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# THE PARAPHRASE

Official Newsletter of The University of Illinois  
Counseling Center Paraprofessional Program

## Introduction

BY KATIE HOHE & LAUREL SILVA

Welcome back, Illini! It is a new semester, and with that comes a new edition of the Paraphrase Newsletter! The semester is off to a busy start for the Counseling Center Paraprofessionals who are hard at work preparing Tuesday @ 7 workshops and planning outreach events for this spring. In this issue of the newsletter, we will share tips on how to make the semester successful and fun. We will also take a closer look at the 2023 Black and Latinx Summit, an upcoming outreach event during which CCPs from the Latinx and Sankofa Teams will be facilitating a collaborative presentation. Finally, we will have the opportunity to hear from Dr. Shaciarra Hamilton, a clinical counselor at the Counseling Center who gave us insight on her educational background, therapeutic approach, and the outreach she conducts. We hope everyone has a strong start to the semester!

## This Issue:

Introduction

PAGE 01

Black & Latinx Summit  
2023

PAGE 02

Back to School

PAGE 03

Staff Spotlight: Dr.  
Shaciarra Hamilton  
(Psy.D.)

PAGE 04

Upcoming & Notable  
Events

PAGE 05



## Black and Latinx Summit 2023

BY EVARISTO RIOS & ELIZABETH BURKE

Created in 1996, BNAACC has been working towards providing a safe and welcoming environment for black students by providing a network of support services on campus. One of the many support services offered is the annual Black and Latinx Summit, or BLS, which is sponsored by BNAACC and La Casa. The summit works to bring together students from all different backgrounds to help them connect with each other. The summit focuses on healing racial traumas that people of color face - both present and past. By acknowledging these traumas and providing space for conversation, the summit hopes to make these marginalized communities stronger. For BLS 2023, the Counseling Center Paraprofessionals (CCP) on the Latinx Team and Sankofa Team will be collabing and presenting about the Afro-Latinx identity titled "La Vida Afro-Latinx: Acknowledging the Afro-Latinx Identity." We chose this topic because we want to advocate for the Afro-Latinx community and bring light to their history. We will be touching on many topics like colorism, intersectionality, marginalization, and more. We will also be discussing the importance of mental health of the Afro-Latinx community and provide local resources that support and provide mental health support and community. BLS 2023 will be on Feburary 18-19, 8:30 a.m. to 5:30 p.m. at the I-Hotel and Conference Center and online registration through the "Cultural & International" UIUC calendar is required to attend.





## Back to School

BY HARRISON MORG, WILL JAKOBY, & SHULI RAI

With the new semester, it is important to highlight ways to get involved at UIUC. Work can often feel draining, which is why it is important to find activities that are fun and enjoyable. One of the main methods to stay engaged on campus is joining clubs. Although Quad Day is in the fall semester, it is still possible to search for clubs online and get involved. Many clubs will take new guests or members at any point during the year so feel free to try some new ones that might interest you.

Throughout the semester, Counseling Center Paraprofessionals will be conducting Tuesday @7 workshops based on mental health topics. These workshops are educational in nature but also contain multiple discussions and activities. The interactive elements of these workshops and other events are perfect opportunities to meet new people. Additionally, these workshops frequently cover topics that are helpful when struggling with work overload.

Finally, finding success is important, even if no clubs or events interest you. Some other ways to overcome the difficulties of work include making schedules or practicing self-care routines. Schedules can make tasks feel more manageable when there is a clear plan on what to do and when, especially if there is some flexibility with it. Self-care strategies are solely based on what an individual finds comforting, which means it might require some testing to find what works well for you. If you are struggling, the Counseling Center is always available to help.





## Staff Spotlight: Dr. Shaciarra Hamilton (Psy.D.)

BY KATIE HOHE & LAUREL SILVA

**Q: Tell us about your educational background and what led you to pursue a career as a clinical counselor.**

**A:** I completed my undergraduate degree at Grambling State University, where I double majored in Psychology and Sociology, and I completed my doctoral degree in Clinical Psychology at The Chicago School of Professional Psychology at Xavier University in New Orleans, Louisiana. I originally thought I would become a lawyer. However, psychology called out to me, so I answered, and it was one of the best things I have ever done. My goal for my career was to do work that would encourage, support, help, and inspire people. Having a career that allows me to be my authentic self while I serve the community is my childhood dream come to fruition. Through my career in psychology, I have been able to do so through clinical and outreach efforts.

**Q: What do you enjoy most about being a co-chair of the Sankofa Black Student Outreach Team?**

**A:** I have loved being the co-chair of the Sankofa Black Student Outreach Team for many reasons so choosing just one thing is difficult. However, if I had to narrow it down, the two most enjoyable aspects of my experience have been the opportunities to establish internal and external relationships and do amazing work that serves the Black student population at UIUC and the support and encouragement from the community of Black clinicians at the Counseling Center.

**Q: You emphasize collaborative and multicultural approaches when working with clients. What benefits do you think these approaches promote?**

**A:** Collaborative therapy helps minimize power differentials and helps clients reclaim their power and take ownership of their progress and their growth. It also allows for individualized interventions, increases clients' self-esteem and sense of self-efficacy, and fosters a deeper understanding of themselves and others to promote better relationships.

Multicultural approaches actively seek to understand how aspects of clients' identities impact how they view themselves, mental health, healing, and therapy in and of itself. When we integrate cultural and identity aspects into counseling, we acknowledge and work with clients in a holistic way. The multicultural therapeutic process can be a space that encourages clients to consider, honor, and integrate the many ways our identities impact our journeys.

**Q: How has working with students at the University of Illinois changed your professional perspective on counseling?**

**A:** My work with the UIUC students has solidified my love for college counseling. I came to the UIUC Counseling Center for my doctoral internship with the belief that college counseling was the career move for me, and the wonderful students I have been able to work with have helped me confirm that belief. I have always noted that collegiate years and experiences are such a unique phase of students' lives characterized by distinctive academic and social stressors and identity development. It is a great time to introduce mental health education and skills that clients can take as they continue throughout life.



# Upcoming & Notable Events

BY EVARISTO RIOS

## Upcoming Events

Tuesdays @7

- The Unofficial Guide to Safe Substance Use
  - Zoom ID: 818 1905 9461 Password: T@7
  - February 28
- Homecoming: Coping with Home Over Spring Break
  - GIES Success Lab, BIF, Room 1041
  - March 21
- You Gotta Dig a Little Deeper: Cultivating Vulnerability
  - Housing- ISR 94A Seminar Room A
  - March 28

## Notable Events

- In Person Racial Justice Allies & Advocates 1.0 Training
  - Office of the Vice Chancellor for Diversity, Equity & Inclusion
  - February 28 at 1 p.m.
- Survivor Strategies: Building A Survivor Community
  - Women's Resource Center
  - March 7 at 6:30 p.m.
- Speak Café: Black Herstory Slam!
  - Krannert Art Museum
  - March 9 at 6 p.m.
- Latin American Story Time: Portuguese!
  - The Urbana Free Library
  - March 11 at 2 p.m.
- African and Middle Eastern Migration to Europe Due to Climate Change and Civil Conflict (Conversations on Europe)
  - Webinar (link to register: <https://uiaa.org/clubs-groups/domestic-clubs/>)
  - March 21 at 11 a.m.

