Hello fellow students, residents, counselors and friends! As your new president I want to take this opportunity to say that I’m honored to be serving you. We have a thriving community among us, and more than anything I want to ensure we continue to prosper. That’s my goal for the coming year.

How do we accomplish this?

1. Maintain the structures we have in place made possible by our strong, diverse board.

   The health of our community is determined in large part by the hard work of our volunteer board. Our seminars, workshops, networking events, listserv, support groups and this newsletter are all run and planned by our board. With the help of our very hard working, part-time administrative assistant (our only paid staff person) it is up to our volunteer board chairs to make everything happen. We are coming into this year with a full board, but we’re always looking for more input. This year we’re hoping to expand our volunteer opportunities, so stay tuned!

2. Expand our outreach.

   We have so much to offer our members, and room to do even more. Imagine it: more support groups, more networking, training for supervisors, and so on. We’ll be discussing these ideas as our new board convenes in August and September. Please add your ideas and consider joining us with your time and talents.

We also have more room to grow our membership. If you haven’t yet joined, consider doing so. If you are a member, consider inviting a friend or colleague to become a member as well. The more of us there are, the more opportunities we have to expand our reach as counselors. And at the end of the day, that is our purpose: to be the best professionals we can be so that we may serve those we counsel with the highest level of compassion and skill.

I’m looking forward to a good year at NVLPC for 2018-19!
VA Board of Counseling: Case Studies on Defending Your License

**Date:** 9/14/18

**Presenter:** Jaime Hoyle, JD, Executive Director, Virginia Boards of Counseling, Psychology, and Social Work

**Location:** Springfield Country Club, 8301 Old Keene Mill Road, Springfield, Virginia

**About the Event:**
This presentation will be on two case studies, one depicting an LPC who lost his or her license and a second one explaining how someone could successfully defend his or her license.

**Learning Objectives:**
- How were the counselors accused/caught?
- What did the counselors do to respond?
- What was the process that resulted in a successful or unsuccessful defense?

**About Presenter:**
Jaime H. Hoyle is the executive director for the behavioral sciences boards, which consist of three separate boards: The Board of Counseling, The Board of Psychology, and the Board of Social Work. Ms. Hoyle is an attorney by education and trade. She received her undergraduate degree from Boston College in 1997 with a BA in English, and she received her law degree from the University of Richmond, T.C. Williams School of Law, in 2000. Her career has focused on government, policy, and health care law. She began her career as a staff attorney for the Virginia State Crime Commission, where she developed an interest in the intersection of crime and mental health. Pursuing that interest, she became the Senior Staff Attorney and Health Policy Analyst for the Joint Commission on Health Care, where she also staffed the Behavioral Health Subcommittee. Most recently she served as Chief Deputy Director of the Department of Health Professions, a position appointed by Governor Terry McAuliffe. Ms. Hoyle is married with two children, and resides in Midlothian, Virginia.

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**Advertising**

Are you interested in advertising your practice, services and/or event to our membership of over 350 clinicians throughout Northern Virginia? Business card to Full page ad sizes are available. Email advertising@nvlpc.org for details.
# Fall Calendar of Events 2018-2019

<table>
<thead>
<tr>
<th>Date</th>
<th>Speakers</th>
<th>Title of Event</th>
<th>Location</th>
<th>Time</th>
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<tbody>
<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>
<td>10am-11:30am</td>
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<tr>
<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>10am-11:30am</td>
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<tr>
<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>10am-11:30am</td>
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<tr>
<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>10am-11:30am</td>
</tr>
<tr>
<td>11/2/18</td>
<td>Lisa Ferentz, LCSW</td>
<td>Fall Workshop: 7 Things to Get Right: Treating Trauma</td>
<td>Hilton Garden Inn, Fairfax</td>
<td>9am-3:30pm</td>
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</tbody>
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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.

## Upcoming Events

### VA Board of Counseling: Case Studies on Defending Your License
**When:** Friday, September 14th, Registration and Networking starts at 9:30 AM, Presentation runs from 10:00 to 11:30 AM  
**Where:** Springfield Country Club, 8301 Old Keene Mill Road, Springfield, Virginia 22152  
**Presenter:** Jaime Hoyle, JD, Executive Director, Virginia Boards of Counseling, Psychology, and Social Work  
**Contact:** Melat Johnson, Events@NVLPC.org  
**Registration:** Online registration until: 9/14/2018

### Divorce Options: What Clients Need to Know to Make Healthy Decisions
**When:** Friday, September 28th, Registration and Networking starts at 9:30 AM, Presentation runs from 10:00 to 11:30 AM  
**Where:** 1757 Golf Club, 45120 Waxpool Road, Dulles, Virginia 20166  
**Presenter:** Rona Hitlin-Mason, LPC, LLC  
**Contact:** Melat Johnson, Events@NVLPC.org  
**Registration:** Online registration until: 9/28/2018

### Shame and Moral Injury in Military Culture
**When:** Friday, October 12th, Registration and Networking starts at 9:30 AM, Presentation runs from 10:00 to 11:30 AM  
**Where:** Springfield Country Club, 8301 Old Keene Mill Road, Springfield, Virginia 22152  
**Presenter:** Lisa Kruger, PhD, LPC, NCC  
**Contact:** Melat Johnson, Events@NVLPC.org  
**Registration:** Online registration is available until: 10/12/2018

### Dialectical Behavior Therapy: Treating Clients with Risky Behavior
**When:** Friday, October 26th, Registration and Networking starts at 9:30 AM, Presentation runs from 10:00 to 11:30 AM  
**Where:** 1757 Golf Club, 45120 Waxpool Road, Dulles, Virginia 20166  
**Presenter:** Erika Carlson, LCSW and Rachel Cherian, LCSW  
**Contact:** Melat Johnson, Events@NVLPC.org  
**Registration:** Online registration is available until: 10/26/2018

Go to [www.nvlpc.org](http://www.nvlpc.org) and your email inbox for the most up-to-date information before heading to an event!
Treating Combat Veterans with Moral Injury

BY STEVE ZAPPALLA, PH.D, LPC, ACS, CSAC, NCC – Clinical Director, Center for Veterans in Transition, LLC

As many of us in Northern Virginia know, a large number of combat veterans face difficulties coping with their personal lives, relationships, and families when they leave the service and return to civilian life. In 2017, over 8,000 veterans committed suicide maintaining a rate of 22 incidents of veteran suicide daily, a rate that has persisted for the past several years (U.S. Department of Veterans Affairs [VA], 2017).

Moral injury is an emerging construct developed to more fully capture the psychological, ethical, and potential spiritual/existential challenges that could arise for veterans. Recent studies define moral injury of military veterans as a construct related to the mental health of those veterans who have witnessed or perpetrated an act in combat that contradicted their deeply held beliefs and values pertaining to justice and personal integrity (Nash et al., 2013). Moral injury is mainly viewed as a collection of symptoms that can include shame, anger, demoralization, self-minimization, poor self-care, and guilt.

While moral injury is not formally labeled a mental disorder, research studies reveal that combat veterans are experiencing moral injury. Most of us have studied and are familiar with the effects and treatment of posttraumatic stress disorder (PTSD) on combat veterans along with the associated symptoms and consequences. Interest in the term moral injury of military veterans as a related mental health construct is growing.

Although little formal research exists on moral injury, a wide range of cognitive, behavioral, and affective symptoms associated with moral injury have been studied. Researchers have concluded that the results of moral injury could occur from actions, inactions, or witnessing of events that challenge moral beliefs or values (Currier et al., 2015).

More research is needed to investigate the causes, effects, and treatment of moral injury on veterans. To further this understanding, I recently completed a Ph.D dissertation to determine if specific factors of spiritual wellness could predict moral injury among combat veterans once combat veterans return to civilian life.

I investigated the relationship between spiritual wellness factors and moral injury as based in existential theory to offer insights to improve quality of life of veterans, families, and society. My two-year research study of 148 combat veterans consisted of a quantitative survey with a cross-sectional, correlational analysis that examined the connection between spiritual wellness and moral injury among combat veterans while incorporating demographic variables.

Results of the study show a strong statistically significant relationship of spiritual wellness on moral injury. Participants with low spiritual well-being were very likely to have an elevated level of moral injury. Those with strong levels of life meaning, purpose, and faith were less likely to experience moral injury.

This research helped to validate and prioritize using clinical interventions associated with developing life meaning and purpose to enable more successful reintegration of combat veterans into society. In the future, these outcomes could be used to explore the relationship of spiritual wellness on other professions subject to moral injury and a possible relationship of moral injury and/or spiritual wellness to PTSD.

Continued on page 5
Following up on these results with a qualitative pilot study, specific themes were identified that gave meaning and purpose to the combat veteran culture. Some of the themes combat veterans found important are: good leadership, exposure to extreme physical and emotional threats, high degree of accountability/responsibility, strong teamwork, unique communication style, high degree of dedication and mission focus, different yet similar experiences, and flexibility and change. This study highlighted the value of understanding veteran experiences and integrating them into culturally sensitive treatment and clinical interventions.

Understanding Veteran culture is critically important to support social change needed to allow veterans address the issues associated with moral injury and spiritual wellness. An improved understanding of this relationship and integration into mental health treatment, can help identify, define, and reduce the many issues confronted by families and society when veterans return home.

It is hoped that integrating the suggestions and recommendations from these studies can inform mental health clinicians, policy makers, military leaders, and educators of further possibilities on how to help combat veterans heal from the wounds of war.

References


Steve Zappalla, Ph.D, LPC, ACS, NCC, CSAC
Founder and Clinical Director, Center for Veterans in Transition, CVIT

Steve is a retired Army combat veteran who shifted his focus to a mental health-centered lifestyle and became a clinical psychotherapist and counselor after 20+ years of active duty. Steve held a wide variety of senior level leadership positions as a combat arms officer throughout his career. His transition from military to civilian life led him to a deep appreciation for his career as mental health and pastoral counselor, a meditation teacher and his spiritual practice. Steve earned his Ph.D in clinical Counseling Education and Supervision (CES) and is a Licensed Professional Counselor (LPC) in Virginia and DC. He is a nationally approved clinical supervisor (ACS) and holds certifications in addictions and trauma counseling.

Currently, Steve sees individual clients, facilitates therapy groups, supervises mental health practitioners, and provides training to therapists to work with veterans. His main focus is on military populations, addiction and trauma, and other mental disabilities. Steve devotes his practice to and teaches on the benefits of mindfulness and meditation. He frequently speaks to a variety of audiences on the struggles veterans face as they transition from military to civilian life. He is the father of six adult children and enjoys being a part of their lives.
Sociopolitical Advocacy Considerations for Leaders in Counseling & Counselor Educators

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

A Sociopolitical Event:
In June 2016, CNBC, Fox News and USA Today reported that a blind Louisiana man started a class-action suit for all blind Americans, suing McDonalds for refusing him service at their drive-thru window. Under McDonald’s policy they do not serve pedestrians at the drive-thru; patrons must be in vehicles to get service. Blind customers are able to browse, choose and pay for products at McDonald’s drive-thru windows, however, they would have to be accompanied in a vehicle, since blind customers cannot drive. When the main restaurant closes, and its late night drive-thru hours are open, blind customers walking are barred from using the drive-thru amenity. According to USA Today reports (June 1, 2016), Scott Magee, of Metaire, Louisiana was refused service from McDonalds when he tried to order food from their drive-thru window during “late night” hours because he was on foot. He reported this denial of services occurred on more than one occasion, which left him walking away feeling “ashamed” as he recounted being laughed at and turned away. Mr. Magee reported that drive-thru windows “lack any meaningful accommodations for the blind.”

A Sociopolitical Advocacy Response for Counselor Educators:
As a leader in counseling, or a counselor educator, charged to be an agent of change, it is our responsibility to advocate on behalf of Mr. Magee and other marginalized citizens; to voice the concerns of injustices encountered for individuals with disabilities or who are underrepresented. According to the Americans with Disabilities Act (ADA, 2009), the federal legislation that protects the civil rights of those with disabilities from discrimination due to their disabilities, mandates equal access, opportunities, and reasonable modifications in all public forums including restaurants. However, according to Mr. Magee and investigative reports, there were no efforts to adjust services being offered, even after multiple attempts to access the restaurant, while services were being rendered for other patrons. This act of discrimination is culturally insensitive to our “most neglected, misunderstood, and marginalized” population (McAuliffe, 2013). The modifications offered could have come in simple form, such as amending the policy of the restaurant’s main hours to reflect that of the drive-thru hours, or providing pre-call order options for Mr. Magee, so that he could pick up his meal after completing his order at another entry point of the restaurant. Small forms of modification are the rights of Mr. Magee, and others like him who are refused access due to their inability to drive.

As leaders in counseling and counselor educators promoting optimum mental health, awareness of injustices of the oppressed and educating communities and stakeholders in public forums is a partnership with the 49 million Americans living with disabilities. It is our role to be barrier breakers, advocating for equitable opportunities to function free from discrimination. Mr. Magee, just like all marginalized citizens, deserve respect as a human being, and that respect begins with each of us. Understanding the laws and legislation that protects marginalized populations is the first step, collaborating and joining forces with allies is the next, and communicating the goals of awareness for change as we dissolve discrimination is the objective. Providing advocacy is a large-scale initiative to empower individuals who have faced trauma, oppression, barriers/limitations, and mental/emotional turmoil as a result of the unconscious privileged. Leaders in counseling and counselor educators need to challenge the indifference and choose to impact our society’s mental health by speaking against the social injustice of those who have a small voice so that they too can be heard. It is our duty as agents of change for the clients we serve.

References


(*Portions of this article were repurposed from the author’s multicultural project at Regent University)
I hope everyone had a great summer. Welcome back to the Supervision Corner! It’s easy to become out of touch with what’s happening at the Board of Counseling or miss their emails regarding recent changes. So, let’s catch up with:

**Important Update! (and don’t miss the important information further down!)**

There are now new forms for ALL licenses (LPC, LMFT, LSATP) and certifications (CSAC, CSAC-A). On the "Application & Forms" page, under each license or certification the website says:

“…applications/forms have been updated recently. After August 1, 2018, the Board will only accept new versions of forms and applications. Forms that were previously signed by the supervisor or by a school official can still be considered past the 8/1/2018 date.”

As I have mentioned in previous newsletters, it’s possible to use Adobe to fill in the Board’s PDF applications and quarterly forms and save them as semi-completed PDF files for repeated use. (If you’d like help in how to do that, please email me and I’ll be happy to help you; if you already know how to fill in a PDF, remember not to “sign” the form electronically because if you do, you can’t save it as your master because Adobe will no longer allow further changes to the form). Also, the Board is still requiring hand-signed forms.

So, for those of us who have: 1. Pre-filled in the applications to make it easier to print off, sign, and send the supervisor portions of the application to a potential resident; and 2. Pre-filled in the quarterly forms for each resident at each practice location(s) to make it easier each quarter to simply change the quarter dates and hours, print, sign, and mail…we now find ourselves having to fill in new forms to make a whole new set of masters. This wouldn’t be as frustrating if this was a rare occurrence, but unfortunately the Board has changed the forms multiple times over the past few years.

**The important point is that all quarterly forms for your residents whose quarters end after August 1, 2018 are now on the new form!**

However, the good news is that as of the writing of this article (approximately 30 days before publication), the regulations for each of the licenses and certifications have not been updated so at least we don’t need to go over any forms in detail to find any changes. For LPC, LMFT, and LSATP the regulations are dated December 28, 2017 and for CSAC and CSAC-A the date is February 8, 2017.

**Now, let’s discuss: Who is eligible to supervise whom…and for how many hours?**

I want to take this opportunity to make sure everyone knows the answer to who can supervise for each license and each certification without needing to go through all the regulations and handbooks, so here are the answers in one convenient place:

**LPC:** Total hours required is 200; at least 100 hours must be from an LPC; the remaining hours can be from an LPC or LMFT; at least 100 hours must be individual supervision and the remaining 100 hours can be individual or group supervision (pages 8 & 9 of the LPC regulations).

**LMFT:** Total hours required is 200; at least 100 hours must be from an LMFT; the remaining hours can be from an LMFT or LPC; at least 100 hours must be individual supervision and the remaining 100 hours can be individual or group supervision (pages 8 & 9 of the LMFT regulations).

**LSATP:** Total hours required is 200; all 200 hours can be from a LPC or LSATP, but the supervisor must be able to “document two years post-licensure substance abuse treatment experience, and at least 100 hours of didactic instruction in substance abuse treatment”; at least 100 hours must be individual supervision and the remaining 100 hours can be individual or group supervision (pages 9 & 10 of the LSATP regulations).

**CSAC & CSAC-A:** Total hours required is 100; all hours can be from a LSATP (with no special requirements) or from any of the following (who all must meet specific additional requirements in order to supervise – please see the CSAC/CSAC-A regulations, page 9): LPC, licensed clinical psychologist, LCSW, LMFT, medical doctor, registered nurse, or CSAC; at least 50 hours must be individual supervision and the remaining 50 hours can be individual or group supervision.

**Important Information about supervising residents for multiple licenses or certifications!!**

This is a follow-up to “who is eligible to supervise whom.”

**Continued on page 8**
In the November 2017 Newsletter I wrote “If you are a CSAC Resident in Counseling and a LPC Resident in Counseling and if your Board approved LPC supervisor meets the requirements to supervise a CSAC resident (i.e., meets the qualifications to supervise a CSAC which can be found in the CERTIFICATION PROCESS HANDBOOK For CSACs and CSAC-As) the SAME hour of supervision can be counted towards both residencies.”

I believe this warrants repeating, especially because I now have some additional information. I have confirmed with the Board that the same hour of supervision can count for all licenses and certifications. This applies to: 1. A resident who works at a site or for a company where they see individuals, and/or families, and/or substance abuse clients and can document the face-to-face (F2F) hours for each category; 2. A resident who meets the education requirements for more than one license/certification; 3. A supervisor who meets the requirements to be a supervisor for more than one license/certification. The SAME hour of supervision can be counted towards any or all of the residencies.

Here’s an example. A counselor is working in a home-based counseling program. S/he provides family counseling and also sees family members individually in individual therapy; some of the clients (parents or children) are diagnosed with substance abuse so s/he may also provide substance abuse treatment for the family as a whole and also for individuals in the family. If this counselor finds a potential supervisor who has multiple licenses/certifications, s/he can submit multiple applications to apply for residency with the supervision for all of the licenses/certifications they would like to pursue. In this example, applications for LPC, LMFT, CSAC (or LSATP) can be submitted and if approved, the SAME hour of supervision would count for working towards all three, i.e., towards the 200 hours for LPC/LMFT/LSATP and the 100 hours for CSAC.

In this example, the resident would have to track the F2F hours for family counseling and the F2F hours for substance abuse treatment in order to report them to the supervisor who would then put them on the quarterly form used for LPC/LMFT/LSATP. Note: The form only asks for F2F hours for family and substance abuse treatment because the total work hours in the job would be the same for all. My understanding is that the hours may also overlap, meaning that, for example if the family session is 2 hours it would mean that 2 hours can be applied to the LMFT and the same 2 hours can be applied to the CSAC/LSATP.

Note that the CSAC does not require quarterly forms, but the substance treatment F2F hours are reported on the LPC/LMFT/LSATP quarterly form if the resident is also pursuing one of the licenses that do require a quarterly form.

Another point to be aware of is that since the LPC/LMFT/LSATP quarterly form only asks for F2F hours for substance abuse treatment and F2F family therapy hours, the resident must keep track of their ancillary hours separately (which are not required to be reported on the quarterly form) so they know when they reach the total of 3400 hours of total work time (which includes the 2000 hours of F2F work). Note that the CSAC does not require a specific number of F2F hours; the only requirement is to track the total number of 2000 work hours (which is a combination of F2F and ancillary hours).

It’s important to know that although submitting an application for CSAC supervisor approval is still not required before starting to count the hours towards certification, I still recommend doing so in advance to be sure the resident meets the education requirements for the CSAC. I don’t know about you, but in reading and re-reading the CASC regs, I still can’t understand what the education requirements are for actually being able to submit an application. (When I talked to the Board they said they are aware of the confusing language and there is an update in the offing). So, the only way to know for sure that you can count hours towards a CSAC is to actually apply and if the Board rejects your application they will explain why and what education is required to re-apply.

Caveat for the purpose of transparency: I am a supervisor with multiple licenses; it could be argued that I’m writing about the same hour of supervision applying to multiple licenses to benefit myself. However, my real purpose is to inform all of you about the opportunities of knowing what this information affords you: 1. As a resident reading this, if you meet the criteria and if you know your supervisor can supervise you for more than one license/certification in the same hour you now have the knowledge to pursue this with your supervisor (who may not be aware of this) and potentially save you money by your not needing to pay for supervision from multiple supervisors separately; and 2. As a supervisor, you’re more marketable if you’re able to supervise more than one license/certification at a time using the same hour of supervision.

As always, if you feel I’ve been inaccurate in anything I’ve written, please email me and if I’ve made an error I will write a correction in the next article. If you have any questions or any 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.

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www.nvlpc.org
NVLPC, Past and Future: Moving off the Board After Half a Decade

BY SHULAMIT WIDAWSKY – Past Website Chair and Communications Director

Did you know NVLPC has been around since the 1970’s? We’ve seen many changes over the decades, and getting a website in 2009 was one of the biggest. As we grew, so did our website needs, and in 2013 we migrated to our current website. This has allowed members to maintain their own profile, review NVLPC financial and event history, easily register and pay for events and dues, print certificates, and so much more. Some of our members even maintain their own professional website pages through NVLPC using the PLUS level memberships.

I joined NVLPC in 2011 and volunteered to help with the website in 2012, around the time that NVLPC became incorporated as a 501(c)(6) professional association. In 2013 I took on the positions of Website Chair and Communications Director. Leadership at the time worked hard to learn the ropes of being incorporated and then transition to the new website, which has proven to be a strong asset as we’ve grown as an organization.

For over five years I’ve been a voting member of the NVLPC Board because I care deeply for our organization and the counseling profession. Since I resigned my positions on the Board, I have been asked to join an advisory council that will be available to the leadership for institutional memory, advice, and support. In my new position I will focus on teaching the new Communications Director and new Website Chair to manage the website. Consequently, I will be a bit less visible than in the past, but not gone!

The future is in the hands of our amazing volunteers who care about NVLPC and our members and want the best for mental health counseling professionals. Our entire NVLPC Leadership is robust and we are headed in a great direction.

Thank you to all of you in NVLPC who have enriched my life in so many ways. For those of you who have never been in the Leadership, I highly encourage it—yes, it is work, but you won’t meet a more committed, energized, and amazing group of colleagues. It is sometimes hard to make completely new friends after university, but that is exactly what I found working on the NVLPC Board. I hope you will consider joining a committee, even if it is just to get to know this amazing group of people, and lend a hand once in a while.

You are the future of NVLPC.

Family Focus

There are lots of lists of “top ten” tips on this and that – top ten best self-tanners, top ten best local pizzerias, etc. As a part of this edition of FAMILY FOCUS, I thought I would share the top ten best parenting tips. At The Wise Family (www.thewisefamily.com), we refer to them as COMMANDMENTS because, more than tips, they really are rules to live by. Although we didn’t find these on stone tablets, they have been in our toolbox for decades, so credit is due to the brilliant author, with a few updates from us –

The Ten Commandments of Parenting

BY AMY FORTNEY PARKS, PHD, LPC – Resident-in-Counseling Support East – residentsupportE@nvlpc.org

1. **Set a good example.** Your child looks up to you and tries to be like you. It’s fine to tell your child to be respectful, truthful, helpful, and kind. But it won’t count unless you act that way, too. PS. That goes for eating your broccoli and not being on Facebook at the dinner table, too.

2. **Give energy and attention to goodness.** What you feed, grows. Look for chances to reward positive behavior with your attention. Look for chances to give your attention when no negative behavior is happening.

Continued on page 10

Yahoo Group

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

NVLPC Members, request to join our Yahoo Group here!
3. **Avoid giving energy and attention to badness.** What you feed, grows. Kids want any attention, good or bad. If you argue or yell at your child, he will learn to misbehave more to get your attention. Instead, simply give the child a short time out where no attention is available. When quiet again for a few minutes, then you can give him attention for taking a few minutes to calm down and reflect.

4. **Keep your promises.** Your child counts on you to feel loved and secure. When you don’t come through on a promise, she may feel insecure, and believe that you don’t care about her. Promises are just as important whether it’s for a “treat” or for something the child doesn’t even want, like a time out. If you are not sure it will happen, don’t use the “P” word.

5. **Only make promises you can keep.** Don’t promise things you only wish could happen - it only hurts worse when it can’t. Also, avoid making big threats or punishments - these are promises, too. Later, you may realize that you were wrong, and take it back. Stick with promises that you can keep.

6. **Use consequences, not punishments.** A consequence is something that is naturally caused by a behavior. For example, when you are not being kind to others, you can’t be around people for a little while. When you make a mess, you clean it up. When you don’t finish your homework, you can’t watch TV. When you leave my tool outside, I won’t want to lend it to you next time you ask. Children learn how to behave better from having natural consequences. (Notice that we didn’t use the word “IF”).

   A punishment is something that is given by an angry adult for revenge. For example, when you do that one more time, you can’t go to the park tomorrow. Punishments - including spankings - are for children to suffer. Children also learn from punishments: they learn to be sneaky and hateful.

7. **Stay in control.** Everyone gets mad. The trick is to catch yourself when you’re just starting to get upset or frustrated. Then you can take care of the situation quickly, before it gets out of hand - maybe by giving a time out, finding some goodness to give attention to, or taking a time out for yourself. Parents make most of their mistakes when they are mad: they yell, they argue, they give attention to badness, and they give punishments – which might also turn out to be broken promises. If you can’t catch yourself before you lose control, get help and learn how. It’s worth it.

8. **Include your child.** Children naturally want to help out and be included. For example, even a very young child can “help” you wash dishes by stirring the dishwater with a spoon. If you take the time to include the child and to make chores fun, he will learn to be helpful and to feel good about himself.

9. **Make your child feel special.** Avoid comparing children to each other or trying to give each child exactly the same thing all the time. That just fosters insecurity and sibling rivalry. Children don’t need “equal” treatment; they need to feel special. Find ways of appreciating each child for her own qualities. You can show this with special privileges, small gifts, attention, or activities.

10. **Take care of yourself.** Obvious, but important anyway. Parents need nutritious food, enough sleep, exercise, friends, enjoyment, a little time off for themselves... Raising kids is a big challenge. Your job is not to make your children happy, but to model happiness in your own life, work and outlook.

Connect with us at our website, [www.thewisefamily.com](http://www.thewisefamily.com), or find us in the social media sphere @wisefamilies if you have something to add to our commandments above! We’d love to hear from you! Be Wise.
Keeping Enthusiasm For Your Child’s Sports Under Control

Most children have a pretty level-headed approach to organized sports. When they win, they’re happy and excited. When they lose, they get sad for a bit. And most of the time, they’re just having fun and enjoying the competition.

Unfortunately, many parents don’t handle their children’s sports activities as well. We’ve probably all seen reports of (or witnessed directly) abuse of referees and coaches, of fights between parents, and other unseemly parental behaviors.

While parents want their children to do well and be treated fairly, some parents have made their children’s sports so important that their emotions override their judgment and common sense.

It’s not hard to understand the source of such emotions. The child may not be performing up to the parent’s expectations, making the parent feel frustrated. Such feelings can be complicated by the parent’s projecting his or her own athletic dreams and fantasies onto the child. In such cases a violent confrontation with a coach, referee or other parent may seem a means of venting that frustration.

When that happens it’s often a sign that sports are playing too important a role in family life.

All parents should sometimes step back and examine whether a family’s life revolves around the children’s sports. It’s not uncommon.

Start by asking some basic questions about sports and your children. Are your kids being “pushed” not just to play sports, but to train harder and to excel? Is that happening at the expense of school work and other activities? Do you, as a parent, experience mood swings related to your child’s successes or failures in sports? Do you reward a child who has done well, but tease or criticize that same child when his or her performance doesn’t meet your standards? Is it possible you’re trying to live your life through your child’s?

When the answer is yes to some or all of these questions, it’s a good chance that sports is indeed playing too important a role in your family’s life. And if sports brings out actions, or even thoughts, of reacting violently when things have gone poorly, it’s a clear sign that help is needed.

In such cases, try talking to a professional counselor who specializes in family counseling. He or she can help you gain a better perspective on your expectations, and can help you establish a healthy emotional balance between sports and your parenting.

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Obituary: Marjorie Bleiweis

Message from Virginia Counseling Association (VCA)

It is with great sadness that we inform you of the passing of Marjorie Bleiweis. Marjorie was active in VCA for many years and was a past VCA Award recipient, winning the VCA Humanitarian and Caring Person Award in 1992. She was also a Past-President of the VCA Chapter, Northern Virginia Counselors Association. As an Elementary School Counselor, Marge was a trailblazer in developing student mediation in Fairfax County Public Schools. Perhaps her most notable work was as a certified mediator with Northern Virginia Mediation Services. NVMS has created a Marge Bleiweis Fund at the Northern Virginia Mediation Service, to which you may send a donation in her memory.

For those of you who crossed paths with Marge over the years, you might have had the joy of seeing Marge driving in her sports car, with the top down, and a huge smile on her face.

Additional information & funeral details can be found at the links below:


NVMS: https://nvms.us/2015/11/17/peer-mediation-in-schools/

Facebook: https://www.facebook.com/marge.bleiweis

May Marge Rest in Peace.

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.