



Counselors Rock!

LPCA CONNECTION

Official Publication of the Licensed Professional Counselors Association of Georgia

Our Association in Action!

The 33rd Biennial Institute for Georgia Legislators was held November 29 through December 1, 2022. LPCA of GA Board members, President Bryan Stephens, President-Elect David Markwell, LPCA PAC Chair Johnnie L. Jenkins, III, Continuing Education Co-Chair Vicki Blount, and Professional Development Co-Chair Tonja Lee were all in attendance. It was LPCA's best representation yet at a Biennial!

The Biennial has been on the state's political calendar since 1958 providing legislators with valuable time for learning, networking and exploring state issues prior to the upcoming session of the General Assembly.

This year, 53 new legislators joined fellow lawmakers, 159 House of Representatives and 59 Senators, for updates on a variety of topics including mental health, transportation, electric mobility, cybersecurity, workforce needs, and economic development.

LPCA members were able to attend several of the breakout sessions with lawmakers, including a presentation by Georgia Department of Community Health on Medicaid. Bringing the Biennial to a close, Governor Brian Kemp delivered a speech to lawmakers and attendees. All in all, it was a very enjoyable and productive event for LPCA of GA.



Members of the LPCA Board Attend the 33rd Biennial Institute for Georgia Legislators
Johnnie Jenkins III, Tonja Lee, Tracey Pace, Georgia House Representative Matt Reeves, Bryan Stephens, and Vicki Blount

CONTENTS . . .

Executive Director Report	page 2
Presidents' Reports	pages 3–4
District Reports	pages 5–6
<i>First Responders Suicide Prevention</i> by Keisha P. Buchanan	page 7
<i>Ethical Decision Making</i> by Julia Whisenhunt	page 7
<i>When Grief Enters the Workplace</i> by Crystal Strickland	page 8–10
<i>Help is Here! The National Counselors Exam</i> by Johnnie Jenkins	page 11
<i>LPC Licensure Flow Chart</i> by Samuel Nelson	page 11
<i>2023 Session Will Have Georgia's Most Diverse Legislature</i> by Maya Prabhu	page 12
<i>Georgia Council for Recovery Sets 2023 Legislative Agenda</i> by Cindy Morley	page 13
<i>The Rural Opioid Abuse Prevention Act</i>	page 13
<i>Bouncing Back After Injury</i> by Eric Lee	page 14
<i>Parenting and Its Impact on Children</i> by Keisha Buchanan	pages 15–16
<i>Privilege to Help Our Patients</i> by Frankie May	page 16
Certified PC Supervisors and Office Space for Rent	page 23

EXECUTIVE DIRECTOR

Gale Macke LPCA@LPCAGA.org



Composite Board Update

Finally...Policy VIII was updated to include a version of the new language proposed for the upcoming legislative session to allow all those working towards licensure to complete the process. Most important it allows LAPCs the option for 24 months instead of 36 months and still meeting the rule requirement of 3,000 of Directed Work Experience (DWE) and 105 hours of Clinical Supervision (SPV) with the 24 months under an LPC who is credentialed as a CPCS or ACS. The link to the newest addition is <https://sos.ga.gov/page/licenses-statements>; scroll down to Policy VIII.

"If licensed as an associate professional counselor prior to July 1, 2022 and seeking licensure as a professional counselor prior to January 1, 2026, such education, experience, and training requirements for such licensure may alternatively be met with:

A minimum of an earned master's degree or higher from a regionally accredited program that is primarily in clinical counseling in content that consists of at least 48 semester hours or 72 quarter hours with an approved supervised internship and an approved supervised practicum that are primarily counseling in content as part of the degree program; and three years of a post-degree experience under direction and supervision in a work setting acceptable to the board."

2022 Biennial Institute for Georgia Legislators

At the end of November this past year, I had the pleasure of attending the 33rd Biennial Institute for Georgia Legislators. I along with other LPCA Board members were able to attend a presentation by Georgia Department of Community Health (DCH) on Medicaid. At a luncheon on the final day, I had the pleasure of dining with Caylee Noggle, DCH Commissioner and those who served with her at other agencies. I expressed the lack of mental health providers as there are only 2,542 psychologists, 4,945 LCSWs, and 1,074 MFTs, yet there are over 8,746 LPCs. Medicaid now includes LPCs but the process is not ready to allow LPCs to be reimbursed providers. Old language in the law O.C.G.A. 43-10A inhibits hospitals and agencies to use LPCs for advanced testing. The discussion was both lively and productive.



LPCA President Bryan Stephens and LPCA Executive Director Gale Macke with Georgia House Representative Mark Newton Chairman of the House Special Committee on Access to Quality Health Care

LPC Connection is published four times a year.

Send submissions to:

Editor: dadams0454@aol.com

LPC Connection, 3091 Governors Lake Drive, NW
Suite 570, Norcross, GA 30071

Phone: 770-449-4547 Fax: 404-370-0006

Email: LPCA@LPCAGA.org

Website: <http://www.LPCAGA.org>



Georgia House Rep. Scott Hilton and Tracey Pace



Tonja Simmons Lee
Georgia House Rep. Edna Jackson



Vicki Blount and David Markwell



Georgia House Rep. Lee Hawkins and Gale Macke

New Addition to LPCA Team

Please join me in welcoming Eric Rodgers, MA, LPC. We first met Eric as a student at Argosy University. He had a masters degree in coaching from Austria but decided to become an LPC. Eric was awarded LPCA Student Counselor of the Year in 2018, and served on the LPCA Board as Student Rep. He improved the Student Affiliate Organization program with adding graduation regalia of cords and sash. Years ago, Eric presented *What can I learn from an LRPC?* Turns out, quite a bit!



Processing Supervision Certifications

Several years ago the LPCA Board voted to research a better system for processing certifications. The goal is to have a site with a staff just for responding to the “business” of quickly handling applications and making sure staff and mentors are available for consultations. Currently the LPCA office is responding 15 to 25 consultations a day.

Special Thank You to Our Amazing Mentors

LPCA would like to thank Dr. Catherine Chang, Angela Feeser, Dr. Michele Frey, Woody Harris, Natalie Kohlhaas, Dr. David Markwell, Dr. Corey Milsap, Samuel Nelson, Janesta Nairn, Tracey Pace, Carolyn Ramp, Dr. Julia Whisenhunt, and so many others who are willing to act as mentors to those struggling with the licensing process.

PRESIDENT

Bryan Stephens, MA, LPC, NCC, MBA

Why Lobbying Matters



“Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.” This text of

the First Amendment of the US Constitution may be one of the most known pieces of law in history. Most people think of it as protecting free speech, the press and religion. However, if you look at the text, there are not three rights protected, but five. The other two are the right to assemble in peace, and the last one, *“petition the Government for a redress of grievances.”* If you asked most people what that meant, it would give them pause. Do people even do that? Yes, they do. Most of it falls under what we call “lobbying.”

The word lobbying takes its roots from the days in Britain’s Parliament where business was conducted in the halls or lobbies outside the chambers. Any lobbyist today would agree that business still takes place in exactly those spaces. Lobbying is a dirty word to many, but it is through this activity that we as citizens are able to petition our governments for redress.

LPCA of GA is a non-profit organized as a 501(c)6. As such, it is legally allowed to engage in political activity. It is also ethical for it to do so. Professional organizations allow individuals to join their voices to be heard. With over 8,000 members representing 11,000+ LPCs in Georgia, our voice can be loud indeed. It is through the work of LPCA of GA that our profession has grown stronger. It was instrumental in obtaining our ability to sign a 1013. Without its action, LPCs could not diagnose clients, meaning no ability to bill insurance. It was through its leadership that Georgia was first in the nation to pass the Interstate Compact. LPCA of GA has a duty to its members to “petition the Government for a redress of grievances.”

As LPCA President, it fell to me to help our Executive Director, Gale Macke, man the table for the three days of the 33rd Biennial Institute for Georgia Legislators. This was a grand opportunity for us to meet and talk with our legislators about the needs of our profession. This year, there are many new legislators who need to get to know us and what LPCs can do for Georgia citizens. I wish all of you could have seen Gale in action; she works hard on our behalf. We were able to make strong contacts and move our message forward. In the next three months, we will be busy working with the men and women under the Gold Dome.

I also want to thank our board members who answered the “Call to Action” to attend the event: Johnny Jenkins, Tracey Pace, David Markwell, and Tonja Simmons Lee. On Sunday, it was hard to walk past our table with so many of us out in front. I appreciate all those who took time from their schedule in order to help us.

Finally, I want to thank all the members of LPCA who make this possible. Without your membership, we would be unable to do what we do. There are more members of LPCA than there are social workers and psychologists in the state. We have a voice, and though our profession has only been around a third as long as the others, we are making a huge difference in the lives of the citizens of Georgia and soon beyond.



PRESIDENT-ELECT

David Markwell, PhD, LPC, LCMHC, NCC, CPCS, ACS, BC-TMH

“Know all the theories, master all the techniques, but as you touch a human soul, be just another human soul.”

Carl Jung

Counseling Theories and Counseling Methods

What comes to mind when you hear those words? Does it remind you of your favorite graduate level courses, your favorite professor or maybe not so favorites? Do you remember being told about the importance of finding your theoretical orientation/framework, practicing open ended questions, emulating active listening, etc.? As counselors we have the practical side of our work (counseling approaches and techniques) but there is also a personal side of it as well. The very basis of the word therapy means healing or curing and that is a reason our vocation is called the helping profession. Let's always remember we are human souls touching human souls in our work. **Human/kind—be both.**

Welcome to 2023!

A new year is here and with it comes so many exciting opportunities. Consider becoming a member of the Professional Counseling Compact. The Compact Commission met for the first time in Washington, D.C. on October, 25, 2022, to adopt initial bylaws and rules to carry out the Compact. It is composed of delegates from each member state and is tasked with implementing the Compact's provisions for the interstate practice of Professional Counseling.

Work is being done to fix the “unintended consequence” of the *Practice Act* (July 2022) so that once corrected all applicants who meet the new requirements will be able to apply for licensure as a Professional Counselor. Many thanks to LPCA Executive Director Gale Macke and the LPCA lobbyists for their continued work on this.

The Clinical Certification Association for Licensed Professionals (CCALP) is off the ground and now a reality. This association will enhance the training and certification process of our CPCS program to ensure its quality and excellence. Watch for more information!



LPCA 35th Annual Convention: Finding Balance

Mark your calendar! This year's convention will be held May 2–5, 2023 in Savannah. Do you have a presentation you would like to have considered for the convention? Look on the LPCA website under the Convention tab to submit your proposal.

Attention APCs! You are an integral part of LPCA of GA and we are working on opportunities for you to share your ideas with others as well.

Our keynote speaker this year is **Amanda Giordano, PhD, LPC**, Associate Professor at University of Georgia Department of Counseling and Human Development Services. Dr. Giordano specializes in addictions counseling with clinical, instructional, and scholarly experience related to both chemical and behavioral addictions. She is the author of *A Clinical Guide to Treating Behavioral Addictions* and has published over 50 peer-reviewed articles and book chapters. She will discuss working with behavioral addictions and provide research, information and techniques for working with clients.



This year will mark the beginning of using a conference app that will make navigating the conference (i.e. room changes, room locations, changes in speakers, announcements, etc.) much smoother. I'm so excited and hope to see you there!

IMMEDIATE PAST PRESIDENT

Angela Feeser, LPC, CPCS

A Time of Reflection

As the year prepares to come to an end, I find myself often reflecting on this year compared to last year. Comparison can be a tenacious trap if we are not careful to set boundaries to our purpose of comparison. One definition of comparison is a consideration or estimate of the similarities or dissimilarities between two things or people.

We've all experienced the therapy session that entails a patient sharing a list of how someone is better than, more than, does more than, something is less than, etc. The process of identifying these comparisons is not the trap but rather the emotional connection to each and the cognitive beliefs we develop throughout our experiences that guide the expectations and boundaries we set. I find that we often do not adjust our expectations or boundaries as the seasons of life come and go. We hold onto what's comfortable, even if it means chaos.

When identifying these comparisons, we also need to identify the expectations and boundaries that go along with these areas. Adjusting one and not the other creates an imbalance or more. In this reflection, we need to identify what is unbalanced, and focus on changes that bring balance. Balance does not always mean equal in quantity but quality of what we identify as utmost priority. Often this is our sense of peace and wellbeing. We do not know what next year will hold but I believe we can expect changes and challenges that will continue to move us to grow and find balance.

We have an amazing convention planned for this year! The title is *Finding Balance*. I hope you all plan to join us!





NORTHERN DISTRICT

Sven Legg-Grady, EdS, NCC, LPC
Skye McIntyre, LPC, CPCS

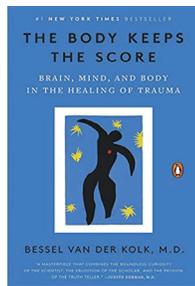
Northern District's mission of offering opportunities to cultivate connection, familiarity, and learning in our local communities is materializing through supper clubs, book clubs, and continuing education classes. We have hosted three supper clubs and are planning more. During our suppers, we get to enjoy a relaxed environment and get to know each other on a deeper level. We share struggles and resources and are reminded of the importance of self-care and community. Our latest supper was at Luna's restaurant in Gainesville and co-hosted by Skye McIntyre and Dawn Echols. Dawn is a long-time member and supporter of LPCA and has spent many years helping and supporting the LPCA Board by volunteering her time and tremendous spirit.



Our next supper club will be Thursday, January 26 at 6:00 p.m. in Clarkesville with Bryce Barrett and Megan Vorees as co-hosts. Everyone is welcome. If you would like to host or attend a supper, please reach out to us at lpcagandistrict@gmail.com.

In addition to the supper club, we created a book club for all members of LPCA. Currently, we are reading *The Body Keeps the Score* by Bessel Van Der Kolk, MD. This is a book that most therapists have been meaning to read since grad school. Because it is a really hard read, it is easier to digest in a group setting. If you would like to be part of our book club, please reach out to us at lpcagandistrict@gmail.com. Zoom meetings are every other Wednesday from 1:00 to 2:00 pm. (See *schedule below*.) Meetings are recorded and shared on the Northern District LPCA Circle page so you can catch up on past sessions if you miss one. Zoom Meeting ID: 878 9365 2915, Passcode: TBKTS.

January 4	Chapters 5 & 16
January 18	Chapters 6 & 17
February 1	Chapters 7 & 18
February 15	Chapter 8
March 1	Chapters 9 & 19
March 15	Chapters 10 & 20
April 5	Chapter 11
April 19	Chapter 12 & Epilogue



Mark your calendars and join Northern District for these upcoming events.

Continuing Education Class: *Nutritional Psychiatry* with Louis Boynton on Friday, January 13 in Dahlonega. Open to all mental health helping professionals. Visit the LPCAGA website for more details.

Food as Medicine: Fermented Foods for Mental Health on Saturday, January 14 at 2:00pm in Dahlonega. Open to everyone. Search "food as medicine" on Eventbrite.com.

Northern District Supper Club will meet on Thursday, January 26 at 6:00 pm in Clarkesville. Open to all mental health helping professionals. Email skye@skyehelps.com to RSVP.

Northern District is hosting a 6 hour Ethics for Supervisors on March 31, 2023, from 8:30 am–4:30 pm. Presenter is Kristin Ryan Easley, MS, LPC, NCC, CPCS, ACS. It will be held at SkyeHelps, 72 Public Square North, Suite B, Dahlonega, Georgia. Cost is \$119 and includes lunch.

COASTAL DISTRICT

Tracey Pace, LPC, NCC, CPCS

Georgia School Counselors Conference

I recently attended the Georgia School Counselor's Association (GSCA) Annual Conference, held November 8–10, 2022, at the Hyatt Regency Savannah. I was also privileged to speak at their pre-conference. The day long Ethics class targeted the school counselors and their interaction with non-school related LPCs. The purpose of the session was to review relevant federal and state laws, state and local school board regulations, Georgia case law, and the various associations' codes of ethics (ASCA, ACA, NBCC) and discuss how they can interact and at times conflict with each other. One of the most common complaints I hear from school counselors is their difficulty getting information from LPCs. This class helped the participants see how HIPAA, in particular, can make sharing information complicated. The class was approved by LPCA of GA for CE credit.



I was inspired by the number of APCs and LPCs who attended my session. Approximately 70% of the attendees for the Ethics class were licensed professionals. A different class that was designed to inform school counselors about the process of becoming a LPC was also well attended with standing room only. One hundred and thirty-two school counselors signed up for the class, which was approximately 10% of the school counselors attending the conference. One of the topics discussed was supervision and Composite Board requirements for school-based supervision. The class was taught by a school counselor who is a LPC and a CPCS.

I was able to attend other classes relevant to the populations I regularly work with. Although I do very little career and post-high school education counseling, I found the information provided by many of the presenters informative. The exhibitor's tables gave me the opportunity to learn about inpatient referral sources, specialized treatment facilities/ programs and numerous college-to-work programs that I can now share with my patients.

As a former school counselor, I am encouraged by the number of school counselors who either are or are interested in adding LPC to their credentials and hope to assist them in their journey.

Tracey Pace has been a member of LPCA of GA since 2018 and currently serves on the LPCA Board as Coastal District Co-Chair. She has been in private practice in Rincon, Georgia for over 20 years.

ATLANTA DISTRICT

Joanna Kester, APC, NCC, CBTS

Champions for Children Youth Protection Seminar

LPCA of GA was one of the proud sponsors of this important Metro Atlanta community event that was held on October 13, 2022 at the Volunteer Service Center in Atlanta. At the event, LPCA was honored to receive the Community Champion Award.



The seminar, hosted by the Atlanta Area Council of the Boy Scouts of America, covered a variety of topics ranging from trauma-informed leadership to working collaboratively with law enforcement. Tyrone Oliver, Commissioner of the Department of Juvenile Justice, was the event chair.

Dr. Corey Milsap and I had the privilege to present a 50 minute session titled *Coping with Vicarious Trauma*. During our presentation we covered how vicarious trauma can affect helping professionals and caregivers. We also highlighted the signs of vicarious trauma, risk factors, what to do if you are experiencing the effects of it, and tools that can help you cope.



Shanae Benito and Joanna Kester



Andrew Blackmore, Corey Milsap, Joanna Kester, and LPCA Student Member Jennifer Phillips

SOUTHERN DISTRICT

A.J. Ramirez, EdD, LPC, NCC, CPCS

The LPCA Southern District has enjoyed the changing of weather and the holiday season. In 2023 many conferences and workshops will be available in the surrounding areas for continued professional development. I hope that many of my District members will take advantage of these continuing education opportunities. And speaking of CEs, don't forget to mark your calendars for the LPCA 35th Annual Convention that this year will be held in Savannah from May 2nd through the 5th. Make it your New Year's resolution to be there!



EASTERN DISTRICT

Jihene Ayadi, PhD, LPC, NCC, CPCS



I am honored to be the new LPCA of GA Eastern District Representative. This truly means a lot to me, and I'll do everything in my power to meet both the Board of Directors' and my peers' expectations.

Dr. Ayadi is an Assistant Professor of Clinical Mental Health Counseling and Clinical Coordinator at Troy University, Augusta Campus. She earned her MS

in Marriage and Family Therapy from Valdosta State University, and her Doctorate in Counselor Education and Supervision from University of Arkansas. She is an Approved Clinical Supervisor (NCS) with the National Board of Certified Counselors (NBCC). She is also a Certified QPR Gatekeeper Trainer for Suicide Prevention and a Certified EMDR provider.

Dr. Ayadi has nearly 13 years of experience in providing mental health services in outpatient settings to adults, military staffs, veterans and their family members. She has presented regionally, nationally, and internationally. She is actively working and collaborating with peers on conducting research for peer reviewed publications.

Alpharetta Office Spaces for Rent

Beautiful office spaces in Alpharetta are distinctive as there are options for you. Full-time unfurnished office suite with 9+ ft. ceiling and three part-time furnished office spaces available for licensed professionals. Easy access and location, just south of the center of Alpharetta adjacent to Wills Park. Business building opportunity for referrals to build or expand a practice. Office rooms are 11 x 11.6 and 7.6 x 9.10 with 9+ ft ceilings. Affordable rent package includes utilities, phone, fax, copier, confidential voicemail, WIFI, and credit card terminal. Handicap accessible.

Only \$400-\$575/mo.

770-240-8363 • cdifab@aol.com



First Responders Suicide Prevention

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

Be part of the solution and take the pledge to listen to anyone who may need someone to hear and see them simply.

Relif, a nonprofit organization founded to provide relief to first responders, first responders organizations, and their families,

hosted its inaugural First Responders Suicide Prevention 5K Run/Walk on September 24, 2022. This event commemorated the installment of Law Enforcement Suicide Awareness Day, issued into Georgia law on September 26, 2021. The run/walk brought together communities of Fire, EMS, Military, and Law Enforcement to fellowship, as we recognize the impact of recurrent exposure to critical incidents on the mental health of first responders. Relif partnered with Next Step Counseling. This event supports the mission of Relif to preserve the life of first responders through programming such as trauma-focused individual therapy, crisis de-escalation, mental health, and suicide prevention training and wellness checks to local departments.

This event took place at Strong Rock Christian School in Locust Grove, Georgia. The morning was filled with excitement, laughter, sunshine and cheer as volunteers greeted participants, coordinated registration, distributed t-shirts, and encouraged runners/walkers along the race trail. With a whopping 80+ participants, we were humbled by the support in raising awareness of suicide prevention among first responders. With immense gratitude, we thanked each participant for their commitment to breaking the stigma of mental and first responders.



To date, 170 first responders have lost their lives to suicide this year, that was reported. While this number has decreased by 5% from last year, awareness of this pandemic is still high, and lives are still being lost. Of the 170 reported suicides, 43 of those deaths were in the state of Georgia. That is roughly 25%, a number, in my opinion, that is too high for a preventable death. A J Ramirez <leaftherapyservices@



First Responders Suicide Prevention 5K Run/Walk

gmail.com>, "admin lpcaga.org" <admin@lpcaga.org>, Angela Feeser <angelarfeeser@gmail.com>, Bonnie Barker <bonniebarker50@yahoo.com>, Bryan Stephens <bryan@talkforward.com>, Carolyn Ramp <carolyn.ramp@gmail.com>, Corey Milsap <drmlsap@laynecentertea.



Relif Staff and Board Members
With LPCA Communications Chair Keisha Buchannan

Ethical Decision Making

Julia Whisenhunt, PhD, LPC, NCC, CPCS
Ethics Chair



1. **Identify the problem(s) or dilemma(s)**
 - Determine whether the dilemma is of an ethical nature vs. a professional, legal, or clinical issue
2. **Identify the potential issues involved**
 - Identify individuals involved or affected
 - Consider cultural factors
3. **Review the relevant ethics codes**
 - ACA and AMHCA Codes of Ethics
 - Georgia Composite Board rules
4. **Know the applicable laws and regulations**
 - Search the O.C.G.A. through LexisNexis
5. **Obtain Consultation**
 - For legal matters, consult an attorney
 - For ethical dilemmas, contact a supervisor, peer, or LPCA for a consultation
 - Request a consultation through your malpractice insurance carrier
6. **Consider possible and probable courses of action**
 - Brainstorm likely legal and ethical implications for each course of action
7. **Enumerate the consequences of various decisions**
 - Consider implications for the client, yourself, and other involved parties
8. **Choose what appears to be the best course of action and document**

Corey, G., Corey, M., & Corey, C. (2024). *Issues and Ethics in the Helping Professions (11th edition)*, Cengage.



When Grief Enters the Workplace

Crystal Strickland, MS, APC
 email: cball@brenau.edu

****TRIGGER ALERT**** This article contains information which may be triggering to anyone who has lost a loved one. Please do not continue to read if you are sensitive to this topic.**

First, My Story...

On September 2, 2018, my son died instantly from injuries sustained in a car wreck. (Deep breaths!) Now, STOP and check in on yourself. What are you feeling emotionally and physically right now after having read that horrific statement? (Take a few minutes. Breathe in fully and slowly, hold for five seconds, then exhale slowly. Repeat as needed, but continue to tune in to yourself emotionally and physically.) Now imagine, if you will, working with me as a professional colleague after knowing about this tremendous tragedy. The bereavement leave always ends and the person who suffered the trauma of the death of a loved one normally has to come back to work. But, there is one BIG problem. That person is NOT the same as before. In fact, they may present as an entirely different person than pre-bereavement leave. Why? Because death changes those who are left behind...sometimes in the MOST profound ways.

Working with me on a daily basis after I suffered such a huge loss is the EXACT position my professional colleagues at Brenau University were faced with. My apologies to everyone. I am sure it was no easy feat. Also, I struggled with “thank yous” during this time; I was so consumed with grief. So, what were some of the reactions? Without a doubt, there was a HUGE outpouring of support to my family and me from so many. (Interestingly, my intelligent, brilliant, caring and beautiful daughter, Rachel, was a Brenau student during this time. It is my hope that she will one day share her experience of losing her brother while a college student at Brenau University.) Money was raised, flowers, gift cards and regular cards were sent as well as touching emails. Specifically, there was a significant amount of “leaning in” from all levels on campus. I am forever grateful for this!

Were there some negative things that happened? Absolutely! Some people avoided me and some withdrew. There was even one person who did quite the opposite and became a surprisingly strong and constant source of support that eventually led to an unhealthy dependence that I had to let go of in order to continue my healing journey. This maladapted dependence was able to grow due to my highly vulnerable state. I was quite literally devastated. My heart was shattered into a million pieces. It was wide open, raw, and broken due to the immense pain of a mother who had lost a child. That kind of pain I do not wish it upon anyone! Despite the negative things, I still believe the intentions of most were overwhelmingly and sincerely well meaning! Bottom line, I was greatly supported at my workplace by my colleagues.

The Aramark staff, the Brenau staff, the Brenau faculty, and the Brenau students were gracious, kind, thoughtful and giving towards me during this time. I know without one single doubt that I am extremely lucky and would not have been able to heal in the way I was without the support that was given to me. THANK YOU BRENAU!

To anyone currently grieving a recent death, the void grief leaves behind demands to be filled! The pain is debilitating! Please be careful how you fill the emptiness that lingers and haunts.

Although I do not feel that I could write this article without mentioning how grateful I am for the support I received at Brenau, that is NOT the point I aim to make. It occurred to me recently that I have not read a single article on grief regarding workplace functionality written by the hand of the person who directly suffered from the loss. I did some research. Still, I came up empty. There was nothing written that I could find from the perspective of the person who was grieving, the one who was left behind, the one who lost big and had to go on living. I was and still am this person. (Recently, a friend of mine did find a few Ted Talks on this subject.) A thought struck me hard like a slap on the face. I have knowledge (an insider’s perspective) I should share so that maybe, just maybe, I can be helpful to others. It scared me, no, it terrified me to think about being vulnerable and real enough to share my pain, to share my loss, to share my story. So what did I do? I did what I knew had to be done. I had to be that person who breaks the silence of grief. I had to try to knock down the wall. I had to be the one to push myself and make this happen. I had to share my story. I had to share the loss of my son and how it impacted me professionally. But why?

I smiled when it was appropriate and laughed when others did so, but the people who really know me saw right through it all.

The Stigma of Grief

Please bear with me while I play Captain Obvious here. There is still a strong stigma attached to grief in our country, which is beyond sad! Society has us all to believe that the person left behind should just get on with their life. Bereavement leave in most companies is approximately three to five days. Think about it; you lose someone vitally close to you, a son, a mother, a father, a spouse, etc. and you have three to five days to grieve. What is WRONG with us?!!! (Yes, I am angry and you should be too!) When discussing this with a dear friend of mine, she pointed out that in comparison the amount of time given for maternity leave is shocking. Welcoming an addition into the family and losing a member of the family are at opposite ends of the spectrum and are treated quite oppositely in many ways. Now, no one is saying we should reduce maternity leave or give the same time for bereavement, but it is striking to compare and contrast the two. Although the details of this may be an argument for another day, the fact remains, after the bereavement time is over, the person who suffered the loss typically goes back to work. Then what?

Grief Enters the Workplace

What happens AFTER 6 months pass? 12 months? 18 months? 2 years? Does grief disappear? Does it gracefully exit stage left? NO! Although I can not speak for everyone, personally I felt more alone

after a year had gone by from the car wreck that took my son from me than when it first happened. Life goes on but grief remains. The intense support that I received at the onset, and for a quite a while after, was now largely no longer available to me. People have lives of their own. It's as simple and as complicated as that.

Grief statistics are staggering. In fact, the Grief Recovery Institute reported from a study in 2003 that employers lose about \$75 billion annually due to negative impacts of grief on employees. That's a billion with a B! (NOW do I have your attention?) According to grievewell.com, the amount of employees suffering from grief is typically one in four. The therecoveryvillage.com reports that approximately two and a half million people die each year in the United States alone and for each death, there are about five people left behind to grieve. In fact, in 10 to 20% of grievers, there is extensive (complicated) grief which negatively impacts the grievers' daily functioning for much longer than the typical several weeks of other grievers. Can you imagine being so devastated by your loss that you are affected negatively day in and day out for months and months on end? That is what grief can do to anyone. That is what grief did to me.

I had to share my story. I had to share the loss of my son and how it impacted me professionally.

Although certainly NOT a comprehensive list of things that happened, what follows are some specific ways that grief impacted me on the job:

- Trouble Concentrating
- Hyperactivity
- Impulsivity
- Cognitive Fog
- Heightened Emotions or Devoid of Emotions

(Apparently, my list differs from what others report as typical for grievers. Visit the following link for more information on this: <https://www.therecoveryvillage.com/mental-health/grief/related/grief-statistics/>)

What did I do to manage these new issues that presented themselves to me after the death of my son? Here are some things that I did:

Trouble Concentrating

I learned through trial and error as well as through reflecting on my son and his struggles with Attention Deficit Hyperactivity Disorder (ADHD), that I could use music to reign in my focus and ability to concentrate. Luckily for me, I could pop on some head phones if working on a project that required my focus and get it done with much greater ease than without music. (Music really does soothe the savage beast!)

Hyperactivity

I began being more active, tracking my steps, and pushing myself to make and meet goals for increases which helped me to be less hyper at work. I also began doing yoga which aided in my ability to harness my energy more effectively through the meditation component that was incorporated into my specific yoga routine.

Impulsivity

This one shocked me because normally I am NOT at all impulsive but having been a parent to my ADHD son, I was able to quickly recognize all the signs of this in my own self after he passed away. This is one that

I am still battling and struggling with. I got into counseling about a year after my Nick died. I also did some research and found that impulsivity is listed as a symptom of complicated grief. I am in counseling again working on this and other issues. (Counselors need counseling too!)

Cognitive Fog

Thankfully, this was temporary and had more to do with dates surrounding my son's death and things that happened around that date specifically and for about 6 months to a year after. What I did to help with this was to write things in my G Suite calendar for work, then set a notification for the day before and an hour before as well for time sensitive tasks.

Heightened Emotions

Normally, I am pretty "animated," however, usually my emotions are positive ie: happy, excited, playful, but during this time; I had great sadness and hopelessness. After my Nick passed, I did have some moments when I broke down and cried. I did this at work from time to time but for the most part, I was able to manage by repressing my emotions (not recommended). Usually, I found myself crying on the way home and to work much more often than at work. One thing I did to help with this was to give myself some "breaks" by going outside and delivering tests to professors on campus or by going on a walk while on lunch break instead of staying in the office. Just breaking up the day in general helped a ton for me.

Devoid of Emotions

I went through about three months where I felt like I was numb and unable to feel positive or negative emotions. I put on a good show though. I smiled when it was appropriate and laughed when others did so, but the people who really know me saw right through it all. For this, writing poetry and listening to songs really helped me. Sometimes creative expression of feelings is just what the doctor ordered. But, what helped me most of all with my struggle in this area was my love for my daughter. I knew I had to go on for her! I still had a child who was living and I had to be a mother to her fully. My unconditional love for Rachel

Continued on page 10



When Grief Enters the Workplace *Continued from page 9*

gave me the strength I needed to begin to heal! And conversely, the unconditional love I have for my son, Nick, also gave me purpose, to provide him with a delightful and worry free afterlife. Having a purpose as a mother to both of my children enabled me to rise from the ashes of grief. Every breath I take is for those two beautiful souls.

Sharing Your Grief Journey

I keep thinking that it is time to stop sharing my grief journey, but then I hear from another person and another on how much my posts on social media helps and has helped them personally. I feel that I must be the voice for those who are not able to speak for themselves. If this article reduces the stigma of grief for one person struggling after me; it will be worth telling my story on this and other social media platforms. It will be worth the tears I shed while writing this...

Grief Changes You

I would be remiss if I did not address the fact that I am a completely different person than I was prior to my son's death. I am much more authentic. I find myself seizing the day now. I simply do not have it in me to be in relationships that are not reciprocal. I feed those that feed me back now. This is a stark contrast to who I was previously with my people pleasing ways. So, if you are a manager and a direct report of yours goes through grief, they may not be the same person they were before and that is OK.

Start the Conversation

Lastly, if you are a team leader, supervisor, or manager of others and would like to collaborate about this subject, feel free to contact me. Although I can not speak for everyone who has suffered a loss, I would love to get some REAL conversations about grief started especially regarding how company personnel can be truly supported in a healthy manner during their time of loss past the typical bereavement leave time period. By no means do I have all the answers, but one thing that was discussed in the conversation with my dear friend was an option of Human Resources doing regularly scheduled check-ins (meetings) with the personnel member after their return from bereavement leave.

Human Resources Check-ins With Personnel Suffering from Grief

Examples of time markers:

- The end of the first full week back—check in on possible accommodations that may be helpful
- The end of the first full month back—check in on revisiting the accommodations situation and offering counseling for the individual for free or reduced rate
- The end of the first full 2 months back—check in going over the accommodations and counseling again as well as any other issues that are arising
- The end of the first full 3 months back—check in again revisiting the accommodations and counseling offers as well as any other pertinent issues

- Every 3 months thereafter for 18 additional months—check in revisiting the accommodations and counseling offers and continuing to inquire about other arising issues related to grief

Grief Sensitivity Training

Another option that I strongly recommend is that companies have required training for all personnel on grief sensitivity. Currently, I am researching this and hoping to develop a curriculum for this from my perspective as someone who has suffered huge loss and then had to go back to work to face reality. It is my hope that workplaces everywhere will incorporate training about grief into their regularly scheduled yearly training routine right along with diversity training, safety training, and sexual harassment training.

Society has us all to believe that the person left behind should just get on with their life.

All of the above are mere ideas, a jumping off point, but no changes will ever be made without conversations. In my quest to develop curriculum on grief sensitivity, I find myself in need of personal insight from others who have gone through grief in the workplace whether it was from a death that occurred long ago or more recent. Loss is loss and time does not heal all wounds. Please contact me if you would like to share your experience. My heart goes out to you all!

Special thanks to Greta Blankenship, Michelle McGowan, and Barbara Wilson for your feedback which shaped this article and made it exponentially better than it would have been otherwise. I treasure you all!

Crystal currently works as a clinician at CMS Counseling in Gainesville and Sugar Hill, Georgia, as an APC. She graduated from Brenau University with her Master's Degree in Psychology: Clinical Counseling in May of 2020. Her specialty areas are couples, anxiety, depression, men's issues, ADHD and LGBTQ. Crystal is passionate about mental health matters and posts about this regularly on LinkedIn. She enjoys incorporating the arts into her therapy sessions often as she believes that "sometimes words are simply not enough." It is her goal to empower and challenge her clients to be the best version of themselves that they can be and to help them attain a high quality of life.



Soar high my sweet son, soar high!



Help is Here! The National Counselors Exam

Johnnie L. Jenkins, III, PhD, 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.



NCE Workshop Saturday, November 19, 2022

Front: Nissan Jakob Back left: William Thomas
Back right: Aaron Summers

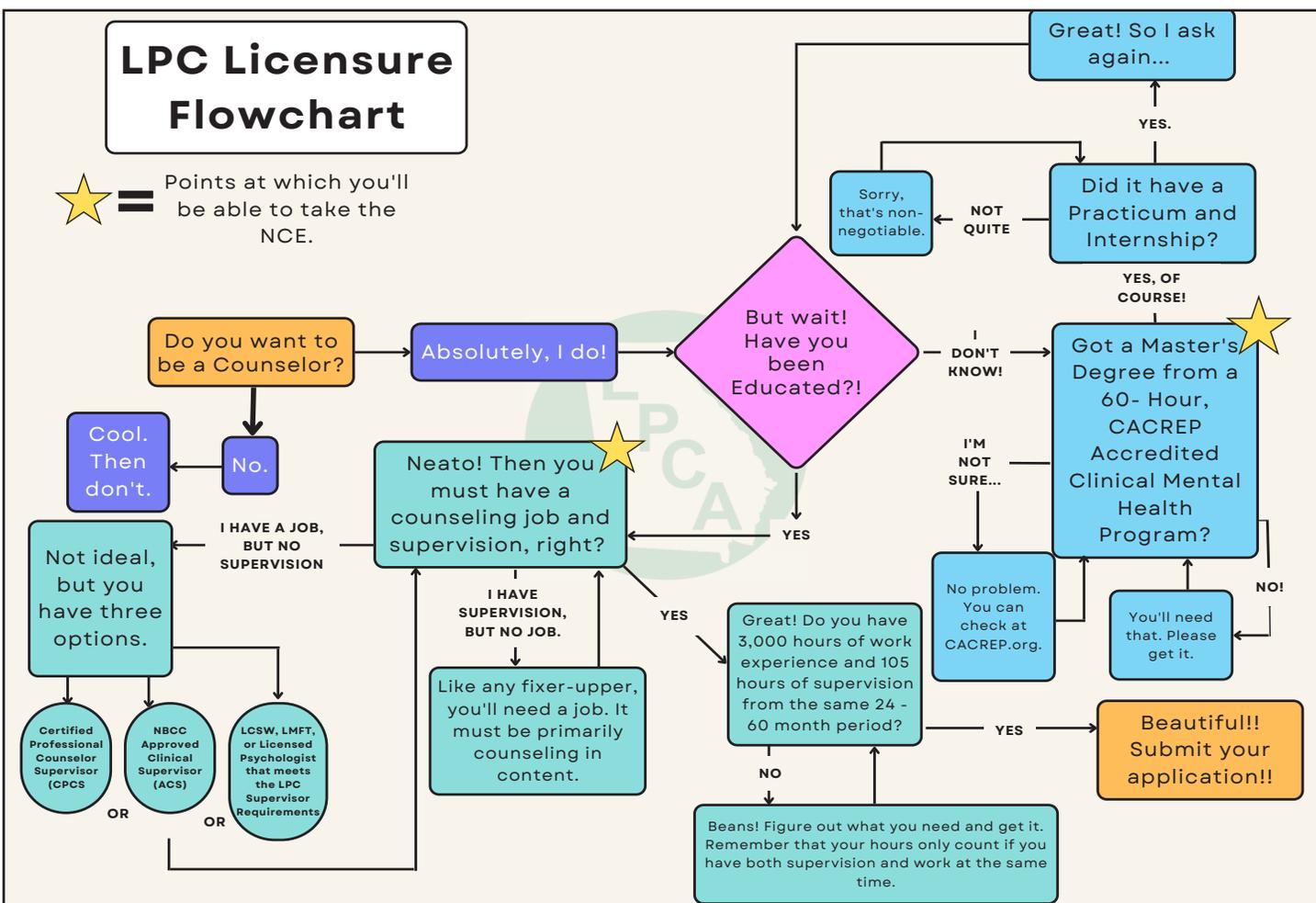


Diagram of the licensure process, created by a student with a great sense of humor, Samuel Nelson.



2023 Session Will Have Georgia's Most Diverse Legislature

AJC Article by Maya T. Prabhu

When Georgia lawmakers take office in January, they will likely

make up the most diverse Legislature the state has had.

In 2023, lawmakers will come from a variety of backgrounds including the first Palestinian American elected official in the state joining the Georgia House and a Bangladeshi American woman joining the Senate. Both are Muslim. There will be at least 83 nonwhite members out of 236 serving in the Legislature, with four Hispanic members, seven members of the Asian American Pacific Islander community, two Afro-Latino members and one Arab woman, according to an analysis of the incoming class of lawmakers by The Atlanta Journal-Constitution.

There will be 69 Black members serving in the Legislature and 151 white members. Four members are Muslim, and one is Jewish. There will be 81 women, one more than last year and the most ever for the state according to the Center for American Women and Politics run by Rutgers University.

Ten years ago, there were 65 nonwhite members of the Legislature—62 Black members, two Hispanic members and one Asian American member. Fifty-five legislators were women.

This year, Georgians elected six Latinos to the General Assembly, four of them for the first time. Two of them identify as Afro-Latino.

Senate Republican Caucus Chairman Jason Anavitarte, a Dallas resident who became the first Republican Latino member of the Senate two years ago, announced that he will co-chair a Georgia Hispanic Caucus.

It's the first time the Legislature has had a Hispanic Caucus since a brief period in 2003 when the first Hispanic lawmakers were elected to the Georgia General Assembly. Three Hispanic men were elected that year, including Sam Zamarripa as a Democrat in the Senate.

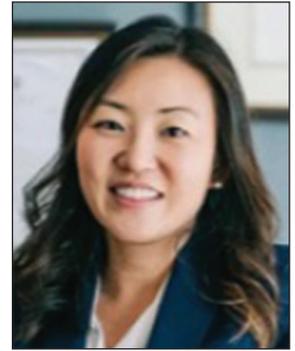
The diversity of the Legislature is beginning to catch up to the diversity of the state. Between Georgia's 2010 and 2020 census counts, the number of Black Georgians increased by 13%, while the white population dropped by 1%. The state's Asian American population jumped by 53%, and its Hispanic population rose by 32%. The Peach State narrowly remained majority-white at just over 50%.

Many of the new legislators of color come from racially diverse Gwinnett County, which added more than 41,000 Asian American residents and where the Hispanic population grew by more than 58,000 residents between 2010 and 2020.

Gonzalez said having Hispanic members from both parties in both chambers creates an opportunity for legislators to work on bipartisan issues that affect the community, such as allowing in-state tuition for unauthorized immigrants in the Deferred Action for Childhood Arrivals

program or ensuring translators can help residents during the voting process.

While most of the racial and religious diversity has typically occurred among Democratic members, there were more than 15 Republican candidates of color running for 51 open seats in the House. Two candidates of color, Reps.-elect Soo Hong of Lawrenceville, who was born in South Korea, and Rev Martinez of Loganville, who is of Cuban descent, will join the House Republican Caucus in



Soo Hong

January. State Rep. Charlice Byrd of Woodstock who is of Chinese descent, is already a member of the caucus.

Rep.-elect Ruwa Romman, a Duluth Democrat, will be the first Muslim woman to serve in the Georgia House and the first Palestinian American to be elected to any public office in the state. She will be the first state representative to wear a hijab, a head covering worn by some Muslim women, at the Capitol.



Ruwa Romman

Estimated legislators of color in Georgia General Assembly		2022
White		151
Black		69
Hispanic		4
Asian Americans and Pacific Islanders		7
Afro-Latino		2
Arab		1
Total legislators of color		83
Estimated gender breakdown of Georgia General Assembly		
	2022	2012
Women	81	55
Men	155	181

Maya Prabhu joined The Atlanta Journal Constitution in 2017 to cover Georgia government and politics. Her reporting focuses on social issues and legislative races. Maya received her bachelor's degree from Spelman College and a master's from the University of Maryland. Maya has written for newspapers and online news organizations in both South Carolina and Maryland before moving to Atlanta.



Georgia Council for Recovery Sets 2023 Legislative Agenda

Cindy Morley

There are over 800,000 people in recovery from Substance Use Disorder (SUD) across Georgia. And in 2021, more than 1,900 people in Georgia died

of drug-related causes—reflecting a 38.8 percent increase over data from the previous year. These statistics, and other data, led the Georgia Council for Recovery to develop an aggressive set of priorities for the upcoming legislative session.

“As Georgia moves beyond COVID-19, the reality of Substance Use Disorder (addiction) medical issues demands a serious and dedicated response from the government at all levels,” said Neil Campbell, Executive Director, The Georgia Council for Recovery. “In the United States, more than 130 people a day are dying from opiate overdoses alone, and Georgia’s share of those tragic deaths are between 3–4 citizens per day. Georgia is facing an epidemic regarding addiction; our public servants must provide new funding to support peer led recovery programs.”

The Georgia Council for Recovery announced its priorities for the federal, state, and local levels—hoping to break stigma and advance peer and family positive addiction recovery policy.

According to Campbell, Fentanyl overdoses are the number one cause of death among US adults ages 18–45. The Centers for Disease Control and Prevention is reporting nearly 108,000 people died of drug overdoses in the United States last year—a 50% jump over 2020.

“2023 is a critical year for people and communities across Georgia. It is essential that we make 2023 the year Georgia treats recovery from Substance Use Disorder (addiction) as a priority public health issue,” said Campbell.

“Together, with our family and friends we will be working to educate our public officials at the federal, state, and local level on the importance of expanding funding for existing peer led recovery programs in communities across Georgia,” said Jeff Breedlove, Chief of Policy for The Georgia Council for Recovery. “The number of medical cases are up, at historic levels post COVID, and it is essential Georgia responds accordingly with increased funding.”

Breedlove went on to say that in 2023 the Georgia Council for Recovery will work with the Georgia Congressional Delegation to increase their public support for the Georgia Recovery Community. The Georgia Council is asking every member of the state’s delegation to join the Congressional Bipartisan Addiction and Mental Health Task Force and support peer friendly legislation and funding.

Additionally, the Georgia Council for Recovery will expand its work in local communities across Georgia to increase membership in the Georgia Communities Working Group on Addiction and Recovery.

Among the Priorities in the 2023 Georgia Council for Recovery Legislative Agenda are:

- Expand funding at the state level for our Recovery Community Organizations, CARES Warm Line and CARES Academy.
- Secure a vote and voice for peers and families in the Opioid Settlement Funding process
- Work with the Georgia Behavioral Health Innovation and Reform Commission to ensure addiction policies are included in their work.
- Work on legislation for standards in recovery housing.
- Work on legislation to define a Recovery Community Organization.
- Require bars, gas stations, public libraries, schools, and single-room occupancy hotels to post an opioid antagonist kit and instructional poster in an area accessible to employees
- Work to pass the Federal Set Aside for recovery.
- Work on zoning laws to prohibit local governments from using zoning laws to stop recovery centers and residencies.

You may ask why now? This is why... \$28 million dollars.

“As a valued member of our Statewide Opioid Task Force, we are reaching out to share with you that Georgia has joined the \$3.1 billion national settlement with Walmart to resolve allegations that the company failed to appropriately oversee the dispensing of opioids at its stores and therefore contributed to the opioid crisis. By joining the settlement, Georgia stands to receive a base payment of \$28 million to help fund critical treatment and recovery services.” Kara Richardson, Communications Director, Office of the Attorney General Chris Carr.

Cindy Morely is staff writer for online internet news service that provides information on various statewide business, political, and other news to thousands of readers daily. She is a regular contributor to Insider Advantage, an online magazine about Georgia politics.

The Rural Opioid Abuse Prevention Act

On Tuesday, December 20, 2022, this instrumental bill, introduced by the US Senator from Georgia, Jon Ossoff, was signed into law by President Joe Biden. The legislation is aimed at curbing opioid abuse that is currently so rampant in rural American communities.

The bipartisan bill, cosponsored by Senator Chuck Grassley, R-Iowa, will steer federal dollars toward rural communities experiencing a high number of opioid overdoses.

“Like so many Georgians, I’ve lost friends to the opioid epidemic,” Ossoff said on Tuesday. “My bipartisan law will fund efforts to prevent and treat addiction and save lives. I brought Republicans and Democrats together to address the opioid crisis.”

The legislation will identify current gaps in opioid abuse prevention, treatment, and recovery services for rural Americans caught up in opioid addiction through a new pilot program. Funding will go to rural areas to help implement community response initiatives focused on reducing opioid overdose deaths.

The bill was sponsored in the House by US Reps. Conor Lamb, D-Pa., and Randy Feenstra, R-Iowa.



Bouncing Back After Injury

Vinson "Eric" Lee, MS, LMFT, LPC

"Trauma is not what happens to you, but what happens inside you." Maté

The year is 2009. Friday, November 20th begins for me at 2am, a time many consider to be "the middle of the night."

I wake and ready myself for a one hour

commute to WPGA-TV which is Macon's ABC affiliate at the time. I'm substitute anchoring the morning news on The Telegraph's "Mix in the Morning" program which airs on TV/radio and streams online.

Fix a warm cup of coffee and settle in. Check news releases and conduct beat calls. Write first script with six live updates to deliver throughout the three hour program, two on TV and the remaining four on radio/online at the top and bottom of each hour.

Running on caffeine and adrenaline, I complete the first script and dash from newsroom to studio. It's 5:58am. Moments later the theme rolls, I'm cued and open the program. Then it's back to the newsroom to work on the second script which will be my final live TV report. Then I record the Good Morning America news cut-ins and continue with the live radio/online updates.

After completing the last, I breathe a sigh of relief and experience a sense of accomplishment. In the habit of recording, reviewing, and critiquing my work, I'm more pleased than ever with my on air presence. The job comes with plenty of eustress, but I love what I'm doing!

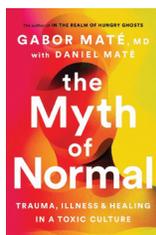
All set to return to the station Monday morning, but I don't make it to work. Instead I'm told I'm discovered banged up and rushed by ambulance to hospital where I'm treated for a subarachnoid hemorrhage following a head injury of mysterious origins. A kindly neurologist surmises I had a seizure, despite no history or witnesses coming forward.

I look like I've gone a few rounds with Conor McGregor. A puzzle I cannot complete because most of the pieces are missing. Memory pre-injury is intact. I've been told for years that I have a great memory, but the remainder of the year post-injury is so very hazy, an after effect as my brain heals. Perhaps a protective mechanism.

Bewilderment of an amplified degree haunts me each year as the anniversary approaches. I also have three scars to remind me—one between my eyes, another below my bottom lip, and the third on my chin.

In the book *The Myth of Normal*, Maté' proposes that "trauma is not what happens to you, but what happens inside you." The aftermath finds me stuck in the abyss. Family and friends are there, but I feel so alone. I turn to my Christian faith, pray for God's guidance, and land in the esteemed Marriage and Family Therapy graduate program at Valdosta State University where I train to help others conquer their challenges. Not only do I have the book knowledge, I have walked through fire and came out on the other side, albeit figuratively.

If any good comes from this tragedy, I'm more humble and empathic, qualities which I believe make me a more effective clinician.



Eric Lee Anchoring the Morning News

After all these years, I'm still asked why I moved on from radio and TV. Broadcasting has been my passion ever since I was five years old when I got a stereo and microphone for Christmas, made my radio debut with my father the following year, and landed a paid gig ten years later.

So the short answer is: I became a counselor.

"Now you know the rest of the story." (Paul Harvey, American radio broadcaster)

Eric is a member of LPCA's southern district. Initially licensed as LMFT, Lee added LPC to his credentials in 2018 after which he joined LPCA of GA. Eric also received advanced training in Recovery Oriented Cognitive Behavior Therapy (CT-R) through the Beck Institute.



DR. SAVAGE

Supervision and Consultation Openings!

Individual and group offered

We discuss:

- Diagnostic clarification
- Case conceptualization
- Useful interventions
- Private Practice
- Licensure and certifications
- How to find your niche and much more!

Visit the website to book a consultation!

www.stayanchored.org ~ 470-455-1017



Parenting and Its Impact on Children

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

Parenting is a title that many people look forward to having and plan for, while others are caught off guard by the news “we are having a baby.” Childbirth is often a joyous occasion that families celebrate. If the joy of childbirth remained throughout the child’s life, this article would not be needed. While many parents and families remain intact units, many do not, and some are at odds from the very beginning. This can have a negative impact on the child’s upbringing, self-esteem, and relationship with others. This article will provide an overview of the advantages and disadvantages of parental relationships, parenting plans, and cooperative parenting.

Parenthood

Parents are the foundational example for their children regardless of the parental makeup. Genetically, it takes two individuals of the opposite sex to create human life. One could speculate many reasons for or against this fact. Balance is the perspective that will be used throughout this article for having a two-parent rearing system. Having two individuals with different experiences, philosophies, values, and beliefs allows the two to find and create balance with each other, extending this to their child. Research is plentiful in support of having two-parent households. Some of those benefits are stable finances, housing, resources, better academic outcomes, and strong relationships, etc. (Musick, K., & Meier, A. (2010). These findings are more accurate in a continuous marital relationship with low conflict, absences of abuse, and abusive behaviors. When two-parent households are highly in conflict, the effectiveness of two-parent families are diminished. When this foundation is broken or nonexistent, it can harm the child.

Children raised in single-parent households are at greater risk for socioeconomic disadvantages, potential emotional and behavioral problems, educational problems, and relational issues. Research further states that children are more apt to drop out of school, become parents as teenagers, and have their marriages end in divorce (Kids Count, 2019). These possible problems do not cancel out the positive outcomes of being raised in a single-parent household. Research has recently complicated the results for single-parent households by reporting that there can be stronger parental relationships, self-esteem, and perseverance. Nearly 24 million children live in single-parent homes in the United States, as reported by the American Community Survey (2019). This number continues to grow for various reasons, such as high divorce rates, waiting to get married, choosing not to

Having two individuals with different experiences, philosophies, values, and beliefs allows the two to find and create balance with each other, extending this to their child.



marry, adoption, and having children without a partner. There is value in having a partner in rearing children.

Being a parent is an importantly huge task that anyone would benefit from having the support of another regardless of their financial resources, educational background, and community support. As a mental health professional, I see far too often the negative impact parenting has on children in single-parent, divorcing, and divorced households. Children are often caught in the middle of conflicting parents, left feeling abandoned or forced to choose sides. As a result, the child begins to suffer academically, socially, and emotionally and can have attachment issues. Regardless of the position selected, research continues to support the greater benefits of an involved two-parent rearing relationship where the parents are child-focused.

Children raised in single-parent households are at greater risk for socioeconomic disadvantages, potential emotional and behavioral problems, educational problems, and relational issues.

Establishing a Parental Agreement

Parental agreement is a term used by the judicial system to assist parents in sharing custody of their children. According to Lightner (2018), In the early 1900s, the United States adopted British Parliament’s “Tender Years Doctrine,” which state that the child is better suited if left with the mother after a divorce. As women began to earn more rights, the divorce rate increased, and the courts started looking at the “best interest of the child.” This led to parents having equal rights to their children if there was no evidence of harm. Parents with mutual respect and who are child-focused rarely seek the courts’ services to create a parenting agreement. If these parents use the services of the judicial system, they often have an established routine in place that works for all parties involved.

Parents who are estranged, conflicting and/or need the assistance of the judicial system could benefit from having a parental agreement in place. The parental agreement outlines the days of the week the child(ren) is with each parent, including holidays, summer break, birthdays, and school breaks. It also notes who has authority for

Continued on page 16

Parenting and Its Impact on Children

Continued from page 15

decision-making in the following areas: education, religion, medical, and recreation. This agreement is black and white and remains in effect until custody is brought back before the court or the child turns 18. Parental agreements have assisted families and children in having a clear understanding of the who, what, when, and where.

While the benefits of this type of agreement are helpful, there are disadvantages to having a parenting plan. There is no oversight enforcement of the plan once it is implemented. It does not allow for flexibility if the parents are unwilling to work with each other, and the parents must return to the judicial system to have the plan amended. In my opinion, the disadvantage that impacts the children the greatest is when they are older and develop friend groups. Reasonable parents make concessions for their children's social life; however, not all parents are sensible.

Most states have a child custody election law, which allows the child to decide at the stated age (14 in some states) what parent they want to spend more than 50% of their time with. This does not take away the visitation rights of the noncustodial parent. Parental plans have been beneficial compared to the history of contiguous custody battles; however, there are still areas of improvement for the parenting plan.

Being child focused is to think about every decision you make with your child's impact in mind.

Cooperative Parenting vs. Conflicting Parenting

Various parenting programs are designed to teach parents how to work together to benefit their child(ren). Parents who respect each other, have similar goals for their child(ren), and work together decrease the likelihood of adverse childhood effects. Conflicting parents and absent parents increase the negative impacts discussed earlier in this article. Parenting programs are designed to assist parents in becoming child-focused. Being child focused is to think about every decision you make with your child's impact in mind. It means encouraging your child to love and respect both parents and embrace each parent's differences. Being child-focused means working to resolve your issues with your co-parent to be better parents for your child. It means sheltering your child from negative talk or behavior about their other parent. It means loving your child and not using them as game pieces with your ex. Having a healthy cooperative co-parenting relationship benefits all parties involved. Healthy co-parenting relationships do not require you to be best friends or back in love with each other, just genuine respect and the ability communication and understand different perspectives. This cannot be accomplished if there is unresolved anger or betrayal, poor impulse control, or any form of abuse. If you wish to have a healthy child focus relationship with your co-parent, you can begin by joining a co-parenting class. These classes can last for 8–12 weeks for approximately one hour a session. Remember, your child is worth having two parents who focus on him/her.



References:

- Children in single-parent families in the United States, <http://datacenter.kidscount.org/publications>.
- <https://www.aecf.org/blog/child-well-being-in-single-parent-families>
- Musick, K., & Meier, A. (2010). Are both parents always better than one? Parental conflict and young adult well-being. *Social science research*, 39(5), 814–830. <https://doi.org/10.1016/j.ssresearch.2010.03.002>
- Lightner, B. (2018). Child Custody. *Salem Press Encyclopedia*.
- Lightner, B. (2018). Child Custody. *Salem Press Encyclopedia*. Retrieved from <https://search-ebSCOhostcom.ezproxy.snhu.edu/login.aspx?direct=true&db=ers&AN=100259549&site=eds-live&scope=site>
- Buchanan, K.P. (2022). Professional knowledge.
- Lightner, B. (2018). Child Custody. *Salem Press Encyclopedia*. Retrieved from <https://search-ebSCOhostcom.ezproxy.snhu.edu/login.aspx?direct=true&db=ers&AN=100259549&site=eds-live&scope=site>



Privilege to Help Our Patients

Frankie B. May, MS, NBCC, LAPC

It is a continual amazement to me that we are in such trusted positions with our patients/clients. Some come in and we must work hard to get them to speak.

Eventually, they begin to open up. It is such reinforcement when our patients begin to open up and trust us. Then there are those who come in ready to talk and continue to do so the entire session. They have so much stored in their hearts and minds that they can barely get it all out. Then there are the gems. Those who come in and sit down with a blank look on their face. The first thing they say is, "I don't know why I'm here." With a couple of carefully worded questions, they open up and talk about what is bothering them. Finally, they say, "Well, I guess I did need to talk."

I love my two-day-a-week job and the privilege of helping these lovely people progress to a healthy life!

Frankie May is in the LPCA Eastern District of LPCA and has been a member for two years. She currently works at Georgia Family Crisis Solutions where she works with all types of people, including LGBTQ, couples and individuals.



EXPERT CANCER CARE IT'S WHO WE ARE IT'S WHAT WE DO

Cancer Treatment Centers of America® (CTCA) provides the care patients need with the compassion, urgency and comprehensive personalized approach they deserve.

Our experts focus on treating cancer, committing their time and talents to treating every stage of the disease with a collaborative approach, sophisticated technologies, innovative treatment options and supportive care services. They work together, all under one roof, to develop an integrative treatment plan tailored specifically to each patient.



RAPID APPOINTMENTS

Appointments are available in as little as 24 hours, and many treatment plans are developed within 48 hours of a patient's first visit.



PERSONALIZED CARE

Our experts provide individualized, whole-person care tailored to each patient's needs, preferences and goals.



WORLD-CLASS CANCER TREATMENT

Our cancer experts are highly trained, educated and experienced in treating cancer at any stage.

Learn more at

833-CTCA-ATL • cancercenter.com/atlanta



Cancer Treatment
Centers of America
part of  City of Hope.

ATLANTA



Reimagining Mental Health



Welcoming mental healthcare professionals to JOIN our outpatient group practices in Georgia!

- In-person, telehealth and hybrid
- Serving adult or child, and adolescent populations
- Team-oriented care
- Highly flexible work schedules

Benefits:

- Health/dental/vision/life insurance
- 401k with employer match
- Annual stock award for clinicians
- Paid parental leave

Offices throughout the United States. Now hiring psychiatrists, psychologists, psychiatric nurse practitioners, and licensed therapists (LCSW/LPC/LMFT).

For more information, contact:

Luth Wende

Director, Practice Development

✉ luth.wende@lifestance.com

☎ 214-912-2877

Carolyn Ramp

Licensed Professional Counselor

✉ cramp@mygbhp.com

☎ 706-825-4691

🌐 [Learn more at Careers.LifeStance.com](https://careers.lifestance.com)

DIVERSIFY YOUR PRACTICE BY BECOMING A CERTIFIED FORENSIC MENTAL HEALTH EVALUATOR



Become Professionally Recognized & Nationally Credentialed

NBFE is a 501(C)(3) Nonprofit Public Charity.

The NBFE certification is the nation's only renowned and prestigious training and certification program recognized and endorsed by the American Mental Health Counselors Association (AMHCA) and the Licensed Professional Counselors Association of Georgia.

The trainers are recognized scholars who have thousands of hours of proven experience in the forensic mental health arena.



The National Board of Forensic Evaluators has three primary missions:

- Promote and serve the continuing education needs of mental health professionals. This is accomplished by educational seminars, workshops, publications via a highly specialized team of trained forensic mental health professionals.
- Serve families by providing specialized assessments, educational materials and treatment plans. This is accomplished through a professional team approach used to assess and diagnose attention deficit hyperactivity disorders, autism, disruptive behaviors, oppositional defiant disorders and various other problematic child behavioral issues.
- Serve the needs of our veterans and nursing home residents by promoting entertainment modalities throughout our senior communities. Additionally, establish and serve the needs of at-risk children and families by promoting entertainment modalities throughout local communities.



The National Board of Forensic Evaluators (NBFE) has been approved by the National Board for Certified Counselors (NBCC) as an Approved Continuing Education Provider, ACEP No. 6189. Programs that do not qualify for NBCC credit are clearly identified. NBFE is solely responsible for all aspects of the program.



This workshop has been approved for 8 hours of continuing education (7 CORE hours and 1 hour Ethics hour) with the Licensed Professional Counselors Association, CE approval #9469-19C and 8 hours of continuing education (6 general hours, 1 domestic violence hour, and 1 hour ethics/professional boundaries) with the Florida Board of Clinical Social Work, Marriage & Family Therapy, & Mental Health Counseling and Florida Board of Psychology, CE Broker Tracking # 20-551881 (CE Broker Provider #50-15823). NBFE is recognized and endorsed by the American Mental Health Counselors Association.

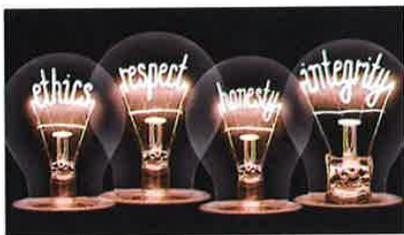


Training you'll actually enjoy

Our goal is to make continuing education enjoyable, practical refreshing, and fun. But also chock full of down-to-earth tips you can actually use regularly in your counseling practice.



Carolyn Ramp Consulting offers Synchronous Workshops for Core and Related Hours of Continuing Education for LPCs, LMFTs, and LCSWs in a variety of topics.



Ethics

Our ethics workshops are not



Personality Disorders



Clinical Supervision

Contact us.

www.CarolynRamp.com

cramconsulting@gmail.com

(937) 403-0909



ART

ACCELERATED RESOLUTION THERAPY

Talk and exposure therapy can take years to see progress. The processes can be exhausting for patients and practitioners alike.

"Accelerated Resolution Therapy is the most exciting thing I have done in my entire career. I light up when I talk about it because I have never been more hopeful about a modality in my life. It is absolutely extraordinary what I see in front of my eyes in sixty minutes."
- Brooke Bralove, LCSW-C

ART has been effective in 2-5 sessions!

- The client is always in control of what is happening.
- ART incorporates vagal nerve and body sensations for deeper integration.
- Clients can choose whether or not to share distressing memories.
- There are no homework assignments.
- The client does not have to purposefully recall traumatic scenes between sessions.
- Clients learn a new powerful coping strategy.

Learn more about how you can train in and begin to implement this life-changing technique into your practice with one of ART's three-day trainings.

Visit www.ArtWorksNow.com.

THE PROFESSIONAL LEVEL UP PROGRAM



- A program to help you go beyond your profession.
- In this program, you can learn how to use your education, training and skills to:

- Start a podcast
- Livestream on social media
- Write a book
- Develop courses
- Present workshops



Sign up at:
www.kimwilsonspeaks.com

KIM WILSON, LPC, CPCS
LICENSED PROFESSIONAL COUNSELOR

CPH

& ASSOCIATES

1-800-875-1911

A++ (SUPERIOR) FINANCIAL
STRENGTH RATING BY A.M. BEST

Over the last decade, more than 500,000 people chose CPH for Professional Liability Insurance. As a specialized provider, we are able to focus on your individual liability needs in a way that bigger companies are not. Our team of associates represent over 50 years of collective experience in the field, and our ability to serve a large client base while maintaining a small-office approach has set CPH apart. We understand that your insurance needs change over time and we are pleased to offer new coverage types such as **Cyber Liability** and **Special Event Liability**.

For more information on Risk Management to protect your practice, please visit our [Avoiding Liability Bulletin](#).

APPLY ONLINE AT WWW.CPHINS.COM

ETHICS DEMYSTIFIED™

Maintain your license. Keep your license.

Register now at concentrateonyou.net

Eric Groh, LPC CPCS ACS ICGC II
Supervision
CE Workshops
Dissociative Disorders

"This workshop answered questions I've had about our industry for 20 years."
- Richard Blankenship

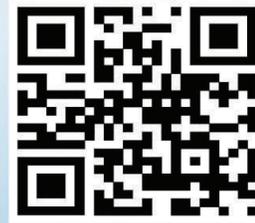
"I wish I had taken this workshop when I was initially licensed." - Tamara Ashley

"Highly qualified and knowledgeable presenter..." - Faith Arkel

"The least torturous ethics workshop I have attended" - Jaclyn Devore

"Extremely valuable information for our new supervision program."
- Angela Wheelus

Scan for 10% off promo code.



Eric Groh LPC has been approved by NBCC as an Approved Continuing Educational Provider, ACEP No. 6921. Programs that do not qualify for NBCC credit are clearly identified. Eric Groh LPC is solely responsible for all aspects of the programs.



The Collaborative for Professional Clinical Development

45 Hour Psychopathology

With Louis Boynton and Charlie Safford
Individual Courses Starting from \$120

To Register: www.mycpcd.com

Also posted on LPCA's website under CE workshops

The Collaborative for Professional Clinical Development has created a new psychopathology series of courses for continuing education. Our developers are excited to announce our comprehensive coursework on the topic of differential diagnosis using the DSM5-TR. In a series of individual but coordinated programs, we will target the most important diagnostic areas. You may purchase the entire program or choose those areas that support a deeper understanding in the areas of practice most relevant for your work. Trainees may purchase any individual program or the complete series at a reduced price. We invite clinicians to participate in this 21st century perspective to the application of diagnostic techniques. We include cultural, narrative, humanistic, phenomenological, and neuroscientific diagnostic information to enhance your clinical capacity to comprehend psychopathology and improve your clinical judgment.

These courses will be completed in time for the 2022 license renewal cycle in Georgia and Louisiana but are approved for use by licensed social workers and professional counselors in most other states. Check with your individual licensing board for specific CE approval guidelines. We are an ASWB ACE approved provider.

Also, Georgia licensees who complete all 45 hours of these courses will have met the requirement for a course in psychopathology established in 2016.

All course information will be sent to attendees the day before the event with all course materials. (Please check your junk mailbox if you have an AOL or HOTMAIL email address or set your browser to accept www.mycpcd.com as a trusted site.)

OFFICE SPACE FOR RENT

ALPHARETTA. One full time unfurnished and three part time furnished office spaces available for licensed professionals. Located just south of the center of Alpharetta, adjacent to Wills Park. Opportunity for referrals to build or expand a practice. Office rooms are 11 x 11.6 and 7.6 x 9.10 with 9+ ft ceilings. \$400-\$575/mo. Handicap accessible. Rent includes utilities, phone, fax, copier, confidential voicemail, WIFI and credit card terminal. Contact **770-240-8363** or cdifab@aol.com for additional information.

DOWNTOWN ALPHARETTA. Practice looking for another professional to join. The office is in a great location close to downtown Alpharetta and GA 400. We are a small group of collegial providers who work together well, cross-refer, and have peer supervision. Two offices are available and are 12 x 12 with great lighting. Copier, printer, phone, high-speed internet, refrigerator, coffee maker, and microwave provided. Pictures available upon request. Contact **Mary** at **404-932-6329** or DrMary@YourShrink.com.

ACWORTH. Individual private office, includes private waiting area, access to a conference room, and the use of a half bathroom. Comes with permission to put signage in the lobby of the building. Cleaning and utilities included. You will need to get your own internet. \$700 a month. If interested contact **Kathy Booth** at **678-779-4280**.

ATHENS. Office space available in a professional office area about ten minutes from downtown Athens and the University of Georgia. The growing list of amenities include free parking, Wi-Fi, all utilities, a shared waiting room, a kitchenette, printer and copier, a coffee bar, etc. There are six offices available, each with different physical features and different rates. Contact **Jason Benton** at **706-549-3606** or email at jpbenton746@gmail.com.

BROOKHAVEN: Beautiful and newly built-out office space in Plaza Square North Building just off I-285. Fully furnished and includes breakroom, copier, microwave, fridge, coffee maker. Contact **Matthew Quick** at mquick@northatlantapsych.com.

BUCKHEAD. Join a fun, multi-disciplinary, collaborative team that cross-refers. Window/interior offices. Part/full-time rental options. Furnished available. Large waiting room area with coffee/tea and ample seating. Separate entrance and exit for confidentiality purposes. Building amenities: nightly cleaning services, security, free gym/workout room, restaurant, and walking trails. If interested in joining this wonderful shared space, please email emily@simplifyatlanta.com.

CUMMING. Available immediately. Conveniently located off GA 400. 10 x 11 office space shared with two other counselors. Furnished or unfurnished. Cleaning, shared bathroom, shared waiting room, printer access, and utilities/wifi included. \$550 per month. Contact **Amanda Mayo** at amandamayocounseling@gmail.com.

LAWRENCEVILLE. Located one block from downtown. This is a great opportunity to build your practice. Furnished offices. Offering part-time weekly two and three day options. Minimum six month lease. Two offices 160 sq ft each and one office 140 sq ft. All offices have windows. Handicap accessible, shared waiting room, kitchenette, free wifi and telephone line w/auto attendant, utilities, and plenty of parking. Contact **Mark Palatchi** at **404-789-5746** or mark.palatchi@gmail.com for more information.

LILBURN. Full time, part time, furnished and unfurnished office spaces are available. We are located conveniently to I-85 and Lawrenceville Hwy. right off of Indian Trail. Office is fully equipped with kitchenette, spacious lobby, secure storage, high speed Wifi, and is wheelchair accessible throughout. There's a play therapy space and group room available for use by reservation. If interested contact April Whitaker at **678-206-8293** or aprilmojica@newdirectionspc.net.

PEACHTREE CORNERS. Norcross/Roswell/Sandy Springs area office space available for mental health professionals. We provide full-time and part-time office space (including conference room). Short-term/ long-term lease options. If you are interested, please call us at **404-994-6304** for more information and pricing. We can also be reached via email at admin@ceoprofessionalservicesllc.com. For photos visit our website at <https://www.ceoprofessionalservicesllc.com/therapist-corner>.

ALPHARETTA. Beautiful office spaces. Distinctive as there are options for you. Full-time unfurnished office suite with 9+ ft. ceiling and three part-time furnished office spaces available for licensed professionals. Easy access and location, just south of the center of Alpharetta adjacent to Wills Park. Business building opportunity for referrals to build or expand a practice. Office rooms are 11 x 11.6 and 7.6 x 9.10 with 9+ ft ceilings. Affordable rent package includes utilities, phone, fax, copier, confidential voicemail, WIFI, and credit card terminal. Only \$400-\$575/mo. Handicap accessible. Contact **770-240-8363** or cdifab@aol.com for additional information.

COAL MOUNTAIN CUMMING AREA. Private psychotherapy practice. Convenient location to GA 400 and Browns Bridge Road. Office space has reception and waiting area, bathroom/kitchen, and parking available to clients. Individual office is currently furnished. Contact **770-530-4218**.

CERTIFIED PC SUPERVISORS

SUPERVISION. Dr. Savage is offering consultation and supervision. Individual and group offered. We discuss: diagnostic clarification, case conceptualization, useful interventions, private practice, licensure and certifications, and how to find your niche and much more! Please call or text **470-455-1017** to schedule an initial consultation.

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>

LPCA Licensed Professional Counselors Association of Georgia

3091 Governors Lake Dr., NW • Suite 570 • Norcross, GA 30071
<http://www.LPCAGA.org>

PRSRT STD
U.S. POSTAGE PAID
NORCROSS, GA
PERMIT NO.512



GEICO

Tell us you're a member of LPCA
www.geico.com/disc/lpca
800-368-2734

Finding



BALANCE

LPCA 35th Annual Convention

The Westin Savannah Harbor Golf Resort & Spa

May 2, 2023 Pre Convention

May 3-5, 2023 Convention