



*Counselors Rock!*

# LPCA CONNECTION

Official Publication of the Licensed Professional Counselors Association of Georgia

## LPCA of Georgia Awarded Outstanding State Chapter for 2021



Annually, the American Mental Health Counselors Association, AMHCA, recognizes a state chapter with documented activities that are exceptionally outstanding. AMHCA presented the Licensed Professional Counselors Association of Georgia with the Outstanding State Chapter Award for 2021 at a virtual meeting on November 4, 2021. AMHCA President Dr. Beverly Smith explained that LPCA was selected for its phenomenal work in the state of Georgia. She stated that LPCA was instrumental in the passage of the first counseling compact in the United States. Further she added that LPCA supports and lobbies for counselors, provides excellent opportunities for continuing education, and developed an excellent supervision program for credentialing supervisors. LPCA of GA is very honored to receive this formal recognition from AMHCA, the only organization exclusively representing critical mental health counselors in the US.

LPCA President, Angela Feeser, accepted the award from Dr. Smith on behalf of LPCA of GA. Also in virtual attendance were LPCA President-Elect Bryan Stephens, Immediate Past President Tim Robinson, LPCA Lobbyist Julianna McConnell, and LPCA Executive Director Gale Macke.

## AMHCA Legislator of the Year GA House Rep. Dave Belton

Georgia House Representative, Dave Belton, from the 112<sup>th</sup> District, was presented the

2021 AMHCA Legislator of the Year Award by AMHCA President Dr. Beverly Smith. AMHCA recognized Rep. Belton for his dedication and advocacy on behalf of LPCs, the counseling profession, and mental health access. He was specifically acknowledged for his continued support of LPCs and LMHCs through his sponsored legislation of Georgia HB 395, the Professional Counselors Compact. Through Rep. Belton's leadership, Georgia became the first state in the nation to sign such a compact into law. She also acknowledged Rep. Belton's 43 year career in the military and how

that impacted his support and admiration for mental health professionals serving military members and families. It is also worthy to note that his sister is also a practicing counselor in South Carolina. Congratulations and thank you Representative Dave Belton on behalf of all LPCs in Georgia!



Dr. Beverly Smith

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## PRESIDENT

**Angela Feeser, LPC, CPCS**

The momentum at the LPCA office continues full steam! We are preparing for an exciting and challenging legislative session to begin. To kick-off November, the American Mental Health Counselors Association recognized LPCA of GA with the 2021 Outstanding State Chapter Award. It was an honor to receive this award on behalf of our organization and all our members! Rep. Dave Belton, from the

112<sup>th</sup> District, was awarded as the 2021 AMHCA Legislator of the Year Award. Rep. Belton continues to support LPCs through his sponsored legislation of House Bill 395, the Professional Counselors Compact.

Our CPCS committee has been busy with a few new projects, along with the monthly meetings. If you haven't joined one of the two monthly meetings for CPCs, I encourage you to do so! The 2<sup>nd</sup> Friday of each month at noon is the CPCS Roundtable and the 3<sup>rd</sup> Tuesday at 11am is CPCS & Coffee. Also, we have a monthly meeting for APC members on the 1<sup>st</sup> Friday at noon, and another for LPCs Q&A on the 2<sup>nd</sup> Friday at 1pm. These meetings are a great opportunity for you to ask questions, learn new information, and get to know other members!

An exciting opportunity that will be available to our members will be an announcement to join our Communications committee. Dr. Keisha Buchanan, LPC, is our Communications Chair, and she has brought some great ideas to the table for discussion and development to enhance our communications as an organization. She has a willingness to not only enhance this for our group but also for our profession. Be on the lookout for a future announcement to become a committee member!

Our District Chairs have been busy setting up workshops for CEs, town hall meetings and other networking events. You can stay informed of these opportunities on our website. If you are unsure of who your District Chair is, please contact us at the office. Also, if you are interested in providing a workshop, please contact your District Chair.

Have you thought about inviting a colleague or future APC to join LPCA of GA? With everything we have on the calendar going into next year and the changes we will be announcing, I believe it's a great time for our colleagues to join us! Encourage them to review the information on our website.



LPCA Executive Director Gale Macke and LPCA Treasurer Tom Parrot proudly hold the AMHCA 2021 Outstanding State Chapter Award in recognition of LPCA's dedication and service to the MH professional.



## PRESIDENT-ELECT

*Bryan G. Stephens, MA, LPC, NCC, MBA*

### LPCA 34<sup>th</sup> Annual Convention

In the good old days before the shutdowns, LPCA generally had contracts for hotels ahead of time. This year, Gale and I have scrambled to find a location that would be suitable for the LPCA 34<sup>th</sup> Annual Convention and Regional Conference scheduled for May 3–6, 2022. We will be holding the convention a bit outside Atlanta, in LaGrange, Georgia, at the Great Wolf Lodge and Resort. We are very excited by this venue and its location and know it will be a great experience. I am excited to announce the theme for the convention is **Mapping the Search for Meaning**. We are in the process of finalizing the workshops that will be presented. We have some great presenters who have offered their time to help educate and teach us.

I want to take a moment now to thank the LPCA crew who is working to make this happen. My face gets paired with the convention, but it is their work that makes it all happen. LPCA, your professional association, does so much for its members outside of the annual convention. I want to say thank you to them, and all the volunteers who will make the 2022 annual convention possible.

For those of you who came to Savannah for the 2021 LPCA Convention, *The Keys to Our Success: Opening Doors for LPCs*, you know it was like a big family reunion after months of being apart. Electronic communication is clearly no substitute for the communion of face-to-face interaction. The convention is more than just sitting in class and learning. It is a coming together of peers, colleagues, and friends in fellowship. I always leave the LPCA convention with a renewed spirit for what I do. I had long thought that this was a sense of getting out of the confines of Georgia's community mental health system, but now that I am in private practice, I find nothing has changed. I still need to get with my fellow counselors and drink at the well of our collected energy and wisdom.

If you have attended past conventions, I expect you know exactly what I am talking about. If you have not attended a convention, I invite you to come to LaGrange this year and experience things for yourself!

## Live In-Person Trainings Accepted by the Licensing Board

**yourceus.com**

National provider of internet based continuing education courses with several years of experience in developing content specifically for the nascent field of e-learning, utilizing advanced e-learning programming capabilities. For social workers in twenty-nine states and the District of Columbia under the National Provider program of NASW, and now for Licensed Professional Counselors and an approved provider for NBCC.

<http://www.YourCEUs.com>

## IMMEDIATE PAST PRESIDENT

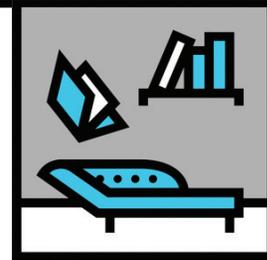
*Tim Robinson, LPC, CCTP, CPCS, CAS-F*



The year 2022 will be a licensing year and this year's convention will provide an excellent opportunity to accrue the CEs that you need. Also at the convention, I look forward to presenting the LPCA awards to the worthy recipients. Another e-mail will be sent out requesting nominations. I encourage you to make recommendations. I hope that you will join us at the convention in May!

My tenure as an active President is winding down and it has been an honor to serve you. We can celebrate our achievement this year with the Compact legislation!

One trend that has become apparent in the three years that I have served as a president is the increased use of telehealth. It has certainly risen in my work environment. I would love to hear about the experiences that others have had. This would make a good topic for the newsletter. I have seen that this is an area of academic research as well. The pandemic may not be with us forever, but I believe telehealth is here to stay.



## BOOKSHELF TO COUCH

### Online Continuing Education Courses for Mental Health Professionals

Our seasoned clinicians and researchers connect the freshest science to clinical applications with CE courses you can complete online, wherever you are, in a knowledgeable learning community, where quality education is appreciated. We focus on the psychology of close relationships, marriage, family and sex therapies as well as Mindfulness and Internal Family Systems therapy. Bookshelf to Couch provides CE courses for psychologists, and other mental health practitioners by carefully selecting topics and instructors to facilitate learning and keeping up with the field. Our instructors live and breathe therapy with decades of clinical experience.

**[bookshelftocouch.com](http://bookshelftocouch.com)**

## EXECUTIVE DIRECTOR

Gale Macke LPCA@LPCAGA.org



## Goodbye 2021...

Here at LPCA, we finished off the year with a CPCS Holiday Shindig with lots of food, "Ugly Sweater" contest, and amazing Case Scenarios presentation by Eric Rodgers, Arcella Trimble, Kimberly Alexander, and Katherine Sheppard.

LPCA, with a host of Who's Who presenters, completed over 300+ hours of CE workshops. Our mentors, board members, and staff completed over 284 personal consults and counting. We attended 24 Licensing board meetings, and produced over 60 hours of monthly meetings for all to ask questions and get answers.

LPCA continues to serve on the Criminal Justice Coordination Committee's human trafficking workgroup 8, participates in the licensing board rules meetings, hosts the law revision coalition, and promotes LPCs at the Georgia Society for Association Executives events.

We brought back our in-person four-day Convention in the spring at the beautiful Savannah Riverfront, reinvigorated the Annual Student and Recent Graduate Conferences, and continued our Town Hall presentations in every district. In February we will be in Valdosta, and in March we will be in Macon.

The following monthly events: NCE National Counselors Exam Prep Workshop, Student and APCs Q&A, CPCS Supervisors' Roundtable, CPCS Coffee and Consults, and the recently added LPCs Q&A are very well attended. The first LPC's Q&A was *Hot Topics: What a Therapist Wants* facilitated by a "seasoned" LPC, Corey Milsap, PhD, LPC, CPCS. Attendees discussed their challenges, difficulties, and issues they are facing. How do you find out about these monthly events? Just visit [www.LPCAGA.org](http://www.LPCAGA.org) and on the home page you will see *Announcements*. You can simply click the link for any or all of the monthly meetings to sign up.

## Advocacy

A thank you to our LPCA Lobbyist, Julianna McConnell, for helping us navigate the hundreds of *Meet 'n' Greet*s with lawmakers as we continue our work getting LPCs recognized as an important part of the health care system. LPCs and MFTs continue to be excluded from being Medicaid providers due to the federal government's delay in signing off on our lawmakers' request to have LPCs added as independent providers. It continues to be difficult for clients who are involuntarily moved to Medicaid (think Affordable Health Care Act) and must give up their LPC therapist due to the Federal Government HHS/CCM agency not signing off on adding LPCs. We are the only state in the USA in this situation due to the federal lawsuit for closing Georgia psychiatric hospitals many, many years ago.

The LPCA Political Action Committee Chair Johnnie L. Jenkins, III, LPC, CPCS, RPT-S, traveled the state meeting with current and future lawmakers, members of LPCA, and provided an amazing presentation on *How to Effectively Advocate*. The LPCA PAC, a 501(c)6 is legally authorized to promote and endorse legislation and those elected officials that support LPCs right to practice. Soon the LPCA PAC will have its own website with information available to LPCA members 24/7.

## Hello 2022...

We are starting the year off for the first time since the 90's, a complete revision of the law for licensure. To look up the current law, called O.C.G.A chapter 43-10A, visit the GA Composite Board of PC, SW, MFT. This five-year project is now moving towards becoming a House of Representatives bill. The legislative session begins early January.

## CPCS Holiday Shindig



L-R: Leigh Anne White, Megan Boyd, Veronica Mosley, Jill Osborne, Terri White, (name unavailable), Ingrid Lacey, Jeremy Glenn Fox, Rayvene Whatley, Natasha Goodman, Vanessa Anderson, Victoria Griffin, and Dana Robinson



Carolyn Ramp, Angela Feeser, and Joy Welcker



"Ugly Sweater" Contest Winners Megan Boyd and Rayvene Whatley



## WESTERN DISTRICT

**Louis F. Boynton, II, PhD, LPC, CPCS, NCC**

### Food for Thought: Cooking for Good Mental Health

LPCA Western District presented two workshops, one public and one for LPCA, on how nutrition and food directly affects mood and cognition. Research has shown that most people in our country have some sort of vitamin or mineral deficiency at some point. There is also evidence linking a poor diet with the worsening of mood disorders, including anxiety and depression. This study of *Nutritional Psychiatry* is rapidly gathering momentum.

The focus of these workshops is to provide more content related to food, nutrition, and the benefits to mental well-being. At the public event, we demonstrated and filmed how to make simple recipes and spoke about how food can improve mental health. Participants sampled tasty food and were given handouts containing healthy recipes. In our more formal presentation, we stressed the ongoing importance of creating a healthy brain-gut connection. Participants learned how gut bacteria, hormones, neuropeptides, and neurotransmitters impact mental health.

As I created content for these workshops, I discovered that more people in our profession are interested in this topic than I expected. My goal is to develop new materials related to specific recipes in order to promote these essential ideas within our field.

In the future it would be great to have more nutrition related events, even at our conferences. My hope is that we schedule more counseling and nutritional presentations where we conduct live food demonstrations with all participants helping to create the food we present.



## NORTHERN DISTRICT

**Britney Turk, PhD, LPC, C-DBT, RA-HMCT, CIMHP**

Hello all! I hope you all are able to spend time with your families over the holidays and recharge in preparation for 2022. After a year where I feel many of our communities have been accessing mental health services, it is important for us as counselors to attend to our own mental health and self-care more now than ever. In District news,

several wonderful trainings have been going on related to biofeedback, risk management, and duty to warn. I will be hosting more biofeedback trainings in March and look forward to seeing more participants from our District. More information is located on the LPCA website. Please let me know if you have specific concerns about our District. If anyone is interested in hosting a continuing education event or wanting to widen their referral network, please let me know at [britneyallencounseling@gmail.com](mailto:britneyallencounseling@gmail.com). Also please let me know of any continuing education topics you would like to know about and I will try my best to organize a CE.



Vinson Eric Lee, MS, LMFT, LPC,

### Biofeedback: An Introduction for the Mental Health Professional

On Friday, October 1, 2021, LPCA sponsored *Biofeedback: An Introduction for the Mental Health Professional*. This training was presented by Northern District Chair, Britney Turk. She provided an overview of biofeedback along with options for training and certification. This

training also provided an introduction to therapeutic techniques and a review of equipment used to facilitate the process. Vinson Eric Lee, LPCA Southern District member, engaged in the training and stated that he enjoyed learning about how biofeedback is helpful in working with numerous mental health diagnoses, including trauma. Lee was also pleased that the training was provided at no cost to LPCA members.





## Approaching "Queer"

**A.J. Ramirez, EdD, LPC, CPCS  
Southern District Representative**

One of the first controversies posed by some colleagues and supervisees I meet with is the use and history of the term "queer." Like many words used in relation to the LGBTQ+ community, "queer" has a

history based on hate speech and discrimination. While some people may be hesitant to use the word due to this, in our current century, it's a rare occurrence that an individual neglects to use the word "gay" or "lesbian," despite similarly demeaning histories with those terms. Let's begin with an analysis of the word to shed light on the long history of the LGBTQ community, how terminology can help create an atmosphere of community, and start a conversation on the need for intersectionality in the LGBTQ community and Queer theory.

While I understand the apprehension some individuals may have behind the label, using the term on a theoretical level can help normalize the term for use as a label in non-academic settings. "Queer" can be a beneficial label for those who may not feel confident using a certain term, as they first identify as part of the LGBTQ+ community, question their previous identity, or generally identify with a more fluid form of sexuality. Others may find that a term like "queer" is more comfortable than a specific label, either due to the stereotypes associated with specific labels or the complexity with which they see their identity. As society reclaims the term, knowing the spotted history around it, we can add an element of resilience against the opposition. This can only help us all in the psychotherapy field. Our client base is extremely diverse and continues to evolve more with time as we need to evolve professionally with them.

## One Memory of His Father

**Frankie B. May, MS, NBCC, LAPC  
LPCA Eastern District Member**

A returning patient came into my office and said he was angry. His father had died recently and he was angry that his father's other family had all these memories of his dad and he had not one.



We chatted about other things for a few moments and then I asked, "What was your earliest memory?" He thought a couple minutes and said his memory was of him and his cousins receiving play guitars for Christmas. They were all excited. I immediately asked, "What did your dad think of it?"

He stopped, thought about it and began to weep. "I found out he knew how to play the guitar."

*One memory...the mind is an amazing instrument!*



## Red Flags to Avoid! How to Spoil the Supervisory Relationship

**Megan V. Boyd, PhD, LPC, CPCS  
Clinical Supervision Chair**

As supervisors, we work diligently to ensure that we are the "right" fit for the supervisee prior to committing to work with them. Sometimes, the supervisee's clinical

development needs to change, and they may choose to start with someone else for supervision. It happens, and the most important thing to remember is to share these thoughts with your supervisor. Changes in the professional relationship may also be initiated by a CPCS. In the spirit of ongoing development, here are some Red Flags to avoid for maintaining a consistent supervisory relationship.

### 1. Inconsistency

While it is not always possible to maintain sessions on a regular schedule, consistent communication will keep both the CPCS and the supervisee on track. Do your best to establish your supervisory schedule early on.

### 2. Punitive Feedback

Part of the supervision experience is to engage in feedback as a CPCS and as a supervisee. If the feedback you receive feels punitive or consequential, talk to your supervisor about it. You can brainstorm ways to improve giving and receiving feedback. Also, tell us how we are doing, what we can improve on, and what you need to successfully complete your license!

### 3. Professional Boundaries

Clearly define the scope of the supervisory relationship at the onset of sessions. Let your supervisor know of any potential conflicts of interests or dual relationships that may impact the efficacy of sessions. When a boundary is crossed or disrespected, it will take time and/or a pivot to get back on track.

*When you are ready to learn more about a successful supervisory relationship, join us at Monthly Consultation and Roundtable discussions!*

#### Additional Resources:

*Best Practices in Supervision—What Supervisees Must Do*

*Online Clinical Supervision—Motivo Health*

*Tip 52 (SAMSHA)—Clinical Supervision of Substance Abuse Counselors*

## Just Married!



Atlanta District Chair Joanna Goulding with John Kester, September 10, 2021



## Is Therapy for the Client or the Therapist?

**Keisha P. Buchanan, EdD, LPC, CPCS  
Communications Director Chair**

The answer to this question appears to be very obvious; therapy is for the client. This surface response should carry throughout the therapeutic relationship, but it does

not. Many counselors in training and practicing counselors believe that therapy is for the client, however, due to the inability to bracket their values, beliefs, and personal needs, therapy becomes about the therapist and not the client.

I have encountered students and licensed professionals placing their needs, values and beliefs before the client's welfare and being comfortable in their stance. Ethical violations are not new to this profession or any other profession. However, it has become more apparent that the values and principles that this profession was established on do not mean the same to those choosing this profession. This makes one question, how many counselors are truly familiar and comprehend our code of ethics? How many counselors are aware of the changes made to the code of ethics in 2014 and why? The American Counselor Association's code of ethics, section A.1 Client Welfare states "The primary responsibility of counselors is to respect the dignity and promote the welfare of clients. (A.1.a.)" While I understand this can be interpreted in many different ways, this article will focus on the primary responsibility of the counselor.

According to Remley and Herihy, "Counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals." A professional relationship stands out in this definition, not a personal or business relationship. Counselors cannot be void of feelings, values, needs or beliefs; it is an intricate part of who we are. Many enter this profession because of an experience encountered, the need to help, or having the gift of gab. When we select a profession and accept the oath to be of service to others, we are also accepting the responsibility of that chosen role. Therefore, as a professional, you must learn how to bracket your needs and beliefs to empower the client. Bracketing does not include affirming their behaviors, requesting their services, or becoming their friend.

Kocet and Herihy (2014), discussed the process of "ethical bracketing (EB) which is defined as the intentional separating of a counselor's personal values from his or her professional values or the intentional setting aside of the counselor's personal values in order to provide ethical and appropriate counseling to all clients, especially those whose world views, values, belief systems, and decisions differ significantly from those of the counselor." While ethical bracketing is focused on the values and beliefs of the counselor, it also applies to the counselors needs and wants as well. When the counselor enters the room with a client, the time allotted needs to be client focused. The counselor should incorporate time in between each session to process before entering the next session. This will allow the counselor to maintain client focus. Additionally, if the counselor recognizes that the client triggers

their personal values, issues or needs consultation/supervision must take place. If you are in private practice you should not operate in a silo, this can be detrimental to your career and your client. Counselors must address their unresolved issues and personal needs and find avenues to process these issues outside of the therapeutic relationship. Our profession is bound by ethics and laws to protect the client and the counselor. Following them will ensure the longevity of the profession and your career.

### References:

American Counseling Association. (2005). ACA code of ethics. Alexandria, VA: Author.  
Kocet, M.M. and Herihy, B.J. (2014), Addressing Value-Based Conflicts Within the Counseling Relationship: A Decision-Making Model. *Journal of Counseling & Development*, 92: 180–186.  
Remley, T.P., & Herihy, B.P. (2019). Ethical, legal, and professional issues in counseling (Custom 6th ed.). Pearson.

## CPCS Summit Training

In November, LPCA hosted a virtual CPCS Summit training for those looking to become a Certified Professional Counselor Supervisor, (CPCS). We had amazing presenters, including Chris and Angie Wheelus, who held their presentation at the LPCA office. Chris and Angie's presentation was titled, *Using Clinical Supervision Models in Practice: Current Models and Future Directions*.

The husband and wife team love working in the counseling profession together and have fifteen years of experience in college counseling and private practice. They have lived overseas in five countries and occasionally travel to provide counseling to expatriates. Chris has presented at regional, state, and national levels on career development with both Chris and Angie serving as president of the Georgia College Counseling Association. As a professor, Chris loves teaching and supervising new counselors while Angie, a consummate practitioner, loves presenting, counseling, and supervising.



Angie Wheelus, EdD, LPC, CPCS and Chris Wheelus, PhD, LPC, LMFT, CPCS

## Suicide Prevention within Law Enforcement

### Cobb Mental Health Symposium for Law Enforcement, Prosecutors, and Victim Advocates

On September 23, 2021 the office of the Cobb County District Attorney hosted a mental health symposium on the subject of suicide prevention within law enforcement. As September is Suicide Prevention Awareness Month, this was an excellent time to highlight and address a growing crisis among officers within the law enforcement community. This 6-hour event provided CLE credit and training hours from Georgia POST and the Prosecuting Attorney's Office of Georgia (PAC). During this forum, presenters addressed fundamental factors that contribute to the prevailing issue of suicide among law enforcement officers.



LPCA Communications Chair  
Keisha Pou-Buchanan

The Cobb Judicial Circuit recognizes the importance of mental health for all. As such, there is value in delivering this information to leadership, officers, prosecutors, and victim advocates who are all equally impacted by this issue. Stigma around officer suicide must be addressed in order to effectively aid officers living with undiagnosed chronic mental health disorders such as anxiety, depression, and post-traumatic stress disorder (PTSD).

Ordinarily a symposium of this sort is an expensive undertaking for an agency when considering factors such as registration fees, travel expenses, and loss of an officer for an entire day. As a result, many officers, leaders and supervisors bypass opportunities to attend trainings of this nature. In response to these concerns this mental health symposium was free for all who attended.

Keisha Pou-Buchanan, PhD, LPC, CPCS, presented "Mental Arrest" at this event. Keisha holds a Doctorate Degree in Counseling Psychology and a Master's Degree in Professional Counseling from Argosy University. She obtained a Bachelor's of Science Degree in Psychology from Morris Brown College. Keisha's clinical experience includes outpatient and inpatient settings, substance abuse clinics, at-risk adolescent group homes, family services and juvenile justice agencies. She has facilitated numerous training over the years for several local counties, domestic violence shelters, schools, insurance companies and local churches/community centers on a variety of mental health and clinical issues.

She has been in private practice since 2007 and has over 15 years of experience in counseling. In addition to having a private practice, she is an Associate Professor at Liberty University and a Certified Professional Counselor Supervisor.

## LPCA Savannah Conference at South University

**Alex B. Callahan**  
Graduate Student West Georgia University

This past November, I had the opportunity to attend the LPCA Savannah Conference at the South University campus.

The first session, *Ethics, Ethics, and More Ethics*, was presented by Dr. Russell Floyd and focused on the ethical obligations of LPCs. Later, we broke up into small groups to discuss how we might become more competent ethically. Much of what our group discussed centered on being aware of our competence and what I might call "not out kicking our coverage" (football reference). Also, being aware of transference by making sure we are holding the space for the client to do their therapeutic work, rather than ours.



Dr. Russell Floyd



Dr. Holli Kelly

The second session, *Serving Those Who Served Us: Working with Veterans, Combat Stress and PTSD*, was presented by Dr. Holli Kelly, LMFT. Her presentation focused on her work with the VET Center in Marietta and a general discussion about PTSD and working with veterans. Dr. Kelly said they had hundreds of calls the day of and in the days after Iraq and Afghanistan veterans learned about the military withdrawal from Afghanistan. A common theme among the veterans she sees at the center is

this feeling like they've left some unfinished business behind. In other words, what happened to them and the things they did might be more easily rationalized if it feels like the "job" is done—if it were all for something. Not simply "winning" the war (odd phrase) but finishing the building projects that they'd started (schools, roads, bridges, etc.) She discussed the suffering that results from changes in worldview. Returning service members can no longer see the world in the same way they once did. This manifests in a loss of innocence, moral injury, identity issues, and others. She also discussed the difficulty service members face dealing with their emotional and psychological trauma. According to Dr. Kelly, service members tend to be concrete problem solvers and have difficulty when they are simultaneously aware of a problem but cannot see the solution. She suggested taking a solution focused approach by coming up with reasonable goals—i.e., if loud noises or large crowds are triggering for the vet, then how can we work with or around those situations. She suggested some returning service members do their shopping at night or take two cars to large family gatherings so they can leave when they need to, if they need to.

The final presentation by Johnnie Jenkins, III, LPC, CPCS, RPT-S, centered on advocacy. Mr. Jenkins, soon to be Dr. Jenkins, spoke eloquently and passionately about the necessity for counselors advocating for clients and their community. He also discussed somewhat briefly LPCA's role in advocacy and the Compact Bill that they are currently working with other states to get ratified.

(cont. on page 11)



Johnnie Jenkins, III

## Up, Up and Away! A Guide for New Counselor Supervisors

**Veronica Motley, EdD., LPC, CPCS, NCC**



Many of us are familiar with “flying by the seat of your pants” as an aviation phrase that described early pilots who lacked advanced navigation tools or the ability to communicate with people on the ground and thus relied on instinct to reach their destinations. Necessarily, these pioneers encountered turbulence and storms that they were not prepared for since advanced planning was not an option. Quick and efficient decisions were limited to the extent to which pilots exercised good perception and judgement. Fortunately, aviation tools exist today that demystify the flight process for pilots and passengers. And it’s difficult to imagine that a modern pilot (or passenger!) would choose instinct over instruments. I suspect that the best-case scenario is likely a combination of both.

Like those early aviators, the history of supervision reveals the common practice of counselor supervisors learning their craft by relying on instinct, experience, imitation, and intuition. In fact, “learning on the fly” was a recurring response given by a significant number of counselor supervisors when queried about their training (Motley, Reese, & Campos, 2014). There is no doubt that intuition and experience are valuable commodities. However, like pilots, supervisors benefit from tools that assist them in recognizing when their own biases and perceptions might be informing their actions. Clearly aviators and supervisors both benefit from some form of outside support.

Here are three lessons from aviation that new counselor supervisors may find useful as they chart their own course:

### Have a Flight Plan

A flight plan is a document that reveals a pilot’s intention to reach a desired destination. It also happens to be the ideal metaphor for a model of supervision. Just as flight plans are analogous to goals, a model of supervision provides guidance, grounds our practice, and enables us to work with intentionality and consistency. Models of supervision provide a path for achieving supervision goals. Further, ethical practice mandates that as a part of the informed consent process, we disclose our model or approach to supervision, including our role, the objectives, and the modalities of supervision. Like a pilot without a flight plan, counselor supervisors who do not draw from the theory upon which these models are based risk wandering about aimlessly, getting off course or struggling to formulate a plan.

### Identify a Watchful Eye

When pilots assume the task of transporting passengers, they recognize that the diverse travelers are experiencing many different feelings and receiving many different forms of stimuli. Some passengers may be watching movies while others may be managing babies, or simply waiting for the journey to end. Pilots log many hours of flight time under the watchful eye of highly trained flight instructors to prepare to fly planes. Likewise, candidates pursuing certification as Professional Counselor Supervisors are required to receive didactic training and meet other requirements. These mental health professionals are made aware of what to do to become counselor supervisors. However, there is sparse literature that focuses on preparing counselors and psychologists how to be supervisors. Like pilots who encounter varied passengers with different needs, counselor supervisors will inevitably face challenges such as countertransference and boundary issues. Just as pilots develop with the assistance of a ‘watchful eye’, counselor

supervisors benefit from feedback that promotes self-reflective learning. Access to feedback settings greatly enhanced my development as a counselor supervisor. I encourage new supervisors to seek out a consultant supervisor, group supervision, or peer supervision.

### Enjoy the ride

Whenever I travel by airplane, I always have a bit of trepidation just before the flight takes off. For this reason, I am drawn to flights where the pilot shares information throughout the trip. I find comfort when I hear the pilot communicate with confidence, regularity, and preparedness. This subtle gesture sets the tone for my experience. Perhaps it even relaxes the pilot. For new counselor supervisors, it is normal to feel uncertain. Nevertheless, sometimes the best way to get over fears is to learn as much as possible. I found that the pilot’s guidance both soothes and reminds me of the many times my flights have taken off and landed without incident. Successful counselor supervisors are like pilots who share route information with passengers. They embrace embarking on a course paved with opportunities for lifelong learning for themselves and their supervisees. How exciting it is to know that counselor supervisors are poised to be modern pilots who utilize their training and experience to alleviate uncertainty and reassure supervisees that they are in prepared, knowledgeable and capable hands.

## Celebrate Champions for Children 2021 Youth Protection Seminar

This annual seminar, held on September 14, 2021 in Atlanta, was the culmination of work done by LPCA Atlanta District Chair, Joanna Goulding, who has been volunteering with the group for several years. She has brought forward the importance of including mental health in protecting youth in our communities. These seminars are presented to organizations and individuals who work with youth, including educators, coaches, community leaders, law enforcement, and others. The purpose of these seminars is to inform, collaborate, and develop leadership champions by offering a wide range of professional and community speakers. The keynote message from Dr. Tommy Black, an expert in mental health and abuse, focused on how we can strengthen the community or organization that we as LPCs serve.

The event covered a range of topics from trauma informed leadership, staff wellness, to working collaboratively with law enforcement. Attendees included Georgia State Representative Katie Dempsey, Georgia Supreme Court Retired Chief Justice Harold Melton, and Chair of the Youth Protection Seminar Director of Georgia Bureau of Investigation Vic Reynolds.



**Youth Protection Champion Award**  
LPCA Atlanta District Chair Joanna Goulding,  
Dr. Tommy Black, and GBI Director Vic Reynolds



## Continuing Education Adventure

**Janesta Nairn, LPC, NCC, CPCS**  
Continuing Education Chair

***I scream. You scream.  
We all scream for CEs!***

The biennial licensure cycle is vastly approaching, and for some of us, scrambling to meet the September 30, 2022 deadline has become our modus operandi (MO). As a Licensed Professional Counselor, time is of the essence and the renewal cycle is famous for its swift approach. Whether procrastination, busy practices, growing families, self-wellness, or a mixture of all, the time is here to start preparing for renewal. Continuing Education paves the way for professionals to remain abreast of the profession's changes, exposure to innovative therapeutic approaches, professional reputation growth, advocacy, and networking with peers.

One of the rules and regulations of Georgia Composite Board of Professional Counselors, Social Workers, and Marriage and Family Therapists, Rule 135, is designated and integrates all the requirements for the professional licenses listed above. Rule 135-9 is specific to Continuing Education hours, which can be acquired in multiple formats, live, virtual-synchronous (coinciding) or asynchronous (recorded and viewed at a later time, limited to 10 hours per renewal cycle), and hybrid (a live and online audience).

### **35 hours are required every 2 years:**

- 5 hours in ethics via live or synchronous (asynchronous hours are not acceptable)
- 15 hours of core hours (primary content is related to the individual's license)
- 15 hours related hours (content is not specific to the individual's license but within the allied profession)
- 10 of the 35 hours can be obtained asynchronously.

### **If credentialed as a Certified Professional Counselor Supervisor with Licensed Professional Counselors Association of Georgia 12 hours of Supervision CEs are required:**

- 3 hours in supervisor ethics, live or synchronous
- 9 hours of advanced/specialized.
- 9 of the 12 hours must be synchronous training. These hours can be concurrent with the 35 hours CE requirement.

Visit the LPCAGA.com under the *Supervision* tab for more information.

### **Did you know?**

- 1 academic semester hour is equivalent to 15 hours of CE.
- 1 academic quarter hour is equivalent to 10 hours of CE.
- 3 hours of Telesupervision CEs are required with any use of technology to provide therapeutic services.
- Only 20 hours can be obtained from a single CE forum, not including conferences.
- Documentation of CE hours should be maintained for 4 years.

### **Reminders:**

- If audited, a CE Audit Reporting form must be included with proof of certificates.
- Early renewal reduces the chance of a lapsed license.
- There are CE courses on the LPCA's Memberslick Learning Management System, where between 1 to 3 hours can be obtained per workshop. Again, you are limited to 10 hours of asynchronous workshops.

**Continue checking LPCA's Calendar of CEs to complete hours and prepare for the renewal cycle.**

### **Disclaimer:**

*This article does not address the intricate details captured in the Secretary of State Rules and Regulations of Georgia Composite Board of Professional Counselors, Social Workers, and Marriage and Family Therapists. The "Boards and Licensed Profession" tab on Georgia's Secretary of State website contains the complete Rules and Regulations.*

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## Help is Here! The National Counselors Exam

**Johnnie L. Jenkins, III, MA,  
LPC, RPT-S, CPCS, ACS**

In the state of Georgia if you have a Masters from a CACREP school, you can start the process of obtaining licensure after you pass the National Counselors Examination (NCE).

LPCA provides a prep course to assist you in passing the NCE. The classes usually are on Saturdays from 9AM—5PM and last one day. Topics covered include Human Growth and Development, Social and Cultural Diversity, Helping Relationships, Group work, Career Development, Assessment, Research, and Ethics.

The National Counselors Exam prep workshop is full of tips and tricks on preparing to pass the exam. As your instructor, I spend weeks making sure all the materials are updated, organized into three inch thick notebooks, and ready for each monthly NCE prep workshop event. The pass rate for those taking the workshop is 99%. To ensure that everyone passes the exam, you may attend again at no charge.

## Savannah Conference *(cont. from page 8)*

It felt in many ways as I sat through this last presentation that I'd been taken to church. Mr. Jenkins' passion for advocacy was inspiring. It made me, someone who'd rather not, want to be more involved with local politics and see in what ways I might share some expertise with my local representatives to effect change in my community.



**Savannah Conference Attendees Enjoying a Night Out**  
L-R: Shaakira Ford, Trang Black, Tommy Black, Kelly Moselle, Corey Milsap, and Dr. Russell Floyd.



**November 2021 NCE Prep Workshop Attendees: Jessie Witcher-Stone, Lakia Braswell, Shashobdaly Samuël, and Amanda Gulley**



**October 2021 NCE Prep Workshop Attendees: Vickie Wallace, Melakiya Johnson, Charlotte Thames, Steven Cowan, and Liza Lane**

## Defeating Burnout Through Spiritual Self-Care

Cassandra Johnson, PhD, LPC, CPCS

The need for counseling is on the rise. With the recent incidents of racial injustice and the impact of COVID-19, there has been a significant strain on mental health worldwide. People are crying out for help. Keeping up with the demand can be challenging for mental health counselors as we are in the same boat as the rest of the world. It is during these times that we must reflect on our calling for this profession. It is also a time to intensify self-care strategies like never before.

Without self-care, we run the risk of burnout which is one of the primary reasons counselors leave the helping profession. Although burnout is frequently discussed, the most seasoned practitioner could be affected by it. The World Health Organization (WHO, 2018) defines burnout as “feelings of energy depletion or exhaustion; increased mental distance from one’s job, or feelings of negativism or cynicism related to one’s job; and reduced professional efficacy.” Prevention is a key component to combating this issue. Health prevention strategies like self-care can minimize the symptoms of burnout before they start. As counselors, it is incumbent upon us to engage in self-care. It is an ethical responsibility (ACA, 2014). Self-care is an essential activity that involves taking personal time for ourselves. With the growing demand to assist our clients and our family, it is easy to disregard our own needs. If you cannot recall the last time you laughed or felt at rest, chances are you are neglecting self-care. As counselors, we must take heed to our own advice and set aside personal time for ourselves. Spiritual self-care is a unique approach that is based upon an engagement with God through prayer, music, dance, meditation, and any other means that allows for such an interaction. Newberg’s (2016) research has shown the beneficial effects of prayer on the brain. He found that with regular practice, prayer is instrumental in enhancing one’s emotional health.

In addition to positive influences on the brain, spiritual self-care plays a significant role in renewing our thought life. As counselors, we lend an ear to our clients’ innermost struggles, traumatic incidents, grief, and other heartfelt experiences. By renewing our mind, we are equipped with God’s wisdom to better serve our clients’ needs. We are better able to detect areas of concern for our clients. It is clear that spiritual self-care is valuable in promoting a healthy lifestyle. To build an effective self-care regimen, it would be best to start with one or two activities. A consistent engagement in spiritual self-care, will prevent the unmanageable stress that leads to burnout. This is one of the most effective ways that we can both help ourselves and remain committed to our calling.

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## You CAN Teach an Old Dog New Tricks!

Richard Fowler, EdD, LPC

Even though I have been an LPC for nearly 40 years, I realized this past fall that an old counselor can indeed add new therapeutic techniques to his toolbox. This realization began when our athletic director at Truett McConnell University asked me to conduct a

workshop for our coaches, on positive ways they could gain and keep their players momentum up during an athletic contest.

As I was putting my research together for the presentation, it hit me that the material I was about to share with these coaches could be used with my counseling clients as well, because in the same way that athletes sometimes get “stuck” during a game, clients may also struggle to move past a certain point in therapy and lose momentum when dealing with their issues.

So first, how do we define momentum? And more importantly, how do we as counselors assist our clients when they seem to be losing momentum in their quest to overcome the issues they are facing? At one time or another you have probably heard the phrase, “A body in motion tends to stay in motion and a body at rest tends to stay at rest.” In the physics world, this was Sir Isaac Newton’s first law of motion, giving us a framework known as “momentum.” In a counseling setting, this law reveals itself in a scenario where it becomes hard to get a client to begin to move from an ingrained position (often due to the fact that this/her dysfunction is often their normalcy). However, once the therapy process is in motion and has some velocity of its own, the client begins to gain insight and becomes eager to cross the finish line to victory and ongoing success.

The lesson I learned this past fall was that it is my responsibility as a therapist to keep the sessions with my clients “moving” toward an exciting resolution so that they can shed the weighted issues they are facing. By doing so, my clients become proactive rather than fatalistic.

So then, how can we assist our clients when they appear to be losing momentum? First of all, we need to be aware of four tell-tale signs:

1. The present stress, fear, or anxiety is greater than the experience, training, or reward that can be offered.
2. Emotional insecurity or lack of confidence is observed.
3. Evidence that the client is yielding too much to distractions, such as social media.
4. A visible lack of trust in others.

As counselors, we can assist our client’s ability to regain momentum in their life by helping them:

1. Visualize success.
2. Learn how to rid their mind of “stinken-thinken.”
3. Take small but important steps toward a goal.
4. Record each day in a journal at least two positive thoughts for every negative one if that negative thought or experience should rise again. Further, the client is asked to write an antidote that will be implemented if that same situation should arise again.

Yes, old dogs can learn new tricks and an old counselor can learn new skills! In my initial intake, one of my main goals will be to determine what it will take to “get the ball rolling” for my clients so that they experience the power of momentum, and our sessions will continually work toward keeping the therapeutic body in motion. When a client experiences momentum driven success, it will beget further success.



## How Dr. Beck's Legacy Influenced My Work

### Tribute to Dr. Aaron Beck Father of Cognitive Behavioral Therapy

**Vinson Eric Lee, MS, LMFT, LPC**

On November 1, 2021, Dr. Aaron Beck, the Father of Cognitive Behavior Therapy, passed away at the age of 100. His daughter, Dr. Judith Beck, published a tribute on the Beck Institute's website where she reflects on her father's legacy and co-founding the Beck Institute in 1994 "to provide training to CBT practitioners worldwide." From CBT later came CT-R, Recovery Oriented Cognitive Behavior Therapy, which is geared toward treating psychosis while empowering clients to not only manage positive and negative symptoms, but live more satisfying and productive lives.

I am forever grateful to have received training in CT-R beginning as an unpaid intern and later earning a certificate through the Georgia Beck Initiative, a collaborative venture between Georgia State University, the Georgia Department of Behavioral Health and Developmental Disabilities, and the Beck Institute.

It all began in Fall 2012 during my second year of graduate school at Valdosta State University in Valdosta, Georgia when I started my unpaid internship at New Beginnings, a psychosocial rehabilitation program. Rex Crawford, LMFT, my supervisor, was studying CT-R and eagerly shared what he was learning during our supervision sessions which helped me begin conceptualizing cases. After a year of doing such rewarding work, I wanted to continue.

Following my internship and graduation, I was hired to work one on one with clients. Mr. Crawford gave those on my caseload the option of participating in off-campus outings. The sessions introduced clients to techniques helpful in managing hallucinations and delusions while reintegrating them into the community with the goal of helping clients increase engagement through positive activities as I explored the experiences using Guided Discovery and assisted in making meaningful connections between positive engagement and symptom



**Dr. Aaron Beck**

reduction while gaining a better understanding of how clients saw the world and their place in it with the goal of identifying and eroding negative core beliefs and helping clients increase self-confidence.

I was also pursuing licensure as LAMFT which I earned in July 2014. My work at New Beginnings continued until October 2014 when I accepted a position at the agency's Outpatient Clinic. Fast forward to Summer 2015 when service delivery shifted and New

Beginnings shut down. Some clients began coming to the Outpatient Clinic while others attended Peer Support. This gave me the opportunity to resume work with former clients in both the individual and group settings where I utilized CT-R and mindfulness techniques.

While earning dual licensure as LMFT and LPC, I received advanced training in CT-R through the Georgia Beck Initiative where my supervisor was none other than Rex Crawford who became an Elite Trainer after New Beginnings closed. Following the initial training, Beck supervision continued with on-site visits and periodic virtual meetings where we delved deeper into the modality with the understanding that our CT-R Elite Trainers were only a phone call away.

The out of clinic sessions resumed. I also began visiting our residential and forensic sites and taking clients on group field trips to museums and parks. Members of the "Consumers in Action (CIA)" group which I facilitated composed recovery-oriented songs and created art projects while hosting going away parties for employees leaving the agency. I was able to obtain funds through petty cash to purchase pizza and cakes while members created scrap books and farewell cards—singing farewell songs which more often than not elicited tears of joy from those leaving. Whenever a client learned an employee was moving on, a common response delivered with emphatic emphasis was "pizza party!"

Our experiences were archived and featured on the agency's social media sites and in the newsletter while posters of our outings adorned the halls of the clinic. Clients also created and delivered recovery stories detailing successes including a client landing a job at a hair salon and another earning a GED. Each client I engaged in CT-R progressed in some way. Success didn't come all at once; it was a step by step process. There were setbacks which were handled with unconditional positive regard and compassion in addition to accountability, structure, and support.

After eight years of working in community mental health, I transitioned to private practice where CBT and CT-R still heavily influence my clinical work. Thank you, Dr. Beck. I will be forever grateful to you for your pioneering contributions which enable countless others to regain what they once lost and live satisfying lives!



**Vinson Eric Lee Receives Certificate in CT-R**  
Lee (center) pictured with Elite Trainers, Rex Crawford and Jessica Austin



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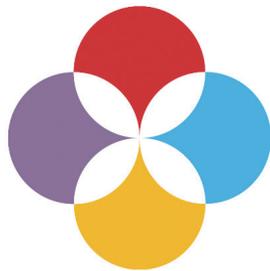
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**SUPERVISION FOR LICENSURE OFFERED IN CARROLLTON.** West Georgia area as well as Marietta. Individual and group, using a developmental model. Experience with diverse populations and affordable rates. Contact **Curt Morrison**, **770-262-6376**, [cm4698@gmail.com](mailto:cm4698@gmail.com).

**CLINICAL SUPERVISION FOR LPC OFFERED IN COLUMBUS, GA AREA.** Supervisor is experienced in clinical mental health services. Individual and group using a developmental model. Member of the LPCA Registry of Professional Counselor Supervisors. Contact **Vivian Jones**, LPC, NCC, CCMHC, CPCS, **706-718-7076**, [rainbowofcare@gmail.com](mailto:rainbowofcare@gmail.com).

**INDIVIDUAL AND GROUP SUPERVISION OFFERED IN VALDOSTA, GA,** through small group and individual sessions. I practice from a systemic perspective which includes collaborative, postmodern, and narrative therapy approaches. Contact **A.J. Ramirez**, EdD, LPC, NCC, CPCS, at [leaftherapyservices@gmail.com](mailto:leaftherapyservices@gmail.com) or **229-834-5986**.

**TELE-SUPERVISION.** **Timothy Hutchinson**, PhD, LPC, MAC, CPCS, is now offering supervision via tele-supervision or face-to-face. Located in Baxley, GA. Pricing varies on circumstance. For more information, please direct correspondence to [southernounselingservices@gmail.com](mailto:southernounselingservices@gmail.com).

**COUNSELING IN MARIETTA, GA OR TELESUPERVISION.** Collaborative, collegial clinical supervision for licensure or consultation for fully-licensed therapists. Focus is on the development of the therapist as well as the well-being of the client. Group or individual supervision is available. For further information, contact [terriabraham@mariettacounselingcenter.com](mailto:terriabraham@mariettacounselingcenter.com).

**OFFERING INDIVIDUAL AND GROUP SUPERVISION TO ASSOCIATE LPCs.** Group supervision available every 1st Saturday, 11:00 am – 1:00 pm. Cost \$50 for 2 hours of supervision. Individual supervision offered weekly at an agreed upon time. Rate of \$60/hr or \$200 per month. Want free supervision? Depending on experience, you may be able to take on a small caseload of clients. Contact **Victoria Shedrick** at **706-373-2744** to learn more.

**CLINICAL SUPERVISION FOR LPC AND LMFT LICENSURE, PLAY THERAPY CERTIFICATION, ADDICTIONS CERTIFICATION, AND SUPERVISION.** (AAMFT-approved Supervisor, CPCS, RPT-S, CCS, LPC, LMFT) I have 25 years of experience and can offer individual time for clinical staffing with effective, experiential, integrative interventions with CE opportunities. **Shannon M. Eller**, LPC, LMFT, CPCS, AAMFT-Approved Supervisor, RPT-S, CAADC, CCS. Contact [shannoneller@comcast.net](mailto:shannoneller@comcast.net) or call **770-468-7424**

**IN-PERSON AND VIRTUAL CLINICAL SUPERVISION.** **Amy Robbins**, LPC, CPCS, provides authentic and lively clinical supervision in Kirkwood. Having supervised since 2003, Amy provides a wealth of wisdom and grounding. Two different supervision groups per month. Contact [amyrobbinslpc@gmail.com](mailto:amyrobbinslpc@gmail.com) or [www.amyrobbinscounseling.com](http://www.amyrobbinscounseling.com).

### PLACE YOUR SUPERVISION AD HERE!

To submit your ad go to:

<https://www.lpcaga.org/advertise-with-lpca>  
or call the LPCA office at **770-449-4547**.

## OFFICE SPACE FOR RENT

**ALPHARETTA.** One full-time unfurnished and three part-time furnished office space available for licensed professionals. Located just south of the center of Alpharetta. Opportunity for referrals to build or expand a practice. Office rooms are 11' x 11.6' and 7.6' x 9.10' with 9'+ ceilings. \$400–550/mo. Consultation group. Handicap accessible. Rent includes utilities, phone, fax, copier, confidential voicemail, WIFI, credit card terminal. Contact **770-240-8363** or [cdifab@aol.com](mailto:cdifab@aol.com) for information.

**DALLAS.** Dallas Family Counseling, an established practice near Dallas Highway and Macland Road (on the Cobb/Paulding line) has single office space for rent. Rent is \$550 per month and includes cleaning, utilities, free parking and use of waiting area. Therapists on insurance panels will benefit from immediate referrals from the practice. Option of furnished/unfurnished. Call **770-445-6358** or e-mail [dfcc@mindspring.com](mailto:dfcc@mindspring.com) for more information.

# LPCA

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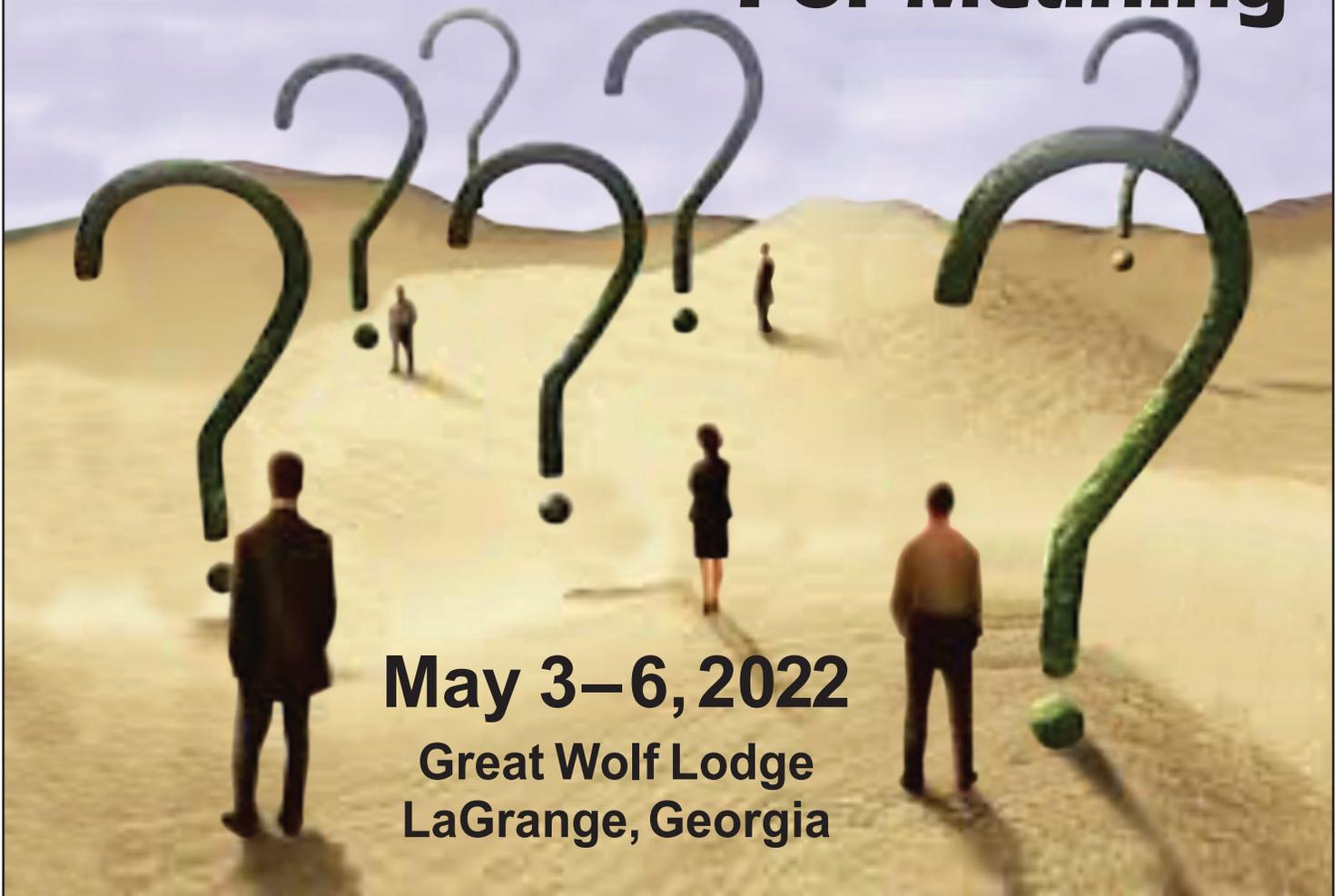
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# Mapping the Search For Meaning



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