



Northern Virginia Licensed Professional Counselors

NVLPC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6130. Programs that do not qualify for NBCC credit are clearly identified. NVLPC is solely responsible for all aspects of the programs.



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Letter from our President

BY DR. LENESE N. STEPHENS, EDD, LPC, LCPC, MAC, NCC, ACS, BC-TMH
– NVLPC President – president@nvlpc.org



TRANSPARENCY. IMPLICIT BIAS. MINDFULNESS.

This President's message was a bit difficult to formulate given much of the world has learned of the ongoing tragic experiences humans are undergoing at this time—Tyree Nichols, the increase in mass shootings, sex/human trafficking stories being revealed and an increase in missing children and adults, and the political strife with Ukraine. As counselors, at times, people do forget we are human first and still are impacted by worldly events as much as them. The COVID pandemic was an immediate example where many individuals sought out mental health care and treatment to address the stress, fear, anxiety, and depression the health pandemic created. While counseling others to navigate through those changing times, we counselors were also figuring things out and navigating through those changing times as well.

The 3 words listed above (TRANSPARENCY. IMPLICIT BIAS. MINDFULNESS) have been circulating throughout my personal and professional identities. I will detail how these important words are imperative for us as counselors to explore and see how they are exercised within our professional and personal identities.

TRANSPARENCY. The formal definition of transparency is “the quality of allowing light to pass through so objects can be distinctly seen.” What does it mean to have transparency or to be transparent? It implies openness, communication, and accountability. This gets exercised within the therapy room on behalf of our clients being open, communicative, and accountable for their actions/behaviors. For counselors we provide these same elements within the counseling relationship all while upholding our ethical guidelines and values. The state of our union and the tragedies that are reported daily can impact how transparent counselors are with themselves about the emotional impact being experienced. Which can lead to unknown and unintentional biases.

IMPLICIT BIAS. This is a form of bias occurring automatically and unintentionally that impacts judgements, decisions, and behaviors. As we counsel our clients to gain emotional stability and well-being, the same is required of us being in the position of power to reduce any forms of biases continuing the stereotypes or separation created based on historical content and context.

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Letter *continued from page 5*

So how do we ensure these factors are kept in the forefront of our counselor identity? I'm glad you asked (*smiling*).

MINDFULNESS. It is beneficial for us, as licensed behavioral health providers, to consult with others, engage in support groups to discuss racial and cultural issues, and most importantly, allow the sensations of this awareness to surface. These new revelations guide us on how to add to the growing levels of change within racial/social/cultural relationships. Please feel free to connect with me to further the conversation or to share your feedback and thoughts, at president@nvlpc.org.

AMHCA NEWS

The Advocacy & Education Corner

BY SHARON WATSON, LPC, LMFT, LSATP, NCC, ACS – *Supervision Chair* – supervision@nvlpc.org

!!! News Flash...Counseling Compact Update !!!

The Counseling Compact has passed the Virginia legislature. I have been monitoring the Compact legislation in the Virginia legislature. Both the House bill (HB 1433) <https://lis.virginia.gov/cgi-bin/legp604.exe?231+sum+HB1433> and the Senate bill (SB 802) <https://lis.virginia.gov/cgi-bin/legp604.exe?231+sum+SB802> have now passed both bodies as of February 22, 2023.

I reached out to my contact at NBCC who is part of the NBCC Government Affairs Team that advocates passage of the Counseling Compact in all states to confirm the process at this point. She stated that the legislation is now on its way to the Governor to sign the bill into law and that there is no indication at this time he would veto the bill! But keep in mind it's not law until he signs the bill and once signed it doesn't go into effect in Virginia until January 1, 2024.

Thank you to everyone who contacted their state legislators in support of the passage of the Compact. However, I believe there is still more we can do, which is to support and advocate for the passage of the Counseling Compact in the 22 other states where the legislation has been introduced. The more states that enact the Compact, the more states in which we will have the option to practice over state lines as soon as the Compact goes into effect in Virginia. So, if you know a LPC colleague in another state where the Counseling Compact is pending (which you can verify at the www.CounselingCompact.org website), I strongly encourage you to contact them and energize them to support passage of the Compact in their own state. My experience is that legislators are only interested in hearing from their own constituents and not from anyone outside of their state.

As an example, I did this myself after finding that the Compact was recently introduced in Washington state. As a constituent, I registered and virtually testified in front of the committee reviewing the legislation. I also emailed the state Senator who introduced the bill and offered my support if needed in the future. It was easy and I expect it is the same process in other states.

So, here is what to tell your LPC colleagues living in a state where the Compact is pending: ask them to go to their state's legislative website to see the bill's

Continued on page 3

Upcoming Events

Virtual Clinical Supervision Training

3/17/2023 to 3/19/2023

Friday, March 17, 2023

Check in begins at 8:30 am

Sharon Watson, LPC, LMFT, LSATP, NCC, ACS

Canine Assisted Therapy

Friday, April 7, 2023

10-11:30 am

Kate Yeutter, LPC, NCC, CCTP

Spring Workshop - Ethics and Cannabis: Legalization is Here

Friday April 21, 2023

9:15 am - 1:00 pm

Dr. Michael Gillette



Calendar Notes

Please refer to the [website](#) for details in the coming weeks.

Advocacy & Education *continued from page 5*

status. This information can also be found on the NBCC Advocacy Center website: <https://www.votervoice.net/NBCCGrassroots/Home>. If they click on their state, they will be directed to the site that gives instructions on how to contact their state's legislators and includes pre-written email justifications for passing the Compact. They can use these to email their Representative and Senator, or they can write their own. They can also support passage by sending an email to the committee reviewing the bill or testify in front of the committee in person or via zoom, or both.

Also, you can go to <https://www.nbcc.org/govtaffairs> to learn about NBCC's advocacy for multiple issues in addition to the Compact and you can join the Grassroots Network.

Regarding general information about the Counseling Compact, I asked for a volunteer to attend the joint NBCC and DCMHCA virtual ***Counseling Compact Information Meeting*** that was held on February 10, 2023 because I was unable to attend. Bridget Kraft, LPC volunteered and shared some of the information that was discussed regarding implementation of the Compact:

1. The fee/cost will be set by each state Board of Counseling and announced when the Compact activates
2. The Compact is only for LPCs who can assess, diagnose and treat (some states do not allow LPCs to diagnose or treat so they are not included)
3. LMFTs are not allowed to participate in the Compact
4. If you have multiple credentials, you can participate in the Compact if one of them is LPC. (Thank you, Bridget!)

If you would like more information about the Compact, go to their website, www.CounselingCompact.org, and click on the tab "FAQ for Counselors." Per the website "The Counseling Compact Commission is the interstate administrative body created by the Compact. The Commission is composed of one Delegate from each member state's licensing board or agency and is tasked with implementing the Compact's provisions for interstate practice of professional counseling." They first met in October of 2022 and have now established their bylaws and a Rules Committee. This committee will determine the rules for how the Compact will work.

I attended the first Rules Committee meeting on February 22, 2023. There were 155 people in attendance, however participation of non-committee members was strictly prohibited until the end. (They are open to feedback from counselors via email.) Most of the meeting involved their legal counsel explaining details of the Compact and the Rules process and electing a Committee Chair.

You can virtually attend their meetings by registering at: <https://counselingcompact.org/compact-commission/meetings/>. I plan to attend future meetings and will report out in the May newsletter.

The ideas and suggestions expressed here are my own and not those of NVLPC. If you have any questions about this article, please email me at supervision@nvlpc.org.

Register for the 2023 AMHCA Annual Conference

Join us for the 2023 AMHCA Annual Conference Tuesday June 27 - Thursday, June 29, 2023 at the Royal Sonesta Hotel in New Orleans, Louisiana! Registration is open and the hotel room block is open for reservations.

[More Info and Register](#)

Full Schedule Posted!

[Download Schedule](#)

Are you a chapter leader at one of AMHCA's affiliated chapters? Join us June 26 and 27, 2023 for our Leadership Summit to update leaders on AMHCA news and advocacy for chapters to share best practices in managing their associations. Add on the Leadership Summit to your conference registration!



FEATURED ARTICLE

What is Animal Assisted Therapy?

BY KATE YEUTTER, LPC, NCC, CCTP II

For animal lovers, there is nothing like the warmth and comfort received when looking into the eyes of our beloved pets. In many cultures, particularly within the US, dogs are considered to be more than just pets – they are part of the family. Not surprisingly, mental health practices recognize the potential benefits of our four-legged friends, and various animals are used in therapeutic settings nationwide. While Animal Assisted Therapy (AAT) is accepted as a modality, it is questionable if it can truly be considered a modality as there is no defined framework guiding best practices. Despite this, therapy animals are incorporated into hospitals, airports, emergency response teams, and universities.

Demand for AAT

Demand continues to increase for more widespread acceptance of therapy animals and increased access to public places for personal pets. Requests for dogs to be used as Emotional Support Animals (ESAs) and Psychiatric Service Dogs (PSDs) have reached an all-time high. This increase in demand has placed pressure upon clinicians to sign letters validating the need for clients' personal therapeutic dogs. However, as we continue to implement animals into therapeutic roles, we must ask ourselves: In what circumstances is AAT beneficial and appropriate? What are the costs? Who is liable, and in what settings? Furthermore, if bringing animals into a therapeutic setting is beneficial, *how* is it helping? Let's look at these questions using canines as the focus.

Why Dogs?

Canines are one of the most commonly used animals for animal-assisted therapy. Their unique connection with people, developed over years of domesticated evolution, allows them the adaptability to fit into our complex lifestyles and individual demands. Living close to people for so long has even impacted the physical evolution of dogs' faces, eye shape, and eye expression. Dogs read and communicate human body language with exceptional intuition and understanding. Most dogs read human body language so well that they are often far better at training us to do what we want than we are at training them!

Although the full benefits of using dogs as therapy assistants are unknown, we have some data points available. Upon entering a room with a dog, people's cortisol levels decrease significantly; unfortunately, that benefit is temporary and does not last beyond ten minutes. Petting a dog and having dog-to-human pressure contact slows a person's heart rate and lowers blood pressure. Dogs can smell minute changes in psychological state and can detect insulin changes, neurotransmitter changes, and pheromone/stress hormone changes. This ability makes them excellent candidates for being medical and psychological service animals.

Clinical Practicalities

Currently, there is only anecdotal evidence of the benefits of AAT. While the benefits are accepted, there is no conclusive evidence explaining *why* animals have the impact that they do. Lacking the necessary empirical support, guidelines and protocols cannot be effectively established. Gaps in our knowledge make it challenging for clinicians to know how and when to guide clients toward animal-assisted options. The different levels of therapy animals and



Bulletin Board

Continued

Offices & Meeting Space available for sublease at Alive Counseling, LLC in Old Town Alexandria. Fully furnished with ample parking. Please email Janell Johnson, LPC: aliverehabcounseling@gmail.com or 703-646-8806.

McLean Office Space. Looking for a single office in a shared space in McLean, VA? If so, reach out to Vincent Davena at 703-831-7330/ vincent@vincentdavena.com.

DBT Skills Group
Dealing with Difficult Emotions 101, Falls Church, now enrolling new clients. One evening per week for 6 weeks, \$500. crystal@freeindeedcounseling.com

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FEATURED ARTICLE

Helping the South Asian Sandwich Generation from a Multicultural Perspective

BY SUMITA CHANGELA, MA, LPC

Mental health therapy continues to be a taboo topic for many South Asians in the United States. Even if South Asians who eventually start therapy overcome the cultural stigma, a high percentage quit before their goals are met in treatment. Of particular concern are the mental health needs of the women and family members who take on a large burden in taking care of their elderly parents, a group referred to as the “sandwich generation.” The sandwich generation in the South Asian community, which is largely middle-aged women, are charged with care for their own children, pressures of a full-time or part-time job, and the challenges of taking care of their elders. The added burdens for the sandwich generation further contributes to their physical health problems, marital stress, and struggles in interpersonal relationships.

South Asians have the additional ongoing struggle of dealing with factors related to immigration, acculturation, and discrimination in the U.S. The pandemic increased rates of depression, anxiety, loneliness, and isolation for many groups, including those of South Asian descent. As more South Asians become open to seeking therapy, it is critical for therapists to come from a multicultural perspective when treating South Asians.

In therapy, feelings of deep guilt, shame, anger, and even helplessness may need to be processed as these clients feel the need to juggle it all. The belief of taking care of elders as they age is deep rooted in South Asian culture; therefore, therapists should be sensitive when addressing these feelings of burden from a multicultural perspective.

South Asians may express their distress by being highly verbal, intellectualize often, and present somatic symptoms, such as bodily pains or stomach problems. They may not make direct eye contact as they may feel it would be disrespectful towards the therapist, as the therapist is viewed as an expert or authority figure. Clients may be embarrassed to share details of their family secrets or failures as such matters are encouraged to be kept private. Financial failures may be the most difficult to discuss as there may be underlying feelings of deep shame, since financial and educational success is particularly valued in South Asian culture.

There are several ways to help potential South Asian clients in therapy who play the role of caretaker living in the sandwich generation. Below are some strategies for therapists working with such clients who may be coping with the burden of taking care of their elderly, while also raising their own children, working, and managing other life stressors. Although this list is for therapists working with South Asian clients in the sandwich generation, it can be used with other clients that are in the role of a caretaker.

Take Time to Meditate- meditating even five to ten minutes daily has been shown to help improve mood and focus. Helping clients prioritize developing self-care practices can redirect their external locus of control to internal locus of control in a healthy way.

Take Time to Breathe Deeply- practicing the box-breath style of breathing is just one of many



Animal Assisted Therapy

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the legal limitations of each classification add additional complications.

How do we move forward with animals as therapeutic aides while protecting the welfare of our clients, the involved animals, and the clinicians?

Using AAT also offers the added complication that the client's well-being is no longer the only factor in play. Incorporating various levels of AAT requires consideration of the client and the animal. If the animal is not thriving, the therapeutic benefit will be non-existent, and in some circumstances, could be traumatic for the client and the animal. We must prioritize the research to enhance our understanding of the benefits and to solidify guidelines and protocols. We need to increase our awareness of the limitations of this approach and set realistic expectations for ourselves, our clients, and our animal assistants.

Join me on April 7th to learn more about the current research on canine-assisted therapy, clarify the legal limitations of different classifications of working therapeutic dogs, and discuss the sustainable, beneficial application of therapy dogs in a clinical setting.

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Helping *continued from page 5*

forms of breath work a client can do. Using this method, you breathe in, hold, and breathe out for each on the count of four. This style of breathing has shown to reduce anxiety.

Remind Oneself Often That You Are Doing the Best You Can– learning to validate oneself and encourage positive self-talk is a skill that can be practiced. It can help break the pattern of rumination and lower daily stress. As many juggle the multiple responsibilities of their own family, health, finances, marriage, and so on, clients can remind themselves daily that they are doing their best regardless of the burden they feel.

Ask For Help– ask for help from a sibling, spouse, friend or neighbor. This way clients do not feel they are doing everything alone for their elderly. For example, whether it is asking a sibling to research hiring a nurse's aide, book the next doctor's appointment, or asking a neighbor to help pick up the kids from school to get an extra hour in the day, asking for help can minimize the daily stress.

Journaling– some clients may express their feelings better on paper and then bring it into therapy. For others, it may be a helpful way to release undesired thoughts or feelings such as deep-rooted shame. Journaling can help shed light or insight on what is important to the client versus what they are focusing on in their life, hopefully enabling a shift in behavior.

Make time for activities that bring joy– encourage clients to do something that brings them joy, is a spark for them, and from which they can get into a flow state, such as singing, reading for book club, working out, or volunteering. Making time for things that bring joy alone or with others can develop feelings of fulfillment and can be helpful in identity work. With taking care of parents, children, etc., a refocus on what makes the client happy, feel more connected, and loved can develop a sense of wellbeing. You can work together to make a list of how best to achieve these goals.

The strategies suggested above are to help potential South Asian clients in the sandwich generation caring for their elders. Although, there is still a taboo in the South Asian culture about mental health, a shift towards more South Asians seeking mental health services is taking place. One big influence in helping make this positive shift is the Bollywood movie industry. As many South Asians follow celebrities' lives, a number of high-profile ones have opened up about their struggles with depression and other mental health conditions, and have used their platform to speak about it. This has helped increase conversations about mental health and destigmatize seeking therapy more than ever before. As we enter our fourth year of the Covid-19 crisis, and more South Asians seek therapy, it is even more crucial that therapists work with these prospective clients from a multicultural framework.



Bulletin Board

Dan Towery, MA, ThM, LPC, CSOTP, provides individual, virtual supervision via doxy.me, for residents working toward licensure. Please email Dan.Towery@verizon.net for more information.

Great office space, great location! Sterling/Countryside subtenant opportunity. Ideal for Residents or those in or considering private practice. Please call Margie Knight, LPC, 703-201-4380.

Kami Patton, LPC, RPT Provides individual and group supervision for residents working toward licensure. Freedomcounselingcenterva.com Please call 703.828.5526 for more information.

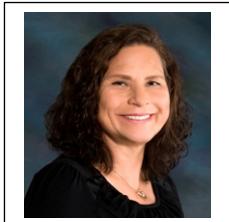
Sharon Watson, LPC, LMFT, LSATP, NCC, ACS, provides virtual supervision for all licenses/certifications & supervision of supervision; 703-350-5002 sharonhazwatson@hotmail.com

CLINICAL SUPERVISION TRAINING

Webinar

3-Days ♦ 20 CE hours ♦ Including 2 CE hours of Ethics on Day 3

For LPCs, LMFTs, LSATPs & CSACs who plan to supervise residents in Virginia



PRESENTED BY
SHARON WATSON, LPC, LMFT, LSATP, NCC, ACS

March 17, 18, 19, 2023

Friday 9 am – 5 pm ♦ Saturday 9 am – 5 pm ♦ Sunday 9 am – 4 pm

Webinar information: This will be a live, interactive, virtual, visual and audio presentation. Participants will be asked to have a functioning camera and microphone on their laptop or desktop. This will allow the training to mimic the live interactive training format between the presenter and participants and between the participants. It will include experiential content: paper and pencil work sheets, multiple handouts, and many question and answer opportunities. The PowerPoint and handouts will be provided in advance as well as further instructions.

Single or multiple day registration ♦ NVLPC member discount available

The option of taking 1 or 2 days is an opportunity for those who already have had some supervision training. Content is not defined by the VA Board so you can choose which day(s) will make a well-rounded experience.

Although a supervisor must document 2 years of post-licensure clinical experience before supervising residents, the required clinical supervision training can be taken during those 2 years of practice or even during a residency.

Day 1: CLINICAL SUPERVISION: THEORY AND PRACTICE

7 CE hours

- Training goals
- Definitions
- Motivations
- Models of supervision
- Role differences: administrative vs clinical
- Phases in supervision
- Tasks & Functions
- Modalities
- Concepts in the supervisory relationship

Day 2: CLINICAL SUPERVISION: SKILLS AND TECHNIQUES

7 CE hours

- Supervisory characteristics
- Stages of development
- Competencies
- Resident self-monitoring
- Influences in supervision
- Supervisor & resident personality traits
- Stress & burnout
- Multi-cultural & diversity impact

Day 3: CLINICAL SUPERVISION: COMPLEXITIES OF SUPERVISION

6 CE hours

- Supervision essentials
- Process: regulations, contracts, documentation, forms, evaluation
- Ethical & legal practice in supervision
- Telehealth
- Reducing vicarious responsibility
- Supervisory relationship issues



Full 3-day Training: \$400 for NVLPC members and \$450 for non-members

Individual Days: \$150 for NVLPC members and \$175 for non-members

Advance registration only! Select *either* 3-days *or* the specific dates for 1 or 2 days

Registration is open!!! To register go to www.nvlpc.org

For questions contact Janell Johnson at events@nvlpc.org

Northern Virginia Licensed Professional Counselors



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Northern Virginia Licensed Professional Counselor \$1000 / \$500 Student Scholarship Essay Contest

Northern Virginia Licensed Professional Counselors (NVLPC) is offering two Student Scholarships to be awarded at the General Membership Meeting on April 21, 2023. Scholarship winners must be active student members of NVLPC and currently enrolled in a counseling program.

Eligibility Criteria

- Active membership in NVLPC
- Currently enrolled in a master's or doctoral counseling program verified by enrollment documents, such as, an official/unofficial transcript or proof of enrollment from the admissions department
- Submission of an essay demonstrating a desire to continue growing and developing as a counselor.

Application Process

1. Write an article of 600 words or less on any topic which interests you. Include a title, an introduction of the topic, an explanation of your interest and how you hope to apply that interest to your career goals in counseling. For example, your topic could be about the healing aspects of owning a dog and describing what you've observed in how dogs heal hurts in humans. You could conclude with your desire to do pet therapy with your future clients. Look for examples of previous winning essays in the NVLPC 2021 & 2022 newsletters.
2. By submitting an article, you authorize transfer of the rights of ownership for publication in the NVLPC newsletter regardless of winning status.
3. **The application must be submitted in a separate file from that of the essay. Please do not include any identifying information on the essay page.**
4. **Submit a completed application with the essay by email, no later than March 27, 2023 (midnight).**

Contact Cammie Terry at executiveassistantnvlpc@gmail.com for questions and submission of your application, including all required documents.

A scholarship committee will review submitted applications based on the following rubric:

- Area of interest as applied to counseling
- Demonstration of a desire to continue to develop the interest through counseling
- Enthusiasm
- Writing mechanics and information sharing

Submit completed application to Cammie Terry at executiveassistantnvlpc@gmail.com.

APPLICATION IS DUE: March 27, 2023 (by midnight)

Northern Virginia Licensed Professional Counselor 2023 Scholarship Application \$1000 / \$500



Northern Virginia Licensed Professional Counselors (NVLPC) is offering two Student Scholarships which will be awarded at the General Membership Meeting April 21, 2023.

Please complete the following application and submit it with a copy of your college/university transcript (unofficial/official) or proof of enrollment with your essay on a separate page with no identifying information.

Applicant Information

Name

Address

Email Address

Cell Phone Number

Current College/University Enrolled:

Street Address

Street Address (Line 2)

**Please submit application, proof of enrollment and essay to
Cammie Terry at executiveassistantnvlpc@gmail.com by
the Deadline of March 27, 2023 midnight.**

Calling All Speakers, Workshop Presenters and Subject-Area Experts!

NVLPC is looking for new, exciting, and engaging clinically trained presenters to provide continuing education events for the calendar year 2022-2023. Our events take place on Zoom Meeting or Zoom Webinar. These events are 1.5 hours in length, for which NVLPC will grant 1.5 Counseling CEs through NBCC. Below are provider requirements, content areas needed, and some topics suggestions.

Please note: Although presenters do not receive monetary compensation for breakfast seminars, they will receive CE hours and a voucher toward a free breakfast seminar valid for a year from date of their event.

To be considered, you must:

- Meet qualifications for NBCC and NVLPC presenters and
- Choose a topic from one of the nine (9) NBCC the Content Areas (NBCC Continuing Education provider Policy, November, 2014).

Provider Qualifications:

- Hold a graduate degree in either a mental health field or in a field directly related to the subject matter from a regionally accredited educational institution, or
- Be qualified by appropriate education/experience/training to present subject matter or author the publication of the subject matter, and
- Be a licensed counselor or have a co-presenter who is a licensed counselor

Content Areas:

1. Counseling Theory/Practice and the Counseling Relationship
2. Human Growth and Development:
3. Social and Cultural Foundations
4. Group Dynamics and Counseling
5. Career Development and Counseling
6. Assessment
7. Research and Program Evaluation
8. Counselor Professional Identity and Practice Issues
9. Wellness and prevention

Specific Topics of Interest:

Multicultural issues: LGBTQ, Latino, Asian, etc.

Court-related work

Treating Trauma

Childhood Trauma

Treating Chronic Pain

Business Practices: Medical Billing and Codes, Navigating/Processing/Filing Claims, and Collections

Suicide Prevention

Pharmacology

Assessments

Motivational Interviewing

Military: Military family systems; Women in the Military

Play Therapy: beyond the basics

Rehab and Disability Issues



Bulletin Board

Continued

Best Life Therapeutic Services, LLC a
growing practice in Reston, VA is hiring a part-time licensed therapist position. For more information, visit www.bestlifetherapeutics.com/we-are-hiring

Office for rent in Centreville, VA.
Windowed, nicely furnished, common copier/fax/kitchen. Great location near routes 66, 28, and 29. Share suite with other psychotherapists. Contact Erika at Erika@ErikaNeil.com or 703-864-2807 (cell).

Brickel and Associates, LLC, an expanding trauma-informed practice in Alexandria, VA, is hiring two part-time licensed therapists. For more information, visit <https://brickelandassociates.com/about-robyn-brickel-lmft-2015/employment/>

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The Supervision Corner

BY SHARON WATSON, LPC, LMFT, LSATP, NCC, ACS – *Supervision Chair – supervision@nvlpc.org*

My supervisor doesn't seem to know the answers to any of the questions I ask about my residency and supervision so I have to look them up myself and tell her what the regulations say. She's actually given me wrong information. What should I do?

I'm sorry to hear that. Unfortunately, you are not the only person who has had this experience. First, it is important that you, as a resident, know the regulations. The Board of Counseling does not accept ignorance of the regulations as an excuse, even for residents. What is concerning about this question is it means there are some supervisors who do not know the regulations. It is possible that supervisors have taken their supervision courses on-line (or even locally) and were not exposed specifically to the Virginia regulations. Even if this is true, it is reasonable to expect that someone taking on the role of a supervisor should feel ethically responsible for knowing the regulations so they can knowledgeably guide their residents. If your supervisor does not know the regulations, what should you do? I suggest assessing the situation as a whole because knowing the regulations is not the only function of a supervisor. If the supervisor is a good clinician, has knowledge you seek about a particular theory or certification, has built a trusting relationship with you, then keeping them as a supervisor may be the best option. My hope is that they are willing to hear feedback from you (a necessary supervisory skill) and commit to reading and understanding the regulations. Then the problem is solved. However, I understand there is a power differential and many residents are fearful of giving feedback to their supervisor. It is unfortunate if your supervisor has not provided you with a safe supervisory space. If you think your supervisor may not take the feedback well, and you fear retribution, I suggest researching alternative supervisors in advance so you have the option of hiring another supervisor. The new regulations no longer require sending in an add/change application and awaiting approval to change supervisors – all you need is a signed supervision contract with a new supervisor and you can change immediately. Just remember to do a termination of supervision form for the previous supervisor (which you maintain in your records as it is not to be submitted to the Board of Counseling).

- ■ -

Are PESI trainings accepted by the Board of Counseling for our continuing education hours to maintain our licenses? [This was a question recently asked on the NVLPC list-serve.]

The training providers that are acceptable for residents and licensed clinicians in Virginia can be found in each of the regulations for the various licenses/certifications. For LPCs it is on pages 12-15 of the regulations. However, a more succinct list can be found on the Virginia Board of Counseling FAQs page at (https://www.dhp.virginia.gov/counseling/counseling_faq.htm):

21. Who can provide continuing education hours?

Licensees, CSAC and CSAC-A approved providers are listed below:

- a. Regionally accredited university or college level academic courses in a behavioral health discipline.
- b. Continuing education programs offered by universities or colleges.
- c. Workshops, seminars, conferences, or courses in the behavioral health field offered by federal, state or local governmental agencies or licensed health facilities and licensed hospitals.
- d. Workshops, seminars conferences or courses in the behavioral health field offered by an individual or organization that has been certified or approved by one of the following:

Calling All Speakers *continued from page 10*

Child Protective Services/Adult Protective Services: Reporting and follow up

Upcoming and New Evidence-Based Practices: Updates to specific counseling theories and interventions (Humanistic, Positive Psychology, Transpersonal psychology, motivational interviewing, Gestalt, CBT, REBT, etc.)

Technology and Distance Counseling

Creativity and Counseling: Dance, art, music, etc.

Counselor Wellness: Counselor Burnout and Self Care

Spirituality and Counseling

Mindfulness: Its impact on the body and brain, and benefits clients, Couples and Relationship Counseling

The Supervision Corner *continued from page 11*

- (1) The International Association of Marriage and Family Counselors and its state affiliates.
- (2) The American Association for Marriage and Family Therapy and its state affiliates.
- (3) The American Association of State Counseling Boards.
- (4) The American Counseling Association and its state and local affiliates.
- (5) The American Psychological Association and its state affiliates.
- (6) The Commission on Rehabilitation Counselor Certification.
- (7) NAADAC, The Association for Addiction Professionals and its state and local affiliates.
- (8) National Association of Social Workers.
- (9) National Board for Certified Counselors.
- (10) A national behavioral health organization or certification body.
- (11) Individuals or organizations that have been approved as continuing competency sponsors by the American Association of State Counseling Boards or a counseling board in another state
- (12) The American Association of Pastoral Counselors.

On the PESI website (<https://catalog.pesi.com/page/continuing-education-provider-information-4877>) they state that for Counselors they are accepted by:

Florida Mental Health Counselors, Georgia Counselors, Nevada Counselors, New York Counselors, Ohio Counselors, South Carolina Counselors/Marriage & Family Therapists/Psycho-Educational Specialists, Washington Counselors (Which appears to meet #11 above: “a counseling board in another state”)

The PESI website also has the following information:

“PESI, Inc. is an approved provider of continuing education by the National Association of Alcoholism & Drug Abuse Counselors (NAADAC), provider #: 00131. (#7 above)” and

“PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists.” (#5 above)

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Are there other training options in addition to PESI for continuing education hours?

Here are some additional options (just be sure the course you choose is accepted by one of the organizations listed in the VA regulations):

- ce4less.com – unlimited access for \$74.99 for one year and \$129.99 for 2 years. They offer a free course to start. Courses are listed based on your license and state. Some courses require purchasing a book (from an online bookseller) but many only require reading the material provided on the website. After taking the test and passing, you print your certificate. (I recommend printing the test in advance so you have the questions while reading the material).
- ce-credit.com – unlimited access for \$97 for one year or you can “pay as you go.” They also have an option of buying a “block” of hours to use at any time with no expiration and is cheaper per hour the more you buy: 20 hours is about \$78 and 40 hours is about \$120. They offer a free course to start. As above, you buy a book or read the provided material, take the test, pass, and print your certificate.

Resident-in-Counseling

The Resident in Counseling Support Group will meet next on

- Saturday, April 1, 11:00am
- Saturday, May 6, 11:00am

Find more information and register to attend on the NVLPC Website [Community Calendar Page](#).



Bulletin Submittals

All members are welcome to submit 25 words (or less) announcing a workshop, group or other news. For inclusion in the next Newsletter (May), please send content to newsletter@nvlpc.org by April 15.

Continued on page 13

Why take the Clinical Supervision Training offered by NVLPC?

This upcoming year you will continue to have a choice of provider for the 20-hour Clinical Supervision Training required for LPCs, LMFTs, and CSACs to supervise LPC and LMFT residents and CSAC supervisees. As the provider of this training, supervising residents since 1994, and with over 65 hours of in-person, virtual, and on-line Clinical Supervision Training myself, I can attest to the advantages and disadvantages of each venue.

The disadvantages of on-line training far outweigh the advantages. With on-line training you can hobble together enough individual trainings to come up to 20 hours. However, they each require readings, and although some are free, others require purchasing a book and all require a test to receive the certificate of attendance. The problem with these trainings is they are generic and do not cover the Virginia specific information needed to supervise in Virginia. The alternative to this is a live webinar, however there is a choice. I will explain why the training I provide through NVLPC (an NBCC approved provider) is the better choice, because unlike the other option, mine is:

- Totally interactive (my presentation premise is that participants learn from each other as well as from the presenter)
- No question is left unanswered; if not timely at the moment it's put on the "parking lot" to be covered at a later point
- Unafraid to "interpret" and explain the regulations
- Complete review of the licensure regulations and how to navigate the Virginia Board of Counseling website
- Scheduled for Friday, Saturday, and Sunday so minimal weekdays are missed
- Allows single day registration if you only need some supervision training hours
- Multiple break-out groups and role-plays
- Includes several pencil and paper activities
- Multiple handouts you can use with your own residents
- Encourages networking and sharing of ideas
- Fun.

Choose interactive instead of boring! Join me on March 17, 18, & 19!



Supervision Corner continued from page 12

- Telehealth Certification Institute, www.telementalhealthtraining.com - offers trainings priced individually but also has an annual subscription for \$197. The trainings are either interactive or non-interactive webinars. They also periodically offer free trainings - just sign up for their emails.

The ideas and suggestions expressed here are my own and not those of NVLPC. If you have any questions about this article or any of my previous articles or if you have ideas for future supervision topics, please email me. I'm happy to research any topic related to the Board of Counseling regulations for all licenses and certifications regarding supervision and residency. You can email me at supervision@nvlpc.org.

Resources for Members

NVLPC hosts an **email group / listserv** just for members who are current in their paid membership. Request to join our **NVLPC listserv** [here!](#)

Looking for support, camaraderie, and connection with fellow therapists? Consider joining a **Peer Support Group**. Sign up [here!](#)

Additional resources are available on the members section of the website.

Would you like to get involved in NVLPC?

Join us!

The following volunteer opportunities are available. Students welcome!

Membership Director: In this fun volunteer position, you will help us maintain our member database and spread the word about the great benefits of NVLPC!

Contact: vicepresident@nvlpc.org

Student Development Chair: A great opportunity for students or those who love to encourage students.

Contact: vicepresident@nvlpc.org

Speakers: Please share your expertise with your colleagues! We are recruiting for the September 2022—June 2023 lineup of speakers. (Students may co-present with a master's level clinician).

Contact: events@nvlpc.org

Newsletter articles: All members and interested non-members in the counseling community are invited to submit 700-900-word articles for publication in our bi-monthly newsletter.

Contact: newsletter@nvlpc.org



Notice

The next issue of the NVLPC Newsletter will be May 2023. The deadline for article submission, committee reports, bulletin board items, membership spotlights and advertising is April 15, 2023. Please send content to newsletter@nvlpc.org.

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