Havening: A Psychosensory Therapy for Relief and Resilience

BY ERIKA NEIL, LCSW

Havening is a simple, natural, safe, and efficient tool for relieving distress and enhancing resilience that can be done alone or with a practitioner. It is flexible and adaptable, and as natural as rubbing your palms together.

We often think that our reactions to current stressors and triggers are unchangeable, and that we need to find ways to manage them. Havening alters this reality. It gives us a clear method to resolve emotional distress so that we simply don’t have the reactions we’ve been fearing and structuring our lives to avoid.

Distressing events are stored in the amygdala with the result that similar experiences reactivate it. Havening changes the brain’s encoding of these events so that the amygdala is no longer activated. This change occurs because Havening causes a cascade of slow brain waves and soothing neurotransmitters that depotentiate the amygdala’s response connected to that event and related experiences.

Havening begins with the use of three different locations of touch: rubbing the palms, brushing the arms downward from shoulder to elbow, and massaging the face. These three locations of touch have been shown to produce considerable delta waves – our slowest brain waves. Additionally, lateral eye movement – moving the eyes right to left – also produces delta waves.
Havening continued from page 1

When doing Havening, we notice our distress level pertaining to an event, give it a score on the Subjective Units of Distress scale 0 to 10, and then let go of the distress and begin Havening Touch. We focus on the feeling of soothing touch and engage the working memory in neutral or pleasant distractions so that it is no longer thinking about the event. These distractions engage multiple senses and ways of thinking so that they absorb our attention. Examples are naming words in categories, spelling words, counting by multiples, counting movements like walking, and describing a hobby, book, or show.

After a few minutes of Havening Touch with distractions as well as eye movement, the distress level associated with the event diminishes. We then can use Havening to change the way we view the experience and ourselves through other Havening techniques such as Outcome Havening, Iffirmational Havening, and Affirmational Havening.

Havening pairs a feeling of safety with experiences that previously felt stressful and overwhelming. It also provides a feeling of mastery. One form of Havening- Transpirational Havening- helps us feel safe and resilient in the presence of various emotions. Havening builds overall resilience in ourselves and in clients because it gives an experience of unconditional well-being and agency.

Havening honors the ideas, sensations, and creativity of the person doing it- to help that person view and store experiences in a way that feels comfortable and positive. It is a body and brain-based therapy that addresses all aspects of experience- cognitive, emotional, autonomic, and somatosensory. When we investigate feelings and resolve them with Havening we include our and our clients’ whole selves and invite all aspects to be soothed and empowered.

Many conditions can be improved and treated using Havening, including PTSD, panic, phobias, chronic pain, somatization, and prolonged emotions like grief, shame, and worry. There are several research studies documenting Havening’s beneficial effects. It can be done with toddlers to elderly, with or without language, naming or not naming the trauma, on past events or current states, and in numerous settings including hospitals, classrooms, recreation centers, clinics, and even work places. Havening is a flexible, portable, and person-centered method with many uses and applications.


Erika Neil, LCSW, JD is a therapist and trainer in Northern Virginia specializing in psychotherapy using EMDR, Havening, Reiki, and other psychosensory techniques.
Member Spotlight: Janell Johnson, LPC, RPT, ACS, WISA

One thing I love about NVLPC is the breadth of collective knowledge and experience among our members. There are many paths within the counseling profession, and we can all learn from the wisdom and experience of our colleagues. I recently caught up with our Events Director, Janell Johnson, to learn a little more about her and her background, passions, and views on volunteerism. Janell is the owner of Alive Rehab & Counseling, LLC in Alexandria.

Tell us a little bit about yourself and what led you to the counseling field.
As a young child, I attended a summer camp for children who were deaf or hard of hearing. That initial seed to connect with different abilities led to an inspiration to empower abilities. I enjoy strengthening my clients’ personal power and abilities through play therapy.

What is the most fulfilling part of working with the clients you serve in your practice?
Helping them reach a place of confidence and personal power to express themselves. As I mentioned, my personality is naturally expressive. So when I help someone better express themselves, I too feel a personal connection with that freedom of “expression” and feel alive and fulfilled.

What do you enjoy most about being an NVLPC member and what led you to volunteer for a board position?
Networking and seeing the expansion of continued diversity. I truly enjoy the breakfast seminars and workshops, as I have a professional devotion to continuing education and enlightenment.

How do you practice self-care or maintain a balanced life?
Gifting myself and others through shopping experiences; restoring myself through stretching and routine chiropractic adjustments; investing in my family and friend relationships; and prioritizing my relaxation with fun activities. I also try to center myself through prayer, breathing exercises, and meaningful conversations with my husband and close friends. I’m also learning to embrace idle moments. For example, instead of the urge to pull out my phone and surf, I may just relax on the couch and let my mind wander. Giving me these short moments of idleness helps to reveal insights that weren’t possible if I was consciously thinking and engaging in things.

What is something you have learned through your career that you would like to share with counseling students and residents?
Focus on your career impact and not necessarily your career income. Learning to deepen your professional connections adds to your all-around growth and well-being. It’s those deep connections that you may have built in the past that end up returning to open doors and pathways of new opportunities. Your net-worth eventually increases because you have a network of wealthy resources to always utilize. Being genuinely pleasant and personable makes you impressionable, and that often leaves a lasting impact with people.

Can you share a fun fact about yourself?
I was a mascot at a local restaurant when I was a teenager.

If you would like to volunteer to be interviewed for a future Member Spotlight article, or if you would like to suggest another NVLPC member, please email newsletter@nvlpc.org.
The Essence and Art of Volunteering

BY DR. LENESE N. STEPHENS, LPC – NVLPC Vice President – vicepresident@nvlpc.org

Volunteer… the definition of volunteer is to “offer something without being asked, freely offering to do something in the support and betterment of others and to donate time or services in support of making a difference.” Volunteering serves a great way to give back to others, communities and organizations in support of making a great difference to enhance the betterment of a person’s life or overall well-being. Hi, I am Dr. Lenese Stephens, VP for NVLPC and I’d like to invite you to explore ways you can give back to others to enhance overall well-being and mental health. When a person volunteers, there are an array of benefits for them to experience. I’d like to share some of these benefits, which I’ve learned through my history of volunteering:

#1: Volunteering connects you to others:
The first is the connection it offers you to others. One of the best-known benefits of volunteering is the impact on the community. Throughout the past 18 months our individual and collective communities have endured massive changes, requiring the need of supportive services and assistance to return to a better place. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

#2: Volunteering can advance your career!
Being within the counseling profession, I have been able to learn new areas of interest by way of volunteering for various organizations and community agencies. Learning of the different research areas, counseling methods, and interventions and overall sharpening of my skills has allowed me to advance within my career and continue to explore further within the counseling field.

#3: Volunteering creates meaningful relationships and brings fun and fulfillment to your life
I’ve met many great people by means of volunteering. I continue to nurture the relationships that have been created while in volunteer positions. Not only are social skills sharpened and cultivated, but the beginning of fostering meaningful relationships is also a budding benefit from volunteering. Many colleagues have now become my personal mentors and have expanded to be included as family.

#4: Volunteering is good for your mind and body
Who knew volunteering benefits both our mental and physical health?! Well, it does! Volunteering can increase self-confidence, self-esteem and overall life satisfaction. Reducing the risks of depression is a major benefit of volunteering given it removes the factor for social isolation. Volunteering keeps you in regular contact with others and helps you to develop solid social support systems. Volunteering also helps you to stay physically healthy with lessening the symptoms of chronic pain or heart disease.

Now that I’ve shared the benefits of volunteering, I invite you to see how you can begin to give back to your profession, your community, your educational platform, or overall to others. If you’d like to speak further regarding volunteer opportunities or ways you can become affiliated or a part of Northern Virginia’s LPC organization, please feel free to contact me at vicepresidentnvlpc@gmail.com
## NVLPC 2021-2022 Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Meeting Type</th>
<th>Speakers</th>
<th>Title of Event</th>
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<tbody>
<tr>
<td>9/24/21</td>
<td>Virtual</td>
<td>Erika Neil, LCSW</td>
<td>Havening for Relief and Resilience</td>
</tr>
<tr>
<td>10/8/21</td>
<td>Virtual</td>
<td>Dr. Maya Georgieva, LPC</td>
<td>Beyond Words: Bread Therapy for Wellness and Connection</td>
</tr>
<tr>
<td>10/22/21</td>
<td>Virtual</td>
<td>Michelle M. May, LPC, NCC</td>
<td>Helping Clients See: Defense Recognition for Lasting Change</td>
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<tr>
<td>11/12/21</td>
<td>Virtual</td>
<td>Michelle May, LPC, NCC</td>
<td>Fall Workshop: Finding the Cause: A Clinical Exploration Through Video Tape</td>
</tr>
<tr>
<td>12/3/21</td>
<td>Virtual</td>
<td>Kathy Matay, Licensed Resident in Counseling</td>
<td>When Your Client Asks: &quot;Why Don’t My Kids Listen to Me?”</td>
</tr>
<tr>
<td>12/17/21</td>
<td>Virtual</td>
<td>Jon Thomas, Ed.D, LPC</td>
<td>Psychedelic Integration Therapy: What You Need to Know</td>
</tr>
<tr>
<td>1/28 - 1/30/22</td>
<td>Virtual</td>
<td>Sharon Watson, LPC, LMFT, LSATP, NCC, ACS</td>
<td>Clinical Supervision Training: 3-day event</td>
</tr>
<tr>
<td>2/11/22</td>
<td>Virtual</td>
<td>Andrew Colsky, JD, LLM, LPC, CCATP, CCTP-II</td>
<td>Obsessive Compulsive Disorder (OCD) Diagnosis and Treatment Tips for the General Practitioner</td>
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<tr>
<td>4/8/22</td>
<td>TBD</td>
<td>TBD</td>
<td>Spring Ethics Workshop</td>
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<tr>
<td>6/10-6/12/2022</td>
<td>TBD</td>
<td>Sharon Watson, LPC, LMFT, LSATP, NCC, ACS</td>
<td>Clinical Supervision Training: 3-day event</td>
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Our team is working on finalizing details with presenters for some events. As information becomes available, it will be provided through future newsletters and the website. Please refer to the [Community Calendar Page](#) of the website for up-to-date details and registration information.

### Seeking Contract Mental Health Counselor

Unique opportunity for a Licensed Mental Health therapist (LPC, LSCW or LMFT) at rapidly growing private practice in Manassas, Virginia. The interview process will begin immediately, with the chosen candidate(s) beginning to provide services on or near January 15th, 2022.

The successful candidates will:
- Be passionate about social justice.
- Be LGBTQ affirmative.
- Have an interest in post-incarceration re-entry counseling.
- Enjoy working with the immigrant community.
- Be intellectually curious about innovative approaches to trauma treatment.

Counselors within our practice receive subsidized training in trauma counseling techniques such as Eye Movement Desensitization and Reprocessing (EMDR) and Internal Family Systems (IFS). Counselors are also provided flexible working schedules, monthly peer consultation meetings with fellow licensed professionals and the opportunity to learn and receive training in equine-assisted psychotherapy using the EAGALA model.

This position also comes with the possibility of providing supervision services to LPC-track residents in counseling.

Previous EMDR/IFS training, bilingual Spanish/English skills, willingness to work on weekends, and previously credentialed status with insurance companies particularly welcome.

The chosen candidate(s) will provide services primarily in person, with some services being provided via telehealth (training on providing telehealth services is required to be completed prior to those services being rendered). The contract will initially be for a trial period of three (3) months. A long-term contract will be offered at the end of the first three (3) months upon mutual agreement between both the contractor and management.

Our practice adheres to strict precautions and measures related to COVID-19. All individuals (both staff and clients) entering the office are required to wear a face mask, have their temperature taken upon arrival and maintain social distancing. If any individual is showing signs of unwellness, they are asked to stay home. Compliance with the office’s COVID-19 related policies and procedures will be required.

Please apply directly via Indeed, or send a cover letter and resume to: Quarternote Counseling, Becky Noonan, Practice Manager, via one of the following methods:

**Email:** becky@quarternote.hush.com or **Fax:** 703-361-1540 ATTN: Becky
NVLPC is proud to host Michelle M. May, LPC, NCC on November 12th, 2021 in webinar format for the Fall 2021 Workshop:

Finding the Cause: A Clinical Exploration Through Video Tape

Workshop is from 9:00am-1:30pm

*Earn 4 contact hours for attending this event*

About the Workshop:

Maybe one of your clients can’t stop ruminating. Another says he wants to stop drinking but doesn’t. One fears that everyone judges them and thinks you do too. Maybe another randomly starts picking her nails and can’t stop. As therapists, we want to help our clients with a range of symptoms and issues, but beyond having a theory, we might not really know what causes these issues. Often clients think they know the cause of their problems, but are they correct? How do we find out?

For this year’s NVLPC Fall Workshop, participants will learn how to help themselves and their client understand the causes of symptoms through testable hypotheses. Video tape examples of the therapeutic process will illuminate the process of getting to correct causation. We will see actual examples of hypotheses being tested. Learning how to uncover the true cause of symptoms is essential to the therapeutic team’s confidence about what is causing clients’ difficulties, which in turn leads to more effective and empowering treatment.

Participants will:

- Learn a well-established model of symptom causality
- See how multiple types of symptoms are created using this model with examples of video taped therapy sessions
- Learn how to formulate hypotheses on what might be causes symptoms
- Learn how to test these hypotheses and understand your client’s data
- Learn some ways of intervening once causation is more clear

About the Presenter:

Michelle M. May, LPC, NCC is a specialist in Intensive-Short Term Dynamic Psychotherapy (ISTDP) for adults and couples. She is also on the faculty of the Washington School of Psychiatry’s ISTDP program in Washington, DC. A board-approved supervisor with the state of Virginia, Michelle focuses on supervising licensed clinicians in cases where they feel stuck. She received her B.A. with Distinction and High Honors in Psychology from the Honors College at the University of Michigan – Ann Arbor and received her M.A. in Clinical Mental Health Counseling from Marymount University. Before starting her private practice, Michelle worked in the criminal justice mental health system in Alexandria, Virginia and at The Renascence Center, LLC, a group private practice in Arlington, Virginia. She has now been in individual private practice in Arlington for 7 years, specializing in ISTDP with both individuals and couples.

Registration Cost

<table>
<thead>
<tr>
<th>Members</th>
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<th>Regular</th>
<th>Non-Members: Early</th>
<th>Regular</th>
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<td>Student/Resident/Retired</td>
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To register go to the NVLPC Events Page

For questions, contact Janell Johnson at events@nvlpc.org

Northern Virginia Licensed Professional Counselors
PO Box 122, Ashburn, VA 20146 www.nvlpc.org ◆ (703)400-0751

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

Single or multiple day registration  ◆ NVLPC member discount available

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

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

Day 1:  CLINICAL SUPERVISION: THEORY AND PRACTICE  ◆  7 CE hours
- Training goals  ● Definitions  ● Motivations  ● Models of supervision  ● Role differences: administrative vs clinical  ● Phases in supervision  ● Tasks & Functions  ● Modalities  ● Concepts in the supervisory relationship

Day 2:  CLINICAL SUPERVISION: SKILLS AND TECHNIQUES  ◆  7 CE hours
- Supervisor characteristics  ● Stages of development  ● Competencies  ● Influences in supervision  ● Supervisor & resident personality traits  ● Resident self-monitoring  ● Stress & burnout  ● Multi-cultural & diversity impact

Day 3:  CLINICAL SUPERVISION: COMPLEXITIES OF SUPERVISION  ◆  6 CE hours
- Supervision essentials  ● Process: regulations, contracts, documentation, forms, evaluation  ● Ethical & legal practice in supervision  ● Telehealth  ● Reducing vicarious responsibility  ● Supervisory relationship issues

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

NOTE:  Advance registration only; Select either 3-days or the specific dates for 1 or 2 days

To register go to the NVLPC Events Page

For question, contact Janell Johnson at events@nvlpc.org
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The Supervision Corner

BY SHARON WATSON – Supervision Chair – supervision@nvlpco.org

How to Hire the Right Supervisor

If you’re unable to receive Board approved supervision (or only a limited number of hours) at your workplace, you’ll be in the market for a supervisor. So, what do you need to know, ask, and confirm?

To begin with, in order to complete your residency in two years, you must have two hours of supervision every 40 hours of full-time work. If you work part-time, it will take you longer. It’s true that you are only required to have a minimum of one hour of supervision for every 40 hours of work, but at that rate, it would take you four years of full-time work to complete your residency. Some residents decide to start off with only one hour, but then find that at some point, if they want to finish sooner, they have to “catch up” and end up paying for three to four hours of supervision for every 40 hours of work (which is allowed) as they near completion of their residency.

So, here’s how to start the process of hiring the best supervisor for you:

1. Read the regulations and then read them again. Make sure you know all the requirements for two reasons: in order to know what questions to ask a potential supervisor and to know if that supervisor knows the right answers (yes, that’s a test).
2. Ask residents who they have as a supervisor and if they feel their supervisor is doing a good job at supervising.
3. If you’re not sure about the resident process, attend one of the NVLPC Resident Support groups for information; the meeting dates/times are listed on the homepage of the NVLPC website. The support groups are open to currently enrolled graduate students or post-graduates.
4. If #3 is not possible, call me and I will try to assist you as part of my volunteer position as the Supervision Chair, but only after you’ve thoroughly read the regs, have specific questions, and have exhausted all other options to find the answers.
5. Speak to several supervisors and ask them about their supervision style, their theoretical approach, and their supervisory experience level.
6. Ask what the supervisor’s fee is for supervision and how they prefer payment.
7. Ask if the potential supervisor only does individual supervision or has (or plans to have) group supervision as an option and how much they charge for group.
8. If you plan on building your own private practice (yes, a resident is allowed to have a private practice if under Board approved supervision), ask if the potential supervisor is comfortable with this and if so, what process use collecting client payments (which then turned over to you in their entirety).
9. Be prepared to answer the potential supervisor’s questions, such as:
   a. Where you earned your master’s degree
   b. Where you completed your practicum and internship
   c. Your theoretical orientation

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

Students!

Would you like to become more involved with NVLPC? We’re looking for a student development chair for the board. Additionally, we’re hoping to engage with your schools and are looking for student liaisons.

Interested? Please contact our Membership Director, Marie Harris, at membership@nvlpc.org.

If you’d like to become involved in another way, contact our Vice-President, Dr. Lenese Stephens at vicepresident@nvlpc.org. Most positions are open to student members. It’s a great way to get involved!

The Supervision Corner continued from page 7

d. Your goals for supervision (which will also be used for the supervisory contract)
e. Where you will be working/practicing
f. Whether you will have a supervisor at your workplace (either Board approved or not).
g. How many hours of supervision you plan to request per week or per 40 hours of work.

10. When talking to a potential supervisor, note their attitude and interactive style and think about whether or not it fits with your style and expectations.

11. Ask the potential supervisor for names of their previous residents who are now licensed and follow up with a phone call to see what their experiences were with that supervisor. (I’m suggesting previous residents so that you don’t run the risk that a current resident will be unwilling to tell the truth for fear of retribution.)

12. Ask the potential supervisor what they require of their residents, for instance:
   a. How will you be asked to keep track of and report your total hours of work and face-to-face hours?
   b. How will you be asked to share paperwork (progress notes, treatment plans, etc.) with the supervisor?
   c. Will the supervisor want audio or video recordings of your sessions (with a ROI from the client being recorded)?

13. Ask how emergency situations are expected to be handled.

14. Ask the potential supervisor about their availability outside of supervision sessions, in the case of urgent questions or emergencies.

15. Ask if the potential supervisor has a plan for any periods of time that they are on vacation or otherwise unavailable (for example, a colleague who will be available during their absence to answer your questions).

16. Ask to see the potential supervisor’s contract and see if it includes all of the information suggested in the sample contract on the Board of Counseling website.

17. Confirm that there are no other charges for any time outside of the supervision hour (i.e., for emergency situations managed by phone or the completion of supervision paperwork).

18. Be prepared (or already have purchased) malpractice insurance so you can send a copy of the insurance coversheet to your supervisor.

Based on the answers you get from these questions, you should be able to find a good match for a supervisor. But be aware that there are, unfortunately, supervisors who are acting unethically. Maintain your own integrity and try your best to hire a supervisor that knows how to supervise and will hold you to task and not just let you slide by.

The ideas and suggestions expressed here are my own and not those of NVLPC. If you have any questions about this article or any of my previous articles or if you have ideas for future supervision topics, please email me. I’m happy to research any questions you may have regarding supervision, residency, and the regulations. You can email me at supervision@nvlpc.org.
The Helix Center is a cutting-edge, evidence-based intensive outpatient services program for adolescents (ages 12-18) located in McLean, VA. Often struggling teens move from crisis to calm to crisis over and over, particularly during the teenage years. Our goal is to provide treatment that interrupts this pattern and lets teens get out of the crisis cycle and back into their lives, with new skills and a new, more positive sense of self in place. Our program allows teens to take a deep dive, which takes time, attention, and effort. www.helix-center.com

We are seeking a full-time (in-person) licensed clinician (LPC) and Resident in Counseling with skills and interest in adolescent treatment. Strong consideration will be given to therapists with experience in DBT and ACT for the treatment of anxiety and mood disorders. This is an amazing opportunity to work alongside other seasoned clinicians and psychiatrists in a collaborative and professional environment. Therapists will have the opportunity to receive training and consultation in DBT, Good Psychiatric Management for Adolescents (GPM-A), Mentalization, ACT, and SPACE.

The Helix Center is founded by Mark Sakran, MD, Maria Zimmitti, Ph.D., and Jennifer Weaver, LCSW, in response to the growing mental health crisis among adolescents and their families. We bring a combined experience of over 50 years evaluating and treating children, adolescents and young adults in the Washington metro area. There is room for career advancement as we grow and expect to expand our services to children and young adults.

This is an exciting opportunity to make an impact. Our work environment is open, respectful, and inclusive, with reduced bureaucracy and a supportive atmosphere in our relationships among our multidisciplinary team. We are looking for mission-driven individuals who are willing to invest, collaborate, and engage at high levels to make our team and our corner of the world a better place. We welcome out-of-the-box thinkers and value a diverse range of experiences and backgrounds. We focus on learning from each other and other experts in our field.

We achieve these goals by offering:
• Training and ongoing supervision in DBT, ACT, GPM-A, Mentalization and SPACE through McLean Hospital (Harvard Medical), the Anna Freud Centre (London) and the Anxiety Disorders Program at Yale Child Study Center
• Weekly consultation meetings with our Clinical Director
• Collaboration and training with our Medical Director
• Competitive full-time salaried positions with bonus opportunities
• Flexible work hours and wellness benefit
• A full range of insurance benefits: health, dental, and vision
• IRA program with employer contribution
• Paid CE opportunities
• Paid professional liability insurance
• Beautiful office space in McLean, Virginia

Please email your resume to Dr. Maria Zimmitti at drzimmitti@helix-center.com
Resources for Members

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

Looking for support, camaraderie, and connection with fellow therapists? Consider joining a Peer Support Group. Sign up here!

Additional resources available under “For Members” on the website.

Join the Resident in Counseling Support Group this Fall

This group provides a supportive, informative environment for students and residents as they work towards licensure.

- Saturday, November 6, 11:00AM
- Saturday, December 4, 11:00AM

See all fall dates and register to attend on the NVLPC Website Community Calendar Page.

Contact Information

**EXECUTIVE BOARD**

President       FAITH JAMES       president@nvlpcl.org
Vice President   LENESE STEPHENS  vicepresident@nvlpcl.org
Secretary       OPEN              secretary@nvlpcl.org
Treasurer       OPEN              treasurer@nvlpcl.org
Past President  SARAH KEELY      pastpresident@nvlpcl.org

**ADMIN/SUPPORT**

Executive Administrator  DEBORAH RACKHAM executiveadmin@nvlpcl.org

**DIRECTORS**

Communications Director  WENDY ROOD communications@nvlpcl.org
Newsletter                ALLISON BLACKMAN newsletter@nvlpcl.org
Events Director           JANELL JOHNSON events@nvlpcl.org
Events-East               OPEN eventsEast@nvlpcl.org
Events-West               OPEN eventsWest@nvlpcl.org
Workshops                 OPEN workshop@nvlpcl.org
Membership Director       MARIE HARRIS membership@nvlpcl.org
Student Development       OPEN studentdevelopment@nvlpcl.org
Advocacy and Education    OPEN eddirector@nvlpcl.org
Director
Resident-in-Counseling    REBECCA HOGG residentsupportE@nvlpcl.org
Support East
Resident-in-Counseling    REBECCA HOGG residentsupportW@nvlpcl.org
Support West
Scholarship               OPEN
Supervision               SHARON WATSON supervision@nvlpcl.org

Contact Information

ADMIN/SUPPORT

Executive Administrator  DEBORAH RACKHAM executiveadmin@nvlpcl.org

Contact Information

Notice

The next issue of the NVLPC Newsletter will be January 2022. The deadline for article submission, committee reports, bulletin board items, membership spotlights and advertising is December 15, 2021. Please send content to newsletter@nvlpcl.org.

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Executive Administrator  DEBORAH RACKHAM executiveadmin@nvlpcl.org

**DIRECTORS**

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Contact Information

ADMIN/SUPPORT

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Contact Information

Notice

The next issue of the NVLPC Newsletter will be January 2022. The deadline for article submission, committee reports, bulletin board items, membership spotlights and advertising is December 15, 2021. Please send content to newsletter@nvlpcl.org.

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Resources for Members

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

Looking for support, camaraderie, and connection with fellow therapists? Consider joining a Peer Support Group. Sign up here!

Additional resources available under “For Members” on the website.

Join the Resident in Counseling Support Group this Fall

This group provides a supportive, informative environment for students and residents as they work towards licensure.

- Saturday, November 6, 11:00AM
- Saturday, December 4, 11:00AM

See all fall dates and register to attend on the NVLPC Website Community Calendar Page.