

The top portion of the cover features a photograph of a fern frond in a forest setting. The letters 'NCCA' are overlaid on the left side of the image in a light green, serif font.

NCCA

Carolina Counselor

Fall 2022

Official Newsletter of the North Carolina
Counseling Association

Carolina Counselor



Official Newsletter of the NCCA

ANNOUNCEMENTS

Sincere Thanks to our 2021-2022 Branch and Division Officers

Welcome 2022-2023 Executive Officers

Have a Contribution for the Newsletter?

Email your submission to:
nccounselingassociationweb@gmail.com

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Facebook:

NorthCarolinaCounselingAssociation

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@nc_counselors

n2ca.org

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2022-2023 Executive Officers

President: Sharon Webb

President-Elect: Andrea Barbian

President-Elect-Elect: Kerri Legette-McCullough

Past President: Dominique Hammonds

Secretary: Ashleigh Glover

Treasurer: Rebecca Blanchard

Member-at-Large Government Relations: Bill Stewart

Member-at-Large: Lorell Gordon

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Thanks for Reading!

Please submit to *Carolina Counselor* when you have something to share with professional counselors in North Carolina.

Carolina Counselor Sections

Branch News:

News about the North Carolina branch of the American Counseling Association

Campus Happenings:

News concerning student projects and student work in the department, university, community, and/or professional organizations such as local chapters of CSI and/or state, regional, and national counseling organizations

Diversity and Advocacy:

Discussion of issues related to diversity, multicultural competency, and advocacy; may address the helping professions directly or indirectly

Division News:

Any news related to NCCA division projects

Higher Education in NC:

Comments on the state of higher education in North Carolina and tips for effective teaching/counseling

Legislative News:

State and national news concerning enacted and proposed policy changes related to professional counselors in any setting

Member Spotlight:

NCCA members who deserve the spotlight! Please provide a photo of the nominee, a short summary of the member's accomplishments, and contact information/photo of your nominee

Perspectives From the Field:

Professional and ethical issues in counseling, counseling theory/practice, and/or reflections on work as a student, professional counselor, counselor supervisor, and/or counselor educator

NCCA membership is required to submit articles.

Branch News

Welcome 2022-2023 Executive Committee!

President: Sharon Webb



Dr. Sharon Webb is Professor and Program Coordinator for the Clinical Mental Health Counseling Programs in the Department of Counselor Education at Gardner-Webb University (GWU); she, also, serves as the GWU Faculty Athletics Representative. Dr. Webb earned her PhD in Counselor Education with a Specialization in Trauma and Crisis from Walden University, and her MA/EdS in Mental Health Counseling from Gardner-Webb University. She is a Licensed Clinical Mental Health Counselor Supervisor, a National Certified Counselor, a Certified Clinical Trauma Professional, and a Certified Telemental Health Provider.

Dr. Webb is the recipient of the 2021 NCCA Devoted Service Award. She is an active volunteer in North Carolina, as well as nationally with the American Red Cross in the following areas: Disaster Mental Health Manager, Service to Armed Forces Facilitator, and Mental Health Instructor. She has the following research interests: counselor education and supervision development; counselor wellness; trauma and crisis; and issues related to diversity, equity, and inclusion, journals, newsletters, books, and other resources supported by the NCCA.

Branch News

Welcome 2022-2023 Executive Committee!

President-Elect: Andrea Barbian



Dr. Andrea Barbian, LCMHC, NCC currently serves as a core faculty member for the Department of Counselor Education and Family Studies at Liberty University. Clinically, she maintains a private practice in Huntersville, NC where she specializes in the treatment of eating disorders, as well as provides clinical supervision. She contributes to the profession through research, writing, and speaking at conferences. Currently, Dr. Barbian serves as the President of the North Carolina Association for Child and Adolescent Counseling, President-Elect of the North Carolina Association for Counselor Education and Supervision, and President-Elect-Elect of the North Carolina Counseling Association. Personally, she is a wife, mother, volunteer, and lover of sports and the outdoors.

Branch News

Welcome 2022-2023 Executive Committee!

Immediate Past-President: Dominique Hammonds



Dr. Dominique Hammonds is an Associate Professor and Program Director of the Clinical Mental Health Counseling Program in the Department of Human Development and Psychological Counseling at Appalachian State University. She earned her Ph.D. in Counseling from The University of North Carolina at Charlotte and her Master's in Clinical Mental Health Counseling from The University of North Carolina at Greensboro. She is a Licensed Clinical Mental Health Counselor, Qualified Supervisor, National Certified Counselor, and Board Certified-TeleMental Health Provider. She is the recipient of the 2017 Creativity/ Innovation in Counseling Award and the 2018 ACES Supervision Award. She is passionate about increasing mental health awareness among communities of Color and increasing access to quality, culturally responsive mental health care on a global scale.

Branch News

Welcome 2022-2023 Executive Committee!

Treasurer: Rebecca Blanchard



Rebecca Blanchard graduated from UNCC's Clinical Mental Health Counseling program with a concentration in play therapy. She is currently a clinical mental health therapist at a private practice in Charlotte, NC where she sees children, teens, and adults. Rebecca joined NCCA in 2018 where she became passionate about supporting the organization. Rebecca has served as Treasurer, volunteer coordinator, and has worked closely with the Association of Adult Development and Aging. She is passionate about promoting NCCA membership and growth among the professional population and currently serves as Treasurer.

Secretary: Ashleigh Glover (not pictured)

Branch News

Welcome 2022-2023 Executive Committee!

Member at Large: Lorell Gordon



Dr. Lorell Gordon is an Assistant Professor in the School of Psychological Sciences and Counselor Education at Gardner-Webb University. Dr. Gordon's background includes working with various agencies to include a group practice, solo practice, and military settings. Dr. Gordon holds several credentials in South Carolina such as Licensed Professional Counselor/Supervisor, Licensed Marriage and Family Therapist/Supervisor, and Licensed Addictions Counselor. She currently teaches in the Clinical Mental Health Counselor graduate program. Dr. Gordon earned a Ph.D. from the University of South Carolina in Counselor Education, an Ed.S. in Marriage and Family Therapy from Converse College, and a M.Ed. in Guidance and Counseling from Winthrop University. She has also earned a Master of Science in Nutrition and a Bachelor of Science in Biology from Winthrop University.

Branch News

Welcome 2022-2023 Executive Committee!

Member at Large for Government Relations: Bill Stewart



Bill Stewart earned his undergraduate degree from Georgetown University and an MBA from Duke University. He is currently a master's student in Counseling at UNC Charlotte. Prior to returning to school, Bill spent over twenty years working at Johnson & Johnson to include working in areas where healthcare delivery was being redesigned due to reimbursement changes that were disrupting care. Bill is a veteran having served as a paratrooper in the 82nd Airborne Division. He is a board member of the Military and Government Counseling Association of North Carolina and serves as a student member of the ACA Public Policy and Legislation Committee.

Branch News

2023 Annual NCCA Conference



Connect with members and industry partners on February 9-11 in Durham, NC, at the 2023 North Carolina Counseling Association (NCCA) Annual Conference!

Thursday, February 9

Pre-Conference, Separate registration required

Friday, February 10

Day 1, Annual Conference

Saturday, February 11

Day 2, Annual Conference

<https://n2ca.memberclicks.net/schedule-of-events>

Division News

Workshop: *Beyond the Binary: Cultural Competency in Working with Gender Expansive*

November 4, 2022
8:30am - 4:30pm
Benton Hall
North Wilkesboro, NC

\$125
\$100 for NCALGBIC members
6 NBCC contact hours
NBCC Approval No. SP-4035

Please contact Angela to register:
angelabrookslivingston@gmail.com
336/902-4256
Mailing address: 916 F St North Wilkesboro, NC
28659

Objective for the training include:
*Discussing legal and ethical aspects of working with this population
*Learn about the social construction of gender and intersectionality of identities, specific interventions in working with the community
* Explore case conceptualizations and specific interventions
*Review the WPATH Standards of Care.

Presented by:

Angela Brooks-Livingston,
MA, NCC, LCMHCS, LCAS,
CCS
(she/they)

To Register:

https://docs.google.com/forms/d/e/1FAIpQLSfWgHT2v2zL0qmT9bjA3iWNS7HHvzoSaHb5T0Rm3s_UuJ8hUw/viewform?usp=sf_link

Perspectives From the Field

Atypical Asexuality by Nicole Arnn

Autism spectrum disorder (ASD) entails characteristics making many aspects of daily life challenging. Among these, sexual expression and intimacy are significant influences on mental and emotional health. New research is now linking ASD with asexuality and looking at how ASD can affect intimate relationships.

A person is asexual when he or she has an ongoing lack of sexual attraction regardless of the other person's gender (Attanasio et al., 2021). Whereas most people experience sexual attraction to others as a result of visual or physical stimulation, an asexual person does not. Additionally, asexuals experience a clear distinction between romantic attraction and sexual attraction (Attanasio et al., 2021). However, this does not mean asexuals do not engage in intimate relationships (Attanasio et al., 2021). While aromantic asexuals do not have romantic attractions to others, romantic asexuals do, but it is independent of a sexual attraction (Attanasio et al., 2021). The hypothesis is an asexual spectrum correlates to individuals with certain psychopathological conditions, such as ASD (Attanasio et al., 2021). It is also unclear if the symptoms caused by ASD, particularly the social and interpersonal difficulties, are what contribute to asexuality (Attanasio et al., 2021).

Nicole Arnn graduated from Liberty University with a M.A. in Clinical Mental Health Counseling. She is currently on the AASECT Sex Therapy Certification track at Modern Sex Therapy Institutes. Her research interests include sexuality, gender, and sexual health disorders.

email: narnn@liberty.edu



narnn@liberty.edu

Perspectives From the Field

Atypical Asexuality

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Research is slowly emerging, showing the significance of ASD and asexuality. A study conducted by Dewinter et al. (2017) suggests there could be a genetic link between ASD and asexuality, such as antenatal testosterone exposure, but additional studies are needed. Lewis et al. (2020) completed a study to learn more about sexually mature minorities diagnosed with ASD. They found these individuals had sensory processing issues that affected sexual interest, trouble with sexual identification, feelings of isolation, and trouble expressing sexual desires (Lewis et al., 2020). Ronis et al. (2021) were curious to see how ASD affects sexual and romantic attraction as well as experience; unfortunately, their findings were inconclusive. The researchers note the limitations resulted from using open-ended questions regarding which sexuality each person was, and not determining the reason behind their response (Ronis et al., 2021). Another limitation resulted from the researchers defining asexuality in strict terms, rather than employing it as a broader term with more nuanced definitions (Ronis et al., 2021). The research is contradictory and inconclusive as to whether there is a causal link between ASD and asexuality resulting from the social and context issues associated with ASD.

Counselors may struggle knowing where to begin, since there are two areas for attention: 1) treating ASD itself and 2) treating a client who is struggling to have a romantic or sexual relationship. Lewis et al. (2020) notes that sensory processing issues and social stressors could play a part in why individuals with autism are asexual. According to some participants in the study, genitals are repulsive, the act of sex itself is disgusting, they are hypersensitive to touch, or have concerns regarding hygiene (Lewis et al., 2020). In these cases, research has determined that cognitive-behavioral therapy is effective in helping individuals overcome fears related to germs and hygiene (Laforest et al., 2016).

Perspectives From the Field

Atypical Asexuality

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In addition to this approach, virtual reality therapy can also aid in overcoming mysophobia and sensory processing issues (Laforest et al., 2016; Rossi et al., 2019).

Lewis et al. (2020) found participants had trouble identifying with a sexual orientation. Research suggested this was due to the participants having had no sexual experiences, no chance for it to happen had occurred, nor did they have a desire to engage in sexual activities (Lewis et al., 2020). Whenever this becomes a concern for individuals who have autism and are asexual, counselors can provide information that may be helpful. American Psychological Association (2022) provides resources to help individuals learn about sexual orientation.

ASD and asexuality have been theorized to be closely associated, but research is still inconclusive. Perhaps the symptoms of ASD, such as social issues and sensory processing issues, contribute more to asexuality than autism itself; for now, more research is needed. Clients with ASD who identify as asexual will benefit from counselors who can help them learn ways to express themselves sexually.

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Atypical Asexuality

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Thanks for Reading!

Do you have a contribution for the
Carolina Counselor?

Would you like to discuss a potential idea for this
newsletter?

email Nicole Stargell at nccounselingassociationweb@gmail.com

NCCA membership is required to submit articles to the *Carolina Counselor*.

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Carolina Counselor Editor



Nicole Stargell, PhD, LCMHC, LSC, NCC, BC-TMH is the Director of Information and Technology for the North Carolina Counseling Association. Nicole is an Associate Professor in the Department of Counseling at the University of North Carolina Pembroke. She serves as the Department Chair and Testing Coordinator, and Chapter Faculty Advisor for the Phi Sigma Chapter of Chi Sigma Iota. She is a member of the UNCP Institutional Review Board and the editorial boards for *Counseling Outcome Research & Evaluation* and *Teaching & Supervision in Counseling*.

Carolina Counselor Assistant Editor



Vanessa Doran, MAEd, LCMHC, NCC currently works at Jodi Province Counseling Services, PLLC in Wilkesboro, NC serving a rural community with an array of mental health needs. As a Licensed Clinical Mental Health Counselor and National Certified Counselor, she works with children as young as 2 years old to adults ages 40+, and everyone in between. Vanessa thoroughly enjoys working with middle and high school age kids and utilizing CBT, Person Centered, and Existential Theory in her counseling office. She graduated with an MAEd in Clinical Mental Health Counseling from the University of North Carolina Pembroke in 2016, and her BA in Psychology with a minor in Sociology from the University of North Carolina at Charlotte. Vanessa enjoys learning about Expressive Arts therapy, Animal Assisted Therapy, and Play Therapy.

Back to School!

“Dedicated to the growth and development of the counseling profession and those who are served.”

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- The fundamental purposes of the North Carolina Counseling Association shall be:
- To provide a united organization through which all persons engaged or interested in any phase of the counseling profession can exchange ideas, seek solutions to common problems, and stimulate their professional growth.
 - To promote professional standards and advocacy for the counseling profession.
 - To promote high standards of professional conduct among counselors.
 - To promote the acceptance and value of individual differences and the well-being of all individuals.
 - To conduct professional, educational, and scientific meetings and conferences for counselors.
 - To encourage scientific research and creative activity in the field of counseling.
 - To become an effective voice for professional counseling by disseminating information on, and promoting, legislation affecting counseling.
 - To encourage and support the divisions and chapters.

Contact NCCA: <https://www.n2ca.org/i4a/pages/index.cfm?pageid=3268>

Join NCCA: <https://www.n2ca.org/i4a/pages/index.cfm?pageid=3272>

The North Carolina Counseling Association rejects racism, systemic oppression, and white supremacist ideologies.

Executive Director:
Sandy Hower
info@n2ca.org

Director of Information & Technology:
Dr. Nicole Stargell
nccounselingassociationweb@gmail.com

The North Carolina Counseling Association represents diverse interests of its membership through an Executive Council, geographically located members, specialty organizations, and committees.
<https://www.n2ca.org>