Hello Everyone,

We hope you had a great holiday season. We are all excited about the great first half of the year we have had. We've enjoyed seeing you all at our breakfast seminars, resident support groups and our fall workshop. As we start the New Year, we would like to draw attention to a couple of things. First, we hope to see you at our next breakfast seminar on Friday, January 12th. Joyce Meagher will be presenting, “Getting Confident for Court: The Therapist Under Subpoena.” Second, be sure to plan to receive your required 2 ethics CE’s at our spring workshop, scheduled for May 11. Dr. Mary Alice Fisher will be our featured speaker. The workshop will include a buffet lunch and as always, a great chance to network with other professionals in our field.

Lastly, as a result of the demographic surveys you all filled out last year, we have added a link on our website to help facilitate the creation of peer review groups, as many of you indicated you were interested in participating in such a group. Go to the NVLPC website homepage and click on the “For Members” link on the left. Then click on “Peer Review Group Interest Form.” Simply read the instructions and fill out the form. Check to see if anyone in your area is interested and contact each other to make arrangements. We are providing this interest form to help you all find each other and begin to create the peer support you may be searching for. The Board discussed our involvement in actually creating these groups and decided that the time commitment required would be too overwhelming and would subtract from our ability to provide the services we are currently focused on. We hope you find the interest form helpful and welcome any feedback you may have.

Thank you all for your continued support of NVLPC and we look forward to seeing you all again at our upcoming events.

Sincerely,
Renae C. Smith
NVLPC President
Residents who attended the West Resident Support Group led by Rebecca Hogg had some questions that we thought would be good topics to discuss in the Supervision Corner. So, I'll tackle them here:

1. What about “split percentages” or “fee splitting”?

Fee splitting was a common practice in the “old days” and is the process of splitting the amount a client pays for therapy between the practice (or supervisor) and the contractor (who could be a Resident). Put another way, it's giving the contractor a percentage of what the client pays for a session.

This process has been a topic of discussion on the NVLPC Yahoo group for an extended time, resurfacing periodically and I’ve also received questions about fee splitting. I’ve gone back to some of the email exchanges we had on the Yahoo group back in 2014 and my own emails. I’ll summarize the consensus here: it is ILLEGAL to split fees in Virginia. Unfortunately, I’ve heard from several people that there are still practices out there that do this, so Residents, please be aware it’s illegal. The way it's supposed to work is that a client pays the practice/supervisor and ALL of that client payment is returned to the contractor (who might be a Resident). The contractor then pays the practice/supervisor for the office rental, the office administrative services, and supervision. The alternative to this is that the Resident can be hired as an employee of the practice. Thank you to the diligence of those members who found out this information and shared it with us.

The topic of payment to a Resident has been a sticking point in this process. It's been a long-held belief by many that the Resident cannot take payment directly from a client. So, supervisors have devised different methods of dealing with this, such as having the client write the check to the supervisor, then either 1. signing the back of the check over to the Resident or 2. depositing the check into their own accounts or the practice's account and then making a check out in an equal amount to the Resident (with or without a 1099). However, I’ve recently heard banks are not as welcoming with the first method and the latter can cause tax and accounting issues.

So, at the recent NVLPC training in which Jaime Hoyle, Executive Director of the Board of Counseling, was the presenter, one of our Residents asked her how this could be managed more easily. Ms. Hoyle’s answer was that as long as the Resident’s supervisor’s name and information is on the Resident's bill, that would suffice. Wait a minute! In all the recent multiple rewritings of the regulations did that change? Were the words like “cannot take direct payment from a client” removed? I went to the current regulations and they do say: “9. Residents may not call themselves professional counselors, directly bill for services rendered, or in any way represent themselves as independent, autonomous practitioners or professional counselors. During the residency, residents shall use their names and the initials of their degree, and the title “Resident in Counseling” in all written communications. Clients shall be informed in writing of the resident's status and the supervisor's name, professional address, and phone number.” So, it appears that a Resident can take payment from a client as long as their bill states they are a Resident-in-Counseling under supervision with their supervisor’s name and contact information on the bill. Another possibility is that a Resident who is building their own practice could name their practice and ask the client to make the payment to the practice name, again making sure the supervisor’s information is on the bill as well as the practice name.
2. How to be motivated to keep up with supervision quarterly forms?

The responsibility for doing the quarterly forms is that of the supervisor with the compliance and support of the Resident. Here’s what the regs state: under "D. Supervisory responsibilities 3. The supervisor shall complete evaluation forms to be given to the resident at the end of each three-month period." It’s also addressed in the Licensure Process Handbook for LPC on page 9, Step 4: Submit Application for Licensure by Examination, which states that the application must include “Quarterly Evaluations which should have been completed by your supervisors during your residency.”

The reason I’ve copied the exact wording is that I’ve heard some supervisors expect the Resident to complete the quarterly forms including (in the past) the comment section and all they would do is sign the form. I believe the regulations mean that it’s the responsibility of the Supervisor to complete the form and towards that end it’s the responsibility of both the Supervisor and the Resident to keep track of the Resident’s F2F and total work hours during each quarter on a continuing basis and also to be sure that the Resident is receiving at least the minimum number of hours required of supervision. The Supervisor is then responsible for filling out the form with the hours provided by the Resident and giving the form to the Resident in a timely manner. If the Resident resists providing the information when needed and available, this becomes a topic to be discussed in supervision.

For Residents: There is now a cap on the amount of time a Resident can take to complete their Residency, which is 4 years. If a Resident is worried about having enough hours for the quarter, talking with your supervisor can alleviate some of your fears. Since finding a job in Mental Health may be difficult, a Resident may choose to start a private practice, in which case there will be a lot of hours spent as ancillary time before there are any F2F hours while building a practice. That’s understandable and will likely switch when the Resident’s practice builds. Also, in order to gather hours a Resident may also do volunteer work in the field. But, remember that if you start working at a second (or more) location under your same supervisor, you must send in an add/change form (which doesn't require a fee for a location addition/change) and that you can't start counting your hours at the new location until it has been accepted by the Board.

For Supervisors: Be aware that the forms changed in February of 2017, so use the current forms which are in a PDF format. There is no longer a written evaluation section. To make things even simpler, you can fill out a master PDF quarterly form for each of your Residents and then simply change the quarter dates and the hours of work and F2F, print and sign. But, be aware that if your Resident is at more than one location, a separate quarterly form is required for each location. Also remember that if you are supervising a Resident for LMFT and/or CSAC using the same hour(s) of supervision (if you are qualified to do so and if you have been accepted as a Board approved LMFT supervisor), the current quarterly form also has two additional sections to put couples and family F2F hours and clinical substance abuse treatment F2F hours. And the reason I didn’t say “if you are an approved CSAC supervisor” is because at the time of this writing, per the CSAC regulations, you are not required to gain Board approval prior to starting CSAC supervision (although it is recommended). If you're unfamiliar with filling in and saving a PDF, email or call me and I’ll give you a quick lesson.

As always, if you feel I’ve been inaccurate in anything I’ve said here, 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.
Tips for Joining a Peer Supervision Group

BY SARAH KEELY - Vice President - vicepresident@nvlpc.org

We’ve heard from our membership that many of you are interested in joining a peer supervision or review group. Joining a peer supervision group can be one of the most important steps you can take as a counselor. This is particularly true if you are in a setting where no framework for consistent case review exists, be it an agency, or a group or solo private practice. The benefits are significant: reduction in burn-out, reduction in unethical treatment decisions, improved over-all clinical practice, a source of referrals and access to a larger network of professionals.

NVLPC has created a forum on our website to assist members in connecting with other clinicians to form peer supervision or review groups: Peer Review Group - Interest Form.

I’m writing as your new VP to share my thoughts on what works in getting a group to jell. I have been a participant in one group for 5 ½ years and this group has become a lifeline for me. I helped start a second group with a specific theoretical focus that’s being going for a year. Both groups have enhanced my practice significantly. I can’t imagine doing the work I do in a solo practice without these resources.

Here are some recommendations for how to organize and conduct a group for optimal success:

1. Be intentional about connecting with one another. All the same skills we employ with clients to align and attune with them should be used with one another here. Sharing some personal stories can really help, even while the focus remains on our clinical work. The more we can show up as people to one another, the more we feel safe and can share our doubts and questions.

2. Format:
   a. Plan on meeting twice a month. Weekly is likely more than most of us can commit to, but monthly may not allow for group development. It’s also harder on the group if someone misses a meeting making it 2 months before re-joining.
   b. Aim for 5-7 participants. That number is small enough for everyone to know one another well, and allow for continued group cohesion even when individuals are unable to attend.
   c. Meet in a private location, like someone’s office. Public spaces don’t allow for sufficient confidentiality.

3. Decide if you want the group to be general or have a specific clinical focus. In the two groups in which I’m a member, one is general and one, specific. In the general group, I benefit from the knowledge and expertise of the clinicians who work with different populations and have background in areas about which I know only a little. In the group with a specific clinical focus, I get helpful feedback and hone my skills in the model we’re using. I find participating in both to be invaluable.

4. The goal is to develop a community. Just like therapy, developing group cohesion takes a little time, but having this as a goal can help. As we take risks to share with increasing honesty and vulnerability, we co-create a space where we can bring our doubts and uncertainties.

5. Have fun, laugh, and of course, maintain appropriate clinical boundaries. Be thoughtful about sharing specifics which might make our clients identifiable, just as we would anywhere. Fortunately, mutual respect for ourselves, one another and our clients is the foundation of good clinical practice.

Please visit: Peer Review Group - Interest Form to find others who are interested. From there you can coordinate with one another to get a group started. You won’t regret it!
Legislative Updates

SANDY MOLLE - NVLPC Past President - pastpresident@nvlpca.org

MEDICARE UPDATE
In June, 2017, U.S. Reps. John Katko (R-NY) and Mike Thompson (D-CA) introduced H.R. 3032, the Mental Health Access Improvement Act of 2017, seeking to establish mental health counselors and marriage and family therapists as authorized Medicare providers. This bill continues to make its way through the relevant Congressional subcommittees for consideration. Here in Virginia, Rep. Comstock and Rep. Connolly are on board as co-sponsors as of October, 2017. If your representative is not one of those two, please consider contacting him or her to encourage them to co-sponsor this bill.

DEPARTMENT OF VETERANS AFFAIRS UPDATE
In May, 2017, due to the low levels of LPMHC’s in Department of Veteran’s Affairs, Senator John McCain (R-AZ) introduced S. 992 that incudes language studying the staffing levels of mental health counselors and proposals for increasing access. Although there have been a few additional co-sponsors added to this bill (total is ten as of 11/3/17), there has been no further action as of October, 2017.

TRICARE UPDATE
This year, four Representatives and two Senators requested language be included in the annual National Defense Authorization Act providing mental health counselors independent practice rights and privileges. As of October, 2017, services rendered by mental health counselors continue to require referral and supervision by a physician to be reimbursed under TRICARE.

UNIFORM CREDENTIALING AND COMMISSIONING
NBCC is pursuing legislation in the National Defense Authorization Act to create a uniform credentialing standard for counselors and to grant commissioning to the profession. As noted by NBCC, “while counselors are recognized as independent practitioners by TRICARE and ASAP (Army Substance Abuse Program), the rest of the military health system does not treat counselors as core mental health professionals. DOD needs to establish a uniform standard that allows the profession to practice independently throughout the military health system. Current policies vary among the branches and programs, with many requiring counselors to be supervised, in conflict with their state licensure requirements. These restrictions exacerbate the shortage of mental health professionals available to service members and their families. Counselors are also not eligible for commissioning into officer positions, limiting their pay and promotional opportunities.”

FEDERAL EMPLOYMENT UPDATE
In May, 2017, Senator Jon Tester (D-MT) and Senator Jerry Moran (R-KS) sent a letter to the Acting Director of the Office of Personnel Management urging the creation of occupational series for counselors and MFTs. Also in May, 2017, Senator John McCain (R-AZ) introduced S. 992 that incudes language requesting a timeline for the creation of an occupational series for counselors and MFTs. No further action has been taken on this bill as of October, 2017.

Thank you for your ongoing support of our efforts to advocate on your behalf.

Kindly,
Sandy Molle
NVLPC Past President

Survey
We want to know what YOU want to know! Watch for an upcoming survey on preferred topics for CE Events in 2018-2019. Coming to your Inbox in January!

Resident Support Group-East

When: Wed., January 17
7:00 p.m. – 9:30 p.m.

Where: Panera Bread
5578 Vincent Gate Terrace
Alexandria, VA 22312

Contact:
Amy Fortney Parks
residentsupportE@nvlpca.org

About the Event: See www.nvlpc.org
CAREP, NBCC, & NVLPC: Making the Connections

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

Happy New Year! As we prepare to move forward into fresh beginnings during this season, it is always nice to reflect back to see the progress being made in the field and the connections to counseling and accreditation. So I thought I would share a few reflections of mine from the NVLPC Education Corner.

The Council for Accreditation of Counseling and Related Educational Programs (CACREP) accredits masters and doctoral degree programs in counseling and related specialties offered by colleges and universities in the United States and throughout the world. I recently read an article published in the Journal of Counseling and Development entitled “The Evolution of Specialties in CACREP Standards: CACREP’s Role in Unifying the Profession,” by Carol Bobby. This article addressed the counseling profession’s development and surrounding debates related to CACREP’s structure and standards across the counseling domain. The inclusion of specialty standards under the umbrella of CACREP’s revisions addressed in this article present a unified counseling profession. However, there are still distinct specialties such as school counseling, clinical mental health counseling, as well as marriage, couple, and family counseling, that CACREP considers programs identifiable as “counseling.”

The joint effort of CACREP to adopt specialty standards of the American Mental Health Counselors Association (AMHCA), Association of Counselor Education and Supervision (ACES), the American College Personnel Association (ACPA), as well as the American School Counselor Association (ASCA), has placed strong emphasis on the professional counselor identity first, and the specialty second. The CACREP unified counselor identity and standardized educational requirements are paving the way for National Certified Counselors (NCC), Licensed Professional Counselors (LPCs) and professional school counselor certification across all 50 states. The National Board for Certified Counseling (NBCC), which was created just one year after CACREP by the American Counseling Association (ACA), provides certification to become a NCC upon completion of a masters-level counseling program with specific coursework; students in CACREP-accredited college and university programs meet the NBCC standards to take the NCC certification exam without any additional coursework. NVLPC is an authorized NBCC provider of Continuing Education (CEs), which provides the necessary requirements to maintain NCC certification, as well as Virginia LPC’s 20 hour continued competency requirements for licensure renewal. These opportunities are offered through our monthly events and bi-annual workshops in the spring and fall.

As we move forward into 2018, consider NVLPC as your local connection to professional development, continuing education, and the field of counseling. No matter your counseling specialty, you are welcome here! NVLPC looks forward to being your source of educational insight, professional growth, and the link within the counseling profession throughout this New Year!

Toolkit References
CACREP: www.cacrep.org
NBCC: www.nbcc.org
VA LPC: www.dhp.virginia.gov/counseling
Journaling: Using Your Pen for Healing, Growth, Connection

Editor's Note: Deb Ross presented a workshop on Journaling titled “Your Brain on Ink: Journaling and Neuroscience” at our Dec 1, 2017, meeting. In the following article, she highlights information from that presentation and her recent book, “Your Brain on Ink: A Workbook on Neuroplasticity and the Journal Ladder.”

“Writing can make the pain tolerable, confusion clearer and the self stronger.” Anna Quindlen

“Jour,” the French word for day is the root for both journal and journey. Originally it referred to a day’s travel or a day’s work and the record that we made of those efforts. But it also links back to the Latin root for daily which means, “to shine.” Can you imagine creating and keeping a journal in service of being able to shine? It’s not only possible but we can use the newer findings from the neuroscience research to guide how we direct our writing.

Many people come to journaling/expressive writing (they are the same thing) during a time of pain, loss or great stress in their lives. “Rage on the page” becomes the guiding instruction. We’re focused on getting those difficult thoughts and emotions out of our heads and hearts and onto the page - exorcism by pen. Or sometimes we come to journaling as part of our strategy for turning the page to a new year. We make resolutions, set intentions or vows and these activities are sometimes accompanied by a journal. Food journal, exercise log, meditation reflections, work lists are all examples of journals and/or journaling techniques. And for many of us they just end up discarded, used sporadically, or they come to serve as a reminder of another path that we previewed but didn’t really explore or embrace.

So, given the decades of research about journaling/expressive writing and the newer findings from the neuroscience literature what can we learn about this writing process? First, in order to be present to our writing process, it's important to shift gears before we pick up the pen. A few deep breaths and feeling the support of the chair helps us to arrive. Second, in order to guide our writing we need to be in relationship with it. That's accomplished by doing what is known as a Reflection Write - the write after the write. Any journal entry regardless of the content and/or technique benefits from a few lines of reflection after it's been completed. Read your journal entry and ask yourself what you are noticing or what you are aware of in this write. Were there any “aha” moments - things that showed up in the journal entry that were surprising? Was there anything that you expected to see but didn’t end up on the page? And how was the writing process itself? Handwriting changes? Tension or its release? This process should only be a few sentences but it puts you in relationship with your writing and therefore in a position to be more intentional about your writing techniques or content choices.

In addition, our brain operates like Velcro for the negative experiences and Teflon for the positive ones. Survival rather than quality of life is more important. Therefore our writing can be biased toward the negative with our journals storing grievances and pain. While that can be useful and in service of healing, it’s not sufficient for healing. We need to create meaning out of our story and consider how we are going to carry it forward. Rather than leaving the “garbage” on the page to rot and fester, think about composting your story by creating meaning out of it and then carrying it forward to nourish something new and track the progress.

Finally, it’s important to consider our journals as a resource or a way to develop resilience. We benefit from writing about the rich, positive, nourishing experiences so that a positive state can lean into becoming a positive trait. Use rich, sensory language and say what is positive, rather than what isn’t negative. Your journal can then be your guide to welcoming you home to yourself.


Board Meeting-West

When: Friday, January 12, 11:30 a.m. - 2:00 p.m.
Where: 1757 Golf Club, 45120 Waxpool Road, Dulles, Virginia 20166
Contact: Renae Smith, President@nvlpc.org
Registration Information: Online registration is available until: 1/12/2018

About the Event: 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.
# 2017-2018 Calendar of Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Speakers</th>
<th>Title of Event</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>10/13/17</td>
<td>Neil McNerney, LPC</td>
<td>Practical Techniques to Create Change in Adolescents</td>
<td>West</td>
<td>10:00AM – 11:30AM</td>
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<td>10/27/17</td>
<td>Renae Smith, LPC</td>
<td>Fundamentals of Child-Centered Play Therapy</td>
<td>East</td>
<td>10:00AM – 11:30AM</td>
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<tr>
<td>11/17/17</td>
<td>Dr. Cyrus Williams</td>
<td>Gottman Method Couples Therapy: An Introduction for the Helping Professional</td>
<td>Hilton Garden Inn, Fairfax</td>
<td>9:00AM – 3:30PM</td>
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<td>12/1/17</td>
<td>Deborah Ross, LPC, CJT</td>
<td>Your Brain on Ink: Journaling and Neuroscience</td>
<td>West</td>
<td>10:00AM – 11:30AM</td>
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<td>1/12/18</td>
<td>Joyce Meagher, LPC, LMFT, RPT-S</td>
<td>Getting Confident for Court: The Therapist Under Subpoena</td>
<td>East</td>
<td>10:00AM – 11:30AM</td>
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<tr>
<td>1/26/18</td>
<td>Rona Hitlin-Mason, LPC</td>
<td>Discernment Counseling</td>
<td>West</td>
<td>10:00AM – 11:30AM</td>
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<td>2/9/18</td>
<td>Melissa Peters, LCSW</td>
<td>Emotionally Focused Therapy</td>
<td>East</td>
<td>10:00AM – 11:30AM</td>
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<tr>
<td>2/23/18</td>
<td>Cyndi Turner, LCSW, LSATP and Craig James</td>
<td>How Do I Know if I Can Keep Drinking Quiz</td>
<td>West</td>
<td>10:00AM – 11:30AM</td>
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<tr>
<td>3/2/18</td>
<td>Maria Spetalnik, Professional Organizer and Joan Normandy-Dolberg, LPC</td>
<td>Hoarding and Downsizing - Clutter Issues</td>
<td>East</td>
<td>10:00AM – 11:30AM</td>
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<td>3/16/18</td>
<td>Amy Hughes, MA, LPC, LMHP, CCTP</td>
<td>Trauma Informed Care</td>
<td>East</td>
<td>10:00AM – 11:30AM</td>
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<td>4/6/18</td>
<td>Michelle Market, LPC, CEDS</td>
<td>The Mindful Therapist: Preventing Therapist Burnout</td>
<td>West</td>
<td>10:00AM – 11:30AM</td>
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<td>4/20/18</td>
<td>Michelle Mays, LPC, CSAT-S</td>
<td>Sex Addiction</td>
<td>East</td>
<td>10:00AM – 11:30AM</td>
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<td>5/11/18</td>
<td>Mary Alice Fisher, PhD, Executive Director, The Center for Ethical Practice</td>
<td>Spring Ethics Workshop - Workshop Title TBA</td>
<td>Hilton Garden Inn, Fairfax</td>
<td>TBA</td>
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<td>6/1/18</td>
<td>Salma Abugideiri, LPC</td>
<td>Muslim Religious and Ethnic Concerns in Counseling</td>
<td>West</td>
<td>10:00AM – 11:30AM</td>
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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.
Getting Confident for Court: The Therapist Under Subpoena

1.5 Credit Hours

When: Friday, January 12th. 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: Joyce Meagher, LPC, LMFT, RPT-S

Contact: Durriya Augelli, Events@NVLPC.org

Registration Information: Online registration is available until: 1/12/2018

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

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<tr>
<th>Members</th>
<th>Early Bird</th>
<th>Regular</th>
<th>At The Door</th>
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<td>Clinical/ General</td>
<td>$ 25</td>
<td>$ 35</td>
<td>$ 45</td>
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<td>Student/Resident/Retired</td>
<td>$ 20</td>
<td>$ 30</td>
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<tr>
<td>Non-Members All Categories</td>
<td>$ 50</td>
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<td>$ 70</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.

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.

About the Event: Giving court testimony is a likely experience for therapists, but training is scarce. In this workshop, participants will learn preparation basics if subpoenaed, tactics to use before court and on the witness stand, and how to help your therapy client understand your appearance about them. A mock trial with audience participation will augment understanding.

Learning Objectives

1. Gain awareness to minimize court experiences & protect client privacy.
2. Learn ethical responses for getting subpoenaed.
3. Understand preparation steps for your court date.
4. Learn how to explain your upcoming court appearance to your therapy client.
5. Observe helpful witness stand behavior and post-court involvement.

Agenda: “Getting Confident for Court: The Therapist under Subpoena”

9:30-10:00 Registration
10:00 – 10:40 Minimizing Possible Court Appearances
Getting “Wind” of a Possible Court Appearance
Appearance in Your Future
Getting Subpoenaed
10:40-10:45 Stretch Break
10:45 – 11:00 Preparation for Your Court Appearance
The “Big Day”
11:00 – 11:25 Behavior on the Witness Stand
Post-Court Date Involvement
Mock Trial
11:25 – 11:30 Question and Answer Period
Closing

Earn 1.5 Contact Hours for attending this event.

About the Presenter: Joyce Meagher, RN, LPC, LMFT, RPT-S is a child and family therapist in private practice in Fairfax City, VA. She graduated from the U of Michigan in 1971 in Nursing. She worked in Pediatric Rehab, ER and then 9 yrs as a Psychiatric Nurse. She was an Air Force wife for 21 years. Joyce got her MA in Mental Health Counseling at Wright State U in 1980. She worked 2 yrs at a county children’s mental health agency and has loved doing play therapy for the past 40 years. Ms. Meagher has worked in a county agency, hospital, and the past 33 years in private practice. She owns a building in Fairfax City with 12 renters. Joyce sees all ages, with specialties in play therapy, sexual abuse and trauma work. She is EMDR-certified and uses it for all ages. Joyce has presented numerous play therapy and court workshops throughout the United States, teaching at several universities. With over 25 appearances over 22 years of expert witness experience in court, Joyce brings to us a workshop designed to instill confidence for our own court appearances.

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.
Discernment Counseling

1.5 Credit Hours

When: Friday, January 26th. 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: Rona Hitlin-Mason, LPC

Contact: Durriya Augelli, Events@NVLPC.org

Registration Information: Online registration is available until: 1/26/2018

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.

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.

About the Event: Discernment Counseling - Published research shows that 30 percent of individuals who have already filed for divorce express divorce ambivalence and indicate some degree of interest in avoiding the divorce and getting help for their marriage. The numbers are even higher for people presenting for initial consultations with attorneys.

We know that “mixed agenda” couples, where one partner is leaning out of the marriage and the other is leaning into the marriage, are usually unsuccessful in couple’s therapy since partners have different goals. As therapists, we struggle with how to move them forward in the best interests of the family. Often these couples drop out of therapy. They also slow the divorce process, cause it to be more acrimonious and result in higher costs, and negative impacts for the whole family.

Discernment Counseling is a short-term counseling protocol (1-5 sessions) to help these couples find clarity and confidence as they decide about the next steps in their marriage based on a deeper understanding of what has happened and each person’s contributions to the problems. About half of these couples decide to embark on intense couple's therapy and most of the other half decide to move toward divorce having come to better understand themselves and their relationship.

Learn about this protocol, the tool you can use to assess if clients would be appropriate for this counseling, how to refer clients, and how to help them return to you for couples work more committed to the process.

About the Presenter: Rona is a Licensed Professional Counselor with a Post-Master’s Certificate in Marriage and Family Therapy. She is a

Continued on page 11
Collaborative Divorce Coach and Certified Discernment Counselor. She holds a M.Ed. in Counseling and Development from George Mason University. She also holds a Master's Degree in Accounting and is certified in Myers-Briggs Type Inventory.

Rona is currently in private practice in Herndon, Virginia. She has worked as a therapist for over 17 years. With specialized training in marriage and family therapy she helps couples, individuals and families with marital conflict; pre-marriage counseling; discernment counseling; divorce; post divorce relationships, infidelity; economic stress; and family and step family relationships.

As she works to improve marital relationships and helps couples heal from hurts and breaches of trust she also helps people through divorce if that is the choice that is made. She has facilitated divorce support groups, led workshops on the emotional stages of divorce and on how parents can help their children through the divorce process. She is also on the Board of Collaborative Professionals of Northern Virginia.

You can learn more about Rona through her website http://www.HitlinMason.com

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**Adult Attachment in Emotionally Focused Therapy (EFT)**

Registration is open!

**1.5 CE Breakfast Event**

**When:** Friday, February 9th. 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:** Melissa Peters, LCSW

**Contact:** Durriya Augelli, Events@NVLPC.org

**Registration Information:** Online registration is available until 2/9/2018

**Learning Objectives:** As a result of this presentation, each participant will:

1. Gain a broad understanding of the EFT model as a whole, including the basic steps, stages, and interventions in EFT.
2. Recognize how to use an attachment lens as a guiding road map in couple therapy in order to feel more confident and less lost in session.
3. Discover specific interventions, grounded in the science of attachment and emotional co-regulation, to help you calm and attune to even the most escalated couples.

**About the Presenter:**

Melissa Peters is the Assistant Director of the Washington Baltimore Center for Emotionally Focused Couples Therapy (WBCEFT) in Falls Church, VA. She earned her Masters Degree from The Catholic University of America in 1999, and has almost 20 years of clinical experience working as a mental health therapist, advocate, and educator. She specializes in using EFT, and is certified as both an EFT Therapist and Supervisor. In her practice, she has a special passion for helping couples heal from infidelity and attachment injuries. She has helped supervise and train hundreds of clinicians in EFT at The WBCEFT and provides individual and group EFT consultation and supervision.
How Do I Know if I Can Keep Drinking Quiz

1.5 Credit Hours

When: Friday, February 23rd. 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

Presenters: Cyndi Turner, LCSW, LSATP and Craig James, LCSW, MAC

Contact: Durriya Augelli, Events@NVLPC.org

Registration Information: Online registration is available until: 2/23/2018

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

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About the Event: Nearly 90 million people in the United States struggle with alcohol use but are not physically dependent. Most will avoid getting help for fear of being labeled an alcoholic, forced into treatment, made to attend 12-step meetings, and have to stop drinking forever. The majority of treatment is designed for the most severe alcohol user, which accounts for about 17 million Americans, leaving the majority of people experiencing problems from alcohol without appropriate services. With the fifth addition of the Diagnostic and Statistical Manual of Mental Disorders now viewing alcohol use disorders on a spectrum, behavioral healthcare providers need to have treatments that are appropriate for all levels of alcohol use. This presentation will teach how to differentiate four types of drinkers and their treatment needs, identify who is a candidate for alcohol moderation based on research for the How Do I Know If I Can Keep Drinking Quiz, and review alcohol moderation tools.

Presentation Objectives:

1. Differentiate four types of drinkers and their treatment needs
2. Identify who is a candidate for alcohol moderation
3. Practice alcohol moderation tools

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How Do I Know continued from page 12

About the Presenters:

Cyndi Turner, LCSW, LSATP, MAC is the Co-Founder and Clinical Director of Insight Into Action Therapy who has been in the addictions field for over twenty years. She co-developed and facilitates the Dual Diagnosis Recovery Program®. She is a national speaker, supervisor for licensure, GoodTherapy topic expert/contributor, and therapist for players involved in the National Football League Program for Substances of Abuse. Her #1 new release book Can I Keep Drinking? How You Can Decide When Enough is Enough offers alternative ways to have a healthier relationship with alcohol. Cyndi holds a Bachelor of Arts in Psychology from Marymount University and a Master of Social Work from Virginia Commonwealth University.

Craig James, LCSW, MAC has over twenty years of experience in both the private and public sectors. He is the Co-Founder and Director of Operations of Insight Into Action Therapy and is on the board of Virginia Association of Addiction Professionals. Craig’s clientele of adolescents and adults includes students, business executives, professional and amateur athletes, and those with court involvement. Craig holds a Bachelor of Science in Psychology from George Mason University and a Master of Social Work from Virginia Commonwealth University.

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.