

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

Spring 2022

Official Newsletter of the North Carolina
Counseling Association

Carolina Counselor



Official Newsletter of the NCCA

ANNOUNCEMENTS

Welcome THM
Management
Professionals

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

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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.

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Published March 2022

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Thanks for Reading!

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

Branch News

Welcome THM Association Management!

NCCA Announces New Management

The North Carolina Counseling Association (NCCA) is pleased to announce our new partnership with [THM, Your Association Management Professionals](#). The Executive Committee and the Board of Directors are confident this exciting organizational change will help further the mission of the Branch and stay true to the professional growth of our members.

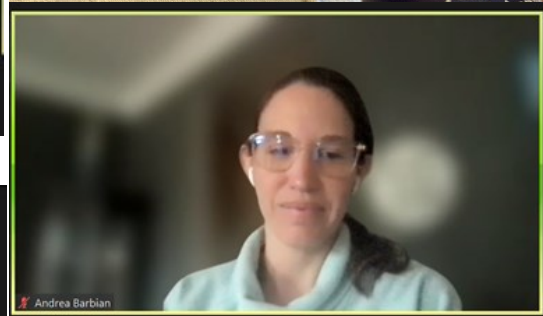
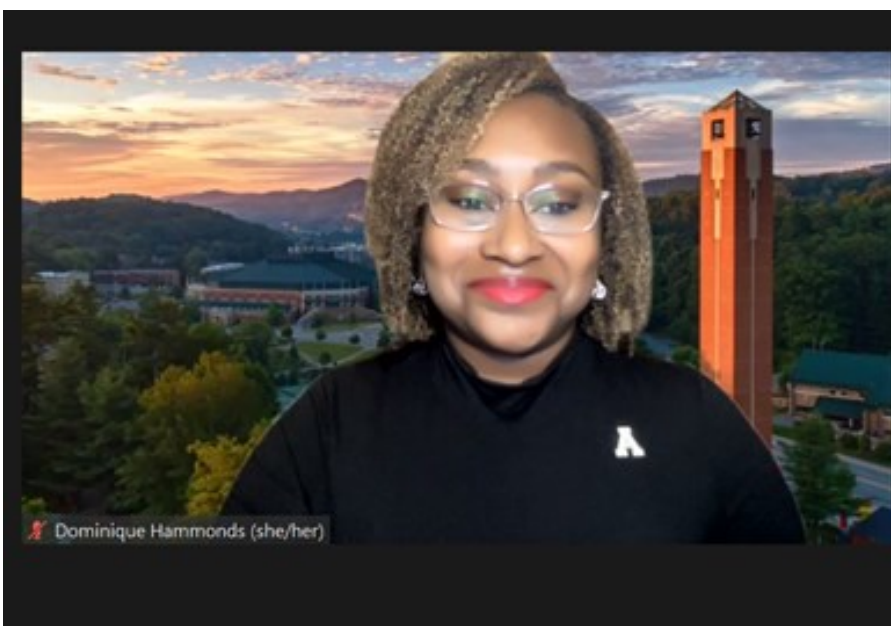
THM is a full-service, accredited association management company and has delivered high-quality management to professional associations like ours for 30 years. Their professionalism, marketing insights, and association experience were major factors to which the NCCA leadership was drawn. We would also like to introduce our new management team:

Sandy Hower – Executive Director
Teri Milner – Finance
Kim Wickline – Database
Scott Williams – Communications

Thank you to our membership for helping us welcome our new management company. We are excited and are looking forward to continuing to deliver quality membership benefits and exceed member expectations through this new partnership.

Branch News

2022 Annual NCCA Conference Was a Success!



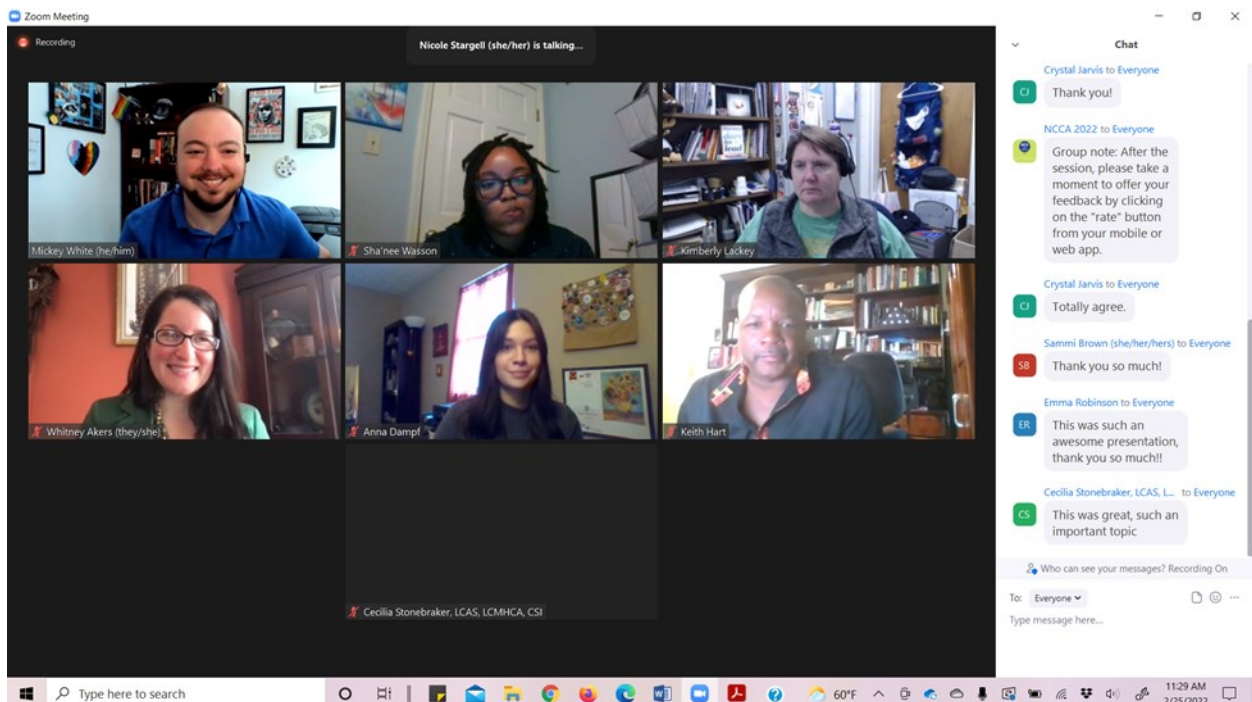
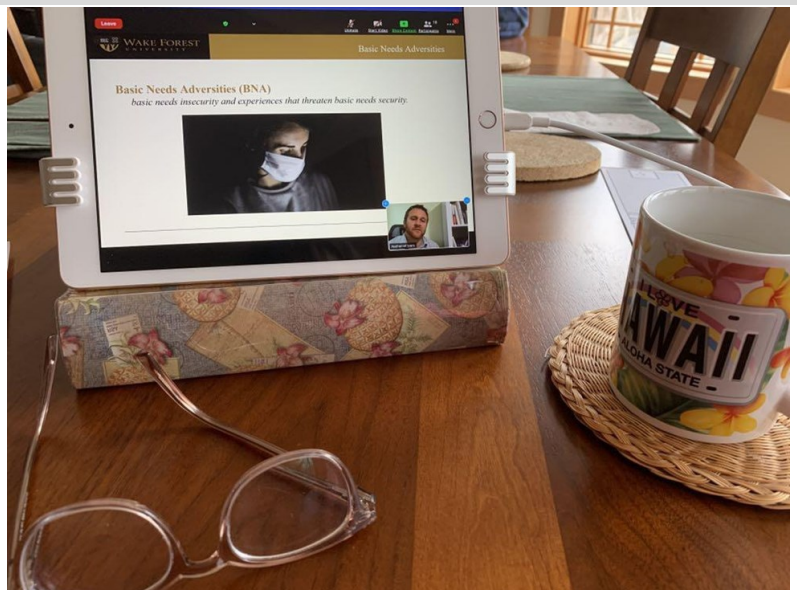
Branch News

2022 Annual NCCA Conference Was a Success!



Branch News

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Diversity and Advocacy

Blackbird

Latonya L. Agard

A Meditation on the Intersection of Personal Loss, Communal History, and Freedom

The redbreast never honors my wish, and the inscrutable owl holds its secret like a mighty ship leaving the Ivory Coast. Gone, every gift I received from the faithful stork. Gone, save one. Gone but not dead, more truly never born, ascending on ivory wings to Life. The peaceful dove, bitter love unborn. Even the ugly vulture gets better press than you. At least her ragged beak scours the street, a continual search for decaying flesh. Before long, a bloody wake feeds, leaving behind only cage-like bones, bleaching helplessly in the sun. Who taught me to hate you and the sultry lure of your blackness? Your sleek squawk pierces the morning air, and glinting rays bathe arching feathers, now midnight blue in the sun. Your silhouette is the mirror where I trace our story in your swoop and swoon. At the peak of evil and distress, of mournful longing and welted flesh, black bodies took flight to nest in Canaan Land. Their songs, a roadmap of hope and pain, echo across the threshold of time. And in the beating of your wings I hear them marching on, marching on to freedom land.

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.



Division News

MGCA-NC: Stay the Course!

Bill Stewart

“Stay the course” is military jargon for continuing to pursue a goal despite obstacles. The Military and Government Counseling Association of North Carolina (MGCA-NC) has been focused on three core issues for the past year. The group has leveraged ties to the community to help drive core initiatives to include meeting with potential candidates for office to communicate issues and corresponding with the Veterans Health Administration about opportunities to integrate counselors more. We also look for opportunities to elevate military mental health issues in April with the Month of the Military Child.

If you are connected to the military community or have a desire to connect, we would love to have new members join the group to help advocate for veteran mental health issues. The core issues that we have identified are:

- **Portability of licenses:** Licensure portability has significant impact to the military community as many spouses and veterans who move states have to re-start the licensing program which creates delays to providing care to those in need. This also creates added stress to families during already stressful moves.

Bill Stewart holds an MBA from Duke University and is a current master's student in counseling at UNCC. After over 25 years of work – starting as a paratrooper in the 82nd Airborne and then at Johnson & Johnson - Bill is now pursuing his passion of helping veterans as a counselor and an advocate.

contact: wstewa27@uncc.edu



wstewa27@uncc.edu

Division News

MGCA-NC: Stay the Course!

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- **Support for the greater utilization of counselors at the VA:** The Commander John Scott Hannon Veterans' Mental Health Care Improvement Act (S. 785) passed in Oct 2020 with a goal of increasing access to mental health care for veterans through greater deployment of counselors. In NC, counselors remain under-represented and face barriers to hire.
- **Access to mental health care:** Tricare made some changes that delay services and have limited access to health care.

As a reminder, April is the Month of the Military Child. The Department of Defense established several strategic imperatives with a focus on improving educational opportunities for military kids and improving career opportunities for them. Look for further messaging on these topics as we approach May.

While we remain focused on our core issues, we will look for opportunities to get involved should new topics arise. Also, as a reminder, you can join through the NCCA website or start to connect through our Facebook group. One final note, there are several presentations at the upcoming NCCA related to military mental health. We hope to connect with you at those events.

Higher Education in NC

SPRING SEMINAR

APRIL 1, 2022

9:00 AM - 4:30 PM ET



WAKE FOREST
UNIVERSITY

Department of Counseling

<https://go.wfu.edu/spring2022seminar/>



Dr. Laura E. Welfare

PhD, LPC

9am to 11am ET

Best Practices in Clinical Supervision During
Challenging Times



Debra Wesselmann

MS, LIMHP

12pm to 2pm ET

Healing Attachment Trauma through EMDR and
Family Therapy



Dr. Victoria E. Kress

PhD/LPCC-S, NCC, CCMHC

2:30pm to 4:30pm ET

Supporting Struggling Supervisees--Strength-Based
Support and Remediation Strategies

Seminar will be held virtually

Earn up to 6 CEUs

<https://go.wfu.edu/spring2022seminar/>

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

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@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 New 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.

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>