple Practice, Aspira Continuing Education, Gerry Grossman, or the National Association of Social Works (NASW) online. The cheapest option I found was Aspira, but check around for deals and sales when it's your time.*

*Once you print out the application, make sure to read all the instructions. They will walk you through every little detail and you can organize the process from there. You will need a livescan, the application, your Law and Ethics course certification, a check, and verification from Capella in order to apply but they're all sent in different ways so be sure to keep an eye out for those details.*

*Also, if you haven't already, check out [trackyourhours.com](http://trackyourhours.com). This site allows you to keep track of all your hours, pre and post-degree and it will also auto-populate the required BBS forms for you to get signed by supervisors! How easy is that? I've already started! It does come at an extra cost but it's well worth it to be confident in the fact that the forms you have in hand are the correct, and accepted forms.*

*Keep in mind that Capella can take several weeks to confer your degree so they cannot do their part of the application until that is done, HOWEVER, you can still mail in your application as long as you check the boxes that say your degrees and such are being electronically sent from the school. Now, i'm also a little bit of a neurotic freak so I also included a cover letter with my application stating what was included, and that I had submitted forms to Capella to be sent over, and was just waiting for them to be able to complete them... Just incase the BBS was confused or curious. I don't know if it will do me any good but i'm sure i'll find out in a couple weeks... It will either be beneficial, or all of the BBS will thing i'm nuts. Either way, i've covered all my bases right?*

*Now that you're probably a little overwhelmed with all that information, take a deep breath (or as I tell my kiddo clients, "smell your flower, blow out your candle" and remember that you're DONE (or almost) and that makes you FREAKING AMAZING! I hope you're so proud of all that you have done, and I wish you nothing but the best in the rest of your careers. You're gonna kill it, I just know it!*



## RESEARCH ON LAUGHING GAS AND DEPRESSION

Researchers at Washington University School of Medicine in St. Louis and the University of Chicago have found that a single, one-hour treatment that involves breathing in a mixture of oxygen and the anesthetic drug nitrous oxide — otherwise known as laughing gas — can significantly improve symptoms in people with treatment-resistant depression.

## IMPACT OF DELAYS TO GENDER-AFFIRMING SURGERY

The pandemic canceled most surgeries unrelated to COVID-19, including gender-affirming options. Trans people faced delayed and canceled surgeries as well as a loss of means to afford them. The mental health impact of not being able to access gender-affirming surgery can be life-threatening.



## STUDENT LOAN FORGIVENESS PROGRAM FOR MFTS

The Substance Use Disorder Treatment and Recovery Loan Repayment Program (STAR LRP) seeks eligible disciplines who provide support or direct treatment of individuals recovering from substance abuse disorders. Participants in this program are eligible to receive up to \$250,000 in loan repayment assistance in exchange for a 6-year commitment to full-time employment at their qualifying facility.

## TEST QUESTION ANSWER AND EXPLANATION

The correct answer to the question above is **B**.

The question asks for you to choose the best IMMEDIATE focus for treatment. All of the answers might be something you would do with this client at some point during the course of treatment.

Test question provided by therapistdevelopmentcenter.com



## WHAT WOULD YOU DO? ETHICS QUESTION

**We asked the following ethics question and here's what you said!**

After venting frustration toward his wife for nearly the entire session, your client has a wild look in his eyes. He gets up from his chair, walks for the door, and then turns around and whispers, "She's messed up her last man." You are not sure if you remember correctly, but early on he may have divulged that he has a permit to carry a handgun.

**What would you do??**

- "Call to warn the wife and call the police to advise of potential danger to self and others."
- "Document, Document, Document, Document!"
- "Ultimately, if we do feel like this is an emergent situation, couldn't we lock the doors to the exit or something?"
- "I would ask the client to clarify what he means by that statement before he leaves."



**If you are interested in participating further in the Pi Chapter as a committee member please send an email to the committee email address you are interested in (listed below). If you are interested in running for an executive position, please reach out to the Elections Committee Chair, Tyleshia Gilbert at [Elections@capelladeltakappa.org](mailto:Elections@capelladeltakappa.org). If you would like to shadow a board member, she will be able to help set that up for you. Elections for the Executive VP, Historian, Treasurer, and Secretary positions will start in October, with other position terms ending in 2022.**

**Committee Emails:**

[Elections@capelladeltakappa.org](mailto:Elections@capelladeltakappa.org)  
[Events@capelladeltakappa.org](mailto:Events@capelladeltakappa.org)  
[Networking@capelladeltakappa.org](mailto:Networking@capelladeltakappa.org)  
[Scholarships@capelladeltakappa.org](mailto:Scholarships@capelladeltakappa.org)  
[Socialmedia@capelladeltakappa.org](mailto:Socialmedia@capelladeltakappa.org)  
[Newsletter@capelladeltakappa.org](mailto:Newsletter@capelladeltakappa.org)