



Counselors Rock!

March 2021

LPCA CONNECTION

Official Publication of the Licensed Professional Counselors Association of Georgia

Get to Know Your Legislative Advocates for Our Profession!

On February 4, 2021, Update@Eight attendees had the opportunity to meet Georgia Representative Park Cannon, representing Georgia District 58.

During her first term 2016, as the youngest woman and youngest Democrat to serve the state's general assembly, the now 29-year-old Representative and self-described "activist elected official" wrote legislation pushing for medically accurate HIV and AIDS prevention to be included in school sex education. This legislation also expanded protections against discrimination of sexual assault victims. Her passion is also personal. As the daughter of a Vietnam War veteran, she advocates for more affordable housing for veterans and people living with HIV. "Like many other people in the United States, I have seen the best and worst," she told MTV News. "It is a human right for anyone to be able to feel as though they're living in a safe community, parenting in a place where they have resources, and mobilizing towards a better version of themselves."

But that kind of work doesn't come without a cost. For her part, Cannon had to safeguard her mental health to avoid burnout, and she understands why other politically active young people may need to prioritize self-care at times, too. "It takes courage to be vulnerable," she said.



Rep. Park Cannon (D)



LPCA of GA member Will Carroll (left) with good friend Rep. Matthew Gambill (R)

On January 28, 2021, LPCA was excited and honored to have Representative Matthew Gambill, Georgia District 15, as guest speaker on our Update@Eight.

Representative Matthew Gambill was the lobbyist for the Georgia School Counselors Association (GSCA) during the time LPCA was working to get legislation passed to add "diagnose" to LPCs' Scope of Practice. He was very helpful to LPCA at the Capitol as we fought for parity for LPCs, and understands the value and importance of mental health professionals in our healthcare system. Ultimately, LPCA's goal is for LPCs to be added to Medicare as eligible healthcare providers.

Matthew Gambill is a graduate of Cartersville High School and holds a BA in Political Science from Lee University. His previous career experience includes working as Director of Business Development for ShawHankins, and as Executive Director for the Georgia Association for Career and Technical Education (GACTE). He also worked as an intern for the House Higher Education and Education Committees. Active in his community, Matthew is a member of the Cartersville-Bartow County Chamber of Commerce, serves on the Board of Directors of the Indian Springs Holiness Camp Meeting, and is past Chair of the Boys and Girls Clubs Georgia Area Council and Murphy-Harst Children's Home, a safe haven for Georgia's most viciously abused children.

Update@Eight

Join us every Thursday evening at 7:30pm from your computer, tablet, or smartphone. This program gives the most up-to-date information about what is going on at our State Capitol. You will hear the most updated news about pending legislation from our LPCA lobbyists, Julianna McConnell and Aubrey Villines. Go to www.gotomeet.me/LPCAGA/update-at-eight, or call 646-749-3112, using access code 137-387-645. New to GotoMeeting? Get the app now and be ready when your first meeting starts. Go to <https://global.gotomeeting.com/install/137387645>.

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PRESIDENT-ELECT

Angela Feeser, LPC, CPCS

Our 33rd Annual Convention and Southeastern Regional Conference planning is underway, and I'm excited to see it unfold in May. I hope you all will make plans to join us in Savannah at the beautiful Marriott Savannah Riverfront on May 4th through May 7th. Our convention theme is *The Keys to Our Success...Opening Doors for LPCs*. This will be a great opportunity

for networking and obtaining those necessary CEs. All in all, 25 CEs will be available from attending a wide variety of interesting and valuable workshops. There will be many noteworthy presenters as well. As an added perk, LPCA has a special discounted room block. Be sure to make your plans early and call the Marriott for reservations at 912-233-7722. (See ad on back cover.)

Based on some questions I've received over the past few weeks, I wanted to share a few helpful reminders for APCs:

1. Read the CE Rule and keep a tracking log or binder of your CEs. I prefer a binder so I can separate year to year and log each.
2. If you change Direct Experience sites, you must notify the Board within 10 days and complete a new Direct Experience form C Contract Affidavit. It is your responsibility to keep the Board informed of changes to receive approval.
3. All supervision sessions should be documented by the APC and CPCS. The recommended forms are available on the LPCA website.
4. Read the Board Rules. Your CPCS should review the rules with you throughout supervision. However, it's ultimately your responsibility to know what is required.

Don't hesitate to contact us if you have specific questions.

Hope to see you at the Convention in Savannah!



The Beautiful Marriott Savannah Riverfront

LPC Connection is published four times a year.

Send submissions to:

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

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

Email: LPCA@LPCAGA.org

Editor: dadams0454@aol.com

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



PRESIDENT

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

I want to welcome the spring by expressing my gratitude to the members, to the Board, and to the staff of LPCA of GA for their support during these remarkable times. I was absorbed by meeting room sizes and meal problems in Atlanta at this time last year. The positive issue was the largely anticipated crowd for a licensing year attendance of our Convention.

I was initially chagrined by the emergence of Covid-19 and alarmed by the impact that it could have on our society and on our profession when it appeared. However, some positive things emerged as a result of it. We help our clients to come to terms with things that are out of their control. We promote psychological flexibility; the same is true for us. The pandemic has served to push forward new social norms as well as new professional methodologies. Angela Feeser pointed out how this has meshed with telehealth. The pressure of the event spurred the members of the LPCA on to greater endeavors. A virtual convention was put together with great effort and creativity spawned by the times. We cultivated new skills and accomplished novel achievements that will continue to be built upon.

It is ironic that my plan was to visit the LPCA Districts during my tenure and to host events during my presidency. Little did I know that the virus would make this impossible. Instead, our online profile and the associated, new communication portals continue to grow in size and complexity. Developing Student Affiliate Organizations was another goal of mine. We are able to host a virtual student conference thanks to the online technology that we have developed out of necessity. We have also made strides on the legislative front. President-Elect Angela Feeser and I met with Georgia House Representative Jodi Lott of the 122nd District that includes areas of Evans, Martinez and Grovetown in Columbia County. We also hosted a Legislative Update meeting on January 14th. Our special guest was Senator Butch Miller, Speaker ProTem in the Georgia Senate. We will continue online legislative meetings that our members are encouraged to attend. We have been forced to innovate and to develop novel technologies to address our needs in the face of the Coronavirus. I am pleased to report that there has been a silver lining to these dark times.



Tim Robinson, LPCA President, Jodi Lott, GA House Representative 122nd District, and Angela Feeser, LPCA President-Elect



IMMEDIATE PAST PRESIDENT

Carolyn Ramp, LPC, NCC, ACS, CPCS

As we say goodbye to winter and head into spring, let's each make a resolution to become more involved in our professional organization. There are many opportunities and avenues for involvement. With our new abilities to participate virtually, we are now, more than ever before, able to contribute.

The success of LPCA of GA and its efforts to improve the practice of Professional Counseling is dependent upon the volunteer efforts of those Professional Counselors who are members as well as LPCA office staffers. Whether you live in Atlanta near our offices or are hundreds of miles away from there, your participation is important. You can attend meetings virtually or in person. Your voice can be heard.

If you've never considered taking a more active role in LPCA of GA, I encourage you to take a good long look at our accomplishments over the past ten years. It's an amazing list! We have pretty lofty goals for the coming years and your support and participation is vital to our success. We are working for you! After all, it is your profession, and it is your professional organization. I encourage you to become involved. Find out what district you belong in and contact that District Representative and:

- Send out emails to colleagues in your District to inform them of upcoming LPCA events
- Help create a phone tree
- Offer to present a workshop in your District
- Mentor new members or counseling students
- Attend District meetings
- Volunteer to take photos at LPCA meetings and events for the newsletter
- Submit an article for the Connections Newsletter and receive extra copies to display in your office or waiting room
- Attend the LPCA Annual Convention in Savannah this year
- And most importantly, *GET INVOLVED!*

We will begin accepting nominations for positions on the LPCA of GA Board of Directors in February. If you are interested in participating in a more active role, please let me know. You can email me at cramp@mygbhp.com and share your ideas for participation.

When we look at what we have been able to achieve in Georgia over the past ten years, it should encourage us to stay strong, stay actively involved, and move our profession closer to the national recognition it deserves. Join us at our monthly meetings. Learn more about your professional organization, and in the process, become more professional, more informed and more a part of a professional identity.

Post Your Want Ads for FREE!
(So easy!)

Simply email your job listing to LPCA@LPCAGA.org.

This is just another one of the many benefits of being a valued member of LPCA of GA.

EXECUTIVE DIRECTOR

Gale Macke LPCA@LPCAGA.org

Addiction Recovery Summit

LPCA of GA held the Addiction and Recovery Summit, January 27–29, as a limited in-person and synchronous virtual training. Over 120 attendees participated in the three-day summit. A variety of topics related to the treatment of substance use disorders were presented. While many different substance use disorders were explored, there was a focus upon the emerging trend of increased cannabis use. Workshops on *Marijuana 101* and *The Truth, the Whole Truth, and Nothing But the Truth about Marijuana* were presented.

We were honored to have seven highly respected presenters: Dr. Susan Blank, MD; Dr. Debra Dantzler, LPC; Dr. Denice Colson, LPC; Dr. Patricia Brown, CACII; Orville Jackson, LPC; Marcos Sanchez, CAC II; and LPCA Past President Dr. Leon Spencer, LPC, CPCS. Lunch was provided by Laura Riedlinger of Silver Ridge Recovery, De McKee of Riverwoods Behavioral Health, and David Drum of MARR Addiction Centers.



Clinical Supervision, CPCS

Dr. David Markwell, PhD, LPC, NCC, ACS, CPCS, CART, EAS-C, recently retired as Chair of the Clinical Supervision on the LPCA Board.

Under David's leadership, the CPCS Committee transformed the "complaint about a supervisor" to sessions assisting supervisors and supervisees. The work started with reviewing what other state requirements and

processes were, and how issues were resolved and included codes of conduct/ethics and AMHCA Standards. David and his committee built better communications, provided easier access, and were solution focused before a situation became a "complaint." The program, CPCS Consultation, is extremely successful.

The CPCS Committee also completed the Endorsement Program for those coming into Georgia who wanted to apply for the CPCS, enacted policies on dual relationships, group supervision, tele-supervision, and provided hundreds of hours of assistance to those with licensure issues.

Still active in consults, workshop presentations, and mentoring, David said, "I am available to assist as needed. I do appreciate the opportunity to serve and am happy to help out in whatever means necessary."

David, you and your CPCS Committee members, Bryan Stephens, Megan Boyd, Michele Frey, Jessi Emmett, Carolyn Ramp, and Karla Sapp, moved mountains for our membership and our association. From all of us, the Board of Directors and here at the LPCA office, thank you again, it has been a great pleasure working with you!

Dr. Markwell will continue to offer private consultations, and has initiated a support group for new Supervisors that will meet on the third Friday of each month. David can be reached at 770-713-6064, or emailed at ridgelinecounseling@gmail.com. You can also visit his website at <https://www.markwelltherapy.com> or on Facebook at <https://www.facebook.com/ridgelinecounseling>.

Dr. Michele Frey has been nominated to fill the Clinical Supervision Chair for the remainder of the term ending June 30, 2021.

World AIDS Week: Only Men, Women and Children Get AIDS

This presentation on December 3, 2020, was an interactive mix of lecture and audience participation. It sought to update professionals across all areas on the ever changing epidemic of HIV and AIDS. It also discussed the intersection of substance use disorders and HIV. The course also shared information concerning the management of cases and new infections in Georgia. Presenters were Kelly Moselle, Director of Administration and Member Services for LPCA, and special guest, Cathy Robinson Pickett.

Cathy is the co-founder of Friends Together, a nonprofit organization that offers regular HIV/AIDS-related services, such as training, workshops, and family camps. Over the years, Friends Together has become internationally known in its quest to assist families, particularly those with children infected and affected by HIV/AIDS, by providing education, support, and a plan for living a successful life.



Participants Vanessa Stapleton and Amy Culbertson sharing a laugh.



Presenter Dr. Dantzler, participant April Brown, and presenter Orville Jackson.



Marco Sanchez chats with participant William Colombo



ATLANTA DISTRICT

Joanna Goulding, MA, APC, NCC

This past year has accentuated the necessity and value of mental health professionals. Many therapists are struggling to manage the demand for their counseling services. With the added stress and uncertainty of COVID-19, counselors and clients had had to adapt to the therapy

process in many ways. As we encourage and support clients in their healing and growth, I hope we will take enough time to do the same for ourselves.

A few reminders:

- Monitor your mental and emotional state throughout the day.
- Notice thinking patterns, emotions and body sensations.
- Interrupt a rising emotional state with deep breathing.
- Spend enough time using self-care and coping skills to return to a grounded and balanced state of being.

I have been especially grateful for the support of this incredible organization. LPCA of GA has adapted and grown in their efficiency and effectiveness. We are engaged on multiple fronts to support this industry: continuing education, professional resources and development and legislative involvement to name a few. Our Executive Director, Gale Macke, has been a critical player in the advancement of this organization.

I also wanted to acknowledge Kelly Moselle and Sam Nelson of the LPCA staff, who ensured that our recent addiction workshop ran smoothly. The workshop was held at the training center across from the LPCA headquarters, with many measures in place to ensure that everyone was as COVID-19 safe as possible. I was pleased to see a room full of socially distanced participants, plus an added 75 participants joining virtually!

I hope you all have visited the LPCA website recently. There are resources that can support you and your practice during this pandemic. I am glad to be part of a team that is focused on adapting and improving. We will all get through this together!

Annual Student and Recent Graduate Conference

Live Streaming Event on April 8–9, 2021, 14 CEs

Workshops include: *How to Select a Supervisor, First Steps Toward Your APC*, and *A Day in the Life of a Counselor*.

If you are a student or a recent graduate, submit a proposal to present on topics such as ethics, counseling tools, addictions/substance abuse, diversity, and general mental health.

Receive a \$25 gift certificate, one year free LPCA membership, complimentary conference registration, a professionally recorded copy of your presentation, evaluation by mentors, and a presenter's certificate.

NORTHERN DISTRICT

Britney Turk, PhD, LPC, C-DBT, RA-HNCT, CMHIMP

We are in a new year and as we head into spring, I hope everyone has found their footing and recovery from the challenges of 2020. Every year has its challenges and I believe this year will be no different. While everyone is struggling with COVID-19 and related restrictions, we aren't letting that stop us from holding great events for our community.

Recently, Brenau University held an event on building trauma resilient communities. Resilience is going to be more important than ever in helping our clients build their emotional intelligence and recover from the stressful events of last year. I highly encourage everyone to read my article on page 12 of this newsletter on emotional intelligence and begin to adapt and integrate emotional intelligence strategies in our work.

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. 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 event!

Stay tuned about my trainings on biofeedback and other topics as well on my website mountainviewcounseling.net.



You are invited to register for an upcoming LPCA Northern District Webinar

This one-hour webinar focuses on providing clinicians with an introduction to biofeedback as an adjunct intervention to clinical interventions. Through this webinar, clinicians will learn about biofeedback modalities, clinical applications, and how biofeedback and mindfulness work together to improve outcomes.*

Presenter: Britney Turk, PhD, LPC, C-DBT

Date: Friday, March 5, 2021

Time: 12 noon–1:00 pm

CE hours: 1 CORE

LPCA and NBCC approved

Free to LPCA members, \$25 to nonmembers

<https://lpcag.memberclicks.net/ce-workshop>

* This educational program does not provide certification in biofeedback, but is an introduction to the area of biofeedback.



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www.geico.com/disc/lpca

COASTAL DISTRICT

Joy F. Welcker, PhD, LPC, CPCS, OMC

Preventative Mental Health

At the beginning of this year, many of us made New Year's resolutions. A top contender is usually improving physical health, losing weight, or improving flexibility, strength and endurance. It is as natural as sunshine for people to focus on physiological health, but most do not give the same consideration to preventative behaviors that improve mental health and longevity. Yes, longevity applies to mental health because we know that chronic stress and burnout are just as hazardous to our physical health as the medical illnesses that concern us. Just look at the ACES Study. In 2021, perhaps we should try to treat our mental and emotional worlds with the same attention and intensity as we would our physical bodies. Instead of limiting our energies to gyms, walking paths, bike trails, dumbbells, and online training videos, let us consider spas, massage, meditation, yoga, and counseling. That's what I said, counseling!

Sometimes people begin taking care of their physical health *after* they are diagnosed with a serious medical problem; sometimes they take care of their body to *prevent* having a medical problem in the future. Often people begin taking care of their mental health *after* they are suffering from symptoms of anxiety or depression; most of us don't make it a priority to actively *prevent* symptoms of anxiety or depression. But maybe we, as therapists, should be in the business of maximizing mental health before problems arise, something we can model and teach. After all, it is easier to tread calm water daily than to keep our head above the waterline after a tidal wave has come in. Those who have known genetic vulnerabilities to mental illness may practice good mental health strategies that prevent genetic code from ever being turned on and expressed, as long as healthy resilience is maintained.



This year, consider spending time on activities that will improve mental health in a preventative manner. Work on relaxing before you become over-stressed, manage your schedule, take vacations, have coffee with a friend, write a letter, breathe deeply, take a slow walk (stroll), read a fiction book, go barefoot, play with children, and maybe even just seek out some counseling sessions for self improvement, mental clarity, and joy!

Letter to Rep. David Ralston from President of LPCA of GA

Dear Honorable Speaker David Ralston,

On behalf the almost 10,000 Licensed Professional Counselors in Georgia and the many Georgians desperately in need of mental health services, we strongly praise you, Representative Ralston for your January 7, 2021 press conference comments regarding access to adequate mental health services in Georgia: *"Citizens with mental health issues have been treated as 2nd class citizens in our healthcare system for too long. Mental health is a disease with too few treatment options—particularly in rural Georgia."*

As President of The Licensed Professional Counselors Association of Georgia, State Chapter of one of the largest mental health associations in the United States, the AMHCA, representing over 6,000 members, we strongly applaud you, Representative Ralston!

We know that you, as Speaker of the House and a strong supporter of mental health services, have worked in the past with Senator Greg Kirk who was an LPC. We mourn Greg's passing and thank you for continuing to be a mental health champion, especially for those in our underserved communities.

How can mental health services be improved?
Some of the issues to consider:

- LPCs, the largest group of therapists licensed under the Secretary of State, continue to be excluded from providing services to those moving to Medicaid/Medicare due to outdated regulations.
- LPCs added "diagnose" to the LPC Scope of Practice in order to meet the federal requirement necessary to be included as Medicare/Medicaid providers.
- In rural Georgia, LPCs providing therapy services pro bono, are finding it more and more difficult if not impossible.
- LPCs meet both federal and state requirements to provide essential mental health services.
- Many of our LPCA members are small business owners and/or self-employed.

We look forward to having an opportunity to work with you, Honorable Speaker, and the House leadership to discuss how, given the opportunity, LPCs can play a significant role in providing the much-needed access to mental health care for the residents of Georgia.

Respectfully,
Tim Robinson, President of LPCA of GA

LPCA Art Mural Project

LPCA of GA is excited about our upcoming Mental Health Art Mural Project. Our end goal is the *Atlanta Belt Line Art Trail*. The Atlanta Beltline is the largest outdoor art park in the southeastern United States. The objective of this project is to create a mural promoting awareness of the importance of mental health and acknowledging the essential work of Licensed Professional Counselors. While the mural is being worked on, we plan to set up “booth” where LPCs can explain to other volunteers and individuals visiting the area, what an LPC is and how they can help. We will also distribute materials for mental health awareness and encourage those looking for help to contact our members and LPC volunteers.

Our next step in this project, is the selection of an artist from two extremely talented nominees, Shannon Willow and Ashli Ognelodh.

Shannon Willow

A graduate of Ball State University with her BFA, Shannon Willow has been inspiring others to discover “what they are rooted in.” The mission of Shannon Willow Art is to create authentic art that connects you to self, earth and all that is sacred. Shannon is a conscious creative strategist, passionate about engaging people in the present moment by using art as a tool to break down barriers and create connections. Sharing her affection for our planet, and all living beings, she is devoted to awareness of our interconnectedness. Conservation and preservation are foundations in her murals and studio practice, as well as her personal lifestyle.

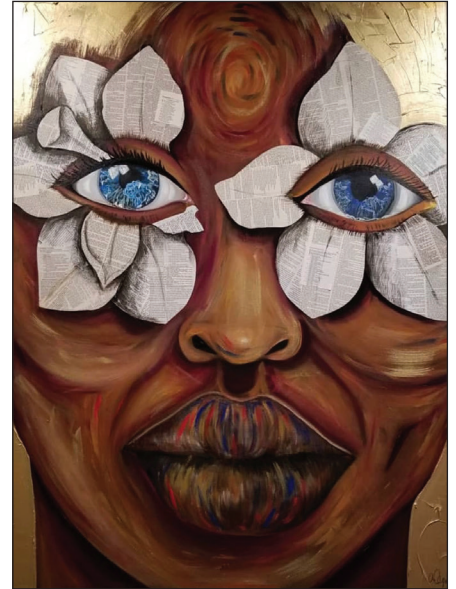
“I am passionate about promoting positive mental health because I have been exposed to trauma and suffering throughout my life. Practicing personal development through positive mental health has changed my life in many ways. I have personal experience with mental health challenges though my connection with my blood relatives. Mental health is very under funded by our government, and has stigma that can create shame and fear in people. I believe mental health and solutions to those challenges need to be spoken about openly, empathically and with more willingness to accept what others experience. Our connection to one another and connection to ourselves is an ever-evolving process. With the right tools in the emotional and mental tool box, people have a fighting chance with taming daily trauma and drama that life exposes in us all. Mental Health Services deserve attention and a new reputation as our best way forward in assisting one another to create a loving, more connected world.”



Ashli Ognelodh

A graduate of Georgia State University with dual art degrees, Ashli Ognelodh is making her splash in the Metro Atlanta Art Community. Ashli is the Co-owner of Muraculous Murals and Art, a local company that brings inspiration and creativity to any wall whether it be commercial or residential. Additionally, She is the CEO of AshlioArt, a company that believes in dislocating logic from creativity, a fine arts company that also specializes in refinishing furniture. Her other professional art experience is as the owner and lead instructor at Oggy's P-Arty, specializing in bringing the activity of painting directly to your home with your friends.

“Promoting positive images centered around mental health is very important to me. Two years ago, I gave birth to a son I would never have the privilege to nurture and take home. After the experience, I had what one would refer to as a mental breakdown and was committed to an institution. Before that time, I'd lived what could be considered a 'normal life.' I had a career, a home, a degree, status, basically all the delusional makings of a normal life. Then my life changed. I thought 'how did I get here?' It made me realize that mental health issues don't discriminate based on who you think you are. While in the program I learned how to start taking better care of myself; understanding that I don't have to take on everything just to appear strong. I learned it's OK to cry. We can be strong in our moments of transparency and declare our 'weaknesses' as a beautiful vulnerability.”



Want to Participate? Volunteer to Work on the Mural!

We would like to introduce you to the Chairperson for the LPCA Mental Health Mural Committee, Amanda Wolfe. She is a Licensed Professional Counselor, Assistant Clinic Director at Thriveworks in Marietta, and a member of the LPCA of GA Board of Directors. Amanda is extremely passionate about this project and wants to remind our readers that we are actively seeking volunteers to serve on the LPCA Mental Health Mural Committee and/or to participate in the implementation of the mural. If you have a passion and interest in LPCA of GA promoting positive mental health, as well as the LPCs who provide counseling services, then this is the project for you! If you have any questions and/or you want to become involved in this highly creative and fulfilling endeavor, please do not hesitate to contact us at Admin@LPCAGA.org. We would love to hear from you!



A Joyous Celebration for Dr. Jane Smith

Jane Smith, EdD, a true-blue champion of Spelman College, passed away on December 12, 2020, at the age of 74. She is remembered by LPCA for the Keynote presentation she gave at the 2010 Annual LPCA Convention entitled *Life in Four Quarters*. In that presentation, Jane talked about the different perspectives individuals bring to their lives at different stages using the analogy of a sporting contest over four quarters. The first quarter of life is about learning the landscape and understanding personal strengths and weaknesses, she said, and every quarter is another opportunity. "If you don't know yourself by the third quarter you are in big trouble," Jane noted.



Dr. Smith was the Executive Director of Spelman College Center for Leadership and Civic Engagement and retired as the Vice President for College Relations. Jane was a life-long member of Friendship Baptist Church, whose founding pastor, Father Quarles, in 1881, provided the basement of Friendship to the Atlanta Baptist Seminary, which would become Spelman College. Four generations of family members attended Spelman before her.

Jane attended Spelman Nursery School and returned to Spelman as a sociology major in 1964. If Jane's early education and high school years were shaped by Spelman, so too, was her professional life. She earned a doctorate in education at Harvard University and brought to Spelman a highly regarded sense of leadership and professionalism when she started her career at the college as Director of Freshman Studies under President Albert Manley, EdD. In 1976, when Donald Stewart, PhD, became president, she served as his special assistant.

After leaving Spelman, she went on to a distinguished career of service in government and the not-for-profit sector. She spent long stretches in the world beyond, variously hired or appointed to demanding posts by the likes of Coretta Scott King, Presidents Jimmy Carter and Bill Clinton, and by former Secretary of State Madeleine Albright. Her several leadership roles included serving as chief executive of Business and Professional Women/USA. She also held leadership positions at INROADS, The Carter Center, The National Women's Business Council, and the Beijing Plus Five Conference Delegation.

"If you don't know yourself by the third quarter, you are in big trouble."

Born July 27, 1946, Jane was raised in southwest Atlanta's Collier Heights in a family of sprawling intellectual achievement. Her father Harvey B. Smith was a dentist, and her mother Lavada Smith was a teacher and classically trained violinist. Her grandfather Harvey Smith Sr. was a colleague of the Rev. Martin Luther King, Sr. Her great-grandfather founded a religious preparatory school for Black boys, and her uncle was a president of an NAACP chapter.

But her most profound influence was her great aunt Bazoline Estelle Usher, a 1906 Spelman graduate. Usher, who earned a Master's at Atlanta University, was a favorite student of influential scholar and writer W.E.B. DuBois. Ms. Usher became director of education for Atlanta Public Schools' Black students prior to integration and was the first Black woman with an office at Atlanta City Hall.

True to her philosophy of servant leadership, Jane leaves us with the comfort of her own words. Several weeks prior to her death she stated that her God-given mission in life was to confront and overcome challenges. That mission, she said, has been fulfilled. Jane successfully completed her fourth quarter.

Criminal Justice Coordinating Council Human Trafficking Task Force

LPCA is the only mental health organization serving on the Criminal Justice Coordinating Council Human Trafficking Task Force. Our specific work group is Survivors Recovering and Thriving.

Mission of the Human Trafficking Task Force is to protect the citizens of Georgia from perpetrators and systems of sexual exploitation while concurrently working to support recovery of adults and victims of all forms of exploitation ensuring that they are ready for college, work, and a successful future. The task force operates by a targeted, strategic framework which consists of individual work groups addressing the five elements of the trafficking continuum: vulnerability, recruitment, exploitation, withdrawal, and reintegration.

Our work group is focused on supporting sexually exploited youth who are currently residing in Georgia's residential facilities for domestic minor sex trafficking victims. These events are focused on employment readiness, educational support, independent life skills, and personal growth and development.

Response to these events have been very positive from the youth.

If you would like to join us in presenting to a small group of young teens in the areas below or just want to come and participate in their projects such as the book club, or jewelry making, or any area where you can share, please contact LPCA@LPCAGA.org.

Modules open for you to lead or participate in:

- Individual identification of strengths
- Identify areas of interest
- Explore recreational interests, volunteerism
- Learn mindfulness, positive coping
- Learn independent living and life skills
- Learn healthy relationships and lifestyles, including healthy sexuality, daily living, and financial responsibility
- Job search, resume writing, interviewing, and career advice
- Education support: study skills, college prep/academic advice and educational alternatives

Remembering Dr. Stephen Howard

Stephen Howard, MD, a friend to LPCA, passed away on October 22, 2020 at the age of 79. He was a neighbor and friend to LPCA Past President Don Durkee and was one of our Keynote Speakers at the 2010 LPCA Annual Convention, entitled *Raising the Bar: The Pursuit of Excellence in Mental Health Counseling*. During the Convention, Dr. Howard presented *The Person of the Therapist*. Steve talked about how we are as professionals and people. How our lives, our struggles, and our own powerful feelings affect our therapy, and how we manage these elements. It was a powerful presentation and even more relevant today.

By his own admission, Steve used to reflect, "I am a dinosaur: an old-fashioned psychiatrist dedicated to psychotherapy." With 44 years of clinical practice, he was committed to sharing his experience and wisdom through continuing education for therapists and counselors. His studies in philosophy, history and religion lent depth and richness to his training endeavors. He is the author of *The Heart and Soul of the Therapist: Rage, Fear, Desire, Loss and Love in the Psychotherapy Relationship*. For many years was an Approved Supervisor for the American Association for Marriage and Family Therapy. He was also an Executive Councilor in the American Academy of Psychotherapists and wrote many articles for *Voices*, the journal of that association. In addition to numerous professional publications, he wrote an ongoing music column, book reviews, and social and political commentaries.

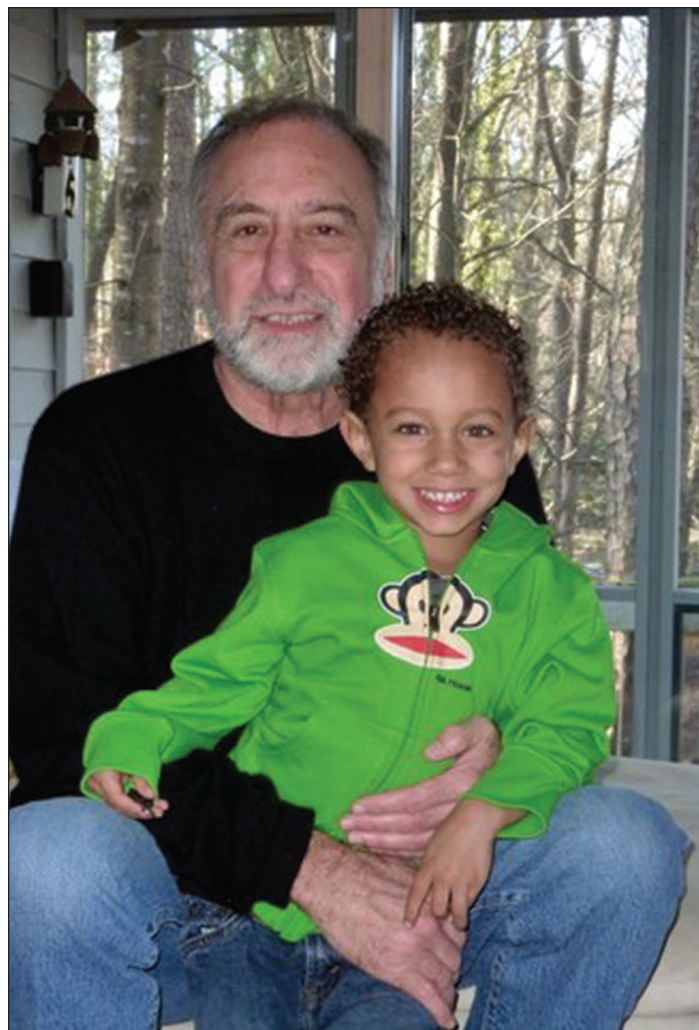
**"I am a dinosaur:
an old-fashioned psychiatrist
dedicated to psychotherapy."**

He practiced Experiential Psychiatry for more than 50 years, the last 38 years in a private practice in Atlanta. A natural-born teacher, he conducted Continuing Education workshops for hundreds of therapists across all disciplines of psychotherapy and mentored many younger practitioners. A consummate listener, he brought warmth, kindness, and unconditionality to all the people in his life. A life-long learner, he approached his interests in music, history, politics, and world religions, with intensity, passion, and purpose. All of those interests and his Psychotherapy practice were sacred to him and brought him tremendous joy. He was always eager to share what he learned, and he was known lovingly by his family as "Esoteric Man," for the enormous amount of information he readily shared.

Steve faced many adversities in his life with determination and grit. He bounced back from multiple serious illnesses. He survived an injury in Vietnam that left him in a full leg cast for a year. During his recovery time, he taught himself photography, and on crutches, hobbled downstairs to the basement to his darkroom. After a stroke, he learned to write with his left hand, and, despite paralysis, he did almost everything independently until the time of his death.

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Stephen Howard with his beloved grandson Emmett back in 2010

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Navigating Burnout

**Going to the Edge of Empathy and Taking One More Step
A New Compassionate Approach to Training as a Healthcare Professional**

**Jennifer Chase Finch, LPC, SEP, CBCT®
LPCA Ethics Chair**

"Do the best you can until you know better. Then when you know better, do better." — Maya Angelou

Being compassionate feels like it is getting harder these days. Suffering is in our daily peripheral nervous system and lived experiences. Sometimes it feels like hardship crawls into our bones and circulates in our lymphocytes. Witnessing suffering ignites a visceral reaction within us.

For those of us who have chosen a career around helping and caring for others, driven by the motivation to alleviate suffering—healthcare professionals, educators, social workers, therapists, etc.—we are confronted daily by obstacles to acting with compassion. A common obstacle is noting that the visceral reaction induced by simply witnessing suffering can be tremendously hijacking. If you have ever sat across from someone who is in tremendous pain, you know what I am talking about. To most carers on the frontlines this is firsthand experience. We can at times, feel hopeless, helpless, worry we don't have the right words, or training to hold all of this, help this, cure this, fix this. Now what? No one likes to admit, "I don't know what to do."

The reality is there may be nothing we can do to help. We just have to sit there and be a witness.

That feeling is immense...as a caretaker sitting across from someone's pain and trauma. It is full gas and full brake pedals on at the *SAME* time. It can feel like it is plunging into our chest cavity, spreading open our rib cage and reaching in squeezing our heart. This happens at a velocity of full steam ahead. Before we know it, we are in the contagion of the activation, spiraling energy, myriad critical self-talk, doubt, not good enough, not trained enough, not experienced enough vortex. The lever was pushed, the valve opened, the kinetic energy was transferred into us. We somehow absorbed it all. We entered into a kind of reversible emergent phenomenon resulting in the entire system to thrust into increased distress and suffering. Now we are both distressed! So who's in charge?

Wait! This isn't my suffering. This is someone else's suffering. So why does it feel as if it is now my suffering?

This state being described is *EMPATHY*. And it is called "being human." It is a fundamental principle of compassion, in fact it is the first stage to compassion. We are innately born to recognize distress signals, which is shown in the neuroscience research of mirror neurons. We receive body cues through seeing the striated muscles in eyes, we hear signals through tone of voice, we see people's facial expressions, quivers of lips, body posturing and behaviors that are clear indicators of "man, this person is in pain." In empathy, we essentially enter into resonance with the feelings of another. We feel "with" them.

We have to be able to see and feel suffering in order to then know we want to alleviate it. If we don't recognize suffering in others, it can be an indication of a dampened empathic response system or abnormal connectivity between the insula and the ventromedial prefrontal cortex, an area important for empathic decision-making, in our brain. This would make life very hard. Just imagine for a moment a world without this human response.

Is empathy required for compassion? Yes.

Is empathy a guarantee for compassion? No.

"Compassion, fully engaged and altruistic in nature, is the antidote to burnout."

Often this first stage of empathy gets derailed before it actually *IS* compassion. It stays stuck in this stress response. It gets caught in a negative feedback loop of ruminating nervous system responses and is known in neuro-psychology as "empathy distress."

Empathy distress is *NOT* compassion. Empathy distress is a super-highway to the felt-sense and physiological undercurrent of burnout. Burnout can be hard to detect until all too often it ends in a blunt forced reaction of "I Quit!"

This might be a called for response to save yourself in that moment, but what would happen if we actually trained in detecting burnout well before that abrupt two-choice life dilemma forcing us down the road less travelled?

Compassion, fully engaged and altruistic in nature, is the antidote to burnout. Despite our current buzzword of "compassion fatigue" researchers are discovering there is actually no such thing (the gamut of work by Dr. Tania Singer, Matthieu Ricard, Dr. Richard Davidson and many other pioneers in this field).

Compassion is not fatiguing. In brain scans engaged compassion actually shows up in an entirely different area of the brain. Regions that are linked to value and reward. It snaps the pre-frontal cortex back on, where wise decision-making is housed showing activity in the medial orbitofrontal cortex and the ventromedial prefrontal cortex. Who cares about all that mumbo jumbo, all you really need to know is that compassion doesn't deteriorate. It is caring without deterioration.

It is rejuvenating. Motivating. And promotes our wellness. It is immune system boosting and psychologically resilient. Thankfully we can train in this so we can keep helping in the ways we intended to. We can stay on the travelled road and perfect our craft of caring without the cost.

Knowing the difference between empathy and compassion is a critical insight. The next step is to get really good at distinguishing the difference in our perceived felt-sense. Train. And practice. Even just knowing when you are stuck in empathic distress can change the situation a little bit.

Of course, we are all going to get derailed. Especially if who we see in pain is really close to us. There is no perfect in a practice. But we can institute wise compassion, and helping from here, from our pre-frontal cortex, I have to say, looks and *FEELS* very different.

Empathy distress, often confused with compassion, to use Pema Chodron's words is "Idiot Compassion." It is incomplete and has been disrupted.

It can also become a truly human obstacle to compassion. We know we are there, because we *FEEL* that we are there. And it doesn't feel good. We lose all sense of ourselves. Boundaries are lost and the pervasive space is diffuse with the black smoke of suffering.

We tried this. It didn't feel good. Let's not do this anymore.

A new medical model needs to be inspired. We need to be teaching how to *HOLD ONTO OURSELVES*. We shift feeling "with" another (empathy), to feeling "for" another (compassion).

To use the words of Roshi Joan Halifax PhD: "What if the problem is not that we care too much or too little, but that we are not caring in the right way. We've been going about compassion all wrong."

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Webinar: Ethical Considerations in Providing Virtual Services

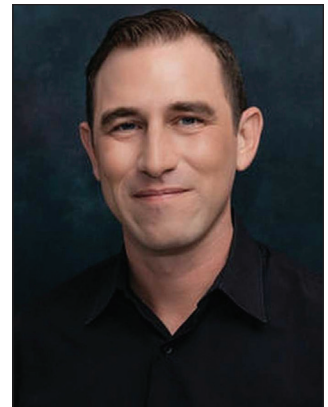
Presenter: Joseph Gorordo, LCDC

Friday, March 19, 2021 9:00am–12:15pm

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Joseph Gorordo has worked as a clinician since 2010 and has developed inpatient and outpatient programs in a variety of settings. Joseph believes his best skill sets

lie in working with adolescents, the delivery of social services, and chemical dependency treatment. He is Vice President of Business Development for Recovery Unplugged, Chapter President for the Texas Association of Addiction Professionals, and a Licensed Chemical Dependency Counselor in the state of Texas.

This webinar is sponsored by Recovery Unplugged, a substance abuse treatment program that utilizes music-assisted treatment as a nontoxic, noninvasive therapeutic option during addiction treatment.

"I am passionate about helping people in any way I can and believe that approaching any problem requires being able to adapt to the needs of the client and meeting them where they are." Joseph Gorordo



Emotional Intelligence: A Growing Need In Our Communities

Britney Turk, PhD, LPC, C-DBT, RA-HMCT, CMHIMP

In a time of COVID-19 and civil unrest, it is more important than ever to foster emotional

intelligence in the clients we see who are suffering with problems in emotion regulation. What exactly is emotional intelligence? This concept has been defined to encompass four areas of emotional functioning: emotion perception, emotion expression, emotion cognitions, emotion problem solving, and emotional regulation (Elfenbein & MacCann, 2017). In order for individuals to make emotionally intelligent decisions, emotions must be perceived from human interactions, thoughts must be created to understand, and problem solve through emotions, and emotional expression must be managed (Elfenbein & MacCann, 2017).

Emotional intelligence has been divided into two subtypes: ability emotional intelligence and trait emotional intelligence. Ability emotional intelligence refers to emotional intelligence as an ability that can be developed while trait emotional intelligence consists of personality traits that lend themselves to behaviors consistent with emotional intelligence (Elfenbein & MacCann, 2017).

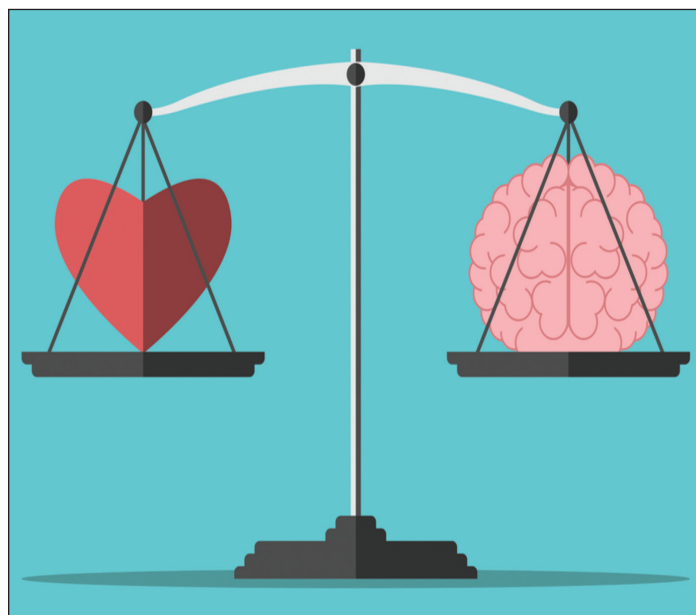
Emotional intelligence is considered a mental ability and a broad form of intelligence. Problem solving which is intelligent may not necessarily lead to behavior which is intelligent. Furthermore, emotional intelligence focuses on hot information processing which consists of reasoning and problem solving related to information that is of great importance to the individual (Mayer et al., 2016).

The literature has suggested that increased emotional intelligence is associated with improvements in physical and mental health, psychological well-being and life satisfaction, academic and work performance, and relationship satisfaction (Sarkar & Oberoi, 2018). Women tend to exhibit higher ability emotional intelligence compared to men (Cabello et al., 2016). Younger and older adults tend to exhibit lower levels of ability emotional intelligence compared to middle-aged adults (Cabello et al., 2016). Individuals with high emotional intelligence exhibit increased life satisfaction as they possess greater capabilities to experience positive emotions and regulate negative emotions at an increased rate (Sarkar & Oberoi, 2018).

Problems related to emotion perception and emotion regulation can become obstacles to developing increased emotional intelligence (Sarkar & Oberoi, 2018). Decreased emotional intelligence has been associated with poor coping abilities and coping style selection among parents and caregivers (Saeed et al., 2019). Decreased emotional intelligence among caregivers has been suggested to lead to less empathy and poor communication skills and resiliency (Saeed et al., 2019). Physiologically, emotional intelligence has been associated with cardiac vagal control and reactivity and its relationship with the central and autonomic nervous system (Vanuk, Alkozei, Raikes, Allen, & Killgore, 2019). Cardiac vagal control has been identified as an

indicator of emotional regulation through measurements such as heart rate variability (Vanuk et al., 2019). High heart rate variability has been demonstrated to be an indicator of adaptive emotional responses and physical and psychological regulation (Vanuk et al., 2019). The sympathetic and parasympathetic systems are working optimally together in response to stressors from the environment in states where high heart rate variability is present (Vanuk et al., 2019). Low heart rate variability has been found to be an indicator of dysregulation, increased stress, and internalizing or externalizing psychopathology (Vanuk et al., 2019).

How can we help our clients begin to develop more emotional intelligence? Focusing on emotional self-awareness, social awareness, self-regulation, relationships skills, and healthy decision making is a good first step. By helping our clients develop these skills it increases their vulnerability to addiction and other mental health disorders and more importantly can help our clients increase their resilience in a world that is ever-changing.



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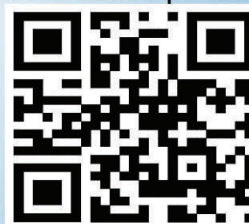
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CLINICAL SUPERVISION FOR INDIVIDUALS WORKING TOWARD LPC LICENSURE or consultation for experienced counselors. I am a counselor and counselor educator with over 20 years of experience in various mental health settings and with various populations (children, teens, adults, couples, groups). I work from a developmental model to meet each individual where he/she is and to identify specific needs. I am also pretty good at sorting through the laborious paperwork and challenges associated with the licensure process! Convenient Roswell location. Contact **Mary Kate Reese**, PhD, LPC, NCC, CPCS, at 404-641-0548 or mkreese@argosy.edu.

INDIVIDUAL AND GROUP SUPERVISION for those seeking MFT or PC Licensure, and/or Play Therapy Registration or Certification. **Trudy Post Sprunk**, LMFT&S, LPC&CPCS, RPT&S, CPT&S, and AAMFT, approved supervisor. 770-491-7423.

SUPERVISION TOWARD LPC LICENSURE—experience with diverse populations including teens, adults, family and couples counseling; gay/lesbian and multicultural issues. Supervision style is Interpersonal Process Recall. **Ruby Blow**, MA, LPC, NCC, www.DevelopmentCounts.com, 404-642-3738, Ruby@DevelopmentCounts.com.

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.

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.

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 **Dr. A.J. Ramirez**, EdD, LPC, NCC, CPCS, at leaftherapyservices@gmail.com, or 229-834-5986.

CLINICAL SUPERVISION OPENINGS: I offer individual supervision hours and workshops across five disciplines: Professional Counseling, Marriage and Family Therapy, Play Therapy, Supervision, and Addictions Counseling carrying GAMFT, ADACB-GA, GACA, LPCA, APT, and NBCC provider numbers. With 25 years of experience in private practice and school settings, I can promise time for clinical staffing and a variety of effective, experiential, integrative interventions. Join me for an informative approach to counseling, training, and supervision. **Shannon M. Eller**, LPC, LMFT, CPCS, AAMFT-Approved Supervisor, RPT-S, CAADC, CCS, 770-468-7424, shannoneller@brighter-tomorrows.com, www.brighter-tomorrows.com, www.btcinstitute.org.

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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 southerncounselingservices@gmail.com.

HAVE YOU STRUGGLED WITH FINDING A SUPERVISOR WITHIN YOUR AREA? Then HRG Counseling and Supervision Agency is the agency that can provide your supervision needs. Please check out the website for more information: <https://www.hrgcounseling.com>. Feel free to contact Destiny Huff who is an LPC and CPCS within the state of Georgia and can provide Supervision via telehealth. Contact **Destiny Huff** via email at destinyhuff@hrgcounseling.com.

HARTWELL, GA. Katherine Reusing, PhD, LMFT, LPC, CPCS at Karmft88@hotmail.com. CPCS expiration date 09/30/2020. CPCS number 1611.

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