

*Integrating Spirituality, Ethics, Values & Counseling*

# *Interaction*

**ASERVIC**

*Volume XI, No. 3*

*Summer, 2012*

## *President's Address: Mark Young*



Mark E. Young, Ph.D.  
President, ASERVIC 2011-2012  
Professor, University of Central Florida

One of the things I learned from Sam Gladding was to set a few achievable goals when you are in a leadership position. This year we simply tried to improve our presence at the ACA conference and host an excellent conference in Santa Fe. I believe that we were successful in providing our members with something exciting in the way of programming. Our ACA luncheon (though overpriced on paper plates) was highlighted by Jeffrey Kottler's talk on altruistic caring and his project in Nepal. He was given the Humanitarian Award for his work. Our reception overlooking San Francisco was co-hosted with several other organizations and was fun and extremely well-attended.

As far as Santa Fe is concerned, I think the newsletter will highlight some of the key events including William R. Miller's talk on *Spirituality and Addictions*. Okay, there was a Latin title but I took French instead. It was certainly one of the best keynotes I have ever attended. The venue at the Inn and Spa at Loretto provided an opportunity for networking because we included meals and get-together times. I think that the conference programs were of extremely high quality. Paul Granello from Ohio State talked about spirituality in the lives of suicide survivors. Bryce Hagedorn from the University of Central Florida gave his presentation on *Forgiveness* which had drawn 300 people at ACA. There were research presentations such as Vivian Abouallol and Scott Wickman's study of Arab-American youth and more experiential programs on Centering Prayer and the Labyrinth.

I want to thank everyone who was involved with these two events. It was a team effort. But in order to grow, a team cannot be an "in-crowd." ASERVIC members need to feel that they can get involved. Here's what you can do. Attend ACA in Cincinnati and come to our receptions, luncheon and town meeting. Get on board with the 2014 conference planning committee by contacting our 2012-2013 President, Shannon Ray ([shanray@nova.edu](mailto:shanray@nova.edu)). She'll be getting a lot of emails, so be patient.

Finally, I'd like to say what being ASERVIC President has meant to me. Just this; It has been a constant reminder that spirituality and religion are crucial aspects of our client's lives and the lives of counselors who serve them. We have to keep beating that drum for everyone in the profession to hear. Carl Jung used to keep the following saying on the wall of his consulting room where he saw his clients; *Vocatus Atque Non Vocatus, Deus Aderit* (More Latin). Bidden or unbidden, God is present.

Sincerely,  
Mark

## Introducing the 2012-2013 ASERVIC President: Dr. Shannon Ray

Greetings to each of you! I wanted to introduce myself. It is a great honor for me to be involved with ASERVIC and to represent our organization as your incoming President. Please check our website for upcoming events and activities. If you would like to get involved with one of our committees, just let me know as we do have opportunities. These include working with the Conference Planning Committee, Membership Committee, State Chapter Committee, Ethics Committee, or the Innovations Committee. Please feel free to contact me anytime if you have questions, concerns, or comments at shanray@nova.edu

Peace and blessings,  
Shannon Ray

### ASERVIC 2012-2013 Leadership Roster

#### Officers:

*Past President:*

Mark Young  
myoung@cfl.rr.com

*President:*

Shannon Ray  
shanray@nova.edu

*President Elect:*

Carman Gill  
cgill@argosy.edu

*Treasurer:*

Jennifer Curry  
jcurry@lsu.edu

*Secretary:*

Aisha Lusk  
aishalusk@yahoo.com

*Governing Council Representative:*

Lisa Jackson-Cherry  
[Ljackson@marymount.edu](mailto:Ljackson@marymount.edu)

*Graduate Student Representative:*

Jesse Fox  
Jessefox@knights.ucf.edu

*Counseling and Values Editor:*

Mike Robinson  
Edward.Robinson@ucf.edu

*Webmaster*

Daniel Gutierrez  
Daniel.Gutierrez@knights.ucf.edu

#### Board of Directors:

Stephanie Dailey  
Stephanie.dailey1@gmail.com

Chris Hull  
hullce@grace.edu

Claudia Sadler-Gerhardt  
cgerhard@ashland.edu

Harriet Glossoff  
hglossoff@gmail.com

Michael Kocet  
mkocet@yahoo.com

Monica Leppma  
Monica.Leppma@mail.wvu.edu

Elizabeth O'Brien  
Elizabeth-O'brien@utc.edu

Leila Roach  
lroach@stetson.edu

## Spiritual and/or Religious Assessment

*Stephanie F. Dailey, Ed.D.*

There is little debate in the field of counseling that the integration of spiritual and/or religious values is not only essential to the counseling process, but also helps lay the foundation for culturally sensitive and ethical counseling practices. It is this reason that awareness and sensitivity regarding spiritual and religious beliefs is mandated by the American Counseling Association's Code of Ethics (ACA, 2005) and why the Council for Accreditation of Counseling and Related Educational Programs (CACREP) recommended standards for social and cultural diversity curriculum that include spiritual orientation and religious values (CACREP, 2009).

In addition, empirical evidence has consistently reported spiritual and/or religious integration as positively related to health and inversely related to physical and mental disorders (Gallup, 2007; Young, Wiggins-Frame, & Cashwell, 2007). Sato, Kawamura, and Yamagiwa (2011) reported that mindfulness centered breathing exercises relieve depression in obese women through sympathetic nerve activity. Wolever et al. (2012) found that mind-body interventions decrease workplace stress. Hornborg (2005) found spiritual and/or religious rituals effective in developing hope and identity. From the client perspective, Martinez, Smith, and Barlow (2007) found religious clients rated spiritual and/or religious interventions as "very helpful" when used in a therapeutic setting. Despite this evidence, there continues to be a considerable lack of training for the integration of spiritual and religious issues in counseling; thus counselors frequently report they feel ill prepared to address these issues with clients (Dailey, 2012; Robertson, 2010). Failure to understand how to include spiritual and religious issues in counseling can lead to a myriad of unethical practices, not the least of which may include operating from personal religious or spiritual bias or failing to utilize best practices when addressing areas of spirituality.

Since both the professional community and accreditation bodies are in agreement, it would stand to reason that counselors would be competent in spiritual integration upon completion of their training programs. However, studies of counselors and counselor education programs reveal they are not (Cashwell & Young, 2005; Dailey, 2012; Hagedorn & Gutierrez, 2009). In a study of spiritual competence among counseling students, Robertson (2010) concluded, "spiritual and religious perspectives continue to be neglected in counseling programs" (p. 8). Therefore, a primary reason as to why counselors do not feel competent to address spiritual concerns is because they do not know *how* to integrate spirituality and religion into counseling (Hagedorn & Gutierrez, 2009; Robertson, 2010). The need for counselors to become competent in addressing spiritual matters cannot be understated as an ethical responsibility. The ACA Code of Ethics (2005) is clear: "Counselors actively attempt to understand the diverse cultural backgrounds of the clients they serve. Counselors also explore their own cultural identities and how these affect their values and beliefs about the counseling process" (p. 4).

One way to address the 'how' of spiritual integration is to better understand assessment strategies which can be used to foster insight into both the client and the counselor's spiritual domain. Because assessment is a process that begins as soon as a client enters the counseling setting (Frame, 2003), it provides insight into how the client relates to spirituality and religion and how these issues may affect the client's life. Spiritual assessment strategies are in direct alignment with the ACA Code of Ethics (2005) in that they allow the counselor to better understand: the context and worldview of the client, potential spiritual and/or religious issues; client strengths and resources, and appropriate interventions for the client.

Counselors competent in spiritual assessment are more prepared to fully understand how spiritual and/or religious values drive a person's life and influence the decisions client's make (Fong & Furuto, 2001). For example, the

---

spiritual aspect of life is what gives many clients hope for a better life in the future. Likewise, spiritual assessment can help counselors determine the areas of life in which a person attaches meaning. Spiritual assessment also provides counselors the opportunity to investigate any negative influences that spirituality and/or religion may have on a client's presenting problem. Counselors can, therefore, ethically help clients identify and work through spiritual and/or religious issues.

In terms of counselor development, spiritual assessment strategies foster counselor self-exploration which is essential for counselors to accurately identify the influence of their belief system within the therapeutic relationship. Counselors must understand the influence of their own beliefs and potential biases to avoid any violations of ethical principles such as imposing values and respecting the diversity of all clients (see A.4.a. and C.5.).

Finally, failure to appropriately assess the spiritual domain is also a diversity issue. A major component in counselor education programs is to prepare students for culturally sensitive practice (see F.6.b and C.5). Because religion and spirituality exist in all cultures, it is essential that counselors understand the influence of spirituality on their clients and in their own lives. Ethically, a counselor must be familiar with assessments which inform multicultural practice and apply them as appropriate in a non-invasive manner (see E.5.b and E.8.). To learn more about spiritual assessment consider the following resources:

- ◆ C. S. Cashwell & J. S. Young (Eds.). (2011). *Integrating spirituality and religion into counseling: A guide to competent practice (2nd edition)*. Alexandria, VA: American Counseling Association Press.
- ◆ ASERVIC's teaching modules: <http://www.aservic.org/resources/teaching-modules/>
- ◆ Brown, D. R., Johnson, E. P., & Parrish, M. S. (2007). *Spirituality Assessments: Limitations and Recommendations*. Counseling Outfitters. Retrieved from <http://counselingoutfitters.com/vistas/vistas07/Brown.htm>
- ◆ Dailey, S. F., Curry, J. R., Harper, M. C., Hartwig Moorhead, H. J., & Gill, C. S. (2011). *Exploring the spiritual domain: Tools for integrating spirituality and religion in counseling*. Retrieved from [http://counselingoutfitters.com/vistas/vistas11/Article\\_99.pdf](http://counselingoutfitters.com/vistas/vistas11/Article_99.pdf)

#### References

- American Counseling Association. (2005). *Code of ethics*. Alexandria, VA: Author.
- Cashwell, C. S., & Young, J. S. (2005). *Integrating spirituality and religion into counseling: A guide to competent practice*. Alexandria, VA: American Counseling Association.
- Council for Accreditation of Counseling and Related Educational Programs. (2009). *Accreditation manual*. Alexandria, VA: Author. Retrieved from [http://www.cacrep.org/doc/2009Standards with cover.pdf](http://www.cacrep.org/doc/2009Standards%20with%20cover.pdf)
- Dailey, S. F. (2012). *Competency 10: Quantitative Assessment of the Spiritual Domain*. Retrieved from <http://www.aservic.org/wp-content/uploads/2011/12/Quantitative-Assessment-of-the-Spiritual-Domain.pdf>
- Fong, R., & Furuto, S. (2000). *Culturally Competent Practice*. Boston: Allyn & Bacon.
- Frame, M. W. (2003). *Integrating religion and spirituality into counseling: A comprehensive approach*. Pacific Grove, CA: Brooks/Cole.
- Gallup, G. (2007). *Religion in America: The Gallup report*. Princeton, NJ: Author. Retrieved from <http://www.gallop.com/poll>
- Hagedorn, W. B., & Gutierrez, D. (2009). Integration versus segregation: Applications of the spiritual competencies in counselor education programs. *Counseling and Values*, 54, 32-47.
- Hornborg, A-C. (2005). Eloquent bodies: Rituals in the context of alleviating suffering. *Nvmen: International Review for the History of Religions*, 52(3), 356-394.
- Martinez, J., Smith, T., & Barlow, S. (2007). Spiritual interventions in psychotherapy: Evaluations by highly religious clients. *Journal of Clinical Psychology*, 63(10), 943-960. doi: 10.1002/jclp.20399.
- Robertson, L. A. (2010). The Spiritual Competency Scale. *Counseling and Values*, 55, 6-24.
- Sato K., Kawamura T., & Yamagiwa, S. (2011). The "Senobi" breathing exercise ameliorates depression in obese women through up-regulation of sympathetic nerve activity and hormone secretion. *Biomedical Research*, 32(2), 175-180.
- Willow, R. A., Tobin, D. J., & Toner, S. (2009). Assessment of the use of spiritual genograms in counselor education, *Counseling and Values*, 53, 214-223.
- Wolever, R. Q., Bobinet, K. J., McCabe, K., Mackenzie, E. R., Fekete, E., Kusnick, C. A., & Baime, M. (2012). Effective and viable mind-body stress reduction in the workplace: A randomized controlled trial. *Journal of Occupational Health Psychology*, 17(2), 246-258.
- Young, J. S., Wiggins-Frame, M., & Cashwell, C. S. (2007). Spirituality and counselor competence: A national survey of American Counseling Association members. *Journal of Counseling & Development*, 85, 47-52.

## ASERVIC Members—Help Needed!

The ASERVIC Ethical Values Committee, committed to the infusion of spiritual, ethical, and religious values in counselor preparation and practice, is interested in soliciting feedback from ASERVIC members regarding the ACA Code of Ethics in regards to spiritual and/or religious issues in counseling. In the upcoming months, ASERVIC will have an opportunity to provide feedback to the ACA Ethics Code Revision Task Force and we would like you, our members, to share your comments/thoughts. Here's what you can do to provide feedback:

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.

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;

Provide suggestions on what language you would like to see modified in specific standards and provide suggested alternative language;

Share more general comments; and

Submit comments and/or questions to Harriet Glossoff' <[glossoffh@mail.montclair.edu](mailto:glossoffh@mail.montclair.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, Editor  
at [cgerhard@ashland.edu](mailto:cgerhard@ashland.edu) by the following deadline:

**September 15—Fall Issue**



Previous issues of the newsletter have been posted on the ASERVIC website.

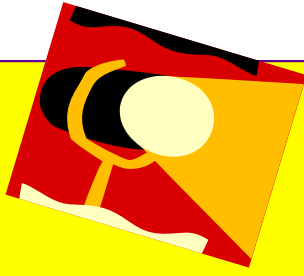
We are continuing to email the newsletter in an attempt to conserve resources. However, if you prefer to receive the newsletter in paper form, please let us know so we can send you a hardcopy through the mail. We want to do what we can to keep this valuable member service coming to you and appreciate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

Thank you and Goodbye! To Grant Hollenbach for his service  
as Co-Editor of *ASERVIC Interaction*.. Best wishes to you for  
your future professional and personal endeavors!

I'll miss working with you!

~Claudia





## Spotlight on ISERVIC ASERVIC of Illinois

Based on the success of their first spiritual retreat held last fall, the Illinois branch (ISERVIC) of ASERVIC is planning two retreats this year one this May and one in the Fall. The May retreat was held jointly with the Illinois Association for Adult Development and Aging (IAADA). Activities included visualization, yoga, spiritual life mapping, labyrinth meditation, and a Native American smudging or similar activity. Another focus is on developing training for the spiritual competencies. A poster session was done at the Fall 2011 ICA Conference presenting the ASERVIC spiritual competencies. In addition, ISERVIC sponsored a session about helpful activities to use to train counselors and students on the competencies. As usual ISERVIC offered a Wellness room at the ICA Conference, where members could find respite in the form of mini-massages, calming music, refreshments, and conversation. Lastly, we have added a Facebook page to enhance membership.

Our current officers are: President: Rosemary Cairo, President-elect Gwendolyn grant, Treasurer Vivian Abouallo, Secretary Todd Burd, and Senator Gary Koch.



### **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**

**Claudia Sadler-Gerhardt at [cgerhard@ashland.edu](mailto:cgerhard@ashland.edu)**

## Enduring Change

By Jodi L. Bartley  
Plymouth State University

The famous philosopher Heraclitus once said, “Nothing endures but change.” Change, however unsettling and painful, seems to be the constant that we all hold. This becomes more apparent when we transition into new phases in our lives and begin the process of letting go and moving forward. In such a time, the aching pull of the past and the vast openness of the future seem to cast us into a dizzying middle place – a limbo of mixed emotions.

That longing for the past is often wrought with feelings of grief. It’s one of those emotions that seem to settle over like a thick blanket – muffling the spirit, and yet at the same time, pricking the heart with such acute aching that we feel lost inside. The quietness of grief seems to exist in the pauses that linger just a little too long, simply bereft of words. Along with the grief, though, there often seems to be depth of gratitude – gratitude for the places that have provided grounding, the experiences that have taught wisdom, and especially the people who have journeyed with us along the way. And with the fullness of the gratitude, we plunge back into the sorrow of the grief... a leaky space of inner turmoil.

And then, there’s the future – that vast expanse of uncharted territory. We look forward with bright, willing eyes – trying all the while to ignore that flutter of inner anxiety. Will I find what I need here? Will I do okay? Will I find connection with people? Will I *be* okay? Along with the punctuated anxiety, there’s a peppering of excitement – an urgency to plunge into the new world with both feet. The breadth of new opportunities, the delight of meeting new people, and the wonder at a new inner shift – they’re all characteristics in this great process of becoming.

It’s a confusing mix of emotions in that dizzying middle place, and surely, it’s enough to falter even the most stoic and grounded of characters. For in this moment, what do we hold onto? A wise mentor of mine once offered sage advice, “Jodi, find that which is unchanging.” The beauty in the unchanging... maybe that’s the spirit that resides within us all, the assuredness that propels us forward toward the future that lay ahead. And when we nest in this spirit of the unchanging, maybe we unearth the ability to trust life’s enduring changes.

Jodi L. Bartley is currently completing a Master's degree in Clinical Mental Health Counseling at Plymouth State University. She has been accepted to and will be pursuing her doctorate in Counselor Education and Supervision in the fall at the University of North Carolina at Greensboro. Jodi holds a past Master's degree in Educational Psychology and has four years of teaching experience. Her research interests center on spirituality and counseling, supervision, and transpersonal studies

**ACA Conference—San Francisco, CA**  
**ASERVIC MEMBERS REUNITE!**

**March 21, 2012 - March 25, 2012**

In the spirit of ASERVIC, the following pictures capture the feeling of connectivity, conviviality, and unity shared by the ASERVIC members who attended the American Counseling Association (ACA) conference in March in San Francisco. We hope you all enjoy these pictures as much as those who were in attendance!





## Awards and Pictures from the ASERVIC luncheon at ACA

The function of the awards committee for 2011-2012 was to facilitate nominations for the ASERVIC annual awards. This year's awards ceremony at ACA included the President's Award and the Biggs-Pine Award.

The Humanitarian Award is a distinctive award, nominated by the ASERVIC president, which is given to an individual who has demonstrated significant service to the field of counseling in areas related to concerns of a spiritual and/or humanitarian nature. Recipients of this award have significantly helped promote the ideals, values, and programs which ASERVIC sponsors for the counseling profession. This year's Humanitarian Award was given to Jeffrey A. Kottler, one of the foremost authorities and prolific writers in the field of counseling. Dr. Kottler is an extensive contributor to the field of counseling and counselor education and is the President and co-founder of Empower Nepali Girls, an organization that provides scholarships for at-risk children in Nepal. Dr. Kottler, pictured on the right, was the keynote speaker for the ACA ASERVIC Luncheon.



Dr. Kottler, Keynote Speaker at  
The ASERVIC luncheon at ACA

The Biggs-Pine ASERVIC Journal Award goes to an author who has made an outstanding and scholarly contribution to Counseling and Values. This year's award went to Judith A. Nelson, Amy Manning Kirk, Pedra Ane, and Sheryl A Serres for the article *Religious and spiritual values and moral commitment in marriage: Untapped resources in couples counseling?* submitted April 2011.

Rick Balkin, former **Counseling and Values** Editor, with Biggs-Pine Award winners Judith Nelson and Sheryl Serres



Pictures from the ASERVIC luncheon at ACA

**Luncheon smiles! ASERVIC members reunite with friends and colleagues in San Francisco!**



## 2012 ASERVIC AWARDS RECIPIENTS

### **Outgoing President Award:**

Dr. Mark E. Young

### **Meritorious Service Award:**

Dr. Jennifer Curry—Dr. Curry is ASERVIC Past-President and former Treasurer of ASERVIC. She received this award for her advocacy efforts within ACA for ASERVIC and for the multiple projects accomplished during her presidency.

### **Presidential Award:**

Dr. Robert H. Pate—Dr. Pate received this award for his contributions to religion and spirituality in counselor education.

### **ASERVIC Research Awards:**

- ◇ Dorothy Limberg—Counselor Education Doctoral Student at the University of Central Florida. Her research is focused on the development of altruism, specifically how altruistic caring by school counselors impacts wellness and burnout.
- ◇ Emeric Csaszar—Counselor Education Doctoral Candidate at Louisiana State University. His research is focused on the effect of loving kindness meditation on levels of stress, emotional exhaustion, empathy and compassion in student teachers.
- ◇ Abigail Holland Conley—Counselor Education doctoral Candidate at North Carolina State University. Her research investigates factors influencing counselor competence and comfort with addressing spiritual or religious issues and what types of training impact college counselors' ability to explore religious/spiritual issues with clients.

**CONGRATULATIONS TO ALL THE AWARDS  
RECIPIENTS!!**





## Eve's Fund—ASERVIC's Empty Plate Project

ACA and divisions such as ASERVIC sponsor the Empty Plate Fund at all conferences. A charitable organization is selected and participants at the conference are encouraged to donate money to the sponsored charity. This year at the ASERVIC conference in Santa Fe, the empty plate donations went to Eve's Fund (see next page for information about Eve's Fund).

Below is a thank you letter received from Barbara Crowley Roy of Eve's Fund.

*Dear Monica,*

*Thank you so much again for the recent donations that your ASERVIC members made to Eve's Fund. We are truly grateful for the support of ASERVIC and for the generous donations from members at your recent conference. It was an honor to be chosen to be the recipient of donations made through your Empty Plate project. Again, my warmest thanks to you and all of your members. I hope we can somehow continue our partnership.*



**EVE'S FUND**  
Promoting Native  
Hope & Wellness



## Eve's Fund—ASERVIC's Empty Plate Project

**Eve's Fund for Native American Health Initiatives** promotes literacy, injury prevention, mental health and educational programs for young Native Americans. Currently, their efforts focus on students in the Four Corners region of the United States (Arizona, Colorado, New Mexico, and Utah). Eve's Fund was established in 2005 by Dr. Robert M. Crowell, in memory of his deceased daughter, Eve Erin Crowell, with whom he shared his passion for the Native American community.

Now in existence seven years, Eve's fund has been effective in creating prevention and education programs with the aim of promoting native hope and wellness. Recent initiatives include:

- **ThinkFirst Navajo:** Among the Navajo population, the death and injury rate from motor vehicle crashes, domestic violence and suicide are far above national average. ThinkFirst Navajo was started in an effort to address these alarming statistics and to prevent fatal and disabling injuries among the Navajo Nation.
- **Youth Literacy Programs:** Eve's fund is an active promoter of programs which support youth literacy among Native Americans. Programs such as the Magic Tree House has donated thousands of books, organizing them to function as a powerful teaching tool called the Magic Tree House Teaching Bookshelf.
- **H.O.P.E.:** Eve's Fund co-sponsors an annual suicide prevention program, known as H.O.P.E.(Helping Our People Endure), for young Native students. The H.O.P.E. program includes culture-based programs that focus on prevention, wellness and leadership development to help prevent suicide among Native Americans.

Visit <http://evcrowellsfund.org/> for more information.