



NCCA

# Carolina Counselor

Winter 2022

Official Newsletter of the North Carolina  
Counseling Association

# Carolina Counselor



Official Newsletter of the NCCA

## ANNOUNCEMENTS

2023 Annual Conference  
February 9-11

### Have a Contribution for the Newsletter?

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## Inside This Issue

<b>Branch News</b>	<b>5</b>
<b>Division News</b>	<b>6</b>
<b>Perspectives From the Field</b>	<b>13</b>

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# Inside This Issue

## Published December 2022

### Branch News

- [\*NCCA 2023 Annual Conference\*](#)  
Page 5

### Division News

- [\*MGCA-NC: Honoring the 7%\*](#)  
Bill Stewart  
Page 6
- [\*North Carolina Association for Child and Adolescent Counseling  
Division Updates\*](#)  
Andrea Barbian  
Page 9
- [\*North Carolina Association for Counselor Education and Supervision  
Division Updates\*](#)  
Andrea Barbian  
Page 10

### Perspectives from the Field

- [\*Early Recollections: An Adlerian Technique in Psychotherapy and  
Supervision\*](#)  
Courtney Evans  
Page 13

**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

## *NCCA 2023 Annual Conference*

*Re-engage, Restore, Reignite: Embracing a Growth Mindset*

*February 9-11, 2023*

*Durham Convention Center, Durham, North Carolina*

Registration is now open for the NCCA 2023 Annual Conference! We are very excited to be back in person in Durham, NC this year. The NCCA Executive Committee and Conference Planning Committee have been working hard to bring members an exciting and valuable line up of events. We will be offering two pre-conference options on Thursday, February 9th. Join us February 10-11th as we hear from author and speaker Gregg Levoy and engage in a conference line up offering 12 CEs. Additionally, we have partnered with University of NC at Charlotte to offer a Play Therapy track with CEs available for Registered Play Therapists.

For more information and to register, visit <https://www.n2ca.org/annual-conference>.

<https://www.n2ca.org/annual-conference>

# Division News

## *MGCA-NC: Honoring the 7%*

*Bill Stewart, MA, LCMHCA, NCC, MBA*

November is a month where we honor those who have served; to recognize Veterans Day, the Military and Government Counseling Association of North Carolina hosted a Zoom on November 17. The goal of this event was to provide awareness of Veterans Day, to review a recent study on military attitudes towards help-seeking behavior in mental health, and to discuss a tool for those who wish to work with military clients.

Did you know that only about 2% of Americans are currently serving in the military? When you add in the veteran community, the number of Americans who have served rises to 7%. Veterans Day is our chance to thank those who previously served. We honor them on the eleventh day of the eleventh month because that is the day when an armistice ending World War I was signed.

<https://www.n2ca.org/mgcanc---military-and-government-counseling-association-of-north-carolina>

# Division News

## *MGCA-NC: Honoring the 7%*

### *Page 2 of 3*

During our Zoom, we shared data from a study completed by Bill Stewart, Emilie Adams, MA, LCMHCA, NCC; and Jenny Graham, MA, LCMHCA, NCC that looked at changing military attitudes towards seeking mental health support. The study used a survey to evaluate perceptions of stigma and barriers to seeking mental health care. The results of the study showed that around 2010, attitudes to seeking help began to improve in comparison to earlier attitudes. This pilot study raised a host of questions that require further exploration. In particular, why are military suicide rates continuing to rise despite massive investment into mental health options for the military and perceived changes in attitude?

Finally, the Zoom reviewed the Star Behavioral Health Provider (SBHP) program sponsored by the

# Division News

## *MGCA-NC: Honoring the 7%*

### *Page 3 of 3*

Uniformed Services University and Purdue University. The program consists of three 2-day training programs focused on military culture, common mental health issues for the military, and evidence-based psychotherapies. The programs build upon each other and must be taken in order, but a therapist does not have to complete all three programs. Each program provides opportunity for CEs for attendees. Additionally, graduates of the program can enroll in the SBHP locator. Several of the attendees on the Zoom had attended and provided positive feedback.

If you have a passion for helping the military and government community, or want to learn more about helping this group, please do not hesitate to join our team. You can join through the NCCA website or connect through our Facebook group.

<https://www.n2ca.org/mgcancc---military-and-government-counseling-association-of-north-carolina>



# Division News

## *North Carolina Association for Child and Adolescent Counseling Division Updates*

*Dr. Andrea Barbian, LCMHCS, NCC  
NC ACAC President*

The NC ACAC Board would like your input! At times it can be difficult to connect in the fast-paced world we live in. We are currently brainstorming effective ways to engage our members and provide meaningful content to assist those who serve the child and adolescent population. If you are interested in joining NC ACAC, please reach out! Please share your feedback here: <https://forms.office.com/r/BbikXZz6qE>.

We look forward to connecting with members at the 2023 NCCA Annual Conference (more details to come)!

# Division News

## *North Carolina Association for Counselor Education and Supervision Division Updates*

*Dr. Andrea Barbian, LCMHCS, NCC  
NC ACES President*

The fall season seemed to go by quickly, it is hard to believe the winter holidays are already upon us! I certainly hope that amid the hustle and bustle, you are able to take some time to practice self-care over the coming weeks. I have had to be very intentional about adding self-care to my calendar and “scheduling” appointments with myself. As counselor educators, supervisors, and clinicians it is important that we model self-care for our students, supervisees, and clients.

The NC ACES Board has been working hard this fall to brainstorm opportunities for connection and growth within our division. If you are interested in joining NC ACES, please reach out! We are excited to announce the following opportunities coming this winter/spring:

- NC ACES Supervision Grant for the 2023 Annual Conference (see details below)- we are excited to provide complimentary registration for the 2023 Annual Conference to four deserving supervisors!

<https://www.n2ca.org/ncaces---north-carolina-association-for-counselor-education-and-supervision>

# Division News

## *North Carolina Association for Counselor Education and Supervision Division Updates*

*Page 2 of 3*

- NC ACES Spring 2023 Webinar Series (March, April, May)- Board members will be teaming up to offer 3 webinars focused on counselor education, supervision, and professional identity/CV development. CEs will be provided for each webinar. Details are forthcoming.
- NC ACES Meet Up at the 2023 NCCA Annual Conference (more information to come)

### **NCACES Supervision Grant Project 2023**

The North Carolina Association of Counselor Education and Supervision (NCACES) is pleased to announce that the NCACES Supervision Grant Project is now open! We will announce the grant winners during the awards Luncheon at the 2023 North Carolina Counseling Association's Annual Conference in Durham, North Carolina. Grant recipients will receive a complimentary registration for the 2023 NCCA Annual Conference.

#### **GUIDELINES AND DIRECTIONS**

- All applicants must be active NCCA Members.
- All applications must be submitted by midnight EST, January 8, 2023

<https://www.n2ca.org/ncaces---north-carolina-association-for-counselor-education-and-supervision>

# Division News

## *North Carolina Association for Counselor Education and Supervision Division Updates*

*Page 3 of 3*

- All nomination packets must be submitted electronically in a single PDF

Nomination packets must include the following information:

1. Provided Cover Page (available here)
2. Narrative (up to 1000 words)
3. Curriculum Vitae (2 pages max)
4. Two (2) Letters of Support Letters should include the reasons why the nominee is deserving of this recognition.

Please send all application packets to the Awards Committee Chair, Dr. La Vera C. Brown, [lbrown489@liberty.edu](mailto:lbrown489@liberty.edu), with “NCACES Supervision Grant Project 2023” in the subject line. The committee will not accept alternative formats and multiple attachments. The Awards Committee will notify all grant recipients of the outcome by approximately January 20, 2023. For more information, please get in touch with Dr. La Vera C. Brown, [lbrown489@liberty.edu](mailto:lbrown489@liberty.edu).

<https://www.n2ca.org/ncaces---north-carolina-association-for-counselor-education-and-supervision>

# Perspectives From the Field

## *Early Recollections: An Adlerian Technique in Psychotherapy and Supervision*

by Courtney Evans

According to Adler, the most trustworthy approaches to the exploration of personality are in the understanding of early recollections, birth order, dreams, and exogenous factors (Ansbacher & Ansbacher, 1956). Gathering early recollections in psychotherapy and supervision can prove to be a useful tool. Early recollections are used as a projective assessment and can be used regardless of theoretical orientation.

Early recollections (ERs) are stories of events that a person says occurred before he or she was ten years old. Everyone has early recollections and people often project into ERs current life circumstances and views. Through ERs, clients reveal their attitudes toward themselves, others, and the world (i.e., Adlerian lifestyle (Shifron, 2020).

ERs are not reports or generalizations, but are specific memories of events. When using ERs with clients in counseling, a counselor should seek to gather six to eight ERs and look for themes. Robert Powers and Jane Griffith (2012) published a helpful workbook titled “The Individual Psychology Workbook” containing a template for gathering ERs from clients.

Courtney Evans, PhD, LCMHC-S, RPT-S, CAdPT, BC-TMH is an assistant professor of counseling at Liberty University in the Department of Counselor Education and family studies. Her areas of specialization include Adlerian theory, Adlerian play therapy, and trauma-informed care.

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# Perspectives From the Field

## *Early Recollections: An Adlerian Technique in Psychotherapy and Supervision*

Page 2 of 5

There are different ways that ERs can be used in psychotherapy (Mosak & Pietro, 2006) and supervision (Shifron, 2020). For example, a counselor might use client ERs as a pre and posttest. Another example includes using ERs in supervision to identify where a client's lifestyle "collides" with the counselors, thereby identifying the source of "stuck moments." In any way ERs are used, they are used as a functional assessment rather than a diagnostic assessment (Mosak & Pietro, 2006). This means that one cannot diagnose with information gathered from ERs, but such information does provide insight into how an individual is functioning in life.

The following is an example of how ERs might be used in supervision. In the example, the supervisor focused on strengths and reconstruction. Due to the inherent nature of encouragement, and the creative power of the self in Adlerian theory, you will find the ER of a client, followed by the ER of a supervisee. A possible interpretation follows. Note: while it is encouraged to gather six to eight ERs (as mentioned above), in the following example only one per individual (i.e., client and supervisee) are described for brevity in illustrative purposes. Before using ERs in your own counselor and/or supervision, it is encouraged that you read more on this topic and obtain training.

### **Case Study**

**Counselor:** male, practicum (beginning stages of counselor development)

In the supervision session, the counselor described a session working with a youth who has went through immense trauma in his life. When describing where the counselor was "stuck," he presented the youth as "manipulating him" by "telling him what he wants to hear so he can get out of counseling."

# Perspectives From the Field

## *Early Recollections: An Adlerian Technique in Psychotherapy and Supervision*

Page 3 of 5

The counselor reported he wants to increase his use of confrontation in counseling so the client will stop just “telling me what I want to hear”. When watching the session with the counselor, the counselor requested feedback, did not ask questions, and when given alternative responses, justified his responses. The counselor described having already did much of what was suggested or replied with “I am already doing that.” The supervision session continued by gathering ERs, both from the supervisee and the supervisee’s report of the client’s ER. The client’s information was as follows.

**Client:** 18 years old, oldest child (younger sister was ten years younger and in foster care).

### **Client ERs:**

“I was really young... probably about four. My mom was using again. I remember hiding under the bed because she had another boyfriend come in and I just didn’t want to meet him.”

**Focus/ Vivid:** Hiding so I didn’t have to meet him

**Feeling:** Afraid

**Theme:** I must protect myself by hiding

**Strength/Creative Abilities:** Self-preservation, finding ways to care for self when others did not

**Contract with therapist:** I need you not to push me and create a safe space (or client might “hide” to self-preserve)

### **Counselor’s ERs:**

I was probably about three years old. I was sitting under the kitchen table and my parents were talking to their friend about something. They looked under the



# Perspectives From the Field

## *Early Recollections: An Adlerian Technique in Psychotherapy and Supervision*

Page 4 of 5

table where I was playing blocks to see if I was listening. I had previously stopped, but immediately started playing blocks again so that they didn't think I was listening. They had talked about whispered about things in the past around me, and I wanted them to think I was not listening.

**Focus/Vivid:** I looked down and kept playing, so they wouldn't see that I was really listening.

**Feeling:** "Not trying to get caught", covering up what I was doing

**Theme:** Boy pretends to play so parents don't catch on to what he is really doing

**Strength/Creative Abilities:** Persistence and ambition

### **Possible parallels to supervision and counseling:**

Counselor imposter syndrome; beginning counseling in practicum and has some anxiety; does not want to seem or feel incompetent during supervision

### **Reconstruction:**

Supervisor asked counselor, "What would it look like if that same young boy approached his parents with curiosity?" Supervisee answered, "they might have fussed at me for being nosy." Supervisor responded, "How might you approach your parents with curiosity without it ending in you feeling like you are nosy... what might you communicate with them?" "As a counselor, you show a lot of ambition in trying to be the best counselor you can be... and that still takes time... in supervision, you are encouraged to come with questions and have the courage to make mistakes or 'be nosy.' Counselor development is a process and you show much persistence and ambition".

### **Relation of counselor ER with client:**

While the client does not want to feel unsafe and may step into



# Perspectives From the Field

## *Early Recollections: An Adlerian Technique in Psychotherapy and Supervision*

Page 5 of 5

self-preservation (which may be shutting down or “hiding” if he feels pressured to talk), the theme for the counselor is ambition and persistence regarding showing his competence and ability as a counselor. There can be a collision here as the client’s contract is different than that of the counselors.

### **Summary:**

In this session, the supervisee seemingly projected into his early recollection, and his anxiety regarding his own counselor development. In supervision, reconstruction of the ER was used to focus on his strengths. In this case, the strategy of the supervisee was to “cover up” any perceived incompetencies... this covering up may have worked for the client in the past, but is not conducive to growth in counselor development. By focusing on the strengths in the ER, the counselor can learn to be flexible with strategies and use persistence to be the best counselor he can be, while also having the courage to be imperfect.

**When the counselor can reconstruct the ER and tell the same story in a different way, perception about what happens in the present can change as well.**

### **References**

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- Powers, R., & Griffith, J. (2012). *The individual psychology workbook* (3rd ed). Adlerian Psychology Associates.
- Shifron, R. (2020). The miracle of early recollections in Adlerian therapy and supervision. *The Journal of Individual Psychology*, 76(1), 110-127.

# 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](mailto: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.

# Happy Holidays!

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

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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.

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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.*  
<https://www.n2ca.org>