Counseling Children of Immigrants

BY FARAH ALNAJAR, MA, CCTP – Multicultural Chair – multicultural@nvlpc.org

Immigrants and their children often seek counseling to navigate relational struggles between the two generations. The cultural conflict between immigrants and their children is especially distressing for first-generation Americans who are attempting to balance the traditional eastern cultural backgrounds of their families, such as Middle eastern and Asian (including south Asian), with the individualistic western values of their communities. These children of immigrants often struggle to meet the expectations of their parents' cultural values while trying to stay true to their own western values. The constant cultural clash between eastern and western values can lead to various psychological problems including anxiety and depression. This population often reports feeling lost, confused, and like they are “misfits.”

As counselors, we might be tempted to focus solely on the psychological symptoms, analyzing the origins of those feelings and pinpointing thinking patterns. Without addressing the underlying issues that children of immigrants face, therapy outcomes might not be as successful as we want them to be. It is not enough to empathize with a client's struggle. The core issue that should be discussed at the beginning of the therapeutic process is the identity crisis that confronts children of immigrants. The following suggestions may help your first-generation clients gain more self-awareness and feel more empowered:

1. **Define the concept of identity crisis.** Identity crisis: Questioning your values and your sense of self. This is usually triggered by a shift in your social environment. For first-generation Americans, major life transitions and milestones might trigger more intense feelings of isolation and loneliness. For instance, choosing to adhere to their parents’ guidelines and cultural expectations might make their choices feel odd or bizarre to their peers. On the other hand, they might be faced with shame and guilt from their parents if they choose not to adhere to their parents’ timeline when it comes to major life events.

2. **Encourage your client to think of cultural identity as a spectrum that holds many variations.** Challenge any black-or-white thinking when it comes to identity formation, such as east-versus-west splitting. Clients might feel they have to choose
What Exactly Is Hypnosis?

BY LINDA G. RITCHIE, PhD - Center For Life Strategies

“Hypnosis is a state of mind in which the critical faculty of the human is bypassed, and selective thinking established,” said Dave Elman in the journal Hypnotherapy in 1964.

The word “hypnosis” is derived from the Greek word for sleep. However, it is a misnomer. Hypnosis is not the same as sleep. It is a state of inner absorption, concentration and focused attention. It is like using a magnifying glass to focus the rays of the sun and make them more powerful. When your mind is concentrated and focused, you are able to use it more powerfully.

Clinical hypnosis refers to the therapeutic use of many naturally occurring phenomena – such as relaxation, improved recall of information, regression, accessing inner resources, and dreaming. Hypnosis allows people to use more of their potential.

All hypnosis is actually self-hypnosis. When using hypnosis, a trained professional merely assists a client by guiding them through a process that allows them to access their inner processes, i.e., their subconscious mind.

Professional health care providers use hypnosis in three main ways. First, they help the client tap into and use their imagination. Mental imagery is very powerful in a focused state of attention. The mind is capable of using imagery, even if it is only symbolic, to assist us in bringing about the things we are imagining. Sports history is full of examples of athletes using hypnotic techniques to enhance their performance – Michael Jordan, Tiger Woods, and Mary Lou Retton. Visualizing a flawless performance enhances the actual performance.

The second way hypnosis is used is to directly present ideas or suggestions to a client when he or she is in a state of hypnosis. Hypnosis bypasses the critical faculty of the conscious mind. The critical faculty is that part of your mind that passes judgment. That is why hypnosis can be so powerful and so effective for creating change – because it bypasses the critical observation and interference of the conscious mind.

The critical faculty of the conscious mind can be very resistant to change. Have you ever wanted to change the way you think, feel, and behave but found it extremely difficult to do so? Hypnosis allows a person’s intention for change to take effect more easily. Ideas and suggestions that are compatible with what a person wants have a very powerful impact on the mind.

Hypnosis can be used to help an individual tap into his or her natural abilities and facilitate changing dysfunctional beliefs and behaviors at the most basic levels. It can be used for relief of depression and anxiety-related disorders and is successfully used for pain management, habit changes (diet, exercise, smoking), building self-esteem, and ego strengthening.

Finally, hypnosis may be used for unconscious exploration, to better understand underlying motivations or identify whether past events or experiences are responsible for or contributing to a current problem.

It is important to keep in mind that hypnosis is like any other therapeutic modality. It is of major benefit to many individuals, but individual responses do vary. When considering hypnosis, always verify the training, experience and credentials of the professional offering hypnosis as a technique to facilitate change.

Recommended reading:
The Emigrant Edge by Brian Buffini

Counseling Children of Immigrants

Continued from page 1

between eastern and western values. Instead, it could be beneficial to form a blended identity that is fluid and can encompass both identities.

3. Help your client recognize biculturalism as a strength.

Research indicates that bicultural individuals have a wider perspective about life in general (Sue, 2008). Help your client celebrate his or her uniqueness. Getting involved in activities and/or causes that honor both cultures often leads to a better sense of self.

References:
Integrating Brené Brown in Your Clinical Practice

BY AMY CLAY, LPC - Certified Daring Way Facilitator Clinician

My colleague Colleen McCarron, LPC and I spoke recently at the NVLPC breakfast on how to integrate Brené Brown’s work into clinical practice. It proved to be a challenging undertaking to fit in all the richness of her work, including her books, *Braving the Wilderness, The Gifts of Imperfection, Daring Greatly, Rising Strong* and *Dare to Lead*, not to mention her widely watched TED Talk, the *Power of Vulnerability*, and her Netflix episode, *Call to Courage*. I encourage you to read and watch as much of her work as possible to help get her research in your bones for personal and professional use. Brené is also launching a podcast in March 2020 called *Unlocking Us*. In this article, I will expand upon three simple yet critical tools based on her work to implement with yourself and your clients.

Permission Slips

I will open this article by sharing Brené’s use of “permission slips.” This is an easily accessible tool to use with your clients and helpful when they are struggling to get started, feel stuck, or scared. Provide your client a post-it note with the sentence stem, “I give myself permission to...” and have them finish the sentence with something vulnerable that they need to allow for in order to be able to move forward. For example, before writing this article, I gave myself permission to write this article the best I could with the limited time I had to devote to it. Use of permission slips helps identify needs, practice self-compassion, and give people an opportunity to practice vulnerability. Permission slips should easily flow and have no judgement or explanation. Examples could include:

- I give myself permission to be present.
- I give myself permission to look for a new job.
- I give myself permission to love my body.
- I give myself permission to forgive myself.
- I give myself permission to be silly.
- I give myself permission to say yes.
- I give myself permission to say no.
- I give myself permission to want more.
- I give myself permission to be my highly sensitive self.

Shitty (or Stormy) First Draft (SFD)

Brené’s concept of the Shitty First Draft (SFD) is the process of writing thoughts down when in emotional turmoil or distress. Getting an SFD out in writing allows clients to acknowledge the story they are making up and then create an opportunity to rumble with the story in order to have a more cohesive narrative. With clients, you can start the SFD process by asking them to complete these sentence stems in regards to their current state.

- My emotions are...
- My body feels...
- My thinking is...
- My beliefs are...
- My actions and behaviors are...

Next, clients can rumble with their SFD by asking the following questions:

- What more do I need to learn and understand about the situation?
- What more do I need to learn and understand about the other people in the story?
- What more do I need to learn and understand about myself?

Join a Peer Support Group

Looking for support, camaraderie, and connection with fellow therapists? Consider signing up to join a Peer Support Group. There’s a sign-up on the website under For Members.

Save These Dates

3/12
Resident in Counseling Support Group
Panera Bread
10702 Fairfax Blvd.
Fairfax, Virginia

3/20
Board Meeting
1757 Golf Club, Dulles, VA

4/9
Resident in Counseling Support Group
Panera Bread
10702 Fairfax Blvd.
Fairfax, Virginia

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Integrating Brené Brown in Your Clinical Practice Continued from page 3

This process will take a client from an appropriately disorganized SFD to a more coherent story they can work with more intention and clarity.

Values

Identification of personal values is an essential way to help clients live with more intention and clarity. When working with clients, you can print a list of values from Brené's books or her website and have them select two values that they most aspire to live by. Once selected, you can help clients evaluate how they are (or are not) living in their values by asking the following questions:

- What are the specific behaviors that support your values?
- Who are the specific people who support your values?
- Where are the gaps between your aspirational values and your practiced values?

Identification of your values is not a one-time decision, but ongoing work. Values are crucial to showing up and being seen which is at the core of what Brené Brown's research applied to life offers.

If you would like to learn more about Brené Brown's work in order to help yourself and your clients to live with more courage and empathy, build shame resilience, and discover the power of vulnerability, contact me at amy@sunstonecounselors.com for more information for our upcoming Spring 2020 workshop specifically designed for therapists.

Yahoo Group

Did you know NVLPC hosts an email group/listserv just for members who are current in their paid membership?

Contact us at here for details!

Office Space for Rent

Approximately 450 sq. ft. office space. Private waiting room with shared bathroom. Mid-1770's building one block from center of Leesburg; 3 other renters - all mental health professionals. Not suitable for disabled clients. Gas heat and A/C split with other renters. FIOS Internet access. Some parking but 2 town parking lots about 2 blocks away as well as on-street parking. $1,800/month.

Available roughly June 1st, possibly earlier.

Please contact Dr. Foster at DrF201@verizon.net
Supporting Gender and Sexual Identity

1.5 Credit Hours

When: Friday, March 6th. Registration and Networking starts at 9:30 AM, Presentation runs from 10:00 AM to 11:30 AM

Where: Springfield Country Club, 8301 Old Keene Mill Road, Springfield, Virginia 22152

Presenter: Timothy Elliott, LCSW

Contact: Melat Johnson, Events@NVLPC.org

Registration Information: Online registration is available until: 3/6/2020

Registration Costs: Early bird pricing ends the Sunday before the Event. Regular pricing is until the day before the event.

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Register online at any time.

Checks are only accepted on the day of the event. If you wish to secure a discount, you must register online and pay with a credit card.

Walk-in registrations will be accepted on the day of the event starting at 9:30 AM.

Refund, Cancellation, and Inclement Weather Polices: To cancel, please call or email 48 hours in advance or you will be charged for the event. If NVLPC cancels an event, you will be refunded the cost of the event. During inclement weather NVLPC will host the event as scheduled; events will only be cancelled in circumstances when the federal government shuts down due to inclement weather.

Summary: All of us hold a myriad of identities, including a sexual orientation and gender identity. This didactic workshop will provide clinical mental health providers with information and resources to better support their LGBTQ clients. We will examine lesbian, gay, bisexual, transgender, queer, and/or questioning (LGBTQ) concepts and terminology through the lens of cultural humility. The workshop will highlight social and health disparities faced by the LG-BTQ community and examine specific supportive factors and concrete strategies clinicians can utilize to promote physical and emotional safety. The discussion will also provide an overview of resources, for both the professional and their clients, in helping all individuals live their true and authentic selves.

About the presenter: Timothy Elliott is a clinical social worker licensed in Maryland, Virginia, and DC. He currently runs a private practice in Arlington, VA focused on supporting gender expansive/transgender children and their families. He has served as the Coordinator of Youth Mental Health Programs at Whitman-Walker Health, a federally qualified health center in Washington, DC. In this role, Timothy led a team of clinicians in providing low-barrier, comprehensive outpatient mental health services for youth impacted by trauma. As a social worker, Timothy strives to make safe, affirming spaces for all LGBTQ youth and their allies. He obtained a Bachelor of Arts in Social Work from the University of Maryland, Baltimore County.

Go to www.nvlpc.org and your Inbox for the most up-to-date information before heading to an event!
Timothy obtained a Bachelor of Arts in Psychology from the University of Missouri and a Master of Social Work from Andrews University in Michigan. After years of working in schools, outpatient mental health facilities, and government agencies, Timothy is an expert on how systems function or fail in supporting the social-emotional needs of clients. He has spoken at local and national conferences on various topics within mental health and was awarded the 2017 Youth Champion of the Year award by the DC Center for the LGBT Community. He is committed to lifting LGBTQ youth voices and challenging providers to do better.

Supporting Gender and Sexual Identity

Continued from page 5

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Trans 101

1.5 Credit Hours

When: Friday, April 3rd. Registration and Networking starts at 9:30 AM, Presentation runs from 10:00 AM to 11:30 AM

Where: Springfield Country Club, 8301 Old Keene Mill Road, Springfield, Virginia 22152

Presenter: Brianna Veres, MS

Contact: Melat Johnson, Events@NVLPC.org

Registration Information: Online registration is available until: 4/3/2020

Registration Costs: Early bird pricing ends the Sunday before the Event. Regular pricing is until the day before the event.

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Walk-in registrations will be accepted on the day of the event starting at 9:30 AM.

Refund, Cancellation, and Inclement Weather Policies:

To cancel, please call or email 48 hours in advance or you will be charged for the event. If NVLPC cancels an event, you will be refunded the cost of the event. During inclement weather NVLPC will host the event as scheduled; events will only be cancelled in circumstances when the federal government shuts down due to inclement weather.

Presentation Overview: As a heavily marginalized group with unique clinical concerns who have increasingly come into focus in public discourse in recent years, transgender and gender nonconforming (TGNC) clients can be an intimidating population to work with for the uninitiated. This presentation will provide a broad overview of important information about gender identity. Topics to be discussed include basic terminology, a look at the wide range of gender identities that exist beyond the gender binary, and an exploration of what it means for gender to be a social construct that has been understood differently by different cultures throughout human history. Information about best practices for working effectively and ethically with TGNC clients will also be presented.

Learning Objectives: After attending this presentation, participants will be able to:

1. Use appropriate language with clients that is respectful of the diversity of identities and experiences in the TGNC community.
2. Name and define at least two of the wide range of non-binary and culture-specific gender identities recognized in the TGNC community.

Networking Notice: As part of our networking opportunities, we invite all members to bring their marketing materials to display, and/or to introduce themselves during our 2-minute introductions. Please let us know that you are interested when you RSVP.

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.
3. Identify one’s own positions of privilege and at least one way in which that privilege can be utilized to increase accessibility of services for TGNC clients.

4. Apply an understanding of the idea of gender as a social construct that differs across time and culture to validate the identities of TGNC clients.

Presenter Bio:
Brianna Veres is a queer transgender woman and licensed graduate professional counselor with an M.S. in Applied Psychology from the University of Baltimore. She works at Hawn Therapy and Consulting, a therapy and training practice in Baltimore devoted to serving transgender people, people of color, and the larger LGBTQ+ community. Brianna has long been passionate about empowering the trans community, and as a result, she believes in the importance of helping allies in the mental health profession receive a patient and thorough education on trans issues. In her free time, Brianna enjoys creative writing and playing tabletop games with friends.

Continued on page 8
Practice, which provides continuing education training and consultation about ethical and ethical-legal issues to mental health providers of all professions. The Center provides a wealth of free resources on its website at [www.CenterForEthicalPractice.org](http://www.CenterForEthicalPractice.org).

Dr. Fisher also writes about ethical issues. She is the author of numerous professional articles that are available on the Center website; and her second book was published this year by the APA Press. In 2015 she was honored by the U.Va Curry Foundation with the first-ever award as Outstanding Alumni Human Services Practitioner, and this year she received from the American Psychological Association Ethics Committee the 2016 award for Outstanding Contributions to Ethics Education.


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**Spring Ethics Workshop continued from page 7**

Often life can bring us down, make us anxious, cause distress or create confusion. Sometimes life “overflows” and even with a support system it’s difficult to manage! Are you feeling that “overflowing” feeling? Reaching out and asking for help is the first step to create change.

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**Upcoming Board Meetings**

**When:** Friday, March 20
12-2 pm

**Where:** 1757 Golf Club
Dulles, VA

**Contact:** Sarah Keely,
President@nvlpc.org

**Registration Information:** Online

**About the Events:** Board Members, Directors, Committee Chairs and Members, please RSVP for this Board Meeting. No charge, just a “yes/no” response required to RSVP. You must be logged in for the RSVP to work.

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**Shara Carter, LPC, NCC**
1801 Robert Fulton Dr. Unit 230,
Reston, VA 20191

I’ve been a counselor for over six years. I’ve been in the people-helping field for over 23. I enjoy working with teens, adults, individuals, couples and families. I use many modalities including creative therapies.

Remember! Seeking help is a sign of STRENGTH! If you need help and you ask for it, that’s the first step to self-discovery, healing, and GROWTH! Remember, we can do this together! Openings now available Thursday evenings; groups to become available on Saturdays.

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**Bulletin Announcements**

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

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PAID ADVERTISEMENT. While NVLPC accepts and publishes paid advertising, it accepts no legal responsibility for products and programs advertised herein.
Emotionally Focused Therapy

1.5 Credit Hours

When: Friday, May 1st. Registration and Networking starts at 9:30 AM, Presentation runs from 10:00 AM to 11:30 AM

Where: 1757 Golf Club, 45120 Waxpool Road, Dulles, Virginia 20166

Presenter: Emily Brown, LMFT

Contact: Melat Johnson, Events@NVLPC.org

Registration Information: Online registration is available until: 5/1/2020

Registration Costs: Early bird pricing ends the Sunday before the Event. Regular pricing is until the day before the event.

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Summary:
This presentation will give an overview of the Emotionally Focused Therapy model including steps, interventions, adult attachment theory, and application of EFT with couples and families. Participants will learn how to view relationship distress from an attachment perspective, apply the steps the EFT model and interventions most commonly used, and how to work with each couple's underlying interactional pattern.

Presenter bio:
Emily Margaret Brown, LMFT is the Assistant Director of the Washington Baltimore Center for Emotionally Focused Therapy (WBCEFT). She has been a student of EFT since 2011 and has been using the empirically-validated approach exclusively in private practice since 2015. Emily is certified in EFT and continues to study and learn the model daily. She is passionate about her work with couples and enjoys sharing her love of EFT with clients and fellow clinicians.

As a counselor, Dr. Plummer is passionate in being a guide to her clients. She has over 12 years of clinical experience that spans variations in clients ages 3+, co-parenting, couples, and families. Additionally, her work can be tailored to support the individual and couple-based needs of members of the LGBTQ community while also allowing for the role of spirituality and meaning.
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<th>Date</th>
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<tr>
<td>9/13/19</td>
<td>Susan Branco, PhD, LPC-VA, LCPC-S-MD, ACS, NCC</td>
<td>Managing and Responding to Microaggressions in the Counseling Session</td>
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<td>10/11/19</td>
<td>Matthew Stevens, Navy Chaplain, LPC</td>
<td>Spiritual Screening and Mental Health Counseling</td>
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<td>10/25/19</td>
<td>Michelle May, LPC, NCC</td>
<td>Intensive Short-term Dynamic Psychotherapy</td>
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<td>11/8/19</td>
<td>Dr Faith James, LPC, CSAC</td>
<td>To Credential or Not to Credential: Navigating the Contracting and Credentialing Process</td>
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<td>11/15/19</td>
<td>Erika Carlson, LCSW &amp; Rachel Cherian, LCSW</td>
<td>Mini-Expo and Fall Workshop: Applying DBT in your Clinical Practice</td>
<td>Fairfax</td>
<td>9:30-3:00</td>
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<td>12/20/19</td>
<td>Amy Fortney-Parks, PhD, LPC, ACS</td>
<td>Road to Licensure</td>
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<td>1/10/20</td>
<td>Amy Clay, LPC, NCC</td>
<td>Brené Brown</td>
<td>East</td>
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<td>1/24/20</td>
<td>Linda Ritchie, Ph.D, LMFT, LPC</td>
<td>Integrative Hypnosis in Counseling</td>
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<td>2/7/20</td>
<td>LaNail R. Plummer, Ed.D, LPC (DC), LCPC (M), NCC, ACS</td>
<td>The Impact of Race and Gender with Clients and in Clinical Supervision</td>
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<td>3/6/20</td>
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<td>Supporting Gender and Sexual Identity</td>
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<td>4/3/20</td>
<td>Brianna Veres, MS</td>
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<td>4/24/20</td>
<td>Mary Alice Fisher, PhD</td>
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<td>Making the Transition from Resident in Counseling to LPC-Now What?</td>
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Our Events and Workshop Chairs are working on finalizing details with presenters for some of the events. As the information becomes available, additional information will be provided through future newsletters and the website. Always check the website for the most updated information and registration links.

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Federal Legislative Update

BY REBECCA HOGG, LPC, CSAC, NCC - NVLPC Secretary - secretary@nvlp.org

The two bills that make up the Mental Health Access Improvement Act (Senate Bill 286 and HR945), which would allow licensed counselors nationwide to bill Medicare, are still both in committee. There are now over 100 cosponsors of the House version of the bill! The American Mental Health Counselors Association (AMHCA) has called on all licensed counselors to contact their legislators and urge them to support the bill. Click here for more info on how to help.

NAADAC, the Association for Addiction Professionals, has called upon substance abuse counselors to support the Comprehensive Addiction Resources Emergency (CARE) Act, which “provides state and local governments with $100 billion in federal funding over ten years to expand access to evidence-based treatment and recovery support services. The bill also recognizes the importance of workforce development by authorizing $500 million in workforce development funding for professionals treating substance use disorders.” Click here for more info.

To Volunteer

BY FAITH JAMES, PHD, LPC, LMFT - NVLPC Vice President - vicepresident@nvlp.org

My name is Faith and I currently serve as your Vice President. I have been a member of NVLPC for almost five years and on the Board for nearly three years. I am also a Clinical Supervisor, clinician, and small business owner.

The NVLPC Board is looking for volunteers. I’d like to explain to you why I believe being an integral part of the infrastructure of NVLPC is a good thing. To be honest, initially I had some misgivings when originally asked to volunteer. I am a person who, when I say yes to something, wants to be able to stay true to my word. I have a business that requires a lot of my mental stamina, and on top of that I love being a Clinician and Clinical Supervisor. So, I wondered how I could add more volunteer work to my busy schedule.

As the saying goes, “How do you eat an elephant?” One bite at a time, right? (Well... easier said than done, I would imagine.) In the beginning, it was easy to say yes since everyone already on the Board promised to help if I needed it.

Three years in, I can honestly say that volunteering for NVLPC has given me more than I have given to it. Let me share some of my growth with you.

I have improved my ability to manage my own business because I have learned to conduct detailed reviews of financial spreadsheets. I have polished my communication skills when talking to potential speakers and working with hotels (training sites) to make things run smoothly during trainings. I have expanded my knowledge of professional resources from fellow colleagues in the field. All of this has truly helped to grow my practice and my skillset as an Owner/ Operator. On a personal level, I have developed new relationships that have enriched both my personal and professional lives.

You may be thinking, “Ok Faith, that’s fine for you but I have a lot going on and I’m not sure I have anything to offer.” My response is to give it a try. NVLPC is a band of folks that help

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SUMMARY OF RECENT BREAKFAST TRAINING

The Impact of Race and Gender in Clinical and Supervision Sessions

PRESENTED BY DR. LANAIL R. PLUMMER, ED.D, LPC (DC), LCPC (M), NCC, ACS

The American Counseling Association outlines at least ten ethical codes that directly address the importance of being competent and aware when working with racial and gender minorities. In the training on February 07, 2020, Dr. Plummer provided research and experiential knowledge to the members of NVLPC specifically related to frameworks, theories, and models that can be used when working with minorities. As such, Dr. Plummer highlighted the importance of self-awareness, especially related to countertransference and sensitivity in working with minorities. Rowan (1987) noted seven different types of countertransference. In graduate school, most professors demonize countertransference, thus creating a taboo in relation to and acknowledgement of the very natural and human connection of over-relating. However, Dr. Plummer noted that each type of countertransference can originate in sessions, both clinical and supervisory, when working with racial and gender minorities. The key message of the training was to normalize the sensitivity, difficulty, and courageous efforts used in working with clients and one's self.

Additionally, Dr. Plummer outlined techniques that should be used and those that should be avoided when working with our unique populations. Of the best techniques, Dr. Plummer suggested that counselors use: Core Conditions, Encouragement, Listening Skills, Open-Ended Questions, Working Alliance, Self-Disclosure, and Broaching while avoiding Confrontation, Immediacy, Miracle Question, Capping, Hierarchy of Needs, and the Stages of Change. For clinical supervisors, Dr. Plummer presented research on the Culturally Intersected Clinical Supervision (CICS) Model (Plummer, 2018) and the Discrimination Model (Bernard & Goodyear, 1979). Additionally, Dr. Plummer described the implications for counselors and supervisors, when working with racial and gender minorities. As such, she believes that the following are important to consider:

- Be informed about common issues
- Increase professional awareness/training
- Rely on other professionals for your primary learning (not your client)
- Acknowledge your limitations
- Initiate difficult conversations
- Allow for resistance as paradigm shifts occur
- Address any signs of countertransference, biases, etc.

For counselors and supervisors who continue to work with racial and gender minorities, Dr. Plummer outlined the implications for professionals, specifically highlighting the importance of the following:

- To use specific and intentional supervision models and frameworks
- To talk about race and gender and its implications
- To acknowledge your own personal and professional privileges
- To diversify and use a range of skills/techniques/environments
- To remain vigilant and responsive to the ethical expectations for supervisors
- To increase supervisee self-awareness
- To encourage the supervisee to initiate difficult conversations about race and gender.

To Volunteer

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each other. Everyone on the Board is busy and active professionally and we value the time we have to work together. We come to our meetings prepared to be helpful to the organization.

I think the last thing I want to say is this: I truly value and respect each person who says “I will help, but I may need help to be what is needed.” I’ve been there myself. So, I pledge myself to back-fill for all those who step forward. Integrity is required to be a volunteer and this Board serves the membership of all Professional Counselors in Northern Virginia. I hope this inspires you to raise your hand and raise your voice to be part of the NVLPC Board.

We have several openings, both at the present moment and for the upcoming year. Please feel free to reach out to me directly to learn more.

Thanks for reading.

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New regulations for LPC, LMFT, LSATP, and CSAC!
That means there are new forms! The information about all the changes is currently located on the homepage of the Board of Counseling website, although that may have changed by the publication date of this article. In an effort to simplify and consolidate the information, I’m putting some of the most important changes below.

The LPC, LMFT, and LSATP regulations were updated on December 23, 2019. This update was much more extensive, with many new requirements for Residents in Counseling. The Board of Counseling website has great comparison charts for each license showing the changes from the previous regulations. Here is a list of some of the important changes (but be sure to check the charts or the regulations for each license for a complete list of changes). Residents are now to:

- Confirm their supervisor is listed on the Board’s supervisor list (organized by location)
- Submit an initial application and a signed contract with their supervisor before counting hours towards residency
- Maintain in their records (not submit) a signed contract with their supervisor for any change in worksite(s) or supervisor(s) (instead of sending in an add/change application)
- Maintain in their records the signed supervisory contract(s), which the Supervisor must do as well; the Board will do random audits to verify compliance
- Renew their newly received licenses yearly
- Obtain 3 CEUs yearly in ethics, standards of practice, or Virginia laws governing behavioral science professions
- List their license number in addition to the initials of their degree and “Resident in Counseling” in all written communications
- Ensure their verification of supervision form is notarized by the supervisor when signed
- Be allowed to take the NCMHCE (for LPC), the National MFT (for LMFT), and the MAC (for LSATP) at any point during their residency without Board pre-approval

Additional notes:
1. There is a sample supervisory contract on the Board’s website for each license. All are essentially the same except for the license designation information.
2. There are updated forms (quarterly and verification of supervision) on the Board website. They are PDF forms but are now “fillable” forms. The previous forms could be edited using Adobe Acrobat. However, since the new forms are “fillable” without the use of Adobe, the amount of information which can be entered in each box is now limited because the font size is set as well as the form only allowing one line of information in each box. One effect of this, for instance, is in the verification of supervision form where now there is space for only 3 worksites and if a Resident has worked at more than 3 worksites the additional sites can only be listed in the comments section.

The CSAC regulations were also updated and went into effect February 19, 2020. There are major changes, some of which have been sorely needed because the regulations were previously very difficult to understand especially regarding the education requirements. Here is a list of...
The Supervision Corner continued from page 13

Some of the important changes (but be sure to check the comparison chart or the regulations for a complete list of changes). Supervisees are now to:

- Have 240 (instead of 220) substance abuse education hours
  - 120 hours must be completed before registering for supervision and counting hours
  - The 240 hours must be a minimum of 16 hours in 13 core areas (instead of 10 hours in 8 areas)
- Submit an initial application and a signed contract with their supervisor before counting hours towards residency
- Submit an add/change form for a change in supervisor before counting hours towards residency (not clear if this is required for a worksite change as well)
- Inform clients of their title as "supervisee" and their supervisor’s name, professional address, and phone number on all written communication
- Pass the examination within 2 years after completing their certification requirements

Additional notes for CSAC:
1. There is a sample supervisory contract on the Board’s website.
2. Once certified, CSACs will be required to complete a minimum of 10 contact hours of continuing education in substance abuse each renewal which will begin for the June 30, 2021, renewal.
3. After 2/19/21 Supervisors must have supervision training: either a graduate course or 20 hours of continuing education.
4. There are changes for CSAC-A as well.

I’ve had quite a few questions about various supervision topics which I will discuss in my next article. Send me your questions or concerns. I keep the source of the questions confidential, so you have a safe place to find the answers.

The ideas and suggestions expressed here are my own and not those of NVLPC. If you have any questions about this or any of my previous articles or if you have ideas for future supervision topics, please let me know. I’m happy to research any questions you may have regarding supervision, residency, and the regulations. You can email me at supervision@nvlpc.org.
Student Essays from 2019 Competition

Since 2013, the Northern Virginia Licensed Professional Counselors (NVLPC) has solicited essays from active student members enrolled in a masters or doctoral counseling program. Annually, NVLPC student members are given the opportunity to submit a 600-word essay on the work they plan to do in continuing their growth and development in the field of counseling. The author of the winning essay receives a $1000 scholarship.

This past year there were seven NVLPC student candidates who shared their stories and goals towards future careers in the counseling field. The 2019 winning essay, by Debbie Rackham, was published in the July, 2019, issue of this newsletter.

This month we are proud to publish two more of the submitted essays, by Kenneth Kim and Valeria Sierralta. Additional essays will be published in coming issues. Thank you to all who participated in this competition. We wish you the best in your continued endeavor to pursue your education in the field of counseling.

Student Essay

BY KENNETH KIM

Everyone has a journey on how they became a counselor. Mine all began through my pursuit in becoming a school counselor. Originally, this had formed with my desire to help today’s youth by meeting the students where they were which is at the schools. While equipping myself to become the best school counselor I could be, I recall a moment where something got awakened. What was once a seed has now began sprouting. In my group counseling class during graduate school, I had mentioned about wanting to help out my fellow Koreans since there is a lot of need within my community. Dr. Bemak, my professor, made a distinct comment on that as he was intrigued on where that passion would go. I remember that interaction because I firmly believe that it was a small spark that has fueled my journey forward to something I couldn’t even have imagined. I deeply care about the Korean community and this desire to best assist them has spurred my return to the classroom so that I can become a licensed professional counselor. I feel that I needed the additional clinical experience that my other degree, Master’s of Divinity in Pastoral Counseling, did not provide. Although I may have been slightly disappointed at the lack of clinical training in that degree, I do think that this additional degree was essential in working with the Korean community as it’s common within the Korean culture to attend a Protestant Christian church. With my Master’s of Divinity and licensure as an LPC, I feel that these tools would help aid me in working with the Korean community. Many Koreans in this area are Christians so interacting with the sacred and secular is a huge work that needs to be done and there is plenty of opportunity.

This is where my unique blend of education, training and desire are all interwoven into something that I feel is difficult to find. There is plenty of room for grace and understanding for psychology to be woven into the faith community with my specific focus being the Christian community. Furthermore, the Korean culture is also resistant to counseling which provides further challenges. My goal would be able to provide counseling to Korean Christians while navigating many of these barriers. Psychoeducation is going to be a huge component but not many are as equipped to engage in both the sacred and secular in a meaningful way. My challenge will be explaining psychology and counseling in a way that is theologically sound using the Bible while keeping cultural considerations in mind as I strategically explain it in a way that Koreans can understand.

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I am very fortunate and blessed that I have been able to begin providing assistance to the Korean and Christian community without licensure. I have been steadily connecting myself to other people within these communities to either help with a seminar, provide some brief counseling and encouraging others to talk about their mental health struggles. It has been rewarding to see the responses as people would often reach out in attempts to seek comfort and normalcy. I see a lot of unnecessary pain that can be healed if there were people who would be able to explain their struggles in meaningful ways that engage the Christian faith. My hope is that I can work with all those who are in need.

What appeared to be a journey of becoming a male Korean-American school counselor appears to have a few more welcomed chapters ahead.

Student Essay

BY VALERIA SIERRALTA

I remember hugging my family goodbye in the airport, following closely behind my older sister, carrying a sorrowful heart that longed to see my family again. Some of my earliest memories include witnessing familial conflict and parental divorce, which I learned to perceive as normal to avoid accepting that my family was, indeed, hurting. When I turned eight years old, we immigrated to the United States and I learned to pull myself up by my bootstraps before I could even process how quickly I was leaving behind my childhood. Even though these milestones took place when I was a child and therefore without my choosing, they have undeniably influenced my relationship with others and myself. For this reason, I am especially drawn to serve in the counseling field in attempt to guide my future clients in making the unconscious conscious so that through the gift of self-awareness, they can gain the autonomy needed to battle for their interior healing and freedom.

Being a first-generation college student and lover of academia has always inspired me to seek extracurricular activities as well as the wisdom of trusted professionals throughout my academic journey. In pursuit of further education and guidance from mentors in the field of counseling, I joined the Northern Virginia Licensed Professional Counselors two months after starting my graduate degree and have been attending continuous education sessions ever since. The workshop training on attachment styles particularly transformed the way I viewed counseling due to the notion that human behavior and thoughts can be understood through the lens of child experiences that unconsciously affect our current behavioral patterns.

Using the scientific knowledge that infant survival requires physical touch, we can conclude that this innate desire for union is a common thread in the mantle of our humanity. In our fragile littleness, we are designed to bond with our parents and establish a safe and trusting relationship but when this union is broken, we attempt to cope and survive this rupture, many times resulting in maladaptive behavior. Without acknowledgement of predispositions, individuals are inevitably enslaved by negative and mindless responses to their environment. By gaining autonomy, however, I find great hope in people building a path towards freedom that is clothed in self-empathy.

As someone who has been blessed to be born on meek Peruvian land, grown in northern Virginia, and completed two years of service in the city of Philadelphia, I have evolved into a culturally competent creative thinker. Whether by engaging the homeless, volunteering at juvenile detention centers, serving in the Amazon jungle, or even mentoring college students from all over the world, I have learned to celebrate my differences with others. Most importantly, however, I have learned to rejoice in the commonalities we share as human beings that long for unity. Consequently, upon completion of my counseling degree, my goal is to serve marginalized communities that long to be heard. Through the foundational lens of attachment styles, I hope to enter each counseling session with an empathetic heart that seeks to understand why a client may be experiencing life in a particular way. Ultimately, I desire to serve ethnic minorities, lower-income households, and marginalized communities that do not have easy access to counseling services. By working with individuals that are many times overlooked, I hope to remind them of their worth by guiding them in engaging their stories, breaking harmful familial patterns, and empowering them to gain interior freedom. I believe that by gaining these skills, individuals will be empowered build unifying and thriving communities.
Instructions to Print Your CE Certificate

Instructions to print your CE certificate after attending a Breakfast training or Workshop:

1. Log on to www.nvlpc.org. On the left-side menu, hover your cursor over “My Events” and the button for “My Certificates” will pop out. Click “My Certificates.”

2. You will see a tab called “Journal Entries” and underneath a list of NVLPC events you have attended. Click the printer icon to the left of the desired event. This will open a pop-up window with your certificate. (You may have to give your computer browser “permission” to pop up the certificate. Often “pop-ups” are blocked, but it is usually easy to give permission for a particular website.)

3. Make sure your computer is set to print with your printer and click “Print.”

On the website Forum there is an FAQ (Frequently Asked Question) about how to print your certificate, including a brief video. To access, click here.

If you have any questions, please post your question at the Forum.

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The next issue of the NVLPC Newsletter will be May, 2020. The deadline for article submission, committee reports, bulletin board items, membership spotlights and advertising is April 15, 2020. Please send content to newsletter@nvlpc.org.