



NCCA

Carolina Counselor

Winter 2021

Official Newsletter of the North Carolina
Counseling Association

Carolina Counselor



Official Newsletter of the NCCA

ANNOUNCEMENTS

Annual NCCA
Conference February
4-5, 11-12, 24-25

Resilience Warriors
Webinar 01/12/2022 at
1:00 PM (EST)

Have a Contribution for the Newsletter?

Email your submission to:
nccounselingassociationweb
@gmail.com

We're on Social Media

Facebook:

NorthCarolinaCounseli
ngAssociation

Instagram & Twitter

@nc_counselors

n2ca.org

Inside This Issue

Branch News	5
Diversity and Advocacy	6
Higher Education in NC	8
Member Spotlight	10

2021-2022 Executive Officers

President: Dominique Hammonds

President-Elect: Sharon Webb

President-Elect-Elect: Andrea Barbian

Past President: John Nance

Secretary: Christie Nelson

Treasurer: Rebecca Blanchard

Member-at-Large
Government Relations: Theresa Kascsak

Member-at-Large: Amy Grybush

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.

Inside This Issue

Published December 2021

Branch News

- *2022 Annual NCCA Conference*
Page 5

Diversity and Advocacy

- *Shadow Spirit*
Latonya L. Agard
Page 6

Higher Education in North Carolina

- *Graduation During a Global Pandemic*
Christopher Johnson
Page 8

Member Spotlight

- *Dr. Samuel T. Gladding*
Page 10

Thanks for Reading!

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

Branch News

2022 Annual NCCA Conference

In the interest of returning to an in-person format, while maintaining caution for large gatherings, this year we will be hosting 3 smaller regional conferences instead of one large conference. They will be held on the following dates in the following locations:

February 4-5, 2022 | North Carolina Agricultural & Technical State University | Greensboro, NC

February 11-12, 2022 | Appalachian State University | Boone, NC

February 24-25, 2022 | East Carolina University | Greenville, NC

Registration is by location and you have the option to attend one or both days.

<https://www.n2ca.org/i4a/pages/index.cfm?pageid=3288>

Diversity and Advocacy

Shadow Spirit

Latonya L. Agard

A Prayer to the Spirit of Blackness

Moon, resting crescent
on midnight velvet,
an askew, bewitching smile,
cast your calming light, sliver
through fluttering leaves.
Shadow Spirit, come alive,
beckoned from churning
seas. Dance. Your feet
drumming story in the sand,
a rhythmic history of tribe and tongue.
Moon, morphing branches
like mystic matter a tangled mass, resisting death,
cradle our swaddled dreams, rest
above a sighing earth.
Shadow Spirit, come alive,
stirred from restless

Dr. Agard attended the University of Alabama where she acquired a Bachelor of Science degree in Chemistry and a Master of Arts degree in English. She received her Master of Divinity degree in theology (Magna Cum Laude) from Duke University Divinity School. In 2019, she earned her certification as a North Carolina Fee-Based Practicing Pastoral Counselor Associate and founded BeSpeak Solutions, Inc. Her creative work is grounded in the spiritual and material experience of blackness—black bodies, black communities, black culture, and black histories.



Diversity and Advocacy

Shadow Spirit

Page 2 of 2

sleep. Speak. Your voice
reaching elders across the sea,
a wisdom people of sky and land.
Moon, crooning tides
with bloody blues,
a salty wave of sorrow tears,
sing my people's plight, destroy
with roaring ease.
Shadow Spirit, come alive,
liberated from the oppressor's
whip. Live. Your dream
brimming hope in the young,
a flowing fountain of word and song.
Moon, shining eternal,
to light our path,
guidepost for life and death,
show us plainly the Way to go
across these rugged seas.
Shadow Spirit, come alive,
strengthened for endless
War. Fight. Your reality
brewing resistance in us,
a rising army of justice untold.

Higher Education in NC

Graduation During a Global Pandemic

Christopher Johnson

The Counselor Preparation Comprehensive Exam (CPCE) was scheduled exactly a week away from the day of writing this reflection, and the National Counselor Exam (NCE) 10 days after the CPCE. A few months back, when COVID-19 cases were declining and public spaces began to open back up, I was wishfully expecting graduation in the fall would be in person. I wanted the chance to walk across the stage with my peers who have made this marvelous journey through master's-level academics and a dedicated supervised internship experience (often, we did all this with full-time jobs, young children, and other family responsibilities). I began wondering who I would have to ask for help in fixing the hood on the regalia and promising them an alcoholic drink or other beverage after the ceremony. I had a list of places a group of us could go in D.C. after the conferral of degrees and let three or more years of hard work pay off in embarrassing karaoke. However, with the subsequent rise of new Covid cases and its variants, we will celebrate like so many had to last year, virtually.

After realizing there would be no stage or any sound of glasses clinking over a job now done, I combed the archives of Carolina Counselor wondering if someone had written a reflection about graduating during the pandemic; finding just one in my initial search, I wish to continue the conversation among young

Christopher Johnson is a recent graduate of the Master of Arts, Counseling Psychology Program, from The Chicago School of Professional Psychology, Washington D.C. campus. Christopher's professional interests include rural mental health issues, multicultural sensitivity, and mental illness stigma.



cjohnson13@ego.thechicagoschool.edu

Higher Education in NC

Graduation During a Global Pandemic

Page 2 of 2

colleagues of the impact navigating this brave new world has encapsulated. It seems rather normal now to follow a link for a meeting, instead of an invitation at an open door. In fact, all my clients during internship never set foot in front of me in an office or waited for their call in something other than a virtual waiting room.

Of course, many students and professionals have been using virtual resources for decades, a reality that Telehealth training has revealed about a bustling medium for delivering mental health or educational services. No doubt telehealth will persevere after the wake of the pandemic, and this is quite a good thing for many people who would otherwise go underserved. As someone interested in rural mental health, access into remote corners and pockets of our state to provide these services will prove its value in years ahead, if it hasn't already.

I write this reflection as a call to celebrate those achievements which have come to us during the pandemic. Of course, our usual patterns of celebration maybe closed or nearly impossible, but even more reason for a clever new pattern to accomplish the same means. During the pandemic, one of my new patterns has been hiking, and state parks have seen a rise in visitors over the course of the pandemic; another impact I hope remains long after the COVID dust has settled. The pandemic has cast a shadow over these achievements for us new graduates and beginning practitioners. Although our graduation will be virtual, nature will continue to give us challenges to surmount, but if a major virtual success like graduation and licensure has anything to teach us, it is that we are capable. You are capable. So, to all the new graduates who have completed their programs while maintaining other employment, caring for family needs, responding strongly in the face of threat, cheers to you, and best of luck moving forward into the counseling field.

Member Spotlight

Dr. Samuel T. Gladding

Dr. Samuel Gladding was a Professional Counselor, Counselor Educator, Author, Mentor, Professional Servant, and Humanitarian. We are sad to hear of his recent passing, and honor him as an active and valuable member of the North Carolina Counseling Association. Dr. Gladding received numerous awards, and a couple of his most recent awards include the *2021 American Counseling Association Thomas Hohenshil National Publication Award* and the *2011 American Counseling Association David K. Brooks Distinguished Mentoring Award*. Dr. Gladding authored countless publications in the field of professional counseling, including more than 15 books. Dr. Gladding's contributions to the field of counseling were invaluable, and his work will continue to have an everlasting positive impact on future professionals and all the lives we touch.

Dr. Samuel T. Gladding was a Professor at Wake Forest University in the Department of Counseling. He earned a bachelor's degree in History from Wake Forest University, a master's degree in Religion from Yale University, a master's degree in Counselor Education from Wake Forest University, and a doctoral degree in Family Relations from The University of North Carolina at Greensboro.



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*.

Like us on Facebook!

www.facebook.com/

[NorthCarolinaCounselingAssociation](https://www.facebook.com/NorthCarolinaCounselingAssociation)

Follow NCCA on Twitter and Instagram!

@nc_counselors

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, 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.

Happy Holidays!

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

- A
B
O
U
T
N
C
C
A
- 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://nccounselingassociation.org/about/contact-us/>

Join NCCA: <https://nccounselingassociation.org/about/member-benefits/join-ncca/>

The North Carolina Counseling Association thanks you for your awesome work on this activity. It was great to learn from you and I appreciate the creativity you shared with us. I hope you have a nice weekend! Association rejects racism, systemic oppression, and white supremacist ideologies.

Executive Director:
Brad Feldman, MPA, CAE, IOM
brad@n2ca.org
984.297.0021

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>