



AGLBICNC NEWS

Spring 2021

**Official Newsletter of the Association for the
Gay, Lesbian, and Bisexual Issues in
Counseling of North Carolina**

AGLBICNC NEWS



Official Newsletter of AGLBICNC

ANNOUNCEMENTS

Stop by our virtual
AGLBICNC Booth at the
2021 NCCA Annual
Conference
February 24-27, 2021

VOTE on our division name
change!

*Be on the lookout for our
quarterly newsletter*

JOIN OUR MAILING LIST **[HERE](#)**

*Interested in being a
member?*

Reach out to

Michael.Spivey@lr.edu

Have a Contribution for the Newsletter?

Email your submission to:

Whitney.akers@uncp.edu

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2020-2021 Executive Officers

President: Michael Spivey

President-Elect: Rebekah Byrd

President-Elect-Elect: Whitney Akers

Past President:

Secretary:

Treasurer:

Social Media Coordinator:

Newsletter Editor: Whitney Akers

AGLBICNC News Sections

WELCOME:

Letter from our president

AGLBICNC Happenings:

News about the Association for Gay, Lesbian, and Bisexual Issues in Counseling of North Carolina

Upcoming Events:

Division news regarding continuing education, division events, and relevant opportunities

Legislative News:

State and national legislative and policy changes directly affecting LGBTGEQIAP+ populations and counselors serving LGBTGEQIAP+ identified clients (no longer than 500 words)

Advocacy & Social Justice:

Exploration of advocacy, social justice, and liberatory approaches pertaining to intersectional LGBTGEQIAP+ populations (no longer than 1000 words)

Clinical Practice:

Counselor educator, counselor supervisor, clinical counselor, and counselors-in-training perspectives on professional and ethical issues related to counseling LGBTGEQIAP+ clients (no longer than 1000 words)

Radical Self-Care:

Resources to enhance counselor and client self-care and wellness and offerings of self-compassion (no longer than 1000 words)

Outstanding AGLBICNC Members:

Get to know your AGLBICNC community! We will showcase nominated or self-nominated AGLBICNC for their work serving LGBTGEQIAP+ communities! Please submit contact information and a photo of the nominee, a short summary of the member's accomplishments (no longer than 200 words).

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WELCOME

Who We Are

AGLBICNC is a division of NCCA designed to provide information, resources and advocacy for the LGBTGEQIAP+ individuals we serve. We are a community of counselors, students, and other professionals dedicated to increasing awareness of LGBTGEQIAP+ issues and advocating for and with our LGBTGEQIAP+ clients. If interested in becoming more involved with the chapter, please do not hesitate to [reach out!](#)

Letter from Our President *Michael Spivey*

Greetings to each of you,

I wanted to provide everyone with an update on some exciting news about the AGLBICNC Division of NCCA.

One of our goals over the last year and a half has been to review our existing by-laws and to update our division name to honor and increase inclusivity of the many identities that make up our community. As we began to explore what the by-law and name change process would look like, we learned of a similar effort at the ACA national division level (ALGBTIC). In May of 2020, after two years of planning and discussions, it was announced that ACA approved the name change at the national level in April 2020. This change was a direct response to the changing field and terminology as well as input from members through both formal and informal processes. For more information about these updates, please visit the new SAIGE website: <https://saigecounseling.org/>.

The official name of the national division is now: **Society for Sexual, Affectional, Intersex, and Gender Expansive Identities (SAIGE)**. The overall vision of SAIGE is “a world where LGBTGEQIAP+ people are respected, celebrated, and experience belonging”. The goal of the updated name is to be even more inclusive of all identities, and (continued on next page)

<https://nccounselingassociation.org/ncca-divisions/algbicnc/>

WELCOME

Letter from Our President

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to acknowledge that we all continue to grow and evolve as a community. For more information, take a look at the article in this newsletter about the updated initialism (LGBTGEQIAP+) that was also adopted by SAIGE.

We are now in a position, at the state level, to move forward once again with updating our by-laws and state division name to align with the national division. We have until June 2022 to complete this change. However, I would like to set the goal of completing our by-law updates, obtaining the proper approval (at both the state and national levels), and officially rolling out our new division name and goals by July 2021. A small group of volunteers has already started work on this effort. The initial review of our existing by-laws has been completed. Now, we are in the process, with guidance from the national SAIGE division, of starting to draft our updated by-laws. If you would like to volunteer to support us in this effort, please email me at michael.spivey@lr.edu. We are always looking for dedicated volunteers to assist with this and other division efforts.

Another part of the process is to determine our new division name. Two suggestions, based on input from the national division are: 1) NC SAIGE and 2) SAIGE NC. Click on the link to [vote on your new division name](#). We will announce the winner by April 1, 2021.

Look for other upcoming events:

- ♦ March 19, from 1:00- 3:00pm – Webinar: ***Every Rose Has its Thorn: Multicultural Counseling Ethics***. This webinar is the third in a series of three webinars sponsored by NACMCD and AGLBICNC Divisions. See more information in the newsletter about

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WELCOME

Letter from Our President

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registration link. It is a great way to earn 2 CE credits.

- ♦ Officer Elections – we need to fill out several positions that remain open. If you are interested in an officer position, or serving as our quarterly newsletter editor you can let me know directly (michael.spivey@lr.edu). More information will be sent later in the spring on this effort. Our goal is to have elections held and the remaining offices filled by July 1, 2021.
- ♦ Publishing of a quarterly newsletter
- ♦ Member survey – to obtain member feedback about ways this division can be more active going forward

Warm regards,

Michael S. Spivey
President, AGLBICNC Division

AGLBICNC Happenings

AGLBICNC Name Change Coming Soon!

AGLBICNC will change our division name to better honor our diverse communities and align with our national organization's new name.

SAIGE History

In April 2020, our national organization changed their name from the Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling (ALGBTIC) to the **Society of Sexual, Affectional, Intersex, and Gender Expansive Identities (SAIGE)** in an intentional effort to honor and increase inclusivity of the many diverse identities within our communities. Specifically, SAIGE's name change is a marker of the commitment to be more inclusive of non-binary, gender expansive, and asexual identities, enhancing visibility of our members' and clients' diverse sexual, affectional, intersex, and trans identities.

**We want
your
input!**



**SAIGE NC
OR
NC SAIGE**

Please [follow this link](https://nccounselingassociation.org/ncca-divisions/algbicnc/) to vote for our division's new name.

<https://nccounselingassociation.org/ncca-divisions/algbicnc/>

Upcoming Events

2021 AGLBICNC Continuing Education Session **Friday, March 19, 2021** **1:00 pm – 3:00 pm**

2020-2021 Continuing Education Sessions
Sponsored by NCAMCD and AGLBICNC Divisions

Free for NCCA Members; \$30.00 per session for non-members
Session counts for 2 clock hours

Every Rose Has its Thorn: Multicultural Counseling Ethics

This training is intended to educate counselors on multicultural counseling and ethics.

Trainer will review the American Counseling Association Code of Ethics, and specific codes regarding being culturally competent and working with scope of practice. Trainer will provide a variety of resources for those who attend this training. These resources will include articles, websites, and specific authors to consult with questions regarding ethics. Trainer will also provide time for questions.

[Register Here for March 19](#)

Presenter: Angela Brooks-Livingston, MA, NCC, LCMHCS, LCAS, CSI owns a private practice in North Wilkesboro, NC. She served clients in community mental health for 8 years as an intensive in-home team lead, outpatient therapist, and associate center director. She has been involved in NCCA since she was a graduate student in 2009, and served as the 2016-2017 President. She teaches adjunct in the Human Development and Psychological Counseling Department at Appalachian State University, and serves as a practitioner instructor at Wake Forest University. Angela enjoys working with children, adolescents, and families with a variety of mental health symptoms and substance use issues, with her specialty being working with gender expansive clients. Angela is also trained in Dialectical Behavioral Therapy, and is keen on working with clients who struggle with borderline personality disorder. She practices soul-care by camping and hiking with her partner, son, and dog, crocheting, watching British television, practicing Julia Child recipes, and listening to 80s hairbands.

Questions? Contact Angela Brooks-Livingston at angelabrookslivingston@gmail.com

<https://nccounselingassociation.org/ncca-divisions/algbicnc/>

Upcoming Events

2021 AGLBICNC Continuing Education Sessions **Previous Session Recordings**

2020-2021 Continuing Education Sessions **Sponsored by NCAMCD and AGLBICNC Divisions**

Friday, January 22, 2021 10:00 AM – 12:00 PM

Blasting the Binary: Working with Gender Expansive Clients

This training is intended to educate counselors on the specific needs related to clients who identify as gender expansive, with particular focus on pronoun usage, terms of identification, triggers for substance use, intersectionality of identities, specific interventions for clinicians, and options for those clients who want to pursue medical transitioning. Trainer will provide a variety of resources for those who attend this training. These resources will include articles, websites, specific authors, and checklist for components necessary for medical transitioning. Trainer will also provide time for questions.

[View Session Recording Here](https://nccounselingassociation.org/ncca-divisions/algbicnc/)

Upcoming Events

2021 AGLBICNC Booth at NCCA

Stop by Our Virtual Booth!

Our booth will be open throughout the course of the conference, February 24th—February 27th. We would love to see you!

2021-2022 Officer Elections

AGLBICNC will hold elections for open officer positions. Please feel free to nominate yourself by emailing Michael.spivey@lr.edu. Nominations open March 1, 2021 and close April 15, 2021. Election results will be finalized by June 1, 2021. Terms will begin July 21, 2021.

Position Descriptions

Secretary: Serve as a member of the Executive Council (EC); Perform the duties customary to the office and such additional duties as directed by the EC; Preside at meetings of the EC in the absence of the President; Keep record of the proceedings of the EC.

Treasurer: Serve as a member of the EC; Represent AGLBICNC in assuring receipt and expenditures of funds in accordance with the directives established by the EC; Assist in preparation of budgets for AGLBICNC, its committees, and its publications; Recommend to the EC any needed modifications to procedures in managing fiscal affairs; Submit written financial reports to the EC at any regular meeting.

Social Media Coordinator: Coordinate updates with Facebook, Instagram, and other Social Media platforms.

<https://nccounselingassociation.org/ncca-divisions/algbicnc/>

Advocacy & Social Justice

LGBTGEQIAP+: A Note on Initialism

From Our National Division

LGBTGEQIAP+

In an effort to make the initialism inclusive of multiple identities and to be stated with increased ease, rather than add repeated letters, we have included multiple identities within each letter. With the recognition that no abbreviation of our communities' identities are perfect, this is not intended to disrespect any identity, but rather to provide the most inclusive initialism as a starting point to discuss and advocate for our shared communities' identities and rights and our individual identities.

- L = Lesbian
- G = Gay
- B = Bisexual
- T = Trans, Transgender; & Two-Spirit (2S; Native Identity)
- GE = Gender Expansive
- Q = Queer; & Questioning
- I = Intersex
- A = Agender; Asexual & Aromantic
- P = Pansexual; Pan/Polygender; & Poly Relationship Systems
- + = We continue to be inclusive of other related identities by being committed to ever-expanding, learning, & growing the acronym and our understanding of these identities

Source:

Society for Sexual, Affectional, Intersex, & Gender Expansive Identities (2021, February 23). *Initialism*. Society for Sexual, Affectional, Intersex, and Gender Expansive Identities: Counselors and Related Professionals Serving Sexual, Affectional, Intersex, and Gender Expansive Communities.

<https://saigecounseling.org/initialism/>

<https://nccounselingassociation.org/ncca-divisions/algbicnc/>

RADICAL SELF-CARE

Self-Care as Social Justice

Whitney Akers

As clinicians, advocates, and activists striving for the radical affirmation and liberation of intersectional LGBTGEQIAP+ communities, we often find ourselves fueled by the need for systemic change, inspired by the movements of our elders who have made our liberation imaginable, and driven to direct action to eradicate systems of oppression and violence. Many of us engage in social justice work, because we identify within LGBTGEQIAP+ communities, or we care for our families, friends, or clients who identify as LGBTGEQAIP+, or we have a vision for an existence defined by empowerment and thriving, not merely surviving. Many of us, whether we are in our counselor chairs or taking to the streets, cannot imagine a world in which we don't engage our hearts, minds, bodies, and spirits in this work.

Though social action and social justice work can be deeply energizing, we also must recognize the potential to experience simultaneous exhaustion, pain, and trauma. Just as we engage in radical social justice work, we must also engage in radical self-care. Researchers have identified unique challenges within social justice organizing that can increase our susceptibility to burnout (Chen & Gorski, 2015). Without taking the time to nourish our minds, bodies, hearts, and spirits, we may internalize and hold unexplored emotional, physical, mental, spiritual, and community pain, and we inch closer to burnout.

Whitney Akers, PhD, LCMHC, NCC, ACS is an Assistant Professor and the Clinical Mental Health Counseling Program Director at UNC-Pembroke. They are also in private practice in Greensboro, NC, serving intersectional LGBTGEQIAP+ clients. Whitney incorporates their yoga teacher training into work with activists and advocates to enhance self-care and energy in the pursuit of social justice and community change.

Contact: whitney.akers@uncp.edu

RADICAL SELF-CARE

Healing Our Communities, Healing Ourselves: Self-Care in Social Justice Work

Whitney Akers

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In each newsletter, we hope to address the importance of self-care within our communities through sharing related and relevant articles, research, and practices. There are infinite ways in which we can care for ourselves, balancing the energy of our social justice work and our holistic wellness.

Personally, I dedicate time each week to a healing yoga practice, outdoor walks with my mischievous puppy and incredible partner, cooking a delicious Italian or Puerto Rican family recipe, and engaging in a constant practice of grounding gratitude.

In the following pages, I want to share a few pictures from my last year's spring garden and a couple of self-care offerings that might give you a moment to breathe deeply, connect inward, and step into rejuvenation.

Reference

Chen, C. W., & Gorski, P. C. (2015). Burnout in social justice and human rights activists: Symptoms, causes and implications. *Journal of Human Rights Practice*, 7(3), 366-390. <https://doi.org/10.1093/jhuman/huv011>



RADICAL SELF-CARE

Healing Our Communities, Healing Ourselves: Self-Care in Social Justice Work

Whitney Akers

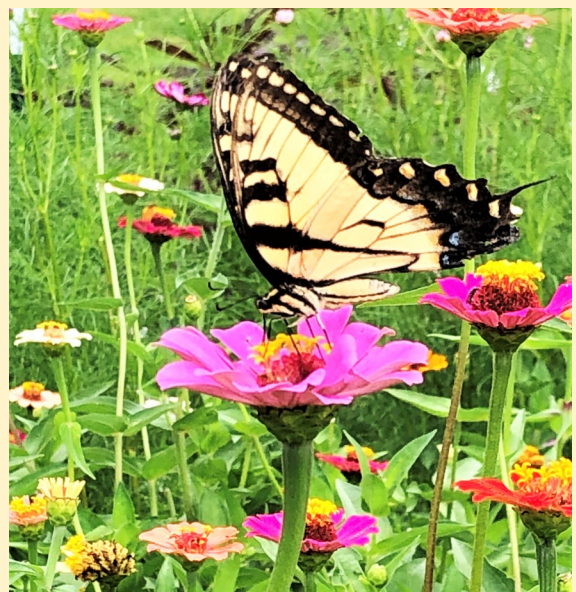
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Grounding in Spring

As the seasons shift and the trees shake off the last frost of winter, the first signs of spring emerge. Animals awaken from their slumber, bird songs again float along the breeze, and tiny blades of grass gently push through the soil, stretching toward the sun's new warmth.

Let's join the incoming spring and find a comfortable way to sit or lay outdoors or beside a warm window. If sitting, plant your feet flat on the ground, elongate your spine, and drop your shoulders away from your ears. If laying on the back, allow gravity to create a bit of weight in the body as you feel your body supported by the ground beneath you. As you feel the lengthening in your spine and neck, release your jaw, place one hand, palm down on your belly, and one hand palm down on your heart. Inhale deeply through your nose, filling your belly completely with air. You will notice as the breath fills your belly, your hand is moved by the expansion. As you release the breath through the nose, feel the hand fall as your belly contracts.

Be mindful of the way your body is fully supported by the chair or ground, the feel of the chair or ground on the back if your legs and your back, and the stability and rootedness of each part of your body that is connected to the ground beneath you. Bring your awareness to the sounds, smells, and temperature of the air. Allow your body to soften as you breathe. Repeat this deep inhale and full contracting exhale as often as you need to feel grounded, quiet, and present.



RADICAL SELF-CARE

Healing Our Communities, Healing Ourselves: Self-Care in Social Justice Work

Whitney Akers

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Breath and Movement

1. Throughout your day, when you feel the need for a deep, cleansing release, stand or sit, planting your feet firmly on the ground, and breathe in through the nose as you sweep your arms above your head. Feel the spine lengthen as the arms float upward.

2. On your exhale, vigorously release the breath through the mouth adding a “ha” sound. As you feel the bellybutton pulling into the spine, fold your body at the waist, maintaining a flat back, bringing your head below your heart, and dangling your fingers toward the ground. If seated drape your upper body and belly over your thighs, feeling your thighs support your body. If standing, gently bend at the knees to allow there to be contact between the thighs and belly, protecting the back, and easing into the stretch.

3. Slowly return to standing upright by inhaling deeply while rolling up vertebrae by vertebrae, allowing your neck and head to remain relaxed and heavy until each vertebrae stacks and your spine becomes long and upright. As you roll upward, gently sweep the arms outward and upward as your body lengthens toward the sky, reaching the fullest point of your inhale as your body reaches its fullest point of extension upward.

4. Repeat this breath and movement exercise as until you feel cleansed, open, and rejuvenated. On your final round, bring your hands to your heart center, palms together to ground you in the energy you created.



<https://nccounselingassociation.org/ncca-divisions/algbicnc/>

Submit to AGLBICNC News!

Do you have a contribution for
AGLBICNC News?
Would you like to discuss a potential idea for this
newsletter?

email Whitney Akers at whitney.akers@uncp.edu

Submissions for the Summer Newsletter due by May 1, 2021

AGLBICNC membership is required for all contributing authors.

Would you like to recognize an outstanding
AGLBICNC member?

Please send a picture and bio describing their
contributions to LGBTQEQIAP+ communities! Self-
nominations accepted.

email Whitney Akers at whitney.akers@uncp.edu

Submissions for the Summer Newsletter due by May 1, 2021

AGLBICNC membership is required for all nominees

AGLBICNC News Editor



Dr. Whitney P. Akers PhD, LCMHC, NCC, ACS (she/they) is an Assistant Professor in the Department of Counseling and the Director of the Clinical Mental Health Counseling Program at the University of North Carolina at Pembroke. Dr. Akers' clinical and research interests center on the ways in which people who identify as LGBTGEQIAP+ experience outness, how intersections of queerness and race, class, ability, spirituality, and ethnicity influence mental health and wellness, and how these intersectional lived-experiences are impacted by the current sociopolitical climate in terms of access, perceived levels of safety, and identity pride. Dr. Akers serves as a member on the SAIGE Research and Scholarship Committee, a mentor in the SAIGE Emerging Leader Program, a reviewer for the Journal of LGBT Issues in Counseling, and the Vice President for NCAOCA.



Thank you for reading!