ANNOUNCEMENTS

Mark Your Calendars!
2019 NCCA Annual Conference
Durham Convention Center
Wednesday February 20th
Thursday February 21st
Friday February 22nd

NCCA Journal
The NCCA professional journal has a new name: The North Carolina Counseling Journal

We’re on Social Media
Instagram: @nc_counselors
Facebook: @NorthCarolinaCounselingAssociation

Interested in an Editorial Position?
Email: nccounselingassociationweb@gmail.com

Have Something to Share?
Email your submission to: nccounselingassociationweb@gmail.com

Inside This Issue

<table>
<thead>
<tr>
<th>President’s Welcome</th>
<th>Page 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Editor’s Greeting</td>
<td>Page 5</td>
</tr>
<tr>
<td>Division News</td>
<td>Page 6</td>
</tr>
<tr>
<td>Legislative News</td>
<td>Page 7</td>
</tr>
<tr>
<td>NC Diversity and Advocacy News</td>
<td>Page 8</td>
</tr>
<tr>
<td>Around Campus</td>
<td>Page 10</td>
</tr>
<tr>
<td>Perspectives From the Field</td>
<td>Page 11</td>
</tr>
</tbody>
</table>

New 2018-2019 Executive Officers

President: Shenika Jones
President-Elect: Mark Schwarze
President-Elect-Elect: John Nance
Past President: Allison Crowe
Secretary: Loni Crumb
Treasurer: Kerri Legette McCullough
Member-at-Large Government Relations: Megan Numbers
Member-at-Large: Crystal Waters
President’s Welcome

Shenika Jones

NCCA Members,

I am excited to lead as this year’s president for NCCA. Thank you for this tremendous opportunity to serve with and advocate for the best counselors in the nation! We are an active organization with many opportunities for you to contribute your expertise whether your role is best described as a licensed professional counselor, school counselor, counselor educator, or graduate student. Our organization is only great because you’re here! We have a phenomenal leadership team who are here to serve and foster connections in the areas of counseling, advocacy, and service. A special thank you to the July 1, 2018-June 30, 2019 officers: President Elect: Mark Schwarze, President Elect Elect: John Nance, Past President: Allison Crowe, Secretary: Loni Crumb, Treasurer: Kerri Legette McCullough, Member at Large: Crystal Waters, and Member at Large/Government Relations: Megan Numbers.

I would like to personally welcome all new members to NCCA! Regardless of what brings you to North Carolina, we’re excited to have you join the state’s professional counseling organization. To our members with a few more years of membership under your belt, I sincerely appreciate your consistent commitment and contributions to NCCA and the mental health and wellness of the citizens of North Carolina. As members, consider taking advantage of the opportunity to submit a proposal for the upcoming NCCA Annual Conference 2019. The deadline of September 24th is quickly approaching!

I have a few exciting projects and updates to share with you.

NCCA has two new award categories:

The Don C. Locke Multicultural & Social Justice Award honors the memory and legacy of Dr. Don C. Locke, Distinguished Professor Emeritus at NC State, by recognizing an active NCCA member who is a champion for diversity that has made significant contributions to enhancing multicultural and social justice within and beyond the counseling profession.
The Jane E. Myers Wellness Counseling Award honors the memory of Dr. Myers, former Counselor Educator at UNCG and Executive Director of Chi Sigma Iota, by recognizing an NCCA member who has encouraged clients to increase their holistic wellness through counseling practice and/or research that incorporates an evidence-based wellness model.

The awards committee will solicit your nominations for these awards and others in the near future.

In November, there will be a call for nominations for many of the executive board positions. Please expect an email from NCCA if you would like to nominate a colleague or yourself. Those elected will be notified at the upcoming conference.

I'll look forward to seeing you at our upcoming annual conference in Durham, NC on February 20-22, 2019! We have invited several outstanding pre-conference speakers, with keynotes by Dr. Carl Sheperis on Thursday and Dr. Lyndon Abrams on Friday. You don't want to miss this conference themed and dedicated to “Counselors Committed to Advocacy”.

Best,
Shenika

Shenika Jones, PhD, LSC, NCC
2018-2019 President,
North Carolina Counseling Association
NCCA Members,

I am excited to serve as the editor of the Carolina Counselor for the 2018-2019 academic year. I enjoy serving the North Carolina Counseling Association (NCCA) because it is my state’s branch of the American Counseling Association (ACA), and ACA promotes the common mission of all professional counselors as outlined in the seminal article by Kaplan, Tarvydas, and Gladding (2013) entitled 20/20: A Vision for the Future of Counseling: The New Consensus Definition of Counseling

“Counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals.”

As a Licensed Professional Counselor Associate and a Licensed School Counselor, I find that the American Counseling Association, and the North Carolina Branch of ACA, is the perfect fit for my interests and skills. I serve as an Assistant Professor at the University of North Carolina at Pembroke (UNCP), and I promote the 20/20 consensus definition of counseling through my work as a professor, Chapter Faculty Advisor, Field Placement Coordinator, and Testing Coordinator.

I enjoy writing, researching, collaborating, and presenting. My new service position as the editor of the Carolina Counselor allows me to blend many aspects of the profession that I love, and I am excited to provide our readership with the latest news and updates in our state and the nation. I am honored to serve in this role, and I look forward to an excellent academic year!

Sincerely,

Nicole A. Stargell, PhD, LPCA, LSC, NCC

2018-2019 Editor,
Carolina Counselor
Division News

Watch NCCA’s next newsletter for the NCCDA (North Carolina Career Development Association) conference update!

NCCDA ANNUAL CONFERENCE

BREAKING CAREER BARRIERS THROUGH EMPOWERMENT, INCLUSION AND EQUITY

Elon University | 10.26.18
Effective July 2018, provisional licensure is no longer granted to Professional School Counseling students with 18 graduate semester hours. The requirement has increased to the successful completion of a minimum of 24 graduate semester hours. The eligibility requirement for students to remain enrolled in an accredited school counselor preparation program to retain provisional licensure has not changed. In addition, students must complete the remaining school counseling preparation program requirements within three years.

Effective July 2018, the following counseling degrees are eligible to add school counseling specialization pending degree completion from a regionally accredited college or university and enrollment in an accredited school counselor preparation program to complete additional master’s level courses: Master’s degrees in

- addiction counseling,
- career counseling,
- clinical mental health counseling,
- clinical rehabilitation counseling,
- college counseling and student affairs,
- marriage, couple, and family counseling, or
- rehabilitation counseling.

Visit schoolcounselor.org for more information
Vickey L. Maclin, Psy.D. is the Associate Director of Graduate Counseling Programs in Counseling at Gordon-Conwell Theological Seminary (GCTS) in Charlotte, NC. She is also an instructor in the Master’s in Christian Counseling program at GCTS. She is a licensed psychological associate and provides counseling services and psychological testing.

She can be reached via email at vmaclin@gordonconwell.edu or by calling her at (704) 295-2358.

In times of natural disaster, warnings are sent out for people to take steps to obtain necessary essentials to get through the disaster. This was especially evident leading up to Hurricane Florence. Many people in towns and communities were greatly affected in the aftermath of Florence.

“...people who lack resources suffer in additional ways.”

When we deal with natural disasters in communities no one is left out of the warning. The warning to take steps of preparation is heard by all. However, there are some who may hear the warning but have only so many resources to do anything to prepare. For many it is not taxing to go into a grocery store and stock up on supplies, or even make plans to evacuate an area, if need be. But, there is a segment of our population that does not have the ability to “stock up” on supplies or even “evacuate” because they lack the resources.

What do we do with and for people in our cities who do not have the means to provide for themselves in the ways that would keep them safe? Going through a storm like Florence and dealing with the results can be difficult. But, people who lack resources suffer in additional ways. These individuals deal with loss and can some times deal with embarrassment and shame about not having what is needed.
It is important, when we face natural disasters, to give consideration to “the least of these” in our communities. What can we do to assist, even as preparation steps are being taken? What can we do with and for those who don’t have the means to recover, as they try to do so? Are there ways that we can invest in service projects for those who are less fortunate to help build dignity while they get assistance from organizations like Red Cross to rebuild by meeting physical needs?

Perhaps we can take time to reach out to those who are less fortunate, by letting them know that the community cares about them. Offering hope and a caring hand can go a long way in giving people a sense of dignity and purpose, even in the midst of a disaster.

Dr. Vickey L. Maclin can be reached via email at vmaclin@gordonconwell.edu or by calling her at (704) 295-2358.
This year, Dr. Dana Unger at the University of North Carolina at Pembroke (UNCP), with the help of graduate student Jennifer Morris, developed a Phi Sigma Chapter of Chi Sigma Iota-sponsored mentorship program to support both the Clinical Mental Health Counseling and Professional School Counselor Programs at UNCP. This new program was designed to help students network, build relationships, and navigate the programs from a student perspective through the utilization of mentors that are comprised of current students and recent graduates from the counseling programs. This program also provides access to a group of regional mentors whose knowledge and expertise related to their community will be a valuable asset to help mentorship participants find more opportunities for community involvement, field placements, and advocacy.

Contact Jennifer Morris for more information about starting your own mentorship program: jrm047@bravemail.uncp.edu
Children and adolescents living in rural, impoverished communities face daily obstacles which impact their quality of life and wellbeing. There are ten counties in the eastern region of North Carolina (NC) that are considered persistently poor, denoting that 20% or more of the county’s population has experienced poverty every year for the past three decades (NC Justice Center, 2012). Youth living in rural poverty, who have less access to adequate mental healthcare services that can address their needs, are exposed to increased violence, hunger, substandard schools, and often have poor physical and mental health conditions (Curtin, Schweitzer, Tuxbury, & D’Aoust, 2016). Moreover, researchers have indicated that mental health counselors are less trained to address the varied needs of people living in rural, economically-disadvantaged communities (Fifield & Oliver, 2016; Smith, Mao, Perkins, & Ampuero, 2011).
Building Underserved Communities: Using Expressive Arts Approaches with Youth Living in Rural Poverty

There is a need to incorporate more creative approaches to address the social, emotional, and behavioral needs of youth living in rural poverty. Expressive arts therapy combines modalities of dance, drama, visual arts, writing, and music in an effort to enhance an individual’s development and growth (Georgetown for Behavioral Health Institute, 2016), which may help to improve the overall mental health and wellbeing of youth living in rural poverty.

“Expressive arts therapy...may help to improve the overall mental health and wellbeing of youth living in rural poverty.”

Counselors working in rural poverty can incorporate expressive arts techniques using various modalities. For example, the implementation of dance and drama-based approaches offers children, adolescents, and teens an opportunity to explore self-expression, relationship-building, and problem-solving, contributing to lowering anxiety and stress while improving overall wellbeing (Daykin, Orme, Evans, & Salmon, 2008). Furthermore, the benefits of drama-based therapeutic activities with children can help reduce feelings of isolation, improve self-esteem and feelings of self-worth, and develop positive coping skills (Long, Haen, Zaiser, & Beauregard, 2005).
Building Underserved Communities: Using Expressive Arts Approaches with Youth Living in Rural Poverty

In addition, creative movement has been used for decades to help individuals manage stress and anxiety by overcoming fears, gaining independence, and developing self-confidence (Gladding, 2016; Lane, 2018). The human body releases neurotransmitters, endorphins, also known as stress relievers, communicating positive messages throughout the body leaving the individual with a feeling of wholeness and accomplishment (Berrol, 1981). Creative movement empowers and encourages children to tap into their own originality. Researchers have found that individuals who utilize artistic movement over the course of their treatment show great strides in their physiological and psychological outcomes (Stuckey & Nobel, 2010).

Enhanced self-expression and communication are benefits rural youth may gain through involvement with the use of creative arts as part of a school’s curriculum or community-based mental health treatment program. Implementing creative arts-based projects and activities into the school setting may enhance the learning environment and provide a positive atmosphere and school climate; thus, decreasing the number of behavioral referrals and suspensions while increasing the desire to learn (Lane, 2018). Through the continued use of evidence-supported practices in the areas of the creative and expressive arts, the mental health community will be one step closer to providing holistic development and well-being for youth living in rural North Carolina communities that experience rural poverty.

Corresponding Author:
Loni Crumb, PhD, LPCS
Assistant Professor, Counselor Education
213B Ragsdale Hall, Mail stop: 121
College of Education,
East Carolina University
Greenville, NC 27858
Phone: 252-328-2216
Email: CrumbL15@ecu.edu
Building Underserved Communities: Using Expressive Arts Approaches with Youth Living in Rural Poverty

References


SACES 2018 Pictures
The 2019 NCCA conference will focus on the theme, **Counselors Committed to Advocacy**. The call to advocacy can be intimidating when viewed as only extreme societal movements rather than on it’s most basic level of helping people be their best. Competent counselors recognize that clients and students are limited at being their best when they face issues or injustices on individual, community and systemic levels. The ACA Advocacy Competencies highlight domains of advocacy for counselors centered around empowerment, public information, community collaboration, and political advocacy. Our role as advocates or social change agents in the counseling profession will take on unique qualities based on the background of clients and students served as well as areas of expertise. NCCA is seeking proposal submissions to help counselors redefine, explore, plan and implement advocacy work to provide the most effective services to our clients and students. Consistent and collaborative **Advocacy** happens when counselors are committed to using our identity, power and privilege to positively influence the prevailing climate outside as well as inside of our counseling offices.

**Thursday Keynote Speaker**  
Dr. Carl Sheperis

**Friday Keynote Speaker**  
Dr. Lyndon Abrams
Save the Date!

NCCA 2019 Annual Conference
Durham Convention Center

Wednesday February 20th
Thursday February 21st
Friday February 22nd
Section Descriptions

**Division News**: Any news related to NCCA division projects (present or future), conferences, workshops, etc.

**Legislative News**: State and national news concerning enacted and proposed policy changes related to professional counselors in any setting.

**NC Diversity and Advocacy News**: Discussion of issues related to diversity, multicultural competency, and advocacy; topics could include discussions surrounding issues of race/ethnicity, gender, sexuality, age, religion, socioeconomic status, etc. in North Carolina. These topics may address the helping professions directly or indirectly.

**Around Campus**: News concerning student projects, professional organizations (such as CSI chapters), counseling program honors and certifications, etc.

**Higher Education in NC**: Submissions for this opinion column should invite dialogue amongst NCCA members (in particular, those members who are students and faculty in higher education institutions) who would like to comment on the state of higher education in North Carolina or who would like to share effective teaching/learning tips.

**NCCA Member Spotlight**: Nominate NCCA members you feel deserve the spotlight! Please provide a photo of the nominee, a short summary of the member’s accomplishments, and contact information for your nominee.

**Perspectives from the Field**: Submissions could focus on ethical issues in counseling, counseling theory/practice, and/or reflections on your work as a student, professional counselor, counselor supervisor, counselor educator, etc.
Do you have an article/photo/contribution for the Winter Carolina Counselor?

Interested in being an editor?

We would love to hear your voice!

Email submissions to nccounselingassociatioweb@gmail.com

Like us next time you log into Facebook!

www.facebook.com/NorthCarolinaCounselingAssociation
Vanessa Doran currently works at Jodi Province Counseling Services, PLLC in Wilkesboro, NC serving a rural community with an array of mental health needs. As a Licensed Professional Counselor Associate and National Certified Counselor, she works with children as young as 2 years old to adults ages 40+, and everyone in between. Vanessa thoroughly enjoys working with middle and high school age kids, and utilizing CBT, Person Centered, and Existential Theory in her counseling office. She graduated with a MAEd in Clinical Mental Health Counseling from the University of North Carolina at Pembroke (UNC-Pembroke) in 2016, and her BA in Psychology with a minor in Sociology from the University of North Carolina at Charlotte (UNC-Charlotte). Vanessa enjoys learning about Expressive Arts therapy, Animal Assisted Therapy, and Play Therapy.
The fundamental purposes of the North Carolina Counseling Association shall be:

- To provide a united organization through 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 the divisions and chapters.

Contact Us

www.nccounselingassociation.org
Facebook: www.facebook.com/NorthCarolinaCounselingAssociation
Instagram: @nc_counselors

President-Elect: Mark Schwarze
schwarzem@appstate.edu

President-Elect-Elect: John Nance
john.nance6@gmail.com

Secretary: Loni Crumb
crumbjl15@ecu.edu

Treasurer: Kerri Legette McCullough
cklegette@gmail.com

Member-at-Large Gov’t Relations:
Megan Numbers
numbersmk@grizzlies.adams.edu

Member-at-Large: Crystal Waters
pugh_crysal103@yahoo.com

Past-President: Allison Crowe
crowea@ecu.edu

President: Dr. Shenika Jones
shenika.jones@uncp.edu

Executive Administrator: Calvin Kirven
P.O. Box 20875, Raleigh, NC 27619
888-308-6222 (W), 919-256-2521 (local)
c kirven@continentalpr.com

Director of Information & Technology / NCCA Newsletter Editor: Nicole Stargell
nccounselingassociatioweb@gmail.com

The North Carolina Counseling Association represents diverse interests of its membership through an Executive Council, geographically located members, specialty organizations, and committees.
# Carolina Counselor - Fall ∙ 2018

## NORTH CAROLINA COUNSELING ASSOCIATION
- Membership Application -
  Expiry: June 30, 2019
  Tel: 888.308.NCCA
  Web Site: www.ncounselingassociation.org

- New Member [ ] Yes [ ] No

### Name:
- Last
- First
- Middle Initial
- Member ID:

### Mailing Address:
- No. & Street
- City
- State & Zip
- County

### Telephone: (H) ( ) ( ) ( ) ( )
- E-Mail:

### Employer/School:

### Primary Position:
- [ ] Counselor
- [ ] Counselor Educator
- [ ] Student
- [ ] Other

### Setting:
- [ ] Agency
- [ ] Community College
- [ ] Private Practice
- [ ] University
- [ ] K-12 School
- [ ] Other

- Please DO NOT include my name in a directory of NC Counselors.
  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 HCCA MEMBERSHIP DUES
- Professional [ ]
  [ ] Regular [ ]
  [ ] Emeritus [ ]
  [ ] Student ** [ ]

(Rquired for enrollment in any Division)

### ANNUAL NCCADIVISION 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 Spiritual, Religious & Values Issues in Counseling [ ]
  [ ] NCASERVIC [ ]
- NC Association for Specialist in Group Work [ ]
  [ ] NCASGW [ ]
- NC Addiction & Offenders Counselor Association [ ]
  [ ] NCACOA [ ]
- NC Mental Health Counselor Association [ ]
  [ ] NCMHCA [ ]
- NC College Counseling Association [ ]
  [ ] NCCA [ ]
- Association for Gay, Lesbian & Bisexual Issues in Counseling of NC [ ]
  [ ] AGLBI 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 [ ]
- Military and Government Counseling Association - NC [ ]
  [ ] MGCA-NC [ ]
- NC Graduate Students Association [ ]
  [ ] NCOSA [ ]

**TOTAL ENCLOSED** $ _____________

- Check payable to: [ ] HCCA MEMBERSHIP
- [ ] VISA [ ] MasterCard [ ] American Express [ ] Discover
- Expires _____________
- Security Code _____________

**MAIL TO:** NCCA, P.O. Box 28875, Raleigh, NC 27619
**CREDIT CARDS MAY BE FACSIMILED 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 non-deductible 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.

**Signature**

**Date**

---

**22**