

PI CHAPTER QUARTERLY

November Newsletter



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MFTS
CHANGING
THE WORLD



DONATE TO MHA

Check out our quarterly service project and learn more about MHA's mission to save lives through early mental health intervention on p. 02

AAMFT CONFERENCE

This year's AAMFT conference has gone virtual and FREE! Check out the schedule and registration link on p. 04

WHAT WE'RE READING

Looking for something new to read? Kelly Christoperson provides her review of The Body Keeps the Score on p. 02

IT'S INDUCTION TIME!!

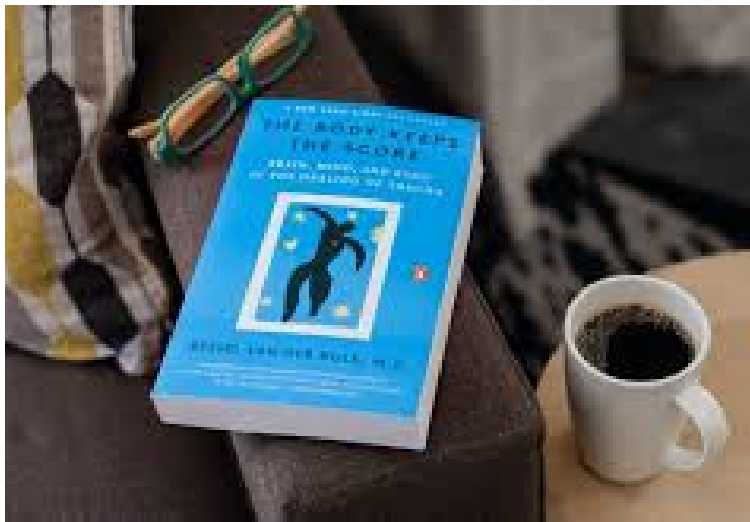
Join us on Zoom as we welcome the newest members of the Delta Kappa Pi Chapter!

Our next virtual induction will be
December 14th at 6:00 CST

All members are encouraged to join! If you are interested in volunteering for a speaking role during the induction ceremony, please email Program VP, Gabrielle Hannon at ghannon@capellauniversity.edu

[CLICK HERE TO JOIN!](#)





WHAT WE'RE READING

by Kelly Christopherson

Trauma. As current and future therapists, trauma is bound to come into play at some point. Whether being a trauma survivor is what led you down the path to becoming a therapist, or whether you're about to meet with your first client who is dealing with the effects of trauma, understanding how it affects the body can be the foundation for a plan to control it.

Written by the world-renowned psychiatrist, author, and researcher Dr. Bessel Van Der Kolk, New York Times Bestseller "The Body Keeps The Score" dives deep into the world of trauma. The information in this book is engaging, written in terms that anyone can make sense of, and includes Dr. Van Der Kolk's research as well as inspirational narratives from clients of all ages.

"The Body Keeps The Score" is split into manageable sized sections that are perfect for the busy student or therapist. Sections and topics included in this book are those such as the use of eye movement desensitization and reprocessing (EMDR) with trauma patients, the benefits of yoga and therapy with trauma patients, the effects of trauma on the brain, the internal family systems model (IFS), and much more.

This book was suggested to me by a colleague during my very first residency and was further supported by our professor. Each member of my track 1 cohort immediately purchased this book and read it in a short period and I am thrilled to say that not one single member regretted this decision. The information in this book not only expanded my knowledge of the many forms of trauma, but opened my eyes, as well as many others, to ways we can use our bodies and minds to combat trauma, and in turn help our clients to do the same.

Due to the countless amount of times this book and the information contained inside has come in handy for me over the last 8 months, I highly recommend it to all individuals in the field of therapy.

DONATE TO A GREAT CAUSE

During our last induction, we chose Mental Health America (MHA) as our quarterly service project. We have decided to extend our fundraiser!

MHA provides support, resources and services all over the country. Their mission is to promote mental health and prevent mental illness through advocacy, education, research and services. To learn more about MHA click [HERE!](#)

Donations made by the Pi Chapter will benefit the MHA Before Stage Four (B4Stage4) campaign.

MHA believes mental health conditions should be treated like any other chronic illness, long before they reach the most critical points in the disease process. They know they can save lives by directing people's attention upstream – toward prevention, earlier identification, and earlier intervention to promote recovery.

To donate to the B4Stage4 campaign, visit our fundraising team page [HERE](#). Any amount helps!



NOW ACCEPTING BOARD NOMINATIONS!!

Do you have what it takes to be a Pi Chapter Board Member?

Open positions include **President, Membership VP, and Program VP.**

If you think you might be a good fit for one of the open board positions, let us know!

SEND US A BIO THAT INCLUDES:

1. **A SHORT DESCRIPTION OF YOUR CAPABILITIES INCLUDING ANY EMPLOYMENT OR VOLUNTEER EXPERIENCE RELEVANT TO THE BOARD POSITION THAT INTERESTS YOU.**
2. **WHAT LED YOU TO BE AN MFT AND A MEMBER OF DELTA KAPPA?**
3. **WHY ARE YOU INTERESTED IN RUNNING FOR A BOARD POSITION?**

**PLEASE SEND ALL SUBMISSIONS TO
PICHAPTERDK@GMAIL.COM**

SUBMISSION DEADLINE: NOVEMBER 20TH 5:00CST

We look forward to hearing from you. Sincerely,
Tina Gomez, Amber Phipps, Gabrielle Hannon, Katey Wagner, Dan Button, Angelic Garcia, and Ikeysha Tucker



FROM OUR OUTGOING PRESIDENT

by Tina Gomez

Dear Members of the Delta
Kappa Pi Chapter,

Two years ago, I embarked on a journey as your President of the Pi Chapter of Delta Kappa. What a journey it has been! Along the way, I have learned a lot and have been excited to represent all of the members of the Chapter. As with anything, things may not always be easy and at times this journey wasn't. But, I must admit, that it has been very rewarding. As a board, we have been able to tweak the By-Laws so to better benefit the members, add a new website, successfully conduct our first ever virtual Pi Chapter induction, create committees, which I encourage you to join one, and much more.

It has been an honor to serve my last year with a group of wonderful board members. Some of these members have been with me since 2019. I am thankful for their dedication. The newer members of the board have stepped in and accomplished so much in a short period of time. I am excited to see what next year brings for the new board members and what they can accomplish. I will continue to stay involved with the Pi Chapter and I encourage all members to consider becoming active in this great chapter. You are an amazing group with much knowledge and skills that would be beneficial to the Chapter.

I hope all of you have a wonderful rest of the year and much joy in 2021.

Sincerely,
Tina Gomez, President



AAMFT VIRTUAL CONFERENCE

It's not too late to register for this AAMFT's virtual conference! And guess what...it's completely free for AAMFT members! It starts today Nov. 12th and continues tomorrow Nov. 13th.

Check out the schedule [HERE](#).

Register now for a keynote presentation by former Representative Patrick Kennedy, one of the leading voices in mental health advocacy, breakout sessions that focus on a variety of clinical topics from couples to trauma and highlight key issues for MFTs and clients including anxiety, alcohol and drug misuse and abuse, systemic oppression, and more. Interview series highlighting MFTs doing good in the world with work that creates impactful change. Topic-oriented tracks hosted by AAMFT's Topical Interest Networks. Up to 8 continuing education credits available with registration!

[CLICK HERE TO REGISTER!](#)



HOW DOES AN EXTRA \$500 SOUND?

THE PI CHAPTER SCHOLARSHIP APPLICATION IS NOW OPEN!

**ONE MEMBER OF THE PI CHAPTER
WHO DISPLAYS EXCELLENCE IN
ACADEMIC ACHIEVEMENT WILL BE
SELECTED FOR A \$500
SCHOLARSHIP!**

**TO APPLY, PLEASE VISIT
CAPELLADELTAKAPPA.ORG
AND CLICK SCHOLARSHIP
COMMITTEE**

**HAVE QUESTIONS?
EMAIL ANGELIC AT
AGARCIA95@CAPELLAUNIVERSITY.EDU**

**DEADLINE TO
APPLY NOV. 25TH**

