



INTERACTION

INSIDE THIS ISSUE

President's Address	1-2
2019 ASERVIC Conference	2
Spirituality in the Field	3-4
Upcoming Webinars	4
ASERVIC Events at ACA	5-6
New Member Spotlight	7
Submission Requests	8



President's Address

Dr. Leila Roach

Greetings ASERVIC Friends, Welcome to the Winter 2019 edition of Interaction. I write this column in the middle of a partial government shutdown during which two sides seem unable to come together and compromise about important issues, even when they fundamentally agree that something needs to change. Of course I'm referring to immigration and the debate about protecting our borders. What seems to propel these differences as we become more and more polarized as a country, as communities, and even within our own families? In the midst of pondering these questions and preparing for the semester, one of my dearest friends, Susan, came to Florida for a visit. She was in the midst of preparing a presentation based on a book that I had read a few years back, *The Righteous Mind: Why Good People are Divided by Politics and Religion* by Jonathan Haidt. At the time, the book radically changed how I saw others with differing viewpoints, and my conversations with Susan re-ignited this interest. Haidt provides in-depth research and discussions on the origins of morality and how moral systems play out in our day-to-day lives. He suggests that rather than using reason to reach moral conclusions, people actually have moral intuitions first and attempt to use reason to justify them. He asks us to imagine an elephant and a rider. Human beings believe that we, the rider, control the elephant when in reality, the elephant (everything that is out of our awareness in making decisions) is actually in charge. So in any given situation, the elephant automatically leans in a direction, and the rider creates all kinds of justifications for why the elephant is leaning in that direction. This explains one of the difficulties that people with differing viewpoints on moral issues encounter. When we use reason to try to convince another person of the "correctness" of our viewpoint, we encounter resistance rather than agreement; people become more entrenched in their own points of view, especially when conversations are hostile. However, elephants can be open to reason when they feel safe, when there is affection, or when there is a desire to connect with the other person. The elephant leans toward the person and the rider tries to find the truth in the other person's perspective. As we try to find our way forward as a country, the centrality of relationship emerges once again as the key to solving our cultural dilemmas. I believe that ASERVIC has a role in making this happen as we learn together to understand the power of our own elephants and to become more compassionate riders. *The Righteous Mind* helped me become more aware of my elephant and much more. My hope is this will spark your interest in reading this important book.

President's Address continued on next page

- President**
Leila Roach
- Past-President**
Claudia Sadler-Gerhardt
- President-Elect**
L. Marinn Pierce
- Treasurer**
Amanda Giordano
- Secretary**
Isabel A. Thompson
- Interaction Editor**
Heidi L. Henry
- Interaction Assistant Editor**
Joy M. Mwendwa

President's Address Continued

There are many upcoming opportunities for us to learn together. I want to remind you that the ASERVIC Annual Conference will be held in Colorado Springs at the Cheyenne Mountain Resort on July 6-7. This year's theme, *Healing and Connection in Colorado* reflects the importance of community and connection in our work together as counseling professionals. Our keynote speaker, Diane Poole Heller, Ph.D. is an established expert in the field of adult attachment theory, trauma resolution, and healing techniques. Her work teaches about the importance of the mind, body, and spirit connection within ourselves, as well as the healing power of relationships. I hope to see many of you there as we join to connect and network as colleagues and friends. More information about the conference appears later in the newsletter.

We hope you will also join us at featured sessions and events at the ACA Conference in New Orleans coming up in March. ASERVIC has three featured sessions that you won't want to miss. On Friday at 11 am, Elizabeth O'Brien and Amanda Giordano will be presenting on *Our Profession Is Personal: Addressing Values Conflicts in Counseling*; on Saturday at 10:30 am, Stephanie Dailey, Michael Kocet, and Shawn Spurgeon will be presenting on *Ethical Leadership in Counseling Organizations*; and on Sunday at 10:00 am Heidi Henry and Chi-Sing Li will host a poster session on *Religious Identity's Relationship With MCC and Transgender Counseling Competence*. The Interfaith Service hosted by ASERVIC will be on Sunday at 9:00 am in the Convention Center. We are also planning a social on Saturday evening immediately following the ACA Awards Ceremony. More details to follow. We have already begun making plans for the Joint Day of Service with CSJ, AMCD, and ALGBTIC and hope you will participate in this important event. And finally, don't forget to come by the ASERVIC booth in the Exhibit Hall for your ribbon and a spiritual vitamin!

Just a reminder that we have begun a successful series of ASERVIC webinars in addition to a series in collaboration with CSJ, AMCD, and ALGBTIC. We had an excellent webinar with Dr. Cheryl Fulton on February 20 concerning Anti-Semitism and our joint webinars with CSJ, AMCD, and ALGBTIC were outstanding and very informative: Cultural Encounters: Queer and Trans People of Color; and Promoting Mental Health and Averting Addiction through Prevention Services. You won't want to miss our next joint webinar Culturally Informed Trauma Counseling: Mind, Body and Spirit with Dr. Linda Ouellette on May 17 at 11:00 am. Please stay tuned for the day/time and access information for these webinars. If you are interested in presenting a webinar, more information and instructions for submitting a proposal are included later in this newsletter.

Please enjoy reading this edition of Interaction and learning about the many opportunities available to you through ASERVIC, as well as being inspired by the articles written by your colleagues. I'd like to close with a quote by the Dalai Lama: "Love and compassion are necessities, not luxuries. Without them, humanity cannot survive."

With gratitude,
Leila

2019 ASERVIC CONFERENCE



July 6—7, 2019

[Cheyenne Mountain
Resort](#)

Guest Speaker:
Diane Poole Heller

[Click here for more
information.](#)

SPIRITUALITY IN THE FIELD

Jonna Byers, PhD

I am a member of the faculty in the online Counseling program at Liberty University. I also maintain a private practice specializing in addiction, eating disorders, and other issues that particularly affect adolescents.

I was raised in a home with an alcoholic and abusive mother where religion or church attendance was a punishment. My relationship to religion and spirituality up until the age of 18 was a cross between indifference and fear of the judgment involved in organized religion. My attitude changed after I developed an eating disorder and received counseling from a very spiritually based Christian counselor. I learned that I survived my childhood because I was not alone - I had Jesus with me. In my heart I was always a believer, so developing faith and finding strength from the thought that Jesus was with me was not difficult. After many years of counseling and surrounding myself with supportive people both in recovery and in a church environment, I have slowly developed the firm belief that God's desire is to Love me, not punish me. A community of supporters both in recovery and in the church are critical for my ability to feel and understand God's love.

My challenging upbringing is what led me to the helping professions. I specialize in addictions in my private practice and I believe addictions stem from a "hole in the heart". I further believe that this can help us explain all addictions or compulsions (alcohol, drugs, eating disorders, technology, shopping, pornography). To truly fill the hole we must be spiritually full. The phenomenon I refer to as *hole in the heart* leads people to fill the void with the "substance" to which they are drawn. In full recovery, the heart is filled instead with something spiritually nourishing – with God and positive thoughts and learning. My job as a Christian counselor is to help them fill that void with grace and love. I have had clients who quit using drugs or alcohol yet do not fill the void with strong spiritual relationships, and relapse looms around the corner.

Across the spectrum of people I deal with regularly, including students and clients, the notion of what "spiritually full" looks like can differ greatly (ASERVIC Competency 1 and 3). As a clinician I listen closely and empathetically to clients' stories, and strive to fully grasp their worldview. I will often ask questions to ensure I understand where and how they developed their spiritual beliefs and traditions. In order to be fully empathetic I must maintain awareness



of my own feelings and reactions. To be in touch with another's feelings, one must be able to access their own (Bockler, Herrmann, Trautwein, Holmes & Singer, 2017; Eckland, Leyro, Mendes, & Thompson, 2018; Competency 2). For example, a teenage eating disorder client who was caught up in her perfection and was very defensive about her behaviors told me that no one understood her - I have been in her shoes, and accessing my own feelings helped me relate to hers. Our stories were not identical, but she softened as a result of my honest transparency and congruence (Competency 2). If my feelings were locked in a vault,

I would not have been able to communicate with her effectively. I have had this experience many times with female clients with eating disorders, and have found it that leading with empathy and self awareness is especially effective in group work.

In working with addictions there is often a core of shame and guilt that presents a significant barrier to looking at the problem (Bliss, 2007; Giordano & Cashwell, 2014). One tool that helps me incorporate several of the ASERVIC competencies (Competencies 4, 5 and 6) in treatment is Motivational Interviewing (MI). Motivational Interviewing is a *way of being* with people that can provide a framework for counselors to assess spirituality and facilitate clients' exploration of spiritual and addictive issues, without fear of imposing values (Giordano & Cashwell, 2014; Miller & Rollnick, 2012). In the courses I teach online, I often call MI the WWJD approach. This approach allows me to be patient, and to avoid getting blocked or caught up in a client's denial. In MI, the relationship is paramount, and learning what motivates the client toward change is one of the keys of MI (Miller & Rollnick, 2012). There is a *grace* I find in MI, and a vision of empathy for where the client is and how they view their circumstance. The client determines when it is time to change, and I work with them to find motivation. Sometimes there is an extended process of finding the will to even look at the problem, let alone act on it. One client who was in court-ordered counseling for driving under the influence reported that he was addicted to pornography, but in no way addicted to alcohol. As we developed a good therapeutic relationship, everything he said about his life allowed me to see he was indeed addicted to alcohol. Working from the perspective allowed by MI allowed me to be patient and foster a relationship that allowed him to begin looking at his alcohol addiction. Getting to this point in the therapeutic relationship took about a month of empathetic, reflective and grace filled non-judgmental work.

SPIRITUALITY IN THE FIELD

The process of MI, relationship building, and grace also helps me recognize patterns. A counselor must be continuously alert for the spiritual themes that come up. Recognizing themes and values is a counseling skill incorporating the spiritual competencies of diagnosis and treatment. One theme inherent in many forms of spiritual or religious belief is the need for community, which may have been lost with isolating or destructive behaviors. The kind of *being present for others* fostered by MI enables a counselor to see the possibilities for using community, because they understand how the idea of communing with others fits with their religious beliefs. Fostering the more nourishing version of community and spirituality can then be woven into the therapeutic relationship, whatever the client's level of development (Competency 6).

Through my life experiences and in forging relationships with clients, I see clearly how spiritual beliefs are central to others' worldviews (Competency 2), and that to be empathetic I need to be aware of my own beliefs and reactions (Competency 3). Through Motivational Interviewing I can allow the client to be who they are while gaining the freedom to use myself as a living therapeutic tool.

References

Agency for Healthcare Research and Quality. (2016). *Opioid-related hospitalizations up 64 percent nationwide between 2005-2014; First state-by-state analysis shows wide variations* [Press release]. Retrieved from <http://www.ahrq.gov/news/newsroom/press-releases/opioid-related-hospitalizations.html>.

American Psychological Association. (2017). *Overcoming opioid abuse: How psychologists help people with opioid dependence and addiction* [Fact sheet]. Retrieved from <http://www.apa.org/helpcenter/opioid-abuse.pdf>.

Association for Spiritual, Ethical, and Religious Values in Counseling. (2009). *Competencies for addressing spiritual and religious issues in counseling*. Retrieved from <http://www.aservic.org/resources/spiritual-competencies/>

Bliss, D. L. (2007). Empirical Research on Spirituality and Alcoholism: A review of the Literature. A review of the literature. *Journal of Social Work Practice in Addiction* Vol. 7(4), 7-25

Bockler, Herrmann, Trautwein, Holmes, Singer (2017). Know Thy Selves: Learning to Understand Oneself increases the ability to understand others. *Journal of Cognitive Enhancement* Vol. 1(2), 197-209.

Eckland, N., Leyro, T., Mendes, W., & Thompson, R. (2018). A multi-method investigation of the association between emotional clarity and empathy. *Emotion* Vol. 18(5), 638-645.

Giordano, A.L. & Cashwell, C. (2014). Entering the Sacred: Using Motivational Interviewing to Address Spirituality in Counseling. *Counseling and Values*, 59, 65-77.

Miller, W., & Rollnick, S. (2012). *Motivational Interviewing: Helping People Change*. New York: Guilford Press.

Nilson, L., & Goodson, L. (2017). *Online Teaching at its Best: Merging Instructional design with teaching and learning research*. Wiley: Jossey-Bass.

UPCOMING WEBINARS

Date	Presenter	Topic	Registration
April 17, 2019 at 12:00pm-1:00pm EST	Dr. Amanda L. Giordano	Multicultural Competence for Addressing Client Religion and Spirituality in Counseling	See ASERVIC website
May 17, 2019 at 11:00am-1:00pm EST	Linda Ouellette	Culturally Informed Trauma Counseling: Mind, Body, and Spirit	See ASERVIC website



The Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC) has been approved by NBCC as a continuing education provider, ACEP No. 1010. Programs that do not qualify for NBCC credit are clearly identified. ASERVIC is solely responsible for all aspects of the program.



ASERVIC at ACA



Featured Sessions

Highlight	Program ID	Day	Date	Start Time	End Time	Title	Primary Presenter
ASERVIC Featured Session	142	Friday	March 29, 2019	11:00am	12:00pm	Our Profession Is Personal: Addressing Values Conflicts in Counseling	Elizabeth O'Brien
ASERVIC Featured Session	275	Saturday	March 30, 2019	10:30am	12:00pm	Ethical Leadership in Counseling Organizations	Stephanie F. Dailey
ASERVIC Featured Session	641	Sunday	March 31, 2019	10:00am	10:30am	Religious Identity's Relationship With MCC and Transgender Counseling Competence	Heidi L. Henry



ASERVIC EVENTS

Event	Day	Date	Start	End	Location
ASERVIC Board Meeting	Wednesday	March 27	1:00 pm	5:00 pm	Hilton New Orleans Riverside: Room TBD
ASERVIC Advisory Board *	Thursday	March 28	1:00 pm	2:30 pm	Hilton New Orleans Riverside: Room TBD
ASERVIC Emerging Leaders Breakfast *	Friday	March 29	TBD	TBD	Offsite at local restaurant
ASERVIC Reception	Saturday	March 30	7:30pm	9:30pm	Gordon Biersch Brewery Restaurant
ASERVIC Interfaith Service	Sunday	March 31	9:00 am	10:00 am	Ernest Morial Convention Center

* Only open to **select** ASERVIC members

Did you know that we're on Facebook?



Follow ASERVIC on the popular social media site. Simply log into your account and search for ASERVIC, or connect [here!](#)



Empty Plate Project 2019

This year's selected agency is:

STAR
123 N. Genois Street
New Orleans, LA 70119
Call: (504) 407-0711



The 2019 AHC Empty Plate Project supports STAR!

Since the inception of Sexual Trauma Awareness and Response (STAR), they have served thousands survivors and of families by offering a non-judgmental, confidential source of support to help them move past the trauma of sexual assault.



Today, Sexual Trauma Awareness and Response services continue to expand as community need grows. We now provide confidential advocacy, counseling, and legal services to individuals and families affected by sexual trauma at no cost. We are also engaging in institution and social change work to build our community's capacity to prevent and respond responsibly to sexual violence.

Please consider contributing a tax deductible, online donation:

<https://interland3.donorperfect.net/weblink/weblink.aspx?name=E253242&id=3>.

Indicate "In Honor of" (next to Type of tribute) and "2019 AHC Empty Plate" (next to tribute name).



NEW MEMBER SPOTLIGHT

Michael Haarer

What drew you to membership in ASERVIC?

I am the director of a Christian residential treatment program for teen girls. I recently started my Ph.D. in Counselor Education and Supervision at Regent University. As I am getting started in the doctoral program, I have been learning more about ways to get involved in and contribute to the field of counseling at large. I'm excited to be a part of ASERVIC to learn and grow in my own ongoing professional development and to also find more ways to be active through membership in counseling organizations, especially in regard to the spiritual and faith aspects of counseling that I believe are so important.



How did you get here? What is your spiritual story?

I am a Christian and believe strongly in the power of God and the power of counseling. A personal relationship with Christ has been the cornerstone of my life as I've experienced the strength, hope, and healing that I believe comes through a relationship with Him. I'm active in my church as a Worship Department Director, small group leader, and music director. The church and spiritual community have been foundational to my life and family, providing support, enjoyment, growth, healing, help, and much more. In my work with struggling teens and families at a treatment center for struggling teen girls, I've seen over and over again that people of faith do not want to have to choose between spiritual support and expert clinical care. I solidly believe that people should be able to experience the integration of faith and clinical practice. I believe it is vital to treat people in light of their whole being – body, soul, mind, and spirit.

How do you see yourself working with ASERVIC?

I am excited to learn more about ASERVIC and support the efforts to integrate spiritual, ethical, and religious values in our work with people. I enjoy writing, speaking, training, and being a part of teamwork in a variety of capacities!

Come chat with us on ASERVIC CONNECT

If you are a current member of ASERVIC or a current state division member of ASERVIC, you should have access to ASERVIC Connect through ACA Connect. To find ASERVIC Connect and make sure you have access, go to ACA's website to locate ACA Connect and the ASERVIC Community:

- 1) <http://community.counseling.org/home>
- 2) **Select Communities**
- 3) **Select My Communities**
(you may be promoted to login to ACA)
- 4) **Find the ASERVIC Community**

If you cannot find ASERVIC under your communities, be sure that you are a current member.

Questions can be directed to:

Isabel Thompson
ASERVIC Secretary

ithompson@nova.edu



Submission Request

SPIRITUALITY IN THE FIELD

Do you have ideas or a story to share regarding your practice of spirituality in the field? If so, please submit to the next edition of the *Interaction*.

The Innovation Committee would like to formally invite current ASERVIC members to consider sharing their “Spirituality in the Field” experiences for publication in an upcoming ASERVIC newsletter.

Inquiries and submissions for this special section of the newsletter can be sent to **LYNN BOHECKER (lbohecker@liberty.edu)**

- ◇ Articles include an opening paragraph introducing the author to the readers.
- ◇ Articles include a second paragraph describing how the author incorporates one or multiple Spiritual Competencies in practice.
- ◇ Articles include a concluding paragraph or list of resources (books, trainings, websites/blogs, inspirational quote, etc.) related to the practices and competencies addressed in the article.
- ◇ A professional picture of the author is attached (in .jpeg format) with the article.



**Interested in submitting an article for
the SPRING issue of the
Interaction?**

**The deadline is
FRIDAY, April 12, 2019**

Please refer to ASERVIC.org for guidelines for publication or for more information, or email Heidi Henry, *Interaction* Editor, at counseling@heidihenry.com