Official Newsletter of the North Carolina Counseling Association
ANNOUNCEMENTS

Dr. Mark Schwarze Begins Presidency of NCCA

2020 Annual Conference
February 26-28, 2020 in Charlotte, NC

2020 Call for Proposals due September 30, 2019

NCCDA conference is on October 11

Have a Contribution for the Newsletter?
Email your submission to: nccounselingassociationweb@gmail.com

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2018-2019 Executive Officers

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Facebook: NorthCarolinaCounselingAssociation
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Dr. Mark Schwarze Begins
Presidency of NCCA

Please welcome Dr. Mark Schwarze as our incoming NCCA President for 2019-2020.

Appalachian State University issued a press release today announcing Dr. Schwarze’s presidency.

“Schwarze serves as the director of the Clinical Mental Health Counseling (CMHC) program in the RCOE (Reich College of Education) at Appalachian State University, as well as coordinates the Addiction Counseling Certificate housed in the CMHC Program. He earned his Ph.D. in Counselor Education and Supervision from North Carolina State University and a master’s degree in Service Agency Counseling from the University of North Carolina at Pembroke. He is a Licensed Professional Counselor Supervisor, Nationally Certified Counselor, Licensed Clinical Addiction Specialist, and Certified Clinical Supervisor. His research interests include mindfulness interventions in counseling, addictions therapy improvement, and counselor education program development. He lives in Boone, North Carolina, with his wife Chasity, son River, and their dog Lily.” (Appalachian State University, Reich College of Education, July 2, 2019, rcoe.appstate.edu)
Greetings!

My name is Mark Schwarze and I will be serving as your President for the 2019-2020 year. I am an Assistant Professor and Program Director in the Department of Human Development and Psychological Counseling focusing on Clinical Mental Health Counseling at Appalachian State University in Boone, NC. I have a Ph.D. in Counselor Education and Supervision from North Carolina State University and a Masters Degree in Service Agency Counseling from the University of North Carolina at Pembroke. I am a Licensed Professional Counselor Supervisor, Nationally Certified Counselor, Licensed Clinical Addiction Specialist, and Certified Clinical Supervisor. My research interests include mindfulness interventions in counseling, addictions therapy improvement, and counselor education program development. I am excited to be leading an incredible team this year to continue the great work that NCCA has accomplished for counselors and their clients.

The new NCCA Governing Council kicked off another administrative year on July 1, 2019 and new initiatives and projects are in the works. As always, the team, led by Dr. John Nance, is hard at work planning and organizing the annual conference. The 2020 conference will be in Charlotte, NC from February 26-28 at the Hilton Charlotte University Place. The Call for Proposals is out, and we look forward to reading all of the great training you would like to share with our members. Additionally, be sure to register early to get the best conference rate. The annual conference is always a time for renewal of energy, networking, and learning. We look forward to seeing you there.

I will be working with our governing council, executive administrators, division leaders, and our members to make sure this is a year of growth and increased involvement in the legislative affairs that affect counselors and their clients.

schwarzem@appstate.edu.
Dr. Allison Crowe is serving as our Member-At-Large focusing on Government Relations. She will work to keep the Executive Council and members aware of policies, legislation, and advocacy activities that will help our voices be heard.

This year will also be a focus on our divisions. Did you know that NCCA is the home to 16 divisions that support diverse interests, such as: assessment, career and college counseling, military and government issues, and addiction counseling? We are also very excited to be the home for the NC Graduate Student Association. This division supports and encourages graduate students to further foster their professional development and involvement in the counseling field.

We have so many exciting things happening at NCCA and we are glad you are along for the journey. Be sure stay up-to-date on all of the happenings through our social media accounts. We are now on Twitter and Instagram! Finally, I want to close with a call to action. For NCCA to be a viable and important organization at the state and national level, we need you. Be sure to ask colleagues who are not members to join. Consider volunteering for committees or running for office. Get involved and contribute to building a powerful voice for you and your clients.

I look forward to meeting you and please don’t hesitate to contact me if you have questions or concerns. My office number is 828-262-6046 and my email is schwarzem@appstate.edu.

Warmly,
Mark Schwarze
Nicole Stargell, Ph. D., LPCA, LSC, NCC, is the NCCA Director of Information and Technology and the 2019-2022 Carolina Counselor editor! Nicole is an Associate Professor in the Department of Counseling at the University of North Carolina at Pembroke (UNC-Pembroke). She serves as the Clinical Mental Health Counseling Field Placement Coordinator, the Counseling Programs Testing Coordinator, and Chapter Faculty Advisor for the Phi Sigma Chapter of Chi Sigma Iota at UNCP. She is a member of the UNCP Institutional Review Board, the ACA Practice Brief Advisory group, and the editorial boards for Counseling Outcome Research & Evaluation and Teaching & Supervision in Counseling.

Vanessa Doran, LPCA, NCC 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.

Back to School!
Carolina Counselor Sections

Branch News:
News about the North Carolina branch of the American Counseling Association

Campus Happenings:
News concerning student projects and student work in professional organizations such as local chapters of CSI and/or state, regional, and national counseling organizations

Diversity and Advocacy:
Discussion of issues related to diversity, multicultural competency, and advocacy; may address the helping professions directly or indirectly

Division News:
Any news related to NCCA division projects

Higher Education in NC:
Comments on the state of higher education in North Carolina and tips for effective teaching/learning.

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

Member Spotlight:
NCCA members who deserve the spotlight! Please provide a photo of the nominee, a short summary of the member’s accomplishments, and contact information/photo of your nominee

Perspectives from the Field:
Professional and ethical issues in counseling, counseling theory/practice, and/or reflections on work as a student, professional counselor, counselor supervisor, and/or counselor educator
# Fall 2019 at a Glance

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https://nccounselingassociation.org/
2020 Call for Proposals

Share your expertise with other NCCA members to strengthen professional counseling in North Carolina

2020 NCCA Annual Conference
February 26-28, 2020
Hilton Charlotte University Place
8629 J M Keynes Dr.
Charlotte, NC 28262

2020 conference theme:

As always, we plan to have innovative pre-conference sessions, educational sessions, social events, and more.

Whether a private practitioner, school counselor, counselor educator, rehabilitation counselor, counselor-in-training or any other counseling field, we want your proposals!

All you need to do is simply visit nccounselingassociation.org and complete the submission form link prior to the deadline for submissions, September 30, 2019.

Please remember that the NCCA Annual Conference is monitored for CE compliance and presentations are reviewed and accepted according to their scholarly merit and evidence-based contribution to practice.

All primary presenters must be a member of NCCA.

https://nccounselingassociation.org/
Dr. Mark Schwarze has an exciting vision for NCCA as the 2019-2020 President. His vision focuses on organizations helping counselors with available resources, getting counselors more involved with the NCCA organization, and the importance of networking at conferences.

Dr. Mark Schwarze, LPCS, LCAS, NCC, CCS has been working at Appalachian State University (ASU) for the past five years as an Assistant Professor and Program Director for the Clinical Mental Health Counseling Program. Dr. Schwarze has focused on addictions counseling, how mindfulness can be used to reduce the risk of relapsing, diagnosis, and how to treat personality disorders. Dr. Schwarze’s most used counseling approaches include existential and cognitive behavioral, as well as person-centered to build rapport. “What made Dr. Schwarze run for President?” you may be asking yourself, let’s take a look.

“I decided to run for President of NCCA because I wanted to be able to have a hand in helping counselors in NC have the resources they need to help their clients,” said Schwarze. The upcoming conference in Charlotte (February 26-28, 2020) will be an opportunity for counselors to gather these resources and utilize them within their own practices. “The counseling field is at a crossroads where we will need to make decisions about how counselors are trained and what our unique identities will be. I hope to help NC have that dialogue” continued Schwarze.

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We need to expand [NCCA’s] membership and increase [NCCA’s] visibility” reported Schwarze. There was a recent NCCA membership drive in order to add more members to the different subdivisions within NCCA. Adding positions within the NCCA board, separating the state of NC into sections, and allowing representatives from these prospective sections to report to the NCCA board will all be topics of discussion at upcoming NCCA board meetings.

What about recent legislature passed within NC? Yes, Dr. Schwarze has thought about that too! “This year NCCA will also place an emphasis on the work we do around advocacy and informing legislative policy that affects counselors and clients” said Schwarze. Dr. Schwarze provided the example of the substantial cuts made to MCO/LMEs decreasing the support to local mental health centers. Less funding to local mental health centers equals less available help to clients in need. “Under my Presidency, NCCA will advocate on the legislative level” stated Schwarze.

The Executive Board will be meeting throughout the year to begin work on Dr. Schwarze’s vision for NCCA 2019-2020. If you’re interested in serving, the only requirement is that you are a member of NCCA; reach out to get involved: https://nccounselingassociation.org/about/contact-us/.

Dr. Schwarze said it best, “We are stronger together”.

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Division News

The North Carolina Career Development Association division met at sites around the state on August 8 for Morning Musings; a localized coffee and conversation style gathering for catching up and discussing topics such as upcoming academic year plans, and association updates. We had over 30 attendees total in Charlotte, Durham, Wilmington, and Winston-Salem. Each site also collected school supplies donations for local school systems, and special thanks to Katherine Buehler, NCCDA’s Community Outreach Chair, for organizing that outreach. We look forward to seeing members at our next Morning Musings in November!

Durham (left) and Wilmington (right). Not pictured: Charlotte and Winston-Salem

School supplies donations delivered to Crayons2Calculators, which serves teachers in Durham Public Schools

dknighton@madeindurham.org
Our NCCDA conference is on October 11 at Meredith College this year, and the theme is “Living your Best Life: Promoting Resilience & a Growth Mindset”

Register at: https://ncca.wufoo.com/forms/mr5f9pm0og37xr/
Questions? Contact Katie Peterssen at kmpeterssen@meredith.edu

Call for Proposals:
We are excited to hear about the work you are doing across the state! All breakout sessions at the conference are 45 minutes long and technology is available. All presenters must register to attend the conference.

Submission Deadline: 11:59pm September 11, 2019
Notification of Acceptance: by September 18, 2019
Call for Submissions:
The North Carolina Association for Multicultural Counseling and Development (NCAMCD) will sponsor the Spring 2020 edition of the Carolina Counselor. The articles will offer unique insights into multicultural and social justice perspectives in professional counseling.

Please consider creating submissions that align with NCAMCD’s goals and fit into any of the Carolina Counselor sections.

Call for submissions will officially open January 1, 2020. Submissions will be due February 10, 2020.

NCAMCD Division Goals

1. To increase multicultural awareness among practitioners and educators in the field of counseling.
2. To enhance and promote multicultural competencies that are taught in counselor training programs across the state as outlined in the CACREP standards.
3. To provide awareness and generate discourse regarding issues in multicultural and diversity through literacy and scholarly writing.
4. To enhance counselors’ advocacy skills on behalf of individuals from underserved populations through awareness, training, and involvement in community initiatives.
5. To have an active presence in general association affairs.
Higher Education in NC

Making the Connection in Online Counselor Education
Cyndi Briggs and Tonjia Armstrong

It’s been 20 years since the Association of Counselor Education and Supervision (ACES, 1999) created initial standards for the delivery of online education. In the past two decades, online learning has proliferated and transformed the higher education landscape. The benefits of online education are myriad. It increases accessibility for people who find on-campus classroom education just isn’t feasible, such as working parents, veterans with PTSD, students with significant health concerns such as AIDS or other immune deficiencies, or learners with physical disabilities or other limitations. Also, online education may feel like a safer choice for students who experienced marginalization in a traditional classroom (Foster, Neuer-Colburn, & Briggs, 2018). Thus, in many ways, online education opens doors.

Yet counselor educators may experience reluctance in transitioning to online classes or programs. After all, ours is a profession defined not solely by content, but by the quality of relationship. Successful counseling is defined by the therapeutic alliance.

Dr. Cyndi Briggs is a core faculty member at Walden University in the Clinical Mental Health Counseling program. She is passionate about supporting online students in creating social change in their communities.

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Similarly, counselor educators wish to create a similar “I-Thou” relationship with their students. It is within the engaged community that true learning occurs (Alexiou-Ray & Bentley, 2016).

How can this relationship possibly translate to a digital environment? Creating a relationship between teacher and student in the online counselor education classroom requires intentionality, consistency, and persistence. We (Dr. Cyndi Briggs, core faculty member and Tonjia Armstrong, CMHC Masters student) met in the classroom at Walden University. Coincidentally, we live in the same city, Winston-Salem, NC. We’d like to describe the connection that resulted in this article and demonstrate how these principles can be applied more broadly in the online learning environment.

**Dr. Cyndi Briggs**

I have taught at Walden University for nine years. Each year, I write a professional development plan. For several years, I pledged to incorporate new technology into...
my classroom, and each year I consistently failed to reach that goal. I finally figured out why: I was online all day for work. By the end of the day, I didn’t have any more energy or enthusiasm for researching new technology.

I realized what I craved was connection. I missed the “juicy” discussions with students in the classroom. I began to pay attention for opportunities to support and collaborate with students who demonstrated an interest in research and writing beyond the classroom.

Tonjia Armstrong was a student in my Prevention class in the spring of 2019. Tonjia is an excellent writer. Her portfolio for our class focused on prevention of infant mortality within the African American community in our city. It occurred to me that her paper would make an excellent editorial for our local newspaper. I happen to know the editorial page editor, connected them to each other, and assisted Tonjia in editing her extensive research into 750 succinct words. Her editorial was published in July 2019.

I was so proud of Tonjia, and thrilled that her prevention research yielded an opportunity for community education. Yet the professional benefit for me exceeded this outcome. Evolving our relationship from teacher/student to mentor/mentee allowed me to experience the benefits of generativity, of feeling that my own experiences have worth and value to another. Additionally, I feel strongly that for the counseling profession to evolve and thrive, we need representation of diverse voices at the table. Making this connection supported Tonjia in sharing her wisdom and knowledge with a wider audience. Finally, this experience increased my own sense of connection to my professional community. Online instruction can be lonely and isolating, so having the opportunity to work with Tonjia helped eliminate the silo.

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Before I began my online learning journey, I was hesitant and unsure if I would “miss out” on the professional connections that are often made in a classroom environment. The flexibility the program offered was what I needed to advance within this program as well as provide for my family. Also, with flexibility, there are opportunities to take the extra step and network with those you meet. I found a fair amount of my professors went above and beyond to provide additional feedback and made themselves available to me. General communication with classmates and professors would be on the weekly discussion posts, and I often found myself so caught up in my work that I did not pay attention to myself. I desired to have more of a connection with the people on the other side of the computer screen. Networking has made all the difference for me.

Dr. Briggs was different from all the rest of the professors I encountered. She truly believed in my potential while still providing constructive criticism. When Dr. Briggs mentioned the opportunity to submit an editorial to our local newspaper; this came at a time when I was second guessing myself and my capabilities. Once the editorial was published, I had an immediate confidence boost that was well needed. Any online student could attest that this environment is what you make it, but having professors who go the extra mile brings more depth to the experience. I am at the end of my master’s program and I am currently earning my field experience hours. It is expected that students are developing the confidence to take all we have learned so far and apply it to practice. Although I am at the end, I believe this networking relationship Dr. Briggs and I have created will be a lasting one. For that, I will be forever grateful.
Conclusion

It’s imperative that counselor educators bring their relationship skills to bear in the online classroom. By creating a sense of presence in the digital environment, we can reduce isolation, create true community, and provide learners with opportunities for authentic learning that can be translated to social action outside the classroom. In addition, counselor educators can experience the reward of meaningful contribution to the next generation of diverse and empowered counselors, reading to advance our profession.

References


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Boundary issues and dual relationships with clients can lead to complex ethical dilemmas in the counseling field. Sakar (2004) posits it is the clinicians’ duty to know their various identities (personal and professional); be aware of and preserve the distinction of each in the therapeutic framework. Subsequently, establishing professional boundaries with clients is an essential part in developing the therapeutic relationship. Poor boundaries can lead to potentially harming both the client and counselor. Therefore, on-going training in boundaries for professional counselors is a necessity. This article will explore a case scenario, what various codes of ethics state about boundaries and dual relationships, along with tips for counselors to prevent potential ethical violations.

Case Scenario

An addiction counselor under supervision was subpoenaed to testify in court on behalf of a client. The counselor withheld important information from the supervisor about the client who she was testifying for to include the nature of the relationship with the client. After the counselor testified, more information pertaining to the subpoena and the client came to light. The counselor revealed that she purchased a vehicle from the client she testified for; prior to working...
under said supervisor. The counselor testified as a character witness to help the client’s case. Additionally, this counselor worked as a provider for the client at a previous employer. The counselor believed that since it was a former client at the time, her purchasing the vehicle was not breaking any rules. The counselor expressed not knowing she would become the client’s counselor again. The supervisor inquired as to why the counselor did not disclose the nature of their relationship when the client was assigned to her. The counselor expressed that she thought she was protecting the client’s confidentiality.

**Dual Relationship, Boundaries, and the ACA & NAADAC Code of Ethics**

For counselors who work with clients who have a substance use diagnosis there are two codes of ethics to help govern the ethical behavior of the counselor. Based on the case scenario, the two primary applicable codes are the American Counseling Association Code of Ethics (2014; ACA) and the 2016 National Association for Addiction Professionals Code of Ethics (NAADAC). Both codes have dedicated sections discussing dual relationships, boundaries, and professional responsibilities.

Dr. Startasha Dillard, Ed.D, LPC, CACII, NCC is a clinical director of a substance use disorder outpatient treatment program with 11 years of experiences in the behavioral health field.

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relationships, prior relationships, and previous clients. In these subsections, it is explained counselors should set proper boundaries with clients from the start of the therapeutic relationship. Additionally, the code explains that addictions counselor should take every precaution to avoid dual or multiple relationships. It is also specifically stated that counselors should recognize that there are inherent risks and benefits to accepting, as a client, someone with whom they have a prior relationship. Moreover, both codes stress how important it is for a counselor to be honest and conduct themselves with professionalism and integrity.

**Tips for Counselors**

The first step counselors can take to prevent boundary crossing or boundary violations is to engage in constant continuing education. Education informs the counselor about new ethical code changes and trends in the field of counseling. Next it is imperative that counselors in, not only addictions, but any other specialty of counseling engage in or take advantage of supervision and consultation. The ACA and NAADAC Code of Ethics in multiple sections highly encourage students, counselor educators, and practicing clinicians to participate in supervision and consultation. Supervision and Consultation according to Herlihy, B. & Corey, G. (2015) promotes the continued reflection and building of self-awareness. Moreover, peer debriefing, consultation, and supervision afford the counselor the ability to ask him/herself an imperative question: whose needs are being met in the interaction, the patients or my own?

It is recommended that counselors make every effort to utilize safeguards to minimize any potential harm, Herlihy and Corey (2015) recommend the following safeguards: establishing healthy boundaries from the start of the counseling relationship; providing clients with informed consent at the start of the counseling
relationship and throughout the relationship; consult with fellow professionals for additional and objective perspectives; work under supervision, and if necessary refer the client to another professional. The American Counseling Association (ACA) offers ethics consultation services. Counselors can call 1-800-347-6647 ext. 321 or complete the contact form available on the ACA website to obtain assistance with ethical inquiries.

Conclusion

As part of our ethical practice, it is important for counselors to set appropriate boundaries with clients. Boundaries are essential to client and therapist safety. Poor boundaries and dual relationships put both the client and counselor involved at risk. There are many difficulties in establishing and maintaining therapeutic boundaries; which makes setting them even more critical. Therefore, it is imperative that counselors not only know the ethical standards but also adhere to them. When ethical dilemmas arise, use an ethical decision-making model and some of the tips previously mentioned to assist counselors with making decisions that benefit clients and keep them safe.

References


"It's All About Me"

Holistic Wellness Festival

Saturday, September 7, 2019

9am - 2pm

Free to the Public

Sponsored By

Strong Life Counseling, LLC
Enlighten Therapeutic & Consulting Services, LLC
The Bridges Wellness Group, LLC

Vendor Booth Info:
General Booth $75
Premium Booth $100
* Lunch and other perks included

To be a vendor register at: https://www.eventbrite.com/e/wellness-festival-2019-tickets-63344481048?aff=affiliate1

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Prince George’s County Elks Lodge #1778
The Small Efforts
Karen Raymond

The inspirational quote on my 365 Inspirational Thoughts for Women by Women for today is: “People say, ‘What is the sense of our small effort?’ They cannot see that we must lay one brick at a time, take one step at a time.” These words of inspiration and wisdom were coined by Dorothy Day, an American writer and social reformer. While I am not able to put context to why she made this statement, I can put context to it in the challenging moments of my life today.

In the many years I have been a professional counselor, I have had the honor of walking with numerous clients on their personal journeys. I have heard and witnessed the small efforts and single steps to lay foundations that have built momentum to create big changes. It has become second nature to encourage and recognize the importance and significance of these small efforts with clients. More recently, as I have begun supervising and teaching; I have the experiences of mentoring and cultivating in order to give back to the profession I hold so dear. Observing students and new counselors making those small strides to becoming great counselors is just as humbling as working with clients. I am in awe of the strength, fortitude, and passion of all of these individuals. All of their small efforts have yielded great rewards.

However, I will honestly admit that turning that recognition and encouragement inward can be a struggle at times.

Karen Raymond is currently a fourth-year doctoral candidate in the Counselor Education and Supervision program at Virginia Tech. She is a Licensed Professional Counselor in the state of North Carolina and a National Certified Counselor with over 10 years professional experience.

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Currently, I am a doctoral candidate working on my own research and writing my dissertation. Sometimes, I hear the same question echoing in my head, “what is the sense of my small effort?” It can be overwhelming to juggle all of my responsibilities together with making progress on writing chapters. In those weakened moments I feel the task of becoming a Ph.D. is unattainable; I know it is not, the goal is within sight.

Recently, I have had the personal privilege of witnessing a few of my peers defend their dissertation and accomplish their goals. Being proud of their hard work and mighty efforts have inspired and motivated me. I know some of the personal and professional struggles, hurdles, and obstacles they overcame. Now that I can refer to them by their well-deserved, and hard-earned title, it reminds me to keep persevering. The inspirational quote is also a reminder to recall some of my own hurdles and obstacles in getting to this point. It was those small steps and those individual bricks that have moved me forward in my overall efforts.

I sincerely hope this inspirational quote is a reminder to you to find that genuine self-compassion and kindness for yourself on your own journey. May it serve as a prompt to practice compassion and unconditional support to your family, your friends, or your clients or students; who may currently feel tattered or disheartened. Dorothy Day points out “they cannot see” when focused on the little actions, yet she was able to see the bigger picture. It is those small efforts that can gently nudge us out of our inertia and feed our needed energy to intentionally keep moving forward. Wisely be the perspective vision when others need help, and remember to step-back yourself to see how far you have come.
Throughout my time in graduate school, I consistently sought inspiration on ways to incorporate that ‘gut feeling’ into internship. However, my head would spin with questions like, “how do I trust my gut and be ethical at the same time all while practicing our check-sheet of counseling skills? How do I incorporate evidence-based practices foundationally into my work, while trusting this inner nudge?” Just typing this reminds me of trying to juggle five tennis balls in mid-air all while riding my unicycle. Yes, I did ride a unicycle some time ago, but I digress.

In my personal internship experience, the answer came down to integration and balance of both the mind and heart. Intuition is defined as “something that is known or understood without proof or evidence” (Shallcross, 2016). Based on interviews conducted by Shallcross, counselors typically find a balance between assessment, intuition, and consulting (2016). Despite the definition, intuition may be quantifiable and observed (Shallcross, 2016). What is your experience with intuition in your counseling practice or education?

Understanding the relationship to our intuition as counselors may help us hold space for a variety of client experiences. When exploring aspects of intuition, licensed counselors abide by the ACA (American Counseling Association) and the ASERVIC (Association for Spiritual, Ethical, and Religious Values in Counseling) ethical codes. The ASERVIC website keeps counselors informed about spirituality.

Caroline Van Nort is a Licensed Professional Counselor Associate in North Carolina and a National Certified Counselor. She graduated last year from Appalachian State University with her master’s degree and a graduate certificate in Expressive Arts Therapy.

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and religious ethics and includes a brief survey for a new potential spiritual certification program (http://www.aservic.org/).

Intuition can take on many forms for both the counselor and the client. After all, there must be countless ways for intuition to show up in sessions because intuition cannot, by definition, be completely evidenced. For example, After-Death Communication may fall into the category of intuition. After Death-Communication (ADC) is defined as a “spiritual experience that occurs when someone is contacted directly and spontaneously by a family member or friend who has died” (Mendoza, 2017; Guggenheim & Guggenheim, l995). ADC is “typically in the realm of normalcy however, some individuals feel that they are a sign of psychopathology” (Mendoza, 2017).

There are twelve main categories of ADC that often help clients feel comforted during times of grief (Guggenheim & Guggenheim, l995). If a client begins discussing an ADC experience, stay aware of what the experience means or feels like to the client. Keep in mind, it may take years before a client opens up about an ADC experience (Mendoza, 2017). With clients, ADC often decreases the fear of death and opens up existential and spiritual conversations, thereby alleviating pain of grief (Mendoza, 2017). ADC experiences show up for people who are typically free of mental illness in all religious affiliations, nationalities, income and education levels (Streit-Horn, 2011). In fact, Dr. Allan L. Botkin, Psy.D designed a training for Induced After-Death Communication or IADC® as indicated on Botkin’s website (http://www.induced-adc.com/). Botkin’s method incorporates EMDR (Eye Movement Desensitization and Reprocessing) but in a different way.
To further expand on intuition, other fields of psychology such as Transpersonal Psychology may be considered. One of the founders of Transpersonal Psychology is Stanislav Grof, a Czech Psychiatrist who has a lifelong body of research on non-ordinary states of consciousness and a subgroup known as holotropic states. Grof categorizes the “high subtle level” to include “visions of divine light, encounters with various blissful and wrathful archetypal deities, communication with spirit guides and superhuman entities, contact with shamanic power animals, direct apprehension of universal symbols, and episodes of religious and creative inspiration (the ‘Promethean epiphany’)” (Grof, p. 7. n.d.). Holotropic states are “experiences induced by shamanic procedures and aboriginal mind-altering techniques, by systematic spiritual practice, psychedelic substances, and powerful forms of experiential psychotherapy” (Grof, p.1, n.d.).

Expressive Arts Therapy is a powerful form of experiential counseling. The Registered Expressive Arts Therapist ethics encourages practitioners to consider non-ordinary states of consciousness “and not reduce them or pathologize them without understanding their symbolic meaning and essence” (IEATA, 2017). As an expressive arts therapist, I could not keep my markers flat on the table about this.

I outlined a potential model for intuition and non-ordinary states of consciousness for individuals, dyads, and groups. This model, as seen in Figure 1, may serve as a visual guide to map cognitions, affect, senses, and perceptions of ordinary and non-ordinary realities. By mapping layers of consciousness, counselors and clients may quickly identify sources of alignment or misalignment. For example, when sense, affect, and cognition align, we are more likely to experience non-ordinary states of consciousness and universal love experiences through the Points of Light. This alignment comes through the present moment where responding to circumstances comes naturally, instead of reacting. However, when sense, affect, and cognition are in conflict, reactions occur and misalignment begins to seek
alignment once again. How does one realign? I propose a set of expressive arts exercises to facilitate growth and personal development within the field of non-ordinary states of consciousness and transpersonal psychology. Contact me with interest or possible ventures for research avenues. Thank you.

References


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Thanks for Reading!

Do you have a contribution for the Carolina Counselor?

Would you like to discuss a potential idea for this newsletter?

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