

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

Winter 2024

Official Newsletter of the North Carolina
Counseling Association

Carolina Counselor



Official Newsletter of the NCCA

ANNOUNCEMENTS

2025 Annual Conference
February 27 - March 1

Counseling Compact in
Progress

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
Division New	7

2024-2025 Executive Officers

President: Kerri Legette
McCullough

President-Elect: Shanita Brown

President-Elect-Elect: Ashleigh Glover

Past President: Andrea Barbian

Secretary: Allison Fears

Treasurer: Keisha Grayson Rogers

Member-at-Large
Government Relations: Angela Brooks-Livingston

Member-at-Large: Rolanda Mitchell

Inside This Issue

Published December 2024

Branch News

- Nurturing Healing and Growth in Every Season
[Page 5](#)
- 2025 Annual NCCA Conference
[Page 6](#)

Division News

- *Winter Greetings from the Association for Child and Adolescent Counseling of North Carolina (ACAC-NC)*
[Page 7](#)

Thanks for Reading!

Please submit to the *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

Nurturing Healing and Growth in Every Season

Dear Valued Members of the North Carolina Counseling Association,

As we embrace this festive season, I extend heartfelt greetings to our diverse community of counseling professionals across the Tar Heel State. This time of year holds special meaning for people of various faiths, cultures, and traditions – from Christmas to Hanukkah, from Kwanzaa to the Winter Solstice, and many other meaningful observances that bring light to the darkest days of winter.

Throughout 2024, you have demonstrated unwavering dedication to supporting the mental health and well-being of North Carolinians from the mountains to the coast. Your commitment to serving our communities with compassion, cultural sensitivity, and professional excellence has made a profound difference in countless lives.

As we gather with loved ones to celebrate our respective traditions, let us also celebrate the strength of our professional community. Whether you're lighting candles, decorating trees, sharing meals, or simply enjoying quiet moments of reflection, may this season bring you peace, joy, and renewal.

Looking ahead to 2025, we remain committed to fostering an inclusive and supportive environment where all counseling professionals can thrive. May the coming year bring opportunities for growth, learning, and meaningful connection within our association.

To those working through the holidays, we acknowledge your sacrifice and dedication. To all our members, we wish you moments of rest, reflection, and rejuvenation during this special time of year.

Warmest wishes for a peaceful holiday season and a prosperous New Year,
Dr. Kerri McCullough & the NCCA Executive Board

Branch News

2025 Annual NCCA Conference



2025 Annual Conference | February 27 - March 1 | Charlotte, NC

Embassy Suites by Hilton Charlotte Concord Golf Resort & Spa

Empowering Counselors: Nurturing Holistic Wellness through Trauma-Informed Care

We are excited to announce that the North Carolina Counseling Association (NCCA) will be hosting the **Annual Conference in Charlotte, NC**, from February 27 to March 1, 2025.

This conference will be a fantastic opportunity for professional development, networking with peers, and engaging in inspiring sessions tailored for counseling professionals. We have an exciting lineup of speakers and workshops planned, and we can't wait to share more details with you soon.

Register [Here](https://n2ca.org/)

<https://n2ca.org/>

Division News

Winter Greetings from the Association for Child and Adolescent Counseling of North Carolina (ACAC-NC) *Page 1 of 2*

As we approach the close of another calendar year, this season offers a special opportunity to reflect on our collective journey and look ahead with hope and purpose. Our commitment to championing the mental health and well-being of children and adolescents remains at the heart of what we do.

A Year of Quiet Progress

Not all progress is loud, and this year has been a quiet but essential step in our journey. We've taken deliberate steps to re-establish our division, grow our membership, and build a foundation that will serve us well moving forward.

This year we:

- Organized a successful membership drive.
- Launched a sponsorship program for two students and/or new professionals to attend the annual conference.
- Are currently holding our biennial elections (elected and appointed Officers and Trustees to be announced in early January).

Dr. Amy Grybush is an Assistant Professor in the Department of Counseling at Wake Forest University and the President of ACAC-NC (2023-25). She is a Licensed Clinical Mental Health Counselor Associate, a Licensed NC Professional Educator (School Counselor), a National Certified Counselor, and is trained in Child-Centered Play Therapy. Her primary research interest is in trauma-informed approaches across treatment and teaching settings.



Division News

Winter Greetings from the Association for Child and Adolescent Counseling of North Carolina (ACAC-NC) *Page 2 of 2*

Looking Ahead

As we prepare for 2025, we're excited to share some upcoming initiatives:

- Look for us at the 2025 NCCA annual conference in Charlotte, "Empowering Counselors: Nurturing Holistic Wellness through Trauma-Informed Care", where division leaders will present on child and adolescent topics.
- New research for counselors working with diverse populations can be found on our website.
- Division webinar to be held in late Spring.

Your voice and involvement are what make our work impactful. If you're interested in contributing, please reach out—we'd love to hear from you!

grybusa@wfu.edu

Wishing You a Peaceful Holiday Season

On behalf of our board and leadership team, we extend warm wishes for a joyous and restful holiday season. We hope you find renewal and inspiration as we continue to advocate for the well-being of the young people in our care. Thank you for all you do to champion the mental health of children and adolescents. We look forward to continuing this important work with you in the year ahead.

With gratitude,
Amy Grybush
President, ACAC-NC

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*.

Submission Deadlines

Spring: February 28

Summer: May 31

Fall: August 31

Winter: November 30

Like us on Facebook!

www.facebook.com/

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

Follow NCCA on 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 a 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 co-Advisor for the Phi Sigma Chapter of Chi Sigma Iota. She is a member of the UNCP Institutional Review Board and the editorial board for *Teaching & Supervision in Counseling*.

Carolina Counselor Associate 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 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.

NCCA Board of Directors: <https://www.n2ca.org/board-of-directors>

Join NCCA: <https://n2ca.memberclicks.net/join>

The NC Counseling Association, a state branch of the American Counseling Association, represents professional counselors in various work settings.

Executive Director:
Jennifer Carlson
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>