

# Interaction

**ASERVIC**

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Dear Friends,

My new year's wish is that all ASERVIC members attend the American Counseling Association's conference in San Francisco in March. Our ACA luncheon speaker will be Dr. Jeffrey Kottler. Jeffrey has written 85 books that have been translated into more than a dozen languages. He has authored textbooks for counselors, therapists, and teachers, as well as those on stress management and success in college. Some of his best known works include: *On Being a Teacher*, *On Being a Therapist*, *Creative Breakthroughs in Therapy*, *Divine Madness: Ten Stories of Creative Struggle*, *Changing People's Lives While Transforming Your Own*. Jeffrey Kottler is the co-founder and president of **Empower Nepali Girls**, a charitable organization that provides educational scholarships for lower caste, at-risk girls in remote areas of Nepal who would otherwise be unable to attend school.

Besides our luncheon, ASERVIC is sponsoring dozens of conference programs, holding its board meeting on Thursday and hosting a reception. If you want to get more involved with ASERVIC, the ACA conference is a great place to start. You can meet ASERVIC leaders and get involved immediately in our planning for the June Spirituality Conference in Santa Fe. If you can't wait until the conference, contact me at [myoung@cfl.rr.com](mailto:myoung@cfl.rr.com) and we will put you to work right away. It's good work.

Sincerely,

Mark E. Young

ASERVIC President 2011-2012



# The ASERVIC Ethics Corner

by Stephanie F. Dailey, Ph.D.,  
Harriett L. Glosoff, Ph.D., &  
Leila Roach, Ph.D.

## The 2014 ACA Code of Ethics: ASERVIC's Role in the Revision Process Leila Roach

Welcome to the ASERVIC Ethics Corner – a column specifically dedicated to ethical issues regarding the integration of spirituality and religion in counseling, supervision, and counselor education curriculum. Authored by members of the Ethical Values Committee, the purpose of this column is to address pertinent ethical issues as they relate to spiritual and/or religious issues in counseling. The topic for the Ethics Corner this quarter is the revision of the American Counseling Association (ACA) *Code of Ethics*. The current revision is expected to be released in 2014.

The ethics that guide the counseling profession are central to the evolution of counseling around the globe. As our world changes, counselors must be responsive to transformations in population demographics and issues related to multiculturalism and social justice. As ASERVIC members know, spiritual and religious values impact the lives of many of our clients, students, and supervisees. To ensure culturally sensitive and ethical practices, which reflect our commitment to promote respect for human dignity and diversity, counselors must be able to identify how the beliefs, or absence of beliefs, about spirituality and/or religion influence the psychosocial functioning and worldviews of those they serve. Additionally, counselors must be aware of how their own spiritual and/or religious beliefs and values influence the counseling, supervision, and teaching processes. Do you believe that the current ACA *Code of Ethics* provides counselors with adequate guidance on how to ethically address issues of spirituality and/or religion in their work?

Every 7-12 years, ACA establishes a task force to revise its *Code of Ethics*. As part of the 3-year revision process, ACA members, counseling organizations, and state licensing boards are solicited to provide input to the task force regarding changes that they feel should be made to the code of ethics. ASERVIC is in a unique position to provide feedback to this important endeavor. As professionals who believe that spiritual, ethical, and religious values are essential to the overall development of the person, ASERVIC is committed to providing leadership and guidance regarding how to integrate these values into the counseling process.

In the upcoming months, ASERVIC will have an opportunity to provide feedback to the ACA code revision task force. We would like you, our members, to share your comments with the Ethical Values Committee and the ASERVIC Board.

What you can do:

1. Review the 2005 ACA Code of Ethics (<http://www.counseling.org/Resources/CodeOfEthics/TP/Home/CT2.aspx>) and consider what may be missing throughout all sections of the current code or what you believe should be changed, especially, but not limited to ethical issues related to addressing spirituality and religion in the counseling, supervisory, and counselor education processes;
2. Be as specific as possible in terms of what you would like to see added to the code or specific standards or parts of standards you would like to see deleted or changed;
3. Provide suggestions on what language you would like to see modified in specific standards and provide suggested alternative language;
4. Share more general comments; and
5. Keep an eye on the ASERVIC website for more information and please send us your ideas! All Comments and ideas can be submitted to Harriet L. Glosoff at [glosoffh@mail.montclair.edu](mailto:glosoffh@mail.montclair.edu) with **2014 ACA Code—ASERVIC Comments** in the subject line.

The ASERVIC Ethics Committee wants your input! If you have a question on ethics you'd like addressed, please submit your topic or question to Stephanie Dailey at [stdailey@argosy.edu](mailto:stdailey@argosy.edu) Guest writers are also encouraged. Remember - we are particularly interested in those issues which you, the ASERVIC member, find challenging and welcome your suggestions.

Look for the Ethics Corner as a regular feature of the  
*Interaction*



## CALLING ALL STATE DIVISIONS!

**Is your state doing something exciting?**

**Would you like to share the news?**

**Send us dates, events, or happenings to let us know what's going on in your group. We hope this will become a regular feature in the newsletter.**

**Email your state division news to Grant Hollenbach at [granthollenbach@frontier.com](mailto:granthollenbach@frontier.com) or to Claudia Sadler-Gerhardt at [cgerhard@ashland.edu](mailto:cgerhard@ashland.edu)**

### **Wanted: Newsletter Submissions**

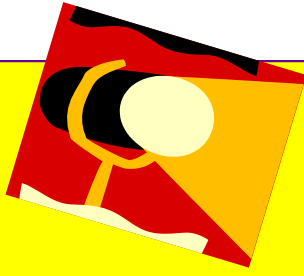
We are interested in articles or information dealing with  
Ethics, Spirituality, or Religion in Counseling.

Please submit any items you may have to Claudia Sadler-Gerhardt  
at [cgerhard@ashland.edu](mailto:cgerhard@ashland.edu) by the following deadline:

**March 15, 2012 for Spring Issue**



Previous issues of the newsletter have been posted on the ASERVIC website. We are continuing to email the newsletter in an attempt to conserve resources. However, if you prefer to receive the newsletter in paper form, please let us know so we can remove you from the distribution list and send you a hardcopy through the mail. We want to do what we can to keep this valuable member service coming to you and appreciate any feedback you have to offer.



## Spotlight on NMASERVIC ASERVIC of New Mexico

The Board of Directors of New Mexico ASERVIC recently held a Leadership Retreat in Abiquiu, NM. This was a “first” for us, and given the many positive outcomes, definitely not the last. In fact, we’re already exploring our 2012 Retreat and are giving consideration to such local “hot spots” as Ojo Caliente Mineral Springs & Resort and Ghost Ranch Retreat Center.

One of our objectives was to redefine our Mission Statement in order to clarify “Who we are,” “What we’re doing,” and “What we can do for our members.” We believe our new mission statement is broad enough to allow us to grow and incorporate many new experiences, and operational enough to provide members and potential members with a clear understanding of our goals and objectives as an organization, and how one may benefit through membership. In addressing this revision, we employed the use of a Consensus Process. This style of organizational communication and decision-making was taught to us by our newest Board member and community spiritual leader, Rev. Bernardo Monserrat of the Santa Fe Center for Spiritual Living. The Consensus Process is much different than a “majority wins” voting process and is a departure from the traditional *Robert’s Rules of Order* used by many organizational Boards. In a “majority wins” voting process there are *winner*s and there are *loser*s. In a Consensus Process, no proposal,/idea/change passes without the consensus of **all** members.

Be on the lookout for (or email me and request) our updated brochure which reflects our new Mission Statement: **“NMASERVIC supports counselors in developing professional competency when addressing the spiritual, religious, and ethical values of their clients, and their own spirituality as it relates to the practice of counseling, education, and research.”** It differs from our previous mission statement which read, “NMASERVIC follows the mission of ASERVIC and aspires to hold our spiritual focus and listen to our deep inner wisdom, which is the fuel that fans the fire for true transformation and evolutionary change.” Perhaps this change motivates you to consider your professional competency in addressing spiritual issues with clients while honoring and listening to your Deep Inner Wisdom.

May the Great Universal Spirit bless you richly!

Mary Stinson, LMHC  
President, NMASERVIC  
Board Member/Conference Committee, NMCA  
Government Relations Chair, NMCA

Letter from a new Board Member,  
Elizabeth A. Ebner, LPCC, NCC, DCC, BCC, EMDR Clinician



It is my great pleasure to have been invited to fill a vacant seat on the Board of ASERVIC for the rest of this year. I have a private practice in Santa Fe, New Mexico. I have received this extreme honor because I have been involved in the leadership of the New Mexico Chapter of ASERVIC (NMASERVIC) for the past several years. In that capacity, I met Board members of ASERVIC while exploring and planning the upcoming ASERVIC Conference to be held here next June. You might say I was at the right place at the right time.

In my board positions with the New Mexico Counseling Association (NMCA), NMASERVIC and the Western Connecticut Counseling Association (WCCA), I have been inspired by the idea of serving, rather than leading. I recently read a piece by Rachel Naomi Remen entitled In the Service of Life in which she posits, “Perhaps the real question is not ‘How Can I Help?’ but ‘How Can I Serve?’”. As counselors, educators, mentors and advocates, our work is to serve in a way that encourages wholeness: of self, of client and of community. “When I serve, I have a feeling of gratitude” says Remen. And that IS the reward of service. When I came into the profession, it was a second career for me, and I felt that I ‘wanted to give back’ – even though I really didn’t not know what that meant exactly. Since then I have come to see that it means connecting with others in a deep and meaningful way. According to Remen, “Service rests on the basic premise that the nature of life is sacred, that life is a holy mystery, which has a purpose.” We know now that we are hard wired for altruism, so this ‘need to give back’ of mine was merely my true nature coming forth. It is my purpose.

In all aspects of my life, I endeavor to bring a sense of Servant Leadership, a philosophy and practice of leadership coined by Robert K. Greenleaf and defined by The Center for Servant Leadership at the Pastoral Institute in Georgia as “a lifelong journey that includes discovery of one’s self, a desire to serve others, and a commitment to lead. Servant-leaders continually strive to be trustworthy, self-aware, humble, caring, visionary, empowering, relational, competent, good stewards, and community builders.” Kent Keith, CEO of the Greenleaf Center, states “servant leadership is ethical, practical, and meaningful”. He identifies seven key practices of servant leaders: self-awareness, listening, changing the pyramid, developing your colleagues, coaching not controlling, unleashing the energy and intelligence of others, and foresight. Not unlike our purpose as counselors, we are in the business of change for the better in ourselves, in others and in the world. That is our mandate.

Further, James Sipe and Don Frick, in their book *The Seven Pillars of Servant Leadership*, state “servant-leaders are individuals of character, are skilled communicators, are compassionate collaborators, are systems thinkers, and exercise moral authority”. Sounds awfully like what we strive for as members of the Association for Spiritual, Ethical and Religious Values in Counseling!!

I am proud to be one of us.

Elizabeth A. Ebner

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## The New Age of Anxiety

David Tobin PhD

Existential psychologist Rollo May deemed 1950 as the Age of Anxiety. He contended that anxiety was inescapable and that existential anxiety was a constructive form of anxiety related to our personal freedom and the awareness of the consequences of our decisions. He contended that the society of the fifties had evolved to one of freedom, which afforded increased responsibilities and choices. This new freedom of choice and development required courage, defined as “the capacity to meet the anxiety which arises as one achieves freedom. It is the willingness to differentiate, to move from the protecting realms of parental dependence to new levels of freedom and integration” (May, 1981, p.169). The cost of living a meaningful life or the capacity to make choices often resulted in anxious self-doubt over the appropriateness of the choice.

Rollo May (1953) posed a challenge to mental health therapists. He stated, “a person with inner strength exerts a calming influence. This is what our society needs-not new ideas and inventions...and not geniuses and supermen, but persons who can *be*, that is, persons who have a center of strength within themselves” (p.54). In summary, commanding an inner center of strength was deemed a noble contribution to fellow humans. He also reframed anxiety as a better teacher than reality, on the premise that disturbing life situations can be avoided, at least temporarily, but anxiety is a source of education that is almost always internally present. In order to meet the demands of the time, he called for persons of strength to exert a calming influence. The notion of existential anxiety and noted quotes of Rollo May hold special relevance for the new decade of anxiety experienced in contemporary society.

### Collective anxiety

The new age of anxiety is the recent era of uncertainty. Contemporary society is consumed with anxiety over pessimistic economic conditions, stock market instability, government debt, rising costs. Economic, education, and health care reform have become the pressing political platforms. Employment insecurity, such as downsizing, rightsizing, reduced funding, and closings, have affected all sectors of society. A paradigm shift has occurred to where long term employment and eventual retirement is no longer the norm. Crime rates, violence, and victimization have always detracted from a felt sense of security. Recent globalization, political instability, and the war on terror, now fought on many fronts, brings the realization of an unsafe world. Impacted or informed individuals no longer view their self or the world as safe and secure. Undoubtedly, depleted economic opportunities and disrupted sense of security and safety will deter from the freedom of choice and development purported by Rollo May, and perhaps enjoyed since the fifties. Diminished confidence and distrust in our social systems has become increasingly apparent. When trust is not present people experience conflict, fear, and self-doubt. This type of pervasive anxiety is experienced due to the uncertainty over the future that detracts from self-determinism and a sense of security.

Collective anxiety is contagious. The courageous challenge for contemporary counselors will be to maintain a sense of equanimity-calm abiding and composed evenness of mind. The capacity to be calm in the sea of collective anxiety will be our greatest contribution. Counselors in training, soon to emerge as professional counselors will find themselves confronted by the collective anxiety of the age of uncertainty. They will have inherited a calamity that they did not create. Counselors will be besieged with client issues related to the anxious uncertainty over the instability of the social economic climate. I anticipate the anxiety of uncertainty will remain inherent, pervasive, and persist well into the future. This collective condition will ultimately impact the profession of counseling and the professional counselor.

### The professional counselor

The role of the professional counselor will be impacted as counselors combat the emergence of collective anxiety. As a counselor educator I can foresee several areas of affirmed or acquired counselor competencies. Holistic and humanistic approaches to counseling may need to be reenacted. This may prove challenging in the era of managed care and brief term symptom focused reduction. Clients who present with disruptions to self-determinism, shattered world views, and uncertainty over the future may warrant self exploration, existential, and value laden approaches to counseling. Thus, the counselor will operate as a secure base in order to

support those who struggle to regain resiliency and inner-recourses necessary to adjust and function in an unsecure and uncertain world.

The counseling profession is based on the foundation of advocacy and social justice. Active membership in professional organizations is paramount to assure a collective voice. Professional identity, membership, advocacy, and social justice needs to be emphasized within counselor education and continually promoted throughout the career. Counselor wellness and self-care need increased recognition and implementation in education, training, and employment. Counselors will also be affected by funding cuts, increased caseloads, uncertainty, and secondary stress. The notion of the self-reflective practitioner in training and practice requires continued emphasis (Tobin, Willow, Bastow, & Ratkowski, 2009). Identification and emotional reactivity to client situations calls for careful supervision. The capacity to remain calm will require a counselor capable of everyday courage.

The next force in professional counseling has become the integration of counseling and spirituality. As societal structures become less reliable and uncertainty over the future arises, more people turn to religion and spirituality for solace and guidance. Acknowledging and emphasizing the spiritual dimension in counseling activates a strength-based approach. Competencies for integrating counseling and spirituality need to be embraced and embedded into future treatment approaches (Association for Spiritual, Ethical, and Religious Values in Counseling, 2009).

The counseling profession has become increasingly responsive to the human condition. Globalization and human rights movements have aided refugees and immigrants. Due to greater density and awareness of diversity, multicultural competencies have become the cornerstone of the profession. I have also witnessed that counselors are being asked to intervene outside of traditional roles, and respond more effectively to trauma and disaster management. This has impacted future counselor preparation and training standards (Council for Accreditation of Counseling and Related Educational Programs, 2009). Concern and responsiveness to the human condition will continue to expand the roles of counselor educators and counselors.

### Summary

In summary, the professional counselor will be impacted by the new age of anxiety fueled by the uncertainty and instability within contemporary society. This collective anxiety is contagious and detracts from self-determinism and a sense of security. The roles of counselors will be impacted as counselors combat the emergence of collective anxiety. An emphasis was placed on reaffirming or acquiring competencies that promote an effective response to the human condition.

### References

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- May, R. (1981). *Freedom and destiny*. New York: Dell Publishing Co., Inc.
- Tobin, D. J., Willow, R., & Bastow, E., & Ratkowski, E. (2009). Reflective learning within a counselor education curriculum. *Journal of Counselor Preparation and Supervision* (Electronic) (1) 1, 3-9.

Dr. David Tobin is an Associate Professor and Director of the Community Counseling program at Gannon University, Erie, PA. His area of scholarly interest is counselor training and integrating counseling and Spirituality. He also teaches a graduate course, Counseling and Spirituality.



## Call for Award Nominations

### ASERVIC Lifetime Service Award

**Requirements:** The recipient of this award shall be a person within the ASERVIC organization who meets the following criteria:

- ◆ Membership in ASERVIC for at least 8 years
- ◆ Demonstrated leadership in ASERVIC (please submit specific committee involvement/offices held/general contributions)
- ◆ Significant service which has helped to promote the ideals, values, and programs which ASERVIC sponsors for the counseling profession
- ◆ Contributions to the development and sponsorship of ASERVIC initiatives such as *Counseling and Values*, conference programs, scholarly works, spiritual competencies.

### ASERVIC Meritorious Service Award

**Requirements:** The recipient of this award shall be a person within the ASERVIC organization who meets the following criteria:

- ◆ Membership in ASERVIC for at least 3 years
- ◆ Significant service to the field of counseling and values in areas related to concerns of a spiritual and/or humanitarian nature
- ◆ Significant service which has helped to promote the ideals, values, and programs which ASERVIC sponsors for the counseling profession
- ◆ Contributions to the development and sponsorship of new and creative programming in spiritual and value interest in counseling.

Please email nominee's information, name of award and brief statement of contributions applicable to the award to Stephanie Dailey, Awards Chair, at [stdailey@argosy.edu](mailto:stdailey@argosy.edu). Questions regarding the nominations are welcome. The deadline is April 1, 2012.

**Thank you very much for your service to ASERVIC.**

### THANK YOU!

A special THANK YOU to all who have contributed to this issue of the *Interaction* ! It is tremendous to have contributions from the Ethical Values Committee and ASERVIC members! The *Interaction* is truly your newsletter, and we as Editors appreciate all your contributions.

Claudia & Grant



**ASERVIC Conference on Spirituality in Counseling**  
**June 3 - June 5**  
**Inn and Spa at Loretto**  
**Santa Fe, New Mexico**



**HELD IN ASSOCIATION WITH NMASERVIC**

Keynote: Motivational Interviewing's  
**William R. Miller**  
On Spirituality and Addictions

The third *ASERVIC Conference on Spirituality in Counseling* is open to all counselors, practitioners, and educators interested in integrating spirituality and counseling regardless of theoretical orientation, religious/spiritual background, or work setting. It is held in an atmosphere of respect for and appreciation of all perspectives and backgrounds.

See [ASERVIC.org](http://ASERVIC.org) for  
registration information or contact  
Monica Leppma at [Monica.Leppma@mail.wvu.edu](mailto:Monica.Leppma@mail.wvu.edu)

