Hello NCAMCD Division Members. I hope you are well and that this new year is off to a great start! I am very excited to serve as the President for NCAMCD for the 2019-2020 year. Last year we had a great year which included steady membership and hosting the NCAMCD Social Justice Mixer at last year’s conference. This year we will be sponsoring the Spring 2020 NCCA Newsletter. We are always actively seeking leadership within the division. If you are interested in serving, please email me with your interest. Once again, thank you and I am looking forward to seeing everyone at this year’s conference.

Sincerely,
Dr. Natalie Spencer Gwyn
BOOK REVIEW: THE DEEPEST WELL

Written by Dr. Nadine Burke Harris
Review by Dr. Sarah Moore

My niche population is working with children (and sometimes teenagers and adults) who are the most vulnerable, have the least access to resources, the most barriers, etc. I have found over the last 20 years that many of those that I serve have experienced multiple childhood traumas and that it continues to impact their lives long after they have been removed from the traumatic situation. While I have worked hard to offer trauma-informed care, I often wondered if there was more that I could do.

Over the last several years, I have read, discussed, presented and tried to better grasp how childhood trauma affects us and what we can do to counter it. While going back to read and understand the Adverse Childhood Experiences Study (ACE Study) which began in 1995 by Kaiser Permanente and the Centers for Disease Control and Prevention, I discovered Nadine Burke Harris and her work. Dr. Burke Harris can be seen in a Ted Talk on YouTube called ‘How childhood trauma affects health across a lifetime’. This video and Dr. Burke Harris are phenomenal because she is able to explain in everyday language how childhood trauma impacts people, while also giving hope for solutions. In addition, Dr. Burke Harris has since written a book, The Deepest Well, which has changed my practice tremendously.

As someone who experienced childhood trauma and as a Licensed Professional Counselor and Counselor Educator, I knew that I wasn’t doing enough for some of my clients and was at a loss sometimes as to what would be enough. Dr. Burke Harris answered that question for me when she made the link between childhood trauma and its impact and began to teach parents and children about childhood trauma. I realized as I read the book that that was one thing that would have helped me and many of my clients. Just knowing why you respond the way you respond can reduce shame, helplessness, and hopelessness. Knowing that you are responding to an abnormal situation in the best way possible given your skills and resources means that if you begin to recognize when you are in an abnormal situation and have resources to get out of it, you can begin to heal and learn healthier ways of responding.

If you can do one thing this year to improve your practice, I encourage you to read ‘The Deepest Well’.

UPCOMING EVENTS

A few events you may want to add to your calendar:

- National School Counseling Week 2020 - FEB 3 - 7
- 2020 NCCA Annual Conference, Charlotte. NC - FEB 26 - 28
- ACA Conference 2020, San Diego, CA - APRIL 16 - 19
- AMCD Virtual Summit - JUNE 24, 2020
- ASCA Conference 2020, Seattle, WA - JUNE 27 - 30

THE NOTE BOOKS

Some reads you might find interesting:

- Just Mercy: A Story of Justice and Redemption by Bryan Stevenson
- Overcoming Bias: Building Authentic Relationships across Differences by Tiffany Jana and Matthew Freeman
- Journal of Multicultural Counseling and Development - Volume 48, Issue 1

NCAMCD EXECUTIVE BOARD:

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MEET DR. SARAH MOORE:

Dr. Sarah Moore is President-Elect for NCAMCD. She is currently a Visiting Assistant Professor at Wake Forest University. In addition to teaching, she has worked in agency and college settings as a mental health and career counselor. Her areas of interest include the LGBTQAI population, poverty, Adverse Childhood Experiences, Play Therapy and Supervision.

Sarah is a Licensed Professional Counselor Supervisor and Play Therapy Supervisor and has practiced for 17 years. She has served in various leadership roles on the national, regional and state level as well as presenting at the national, regional and state level on play and filial therapy, supervision, and other counseling related topics. She is a Past President of the Association for Child and Adolescent Counseling in NC, the NC Career Association and the North Carolina Counseling Association.

A huge thanks to our contributors for this issue! If you or someone you know is interested in contributing, please email ncamcdnote@gmail.com. Submissions for the Spring 2020 issue are due by April 3rd!