

The top of the page features a photograph of green ferns. Overlaid on the left side of this image is the acronym "NCCA" in a large, light green, serif font.

NCCA

Carolina Counselor

Summer 2022

Official Newsletter of the North Carolina
Counseling Association

Carolina Counselor



Official Newsletter of the NCCA

ANNOUNCEMENTS

Welcome THM Management Professionals

Congratulations to the 2021 NCCA Award Winners!

Sincere Thanks to our 2021-2022 Branch and Division Officers

Have a Contribution for the Newsletter?

Email your submission to:
nccounselingassociationweb@gmail.com

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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 THM Association Management!

NCCA Announces New Management

The North Carolina Counseling Association (NCCA) is pleased to announce our partnership with [THM, Your Association Management Professionals](#).

Welcome to
Sandy Hower
&
Our NCCA Staff



Sandy Hower

Executive Director

www.n2ca.org



NORTH CAROLINA
COUNSELING ASSOCIATION

Branch News

2021 Annual Awards



Congratulations!

AMANDA MCLEROY



Beginning Counselor Award

North Carolina Counseling Association

www.n2ca.org

Branch News

2021 Annual Awards



Congratulations!

DR. RUSS CURTIS



**Professional Writing &
Research Award**

North Carolina Counseling Association

Branch News

2021 Annual Awards



Congratulations!

DR. GIGI HAMILTON



Jane E. Myers Wellness
Counseling Award

North Carolina Counseling Association

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Branch News

2021 Annual Awards



Congratulations!

DR. CAMILA PULGAR



**Don C. Locke Multicultural &
Social Justice Award**

North Carolina Counseling Association

Branch News

2021 Annual Awards



Congratulations!

DR. SHARON WEBB



Devoted Service Award

North Carolina Counseling Association

www.n2ca.org

Branch News

2021 Annual Awards



Congratulations!

RAVEN GIBBS



**Innovation & Creativity in
Counseling Award**

North Carolina Counseling Association

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Branch News

2021 Annual Awards



Congratulations!

ASHLEY CANNAN



Specialty Citizen's Merit Award

North Carolina Counseling Association

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Campus Happenings

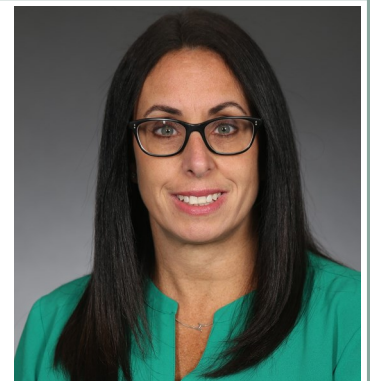
Enriching UNCP Counseling Students' Professional Identity Through Engagement and Membership in NCCA

Stephanie Robinson, Whitney P. Akers, and Nicole Stargell

Outlined in the American Counseling Association's (ACA) 2014 *Code of Ethics*, professional counselors have an ethical obligation and responsibility to participate and engage in professional counseling associations (ACA, 2014). The importance of counselors, including counseling students, to be involved in professional counseling associations is also supported by an expectation of the Council for Accreditation of Counseling and Related Educational Programs (CACREP, 2016). Participation in national and regional professional counseling associations provides counselors the opportunity to be exposed to and involved in current professional issues relevant to the field. This can include advocating for the profession and clients, as well as becoming involved in current governmental and legislative issues that may impact the profession.

Participation in professional counseling organizations provides counselors the opportunity to attend conferences and receive current field-related research and literature through conferences, scholarly journals, newsletters, books, and other resources supported by the association.

Stephanie Robinson, PhD, LCMHCS, LCAS, CCS, AADC, NCC, is an Assistant Professor in the Department of Counseling at UNCP. Dr. Robinson serves as the Graduate Certificate in Addiction Counseling (GCAC) Coordinator, Wilmington Initiative Coordinator, and CACREP Liaison at UNCP. She is also the current NCAOCA President.



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Enriching UNCP Counseling Students' Professional Identity Through Engagement and Membership in NCCA

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Additionally, professional membership facilitates student attendance of professional organization conferences, allowing for networking and community building with other professionals. Perhaps most critically, professional counseling organizations publish and enforce the guiding code of ethics or standards that members must adhere to in order to protect the profession and the clients served (e.g., the *ACA Code of Ethics*; Remley & Herlihy, 2016).

Through professional associations, counselors and counseling students can enhance and support their professional identity development and growth. For counseling students in particular, this professional identity development is seen as one of their most critical tasks during their academic journey (Remley & Herlihy, 2016).

In response to the importance our field places on professional counselors' involvement in counseling organizations, the Department of Counseling (DoC) at the University of North Carolina at Pembroke (UNCP) was recently awarded the Grant for Excellence in Teaching & Learning from UNCP's Teaching and Learning Center to cover the cost of a NCCA Academic Institution

Whitney P. Akers, PhD, LCMHC, NCC, ACS (She/They) is an Assistant Professor in the Department of Counseling and the Director of the Clinical Mental Health Counseling Program at the University of North Carolina at Pembroke. A National Certified Counselor, an Approved Clinical Supervisor, and a Licensed Clinical Mental Health Counselor (NC), Dr. Akers' clinical experience includes counseling in community agency, inpatient, spiritual care, hospital/integrated care, detention center, school, equine therapy, and private practice settings.



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Campus Happenings

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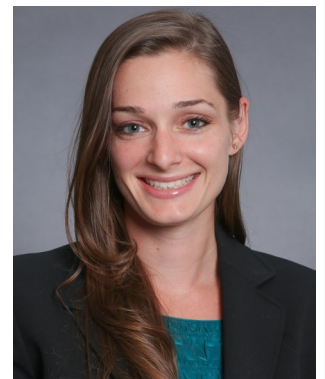
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Membership. The NCCA Academic Institution Membership provides every student enrolled in the graduate counseling program at UNCP a NCCA membership and a NCCA division membership. Offering a NCCA membership to DoC students will prepare UNCP graduates to work in North Carolina with a deeper understanding of their professional identity and a stronger connection to the field in general. The NCCA Academic Institution Membership also provides faculty members in the DoC with a NCCA membership as well as the opportunity to add several division memberships to support their efforts to teach courses, content, and curriculum that span the diverse counseling field and the various specialty areas of each faculty member.

Alignment with the Values and Mission of ACA, NCCA, and UNCP

By introducing counseling students to the professional obligation of being involved in counseling organizations and associations during their graduate counseling studies and by modeling this ethical behavior as counselor educators, we can instill in our counseling students the principles outlined in the *ACA Code of Ethics*.

Nicole Stargell, PhD, LCMHC, LSC, NCC, BC-TMH is an Associate Professor in the Department of Counseling at the University of North Carolina Pembroke. She serves as the Chair of the Department of Counseling and the Testing Coordinator. Nicole serves as Advisor of the Phi Sigma Chapter of Chi Sigma Iota, and she is a member of the UNCP Institutional Review Board.



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The grant also allows the DoC to emphasize the importance of students continuing involvement in these professional organizations and associations after graduation and upon entering the field (ACA, 2014).

Offering a NCCA membership to UNCP's graduate counseling students is in line with NCCA's overarching goal to "improve advocacy efforts, increase membership, provide more educational opportunities for counselors, address mental health needs of diverse populations, improve internal and external communication, and improve services and support to divisions" (NCCA, 2021). The NCCA memberships provided through this grant will further support our efforts to connect and unify NC counselors, address current professional issues, promote professional growth, maintain high professional standards, engage in advocacy efforts in the field, support counseling-related research and creative engagements, and promote acceptance and well-being for the clients we serve. In offering the opportunity for counseling students to join and participate in one of the 15 NCCA divisions, counseling students will be introduced to a variety of specialties that focus on the varied counseling needs of our clients by specifically addressing the unique needs of diverse populations, marginalized individuals, and disenfranchised groups.

Consistent with UNCP's mission and the purpose of the Grant for Excellence in Teaching & Learning, a NCCA membership for UNCP counseling students highlights the University's dedication to and involvement in "active student learning, engaged scholarship, high academic standards, creative activity, and public service" (UNCP, n.d.). In considering the overall mission of UNCP's DoC, having access to a NCCA membership prepares UNCP graduate counseling students to work with clients on improving their "mental health and

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well-being...across the region and beyond through innovative, interdisciplinary, and effective research, and service that prepares culturally- responsive clinical mental health counselors and professional school counselors” (UNCP, n.d.). As discussed throughout, a NCCA Academic Institution Membership provides DoC students and faculty the opportunity to be exposed to the most current and up-to-date research in the field enhancing what is taught and learned in the classroom. A NCCA membership exposes students and faculty to professional counseling conversations, legislative initiatives that affect our profession and our clients, as well as inventive and creative approaches to counseling diverse individuals. Ensuring that our graduate counseling students are prepared to be “engaged in global society and responsible stewards of the world,” a NCCA membership provides the opportunity for students and faculty to be involved in advocacy and social justice efforts that professional counselors are participating in and researching across the nation and region (UNCP, n.d.).

Many of the Clinical Mental Health Counseling (CMHC) and Professional School Counseling (PSC) students enrolled in UNCP's counseling program belong to underrepresented and systemically, socially, and financially disenfranchised groups. Out of the 200 CMHC and PSC students surveyed for the 2020-2021 UNCP DoC Assessment Pan and Report, 88.8% of students identified as female, and 55.8% of students identified as Black/African American, American Indian/Native Alaskan, Asian/Pacific Islander, Hispanic/Latino/Hispanic American, Multiracial, or Other (Stargell, 2021). Considering the socioeconomic status of the UNCP service region and the anticipated tuition for a student to complete a UNCP counseling program (estimated at approximately \$22,585.80; UNCP, 2022), providing a NCCA membership for all UNCP counseling students removes a significant financial barrier for those

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who may not otherwise have the resources to engage in and benefit from professional counseling organization.

Finally, participation in professional counseling organizations is a shared value of the collective UNCP DoC faculty. Currently, the majority of DoC faculty members serve in a leadership role with NCCA or one of the NCCA divisions. Dr. Stephanie Robinson is the current President of North Carolina Addictions and Offender Counselors Association (NCAOCA). Dr. Whitney Akers is the current President of the North Carolina Society for Sexual, Affectional, Intersex, and Gender Expansive Identities (SAIGE NC) as well as the current Vice-President of NCAOCA. Dr. Nicole Stargell is the Editor of the NCCA Newsletter, and Dr. Jonathan Ricks serves as the current Trustee and Special Projects Liaison for the Association for Child and Adolescent Counseling of North Carolina (ACACNC). As Counselor Educators and Supervisors, we philosophically and fundamentally believe modeling involvement in and a commitment to professional counseling organizations is important for our field, our growth as counselors, and our clients.

Conclusion

The DoC at UNCP is thrilled to have this grant to cover the NCCA Academic Institutional Membership for the 2022-2023 academic year, and we plan to apply for funding from the Grant for Excellence in Teaching & Learning each year to cover this cost of the NCCA membership for our counseling students and faculty. We encourage our colleagues at other graduate counseling programs to seek funding to also provide students with a valuable NCCA membership.

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Through this grant funding, UNCP is actively honoring our counseling program, complying with the teaching and leadership expectations of CACREP, engaging in and modeling our ethical mandate and professional responsibility outlined in the *ACA Codes of Ethics*, and supporting the counseling field.

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Diversity and Advocacy

Post-Pandemic Counseling Must Include a Focus on Relational and Collective Wellness

Alyx Beckwith

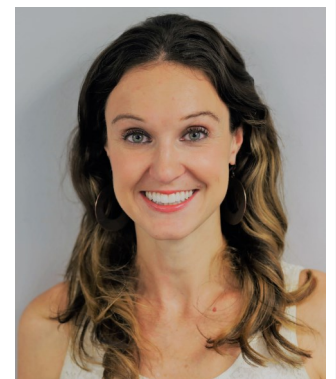
A wellness orientation is central to professional counselor identity (Brubaker & Sweeney, 2022; Gibson et al., 2021; Mellin, Hunt, & Nichols, 2011). Based on the notion of a higher level of health beyond the absence of illness, wellness has been defined in the counseling literature as, “a way of life oriented toward optimal health and well-being, in which body, mind, and spirit are integrated by the individual to live life more fully within the human and natural community” (Myers, Sweeney, & Witmer, 2000, p. 252). As the world emerges from a global pandemic, what does wellness look like and how can counselors most effectively promote it?

Wellness in Counseling

Brubaker and Sweeney (2022) invite the counseling profession to develop wellness counseling competencies to ensure wellness counseling and counselor education are meeting standards. The authors document the primacy within the counseling literature of the Indivisible Self model (IS-Wel, Myers & Sweeney, 2004; 2008), which operationalizes wellness into five factors: the social self, essential self, physical self, creative self, and coping self (Brubaker & Sweeney, 2022). The model conceptualizes wellness as developmental and counselors are

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encouraged to promote continuous monitoring of wellness needs, as they change across a client's lifetime (Hattie, Myers, & Sweeney, 2004).

The IS-Wel provides a rich framework for exploring clients' needs. Despite its usefulness, the model focuses primarily on the individual pursuit of wellness and places the onus of wellness on individuals. Wellness, however, does not occur in a vacuum and attending to one's own needs is not sufficient for enhancing wellbeing (Prilleltensky & Fox, 2007). A social justice or socio-ecological perspective of wellness counseling encourages counselors to expand upon this notion of individual wellness to account for clients' relational and community variables, such as the reciprocity and mutuality of their relationships and whether their society is equitable (Arcidiacono & Di Martino, 2016). From this perspective, wellness depends on "an equilibrium" of personal, relational and collective values (Prilleltensky, 2020, p. 10).

Among the concentric levels of wellness in Prilleltensky and Fox's (2007) model, **personal wellness** includes factors such as, self-control, self-esteem, and meaning/spirituality, all of which are comparable to components of the IS-Wel (Myers & Sweeney, 2004; 2008). The model expands into the next level, **relational wellness**, which is comprised of such factors as social support and cohesion, respect for and promotion of diversity, and democratic participation (Prilleltensky & Fox, 2007; Prilleltensky, 2012). The outermost level, **collective wellness**, includes access to quality health care, community health promotion, and environmental sustainability (Prilleltensky & Fox, 2007).

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Post-Pandemic Wellness?

As American society navigates how to live with the Covid-19 virus and grapples with the devastation of the past two years, what does collective wellness look like in the U. S.? According to the Kaiser Family Foundation, half of U. S. adults report that the high costs of health care have caused them to delay or skip care over the past year (Kearney et al., 2021). The U. S. Bureau of Labor Statistics finds that roughly 20% of American workers still lack access to paid sick leave even as public service announcements encourage everyone to stay home if they are ill (U. S. Bureau of Labor Statistics, 2021). With regard to environmental conditions, the Center for Sustainable Systems at the University of Michigan explains that within the U. S., “the changing demographics of urban areas, loose permitting requirements, and exclusionary zoning laws have funneled racial and ethnic minorities into areas with a greater degree of environmental degradation and reduced support” (Center for Sustainable Systems, 2021). In other words, collective wellness is poor.

With regard to relational wellness, media sources highlight a sense among Americans that society is currently unwell. Writing for the *The Atlantic* in March 2022, Olga Khazan explores “the rage, frustration, and stress coursing through society right now,” as evidenced by increasing rates of anti-social behaviors throughout the country, including acts of aggression, reckless driving, and violent crime (Khazan, 2022). *New York Times* journalist David Leonhardt writes about the crime wave that has coincided with the pandemic in the U.S. and reflects on what happens in societies when overall empathy for fellow citizens declines:

By many measures, Americans are feeling frustrated with their government, their economy and their fellow citizens... Many

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Post-Pandemic Counseling Must Include a Focus on Relational and Collective Wellness

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Americans consider people with opposing political ideas to be so wrong that they don't deserve the right to express their views. Polls also show an alarming degree of skepticism about democracy and openness to political violence (Leonhardt, 2022).

On the political level, there are over 230 bills afoot in state legislatures across the country that would result in discrimination against LGBTQIA individuals and families (Lavietes & Ramos, 2022). Likewise, a barrage of bills proposed by state legislatures nationwide limit what teachers can teach their K-12 students about racism and sexism (Rhoden, 2022).

The past few years have represented a fearful time in which protecting our individual and familial health often meant staying away from other people or limiting interaction. There is still a great deal of uncertainty about what life after the pandemic will look like. Public theologian Ekemini Uwan explores whether American society may be missing an opportunity to rebuild in a healthier, more just way in the wake of the global health crisis (Uwan, 2021). Writing in between the Covid waves of 2021, Uwan contends that "what we thought of as normal before the pandemic was broken in many ways. And if we continue to barrel toward it with singular focus, a transformative future will be foreclosed to us all" (Uwan, 2021).

Implications for Counselors

As counselors, we can play a role in ensuring that a transformative future is not foreclosed. We can utilize a social justice perspective to help clients make sense of wellness, identify what barriers may exist in their lives, and stop blaming themselves if they do not feel mentally well. We can help our clients understand the concentric levels of wellness and we can acknowledge and validate for our

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clients how challenging feeling well and balanced can be in a time of collective unwellness. We can highlight how hollow it can feel to pursue personal wellness and individualistic notions of success when social support is frayed and cohesion weak.

Additionally, as the number of Covid-19 deaths in the U. S. approaches one million and the global total is already well over six million, we can help clients make meaning of their own collective grief and realize the power of community for healing (Hyder, 2020; WHO, 2022). As counselors, we can also be extra kind to ourselves, ensuring that we are seeking self-care and following our own wellness practices. We can actively engage in advocating for policies and systemic changes to enhance wellness measures for our communities, including expanding access to Medicaid and provisions for sick leave and worker protections. Fighting for collective wellness in the wake of a global health crisis will not be easy, but if we shift to an equitable and community-oriented approach to wellness and well-being, we can work together to make life more well for us all.

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Diversity and Advocacy

Communication Among Chinese Immigrant Parents and Their Chinese American Adolescents

Agnes Yinshan Man and Courtney Evans

Asian Americans are the second-largest and the fastest growing immigrant population in the United States (U.S. Census Bureau, 2010). Chinese immigrant parents with second-generation adolescent children in the United States may be challenged by language barriers and cultural differences. The culture of Chinese immigrant parents can be significantly different than their second-generation Chinese American adolescents, thus creating challenges in communication and potential emotional disconnection.

Confucianism is a concept that heavily influences Chinese culture. One of the core tenets of Confucianism is respect, in that a child must respect (honor and obey parents). This is referred to as filial piety. Self-restraint including controlling emotions is another value (e.g., Chen et al., 2012; Luo et al., 2013; Chen & Zhou, 2019; Tamis-LeMonda et al., 2008; Wu & Chao, 2017). In fact, sharing feelings in traditional Chinese culture is often considered improper, as individuals are expected to understand others' emotions without being told (Wang, 2013; Wang et al., 2017).

With these values, oftentimes, Chinese parents expect children to restrain their own emotions while caring for others from an early age.

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Agnes Man is a licensed independent clinical social worker providing psychotherapy in private practice in the Metro Boston area, Massachusetts. She is bilingual and bicultural Chinese.



Diversity and Advocacy

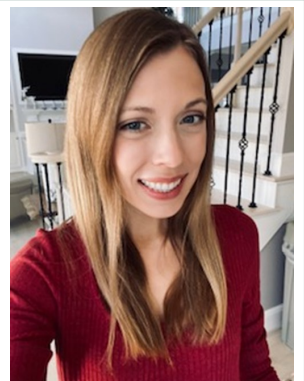
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Chinese parents often emphasize traditionally valued qualities when rearing their children, such as, mutual dependence, social conformity, and emotional restraint (e.g., Cheah et al., 2013; Wang, 2013; Wu & Chao, 2011, 2017). Chinese parents show love for their children through parental sacrifice and thoughtfulness in meeting their needs and supporting success academically (e.g., Chao & Kaeochinda, 2010; Qin, 2006, 2008; Wu & Chao, 2011, 2017).

Individualism and collectivism are two of the more different constructs that separate the two cultures (Forbes et al., 2011). While immigrant Chinese children and adolescents tend to adopt mainstream American cultural norms (e.g., Qin, 2008; Wang, 2013; Wu & Chao, 2011; 2017), their parents may not as quickly or at all. The different acculturation rates between parents and children/adolescents can cause a lack of understanding and conflict. In addition, the pressure of children and adolescents to balance traditional Chinese values and Western/American values can be conflicting and overwhelming (e.g., Hsieh & Bean, 2014; Qin, 2008; Wu & Chao, 2011). Such cultural discrepancy between parents and children/adolescents might not only increase conflict, but also decrease cohesion (e.g., Jensen & Dost-Gozkan, 2015; Wu et al., 2017).

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Diversity and Advocacy

Communication Among Chinese Immigrant Parents and Their Chinese American Adolescents

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Counselors working with this population should be mindful of these potentialities and work with clients and families to seek to understand the differences in ways of communicating and showing love. Clinical applications include a need to understand specific recommendation for clinical interventions to be used by clinical mental health counselors to meet the needs of parents and adolescents, address parent-child communication, and emotional connection. Clinical practitioners should seek information about cultural experiences, expectations, and perceptions of both parents and adolescents in counseling (e.g., Tao et al., 2012; Wang et al., 2017).

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Division News

ACACNC

The North Carolina Association for Child and Adolescent Counseling (ACACNC) invites you to join our division!

ACACNC is a division of NCCA that provides an information network and support for counselors who work with children and adolescents. We encourage all past, present, and future counselors who work with children and adolescents in a variety of settings to renew their membership or join.

Benefits of membership include professional development, access to new research, greater awareness for professional counseling services, and networking opportunities.

To join, select ACACNC as a division for \$10 when you renew your NCCA membership.

Please visit our website for more information. We look forward to connecting with you and continuing to support child and adolescent counselors!

Association for Child and Adolescent Counseling, NC

a division of

North Carolina Counseling Association



ACAC of NC is a support and information network for counselors who work with children and adolescents.



Why join ACACNC?

- + Professional development
- + Access to the newest research-based best practices
- + Promotes greater awareness for professional counseling services
- + Networking opportunities

Who joins ACACNC?

Open to all past, present, and future counselors who work with children and adolescents in a variety of settings

How to join ACACNC?

- 1) Join NCCA
- 2) Select ACACNC as a division for \$10



<https://www.n2ca.org/acacnc-association-for-child-and-adolescent-counseling>

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Division News

New Initiatives from NCACES

Shannon Warden, Rachelle Barnes, Andrea Barbian-Keith, Regina Gavin Williams, and Helen Lupton-Smith

Two new initiatives were launched by the North Carolina Association for Counselor Education and Supervision (NCACES) across fall 2021 and spring 2022. One of these was the North Carolina Counselor Education Faculty Consortium (NCCEFC). The other was a series of “Lunch and Lead” virtual meetings for clinical supervisors.

The NCCEFC is intended to “connect counseling and counselor education masters and doctoral programs across the state for effective engagement, support, and collaboration opportunities related to program initiatives, advancement of the academic curriculum, student support, faculty scholarship, and service within communities.” This purpose statement was written by Dr. Regina Gavin Williams, NCACES President-Elect-Elect, who led in establishing the consortium and leads the group’s meetings. Included among topics discussed in the consortium’s meetings thus far have been program evaluation tools and processes and legislation proposed by the North Carolina Board of Licensed Clinical Mental Health Counselors.

Currently, many North Carolina universities are represented within the consortium. NCACES welcomes representation by all NC counselor education programs. Please contact Dr. Gavin Williams at rwill233@nccu.edu for information about the consortium or to be added as a university faculty representative.

For more information about NCACES or to join the division, please visit the NCCA website: <https://www.n2ca.org/>.

Division News

New Initiatives from NCACES

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Dr. Helen Lupton-Smith, NCACES Secretary, assisted with the development of the NCCEFC and helped to establish the organization's "Lunch and Lead" series for clinical supervisors. NCACES hosted its first "Lunch and Lead" virtual gathering in April. The event was well-attended by mental health and school counselor supervisors. Dr. Rachelle "Shelly" Barnes, NCACES President, facilitated the meeting, which featured both general discussion regarding site supervisors' needs for support and more specific discussion related to sites' internship-related needs.

NCACES plans to continue its free "Lunch and Lead" series in the fall of 2022. Supervisors who would like to be notified about upcoming "Lunch and Lead" meetings may contact Dr. Shannon Warden, NCACES Treasurer, at spwarden@liberty.edu.

The NCCEFC and "Lunch and Lead" initiatives were two of NCACES main priorities in the 2021-22 year although the Board discussed and worked toward many other goals. In reflecting on the year, Dr. Barnes said, "NCACES had a great year! We took the initiative to build stronger relationships across counselor education programs in North Carolina and we also learned more about the current experiences and needs of counseling supervisors in the community. We look forward to building on these initiatives in the coming years!"

Dr. Barnes did an outstanding job leading NCACES and now transitions to the role of Past President, following her predecessor, Dr. Glenda Johnson. The NCACES Board extends its gratitude to Dr. Johnson for her wonderful leadership and commitment to NCACES these past several years.

For the 2022-23 year, Dr. Andrea Barbian-Keith will not only serve as President

Division News

New Initiatives from NCACES

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-Elect of the NCCA Board but also as President of NCACES. In looking ahead, Dr. Barbian-Keith shared, “I am looking forward to stepping into the role of President for NCACES in the coming months. I am excited to continue in Dr. Barnes’ footsteps and be a source of support and strength to counselor educators and supervisors in North Carolina. Our organization is making great strides!”

The NCACES Board extends its appreciation to Brittany Wake, who has served so well in her role as Student Member-at-Large. She is in the dissertation phase of her doctoral studies at North Carolina State University and doing wonderful work in so many areas. The NCACES Board wishes her well in her future endeavors.

NCACES - North Carolina Association for Counselor Education and Supervision

About NCACES

Chartered in 1973, the North Carolina Association for Counselor Education and Supervision (NCACES) emphasizes the importance for quality education and supervision for all counselors. Membership is open to any member of NCCA who is:

- a member of the faculty of a college or university who is regularly engaged in the professional preparation of counselors or,
- a counselor who is regularly engaged in the supervision of counselors, or
- a doctoral student currently enrolled in a counselor education program.

Perspectives from the Field

Kinking the Unkinked

Nicole Arnn

Counselors who hold traditional views about sex may be less effective with clients who practice kink or are polyamorous (Nevard, 2018). While all counselors go through intensive training to understand their biases to help their client, some counselors do not have specialized training in sex therapy. However, most counselors are likely to have clients with issues related to sexual well-being.

Religious identities can affect a counselor's biases. North Carolina's highest percentage for religious beliefs is Christianity at a whopping 77% (Pew Research Center, 2022). Identifying as a Christian often means holding traditional beliefs about sex. This may affect counselors' biases when helping clients who practice kink or are polyamorous as it could challenge their religious identity. This is unfortunate because there is a need for more open-minded counselors. According to Nevard (2018), individuals in the kink community voice that there is limited access to talk therapy for them.

Christian counselors may incorrectly associate membership in the kink community with negative outcomes. While counselors are human and cannot altogether avoid having biases, addressing the benefits to those who take part in

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Perspectives from the Field

Kinking the Unkinked

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this community is important. A study conducted by Wismeijer and Van Assen (2013) found that individuals in the kink community are less neurotic and have a higher sense of well-being. Individuals in the kink community must be more trusting with their partner(s) since risk is sometimes at play (Barker, 2013). Another way that taking part in the kink community is beneficial is that it helps those abused as children or adolescents heal from their trauma (Cascalheira, 2021). When it comes to connecting kink with religious or spiritual integration, taking part in kink can increase religious and spiritual satisfaction (Carlström, 2020). Last, individuals in this community report high levels of relationship and sexual satisfaction (Strizzi et al., 2022).

Clearly, there are several mental health benefits that accrue to members of this community. However, those that need mental health services have difficulty finding sympathetic counselors. All counselors should gain knowledge to help these individuals. Some ways to do this are reading literature about this population, attending workshops, and getting supervision from a sex therapist.

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Perspectives from the Field

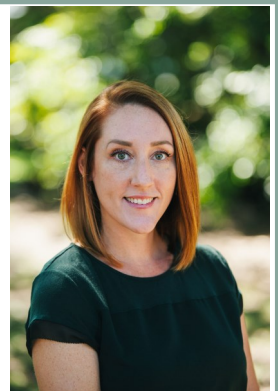
Overturning Roe v. Wade: Being a Counselor Post-Opinion Leak

Amy E. Duffy

As I was going through my early education, daydreaming about being an effective helper and counselor, I never imagined myself helping my clients cope with human rights violations from my posh office in the state's capital. Call me naive, or oblivious, but as a rookie counselor, human rights violations were a thing of the past. My studies took me places like the DSM, Pavlov's dogs, and Maslow's hierarchy of needs. Piaget and Erickson outlined human development and studying research methods taught me the statistical significance of scientific studies. My curriculum did not include how to counsel during global and pervasive human rights violations. Yet here we are in the year 2022 and we are bearing witness to the largest human rights set back this country has seen, and we are the ones who have the role of helping others through this. As counselors, we need to realize that this opinion will affect every single one of our clients in some form or fashion, with more severe consequences for clients identifying with marginalized populations. Licha Nyiendo fiercely defends the stance that this opinion is "a step in a very dangerous direction for everyone in the United States and a frightening signal to authoritarians around the world that they can strip long-established rights from their countries' people" (Human Rights First, 2022).

Amy E. Duffy, PhD, LCMHCS, NCC, CCTP has been working in the mental health field for over fifteen years, specializing in trauma and sexual violence. Although primarily working in the clinical arena, Amy is a strong proponent for those working in the mental health field to actively step outside of traditional psychological theory to advocate for individuals in matters of social justice.

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Perspectives from the Field

Overturning Roe v. Wade: Being a Counselor Post-Opinion Leak

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For far too long attempts have been made in the counseling field to separate politics from counseling although I challenge you to reconsider. The personal is political, and we deal with the personal during every counseling session. What do I mean by this? The personal is political is a belief that the personal experiences of our clients, as well as the effects of these experiences, are embedded in one's political situation and their privileged or marginalized statuses in society. Unfortunately, there is no separating the individual in our counseling sessions with the politics of our society despite how uncomfortable it may make us. For instance, I had a white male client come to his session the day the opinion leaked and state, "I don't feel right talking about myself today." He was recognizing his privilege and how this status was also affecting his mental health and the mental health of others. As a counselor, do not shy away from this discomfort in either the client or yourself. Recognize the privilege and marginalization in that space as well as in the community at large.

Although most of us are inadequately prepared by our formal education to address our clients needs during a time like this, I urge you to lean in and rise to the occasion by harnessing a solid feminist approach and application of feminist theory. Feminist theory is founded on the principle that the source of all distress is the oppression of internalized and external patriarchal realities which create barriers to personal power and growth for all genders. Feminist theory is a politically informed model that examines human experience within the framework of societal and cultural realities and through the dynamics of power informing those realities (Brown, 2018). The various legislative attempts to manipulate Roe v. Wade, the countless cases that have been brought before the courts since 1973, and the current opinion outlined by the Supreme Court justices, is a clear illustration of the power informing our clients' realities. Feminist Theory subscribes to the fact that inequality and oppression is harmful

Perspectives from the Field

Overturning Roe v. Wade: Being a Counselor Post-Opinion Leak

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to all, both privileged and marginalized. In addition to exploring feminist theory, I also invite you to review the American Counseling Association's *Advocacy Competencies*, particularly on Social/Political Advocacy Counselor Competencies and Strategies. Expand your role as counselor to include advocacy work if you do not already do so.

Finally, we cannot overlook that we are living this reality alongside our clients. As counselors, we too are faced with the reality of this oppression and human rights violation. The stress of the situation can feel overwhelming and it is a persistent reminder of our locus of control as clinicians, as well as individuals, which can often elicit feelings of powerlessness. Complete your stress cycle daily and find a self-care plan that is realistic and meaningful for you.

The depth of this issue far exceeds the capacity of this article although I have included an introductory resource list to begin your exploration on feminist theory and advocacy, including self-care for change makers. As counselors we are also change makers, please do not ever forget this role. One is either part of the problem or part of the solution, never a neutral bystander to systemic oppression (Brown, 2018).

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Perspectives from the Field

Overturning Roe v. Wade: Being a Counselor Post-Opinion Leak

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Resource List:

Full 98-Page Initial Draft Majority Opinion:

<https://www.politico.com/news/2022/05/02/read-justice-alito-initial-abortion-opinion-overturn-roe-v-wade-pdf-00029504>

Reproductive Justice:

Ross, L. & Solinger, R. (2017). *Reproductive justice: An introduction*. University of California Press.

Feminist Theory:

Brown, L. S. (2018). *Feminist Therapy* (2nd ed.). Washington, DC: American Psychological Association. doi:10.1037/0000092-000

Multicultural and Social Justice Counseling Competencies (MSJCC):

Ratts, M. J., Singh, A. A., Nassar-McMillan, S., Butler, S. K., & McCullough, J. R. (2016). Multicultural and Social Justice Counseling Competencies: Guidelines for the counseling profession. *Journal of Multicultural Counseling and Development*, 44(1), 28–48. <https://doi.org/10.1002/jmcd.12035>

ACA Advocacy Competencies:

Ratts, M. J., Toporek, R. L., Lewis, J. A., & American Counseling Association. (2010). *ACA advocacy competencies: A social justice framework for counselors*. Alexandria, Va: American Counseling Association.

Healing Justice:

Pyles, L. (2018). *Healing justice: Holistic self-care for change makers*. Oxford University Press.

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

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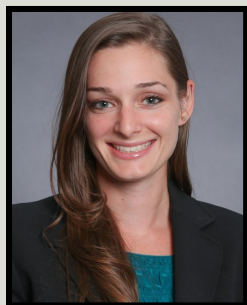
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Carolina Counselor Editor



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Carolina Counselor Assistant Editor



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Wrapping up the School Year!

“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.

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

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The North Carolina Counseling Association represents diverse interests of its membership through an Executive Council, geographically located members, specialty organizations, and committees.
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