Letters from Your Leadership

BY SARAH KEELY – President – president@nvlpc.org

Highlights for this Spring at NVLPC

We’re really excited about all the events we’ve got planned this spring. We’re also busy planning for next year. Here’s a quick run through of what we’ve got going on:

**Ethics Workshop and Annual Member Meeting:** Join us Friday May 17 as we welcome Dr. Mary Alice Fisher back to present on Professional Ethics and Court Cases. During our Annual Member meeting we’ll hold our vote for next year’s board and announce the winner of our Student Essay Contest. [Click here to register.]

**Supervisor Training:** Our own Sharon Watson will be conducting a weekend-long training for LPC’s to become supervisors June 7-9. You can complete the 20-hour requirement by attending all three days, or come for only one or two days. [Click here to register.]

**Breakfast Seminars:** We’re finishing out this year with two final seminars this month on the Impact of Race and Gender in Clinical Supervision and The Road to Licensure. [Click here to find out more and register.]

**Proposals for Next Year’s Breakfast Seminars:** Think you might want to try presenting at one of our Breakfast Seminars? Have a topic you’ve presented on previously, either with us or elsewhere? Want a great way to promote your practice and give back to the clinical community? [Click here to submit a proposal.]

**Join the Board:** We’re seeking members for several board positions for next year, starting in August. Positions include Membership, Communications, Website, and Events. The board comprises an amazing team of volunteers who keep our organization running strong. Whether you’ve been a member of NVLPC for a long time or are just joining us, consider volunteering for our board. For more information, contact Dr. Faith James, Vice President, at vicepresident@nvlpc.org.

*Continued on page 2*
DO YOU NEED YOUR 2 ETHICS CE’S?

COME TO OUR SPRING ETHICS WORKSHOP!

Title: Professional Ethics and Court Cases: Are You Clear About Your Role?
Presenter: Dr. Mary Alice Fisher
When: Friday, 5/17, Registration: 9am; Program: 9:30-12:30 (includes 1 hr membership meeting)
Where: Hilton Garden Inn – Fairfax
Register at NVLPC.org

The Road to Licensure

1.5 Credit Hours

When: Friday, May 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: Dr. Amy Fortney-Parks, PhD, LPC, ACS
Contact: Melat Johnson, Events@NVLPC.org
Registration Information: Online registration is available until: 5/3/2019
Registration Costs: Early bird pricing ends the Sunday before the Event. Regular pricing is until the day before the event.

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<th>Members</th>
<th>Early Bird</th>
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<tr>
<td>Non-Members All Categories</td>
<td>$ 50</td>
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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

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.
The Road to Licensure continued from page 2

the federal government shuts down due to inclement weather.

About the Event: The road to licensure in the Commonwealth of Virginia, and throughout the US, is rigorous, complex and paved with details. Many of the members of NVLPC have travelled this road, and we want to support graduate students, future licensure applicants and current residents in their journey towards LPC licensure. This program will cover the areas of where to start with licensure application, the details of supervision, resident terminology, and testing and endorsement information. An opportunity for Q & A will also be offered. Participants will leave this session with a roadmap moving forward to get them to licensure in Virginia!

Agenda:
I. Licensure process (what are the steps in the process) – HANDOUT
   a. Paperwork
   b. Placement
   c. Supervision
II. How long is the residency process and what are the various ways that residents can get their hours
III. Supervision (how to find supervisors, how to work with a supervisor, what to look for when interviewing supervisors, quarterly paperwork) – HANDOUT EV ALUTATION
IV. Resident terminology (including cards/emails and QMHP information)
V. Exam and endorsement (HANDOUT WITH EXAM PREP INFO)
VI. Self Care during the process, in preparation for work as a therapist/counselor
VII. Professional conduct (discuss interactions with other therapists, etc.)
VIII. Maintaining licensure in VA (CE’s, professional conduct, ethics, membership in professional organizations)
IX. Tips and Notes (“secret” dos and don’ts)
X. Q&A

Earn 1.5 Contact Hours for attending this event.

About the Presenter: Dr. Amy Fortney Parks brings with her over 30 years of experience working with children, adolescents and families as both an educator and psychologist. She is a passionate “BRAIN – trainer” and strives to help everyone she works with understand how their own unique brain works!

Dr. Parks is the founder and Executive Director of WISE Mind Solutions, LLC and The Wise Family in Alexandria, Virginia. She is a Child & Adolescent Psychologist and a sought after parent coach for families around the world! Dr. Parks has a Doctorate in Educational Psychology and is a Clinical Supervisor for Virginia and DC LPC Residents, and Dominion Hospital. Additionally, she is an adjunct professor at George Washington University.

Dr. Parks’ focuses include individual and group counseling, parent coaching and co-parenting, educational consulting, IEP development, pre-admissions testing, and full battery educational testing. Dr. Parks provides consulting services and workshops to groups, as well as private and public systems, throughout the country. More information is available on her website, www.thewisefamily.com.

Ms. Parks is also a native Alexandrian and the mother of four children between the ages of 18 and 25, as well as a new Grandma. In her spare time, she loves to read teen fiction, cook and hang out with friends who have boats!

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.

Handout Policy: Attendees registering ahead of time are emailed the handouts to print out for themselves prior to the event. Those preferring to have pre-printed handouts can pay an additional $3 fee at the time of registration. All walk-in attendees will be provided pre-printed handouts.

In Luck Counseling, LLC is currently seeking motivated, committed therapists to provide individual, couples, and/or family counseling to our growing client base (adolescents and adults). Part time position is contract based in picturesque Old Town Warrenton. In particular, we have a need for clinicians experienced in treating addiction, trauma, anxiety, and mood disorders. Applicants must be independently licensed as LPC, LCSW, LMFT or Psychologist (PhD or PsyD) with a minimum of 3 years’ experience. Bilingual language skills are a plus! Please reply to this ad with your cover letter and CV.

PAID ADVERTISEMENT. While NVLPC accepts and publishes paid advertising, it accepts no legal responsibility for products and programs advertised herein.
Spring Ethics Workshop: Professional Ethics and Court Cases: Are You Clear About Your Role?

2 Contact Hours

When:  Friday, May 17th, 2019
Registration starts at 9:00 AM, Event runs from 9:30 AM to 12:30 PM

Where: Hilton Garden Inn - Fairfax, 3950 Fair Ridge Drive, Fairfax, Virginia  22033

Presenter: Dr. Mary Alice Fisher

Contact: Faith James, workshop@nvlpc.org

Registration Information: Online registration is available until: 5/17/2019

Registration Costs: Early bird pricing for this event ends April 30th. Regular pricing is until the day before the event.

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Non-Members All Categories $ 79 $ 89 $ 99

Registration: Register online at any time, once registration opens (after February 9th).

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 9:00 AM.

Refund, Cancellation, and Inclement Weather Policies.

To cancel, please call or email 24 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.

About the Event: The schedule is as follows:

9:00am - 9:30am  Registration
9:30am - 10:30am  Part One with Dr. Mary Alice Fisher
10:30am-11:30am  General Membership Meeting
11:30am-12:30pm  Part Two with Dr. Mary Alice Fisher

Earn 2 Contact Hours for attending this event.

About the Presenter: Dr. Mary Alice Fisher is a clinical psychologist in private practice in Charlottesville, Virginia, and a member of the adjunct faculty of the University of Virginia Curry Programs in Clinical and School Psychology. She is also the founding Executive Director

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.
of The Center for Ethical 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

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.


Handout Policy: Attendees registering ahead of time are emailed the handouts to print out for themselves prior to the event. Those preferring to have pre-printed handouts can pay an additional $3 fee at the time of registration. All walk-in attendees will be provided pre-printed handouts.

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Just Around the Corner: AMHCA Conference is in Herndon

BY REBECCA HOGG, LPC, NCC, CCTP - Resident-in-Counseling Support West - residentsupportW@nvlpc.org

The American Mental Health Counselors Association (AMHCA) 2019 Annual Conference is in the Northern Virginia area! Get up to 22 CEs just before licensure renewal date for LPCs in VA!

Connect
Join colleagues and experts at our signature learning and networking event for clinical mental health counselors and organizations that support clinicians for the 2019 AMHCA Annual Conference: Embracing the Possibilities: Connect. Innovate. Act.

Innovate
The conference will take place June 26-28, 2019 at the Westin Washington Dulles in Herndon, Virginia, and will focus on a vision for the future, connecting on personal and professional issues, crafting new ideas for the next generation of the profession and a plan of action.

Act
Propel the next season of your career and attend the 2019 AMHCA Annual Conference!

Use code NV2019 to get either a 50% discount on full registration or full registration + leadership bundle!

http://www.amhca.org/conference
Come share office space with a thriving Neurofeedback practice!

**We Provide:**

- A Full-Time Receptionist
- Private Office Space
- Phone Service
- Internet Service
- Shared Professional Lobby Space
- Potential Referrals from our Neurofeedback Patient Base (We see ADD, ADHD, Autism, Bipolar Disorder, PTSD, Anxiety, Epilepsy, and Depression Cases)

**You Provide:**

- Licensed Therapy to your patients (Must have a Virginia License to provide counseling services)

Cognitive Behavioral Therapists are a natural fit for our office and patient base!

Please call Carlton Neurofeedback Center at **703-335-9149** to arrange a tour of the facility
The Impact of Race & Gender with Clients in Clinical Supervision

1.5 Credit Hours

When: Friday, May 31st, 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: LaNail R. Plummer, Ed.D, LPC (DC), LCPC (M), NCC, ACS

Contact: Melat Johnson, Events@NVLPC.org

Registration Information: Online registration is available until: 5/31/2019

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

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RSVP: 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 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.

About the Event: As participants in this training, we will:

- Review and implement the professional responsibility of ethical multicultural counseling practices
- Examine and understand the lived experience of Black Women through the exploration of themes

Explore 33 strategies in working with Black Women in clinical settings.

Earn 1.5 Contact Hours for attending this event.

About the Presenter: As a Licensed Clinical Professional Counselor (LCPC-MD), Licensed Professional Counselor (LPC-DC), a Nationally Certified Counselor (NCC), an Approved Clinical Supervisor (ACS), and a Board Certified-TeleMental Health Counselor (BC-TMH), Dr. LaNail R. Plummer is committed to improving the lifestyle of many through the aspects of mental health and character development. Through the values of integrity and awareness, Dr. Plummer believes that emotional, spiritual and cultural healing is attainable.

Dr. Plummer and her team of counselors, specialize in Child Centered Play Therapy, Cognitive Behavioral Therapy, Rational Emotive Behavioral Therapy and Solution Focused Therapy. As a graduate of Howard University & Marymount University, Dr. Plummer and her team ensure their clinical sessions incorporate cultural frameworks as a method of self-awareness, processing and healing.

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.

As a consultant, Dr. Plummer ties in her experiences from the military, school/community leadership, university faculty, and parenting. The culmination of these aspects allows her to provide the best services to her clients, directly and indirectly, based on her breadth of information, knowledge and communication styles.

As a researcher, Dr. Plummmmer explores the experiences of Black Women in clinical and supervision settings with the goal of creating a grounded theory that best suits the needs of Black Women in a range of professions.

As a presenter, Dr. LaNail enjoys sharing her knowledge of clinical frameworks and counseling, clinical supervision, small business/private practice start-ups, and spiritual techniques and implications in therapeutic sessions. As such, Dr. Plummer has presented at 10+ international and national

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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.
Supervision Training – 3 Day Event

20 credit hours (CE’s) for this Workshop (if attending all 3 days).

When: Friday, June 7th, Check-in begins at 8:30a

Where: Hilton Garden Inn - Fairfax, 3950 Fair Ridge Drive, Fairfax, Virginia 22033

Presenter: Sharon Watson, LPC, LMFT, LSATP, NCC, Clinical Supervisor

Contact: Faith James, workshop@nvlpc.org, Phone: 703-400-0751

Registration Information: Online registration is available until: 6/6/2019, View Sessions

Registration Costs:

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RSVP: Register online at any time.

Checks are only accepted on the day of the event.

Walk-in registrations will be accepted on the day of the event starting at 8:30 AM.

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.

About the Event: Learning Objectives:

Participants will learn about:

- the models of supervision, the purpose of training supervisors, the definitions and goals of supervision, regulations and forms
- the supervisory relationship, resident and supervisor personality traits that may impact supervision, and responsibilities of each
- documentation, contracts, competencies, supervision phases, influences in supervision, multicultural and diversity issues in supervision, burn-out and stress, ethical issues in supervision, legal issues, and more.

When participants complete 20 continuing education hours of clinical supervision training and have completed two years of licensed practice, they will have fulfilled the Virginia Board of Counseling requirements to supervise residents in Virginia.

The Supervision Training schedule is as follows:

- Friday June 7th: 9:00am - 5:00pm (check-in begins at 8:30am)
- Saturday June 8th: 9:00am - 5:00pm (check-in begins at 8:30am)
- Sunday June 9th: 9:00am - 4:00pm (check-in begins at 8:30am)

*****Each day includes a 1-hour lunch break*****

Earn 20 Contact Hours for attending this event (must attend all 3 days to earn 20 CE’s)

Continued on page 9

The Impact of Race & Gender

continued from page 8

conferences to include the European Branch of the American Counseling Association (EB-ACA), the Association of Black Psychologists (ABPsi), and the Maryland Counseling Association (MCA).

Additionally, Dr. LaNail has presented insightful mental health tips and commentary on local and national media outlets to include ABC7, NBC4, and CNN.

As a small business minority (Black, Woman, US Army Veteran) owner, Dr. Plummer believes in a cumulative approach to mental health, business development, and balanced living. Dr. LaNail is the co-founder and owner of EMC2 Mental Health Counseling and Educational Consulting. She, and her team of 7 Black Women Counselors and 3 Educational Specialists, operate 3 offices in Washington DC.

She is passionate, supportive, and driven.

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.
Betrayal Blindness: An Adaptive Response To Betrayal Trauma

BY MICHELLE MAYS LPC, CSAT-S

Many betrayed partners enter therapy in a state of shock and disbelief, reeling from the discovery of their partner’s extracurricular sexual behaviors. They sit on my couch and tell me they had no idea, not even an inkling, of what their significant other was doing. They have been caught off guard, unaware, and they can’t believe this is happening to them.

I listen to their stories, and I know that their shock and bewilderment is real and they truly did not know what was happening. But, at the same time, I also know that they did know.

I know this because in the weeks that follow they inevitably tell me stories about their relationship and various clues they overlooked. I hear about previous infidelities; about finding pornography, condoms, and secret Internet accounts; about changes in the nature of their sex life and their sense of emotional intimacy; about conversations, conflicts, accusations, and denials all indicating the presence of a problem.

Yet they still did not know. Even though they knew.

How does this happen? How do betrayed partners know but not know? And where does the part of them that does know go?

Jennifer Freyd, PhD, one of the seminal researchers on the topic of betrayal trauma, has spent years investigating why people don’t allow themselves to see the betrayal that is unfolding right in front of their eyes and why they do not remember the traumas after they have happened. In short, she has explored the question, “What would make someone literally not see and not know that which is easily seeable and knowable?”

To answer to this question, Freyd has connected what we know about the nature of human attachment with what we know about the ways in which humans are hardwired to respond to traumatic events.

Getting Attached
When we pair up and enter into a long-term relationship, we begin a process of bonding with one another that is a beautiful and profound intertwining of two lives. In this mysterious attachment, we start to physically operate as one biological organism.

If it is true that when we attach to someone healthy and functional, it feels good and provides a sense of security, grounding, safety, and wholeness, then the opposite is also true. When we attach to someone who is less than healthy – sexually addicted, for example – it can affect our physical, mental, emotional, and spiritual health in teeth-rattling ways.

Instead of grounding us, it puts us in freefall. Instead of security, we experience fear. Because our partner has caused us such deep pain, that individual now feels like a threat to our wellbeing rather than a source of comfort and safety. This danger is often experienced as a primal threat to the our emotional, psychological, and perhaps even physical survival.

Responding to Threat
Based on her research, Freyd has argued that the behaviors of not seeing and not knowing in those dealing with betrayal trauma are forms of the freeze response.\(^1\) Rather than confronting

Betrayal Blindness continued from page 9

the cheating partner or withdrawing from the relationship, betrayed partners go numb and fail to witness and process information about the betrayal. This allows them to continue operating in the relationship as though it remains safe. It allows them to preserve the relational bond that they often unconsciously believe they need to survive.

Bringing It Together

When we bring together what we know about attachment theory and how our threat response system operates, it creates the following equation for betrayed partners:

- Betrayal injures the sense of safe connection at the heart of relational attachment.
- Because of the interdependence that is the basis of secure bonding, these attachment injuries are felt as primal dangers, threatening our sense of survival.
- The more we feel our survival is threatened, the more we will take steps to try to preserve our attachment, and therefore to preserve our survival.
- One effective way to preserve our sense of safe connection is to not know what we know and not see what we see, particularly if what we were to see and know would alter or destroy our safe connection.

Freyd has called this survival-based form of not seeing and not knowing "betrayal blindness." One of the most important things to note about betrayal blindness is that it is an unconscious process. Betrayed partners are not consciously saying to themselves, "I don't think I’ll let myself know about that." Instead, their bodies register danger before the information moves into conscious awareness. Their coping strategies instinctually move to protect them by blocking out the information, rationalizing it away, or in some way keeping it from landing in conscious awareness where they would have to deal with it. This instinctual survival response ensures that one plus one does not ever add up to two in ways that would rob them of their primary relationship and the sense of safety and connection it provides.

Understanding the internal unconscious mechanisms driving betrayal blindness is imperative in order to treat betrayal blindness effectively while avoiding further unintentional traumatization of the betrayed partner. Betrayed partners need active intervention balanced with empathic support to move out of the state of simultaneously knowing but not knowing into a state of fully integrated conscious awareness.

Sex Trafficking:
Healing the Hurting

BY YASHIKA D. NEAVES - Education Director - eddirector@nvlpc.org

I recently read an article in the Fauquier Times (Mar 27, 2019) in which Susan Young, a Northern Virginia mother, shared the story about her 14-year old daughter who was raped for over a year, up to 10 times a day by 8 - 10 men in an abandoned house next to her school. She talked about how her daughter was recruited by a young boy her own age and coerced after she was ganged raped and videotaped. Her daughter went to see her counselor 22 times, but it took over a year before it was known that these were signs of a sex trafficking trap.

In 2015, the Justice for Victims of Trafficking Act expanded the definition of "child abuse and neglect" and "sexual abuse" to include children who are victims of sex trafficking (Child Welfare Information Gateway, 2017). Child sexual abuse ranges from unwanted touch to rape, and includes behaviors such as exhibitionism, fondling, masturbation, sexting, and sexual intercourse with minors. The complexities of child sexual abuse involve psychological, behavioral, and emotional damage that impacts generations. It is a systemic problem in which the propensity of becoming a perpetrator is higher for those who are also victimized (Glasser, Kolvin, Campbell, Glasser, Leitch, & Farrelly, 2001). Community notifications laws and sex offender registries offer consolation, but research shows that 97% of abused children know and trust their abuser prior to becoming their victim (Anderson, 2014).

Counselors must be vigilant and aware of these trends; involvement in human and sex trafficking initiatives may be necessary to develop keen insights and awareness of indicators of when minors may be in sex trafficking traps. With Virginia being one of the top 13 states in the U.S. with reported human trafficking incidents, healing the hurt is a necessity. Counselors must be the voice for the silenced victims and know the signs of these hurting times.

For more information about this topic, please visit https://humantraffickinghotline.org/

References:


# Calendar of Events 2018-2019

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<thead>
<tr>
<th>Date</th>
<th>Speakers</th>
<th>Title of Event</th>
<th>Location</th>
<th>Time</th>
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<tr>
<td>9/14/18</td>
<td>Jaime Hoyle, JD, Executive Director, Virginia Boards of Counseling, Psychology, and Social Work</td>
<td>VA Board of Counseling: Case Studies on Defending Your License</td>
<td>East</td>
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<td>9/28/18</td>
<td>Rona Hitlin-Mason, LPC, LLC</td>
<td>Divorce Options: What Clients Need to Know to Make Healthy Decisions</td>
<td>West</td>
<td>10:00-11:30am</td>
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<td>10/12/18</td>
<td>Lisa Kruger, PhD, LPC, NCC</td>
<td>Shame and Moral Injury in Military Culture</td>
<td>East</td>
<td>10:00-11:30am</td>
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<td>10/26/18</td>
<td>Erika Carlson, LCSW and Rachel Cherian, LCSW</td>
<td>Dialectical Behavior Therapy: Treating Clients with Risky Behavior</td>
<td>West</td>
<td>10:00-11:30am</td>
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<td>11/2/18</td>
<td>Lisa Ferentz, LCSW-C</td>
<td>Fall Workshop and Mini-Expo: Trauma, Attachment and Creative Modalities for Grounding, Soothing, and Containment</td>
<td>Hilton Garden Inn, Fairfax</td>
<td>9:00-3:30pm</td>
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<td>12/7/18</td>
<td>Christina Frank, LMFT, Certified Teacher of Digital Citizenship</td>
<td>Technology and Today’s Youth: Parenting in the Digital Age</td>
<td>East</td>
<td>10:00-11:30am</td>
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<td>1/11/19</td>
<td>Yesenia Villalta, Psychotherapist</td>
<td>Cultural Competency: Theory or Practice?</td>
<td>West</td>
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<td>Marla Zometsky, LPC, CSAC</td>
<td>Early Intervention in Psychosis</td>
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<td>2/8/19</td>
<td>Dr. Amy Fortney Parks, LPC, ACS</td>
<td>The Road to Licensure</td>
<td>West</td>
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<td>2/22/19</td>
<td>Kirsten Lundeberg, LPC, LMFT</td>
<td>Internal Family Systems Therapy: Deepening Your Understanding</td>
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<td>3/15/19</td>
<td>Michelle Mays, LPC, CSAT-S</td>
<td>Betrayal and Gaslighting: The Emotional and Psychological Trauma of Being Chronically Lied to</td>
<td>West</td>
<td>10:00-11:30am</td>
</tr>
<tr>
<td>3/29/19</td>
<td>Annetta Benjamin, LPC, NCC</td>
<td>Identifying Life Helpers and Hurts through Daily Journaling Activities</td>
<td>East</td>
<td>10:00-11:30am</td>
</tr>
<tr>
<td>4/12/19</td>
<td>Gail Guttman, LCSW</td>
<td>Integrating Couples and Sex Therapy</td>
<td>West</td>
<td>10:00-11:30am</td>
</tr>
<tr>
<td>4/26/19</td>
<td>Yashika Neaves, PhD Candidate</td>
<td>Community-based Military Cultural Competencies &amp; Barriers to Care</td>
<td>East</td>
<td>10:00-11:30am</td>
</tr>
<tr>
<td>5/3/19</td>
<td>Dr. Amy Fortney Parks, LPC, ACS</td>
<td>The Road to Licensure</td>
<td>East</td>
<td>10:00-11:30am</td>
</tr>
<tr>
<td>5/17/19</td>
<td>Dr. Mary Alice Fisher</td>
<td>Spring Ethics Workshop: Professional Ethics and CourtCases: Are You Clear About Your Role?</td>
<td>Hilton Garden Inn, Fairfax</td>
<td>9:30-12:30</td>
</tr>
<tr>
<td>5/31/19</td>
<td>LaNail R. Plummer, Ed.D, LPC (DC), LCPC (M), NCC, ACS</td>
<td>The Impact of Race &amp; Gender with Clients and in Clinical Supervision</td>
<td>West</td>
<td>10:00-11:30am</td>
</tr>
</tbody>
</table>

Our Events and Workshop Chairs are working on finalizing details with presenters and venues 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.

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.
This training is for LPCs, LMFTs, & Residents who plan to supervise in Virginia

3-Day ✦ 20 CE hours ✦ Including 2 CE hours of Ethics on Day 3

PRESENTED BY

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

June 7, 8, 9, 2019
Friday/Saturday/Sunday
(Times to be announced later)

Fairfax Hilton Garden Inn
3950 Fair Ridge Drive, Fairfax, VA 22033

Single or multiple day registration ✦ NVLPC member discount available

We are providing the option of taking one day or two days in order to provide an opportunity for those of you who may already have had some supervision training. The Virginia Board does not specifically delineate the content of the clinical supervision training so you can choose what day(s) will make a well-rounded experience for you.

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 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 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 hours
● Supervision essentials  ● Process: regulations, contracts, documentation, forms, evaluation  ● Ethical & legal practice in supervision  ● Ethics codes  ● Reducing vicarious responsibility  ● Supervisory relationship issues

The training is experiential with interactive discussion, break-out work groups, paper and pencil work sheets, video, role plays, multiple handouts, and many question and answer opportunities.

✦

Full 3-day Training: $400 for NVLPC members and $450 for non-members
Individual Days: $150 for NVLPC members and $175 for non-members

Registration will be open soon!!! Go to www.nvlpc.org

For questions contact Sharon Watson at 703.350.5002 or sharonhazwatson@hotmail.com

Northern Virginia Licensed Professional Counselors, PO Box 2213, Merrifield, VA 22116
www.nvlpc.org

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.
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 Supervision Corner

BY SHARON WATSON, LPC - Supervision Chair - supervision@nvlpc.org

The Cost of Clinical Supervision

The following is based on the many stories that I’ve heard from residents and supervisors alike who’ve shared their experiences with me as Supervision Chair, past Resident Support Group leader, Clinical Supervision Trainer, and a clinical supervisor for over 20 years.

Unfortunately, it seems that not everyone who applies for or is in a graduate program in psychology (or school counseling) thoroughly researches post-graduate licensure requirements in advance either. So, sometimes after expending all the time, energy, and money to complete 60 graduate credits, graduates are surprised to find out there is still a long road to licensure and often an expense for which they are unprepared: supervision.

If a graduate finds a job in a Community Services Board (CSB), a hospital, or other exempt setting they may be lucky enough to be provided with Virginia Board of Counseling-approved clinical supervision in the work setting, although that is not always available and cannot be depended upon. For one, the work supervisor may be unlicensed or a licensed social worker or psychologist who can no longer provide LPC supervision. For instance, if that happens in the CSB, getting supervision from outside of your own program, even still within the agency, may not be possible. A resident may be provided with supervision when working in a private, for-profit company because in a non-exempt setting a counselor cannot see clients without active Board-approved supervision. Or a resident may be given a stipend to partially pay for supervision outside of the workplace if there is no one on-site who can provide supervision. And in any of these cases, a resident may only be provided one hour of supervision per 40 hours of work. That means it would take four years to gather the 200 hours required rather than two years.

Continued on page 14
So, if a resident is not provided with supervision or only some supervision in their workplace, they are left with paying for off-site supervision out of pocket.

This can be very expensive. There is of course a price range charged by Board-approved supervisors. The fee can be the equivalent of what the supervisor charges as a therapist for individual therapy, or it may be less. Some supervisors may feel that if they provide supervision at a reduced rate they are giving back to their therapeutic community and do so willingly. However, if a supervisor charges the same rate as for clients, they need not be faulted for that decision. Therapists provide a service and in so doing are attempting to earn a living wage, just as residents hope to do when they become licensed. Supervisors are tasked by the Board of Counseling with fostering the growth of expertise in the field. What if clinicians chose not to supervise? Supervision is required for licensure and if there weren’t clinicians willing to provide supervision and be part of that system, no residents would be licensed.

Residents may contend that supervising is easier or less time consuming for a therapist than seeing a client and therefore a supervisor should charge less for supervision. But is that true? When seeing a client, a therapist has many tasks requiring additional time that is ancillary unpaid time such as progress noting, case management, treatment planning, phone calls/emails/texts for appointment coordination, and additional phone interactions that may not be charged. The individual session rate doesn’t cover just the time in session, it covers all of the other time spent on that client outside of the session.

There are a number of things supervisors provide that are outside of the supervision session as well. Remember that supervision only “counts” when it’s face-to-face and therefore the ancillary time doesn’t count towards licensure and for which the resident is not charged. So, what are supervisors required to do outside of the paid supervision time? Let’s explore that:

- Pay for Clinical Supervision training either as a graduate class or 20 hours of continuing education.
- Complete quarterly forms; sometimes completing multiple quarterlies if a resident works in more than one job because each location requires a separate quarterly.
- Time spent in phone calls, emails, or texts with client issues that can’t wait for the next supervision session.
- Time spent managing emergency situations that also can’t wait for the next session.
- Time spent reviewing paperwork to confirm compliance with standards of practice and Virginia Board of Counseling requirements.
- Maintaining notes for supervision sessions.
- Time spent reviewing client progress notes and treatment plans in advance of supervision.
- Verification of Supervision forms which must be completed for each job location whether the resident was seen short term or long-term; discontinuation of supervision can easily happen if a resident moves to another position or job in which supervision is then provided.
- Giving job references if requested.
- Keeping abreast of regulation changes; the requirements and responsibility for licensure have become stricter over time in Virginia and the expectations of supervisors in monitoring residents and therefore the field as a whole have become greater.

But now let’s talk about one of the biggest factors in supervision: vicarious liability. A therapist who chooses to supervise not only has the liability for their own clients, they have just taken on
The Supervision Corner continued from page 14

the liability for all of the clients their resident sees. (As a side note, I suggest that supervisors take that into consideration in their liability/malpractice insurance purchase.) A resident may feel they are doing just fine counseling, but must be sensitive to the supervisor’s requirement to review their resident’s work in real time. For instance, this may be especially true when a resident starts a new position and the supervisor may request more supervision hours initially (still within the 1-4 hours allowed per 40 hours of work) in order to monitor the resident’s provision of services. A resident may think it’s just for the additional income, but it’s because the supervisor is responsible for what their resident does or doesn’t do and either of those can be of issue.

One more thought for residents: not all supervisors are created equal. Those of you who have read my previous articles know about instances where supervisors are not aware of the regulations and tell residents things that are not accurate. Take some time to read the “Disciplinary Proceedings” on the Board website to see the judgement errors some clinicians make – and some of those clinicians are supervisors. It’s the responsibility of residents to know the regulations and if they don’t understand something to call or email the Board of Counseling with their questions or ask a knowledgeable supervisor. Ignorance is not an excuse. Take into consideration the adage “you may be getting what you pay for” so paying less for either individual or group supervision may not be the best supervision depending on the resident’s needs. Group supervision is less expensive but may mean the supervisor is not as “available” either within the supervision session or outside of it because of needing to manage multiple residents’ needs. So, an individual supervisor may cost more but be more available. These are all calculations and decisions that must be made by a resident based on multiple factors such as where a resident is in the process (new in the field or more experienced), time, and money to name a few. As a resident, it’s important to network and ask questions of other residents to be sure you’re getting the supervision you need or to have a sounding board if you have concerns about a supervisor.

If you have any thoughts on this topic or more ideas, please send me an email because I always appreciate comments.

If you have any questions about this or any of my previous articles or if you have suggestions 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@nvlp.org.