

Association for Child and Adolescent Counseling of North Carolina

The Association for Child and Adolescent Counseling of North Carolina (ACACNC) is a support and information network for counselors who work with children and adolescents. The American Counseling Association's Code of Ethics (2014) and the Council for the Accreditation of Counseling and Related Educational Programs standards (2009) charges counselors with enhancing human development across the lifespan; therefore, ACAC of NC supports counselors working with children and adolescents from birth through age adolescent.

The breadth of this developmental range offers its own unique experiences and challenges. ACAC of NC serves to bring a community of counselors together who strive to offer best practices to this under-served and distinct population.

For more Information visit:
<https://nccounselingassociation.org/ncca-divisions/acacnc/>



ACANC MEMBERS!

WOULD YOU LIKE TO BE A PART OF THIS NEWSLETTER?
WE WOULD LOVE TO HEAR FROM YOU!

Please submit a review of a book or dvd, a summary of research you've done, something anecdotal from your work, ANYTHING you'd like our community to know about your work!

Please send all articles to
capulgar@wakehealth.edu

No longer than 3 pages please (including references if needed)



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President's Message and Mission Statement

Before you know it, July will be here and a new Board will be installed into ACAC – NC. I write this as the President-Elect of ACAC-NC with anticipatory excitement of what is to come.

These past few years have produced amazing results. Starting with the vision of Pattie Amundsen, Louise Glenn, Jack Schmidt and others to become an official Division of NCCA, the torch was then picked up by Sarah Moore. Supported by those before her, Sarah has created a solid foundation for our Division. Some of these accomplishments included increasing membership, creating an active Board for Division operations, sponsoring a pre-conference and conference sessions at the Annual NCCA Conference and holding a one-day Drive In Conference in April 2017. In other words, ACAC-NC is established itself as a growing Division intent on promoting awareness, understanding and advocacy of professional counseling for children and adolescents.

Moving forward, my hope is to build upon the foundation established by our founding members. Embracing our mission (included in this newsletter), our areas of focus will include:

- Doubling our membership over the next two years

- Continuing to provide ACAC-NC sponsored workshops at the annual conference

- Networking with graduate counseling programs in order to “grow” future child and adolescent counselors

- Advocating at the local and state level to raise the standards of practice for child and adolescent counseling, psychotherapy and mental health

To accomplish these goals, we need your assistance so if you want to get involved, please reach out to me or another Board member. My email is tkacsakphd@icloud.com. I would love to hear from you!

Thank you for all that you do for children and adolescents.

Playfully yours,

Theresa

Theresa M. Kacsak, PhD, LPCS, NCC, RPT-S

President, ACAC-NC, 2017-2018

The mission of ACAC-NC:

Promote greater awareness, understanding, and advocacy for professional counseling services that aim to improve the educational, emotional, and social functioning of children and adolescents. Such services include, but are not limited to, individual and group counseling, consultation and collaboration, diagnostic assessment, program development, and referral services. This advocacy is founded on the premise that children and adolescents who receive appropriate assistance to handle personal, social, career, and educational issues and challenges will more likely meet with success in their overall development and in making important life decisions.

Support the development of research-based, best practice models for delivering child and adolescent counseling in both community and school settings. The ACAC-NC provides and fosters professional development for counselors who serve children and adolescents, families, and related practitioners in the community. At the same time, ACAC-NC endorses preparation standards and certification and licensure processes sanctioned by the counseling profession (such as, the Council for Accreditation and Related Educational Programs, the National Board of Certified Counselors, State Licensing Boards, and the American Counseling Association).

Publicize research-based, best practice models to verify effective models, programs, interventions, and strategies used in the ethical practice of counseling and related services when working with children and adolescents in a variety of professional services. Its purpose in these endeavors is to raise the standards of practice with children and adolescents in counseling, psychotherapy, and mental health.

Who are your ACAC of NC Board Members for 2017-2018?

Immediate Past President: Dr. Sarah Moore; Private Practice and Adjunct Faculty at
NORTH CAROLINA A&T.

samoore6@ncat.edu

President: Dr. Theresa Kasczak
Private Practice, CPMH, LLC; Part-Faculty, Capella University
tkasczakphd@icloud.com

Dr. Theresa M. Kasczak is a counselor educator at Capella University and is in private practice specializing in children and adolescents in Durham at Carolina Partners in Mental HealthCare. She has worked as a professional counselor and play therapist for over fifteen years in both schools and agencies. A Licensed Professional Counselor Supervisor, National Certified Counselor and Registered Play Therapist Supervisor, she is the incoming President for the Association of Child and Adolescent Counseling in North Carolina. Dr Kasczak just completed eight years of service on the Board of the North Carolina Association of Play Therapy having served in a number of leadership roles during her tenure. She is a frequent presenter on the topics of play therapy, child and adolescent counseling and parenting. She has been selected to present at the Inaugural ACAC National Conference in Arlington, VA on the topic of Group Play Therapy.

President-Elect: Courtney Evans-Thompson, PhD.
NORTH CAROLINA A&T.
ctevans@aggies.ncat.edu

Courtney Evans-Thompson recently obtained her Doctorate in Rehabilitation Counseling and Rehabilitation Counselor Education from North Carolina Agricultural and Technical State University. She currently works for Help, Inc: Center Against Violence in Wentworth, NC, working specifically with children and adolescents who have experienced or witnessed any form of violence (e.g., domestic violence, sexual abuse).

Part of Courtney's goals for NC-ACAC include advocating for and promoting research on child and adolescent mental health. Courtney is actively engaged in research, specifically on this topic, with her most recent article being published by VISTAS 2017, titled "Child Sexual Abuse and Rural Areas". Overall, Courtney's goals for NC-ACAC are to help create a collaborative environment in which emerging ideas to work with children and adolescents can be introduced and discussed.

Secretary and Trustee-Special Projects: Camila Pulgar, LPCA
 CareNet; Wake Forest Baptist Health.
capulgar@wakehealth.edu

Camila A. Pulgar is excited to continue to serve the ACANC board as a secretary and special projects trustee. Camila is an NC A&T alumni, she received her masters in Clinical Mental Health in May 2016. She is currently an LPCA resident in the Residency Program at CareNet at Wake Forest University. Camila provides counseling to children, adolescents, adults, couples and families in individual and group settings. Camila's clinical interests include Play Therapy, anxiety, depression, family/couples conflict, anger management, identity and self-esteem issues, stress management, life transitions, and marital counseling. Camila was born and raised in Chile and immigrated to Winston-Salem in 2004. She has experience in community based research as a project manager and is currently working on several projects related with the Latino Community and Mental Health.

Treasurer: Hannah Brady; Masters' student,
 NORTH CAROLINA A&T.
hnbrady@aggies.ncat.edu

Hannah Brady, she is currently a graduate student in the clinical mental health counseling track at North Carolina Agricultural & Technical State University. Currently in the second semester of her first year. Her research interests include art therapy, play therapy, and trauma. In the future I am interested in working with children, adolescents, and college students. My goals are to receive training in art therapy, EMRD, and play therapy. She is excited to be on the board and serve as the Treasurer on the board of ACACNC. She looks forward to working with the financial aspect of this branch and managing records for ACACNC.

Trustee- Membership: Will Batchelor, Masters' student,
 NORTH CAROLINA A&T.
wdbatchelor@aggies.ncat.edu

Will Batchelor is a mental health counseling student in the clinical track at North Carolina Agricultural & Technical State University. Currently I am in my first year second semester. His research interests include expressive arts therapy and play therapy. In the future he is interested in working with children, adolescents, and/or college students. As the Membership Trustee he is responsible to promote and strengthen the membership of ACACNC as well as the NCCA. In this position on the board he plans on creating amenities and programming to benefit current members and attract new ones.

Trustee- Communications: Briana Mack, Masters' student.
 NORTH CAROLINA A&T.
bnmack@aggies.ncat.edu

Briana Mack, she is excited to be part of such a great influence on the mental health community, especially as it relates to the younger generation. A native of North Carolina but raised in Georgia, Briana chose to come back to the most densely educated state with the greatest possibilities. My future professional aspirations include developing programs to assist students in their matriculation through school. Giving them the tools they need to succeed by meeting them where they are. I am currently studying Mental Health Counseling (Clinical), with a certificate in Rehabilitational Psychology and Behavioral Medicine at North Carolina A&T State University, where I currently hold the positions of iLEAD Coordinator as well as the Vice President of ACC (Association of Clinical Counseling). She received her undergraduate degree from Georgia Southern University with a B.S. in Psychology. In the future I hope to write for various brand blogs, with the intention of starting my own lifestyle blog. I plan to use this platform to bring awareness to the misconceptions of mental health.

Article of Interest:

Adlerian Group Play Therapy & Trauma **Courtney Evans-Thompson, PhD, LPC, NCC**

As a counselor working in the field, it is obvious that, in the society we live in today, serious assaults, abuse, violence, wrecks, natural disasters, and other potentially traumatic events commonly take place. Adverse child experiences and the experience of trauma can disrupt normal childhood development; these experiences can negatively impact the child's social, cognitive, and emotional development (Prevent Child Abuse North Carolina, 2015). It is vital for children who experience trauma to take part in some type of efficacious mental health treatment.

When considering the impact of such stressful events on individuals, Adlerian theory is particularly useful, in that it conceptualizes why some individuals become traumatized while others do not. From an Adlerian perspective, the effects of trauma can be explained as a combination of lifestyle vulnerabilities and external factors (Hjertaas, 2013). Trauma can cause individuals to feel isolated and perceive the world as a dangerous place.

Adlerian theory can be used when working with individuals who have experienced trauma by helping the client to gain insight into how they are viewing themselves and the world and encouraging social belongingness by gradually promoting the client back into the community; these factors can relieve feelings of isolation often experienced by clients experiencing traumatic reactions. One way that I have found to be particularly beneficial in promoting social belonging among clients is through the use of group therapy. Through the use of group therapy, relationships with other group members and interactions with one another can expand. By promoting such social interaction through group sessions and outside of group, it is hoped that feelings of isolation are relieved.

Such a group format is also beneficial when working, specifically, with children and adolescents who have experienced trauma.

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Research has demonstrated that **play therapy** and **group play** therapy, in general, are effective and beneficial treatments when working with clients who have specifically experienced trauma as children (Chinekesh et al., 2014; Lundqvist, Svedin, Hansson, & Broman, 2006; Wolfsdorf & Zlotnick, 2001). Additionally, both **Adlerian play therapy** and **group Adlerian play therapy** have been shown to be efficacious in treating a wide variety of different clinical concerns and are recommended forms of counseling when working with children (Meany-Walen, Bratton, & Kottman, 2014; Meany-Walen, Bullis, Kottman, & Taylor, 2015).

When interacting with children through Adlerian group play therapy, it is hoped that not only should children learn effective strategies to assist with symptom reduction, but also gain comfort, support, and friendship from other children who have experienced similar situations.

References

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- Prevent Child Abuse North Carolina (2015). *ACE Study Statistics*. Retrieved from: <http://www.preventchildabusenc.org/index.cfm?fuseaction=cms.page&id=1051>

Interested in learning more about Cultural Considerations in Child-Centered Play therapy?

Join us!!

The Department of Counseling, the NC Counseling Association, and the Association for Child and Adolescent Counselors of NC present a drive-in workshop:

Cultural Considerations in Child-Centered Play Therapy,
Friday, April 28th, 9 a.m. - 4p.m.

This workshop is an introduction to the basic concepts of child-centered play therapy and the cultural considerations that are necessary for good practice. Participants will learn the attitudes and skills necessary to establish and maintain facilitative relationships with children which will encourage self-expression and change. Video clips and role plays will be used to demonstrate the skills. In addition, participants will have the opportunity to practice the skills.

Sarah Moore, Ph.D., LPC-S, Clinical Coordinator /Site Supervisor, Center for Behavioral Health and Wellness; Adjunct Faculty; President, ACAC-NC; Questions, contact Sarah at 704-796-7046.

LOCATION: Proctor Hall, Room 160, Greensboro, NC 27411, #48 on map

Visitor Parking: Deck #43on map

<http://www.ncat.edu/admissions/undergraduate/visit-us/map-directions.html>

WORKSHOP REGISTRATION FORM

Name _____

Address _____

Email _____ Phone _____

\$85 NCCA member \$135 non-member of NCCA (includes membership in NCCA/ACAC-NC- valued at \$70)

Students are FREE (\$25 administrative fee to receive certificate)

Includes CEU certificates, a.m. and p.m. snacks and beverages. Lunch is on your own.

Check Enclosed (address check to ACAC-NC) Mail registration and payment to: Department of Counseling,

Attn: Dr. Sarah Moore, 1601 E. Market St. Greensboro, NC 27411.

Registration & Payment Deadline: 5:00 PM, Friday, April 21st, 2017



NORTH CAROLINA
 AGRICULTURAL AND TECHNICAL

Board Members Highlights



We are very proud of two of our ACANC board members for being honored at the North Carolina Counseling Association NCCA this past February in Durham NC. Dr. Sarah Moore (on the left) received the Devoted Service Award from both the NCCA and ACANC. Camila Pulgar, LPCA received the beginning counselor award from both the NCCA and ACANC.

Congratulations

