

Interaction

ASERVIC

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WINTER 2015

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Is there meaning in the mounds?

W. Bryce Hagedorn

As many parts of the United States lie under mounds of snow, many are lying under metaphoric mounds that won't just melt away in the Spring. Be it clients, students, colleagues, and even ourselves, the responsibilities of life mixed with either resentments and/or regrets can certainly seem overwhelming at times. It is at times like these that many turn to their belief systems as a means of coping and seeking meaning in their circumstances. And it is at times like these that I am extremely thankful for this organization of people who earnestly seek to provide the venue for such seeking and the means for finding answers. Let me share a little bit of what awaits us in the near future that will help to bring a little warmth to both your soul and to those you serve.

In the Spring (it *is* right around the corner), the American Counseling Association is meeting in sunny Orlando, Florida (right down the street from me actually!). ASERVIC has a bevy of activities planned for our membership. First, our luncheon (Friday, March 13th from 12-2pm) will feature Joseph Thompson as our keynote speaker. Originally from Nigeria and educated in the United Kingdom, Joseph is the Cultural Architect/Chief Storyteller of Primal Purpose Inc., an organization whose goal is to serve the community while growing in vertical and horizontal relationships. Among the many ways that serve the community, Joseph orchestrates the development of athletic scholarships that provide venues for young African Americans to rise above poverty and attend college. Believe me when I say that your heart will be significantly warmed when you hear the messages of hope that Joseph will bring during our luncheon – do NOT miss it! Tickets are still available through the ACA conference website.

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During the conference, we are pleased to offer several ASERVIC sponsored education sessions with topics such as (a) competency-based assessment strategies, (b) ethical and legal implications of client-revealed childhood sexual abuse, (c) spiritual integration in distance clinical supervision, and (d) engaging counselors of varied spiritual and religious backgrounds in case conceptualization. When you're ready for more socializing, the joint ASERVIC reception (we'll be breaking bread with our colleagues from AARC, AADA, ACAC, AHC and IAAOC) will be held on Friday, March 13th from 6-8pm.

Other events to attend that offer connections include the Graduate Student Meeting (March 13th from 2-3pm) and the State Presidents Meeting (March 14th from 2-3pm). The culminating ASERVIC event, which is one of the most unique offerings at each ACA conference, is the Interfaith Service held on Sunday, March 15th, from 9-10am. Be sure to check out the list of events in their entirety later in this edition of *Interaction*.

If *those* events don't bring enough warmth to your winter-burdened life, the ASERVIC National Conference is sure to act like a gigantic snow-blower of the soul! We will be converging in downtown New York City on July 16-18 to participate in some *very* exciting events. The two that I most want to highlight include our Pre-conference workshop and our keynote speaker. I'm particularly excited to attend our Pre-conference workshop which will feature a panel of guests from the Interfaith Center of New York. These representatives of the major world belief systems will be sharing their perspectives on adversity and resilience, as well as their encouragement for counselors to be provide spiritually responsive services to their clients. Then, I'll be engaging in mindfulness exercises during our luncheon keynote presentation, *Caring for Others by Caring for Ourselves: Building Resilience Through Compassion*, which will feature Teresa Sivilli of the Garrison Institute. Whereas an apple may have introduced doom to the human race, the Big Apple will offer encouragement and community to those who attend the ASERVIC conference!

To conclude this edition of my column, I am continually humbled by the hearts of ASERVIC's servant-leaders and want to applaud the dedication that is resulting in the multitude of opportunities that you just read about. Join us at these exciting events in Orlando and New York City and share in the soul-refreshing events that will bring warmth and meaning to the mounds.



The ASERVIC ETHICS CORNER

What ASERVIC Members Need to Know about the 2014 Code of Ethics (Part 2) Janelle Bettis M.A. Argosy University / Washington, DC

This Ethics Corner will be a continuation of the earlier published series outlining the specific changes to the 2014 American Counseling Association (ACA) *Code of Ethics* (hereinafter referred to as *Code*). Part one addressed the overview general changes and the integration of a new section related to technology and distance counseling. This series will discuss the addition of core professional values into the preamble of the 2014 *Code* and how inclusion of these values clarifies how counseling differs from other helping professions.

Core Professional Values

The 2005 ACA *Code of Ethics* begins by stating the importance of professional values as an ethical commitment to the profession. The 2014 *Code* did not, however, address values that are inherently important to counseling professionals. The 2014 *Code* specifically outlines values that portray ethical commitment to the profession as well as what it means to be a counselor. These values are as follows: 1. Enhancing human development throughout the life span; 2. Honoring diversity and embracing a multicultural approach in support of the worth, dignity, potential, and uniqueness of people within their social and cultural contexts; 3. Promoting social justice; 4. Safeguarding the integrity of the counselor–client relationship; and 5. Practicing in a competent and ethical manner (ACA, 2014, p. 3).

The addition of these values gives counselors a clearer understanding of both priorities and professional identity by explicitly stating principles of the profession. There is no doubt that counseling is an ever changing and complex profession, just ask any counselor who has been licensed through the technology “boom”! Thus, the inclusion of clear values gives meaning and direction to a counselor’s work. It is the *Code* stating “This is what counselor really care about!” These core professional values also portray to the public a counselor’s priorities – essentially core factors which distinguish counselors from other helping professionals.

So let’s take a closer look at each core value. Within the counseling profession, emphasis has always been placed on lifespan development, particularly the understanding that developmental aspects in a client’s life influence the client’s life experience (Sigelman & Rider, 2014). These experiences, in turn, strongly influence how counselors much approach treatment with that particular individual. It has been long known that counselors must place high emphasis on diversity, multiculturalism, and social justice (Sue, Arredondo, & McDavis, 1992). The revised *Code* emphasizes that all counselors must acknowledge that each individual presents with various backgrounds and experiences and that these aspects must be considered within the counseling process. Neglecting to consider these unique characteristics is, and always has been, unethical. The inclusion of these elements as a core value let’s others know cultural inclusion is not a “nice to have” but essential to professional counselors. In terms of social justice, counselors recognize individuals face inequalities and discrimination and these factors undoubtedly contribute significantly to an individual’s worldview (Lee, 2007). Therefore, in the spirit of gaining justice within society, a core value within the counseling profession

is to advocate for others as well as teach others how to advocate for themselves.

Counselors also understand that the therapeutic relationship accounts for a majority of positive client outcomes and that they must work diligently to provide a safe and comfortable environment for clients. Taking the time to learn about a client's life experiences, for example, is essential to establishing a positive working alliance. Of critical importance to the client-counselor relationship, and illustrated in the fifth and final core value, is practicing in an ethical and competent manner. Counselors do this by only working within their associated level of competence, or receiving supervision and training when they must step outside of their "comfort" zone. Counselors understand that providing services without the proper knowledge or education can be harmful to individuals, however, they also must always seek training and supervision when an area of deficit is identified. Recognizing where one is not competent and working towards receiving additional training (if reasonable) is an integral part of working within ethical guidelines and principles.

All of these above described values are what separates the counseling profession from other helping professions. The focus of a counselor's work with clients includes: viewing the individual within their social and cultural context; promoting and advocating for social justice when needed; working to create a positive therapeutic alliance; and ensuring ethical practice by working within the bounds of the counselor's competence. The addition of the core professional values to the *Code* (2014) also highlights how important values are to the counseling process.

References

- American Counseling Association (2005). *ACA Code of Ethics*. Alexandria, VA: Author
- American Counseling Association (2014). *ACA Code of Ethics*. Alexandria, VA: Author
- Kaplan, D. & Martz, E. (2014, July). An Overview of the Revised ACA Code of Ethics. *Counseling Today*. Retrieved from http://www.counseling.org/docs/default-/ethics/ethics_july_2014.pdf?sfvrsn=2
- Lee, C. C. (Ed.). (2007). *Counseling for social justice*. Alexandria, VA: American Counseling Association.
- Sigelman, C., & Rider, E. (2014). *Life-span human development*. Cengage Learning.

We welcome your ideas and submissions for the *Interaction*. Please feel free to contact the editor for questions or comments. All submissions should adhere to the ASERVIC values and guidelines as published on the webpage. Articles should be no longer than 350-500 words submitted in a word document attachment, and are subject to editing by the editor.

NEXT ISSUE DEADLINE: April 10, 2015



Please join us for the 2015 ASERVIC Conference! July 16-18 in the Big Apple

I think the title says it all—please join us for our fourth ASERVIC conference to be held from July sixteenth through eighteenth at the Roosevelt Hotel in New York City! After much planning we are thrilled to be offer a conference that we believe combines the best of our previous conferences, based on member feedback, to provide attendees an experience that will enhance their learning and re-energize the soul. A few of the highlights that we think you'll enjoy:

- Program Presentation Tracks (7/17-18) that are specifically designed to deliver content to practitioners, counselor educators and supervisors, and researchers
- Programs that deliver information on the four areas of member interest: Spirituality, Ethics, Religion and Value
- Our conference luncheon (7/18) featuring Keynote Speaker Teresa Sivilli of the Garrison Institute speaking on *Caring for Others by Caring for Ourselves: Building Resilience Through Compassion*, and engaging participants in a didactic exercise on mindfulness
- A pre-conference panel (7/16) featuring guests from the Interfaith Center of New York, who will provide information on adversity and resilience from faith-based perspectives, and what they believe will be helpful for counselors to know to be able to provide culturally/spiritually responsive services

Of course, we will be including events that attendees have come to enjoy such as the Town Hall (7/18), our awards program during our luncheon, and meeting fellow helping professionals to network and engage with both professionally and to have fun with during conference downtime!

Please consider this also as a great opportunity to include your family on this trip and take advantage of all that Manhattan has to offer either a few days before the conference or a few days after. The guest room rate of \$199 is applicable for two days before and after the conference. Information about conference and hotel registration is now available on the ASERVIC website (www.aservic.org) and we will be providing more information in the coming months of area attractions and transportation from area airports and train stations.

We look forward to seeing you in July as we continue our professional and spiritual growth as members of ASERVIC.

WELCOME



Amanda Giordino
Treasurer

ASERVIC welcomes Amanda Giordino as the new treasurer. She is an assistant professor at the University of North Texas and has been an ASERVIC member since 2010. She has served in many capacities at the regional and university levels, including the SACES awards committee since 2012 as member and as co-chair beginning this year. Additionally she chairs the Honors and Awards Committee and co-chairs the Admissions and Recruitment Committee for her university's Masters' program.

Amanda is excited about the opportunity to serve as treasurer for ASERVIC. She states that she aspires to serve at the national-level, particularly in an association such as ASERVIC that represents her research, clinical, and teaching interests. Giordano's primary research area is the integration of religion/spirituality into counseling, with areas of clinical specialization in addictions counseling, spirituality in counseling, and the interaction of the two fields. She states she is honored to serve as treasurer.

Graduate Student Corner

CALLING ALL GRADUATE STUDENTS!

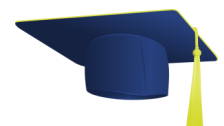
Are you currently enrolled in a Master's or PhD program and interested in sharing your experiences in your program or with ASERVIC? Do you have questions for our executive board? Looking for an opportunity to share your research interests?

WE WANT TO HEAR FROM YOU!

Please submit materials to Claudia Sadler-Gerhardt, Editor
cgerhard@ashland.edu

Deadline for next issue:

4/10/15

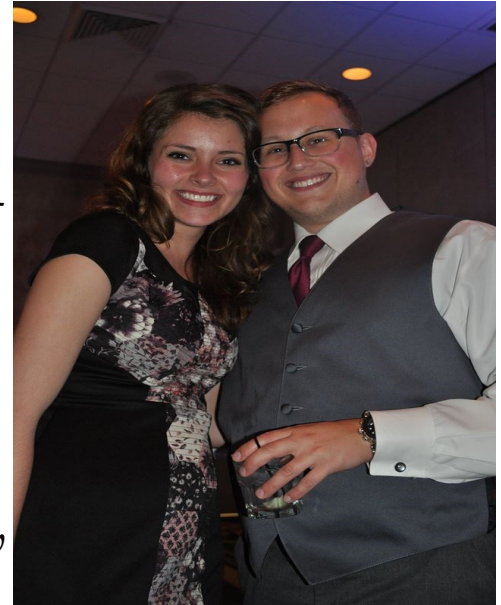


New Member Spotlight

Mike Pernot

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

I was raised Roman Catholic and attended what was once a Catholic affiliated college for physical therapy. It was the attraction to healing that brought me to PT, but it was my religious studies and psychology minors that opened my eyes to so much internal healing that is needed in the world – which is why I chose change my major from PT to my minors of religious studies and psychology and am now studying mental health counseling at SUNY Brockport. I'd be remised if I didn't mention the faculty of Nazareth's religious studies and psychology departments for providing the space I needed to critically examine my Catholic faith. It was at Nazareth that I stumbled upon the writings of Thomas Merton. Merton's mysticism, social activism, and integration of Eastern religions and philosophies jumped off the pages at me and it was like talking to an old friend. The experience of God in my life is the most important aspect to me.



What drew you membership in ASERVIC?

I was drawn to ASERVIC in my early days of looking into counseling. I thought "Man... I wish I could bring my religious and spiritual background into counseling somehow..." And as I progressed through my program, I learned that to leave any part of yourself out of the counseling relationship would be a disservice to your client. This is not to say to impose values, as we all know, but to stress the importance of being with your client as your whole self.

How do you see yourself being involved in ASERVIC?

I plan on attending the ASERVIC Conference in July. I'd love to be part of leadership one day and continue to advocate for and promote the

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 *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 Jodi Bartley (jlbartl2@uncg.edu).

- ◇ Follow the ASERVIC newsletter “guidelines for submission” as published in the most recent newsletter publication (see ASERVIC webpage www.aservic.org)
- ◇ **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.**



Join us in Orlando, FL, at the 2015 ACA conference for some of our upcoming events!

Division	Title	Room	Day	Date	Start Time	End Time
ASERVIC	ASERVIC Board Meeting	Columbia	Thursday	March 12,	9:00am	4:00pm
ASERVIC	ASERVIC Editorial Board	Challenger	Friday	March 13,	8:00am	9:00am
ASERVIC	ASERVIC Luncheon	Barrel Springs 1	Friday	March 13, 2015	12:00pm	2:00pm
ASERVIC	ASERVIC Graduate Stu-	Challenger	Friday	March 13,	2:00pm	3:00pm
ASERVIC	ASERVIC, AARC, AADA, ACAC, AH IAAOC Joint Reception	Barrel Springs 2	Friday	March 13, 2015	6:00pm	8:00pm
ASERVIC	ASERVIC State Presidents	Discovery	Saturday	March 14,	2:00pm	3:00pm
ASERVIC	ASERVIC Interfaith Service	Blue Spring	Sunday	March 15, 2015	9:00am	10:00am

PLEASE NOTE: ALL DATES, TIMES, AND ROOMS ARE SUBJECT TO CHANGE WITHOUT NOTICE. Check the ACA Program Guide & Addendum for Final Locations.

