



# INTERACTION

## President's Address



### DR. DANIEL GUTIERREZ

I once heard my friend, colleague, and long-time ASERVIC member, Dr. Rick Gressard, say to a room full of students “Counselors are in the business of change.” I liked that sentiment because I do think that much of what we do as counselors explore the challenges of changing. In the last year or so, we have all experienced several significant changes. Some of the simple routines like grabbing your car keys and running out the door to see a client have now shifted to, grabbing

your keys, looking for your mask, and trying to remember if the session was scheduled for telehealth or face to face. Counselor Educators are having to reinvent courses for pandemic proof pedagogy and memorize and interpret constantly changing policies. And, of course, these are truly minor changes compared to having to adjust to life after the loss of a job, a loved one, or a loss of health.

On a more personal note, my daughter officially became a teenager this year and I have watched her change before my eyes. I can connect with her in a very different way now, and it's really interesting. She has many strongly held opinions about my music taste (but what does she know), politics and what I'm wearing (Apparently, crocs are not as cool as I thought. Who knew?). Gone are the days of singing along to Mickey Mouse Clubhouse and making her giggle with silly voices. Instead, I make her laugh with my witty dad jokes and my inability to understand teenage texting shorthand. LOL. She is the same little girl I met all those years ago that radically changed my life and yet, now, so very different.

A butterfly has emerged.

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### SPECIAL POINTS OF INTEREST

- ASERVIC's new website and new leadership team
- <https://aservic.org/>
- Email [info@aservic.org](mailto:info@aservic.org)

#### **President**

Daniel Gutierrez

#### **Past- President**

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Patrice Parkinson





I sometimes wonder if butterflies miss hanging out with their caterpillar friends because I do sometimes miss singing the Hot dog song from Mickey Mouse Clubhouse with her. And, that's the thing with change, as we learn to navigate the changed terrain, we sometimes get nostalgic or fixated on what we think should be. It is hard to let go of the old. Nevertheless, it seems to me, that in order to make space for something new and sometimes better, we must uproot the old. To grow we must allow change or as former ASERVIC president and my mentor Mark E. Young once told me,

you have to let go of the dock  
to move out into the water

Many of our spiritual and religious traditions teach that very same message, as do many of our counseling approaches.

ASERVIC is going through some significant changes this year and that might be scary for some. The leadership is longing to return to the times when we can all gather in person

again, but we are trying to navigate this changing terrain to ensure we do so in a responsible manner. You may have also noticed our new website and the new leadership team at ASERVIC.

The journal, *Counseling and Values* will also be going through some shifts as we try to secure the best path forward with publishers, and we are deepening our commitment to uproot injustice and make room for new voices of compassion and justice throughout this division.

All of these changes bring with them a sense of uncertainty, ambiguity, and fear. Yet, it is also very exciting to think of the possibilities and the ways we will grow and develop – together. So, I predict it will be a year full of change, but I take comfort in the fact that we are in the business of change.

Thank you for joining us.

Peace,

*Daniel*

## Member Spotlight

Martin is happy to join the Board of ASERVIC after serving both as an Emerging Leader and as chair of the Membership Committee. He received his doctorate in Counselor Education and Supervision in 2019 from the Pastoral Counseling and Spiritual Care Department of Loyola University Maryland.

Currently, he serves as formation faculty of Theological College at Catholic University of America in Washington, D.C. This is the national seminary of the United States Bishop's Conference; this seminary prepares men for service as diocesan priests in the U.S. Catholic Church. Martin continues private practice in the Washington, D.C. area as well involvement in research projects in both D.C. and Baltimore.

He looks forward to serving the ASERVIC membership in his new capacity as board member.



Dr. Martin Burnham

# ASERVIC LEADERSHIP 2021-2022

BOARD

Board Position	Name
<b>Executive Board Members</b>	
<b>President</b>	Daniel Gutierrez
<b>President-elect</b>	Jesse Fox
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<b>Member-At-Large Exec. Board</b>	Hannah Bayne
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<b>Webinar Coordinator</b>	Elizabeth Norris

<b>Committees</b>	
<b>Awards</b>	Joffrey Suprina
	Sean Ridge
<b>ACA Conference Committee</b>	Ana Reyes
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	John Harrichand
<b>Emerging Leaders</b>	Holley Mosher
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<b>State Divisions</b>	Jessica Haas
	Isabel Thompson
<b>Strategic Planning</b>	Shannon Karl



COMMITTEES





# A MEDITATION ON PANDEMIC

by Dr. Hannah B. Bayne

It is rare to have such collective grief and suffering for such an extended time. During COVID 19, grief and loss has compounded for so many of us. Loss of loved ones or fear of that loss can feel like a heavy, immovable weight. The loneliness of isolation, especially in the first year of the pandemic, can impact sense of self and quality of relationships. The working conditions for many of us have also shifted quite a bit, and there can be a sense of loss with changes in routines or navigating inflexible work settings at a time when everything seems unpredictable.



For those of us who are counseling clients, especially those counseling full time, the pandemic has also likely led to heavier caseloads, both in volume and difficult content. People are struggling, and as the impacts of the pandemic press on there can be heightened desperation, unhealthy coping strategies, and an increase in those experiencing chronic grief (within our clients, and, perhaps, also within ourselves). As counselors, sitting with clients who are struggling in these ways can be challenging enough. Though we are accustomed to bearing witness to client pain and struggle, the pandemic has the potential to amplify client concerns in

How are  
you doing?

No,  
really,

How **ARE** you?



For counselor educators, the pressure to continue meeting standards of productivity can feel unsustainable in the face of continued impacts to teaching modality and research. We also see our students struggling and must constantly consider how to show grace at a time when everyone is straining in some way.

How much, then, can we carry, and for how long? The ACA Code of Ethics (2014) discusses impairment and states that “counselors monitor themselves for signs of impairment from their own physical, mental, or emotional problems and refrain from offering or providing professional services when impaired,” (C.2.g.), adding that a solution to impairment may include seeking out personal counseling, or limiting or suspending practice until the source of impairment is addressed.

As is often true of any code of ethics, though, there is a notable omission of an asterisk stating **\*Pandemic protocol**.

We are simply in uncharted territory. How do we hold collective grief when we are also part of it? Counselors who respond to national disasters and who experience vicarious trauma may be more practiced in preserving the line between self and other to hold client pain as separate to one’s own. And yet, we still have our own enduring concerns, and our own experiences of this unprecedented time.

I wish I had an easy solution, or five simple steps to practice ethically when the world seems to be falling apart. But this would likely minimize the extent of what we are facing. Instead, I offer a few reminders, and a brief meditation to invite inner reflection.

### 1) You are human.

We all have needs and limitations. None of us can ignore grief forever and attempts to do so are usually maladaptive. Take time to acknowledge the grief you hold, and the limits of your own humanity. Be honest about what this means for your work.

### 2) Speaking of grief, name it.

Whether through your own counseling relationship or reflective practice, it can be helpful to name the experience of grief. Often, we use terms like burnout, stress, or anxiety but don’t explore the causes of these feelings. Grief and loss are often lurking nearby and naming the root of the issue can offer some clarity and opportunities for exploration.

### 3) Practice gentleness.

What would it look like to be gentle with yourself? How would things change if you approach yourself and work through an attitude of grace? Often in times of being overwhelmed our culture of productivity pushes for more and more, rather than allowing space to heal. Consider what healing you might need.

### 4) Seek care.

If you are feeling impaired, seek out a counselor. Go for a long walk. Take a moment to breathe. Have a conversation with someone you love. Plant something. Cook something. Stare at the sky. Go for a run. Whatever ritual can help you feel connected to who you are at your core, prioritize that thing.





## **Meditation for this moment:**

I exist here, in this space.

It is messy, and full of worries and pain.

And yet, it is what I have. And this moment has me. I am perfectly prepared for the human and imperfect ways I work to connect with others at this time. The twisting, gripping, depths of fear and frustration within me are a microcosm of communal experience. We are all united together in unspeakable loss, in unnamable pain, in indescribable worry.

Yet our job as healers is to speak it. To name it. To describe it. We shine light on the dark moments. Our own darkness deserves light as well. I commit to honoring myself and my own needs. To naming my grief. To mourning my losses. To understanding that carrying the burden of others requires that I nurture my own strength.

I will give myself some space, some time, and some grace, especially because these things are in currently in short supply. I will nurture in myself the gentleness I wish for my clients, and for the world.

# Webinar Information



ASERVIC is pleased to offer webinars for continuing education to students, counselors, supervisors, and counselor educators. WE are currently looking for webinar presenters for this Spring and Fall. If you are interested in being a webinar presenter, please contact Elizabeth Norris ([Elizabeth.Norris@DenverSeminary.edu](mailto:Elizabeth.Norris@DenverSeminary.edu)) with a brief abstract of your proposed presentation topic.

As ASERVIC members, you have access to previous webinars after logging in on the ASERVIC website. Here are two of our most recent webinars:

**“Native American Holistic Health: Culture Based Health”**  
by Dr. Steven Byers

**“Ethical Leaders: Maintaining Values in Toxic Times”**  
by Dr. Elizabeth O’Brien

**“The Art of Compassion for Counselor and Client wellness”**  
by Dr. Carrie L. Elder

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.

For more information about ASERVIC's webinars, visit [www.aservic.org](http://www.aservic.org)

***INTERACTION***  
**deadline for Fall**  
**submissions is**  
**October 15th, 2022**



## Are you a graduate student interested in publishing?

ASERVIC is dedicating a section of their newsletter, *Interaction*, to graduate student contributions. We will be accepting submissions for review from Master's and doctoral students for publication in our upcoming newsletters. Publications must be related to the overall mission of ASERVIC: "Our mission is to help counselors, supervisors, counselor educators, and counseling students competently integrate spiritual, ethic, and religious values into our work with clients." This is an excellent opportunity for graduate students who are seeking to enhance their professional writing skills. You do not need to be a member of ASERVIC. We hope through interacting with our organization, you will become familiar with the work of ASERVIC and consider becoming involved. All submissions will go through a peer-review process.

We welcome submissions that are brief academic articles related to the ASERVIC mission. We are also interested in personal reflections and commentaries that are supported with academic references.

### Guidelines:

- All submissions must adhere to the APA 7th edition format (no abstract needed)
- All submissions must be related to the ASERVIC mission
- We encourage all submissions to be reviewed by a faculty mentor.
- Submissions are to be approximately 500 to 750 words and double-spaced
- The first author must be a Master's or doctoral student
- Include the author name(s), name of institution(s), and photo(s) in .jpg, .tif or .gif format.

Deadline for initial drafts is **March 15, 2022** and can be emailed to [jmmaweu@liberty.edu](mailto:jmmaweu@liberty.edu)



## *From the Editorial Team*

You may have looked for Fall's *Interaction Newsletter* last year and wondered "where is it?".

Our *Interaction Newsletter* will now be issued twice yearly for Spring and Fall seasons.

**New Submission Deadlines:**

**Spring - March 15th**

**Fall - October 15th**

We look forward to your contributions.

With thanks,

*The Editorial Team*





Interested in submitting an article for the

SPRING Issue of the

# *Interaction?*

The deadline is

**TUESDAY, March 15, 2022**

Please refer to [ASERVIC.org](http://ASERVIC.org) for guidelines for publication or for more information, or email Joy Mwendwa, *Interaction* Editor, [jmmaweu@liberty.edu](mailto:jmmaweu@liberty.edu)



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