Letter from the NCCA President

I have had the tremendous pleasure of meeting with your Executive Council twice since the beginning of this leadership year (July 2015-June 2016) and there are some exciting plans underway for the coming year! It is an honor to have the opportunity to serve during this leadership year with individuals who take your membership seriously, who are rolling their sleeves up to tackle challenges, and who are exploring innovative ideas for making this year incredible. Some divisions are supporting research and program implementation through grants while others are revising bylaws, and initiating new opportunities to recognize members, and still others are identifying ways to boost membership and leadership. Your Executive Council is at work to bring you an amazing year as a member of the NC Counseling Association!

My involvement with NCCA has spanned a decade. I still remember my first annual conference in 2005; I attended as a first year master’s level student at the encouragement of one of my faculty members. I found a wealth of knowledge to soak up throughout each conference day as professionals from a variety of settings shared research and best practices. Members were recognized with prestigious awards at the business luncheon, drawing attention to and praising their dedication to the profession, to their clients, and to their colleagues.
The Immediate Past President attended division meetings and when two of us were passionate about revitalizing the college counseling division, she supported the effort and helped us get things moving. It was inspiring to see counselors from across settings - private practice, schools, community agencies, non-profit organizations, substance abuse programs, colleges - coming together to learn from each other, to recognize and encourage one another, and to serve the profession and each other through the association. What I first saw at the annual conference that year continued as I stayed involved with NCCA. Another member and I were encouraged and supported to pursue the beginning of the Graduate Student Interest Group, which is now its own recognized division. There have been many more opportunities over the years to witness the collaboration of members across counseling settings as members come together and support one another.

I believe that the role of a leader is to inspire, to support, to equip, and to give you, the membership, the tools you need to make your association everything you want it to be. As we navigate this year together, my goal is to revitalize divisions that may be facing low membership numbers or may lack current leadership, to strengthen communication, to inspire new ideas and new leaders to step forward to volunteer to serve each other, to support new initiatives that members bring forth (such as the new grant that has come out of the NCAMCD division), and to recognize members for all that they give to NCCA in so many ways, and for all the ways they give to and grow our profession. Please feel encouraged to reach out to me with ideas, initiatives, and visions for continuing to grow our association. Together, let’s make 2015-2016 a phenomenal year for the NC Counseling Association!

Angela S. Shores, PhD, LPC, NCC, ACS
2015-2016 President
NC Counseling Association
We are excited to announce that the theme for our 2016 Annual Conference is *Integration, Collaboration, Inspiration*. Below you will find more information about this year’s conference. We look forward to seeing you all there!

**Who will the featured keynote speaker be this year?**
I am so glad you asked because we are excited to announce that our keynote speaker for this year’s conference is Dr. Samuel Gladding, former ACA President and current professor at Wake Forest University. Dr. Gladding is a published author of over 40 books, multiple teaching videos, more than 75 refereed journal articles related to the professional of counseling, 22 book chapters, and 45 poems in peer-reviewed counseling journals. He brings a wealth of experience and wisdom to the conference (and much needed humor!) and we are honored to have him serve as our keynote speaker this year.

**What is the location for the conference and what dates do I need to save on my calendar?**
We will be returning to the Grandover Resort in Greensboro, NC for this year’s conference on February 18th and 19th, with pre-conference workshops on February 17th. Pre-conference workshops are still being finalized but currently we are able to offer a pre-conference session on Gestalt therapy, a session focused on serving children and adolescents, and an all day (morning and afternoon) session for counseling supervisors to gain required continuing education hours.

**What else can you tell me about the conference?**
Registration for the annual conference will open November 5th and the Call for Program Proposals is already underway. More information is available on the NCCA website. Individuals interested in presenting education sessions in one of the time formats available (50 minute, 1 hour 20 minute, and 1 hour, 50 minute) should meet the following criteria: (1) Hold a graduate degree in a mental health field from a regionally accredited educational institution or a graduate degree directly related to the subject matter presented from a regionally accredited educational institution; or (2) be qualified by appropriate education, experience, and/or training to present the specified subject matter. Individuals submitting a program proposal must also submit their resume or CV that demonstrates the qualifications above are met. Additional information to keep in mind includes: (1) each presentation is limited to 1 presenter and 2 co-presenters, (2) participants (presenters/co-presentation) are limited to 2 presentations over the entire duration of the conference, and (3) all presenters must be actively involved in the presentation of the material during the session.
**LOGO CONTEST!**
Do you have a creative side? Would you like to win a free registration to the annual conference? Then submit your original artwork ideas for consideration as the conference logo. The logo should be a visual representation of the conference theme, and is printed on the Conference Program as well as online as part of conference promotions. Please submit your logo designs to nccounselingassociationweb@gmail.com by November 30th for consideration.

More Information:
Visit the NCCA website often for updates and additional information. We will update the website with any additional pre-conference session details, information about vendors and exhibitors, and notifications about conference sponsors. Check the website frequently to stay up-to-date!

Share Your Ideas in the Next Edition of the Carolina Counselor!

Please consider sharing your thoughts, perspectives, ideas, or experiences in the February edition of the Carolina Counselor!

Email the section editors to discuss your submission ideas, nominate a colleague for the member spotlight, or share your division or campus updates!
Legislative News
Editor: Mishelle Lockerby

Legislative Update: Medicaid Reform...It is Coming!
By: Mishelle Lockerby

The North Carolina General Assembly recently made some major decisions impacting the community based Mental Health/Intellectual and Developmental Disability/Substance Use Disorder system. This system is served through Local Management Entities and Managed Care Organizations (LMEs/MCOs). The Senate and House both overwhelmingly passed House Bill 372 also known as the “Medicaid Modernization” bill. The bill now goes to Governor McCrory for approval.

This bill paves the way towards Managed Care for Medicaid consumers. Under the legislation, the state would enter into contracts with three companies that would offer statewide health insurance plans for Medicaid recipients, as well as up to ten contracts with networks of doctors and hospitals that would offer regional plans. This in essence overhauls Medicaid and leaves the administration in the control of commercial insurers. There are no provisions that allow for the expansion of Medicaid to more individuals as allowed under the Affordable Health Act.

For Providers this pending legislation means, it is imperative more so now than ever to be proactive than reactive. Managed care is a national trend; other states have similar regulations in place. Medicaid is ever-changing and it is best from a provider standpoint to always expect the changes. We are living in a political climate where financial solvency and short-term savings takes precedence over patient care and satisfaction. Providers should take heed and morph their practices into one that will persevere despite the changes to come. We are on the brink of a massive Medicaid metamorphosis.

Division News
Editor: Aisha Al-Qimlass

Get Involved with the NC Graduate Student Association

The North Carolina Graduate Student Association (NCGSA) is a division of NCCA that deals directly with graduate students- from programming to networking to training!

Why Get Involved in NCGSA?

Looking for a great way to get leadership experience or broaden your resume? Want to get state-wide exposure to issues facing counselors in our state? Want to better the graduate school experience for yourself and others? These are all important reasons to join!

How do I get involved?

To be a general member, just fill out your NCCA membership form and mark that you would also like to join NCGSA (for $5). For just $20, you will be a member of the NCCA and NCGSA for the entire year and get access to all the trainings, networking, and events targeted specifically for you!
The North Carolina Association for Multicultural Counseling and Development (NCAMCD) invites applicants to submit proposals for its 1st Presentation Collaborative Grant. NCAMCD seeks to improve ethnic and racial empathy and understanding and to advance education opportunities for non-white minorities. The grant seeks to cultivate collaborations between the North Carolina Counseling Association (NCCA) divisions in furthering the division goals of increasing multicultural awareness among practitioners and educators in the field of counseling and to promote diversity and inclusiveness among counselors and the individuals they serve.

The Collaborative Grant will support recipients to present at the NCCA Conference in February 2016. Applicants for this grant will apply as a team that will consist of members from two different NCCA branch affiliates. The presentation should demonstrate the integration of topics that are under the purview of other NCCA divisions with multicultural themes. Applicants will submit a presentation proposal that aligns with the NCAMCD mission and meets the guidelines.

Visit our website for more information about the guidelines and application!
The recently organized Association for Child and Adolescent Counseling – North Carolina (formerly the Association for Professional Counseling in Schools) has named its incoming officers and is in the process of affiliating with the national ACAC of the American Counseling Association. Members of NCCA who provide counseling services to children and adolescents, or have interest in research regarding counseling and related practices for children and adolescents are invited to join!

The mission of ACAC-NC is to advocate for counseling and related services provided through a variety of agencies that assist with the educational, emotional, social development of children and adolescents. In addition, the association supports the development of research-based, based practice models for delivering services to children and adolescents in a variety of community agencies, and provides professional development opportunities for counselors who serve children, adolescents, and families.

NCCA members who wish to join ACAC-NC may add the division when renewing their annual membership or contact the NCCA office to add it now. If you are interested in serving as a volunteer, please contact Sarah Moore at saramoor@uncc.edu. Look for ACAC-NC sponsored sessions at the annual NCCA conference and for forthcoming workshops!

Get Involved in a NCCA Division Today

Do you have a special counseling interest area? Are you looking for ways to get more involved in the counseling profession?

Get involved with one of NCCA’s divisions. To learn more, explore our website!
Congratulations to this edition of Carolina Counselor’s Member Spotlight subject, Taheera N. Blount, MA, NCC, LPC, HS-BCP!

From the moment my conversation began with Taheera Blount, her passion and commitment to the Counseling profession was clear. Her cheerful, kind, and welcoming personality made me smile as I conducted the interview over the phone. What an inspiration she must be to her clients and coworkers as well. It was certainly a privilege for me to have the opportunity to interview her for this edition’s Member Spotlight column.

Taheera began her career in mental health as a Mental Health Technician at Pitt County Memorial Hospital and has diligently worked her way to becoming a Licensed Professional Counselor in pursuit of her PhD in Counselor Education. Her résumé is an impressive representation of someone who models commitment and professionalism in the field of Counseling.

Most recently on a long list of accomplishments is a $20,000 Counseling Fellowship awarded to Taheera, by the National Board for Certified Counselors Minority Fellowship Program (NBCC MFP). This well-deserved award will provide funding and training to support Taheera’s education and facilitate her service to underserved minority populations. The goal of this program is to strengthen the infrastructure that engages diverse individuals in counseling and increases the number of professional counselors providing effective, culturally competent services to underserved populations.

Taheera received her undergraduate degree in Social Work from Barton College in Wilson, NC. She continued on to graduate school to receive a Master of Arts in Counseling with a specific focus on School Counseling from North Carolina Central University and is currently a Doctoral Candidate working on her dissertation at North Carolina State University.
She worked for 6 years as a School Counselor and shares that her greatest reward is to now see her previous students, in the world making a positive difference. The pride that Taheera takes in her work and in these students who are now making an impact as adult leaders, is obvious as she shares how important this has been to her both professionally and personally. These successful students were certainly provided support and a positive role model at a very critical period in their lives and can now credit Taheera with being there for them when it really mattered.

When asked about her greatest challenge associated with being a Counselor, Taheera is very forthright and quick to say “finding balance.” As a helper and devoted Licensed Professional Counselor, Taheera shares that “people depend on us” and that finding time for herself and setting healthy boundaries can be an extreme challenge for someone who enjoys helping others so much.

Taheera’s advice to upcoming Counselors is to make sure to incorporate a healthy balance between your professional and personal life. She believes very strongly that “self-care and wellness are number one.” She further shares that upcoming Counselors need to think about how they would like to see themselves professionally and that it is important to consider how you can best contribute to the Counseling profession. She stresses the importance of not only thinking of yourselves as Counselors, but as Educators as well; and that sharing with others is critical to the growth of the profession.

When asked what changes she would like to see in the field of Counseling, Taheera states that the changes that she has hoped for are already being implemented, and that she sees the Counseling profession continually moving in a positive forward direction.

Taheera lives in Durham, North Carolina and has definitely been an outstanding and inspirational addition to the Counseling profession. Congratulations Taheera, on being the Member Spotlight focus in this edition of Carolina Counselor and thank you for providing such an example for us all!

If you would like to nominate a Counselor to be the subject of the Member Spotlight column in the next edition of Carolina Counselor, please contact Saundra Burleson, Member Spotlight Editor, at (828) 778-2158 or burlsj13@wfu.edu.
My 12:00 appointment canceled at the last minute today: car trouble. Jack (not his real name) is a faithful client who is invested in his own growth. Affinity for him comes easily, so I was disappointed that he could not make it. Last minute cancellations are of course common occupational hazards, but they are sometimes more frustrating than others.

Once my initial disappointment subsided, I realized that I had a free hour. As a full time clinician and professor and a mother of two toddlers, this came as a welcome joy: I had a precious fifty-five minutes before my next session. I was then assaulted by my to-do list, tasks both urgent and perpetual. I needed to make a dentist appointment for my daughter, return emails, organize files, tidy the office. The pull to be productive was virtually irresistible. Overcoming this familiar pull, I decided to use the time in a different way.

I spent the time “being” rather than “doing.” Mindfulness takes many forms. As a person of faith, my personal meditation practice involves the use of Centering Prayer. This ancient form of silent prayer involves letting go of the usual barrage of thoughts by focusing on the presence of God.

Although I often lose the battle to sit still between sessions, I deeply value doing so. When I choose to be rather than to do, I give myself time to consolidate the previous session. Silence provides the psychological space to acknowledge that it is not only the client who is affected during the session. I too am impacted by interactions with clients, particularly when the time involves intense affect.

To my own chagrin and more often that I would like to admit, I sometimes begin sessions feeling depleted. But this day was different. After time spent in centering prayer, I felt replenished. My next session was with parents who are grieving their adolescent daughter’s defiance and poor judgment. Having spent time in silence, I was able to be truly present with them and their heartache.

And I have found a strong correlation between my ability to be present and the degree of satisfaction I get out of my work. At the conclusion of the clinical day, none of my emails had been returned and my desk was as dusty as ever. However, I concluded the day with a sense of gratitude for the privilege of participating in such meaningful work. Time spent in intentional silence is a gift I give myself. But ultimately, my clients and I are the co-beneficiaries of this practice.
On Saturday October 3rd, counseling graduate students from across the state showed their dedication to the field by convening at the University of North Carolina Charlotte to spend the day with representatives and leaders from the Licensed Professional Counselors Association of North Carolina (LPCANC) and Chi Sigma Iota (CSI) at the first annual North Carolina Chi Sigma Iota Professional Advocacy Conference. Despite the torrential rain and flooding, 32 students from seven NC counseling graduate programs attended, highlighting the level of dedicated effort graduate students are willing to commit to contribute to positive change for the future of North Carolina counselors as a unified profession. The main goal for this summit was to bring CSI chapters together to kick-start collaborative efforts for professional advocacy.

With the current NC counseling climate in desperate need for changes in funding, licensure recognition, and public policy, graduate students have a powerful voice and cannot afford to wait to get involved, which is what many graduate students tend to experience. As anticipated, the interest level of graduate students to advocate for counselors across the state as a way to advocate for clients was very high, however students’ understanding of system issues and how to help, let alone a sense of efficacy for change was on the lower end at the beginning of the day. To address this issue, the organizers of the event (doctoral students and counseling practitioners from two universities, Emily Teague-Palmieri and Michael Englert; pictured) set the tone for the day in presenting the expectations for the day, some concrete steps for how to approach legislators with a stake in decisions for counselors in the state, and empowering encouragement. In addition, the university representative from LPCANC, Dana Robinson, and the chief operating officer for CSI, Stephen Kennedy, presented information specific to clinical counselors and school counselors as well as the importance of collaborative efforts towards a unified counselor identity. Throughout the morning’s informational presentations, students engaged with questions and discussions, priming them for the afternoon’s opportunities to discuss specific implications for mental health, school counseling, substance abuse, and family counseling specialties. The students who attended made quick connections with peers from other universities, forming four advocacy interest areas, which sparked the beginnings of four on-going advocacy projects that students have committed to working on together throughout the coming year. Overall, the summit was considered a tremendous success that CSI hopes to use as a model for other states, and the inaugural student attendees are hoped to return next year when another university hosts the summit to aide in leading the conversations and continue their collaborative advocacy efforts.
Meet the Carolina Counselor Editor

Beth Vincent, MS, LPCA, NCC is currently a doctoral student in the Counseling and Counselor Education program at North Carolina State University. She currently works within a career counseling role, but has previously worked in community mental health positions. In addition to holding the position of Carolina Counselor editor, she serves NCC As the Director of Information Technology- maintaining the organization’s website and social media. Her research interests include incorporating technology and creativity into counseling and counselor education.

Meet the Carolina Counselor Section Editors

Legislative News

Mishelle Lockerby is presently a graduate student at Montreat’s Clinical Mental Health Counseling Program. She has four years of experience working in mental health as an Access Clinician with Foothills Area Program LME in Morganton, NC where she worked in this capacity for four years. She also worked as a Mobile Crisis Clinician for Phoenix Counseling Center, a local non-profit. Her goals post graduation are to pursue licensure as an LPC and apply for doctoral study either at UNCC-Charlotte or USC Columbia’s Ph.D. in Counselor Education Program.

Division News

Aisha Al-Qimlass is currently a doctoral student in Counseling and Counselor Education at North Carolina State University. She received her Masters degree in Rehabilitation Counseling from San Diego State University, and holds certificates/licenses as: Certified Rehabilitation Counselor, Licensed Professional Counselor Associate, and Licensed Clinical Addiction Specialist Associate in Raleigh, North Carolina. She currently works as a Graduate Assistant in her program at NCSU. Her research interest and focus for her dissertation will be Islamic Feminism and Career Development factors for women in Kuwait.

Perspectives from the Field

Beth Davis is a third year doctoral student at North Carolina State University in the Counseling and Counselor Education program. She has worked as a Licensed Professional Counselor and a Licensed Clinical Addiction Specialist for over 10 years. Her research interests include meaning-based therapies, process addiction and spirituality in counseling.
NCCA Member Spotlight

**Saundra Burleson** is a Wake Forest University graduate student working toward her Master of Arts in Clinical Mental Health Counseling. She holds a BA in Psychology and currently works as a Behavioral Health Technician at a local hospital. She and her husband live in Asheville, NC and enjoy spending time with their three grown children and granddaughter. Saundra runs a group called Appalachian Angels that provides hand knitted/crocheted “clothing items of warmth, made with love, to the local community centers and shelters. Saundra wants to work with women who have decided to further their education and career options at a later age than the traditional college student.

Around Campus

**Cheryl Meola** is currently enrolled in the PhD program in the Department of Addictions and Rehabilitation Counseling at East Carolina University. She has a Master’s in Counseling from Bridgewater State University in Massachusetts. Her main focus in research and practice is equine facilitated psychotherapy, specifically focusing on working with veterans and military families. She is a LPC and currently work in the DARS department counseling clinic as well as running an Equine Service for Heroes program at Rocking Horse Ranch in Greenville, NC.

NC Diversity and Advocacy

**Joy McNeil** is a North Carolina native and has spent over a decade answering to the call to serve the community in various capacities. Joy graduated from the University of North Carolina at Chapel Hill in 2003 with a dual degree in Journalism and Mass Communication and Women’s Studies. Joy later decided to pursue her passion for empowering people by completing a Masters in Psychology at Fayetteville State University where she worked with survivors of interpersonal violence and sexual assault. She continued her work upon graduation within the military community as an advocate and educator. Joy is currently completing a Human Services and Counseling Studies doctorate through Capella University where she is writing her dissertation on the lived experiences of women of color who report an extended road to diagnosis with an autoimmune disorder. She is a Licensed Professional Counselor Associate in Fayetteville, NC.
# NORTH CAROLINA COUNSELING ASSOCIATION

- MEMBERSHIP APPLICATION -

**JULY 2015 - JUNE 2016**

Toll free: 888.308.NCCA

Web Site: www.nccounselingassociation.org

**New Member**

- YES - NO

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- Please DO NOT include my name in a directory of NC Counselors.
- Please send paper newsletter INSTEAD of an electronic one.

Please note: Your contact information may be shared with other professional organizations for the purpose of professional development.

- Please DO NOT share my contact information with other professional organizations.

## ANNUAL NCCA MEMBERSHIP DUES

(Required for enrollment in any Division)

- Professional: $60.00
- Regular: $60.00
- Emeritus: $15.00
- Student**: $15.00

## ANNUAL NCCA DIVISION AND INTEREST GROUP DUES

- NC Association for Counselor Education and Supervision: NCACES
- NC Career Development Association: NCCDA
- NC Association for Humanistic Counseling: NCAHC
- NC Association for Assessment in Counseling: NCAAC
- NC Association for Multicultural Counseling & Development: NCAMCD
- NC Association for Spirituality, Religious & Value Issues in Counseling: NCASERVIC
- NC Association for Specialist in Group Work: NCASGW
- NC Addiction & Offenders Counselor Association: NCAOCA
- NC Mental Health Counselor Association: NCMHCA
- NC College Counseling Association: NCCCA
- Association for Gay, Lesbian and Bisexual Issues in Counseling of NC: AGLBIC of NC
- NC Association of Marriage and Family Counselors: NCAMFC
- NC Association of Adult Development and Aging: NCAADA
- Association for Child and Adolescent Counseling - NC: ACACNC
- NC Graduate Students Association: NCGSA

** TOTAL ENCLOSURE $**

- Check payable to: **NCCA MEMBERSHIP**
- VISA MasterCard American Express Discover

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**Signature**

(Required to process if paying by credit card)

**MAIL TO: NCCA, P.O. Box 20875, Raleigh, NC 27619**

**CREDIT CARDS MAY BE FAXED TO: 919.782.9470**

**Note:** Professional dues may or may not be deductible in full or part. Please check with your tax preparer. Approximately 10% of your NCCA dues are allocable to nondeductible lobbying efforts on behalf of the counseling profession in the state.

**Graduate Students:** (Students are intended to be full time and memberships are granted at the discretion of NCCA)

Please have your counselor education faculty member sign the following statement.

"I hereby certify that the applicant is engaged in counseling studies during the current academic year."

**Signature of professor and University/College Name**

**Date**

I am aware that I may be dropped from membership in the association for conduct that is contrary to or destructive of its mission according to its Bylaws and the Code of Ethics for the American Counseling Association.

**05/28/2015**
About the North Carolina Counseling Association

The North Carolina Counseling Association represents diverse interests of its membership through an Executive Council, geographically located members, specialty organizations, and committees.

The fundamental purposes of the North Carolina Counseling Association shall be:

• To provide a united organization though which all persons engaged or interested in any phase of the counseling profession can exchange ideas, seek solutions to common problems, and stimulate their professional growth
• To promote professional standards and advocacy for the counseling profession.
• To promote high standards of professional conduct among counselors.
• To promote the acceptance and value of individual differences and the well-being of all individuals.
• To conduct professional, educational, and scientific meetings and conferences for counselors.
• To encourage scientific research and creative activity in the field of counseling.
• To become an effective voice for professional counseling by disseminating information on, and promoting legislation affecting counseling.
• To encourage and support division chapters.

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