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"How lucky I am to have something that makes saying goodbye so hard." Winnie the Pooh

Yes, I have chosen to quote a bear as I pen my last article as your President. It has been a wonderful year. I salute our exceptional Board and all those that have worked so diligently. These individuals have organized a highly successful Convention, provided professional development activities every month all over our state, advocated and collaborated for counselors and social justice, and continuously worked behind the scenes on projects to move this organization forward. I have been an active member of VCA for over thirty years, but it was not until my time as President that I developed a true understanding and appreciation for all that goes into running and leading the organization.

In addition to the work of your Board, I want to express gratitude to our lobbyist, Rebecca Bowers-Lanier, for always being ahead of the game and keeping us on track legislatively. She never misses an opportunity to get our members placed on state committees and to get us connected to like-minded organizations for collaborative action. The support that our Director of Member Services & Operations, Vicky Wheeler, offers to each group of incoming officers and to our membership is outstanding. She is a crucial part of VCA who provides consistency and understanding.

VCA is moving forward, we attained our strategic goal of a 5% increase in our membership and our financial foundation is strong. The incoming Board will be led by Dr. Monica Band who has already shown excellence in leadership. As a child I was taught that it was my responsibility to leave things a bit better than I found them. I hope I have been able to do this for VCA.

I would be remiss if I did not move on without leaving you with my traditional challenge. I want to challenge each of you to be involved. VCA represents ALL counselors in ALL settings. It functions best with your involvement. Actions as simple as responding to surveys or attending local activities do make a difference. We are at our best when we work together.

I thank you for the honor and privilege of serving you this year and look forward to seeing you in Norfolk at the Convention!

Linda
Convention Announcement

Dear VCA Members,

I wanted to take a moment to invite you all to attend the Annual Convention that will be held in Norfolk, VA this November 8-10. We will be at the Norfolk Hilton The Main, which is right on the water and close to some fabulous shopping. The Main houses three amazing dining options that offer a wide selection of choices.

As for the convention itself, we will have the pleasure of ACA President Dr. Simone Lambert as our keynote speaker on Thursday and Dr. Shon Smith on Friday. Saturday afternoon we are pleased to be able to offer a 3 hours ethics training presented by ACA Chief Professional Officer, Dr. David Kaplan. In addition to those presentations, we will be offering education sessions and posters on a variety of topics that will be informative to all counselors – agency, private practice, school, interns, residents, educators. Some of the topics include looking at social justice and cultural implications, technology and youth, animal assisted therapy, and trauma informed care. Overall, we will be offering over 20 NBCC clock hours of content.

We are also pleased to also be offering focused attention to Chapter meetings and Networking opportunities for supervisees and supervisors to meet and connect. Additionally, we will be spreading out our Division meetings throughout the convention to allow you all the opportunity to get involved in multiple divisions. The VCA Convention Committee is committed to putting together a convention that meets the needs of our members, both professionally and personally.

So, please come join us in Norfolk this November. We cannot wait to meet you and share this time and space with you all. You can register and find out more information at https://www.vcacounselors.org/general/custom.asp?page=VCAConvention

Take care,
Michelle E. Wade, Ed.D., LPC, NCC, ACS, DCC
VCA 2018 Annual Convention Committee Chair
VCA CONVENTION
Counseling and Advocating in Our Communities

Norfolk Hilton THE MAIN
Norfolk’s Newest Waterfront Hotel in the Waterside District
($124 + tax room rate)

November 8–10, 2018

The Main is Downtown Norfolk’s newest upscale hotel, dining, and meeting destination. At Main and Granby Streets, our luxury hotel sits along the downtown Norfolk waterfront. Embrace the downtown lifestyle and walk to cultural attractions, trendy shopping and dining and the Elizabeth River. With its elegance and cutting-edge technology, Hilton Norfolk The Main is a modern luxury hotel with vibrant spaces for your business and social lifestyle.

Be part of Norfolk’s eclectic foodie culture at their three chic eateries, including Saltine which serves the freshest seafood and locally inspired cuisine. Sip a craft beer at Grain, Norfolk’s only rooftop beer garden overlooking the river. Enjoy a glass of wine and homemade pasta at Varia, our modern Italian trattoria and wine studio with a piano bar. Greet the day with a scenic jog along Norfolk’s waterfront or refresh with a dip in our sparkling indoor pool.

The Main is Virginia’s premier venue for innovative corporate events. From their setting in the heart of Norfolk to their cutting-edge hospitality, “Meet Me at The Main” is your invitation to attend the VCA Annual Convention and experience downtown sophistication redefined.

Discover Exciting Things To Do

Immersed in the vibrant culture of the city’s waterfront, our modern hotel on the corner of Main and Granby Streets is downtown Norfolk’s newest destination. Steps away, experience the city’s eclectic art scene at Seldon Arcade or the European masterpieces of the Chrysler Museum of Art. Shop over 140 name-brand and designer retailers at the MacArthur Center, then taste chef-inspired fare at over 50 downtown restaurants. Tour Battleship Wisconsin at the Nauticus Maritime Museum or set sail on a relaxing harbor cruise from the Half Moon Cruise Center. From must-visit cultural attractions, to the lively entertainment of Town Point Park, everything is within easy reach.

Register at www.VcaCounselors.org
Questions? vcaoffice@cox.net; 800-225-8103
# VCA Convention 2018 Registration Form

**Name:**
**Name for Name Tag:**

**Address:**
**Employer for Name Tag:**

**City, State, Zip:**
**Work Phone:** ( )

**E-Mail:**
**Home Phone:** ( )

## Registration Fees:
Early Registrations must be submitted with payment via FAX, On-Line, or postmarked no later than 11:59 PM on October 5, 2018. Regular Registration rates apply to any submissions after October 5, 2018.

<table>
<thead>
<tr>
<th>CIRCLE REGISTRATION CHOICE</th>
<th>VCA Member</th>
<th>VCA Student or Retired Member</th>
<th>Non-Member</th>
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<tr>
<td>Early (by Oct 5)</td>
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<td>Regular</td>
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### Full Convention
**Thursday, Friday & Saturday**

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<tr>
<th>VCA Member</th>
<th>VCA Student or Retired Member</th>
<th>Non-Member</th>
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<tr>
<td>Early (by Oct 5)</td>
<td>$105</td>
<td>$130</td>
</tr>
<tr>
<td>Regular</td>
<td>$130</td>
<td>$145</td>
</tr>
</tbody>
</table>

### One-Day Registration
- **Thurs:** $115
- **Fri:** $80
- **Sat:** $195

## Meal Ticket:
- **ANNUAL AWARDS CEREMONY & LUNCHEON** (Friday, November 9, 2018) **Ticket Required**
  - I will attend
  - I will NOT attend
  (Included in registration fee, but must check box for ticket)

## Payment:
VCA accepts credit cards, checks (payable to VCA Convention), and purchase orders.

- **Visa**
- **MasterCard**
- **AMEX**
- **DISC**

Card Number: ____________________________ **CVV#** ____________________________

Name on Card: ____________________________ Expiration: __________ / ________

Signature: ____________________________

Signature of Authorized Card Holder acknowledges receipt of services for amount above and agrees to perform the obligations set forth in the cardholder's agreement with the issuer.

(If applicable) Purchase Order #: ____________________________

(VCA E#54-607617)

Total Payment: $________

Special Dietary Needs ____________________________

Submit Registration Form with payment to: VCA Convention, 316 Hodges Cove Road, Yorktown, VA 23692
Credit Card or Purchase Order Only Payments Option: FAX to (757) 766-5467 or E-mail to vcaoffice@cox.net
Questions: (757) 766-5466; (800) 225-8103 or vcaoffice@cox.net

Cancellation/Refund Policy: Refund requests will be honored if submitted in writing by October 25, 2018, less a $15 service fee. There will be no refunds after October 25, 2018; however, paid registrations may be transferred to another person at no additional cost provided any fee differentials are paid, if applicable. Submit cancellation/refund requests to: VCA Office, 316 Hodges Cove Road, Yorktown, VA 23692 or via FAX to (757) 766-5467.

Virginia Counselors Association has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2047. Programs that do not qualify for NBCC credit are clearly identified. Virginia Counselors Association is solely responsible for all aspects of the programs.
VCA is pleased to announce the 2018-2019 Board of Directors elected officers:

**President-Elect: Rebecca Kaderli**  
**Secretary-Elect: Michael Trexler**  
**Treasurer-Elect: LaConda Fanning**

CONGRATULATIONS!!!

If you are interested in VCA, division, chapter or committee leadership, please contact the VCA President, Monica Band, [band.monica@gmail.com](mailto:band.monica@gmail.com) or the VCA Office at [vcaoffice@cox.net](mailto:vcaoffice@cox.net). Individuals are needed to serve on various committees, such as membership, professional development, social media, awards, advocacy, as well as, involvement with VCA chapters and divisions statewide.

YOU CAN MAKE A DIFFERENCE!
Peninsula Counselor Association (PCA) is excited to continue growing and developing throughout the upcoming year. We plan to have a year filled with professional development opportunities as well as opportunities for our members to relax and socialize. Our aim is to also give back to our community through the establishment of formal scholarships to local counseling college students. Our year started with a quick meeting in the fall at our favorite local coffee shop, Aroma’s, to plan and set goals for the upcoming year. We then spent time networking, learning, and having fun as a chapter at the VCA conference in Hot Springs this past November! We are inspired by the thoughtfulness and help from RACA and other VCA chapters and divisions that helped us have a successful pilot year! We were able to host a professional development activity in March that focused on counseling children who are survivors of trauma. We are currently planning for a fun year. If you are interested in joining in on the fun please register at vcacounselors.org. It is such an honor and privilege to work with all of you, and to learn from all of you. We can’t wait to continue learning and growing!

-Alexandra Bazdar, PCA co-chair

PCA Board: Alexandra Bazdar and Brian Browning (front), Matt Lord and Nathaniel Mason (back)
We have had an exciting year! In July 2017, Dr. Monica Band (Marymount University) and Mr. Michael Trexler (Liberty University) presented *Virginia Counseling Association: Addressing the Needs of State Division Members’ Perspectives on Spiritual Competences* at the ASERVIC Conference in Richmond, Virginia. This presentation offered an understanding of the state division memberships’ needs related to spiritual competences and ethical practice. In November 2017, our division participated in the chapter/division receptions held at the VCA convention, which provided us an opportunity to make ourselves visible and connect with other members of VCA. Also at the VCA Convention, Mr. Tim Sosin (Liberty University) facilitated a roundtable discussion at the VCA Convention designed to be a time for attendees to assess and discuss their competencies and needs based on the core ASERVIC spiritual competencies. We also discussed practical ways VA-ASERVIC could support professionals as they seek to practice in accordance with the spiritual competencies. In February 2018, we held our first professional development webinar – *When Law and Ethics Do Not Agree: Looking at Conscientious Objection Laws as a Professional Counselor* – with Dr. Michelle Wade (Marymount University). This webinar explored how to navigate these potential conflicts from an ethical perspective. Participants understood the evolution of the ACA Code of Ethics, learned about ethical decision making models and how to apply them to this particular dilemma, and learned how to assess their own personal values and how to address values conflicts within the therapeutic environment.

As we begin the next year as a division, we look forward to continued professional development, camaraderie with other divisions, and a deeper understanding of what it means truly support the ownership and practice of the ASERVIC Spiritual Competencies. Our goal as a division is to create a culture of support and openness and servant-leadership in order to sharpen one another towards increased spiritual competence. In addition, we will be conducting research on themes of spiritual competence by conducting interviews and round-table discussions, gathering information from counseling professionals, educators and students to better understand what is needed to ensure continued professional development according to the core competencies. As these themes come to light, it is our goal to understand what is truly needed for spiritual competence to grow in our state. We hope to eventually present our data and use it to better conceptualize how we as a division can effectively support our members and their clients. In addition to our research, intentional conversations and support of VCA members and their clients, we look forward to hosting another ethics webinar, integrating the spiritual competencies and providing practical ways for attendees to grow and positively impact others. We look forward to making more connections at the VCA convention through during our round-table discussion. We will also be displaying and presenting and kicking off our proposed collaborative initiative at the VCA convention. Please join us!

Yours truly,

Tim Sosin, President

Michael Trexler, Immediate Past-President
A Summer Continuing Education Break

Summer is a great time to take a break from our normal routines. As the old saying goes, "a change is as good as a rest". One way to refresh ourselves as professionals is to attend a conference that is a little bit outside our normal practice areas. With a 20-hour annual CE requirement for LPC’s, why not explore some new territory and possibly get CE credit at the same time? In that spirit, I had the opportunity in June to participate in the Eastern Teaching of Psychology (ETOP) conference. This annual event brings together educators from all over the Eastern Seaboard to exchange best practice ideas and inspire one another to engage undergraduates (and high school students) in the study of psychology.

For me, the opportunity to immerse myself in an area of our field that I enjoy but might not otherwise invest two days in was a kind of learning splurge. I found myself connecting new ideas and imagining bringing them back into my own work. My creative juices got moving and I was energized by the possibilities. To share with you a taste of the conference, the keynote presentation focused on teaching critical thinking as at least as important as teaching content in psychology. Other presentations centered on peer advising, best practices for teaching Advanced Placement psychology courses, turning around a course gone wrong, and well-being in the classroom. A poster exhibit gave us the opportunity to speak in small groups with the presenters, and to explore questions and make new connections. As I sat in the conference rooms and enjoyed the sessions, it also occurred to me that one benefit of going “outside the lines” with continuing education is to remind us that the connection between various parts of our profession: students, educators, administrators, researchers, and clinicians, is a wonderful thing to sustain. By refreshing these connections and increasing our understanding what is happening across each part of the mental health care field, we can take advantage of new learning and insights and bring them into our own practice.

Where can we find both traditional and non-traditional CE opportunities? Starting with the VCA, there is clinical supervision training on August 16-18, and of course our annual conference on November 8-10. The ACA offers an array of online and offline CE opportunities. Allied fields, such as social work and psychology, have member associations in Virginia that offer continuing education sessions that may be of interest to counselors. Some of Virginia’s state psychiatric hospitals and community service bureaus offer continuing education opportunities in the form of grand rounds that are open to professionals. Check their websites or call for a schedule of upcoming events. Universities often organize seminars and other learning opportunities and welcome participation from practicing counselors. Stay connected to your graduate counseling programs and look for opportunities to both learn and teach. Summer may only last a few months but expanding our horizons with continuing education is always in season.

John Rogers
Professional Development Committee
Doctoral Student, James Madison University
Legislative Report

June 2018

The Virginia General Assembly is still in session at the time of the writing of this report. Seems as though there are some minor loose ends that need to be tied up before their work is completed. According to recent news reports, the special session may last to mid-August.

That said, the heavy lifting is completed, and that is the passage of the biennial budget bill that has a little for just about everyone and a LOT for the 400,000 uninsured Virginians who will have access to health care through Medicaid expansion. VCA was part of that effort, and for that, I am most grateful to our association!

On Wednesday, May 30, the Virginia General Assembly passed the two budget bills and sent them to the Governor for his action. HB 5001 is dubbed the “caboose” bill, meaning that it amends the budget for the remainder of FY 2018 (ending June 30, 2018). HB 5001 contains provisions authorizing the Department of Medical Services (DMAS) to submit state plan amendments and waivers to implement the expansion of Medicaid using 90% federal funding and 10% state funding for the uninsured Virginians who do not qualify to purchase health care insurance on the individual marketplace and who do not have insurance through their employers. Qualified Virginians will include childless adults aged 19-64 who earn less than 138% of the federal poverty level. If all goes as anticipated, the expansion will begin January 2019.

The biennial budget bill is HB 5002, and it contains full implementation provisions for Medicaid expansion. Funding of the 10% state match will come from a tax on private hospitals called a provider assessment tax. This tax was supported by the Virginia Hospital and Healthcare Association as a means of relieving the state of the 10% financial burden of Medicaid expansion and to supply steady revenue support to the same hospitals. The budget also will increase the Medicaid reimbursement rates on the dollar to 88 cents. Currently that figure is 77 cents on the dollar, with the remainder being compensated primarily through commercial insurance payments to hospitals.

For public school teachers, the budget also funds the state share of a 3% salary increase effective July 1, 2019, contingent on hitting revenue targets. At-risk funding is increased as well, which will bring additional dollars to schools with heavy free-lunch student populations.

In mental health, the budget expands supportive housing options for adults with serious mental illness, pregnant and parenting mothers with substance-use disorder, and for individuals with developmental disabilities. For the community services boards, the budget provides for $17 M for STEP-VA (same-day assessment and primary care screening services) as well as funding for SUD detoxification. An additional $17M will fund jail discharge planning, alternative transportation for temporary detention orders, and more crisis intervention training.

Continued on the next page...
Advocacy & Legislative

The passage of the budget bill with Medicaid expansion is an extraordinary change in the political environment that had heretofore nixed all efforts to expand Medicaid. The factors associated with this change include increased grassroots activism, widespread public support for Medicaid expansion, Republican losses in the House of Delegates, a new governor who had been a member of the Senate prior to his election, and Congressional failure to repeal the Affordable Care Act.

Policy work continues in the intervening months before the General Assembly convenes in 2019. First, the House of Delegates has constituted a Select Committee on School Safety to comprehensively review state and local policies on school safety and make recommendations to the General Assembly for the 2019 session. The next meeting of the Select Committee is scheduled for Weds., July 11, at 10:30 at Meadowbrook High School in North Chesterfield. The committee will not include an analysis of the role of guns.

Second, the Joint Subcommittee Studying Mental Health Services in the Commonwealth in the 21st Century, otherwise known as SJ 47 or the Deeds Commission continues its work. The link will take you to the home page for the work of the Commission. The meeting schedule past June has not been finalized.

If you have questions, please feel free to contact me at bowerslanier@gmail.com or 804-382-0991.

And thanks for all you do to advocate for our community!

Submitted by:
Rebecca Bowers-Lanier,
VCA Legislative Consultant
Radical Acceptance: A Gateway to Resiliency and Peace
Alan Forrest, Radford University & Angela Cardenas, Radford University

The curious paradox is when I accept myself just as I am, then I can change. –Carl Rogers–

Radical acceptance is fully embracing what is happening in the present moment. It is the awareness that we are unable to control others. It is the full acceptance of ourselves regardless of any shortcomings or imperfections; everything about our self and our life; fully accepting our bodies and our minds in any moment without judging, controlling, or avoiding. It is the process of accepting present moment-to-moment experiences. Achieving this and accepting that we are not in control takes lots of practice. Radical acceptance does not mean that we blindly accept things that are harmful or unjust, rather acknowledging what is happening in the now in order to take action appropriately and effectively. When we accept things as they are, we are in a position to be intentionally responsive rather than impulsively reactive. The result is a healthier response and attitude that is resilient and promotes calm and inner peace.

According to Brach (2003), the two distinct parts of radical acceptance include seeing clearly in the moment and holding our experience with compassion. The “seeing clearly” is mindfulness. It is not possible to accept an experience unless we see it clearly for what it is. Compassion is our ability to relate in a kindhearted and sympathetic way to ourselves. This includes not only embracing the joys of our life, but also embracing the pain and suffering we experience. Compassion allows us to honor our life in the present moment just as it is.

The clear seeing and compassion are inseparable. For many of us, there is a tendency to engage in behaviors that are self-sabotaging or causing unnecessary suffering. It can be very difficult for us to truly “radically accept” ourselves when we deeply dislike certain ways that we are behaving or otherwise living our lives. Through radical acceptance we can tap into the resilient part of our being, the part of us that truly “knows” what we need to do to change and grow; and accept ourselves just the way we are. Through self-compassion, kindness, forgiveness, understanding, and ultimately love, we can achieve a deep sense of inner calm. Radical acceptance is the opening toward ultimately making lasting changes in our lives and achieving inner peace for our clients and ourselves.

The following are some initial steps to consider in walking through the doorway of radical acceptance towards resiliency and peace:

1. Enter a “no judgment” zone - Mindfulness guides you to pay attention to each moment, without judgment. To be fully present, you need to be at peace with your current circumstances, regardless of what they may be.

2. Acknowledge that change happens and change is difficult - The challenge is how one adjusts to changes. When change occurs, it’s easy to get knocked off one’s center. The present reality no longer aligns with your expectations. You wish it had gone according to planned, and hold on to that vision in your head. You become stuck in a reality that no longer exists. Refusing to embrace the present moment is a source of much suffering. When you fail to accept the new reality for what it is, you are unable to function properly within it.

3. Stop resisting reality - You are not resisting what is. Radical acceptance means you are completely, totally, entirely embracing the present moment for what it is. You are not resisting reality. Radical acceptance keeps you balanced in difficult circumstances. It focuses you on what is important, and makes it easier to focus on solutions.

4. Practice radical acceptance – Take a moment and a conscious breath, and then notice when you become aware you are resisting reality; take a minute to shift your focus.

- Pause to collect yourself in the present moment with a couple deep breaths.
- Observe the situation with increased clarity. What were your expecting? How did reality turn out?
- Allow compassion to become an integral part of your life.
- Let go of expectations that no longer serve you.
- Embrace reality as it is so you can keep moving forward.

There is so much of living life that is out of our control. To actively work toward living a life of being at ease that promotes equanimity, resiliency, and peace, we must make a conscious choice to accept reality rather than push against it. We must live in the moment, honor life, maintain our balance, be resilient, and embrace compassion. These are radical ideas. This is radical acceptance.

Reference
Clinical Supervision Training

VIRGINIA COUNSELORS ASSOCIATION

August 16-18, 2018 – VT Richmond Center – 20 NBCC Contact Hours

Planning to Supervise LPC’s in Virginia, but you haven’t fulfilled all 20 hours of the new state requirements yet? A 3 day training, Clinical Supervision in Virginia, will be held at the VT Richmond Center, 2810 N. Parham Rd, Suite 300, Richmond, VA

Presented By: LaConda Ambrose Fanning, PsyD & Susanne Preston-Josey, PhD

The three day training will provide 20 NBCC contact hours (including 2 hours of ethics) required to supervise LPC residents, and will highlight the legal, ethical, theoretical, and practical requirements associated with providing clinical supervision. Participants attending the workshop in its entirety will receive a verification form for proof of contact hours fulfilling the Virginia LPC supervision requirements.

Fees to attend are as follows and space is limited:
$400 - VCA Members
$450 - Non-Members
$475 - Non-Member + VCA Membership

Schedule
Thursday: 12:30 pm - 5:30 pm (4 Hours, 1 hour break)
Friday: 8:30 am - 5:30 pm (8 Hours, 1 hour lunch break on your own)
Saturday: 8:30 am - 5:30 pm (8 Hours, 1 hour lunch break on your own)

Learning Objectives
- Distinguish between supervision, consultation and teaching
- Describe the major models of supervision currently being used
- Examine the various legal and ethical challenges of supervision
- Clarify the responsibilities involved for both the supervisor and supervisee
- Develop a contract with a supervisee, define parameters and expectations and keep appropriate records for supervision
- Review the model techniques that will enhance the effectiveness of the supervision process
- Understand the process of the supervisory relationship
- Identify the developmental stages of the supervisee, and know how to most effectively match supervisor style to the
- Develop a personal model for clinical supervision

Register at www.vcacounselors.org or telephone the VCA Office at 800-225-8103
Virginia Counselors Association has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2047. Programs that do not qualify for NBCC credit are clearly identified. Virginia Counselors Association is solely responsible for all aspects of the programs.

Cancellation Policy: To receive a full refund, minus a $15 administrative fee, registrants must cancel at least 72 hours (3 days) prior to the start of the workshop. Cancellations and/or no shows with less than a 72 hour (3 days) notice can either receive a credit for the full registration fee to be applied toward a future VCA-sponsored workshop, annual convention, and/or membership OR request a refund minus a $50 fee.

Complaint Policy: If have a complaint or dispute regarding that program, please write a letter and include the following: Your name, address, telephone number, email, name of event, date and location of the event, complaint and desired resolution to VCA via one of the following ways- (Email) vcaoffice@cox.net; (FAX) 757-766-5467 or (Mail) VCA, 316 Hodges Cove Rd., Yorktown, VA 23692. You will receive a reply from VCA no later than two weeks from the date you submitted the complaint/dispute.
**New Logo Established by the VCA Foundation.** The new logo is a symbol of a new vitality the VCAF Board wants to project for the organization. The logo above was made possible with the collaboration of the Design Lab students of Professor Christopher Register from Longwood University.

**Congratulations to Dr. Gerard Lawson, Past VCA President and ACA Immediate Past President!** Dr. Gerard Lawson has just finished his year as President of the American School Counseling Association (ACA). As ACA President he has experienced a very productive term, and he has traveled all over the US, advocating and speaking for professional counselors about crisis response and resilience, counselor wellness, and clinical supervision. Dr. Lawson has been award by numerous counseling association, include the VCA Foundation. Dr. Lawson was a member of the VCAF Board, and subsequently received the John Cook Award from the Foundation. As Adele Walker, current VCAF President affirms: “Thanks Gerard for leading with your heart and humor, bringing out the best in those around you, and inspiring us to do the same”.

**With respect, gratitude and appreciation to Dr. Lawson!**
From VCAF Fellow & Leadership Academy Graduate to VCA President in 3 Years!

The Foundation would like to acknowledge Dr. Monica Band for her immersion into professional leadership roles in VCA. In a very short time, she has emerged to the Presidency of VCA for the 2018-19 year.

**Congratulations Dr. Monica Band!**

**Spring 2018 Grant Recipients.** The Foundation would like to acknowledge the Grant Recipients for this spring 2018:

- Ø Jodi Myers - Victim/Family Advocate – Play therapy tools
- Ø Donna Dockery and Lauren Wynne, VCU AdVantage project

**Congratulations Jodi, Donna & Lauren!**

**VCAF Awarding Grants in the Fall 2018. The deadline for submitting Grant request is October 1, 2018.**

All recipients for 2018 will be acknowledge formally at the VCA Convention on November 9 at the Hilton Norfolk, THE MAIN.

**Coming to VCA Convention 2018 – “Speed Mentoring”.** More information coming later this summer from the Foundation for Mentors and Mentees.

**How the VCA Foundation Serves the Counseling Profession With Your Generous Donation.**

- Learn more about the VCA Foundation
- Donate to support the work of the VCA Foundation.
THE LATEST NEWS FROM ACA

Gun Violence Trauma: ACA Offers Free Resources for Counselors
May 21, 2018
ACA members—and all professional counselors—are fully prepared to assist anyone in need of support following an episode of trauma.
To help all professional counselors in the important work of trauma counseling, the American Counseling Association offers an array of free resources, available online here.

Counselors know that each individual reacts to trauma in their own unique way. Some may need support immediately after an event; some may need the support at a future point in time. We urge everyone in communities affected by trauma to keep an eye on those around them to make sure that those in need of help find their way to a professional counselor.

Specifically, for resources helpful in counseling related to gun violence trauma, see the ACA fact sheet titled 1:1 Crisis Counseling(Fact Sheet 10).

Additional ACA fact sheets and resources that may be helpful include:

- Post-Trauma/Disaster Stress (Fact Sheet 1)
- Personal and Pre-Dispositioning Factors (Fact Sheet 8)
- Vicarious Trauma (Fact Sheet 9)
- Helping Survivors with Stress-Mangement Skills (Fact Sheet 13)
- Intrusive Memories (Fact Sheet 15)
- Coping in the Aftermath of a Shooting

For more articles, visit the ACA News Archive

Join/Renew NOW!

https://www.counseling.org

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
Message from the Editors

I am a 3rd year doctoral candidate in the Counselor Education and Supervision program at James Madison University. I became a member of the VCA in March 2013 but did not become involved until after the 2015 Leadership Academy. At the academy I felt so welcomed and encouraged by the board members, professionals, graduate students, and of course counselors! I knew I wanted to serve the VCA in any capacity and be a part of something bigger than I could imagine! In my spare time I love trying different restaurants, re-watching Grey's Anatomy, and spending time with my loved ones. I am so excited to serve as the Co-Editor for a second term and look forward to working with you all!

Tiffanie Sutherlin, M.A., NCC

I am originally from Baltimore, Maryland and joined the VCA right after moving to VA in 2016. Currently, I am a Ph.D. Candidate in Counselor Education and Supervision at James Madison University. When I attended my first VCA convention and later the Leadership Academy, I could not feel more at home. There is something special about being surrounded by counselors! Through VCA, I have been able to connect with other graduate students, network with professionals, and have opportunities to serve in leadership. It has been a pleasure serving as this year’s Co-Editor and getting to know you all. I look forward to serving VCA in different capacities in the upcoming year.

Mina Attia, M.S., NCC

If you have any questions, comments, or suggestions please feel free to email us at thevirginiacounselor@gmail.com. If you are not scheduled to submit an article please feel free to send it anyway! We welcome all news, updates, announcements, or ideas. We again thank you for your support and look forward to working with you all.

Tiffanie Sutherlin & Mina Attia

Co-Editors