

CHI SIGMA IOTA AND THE DEPARTMENT OF COUNSELING NEWSLETTER

Fall 2025 Edition

Margaret Adams and Sophia Bologna

Past Events

New Student Orientation

New Student Mixer at Dat Dog
Hosted by Chi Sigma Iota

NAMI Walk

Annual LCA Conference
Baton Rouge, LA

LACES Mixer at LCA conference

Annual Fall BBQ Hosted by Chi
Sigma Iota and Department of
Counseling

Spring 2026 Registration

Important Dates to Remember

- **November 26-28th:** Thanksgiving Holidays
- **December 1st:** Classes Resume
- **December 12th:** Last Day of Classes
- **December 9-13th:** Final Exams
- **March 6-7th:** 2026 Inagural Chronic Illness Counselor Conference
- **January 27-30th:** 2026 Law and Ethics Conference

In this Issue...

- **Faculty Spotlight:** Dr. Tamia Randolph-Alvarez
- **Fall 2025 Cohort**
- **Faculty Trivia**
- **2025 CSI Board Executives and GA's**
- **Internship Sites**
- **Faculty and Student Presentations**
- **T-Shirt Contest Winner**
- **CSI Hygiene Drive**



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A Message from the President

Dear Students,

It's an honor to welcome our new cohort and to step into this role as President of the Alpha Phi Chapter of Chi Sigma Iota Counseling Academic and Professional Honor Society. Whether you're just beginning your journey, working hard in your second year, or participating in your internship, you're part of a community that grows stronger through connection, encouragement, and shared purpose.

To our first-year students, welcome. You're joining a profession rooted in compassion and courage, and this is where you begin shaping the identity of the counselor you'll become. Lean on your peers, ask questions freely, develop relationships with faculty, and allow yourself to be supported as you find your rhythm.

To our second-year cohort, you are in a season of deepening and growth. You've already laid the groundwork, and this year invites you to step further into your confidence, your voice, and your emerging identity as a counselor. You are halfway to the finish line.

To my third-year interns, it has been a privilege to grow and walk alongside y'all as we all step into the role of practicing counselors. We are bringing our classroom learning into real lives and real stories. The work is meaningful and demanding, and I hope y'all continue to feel grounded in and supported by the community behind you. Remember that you are human.

As president, I'm committed to fostering a space where each of us feels we belong, where we can celebrate our progress, ask for help, and support one another through the inevitable challenges of this work. I hope you'll join us this year in building community through our social events, service opportunities, and shared commitment to the counseling profession. I'm looking forward to what we'll create together. Let's make this a year of growth, connection, and genuine purpose.

- Sophia C Bologna

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New Faculty Spotlight: Tamia Randolph-Alvarez, Ph.D., NCC



Dr. Tamia Randolph-Alvarez is a new member of the Counseling Faculty here at Loyola University. She recently served as Assistant Professor of Counseling at McNeese State University. Dr. Randolph-Alvarez earned her Ph.D. from the University of New Orleans in Counselor Education and Supervision and her dissertation study investigated the relationship between school counselor multicultural counseling competence and school counselor consultation. Dr. Randolph-Alvarez's research interests include: consultation and collaboration across counseling speciality areas, including addictions and school counseling, with a focus on underserved populations; multicultural consultation and advocacy intervention; social justice advocacy; quantitative and qualitative research methods. Dr. Randolph-Alvarez has the following counseling graduate courses: Assessment and Testing; Human Growth and Development; Group Counseling and Group Work; Addictions Counseling; Counseling Theories; Practicum; and Internship.

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Fall 2025 Cohort

Mae Lappin
Pensacola, FL



Juliana Matz
Bay Area, CA

Andrea
New Orleans, LA



Eliza May
St. Petersburg, FL



Amy Yevai Shoniwa
Harare, Zimbabwe



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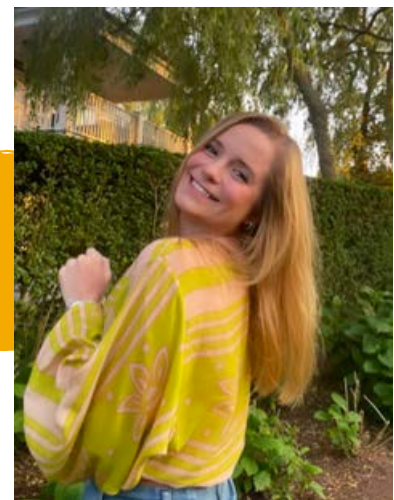
Isabella (Bella) Tomkiewicz
Golden, CO



Joy Poche
New Orleans, LA



Abby Ruth
Wichita Falls, TX



Maggie Williams
Fort Worth, TX



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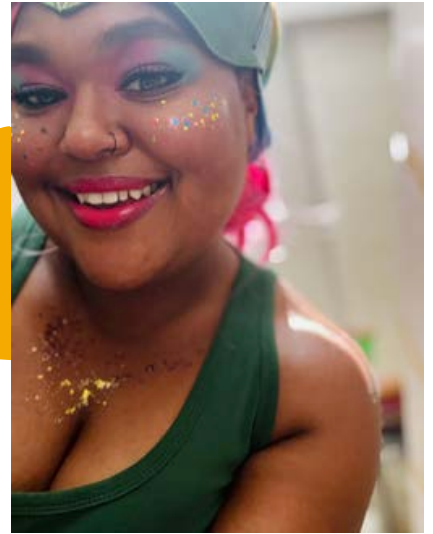
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Nicole Solano
Metairie, LA

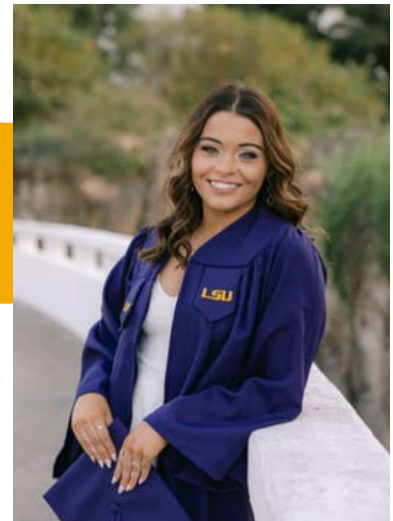
Marissa Hogan
New Orleans, LA- Specifically,
I grew up on the Westbank



Victoria Rodomista
New Orleans, LA



Isabella Vega
Metairie, LA



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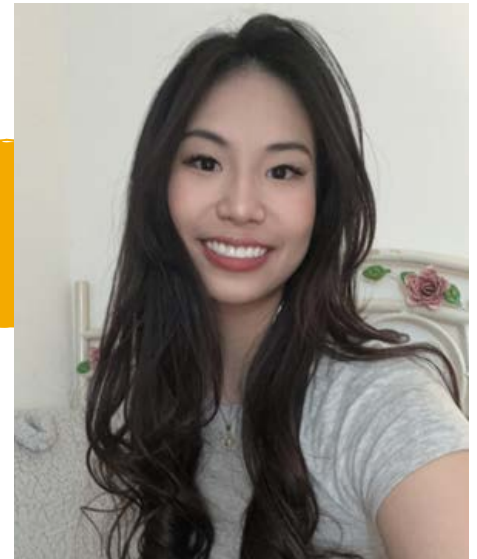
Tate Thriffiley
New Orleans, LA



Allison Cohen
New Orleans, LA



Eunice Jang
Northern Virginia



Gwyneth Rees
Lafayette, LA

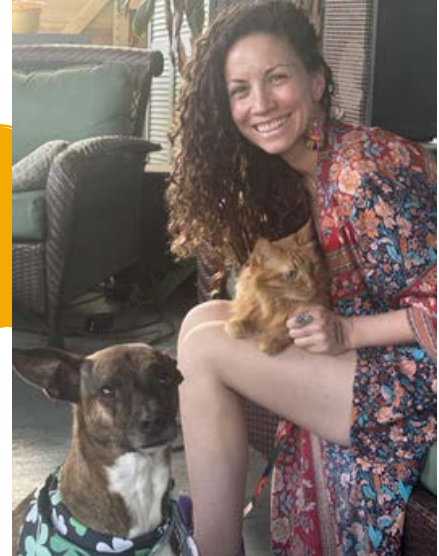


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Melissa Fitzgerald
New Orleans, LA



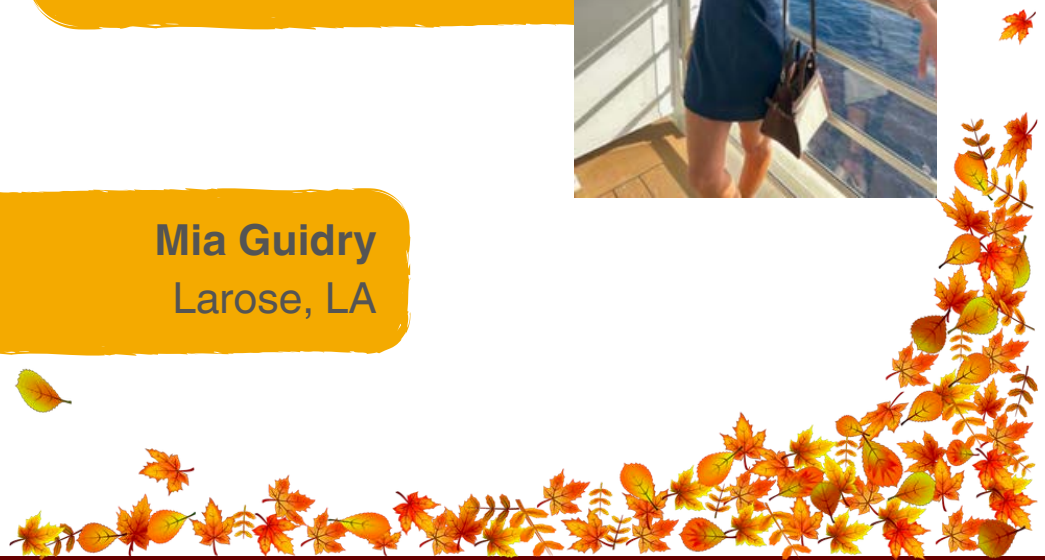
Rhianon Morrison
Cincinnati, OH



Kathleen Tomlinson
New Orleans, LA



Mia Guidry
Larose, LA

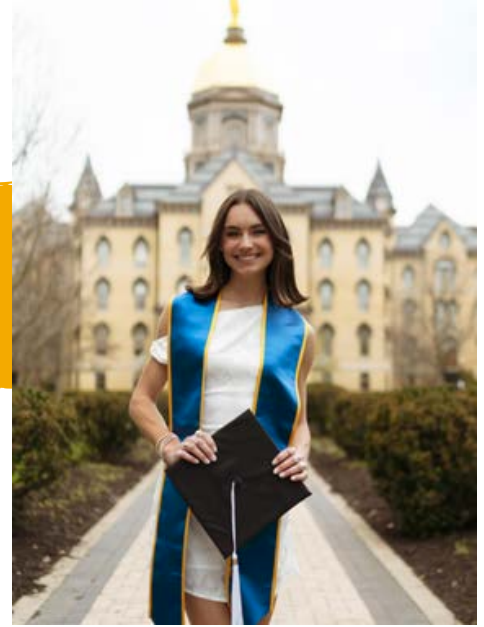


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Fall 2025 Cohort

Damiana Bertin
New Orleans, LA



Emily Johnson
Kenner, LA

Grace McFall
Newcastle, UK



Jesse Zabal
Woodbridge, VA



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Fall 2025 Cohort

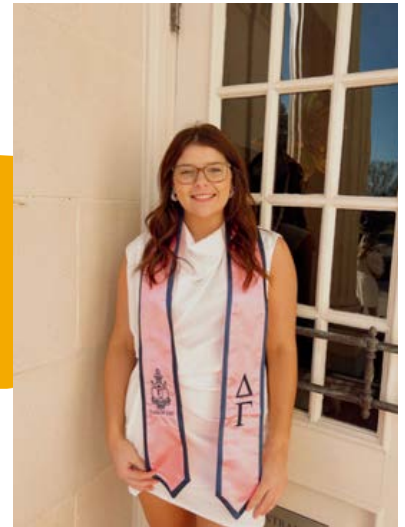
Marion "Blake" Erskin
New Orleans, LA



Ariana Peschke
Los Angeles, CA



Courtney Moran
Mantachie, MS



Kruz Moss
Houston, TX



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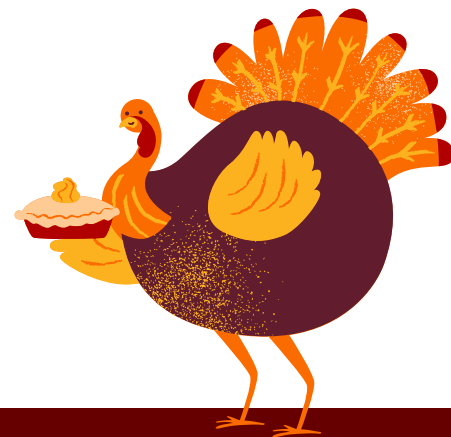
Hillary Patin
Grass Valley, CA



Michael Pang
Laplace, LA

Cohort Members Not Featured

Maddie Templeton
Alexandra Fendley
Anastasia Sauce
Ashton Ambrose
Augustus Mithoff
Bernadette Locke
Bridget Spinney
Emily Weinmann
Garland Green, Jr.
George Cleary
Holly Threeton
J'aime Simpson
Julia Coats
Kristin Adlard
Nijay Beal
Olivia Heflin
Rebecca Downer
Vidal Amador-Flores III



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Faculty Trivia!

1. What is Dr. Hunter's favorite restaurant?

- a) Antoine's
- b) McDonald's
- c) Taco Bell

2. Which of the following is true about Dr. Stillwell?

- a) Their favorite music is 60's Britpop.
- b) They worked at Renaissance Fairs all over the country before starting college.
- c) They collect vintage comic books.

3. What did Dr. Gilstrap do in high school?

- a) Yearbook
- b) Basketball
- c) Drill Team
- d) b & c

4. What is Dr. Randolph-Alvarez's favorite food?

- a) Chocolate chip cookies
- b) Butter
- c) Pretzels

5. What is Dr. Ebrahim's favorite season?

- a) Winter
- b) Summer
- c) Crawfish

6. Which of the following jobs did Prof. Foose have?

- a) Umpire
- b) Beach attendant
- c) Line cook
- d) All of the above

7. Which of the following is true about Dr. Dewell?

- a) He lived under a bridge for 2 weeks.
- b) He used to go door to door to sell Domino's coupons.
- c) He played tennis in high school.



Scroll to
page 28 for
the answers!

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Meet the GAs!

Aboorva Sivasankaran (she/her) is a second-year graduate student who graduated from the University of Illinois-Urbana-Champaign in 2019 with a Bachelor's of Science in Psychology with a minor in both Teaching English as a Second Language and Adult Development. She is currently pursuing a Master's of Science in Marriage, Couple, and Family Counseling. She is interested in working with families, couples, and marriages as well as learning how our attachment to others can affect our daily lives. In her free time, she enjoys exploring new places and meeting friends.



Mariah Gale (she/her) is a second-year graduate student and serves as the Play Therapy graduate assistant. She graduated from Louisiana State University with a Bachelor of Arts in English and is pursuing a Master of Science in Clinical Mental Health Counseling. Mariah is interested in play therapy and is passionate about adding a touch of whimsy to everyday life. In her free time, she likes to hang out with her friends, read new books, and play with her two cats, Ellie and Cass.



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Meet the GAs

Margaret Adams (she/her) is a second-year student and graduate assistant in the Master's of Science in Clinical Mental Health Counseling program. She graduated from Catholic University of America with a Bachelor of Arts in Psychology and a minor in Writing. Her interests include Family Systems, trauma and CPTSD, and children and adolescents. In her free time, Margaret loves to play with her dogs Daisy and Rocco!



Abby Ruth (she/her) is a first-year student in the Clinical Mental Health Counseling program. She received her Bachelor of Science in Psychology and Sociology from Midwestern State University located in her hometown, Wichita Falls, Texas. She aims to practice trauma-informed therapy, specifically working with survivors of intimate partner violence. Advocating for mental health care is a priority for Abby as a student and as a future clinician. Outside of her studies, Abby enjoys reading, true-crime documentaries, and spending time with family and friends.



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Meet the GAs

Kruz Moss (he/they) is a graduate student in the Clinical Mental Health Counseling program and serves as the Play Therapy graduate assistant. He graduated from Loyola University New Orleans with a Bachelor of Arts in Psychology and double major in Latin American Studies. His interests are in play therapy, children and adolescents, internal family systems, marriage and family, and trauma. Kruz's free time is spent either gaming with friends, learning and creating choreography, or browsing for new skincare.



Grace (she/her) is a first-year graduate student pursuing a Master of Science in Clinical Mental Health Counseling. She earned her Bachelor of Science in Psychology from Newcastle University in 2025, located in the Northeast of England. Grace is passionate about supporting children and young adults, with a particular interest in trauma-informed care. In her free time, she enjoys travelling, dancing, and spending quality time with friends.



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Meet the CSI Executive Board!

President

Sophia Bologna

Sophia is completing her internship at New Orleans Family Justice Center, working with survivors of domestic violence and sexual assault. Sophia has research and clinical interests in chronic illness and pain, human sexuality, and complex trauma. Sophia recently published a paper with Dr. Stillwell on sex work affirmative therapy, and they presented at the conference on kink and chronic illnesses/pain. As someone with a dynamic disability, Sophia is passionate about the disabled and chronically ill community. Sophia's biggest hobby (and self-care) is building miniature homes as well as spending time cooking traditional Italian recipes passed down multiple generations. Sophia is also a cat mom of three and a snake mom of one!



Secretary

Emily Burglass

Emily is a counseling graduate student with a focus on trauma-informed care and mind-body integration. She is completing her internship at Northshore Family Counseling in Slidell, LA, and moving into her advanced year of Somatic Experiencing (SE) training. She currently works with clients across the lifespan on a variety of presenting issues, predominantly the effects of developmental/complex trauma, chronic and autoimmune disorders, and attachment-related concerns. Outside of school and internship, she finds peace in baking, puzzling, gardening, movement, and spending time with loved ones (especially her dogs, Rosie and Charlie).

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Meet the CSI Executives!

SGA Liaison & Historian

Leigh Vila

Leigh is currently interning at the New Orleans Center for Creative Arts, also her high school alma mater. She developed an interest in the counseling field after initially studying creative writing at Yale University for her undergraduate degree.

Adolescents and young adults are the population she is most interested in working with. In her spare time, Leigh plays trombone and spends quality time with her partner and two very silly cats.



Want to Join CSI?

Students are invited to join CSI during the Fall and Spring Semesters. Consideration is based on the following criteria from our chapter:

- Students have completed 9 hours of counseling coursework.
- Students must have maintained an overall scholastic grade point average of 3.5
- Students are endorsed as professional counselors whose ethical judgment and behavior are exemplary.

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New Student Mixer at Dat Dog

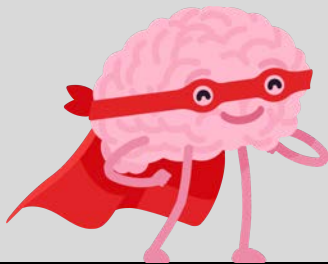
Chi Sigma Iota hosted their annual mixer at Dat Dog after New Student Orientation to welcome the Fall 2025 Cohort!



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NAMI Walk 2025



**Thank you to
everyone who
braved the rain and
represented
LOYNO!**

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Chi Sigma Iota Initiation Ceremony

On September 20th, President Sophia Bologna and SGA Liaison Leigh welcomed the Fall Initiates into the Alpha Phi Chapter of Chi Sigma Iota Honor Society International.



Congratulations on your dedication to excellence and knowledge!

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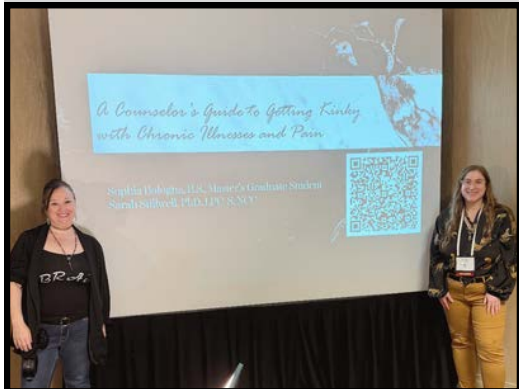
Louisiana Counseling Association (LCA) Conference 2025



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LCA Conference 2025: Presentations & Posters



Dr. Sarah Stillwell and third-year student **Sophia Bologna** presented their presentation, "A Counselor's Guide to Getting Kinky with Chronic Illnesses and Pain."



Dr. Stillwell also presented with second-year student **Logan Blouin** on "Kink-Aware Therapy 101."

Third-year student **Anna Pham** illustrated their poster on their research with **Dr. Lauren Hunter**: "Cross-Cultural Competence and Care in Grief Work."



Dr. LeAnne Steen and second-year student **Mariah Gale** presented over 2 days on their presentation called "Expressive Play Therapy for Children & Adolescents: Drama, Movement, and Art."



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LOYNO 2025 Faculty Achievements



Dr. Gilstrap facilitated a mental health panel for Loyola's Law School with guests Orleans Parish DA Jason Williams, SUNO professor Dr. Kevin Brown, LCSW, and Karen Kersting, mother of former Orleans Parish ADA and Loyola Law grad Ian Kersting. The panel was in honor of Ian's memory, who died by suicide in January 2025. Karen has made it her personal mission to spread mental health and suicide awareness and support wellness efforts within the Loyola Law School and New Orleans community.

Dr. Christine Ebrahim gave 2 presentations at LCA this year. Counseling Supervision: A Review of Ethical Codes and Best Practices. a 2 part, 3-hour presentation and then she was part of a panel discussion Navigating the Supervision Process.

Dr. Ebrahim was also given the LCA Presidential Award at the annual LCA conference luncheon for her leadership and mentorship.

Dr. Ebrahim was elected as President of the Louisiana Association for Child and Adolescent Counseling.

Along with their presentations at LCA, **Dr. Stillwell** also hosted Board meeting and division event for SAIGE-LA as president.

**Congratulations to
everyone representing
LOYNO! We are so proud
of you!!**



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Student Internship Sites

LCCE

Emir N. Bailey, III
Bailey R. Bussart
Maria A. Lum
Gabrielle L. Nuccio
Tyler P. Burt
Tyner A. Mahony
Lila S. Pell
Kate Shields
Jessi Donley

Plaquemines Community CARE Center

Anna Pham
Lyla Rose Polon

Northshore Wellness

Emily C. Burglass
Tim Roberts

New Orleans Center for the Creative Arts (NOCCA)

Leigh Vila

Synergy Services (Parkville, MO)

Trystan Minnick

New Orleans Family Justice Center (NOFJC)

Chakayla M. Coulter
Sophia Bologna
Karissa D. Mooney
Taylor Martin

Creative Family Service

Briana A. Strider

Grace House

Jody Israel

Wellness Project

Aubrey S. Mohr

Child Advocacy Center

Chloe L. Nesbit

Catholic Counseling

Allison Sydney Bach

Well Psychotherapy

Sinead O'Gara
Emmet Bannon

Neutral Ground Counseling

Valerie N. Pogue

Southern Psychological Specialists

Melanie L. Dunnuck
Annie Katrovas

Pennsylvania Recovery Center (Philadelphia, PA)

Meredith Krug

Sexual Trauma Awareness and Response (STAR)

Madison Fontenet

Youth Services Bureau

Allison Roy



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2025 Spring and Summer Graduates

Neha Ahmed

Sarah Ruth Altman

Alexandra Arendall

Melissa Berner

Emilie Blecker

Maria Clark

Ruby Cramer

Jonathan Curtis

Kanupriya Das

Jessica Davis

Tamara Ellison

Mikaela Goode

Magen Huntley

Adrian Illes

Naomi Kopinsky

Lauren Mills

Desiree Pruitt

Rowan Quarterman

Nicole Sanders

Amalia Scott

Emily Simkiss

Hannah Smith

Camila Sobral

Marissa Tenorio

Callan Weith

Congrats to all of our recent Graduates!



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Counseling Awards 2025

The Regina Matthews Oehmig Award

Lauren Mills

The Counseling Clinical Excellence Award

Aidan A. Morda

The Counseling Clinical Excellence Award

Jonathan Curtis & Adrian Illes

The Counseling Excellence in Scholarship Award

Ruby E. Cramer & Rowan Quarterman

The Mimi Heebe Excellence in Play Therapy Award

Mikaela Goode

The Social Justice and Advocacy in Counseling Award

Amalia C. Scott

The Counseling Professional Advocacy Award

Tamara Denise Ellison

Congrats to all Recipients!



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The winner of the T-Shirt Contest is...



Congratulations to **Kaylee Michell!** Thanks for creating a beautiful and original design inspired by your time in the program. Thank you to everyone else who submitted awesome designs!



Interested in getting a T-Shirt?
Scan the QR code and fill out the
survey!

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CSI Hygiene Drive for NOFJC



We will be collecting hygiene supplies for those experiencing homelessness or displacement due to domestic violence or sexual assault. All donations can be dropped off in the big room by January 1st. Feminine hygiene products are needed for different sizes of pads, tampons, wipes, baby diapers, etc. Any contribution would mean a lot to the individuals living in our local shelters.

Other hygiene supplies such as soap, shampoo/conditioner, toothbrushes/toothpaste, and deodorant are encouraged. Thank you for your willingness to participate in this year's fall community service event!

Email Sophia with any questions: scbologn@my.loyno.edu

Faculty Trivia Answers: 1. C; 2. B; 3. D; 4. B; 5. C ; 6. D; 7. A



**Thank you for
reading the Fall
2025 Newsletter!**