

SACES Newsletter

SOUTHERN ASSOCIATION FOR COUNSELOR EDUCATION
AND SUPERVISION

SPECIAL POINTS OF INTEREST:

- SACES Conference Pictures and Highlights
- Upcoming ACA Conference Registration and Events
- Study Abroad Opportunities for Students and Professionals

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A Note from the SACES President

Hello SACES Colleagues,

I hope that your holidays were relaxing and wonderful, and that 2009 has begun smoothly for all. There are a handful of things to report on since our last newsletter. First, the SACES 2008 conference in Houston was a blockbuster success! We had 415 SACES members in attendance, participating in over 140 content and poster sessions. The weekend began with a huge turnout for the Emerging Leaders program, with 35 students and professionals coming together to explore how their skills and talents, keep the profession moving forward. There was also a great turnout for both of the pre-conference sessions. This was a brand-new experiment for SACES, but with the response as positive as it was, we are looking forward to offering it again. I wish to express my appreciation again to Don Locke and Pam Paisley for sharing their perspectives on the profession with the emerging leaders, Barbara Herlihy and Harriet Glosoff for their ethic pre-conference presentation, and Keith Mobley and Amy Carrier for their pre-conference presentation on clinical supervision.

In addition, at the Business and Awards luncheon, generous SACES members donated over \$800, and SACES matched that amount to make a donation of



SACES President,
Dr. Gerard Lawson

nearly \$1900 to the Houston Urban league to support their effort in recovering from Hurricane Ike and supporting those refugees still in the area after Hurricane Katrina. It is wonderful to know that we were able to leave such a positive impression on a wonderful city. We also tended to some important business of the association and took the opportunity to recognize some of the outstanding work of our peers. There is information on page six about the annual SACES Awards recipients, and I am pleased to announce that Danica Hays from Old Dominion University was elected SACES president-elect (to serve 2010-2011) and Marc

Grimmet was elected SACES Secretary-elect (to serve 2009-2010).

On the subject of looking forward, we are hoping to see you at a couple upcoming events. First, don't forget that ACA is visiting the Southern region in Charlotte, North Carolina this coming March. We are still waiting on specifics, but we hope to hold our regular SACES business meeting at ACA. In the meantime, make your plans to attend the ACES Business Meeting and Awards Luncheon. Tickets for the luncheon are not available on-site, so when you register for ACA, don't forget to sign up for lunch. AND looking forward a little further, this year's bi-annual ACES Conference in BEAUTIFUL San Diego, California. Whether you are looking to catch up with friends from around the region or around the country, there are opportunities on the near horizon. So, here's hoping that 2009 exceeds all of your expectations.

Best wishes, Gerard



Multicultural Counseling: Attending to Paradoxical Cultural Practices

By Ulla Dahlen, Doctoral Student,
Regent University, Counselor Education and
Supervision Doctoral Program



Our world, shrunk by increased travel, immigration, and refugee relocations brings people of paradoxical cultural practices to our doorstep. Such global shifts call for greater understanding and relational sensitivity by Western counselors and counselor educators towards persons whose cultural practices may appear paradoxical, peculiar, and even offensive. Practices such as Female Genital Cutting continue among certain immigrant populations in the West, possibly bringing counselors face-to-face with an emotion-raising cultural paradox. Hence, before counselor educators consider exposing students

to paradoxical practices, it seems crucial they attend to their own feelings and beliefs as well as the contextual meaning of such diverse behaviors.

To utilize creative classroom methods for compassionate dialogue with clients whose cultural practices are peculiar to the counselor's culture, the following strategies could be considered:

- Help students better understand the nature, practice, and meaning of a paradoxical cultural practice by utilizing contextual case studies for classroom discussion.
- Help students gain skills for developing rapport with clients whose practices may seem paradoxical and even offensive by facilitating role playing and meaning-focused dialogue for increased cultural sensitivity and active classroom learning.
- Help students become better equipped for competent professional dialogue regarding diverse

cultural practices by exploring paradigms such as phenomenology for deeper understanding of other worldviews.

- Facilitate increased relational insight, compassion, and respect for people groups with paradoxical cultural practice by offering personal and/or third party experiences of the struggle and journey toward cultural sensitivity

Our multi-cultural counseling field presents counselor educators with exciting prospects and unique challenges. While counselors facilitate healing through their vocation, the unfamiliar thoughts, perceptions, and behaviors of culturally diverse clientele may result in frustration, miscommunication, and even an unintended offense between the counselor and the client. Hence, the contextual reasons for such practices must be clearly understood by counseling professionals.

Counselor's Abroad

By Dr. Ted Remley, Old Dominion University

SACES members, counseling graduate students, and family members or friends are invited to participate in the 6th annual *A Counselor's View of Italy* institute. This two-week seminar will be held in the Tuscany region of Italy near Florence May 14-29, 2009. Cost of the institute is \$2,745 and includes 3 graduate credits or 45 continuing education hours; room in a 14th century villa; almost all meals; transportation within Italy; tour guides; and entry to museums. Roundtrip airfare to and from Rome, Italy is not included. For full information and details regarding the Italy institute, visit the web site:

http://education.odu.edu/pcl/profdev/italy_conf or contact Ted Remley at: tremley@odu.edu.

SACES members Ted Remley and Vivian McCollum from Old Dominion University in Norfolk, Virginia, Terry Christensen from Regis University in Denver, Colorado, and Pat Thomas from Northeast Louisiana University in Hammond have led this institute for the past five years. Participants learn about the counseling profession in Italy from Italian mental health professions, learn from seminars given by counseling professors from the U.S., tour ancient cities in Tuscany

(including Pisa, Siena, and Florence), and enjoy the Italian culture, history, and food.

In 2008, ACES President Judy Durham from St. Joseph's College in West Hartford, Connecticut, and ACES members Lorraine Guth from Indiana University of Pennsylvania, Garrett McAuliffe from Old Dominion University in Norfolk, Virginia, and James Benshoff from the University of North Carolina-Greensboro attended as members of the group of 28. Mental health practitioners and counseling graduate students from seven universities across the country participated.

(See photo)



What is your Level of Supervision Training?

By Dr. Suzan Thompson, LPC, Old Dominion University

Many of you already know that Virginia's LPC Board now provides information about what is required of individuals providing supervision to those working toward licensure. The new regulations took effect this past September.

Now, to provide LPC supervision you must document one of the following:

- 1) three semester hours in graduate level coursework in supervision, OR
- 2) four quarter hours in graduate level coursework in supervision, OR
- 3) twenty continued competency hours in supervision.

My initial exposure to information about counselor supervision was while I was in my doctoral program during the mid-1990's. At that point, research on supervision was really just beginning. The texts we used are now in their 4th and 5th editions, with revisions including the most recent discoveries about theories, developmental

processes, techniques and approaches that are effective in both counseling and supervision.

If you're among the many LPC supervisors who are experienced clinicians providing supervision, know



Suzan K. Thompson, Ph.D., LPC is the Clinical Coordinator for Old Dominion University's Graduate Counseling Program.

that what's new in supervision may not actually surprise you, but could better inform what you do. As the profession has turned its focus not just toward what we do as counselors, but how we trained counselors,

a whole new understanding of our own needs as counselors has become clear.

One of the upshots of supervision literature is that it's important that supervisors have training in supervision, not just have solid clinical skills. And now the LPC Board is requiring supervisors to increase their training in the skill of supervision.

There are a variety of ways you can get the training the LPC Board now requires. Currently, the Virginia Clinical Counselor's Association offers several day-long workshops around the state that are intended to meet the Board's requirements. Recently, I received a brochure from UNC Charlotte for their 2009 Supervision Institute, offered by their Department of Counseling on Feb. 27th and 28th. And of course, you can take a course at almost any graduate counseling program – be sure to check the one closest to you for their offerings.

Suzan K. Thompson, Ph.D., LPC can be reached by email at skthomps@odu.edu or by phone at 757-683-6202.

MARK YOUR CALENDAR NOW!



ACA 2009 Conference & Exposition

Co-sponsored by North Carolina Counseling Association

Charlotte, NC

March 19-23, 2009

	Super Saver Rate Sept. 1 – Nov. 30, 2008	Advance Rate Dec. 1, 2008 – Feb. 15, 2009	Onsite Rate Feb. 16 – Mar. 23, 2009
ACA Members Professional/Regular	\$295	\$350	\$395
New Professional/ Student/Retiree	\$195	\$240	\$265
Non-Members General Attendees	\$480	\$530	\$560
Non-Member Student	\$310	\$440	\$460

Pre-Conference Learning Institutes: March 19-20
Exposition: March 20-22
Education Sessions: March 21-23



Register Online: www.counseling.org/conference • By Phone: 800-347-6647, x222 (M-F, 8AM - 7PM ET)

SACES Election Results

Editorial

During the SACES conference held in Houston Texas, elections were completed for the office of President-elect and SACES Secretary-elect. We are happy to announce that Danica Hays, assistant professor from Old Dominion University was elected SACES president-elect-elect (to serve 2010-2011) and Marc Grimmet, assistant professor at North Carolina State University was

elected SACES Secretary-elect (to serve 2009-2010). We look forward to and appreciate their service.



Dr. Danica Hays



Dr. Marc Grimmet



SACES AWARD WINNERS

This year's awards were given to a range of exceptional counselor educators, supervisors, and students. Those recognized by SACES in 2008 were as follows:

Pre-Tenure Counselor Educator:

Dr. Danica Hays

Tenured Counselor Educator:

Dr. Rebecca Newgent

Master's Level Graduate Student:

Amy Davis

Doctoral Level Graduate Student:

Margaret Ann Shillingford

Outstanding Program Supervisor

Dr. Keith Mobley

Outstanding Counselor Education Program:

Virginia Tech

President's Outstanding Service Award:

Dr. Robin Lee

Courtland C. Lee Social Justice Award:

Dr. Barbara Herlihy

The following professionals received SACES research and practice grants:

Christine E. Murray

Breyan N. Williams-Haizlip

Amanda C. Healey with Amy T. Banner

Karen Cathey-Austin

Julia Y. Porter with Mary Ann Hollingsworth

Melodie H. Frick

Congratulations to all of the award and grant recipients!



Group: But Where are the Members?

By Sara Wood, MA, NCC
Patricia King, MA, RN and
Scott Wykes, PhD,
Regent University, PhD CES Program
(Virginia Beach, Virginia)

As counseling students and professionals, many of us find ourselves facing the task of starting a group from scratch. While this can be an exiting endeavor, it can also be difficult finding appropriate or adequate membership. Drawing from our recent experience building a group for spouses of sexual addicts, below are some tips to help effectively address the looming challenge.

- **Consider a Co-leader:**

Co-leading, when possible, offers several advantages for leaders when building a group from scratch. In addition to having two people to share the workload throughout the group, effective co-leadership involves a layer of support and flexibility unavailable as an individual leader. In our case, both leaders shared the burden of beginning: contacting and screening partici-

pants, brainstorming ideas concerning group norms and details, and providing encouragement along the way.

- **Create a Referral Network:**

As with many forms of counseling, reputable referral sources are vital for building a group. Not only can referrals increase the number of potential members, but they can also add credence to unknown group leaders. In our case, referring counselors and pastors served as our ambassadors to potential group members.

- **Capitalize on Pre-Group Preparation:**

Pre-group planning can take many forms, such as screening potential members or outlining the group structure, but serves a specific function: creating a group foundation for both the leader(s) and the members. In developing our group, we utilized pre-group interviews to gain a better understanding of each member's story,

to create an increased investment in the group by meeting the leaders, and to discuss group norms and procedure prior to the first group meeting.

These suggestions were great in helping us build our group from scratch. Now, with the membership set, we embark on the next exciting challenge of the group work itself!



Sara Wood



Dr. Scott Wykes



Patricia King

Conference & Exposition

March 19-23, 2009
Charlotte, NC



SACES CONFERENCE 2008



Virginia Tech accepts SACES Program Award

The SACES 2008 Conference was held in Houston, TX at the Hilton Post-Oak was another successful conference in terms of attendance and the

quality of presentations available to professionals, students, and educators. The conference sessions included 140 content sessions, 62 Poster Presentations, and 68 Roundtable sessions. SACES would like to extend special thanks to Carol Hightower, Kelly Wester, and the Conference Committee for their efforts in planning and coordinating this conference event. The 2008 conference was sponsored by Sam Houston State University and Nova Southeastern University. The conference was very well attended, as ses-

sions ran from October 23rd through October 25th. In addition to the festivities and educational sessions, several professionals and were honored for their devote work in the counseling field. Among these honors, the counseling program at Virginia Tech was recognized as the SACES 2008 Outstanding program winner. It is hoped that the 2010 SACES conference in Williamsburg, VA will be as successful, educational, and worthwhile as the 2008 experience!



Preparing for my Professional Path ~ A Doctoral Candidate's Perspective

By Adele Logan, The College of
William and Mary

Entering the doctoral experience creates the challenge not only to find one's way through the program but also to define one's professional direction. From the moment I entered the Ph.D. program, my purpose became centered upon the goal of facilitating far-reaching change, shifting my focus from solely counseling clients toward educating and supervising counselors. By broadening my scope of effecting change and by learning methods of teaching that best suited my personal style, this purpose grounded me through this arduous endeavor.

As I became immersed in the doctoral process, I struggled with the concept of selecting just one trajectory for my future path. Being curious, I observed professors in my program along with mentors and

leaders in the field who coached me through continual challenge. Through this observation, I became inspired to learn how best to elicit growth and development in counselors who embark upon the journey of connecting with people and facilitating growth to nurture their development.

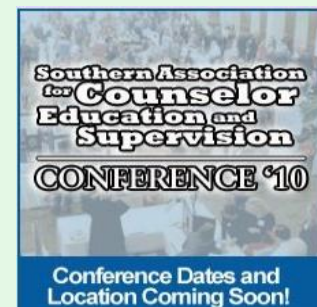


Adele Logan

However, I found that the approach to my professional development required a more intentional plan. In response, I deliberately developed a three-dimensional approach to my professional preparation. First, I devel-

oped my skills as a reflective practitioner and dynamic counselor to build my professional specialty. Second, I clarified my pedagogical philosophy by sharpening my teaching and supervision skills. Further, I expanded my knowledge beyond the core doctoral curriculum by establishing a unique line of research inquiry that was salient to my professional interests.

Entering the final semester of my doctoral experience, my professional objectives are beginning to be realized. To fortify my growth as an emerging leader in the counselor education field, developing a three-dimensional preparation plan has anchored my readiness for a powerful professional experience.



Assimilating into a Masters in Counseling Program

By Lawrence Osborn, Master's Student
William and Mary



Lawrence Osborn

The first semester of a Masters in Counseling program can undoubtedly be difficult and stressful. Students are challenged academically, emotionally and physically. Managing coursework, research, assistantship hours and finding time for self care are difficult and usually the latter is the first to go. Several tactics helped me assimilate into my Masters program so that I could successfully manage each new demand as it was presented:

1. If your program has the option of *starting early* (the summer before), do it! By

starting in the summer I was able to get a feel for my classes without the burden of a full course load. It allowed me to meet students who had just finished their first year of the program. I made connections with peers and bridged the gap between 1st and 2nd year students. Plus, I met a whole group of students whom I would have had difficulty meeting had I started in August.

2. I additionally found it helpful to *seek out a doctoral student*. Doctoral students may be young in their professional careers or counselor education roles, but wise about many topics including the campus itself. They are a great source of information and know the "lay of the land." Additionally, they are usually involved in research and provide a nice medium for a Masters student to get involved, should he or she want to.

3. All first year counseling students learn about the power and necessity of being pre-

sent in the therapeutic relationship. It is important, however, to *remain present in your program*. It was necessary for me to place some of the information, skills and experiences I had prior to arriving at William and Mary on the back burner so I could learn new information and skills in my classes and lectures instead of continually relying exclusively on the past. This made assimilating the new knowledge and skills with my prior ones easier.

These are the top tips that stand out to me as being most helpful. They helped me to assimilate into a new program and culture with ease.



SOUTHERN
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President: Gerard Lawson	Past—President: Kathy Evans
President-Elect: Kelly Wester	President-Elect-Elect: Danica Hays
Secretary: Ed Cannon	Secretary-Elect: Marc Grimmet
Treasurer: Don Locke	

The Southern Association for Counselor Education and Supervision (SACES) is the southern region of the Association for Counselor Education and Supervision (ACES). ACES is a division of the American Counseling Association (ACA). ACES consists of five regions, with SACES being the largest region. Other regions include North Atlantic, North Central, Rocky Mountain and Western.

The purpose of SACES shall be to strengthen counselor education and supervision. SACES will serve to advance knowledge in the academic fields of the behavioral sciences, and assist in improving competency both for members and for those counselors with whom the members are working or will work. It would also be useful to include a contact name for readers who want more information about the organization.

Message from the SACES Newsletter Editors

Are you trying to find a way to get more involved in SACES? What about mentoring a student by helping them to get published? Think about submitting an article for the SACES newsletter. We would love your involvement!

Here are some simple tips to help you create an article for our newsletter:

1. It needs to be focused on topics related to counselor education and supervision.
2. You can share information about endorsed SACES, state ACES and ACA activities.
3. If you are a student, have one of your faculty members review your work prior to submitting.
4. Take a look at previous editions of the newsletter located at the SACES website to get a feel for the writing style.
5. Keep it at around 300 words.
6. Attach a picture of you.

The SUMMER 2009 submission deadline is.... **APRIL 1, 2009**. Thank you for supporting the SACES newsletter.

Email submissions to Agatha Parks-Savage:

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