

Interaction

ASERVIC

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President's Address Cheri Smith

ASERVIC "creates an environment that empowers and enables the expression, exploration, development, and research of evolving spiritual, ethical and religious values as they relate to the person, to society, and to the profession of counseling and human development" (ASERVIC Leadership Handbook, p.26). The environment our vision statement describes was illustrated during the ASERVIC activities at the ACA Conference in Montreal. The highlights included:

Board Meeting

Chris Favier provided our opening meditation. We had the chance to visit with Richard Belkin, co-chair of the ACA Jewish Interest Network. Bryce Hagedorn, co-chair of the Spirituality Committee, will be working with Richard to explore opportunities to work together in the future. Sandra Pollock and Jennifer Curry, Graduate Students at the University of Central Florida, shared preliminary research results in the area of religious values and spirituality. Faith Okerson, Media chairperson, shared with the board avenues the Media Committee and Membership Committee are pursuing to survey ASERVIC members to ensure that the interests of the ASERVIC members are addressed. Craig Cashwell gave his final report as our CACREP Representative. Scott Young brought the board up to date with the work of the ACA Governing Council. With the help of our webmaster, Darlene Daneker, we discussed ways to have the state divisions use the web site as a resource. Other reports received reflected the hard work of the journal editor, newsletter editor, State Divisions Chair, the Awards chairperson and the Ethics Committee, to name few. My thanks to all of the board members and committee chairpersons. It is inspiring to see the work that goes on throughout the year.

Town Meeting

Mike Robinson, President-elect, facilitated the Town Meeting. The geographical representation was wonderful – individuals from various regions of the country attended and shared some helpful insights and



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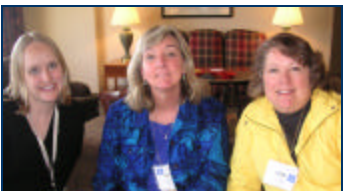
Town Hall Meeting participants



Poster session with UCF Graduate Students Sandra Pollock (L) and Jennifer Curry (R).



Past Presidents' Meeting: pictured left to right are Ken Anich, Mary Finn Maples, Allen Weber, Tracey Robert, Craig Cashwell, and Fannie Cooley.



State Presidents' Meeting: pictured left to right are Kelly Brooks, NM; Sarah Lynch, CO; and Susan Leyster, WA.

suggestions.

Luncheon

Our speakers representing Louisiana ASERVIC, Devonne Reese and Diana Hetzler, provided personal perspectives as they shared the impact of Hurricane Katrina and the lessons they learned. It was a powerful message and one that helped us to continue to remember that for those impacted by Katrina each day is "the day after the hurricane". Shannon Ray, Awards Chairperson, along with Tracey Robert, Past-President, presented awards at the luncheon. My congratulations to all of the recipients. (See following article).

Graduate Students

Grant Hayes hosted a meeting for Graduate Students with Rachel Collins, our graduate student representative. At the national level Mike Robinson is well aware of the important role these future counselors play and I look forward to seeing participation from graduate students in a variety of roles in the future.

Catholic Mass/Interfaith Service

Allen Weber helped inspire those of us who got up early to make a 7am mass after turning back our clocks for the time change. At the Interfaith Service Bryce Hagedorn provided a service that enabled all of us to share communion made from a broken clay pot. It was a wonderfully unique way to look at embracing our brokenness and explore our search for completeness.

ASERVIC Sponsored Educational Session

Leila Roach, Carol Fournier, Faith Okerson, Darlene Daneker, Lisa Jackson - Cherry, and Mike Robinson shared the past and present role of ASERVIC with regard to ACA's new ethical guidelines during an ASERVIC sponsored educational session. We also had an ASERVIC impact during the 4 pm poster session time slot when three of our sessions were scheduled side by side. My thanks to all of the individuals who presented ASERVIC sponsored programs.

Past-Presidents' Meeting

Fannie Cooley hosted a meeting of ASERVIC Past –Presidents attended by Tracey Robert, Ken Anich, Allen Weber, Mary Finn Maples, Craig S. Cashwell and myself. We discussed contributions made to the association during our year as President and ideas for future activities.

State Presidents' Meeting

State Presidents at the convention included: Sarah Lynch, Colorado; Gerri Miller, North Carolina; Lisa May, Pennsylvania; Kelly Brooks, New Mexico and Susan Leyster, Washington State. During the State Presidents meeting it was exciting to hear about the activities at the state level and all of the future plans.

Joint Reception

The ASERVIC activities ended with a joint reception with AADA, ASGW, CAHEAD and CSJ.



ASERVIC Booth, staffed by Mary Harding, booth coordinator (L), and volunteers.



Denny Engels (R) receives the Meritorious Service Award from ASERVIC Past-President, Tracey Robert (L).



Devonne Reese (L) and Diana Hertzler (R), both from Louisiana, receive Humanitarian Award and State Branch Award from Shannon Ray (C), ASERVIC Awards Chair.

Convention Coordination

My thanks to Amanda Baden, our Convention Chair, and Mary Harding, our Booth Coordinator, for everything they did to make the ASERVIC convention activities such a success and to help all of us experience the ASERVIC vision.

ASERVIC Awards Given at the ACA Conference Shannon Ray

Meritorious Service Award

The Meritorious Service Award was presented to Dr. Denny Engels. This award is for an ASERVIC member (of at least 3 years) who has demonstrated significant service to the field of counseling and values in areas related to concerns of a spiritual and/or humanitarian nature, as well as someone who promotes the ideals, values, and programs of ASERVIC.

Humanitarian Award

The Humanitarian Award went to Louisiana ASERVIC for their active involvement in assisting those affected by Hurricane Katrina, especially since many of them were personally affected as well.

State Division Award

The State Division Award also went to Louisiana ASERVIC for the same reasons outlined above in addition to their ongoing work in helping community members in need.

Outgoing ASERVIC President Award

The Outgoing ASERVIC President Award went to Dr. Tracy Robert for her service to the organization.

Outgoing ASERVIC Board Members

The Outgoing ASERVIC Board Members Awards went to Fannie Cooley, Michele Briggs, and Ken Knapp for their service to the organization.

Incoming ASERVIC President Award

The Incoming ASERVIC President Award is a gavel and block that went to Dr. Mike Robinson honoring his previous and impending service to the organization.

The Biggs-Pine Award

The Biggs-Pine Award, for an outstanding article published in the ASERVIC journal, *Counseling and Values*, went to Christine Yeh, Robert Carte, & Alex Pieterse for their article "Cultural Values and Racial Identity Attitudes among Asian American Students: An Exploratory Analysis".

Shannon Ray, Ph.D., LMHC, NCC, Awards Chair, is an Instructor in the Counselor Education College of Education at the University of Central Florida. She can be reached at 407/823-3657 or sray@mail.ucf.edu

We're on the Web!
www.aservic.org

Best Practices: Therapeutic Breathwork in Counseling

J. Morningstar

Over the past 30 years, there has been an explosion in the blending of ancient breathing techniques for health and awareness with contemporary therapeutic practices. The result has been the evolution of powerful and incisive healing and consciousness changing modalities. This has given birth to the field of breathwork which has promoted significant advances in medical, psychological and spiritual domains.

As one of the newly emerging tools of complementary medicine, breathwork has the daunting yet highly exciting task of blending the old and the new for the purpose of creating something better than either in isolation. There are many and varied schools of using breath therapeutically. I am referring in this article to the schools that have emerged in the past three decades which train practitioners to work directly with the breathing patterns of clients to help them more consciously achieve and sustain physical, emotional, mental, and spiritual well-being.

Breathwork reinforces a new paradigm in the field of professional counseling - whole brain learning. It bridges both brain hemispheres and accesses functions of brain stem, limbic system and cerebral cortex. It thereby reaches deeper levels of human motivation and behavioral control. Incorporating breathwork into counseling takes us to the intersection of science and art. We can assist appropriate clients to learn organically, not just with their rational thinking. Issues of addiction, for example, require a profound shift in values and motivation that must be learned experientially, espoused organically (not just intellectually) and reinforced environmentally for healthy change to be enduring (Rajski, *International Journal for the Advancement of Counseling*, 24 (2): 2002).

We no longer live in a world of Newtonian physics, black and white thinking nor do our clients. Treatment that accesses the male/female, right/left, intuitive/logical is not just interesting. At this point it is necessary to help restore wholeness to today's clientele.

Traditional and contemporary uses of breathwork in healing arts

Breathing practices such as yoga and Taoist techniques have been used in the Orient for centuries, not just for health maintenance but for diagnosis and cure. Off-shoots have been used in Western medicine for child birth (Lamaze Technique), pain control (hypnosis), and asthma relief (Buteyko Method).

Psychotherapeutic application

More recently breathwork has been used to treat panic attacks, anxiety and a variety of mental health disorders and emotional trauma not reached by more cognitive therapies. Chronic tension is at times not relieved, but only temporarily masked by medications. Breathwork is a



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Best Practices (Continued)

tool that helps reach underlying limiting beliefs and habitual behaviors held in place by negative conditioning.

Practitioners may learn to teach both diaphragmatic (belly oriented) and costal (heart centered) techniques to access either the parasympathetic or the sympathetic nervous system for particular healing effects.

Breathwork gives counselors both personally and professionally: 1) a technique for relieving stress, 2) a parameter for daily self care level, 3) a doorway to spiritual awakening, and 4) an adjunct to counseling to assist clients in relief from both acute and chronic emotional and psychological pain and in maintenance of more balanced lifestyles.

A breathwork session

A breathwork session typically involves 10 minutes to 50 minutes of clinical interview and issue definition and then approximately fifty minutes to an hour of concentrated connected breathing that works on the levels of body, emotion, mind and spirit.

Body

Learning how to sustain a relaxed yet full breathing rhythm through whatever tension that arises in the body is a precious gift. Chronic holding patterns in muscle as well as connective tissue can be released without exterior manipulation. Once this is learned, a life-long method of tension relief is attained. This is an art form and not a mechanical process. One can be taught body reading techniques but must also sense the right breathing pattern for the appropriate circumstances. Like any skill, it develops with practice.

Mind

Holding patterns in the body reflect continual messages of protection (fight/flight/freeze responses) from the brain. If our beliefs are such that we see ourselves as unsafe in our body and our world, our body will respond accordingly. In counseling we are looking for more than temporary relaxation states, but a more enduring sense of inner harmony, which leads to more resourcefulness in dealing with life challenges. Core beliefs are ferreted out and more functional beliefs are paired with new states that the client is trained to access. Tools for working with belief systems and anchoring them with physiological sensations are practiced. They are individually developed tools for the reconstruction of a new consciousness and provide a daily reinforcement of a new level of enjoyment in life.

Emotions

Every family teaches its members by example which forms of emotional expression are acceptable and which are not. This becomes so ingrained that to change this patterning is beyond the normal range of skills even though the effects may be restrictive or dysfunctional.

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Best Practices (Continued)

Working directly with the emotion centers of the brain is outside most conscious awareness. Messages to these areas, however, can be altered and the healthy range of expression expanded. The breathwork session provides an arena for more than release, it links positive states with client directed breathing.

Spirit

Breathwork's underlying philosophy is that the key to change is accepting active responsibility for one's life and having one's spirit in the driver's seat instead of past conditioning. This is not a process of speculation and philosophizing, but rather of direct experience. Counselors don't dictate spiritual truths to clients. Clients come to know them directly by virtue of their courage to go past fears and self doubts.

Cycle of Breath

A breathwork session often involves: 1) a beginning in which one experiments and discovers how to sustain a connected full rhythm, 2) a middle period of building an energetic charge to a point of release, and 3) an ending period during which the released energy is grounded and suggestions for application are integrated.

Breath and Energy Releases

Holding patterns in the breath mechanism frequently date back to early life up to and including birth. Some people have somatic memories of their birth and the fear that generated their holding. But these memories are not necessary to the release process. There is a distinct difference in the ease and pleasure of the breath after the moment of breath release. This is most often followed by an energy release felt throughout the body. The physical sensations of this vary with individuals and relate to dissolution of their chronic areas of suppression.

Breathwork Training for Counselors

Use of breathwork in counseling requires the skill and sensitivity of a trained counselor who has gone through the process of learning the breathwork technique. Breathwork can induce mild trance or non ordinary states of consciousness. With the direction of an adept therapist, clients can access material that might take them years to reveal (if ever) with traditional talk modalities. This requires the therapist to be conversant with such states, how to use the material (memories, emotions, physical sensations) and how to assist clients to integrate and sustain insight and behavioral change. Stanislov Grof, M.D. (Psychology of the Future, 2000) has enumerated categories of experiences that may arise in non ordinary states through breathwork as: 1) Sensory experiences and motor manifestations which may include tightness, pain, numbness, tingling, temperature fluctuation and even tetany. 2) Biographical experiences of events that have happened to us from birth to the present time both positive and negative, releasing traumas of omission and commission, grieving. This reliving is more than just remembering. 3) Perinatal experiences from the fetal

Newsletter Dead- lines

We are always interested in articles or information dealing with Ethics, Spirituality, or Religion in Counseling. Please submit any items you may have to the Interaction Editor by e mail at impactcounseling@hotmail.com or by fax at 248/473-0493 by the following deadlines:

Sept. 15, 2005 -
Oct - Dec, 05 Issue

Nov. 15, 2005 -
Jan - Mar, 06 Issue

Feb. 15, 2006 -
Apr - June, 06 Issue

May 15, 2006 -
July - Sept, 06 Issue



Best Practices (Continued)

experiences during gestation and pregnancy, through the birth process, to the experiences immediately after birth. And 4) Transpersonal experiences which can take us beyond our bodies and our own personal (ego) identities. These could include conception, unity, out of body experiences, merging with other forms of life, becoming one with elements, other levels of existence, communication with an archetype, yogic sleep states.

Ethical Concerns

As with any new tool, breathwork can be used well or misused. Counseling opens participants to very vulnerable states. Adding the component of a non ordinary state of consciousness increases the necessity of clear ethical boundaries and competent training. Fortunately several schools of breathwork have addressed this in training of counselors (Taylor and Kornfield, Ethics of Caring, 1995). An international alliance of breathwork schools and trainings have begun to create agreed upon principles, ethics and training standards for professional breathworkers <<http://breathworkalliance.org>>. Differential diagnosis is also important in knowing what clients are appropriate for such intervention (Morningstar, "Breathwork-Therapy of choice for whom?", The Spirit of Breathwork, 2001). And peer review journals are needed to collate the growing body of literature in this field (e.g., The Healing Breath: <http://www.healingbreathjournal.org>). Professionals from varied domains have used breathwork training to enhance their healing skills. Some of the disciplines incorporating breathwork include psychotherapists, occupational and physical therapists, nurses, physicians, dentists, massage therapists and other body and energy workers. Each discipline must monitor the ethical use of the breathwork techniques according to its acceptable standards of practice. Not every counselor is going to want to incorporate breathwork as an adjunct to his or her counseling practice. Nor will every counselor be attracted to use breathwork for her or his own well being and self care. This is as it should be in a pluralistic society. But every counselor and every client breathes. The breathing patterns of a counselor as well as a client tells a great deal about their moment by moment state of ease and resourcefulness in their lives. The growing field of breathwork is contributing valuable data to the conscious and therapeutic use of this simple yet powerful tool we all have right under our nose.

Resources

The International Breathwork Training Alliance <<http://breathworkalliance.org>> is helping to set standards for professional breathwork and also has a list of resources for literature and research. *Jim Morningstar, Ph.D. is director of Transformations Incorporated, the School of Spiritual Psychology, the Transformations Breathwork Training Program and Continuing Education for Professionals in Milwaukee, WI*

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IABMCP Diplomate Status

The International Academy of Behavioral Medicine, Counseling, and Psychotherapy, Inc. (IABMCP) is an international multi-disciplinary organization dedicated to the recognition and pursuit of professional excellence throughout the world. The Academy offers Diplomate Status to qualified professionals in the following four areas: Behavioral Medicine, Professional Psychotherapy, Professional Counseling, and Chemical Dependency Counseling. Requirements for IABMCP Diplomate Status are quite rigorous and include an appropriate advanced degree, licensing/certification at the highest level, a minimum of five years of post-graduate experience, at least 7500 hours of clinical practice, and a history of professional excellence.

There is a Restricted Grandfather Period currently in effect during which qualified candidates may apply for IABMCP Diplomate Status without examination. The Academy is extremely proud of the fact that its Roster of Diplomates -- past and present -- has included many internationally prominent authorities representing many different professions and treatment approaches -- e.g., William Glasser, Nathaniel Branden, Joseph Wolpe, James Masterson, Arnold Lazarus, Deepak Chopra, Albert Ellis, Ashok Pai, Bonnie Strickland, G. Alan Marlatt, Cesare de Silvestri, Joanne T. Jozefowski, Ahmed Okasha, Lily Rosqueta Rosales, Wu-tien Wu, Charles Spielberger, Maxie Maultsby, Harold Greenwald, Erika Fromm, William Masters, Hans J. Eysenck, and many others.

For more information, e-mail IABMCP@att.net.



PA Association for
Spiritual, Ethical
and Religious Values
in Counseling



*Integrating
Spirituality*

May 2006

Pennsylvania ASERVIC Retreat

Pennsylvania ASERVIC holds an annual retreat to provide members and other interested persons a chance to connect, expand awareness, receive support and rejuvenate the spirit. This year's retreat will be May 19-21, 2006 at Mountain Dale Farms, Beaver Springs, PA (mountaindale@mountaindale.net). Contact Joanna Castro Shaffer, MS, NCC, LPC, PASERVIC President at adadelbosque@msn.com.

The retreat will feature breakout sessions on Effortless Meditation, Convergence of LGBT and Spirituality, Intro to Reflexology, The Dream Retreat, Drumming, and Applied Kinesiology.

Participants will also be able to share meals, walk in the woods, and earn CEU credits.

06-07 ASERVIC Election Results

President-elect-elect

Michele Kielty Briggs

Governing Council Representative

J. Scott Young

Board of Director Members

H. Ray Wooten, Holly Hartwig Moorhead, Marsha Wiggins-Frame and Marie F. Shoffner.

Our thanks to all of them for their willingness to serve in a leadership role for ASERVIC.

Membership Report

Of our 1388 members, here's the breakdown of membership type:

- ▶ New professional ~ 62
- ▶ Professional ~ 780
- ▶ Regular ~ 33
- ▶ Retired ~ 71
- ▶ Student ~ 441
- ▶ Division only ~ 1

Call for Article Proposals *c. Sink*

Counseling and Values, the ASERVIC Journal, invites proposals for articles to be published in a special issue of our journal. This special issue will focus on the relationship between philosophy and counseling, with particular emphasis on values. Proposals should include the following: (a) author(s) and contact information, (b) proposal title, (c) aims of article, and (d) a 500-600 word summary.

Proposals should be attached to an email in Microsoft Word format and sent by no later than May 30, 2006 to the special issue editor: James T. Hansen, Ph.D., Oakland University, Department of Counseling, Rochester, MI. If you have any questions you may phone him at (248) 370-3071 or e-mail to Jthansen@oakland.edu.



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