

The top portion of the cover 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

Spring 2023

Official Newsletter of the North Carolina
Counseling Association

Carolina Counselor



Official Newsletter of the NCCA

ANNOUNCEMENTS

2023 Annual Conference Was a Success

Applications for Counseling Compact privileges are expected to open late 2023 or early 2024

Amendments to the NCBLCMHC Administrative Rules going into effect 2025

Have a Contribution for the Newsletter?

Email your submission to: nccounselingassociationweb@gmail.com

We're on Social Media

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n2ca.org

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2022-2023 Executive Officers

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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 Was a Success!

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

*February 9-11,
2023*

*Durham
Convention
Center
Durham, North
Carolina*



To view a recap:
<https://www.n2ca.org/annual-conference>

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

Branch News

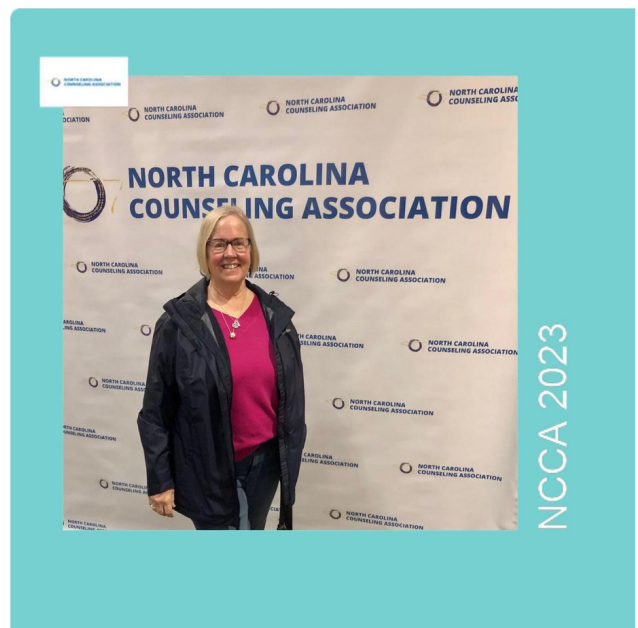
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Branch News

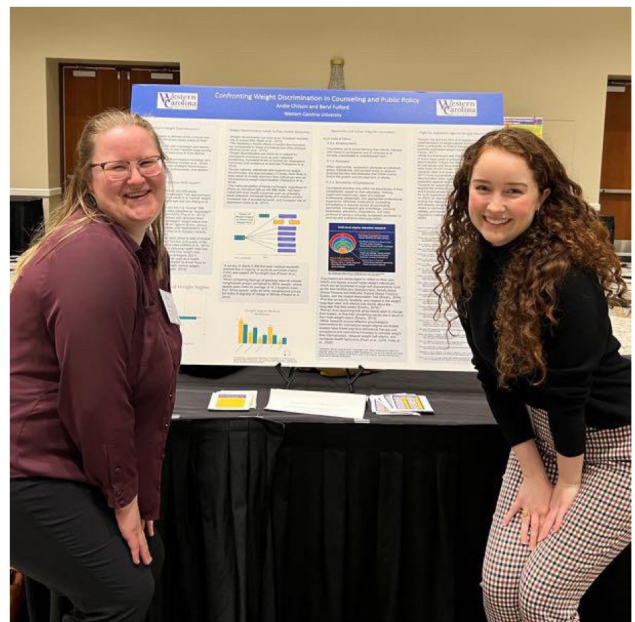
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Branch News

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Branch News

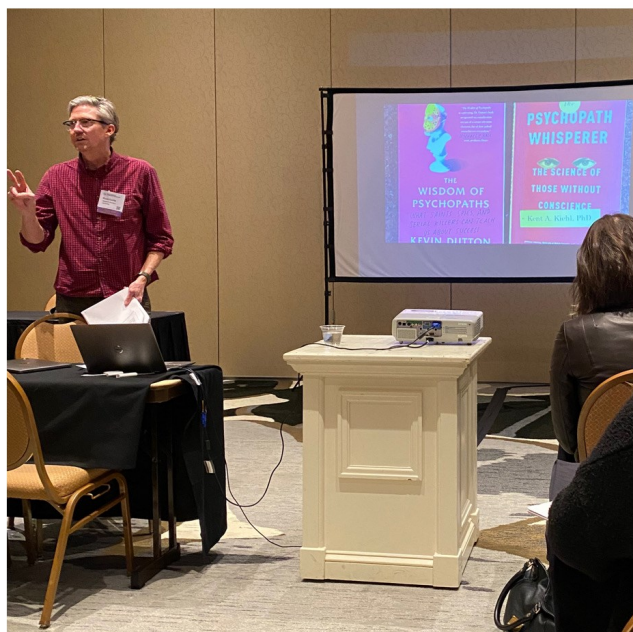
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Branch News

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Diversity and Advocacy

CSI Leadership and Professional Advocacy Resources

by Sarah Moore

The CSI Leadership and Professional Advocacy Committee would like to share the following resource with you:

www.csi-net.org/page/professionaladvocacy

Of particular interest might be the following information:

*Advocacy to Protect Professional Counselor Identity (PCI) in
Counseling Compact States.*

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Division News

MGCA-NC: Honoring April as The Month of The Military Child

by Bill Stewart

Imagine if one of your parents had to suddenly leave home to go on an extended deployment or to a combat zone. Each day, you wake up wondering if your parent is safe. You look forward to those brief windows when you can chat with them via phone or video conference. You go a year without any hugs from that parent. In addition, your role in the house changes as you have to take on some added responsibility due to your parent's deployment. These are some of the unique challenges military kids tackle regularly.

In honor of April, Month of the Military Child, MGCA is proud to host Latonia Laffitte, LPC, LCPC, NCC who will inform counselors on the unique needs of military kids. Per the Department of Defense, there are an estimated 1.6 million children of service members. Latonia is currently serving in the US Army where she works with military families in her role as a Soldier Family Management Specialist and Advocate. In this Zoom, she will help counselors understand the challenges faced by military kids and provide tips for working with them.

Bill Stewart is a Licensed Clinical Mental Health Counselor – Associate who works in private practice where he spends part of his time working with the military community. Prior to becoming a counselor, Bill served as a paratrooper in the 82nd Airborne followed by a career at Johnson & Johnson. Bill also holds an MBA from Duke University.

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Division News

MGCA-NC: Honoring April As The Month of the Military Child

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I am the son of a career Army officer, my siblings and I faced many of the challenges that military kids must endure. My sister was born while my father was in combat, and my family moved every 2 to 3 years; which is consistent with the military averages. As a result of these moves, I attended six different schools between elementary and middle school. Unlike children born within the last twenty years, I never experienced the challenges associated with a parent leaving for a prolonged period to go to a war zone. Given that we have had over two million troops in combat over the last twenty years, this experience is common for the military children of today. An estimated one third of these troops come home with mental health challenges, which puts further strain on military families. The military child has to manage all of these challenges in addition to the regular challenges faced by kids as they grow up.

MGCA-NC is proud to host Latonia Laffitte, LPC, LCPC, NCC on Thursday, April 20, 2023 at 6pm on the topic of “What It Means To Be A Military Child.” Registration and Zoom link will follow.

Higher Education in NC

Assessing Students' Development in Ethical Decision-Making

by Lisen Roberts

I teach our introductory ethics course at Western Carolina University. This year I implemented a pilot to assess students' growth in ethical decision-making. Prior to the course beginning, I emailed enrolled students a brief case scenario and asked them to respond: How would you approach this client situation? The assignment was due before the first day of class and I clarified, upfront, the purpose of the assignment was to establish baseline knowledge. Students received course points for simply completing the assignment, regardless of the content of their response. Still, I asked them to take the exercise seriously and they did.

On our first day of class, I announced the same case scenario with the same broad prompt, How would you approach this client situation?, would re-appear at the end of the semester as their final exam. While we would never discuss in class explicitly that case, the entire course would be centered on the principles of how to make decisions regarding any ethical dilemma in counseling.

I scored both the pre- and post-case study responses on a 10-point rubric that included, for example: Did the response follow a clear ethical decision-making

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model; were relevant contextual variables identified; were specific ACA and/or ASCA ethical codes explicitly considered; were specific moral principles of the profession (e.g., autonomy, nonmaleficence, beneficence) addressed; was there reference to consultation and/or supervision; and were multiple action options and their anticipated consequences outlined?

Among 28 students in combined Clinical Mental Health Counseling and School Counseling specialty areas, the pre-test yielded an average score of 3.36 out of 10, and the post-test, 9.82 out of 10. This indicates students indeed learned ethical decision-making across the introductory ethics course and specifically, while they were generally not able to apply a specific case to ethical decision-making before the course, they were able to do so at the course conclusion.

Most notable were three rubric areas for which 0 students on the pre-test and 100% of students on the post-test scored successfully: (1) followed a specific ethical decision-making model; (2) addressed specific moral principles of the profession; and (3) referenced the need for consultation and/or supervision. Additionally, 0 students on the pre-test and 27 of 28 (96%) on the post-test named and considered specific ethical codes from ACA and/or ASCA.

At the mid-semester mark, I asked students to complete a survey about various course activities we had done to date. For the pre-course case scenario assignment that would later be their final exam, at mid-term, students responded to two questions: (1) Through completing the pre-course assignment, did your understanding of ethical concepts in counseling increase, decrease, or stay the same? and (2) Did you enjoy, not enjoy, or have no opinion of the pre-course assignment? Of those who completed the survey, 60% of students indicated their understanding of ethical concepts in counseling increased

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from simply completing the pre-course assignment and 40% reported their understanding remained the same. Of those who completed the survey, 88% responded that they enjoyed the pre-course assignment and 12% had no opinion of it.

I appreciate, first and foremost, how students demonstrated concretely through the same case analysis and rubric, their ability to apply a specific case to professional ethical decision-making, and second, that even the initial pre-course assignment itself spurred learning for the majority of students and that the significant majority actually enjoyed the pre-course assignment. I plan to expand this pilot assessment of students' understanding of ethical decision-making in counseling in future semesters.

Perspectives From the Field

Beyond the Bedroom: How Sex Therapy Can Help Men Overcome Erectile Dysfunction

by Nicole Arnn

Sexual health and well-being can be vital to a person's quality of life. However, issues can arise that inhibit the ability to perform in the bedroom when the time for sexual performance arrives. We know one such area affecting men is erectile dysfunction (ED). Individuals with ED have a constant inability to get an erection or the inability to maintain the erection to perform sexual intercourse (American Psychiatric Association, 2013). Erectile dysfunction usually affects older men, but unfortunately, it is common and can affect men of any age group. For instance, between one and 10 percent of men up to 40 years of age have ED, between two and nine percent of men between 40-49 years of age have ED, for men between ages 60-69 there is an increase between 20 and 40 percent, and men aged over 70 have a 50 to 100 percent chance of suffering with ED (Williams et al., 2021).

Notwithstanding the age factor, other health issues can also result in ED. Certain health conditions, medications, mental health issues, and lifestyle choices can affect the development of ED (National Institute of Diabetes and Digestive and Kidney Diseases, 2017). For example, diabetes mellitus is a health condition contributing to the development of ED (Defeudis et al., 2021).

Nicole Arnn graduated from Liberty University with her M.A. in Clinical Mental Health Counseling. She is an LCMCHA and is a NCC. Her research interests include sexuality, gender, and sexual health disorders.

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Beyond the Bedroom: How Sex Therapy Can Help Men Overcome Erectile Dysfunction

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Also, mental health issues, such as depression and anxiety, as well as the medication treatment for these mental health issues, can contribute to the development of ED (Hentzen et al., 2022). Additionally, lifestyle choices such as obesity and smoking are also potential contributors to the development of ED (Lowy & Ramanathan, 2022). This short list is just a glimpse of the different contributors to the development of ED.

While urologists might attempt treatment for these individuals, sex therapists can also provide helpful contributions, particularly if the ED results from certain mental health issues where a physical issue is not the culprit. For example, a simple question that is useful to determine if mental health issues are a likely reason for ED is, “Are you able to masturbate without the presence of your partner?” If the answer is yes, then ED most likely originates from stress or anxiety found in the relationship. When this is the case, oftentimes the individual may have a variety of negative thoughts, which can contribute to negative behaviors. The individual might think, “I’m worthless because I can’t get an erection to please my partner.” This thought may lead to the behavior of withdrawing from his partner emotionally and physically, thus disturbing the intimacy within the relationship. The lack of intimacy may cause sexually debilitating anxiety. A sex therapist can help put these negative thoughts at ease, which should enhance his relationship, thus increasing his sexual performance.

Sensate focus is another great technique to help reduce ED. Sensate focus is used to help relieve anxiety and tension. It involves minimizing or eliminating the notion that one must have an orgasm for it to qualify as sexual intercourse. Weiner and Avery-Clark (2014) describe sensate focus as exploring each other’s bodies in a non-demanding manner without intent to create a sexual response,

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but to create relaxation for the individual or their partner. When our bodies and minds are at ease, there is a better chance sexual intercourse can happen. Our minds are like muscles, and we must train our bodies to build muscles. Likewise, we must train our minds to react to certain situations. Sensate focus can help individuals re-train their minds safely so that they can achieve the end goal of sexual intercourse or sexual intimacy.

Erectile dysfunction can have many causes, physical, mental, or often both. While physicians provide necessary treatment for ED's underlying physiological problems, sex therapists employ proven therapies to provide relief from psychological issues contributing to ED. Physicians and sex therapists together provide positive outcomes for individuals struggling to achieve their desires for sexual intercourse and sexual intimacy.

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Perspectives From the Field

Intersection: An Art, Mental Health, & Social Justice Magazine by Russ Curtis

Artists often lead the way for social change with their music, painting, sculptures, designs, and other forms of expression that words fail to do. Perhaps this is because art entices curiosity, openness, and acceptance in a way that workshops, lectures, and books can't quite capture. Or maybe it's the beauty of work that opens neural pathways so that new ideas have a better chance of being understood. Regardless of the exact mechanism, Intersection magazine was created to increase people's curiosity about mental health and social justice advocacy in a unique format celebrating art, artist, mental health, and social justice. Furthermore, the creation of this magazine increases community by inviting collaboration among local artists, faculty, graduate students, and all of the wonderful agencies and schools supporting our students and our program. So, it is with gratitude, that I share our latest edition of Intersection: Art, Mental Health, & Social Justice Magazine. I hope you will make time to flip through this beautiful compilation of art and advocacy.

Flip through Intersection: An Art, Mental Health, & Social Justice Magazine
<https://fliphtml5.com/pdhbe/wpmb>

Russ Curtis, Ph.D., LCMHC is a full-time professor at Western Carolina University where he specializes in counseling techniques, assessment, positive psychotherapy, and psychopathy.

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Thanks for Reading!

Do you have a contribution for the
Carolina Counselor?

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

email Nicole Stargell at nccounselingassociationweb@gmail.com

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

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Carolina Counselor Editor



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

Carolina Counselor Assistant Editor



Vanessa Doran, MAEd, LCMHC, NCC currently works at Jodi Province Counseling Services, PLLC in Jefferson, 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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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>