

# Counseling Connection

Edited by Gracie McCarroll



*Too Close for Comfort*

Acrylic on canvas

Joyce Thornburg

<http://www.joycethornburg.net/artwork/>

March 2018

# Series on Ritual

By Gracie McCarroll

I find myself constantly thinking about morning--when it starts or doesn't start for me. I am interested in how routine is related to time and particularly morning. The older I get, the earlier I seem to wake. Something about this time of day seems untouched and wide open like a desert landscape. Consider "mother of American modernism" artist Georgia O'Keeffe (1887-1986) and her routine at her home in New Mexico:

I like to get up when the sun comes up," O'Keeffe told an interviewer in 1966. "The dogs start talking to me and I like to make a fire and maybe some tea and then sit in bed and watch the sun come up. The morning is the best time, there are no people around. My pleasant disposition likes the world with nobody in it" (p. 178).

After watching the sun comes up with her tea, O'Keeffe would take a 30 minute walk to check for rattlesnakes on her property. If she found one, she would kill it with her walking stick and save it's rattler in a box, which she shared with visitors (pp.178-179).

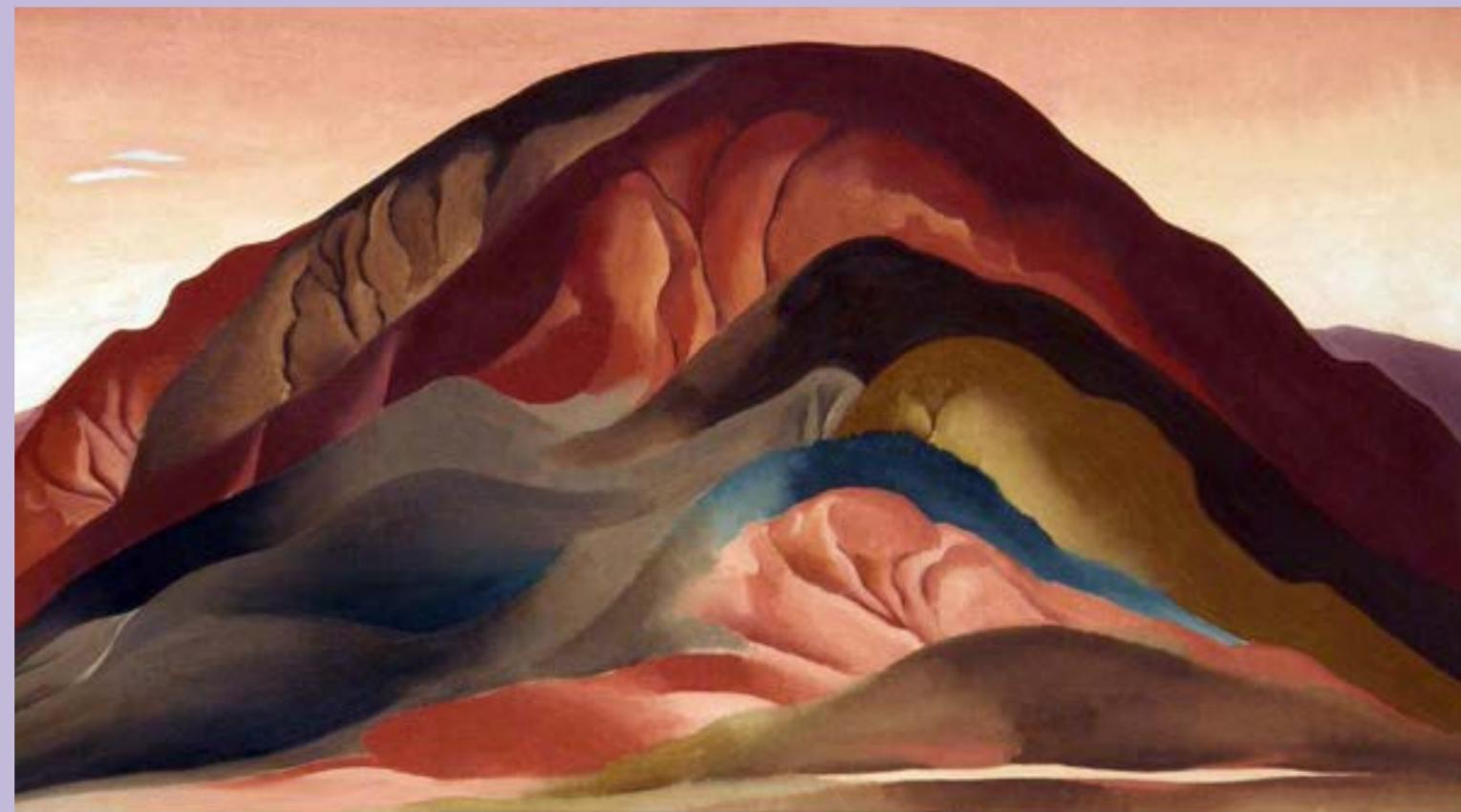
What's your relation to the morning? How has it evolved over time? How could you find ways to incorporate mindfulness into your mornings? You may not have access to collecting rattlers on your morning walk, but maybe you could collect bird feathers instead.

References:

Currey, M. (2013). *Daily rituals: How great minds make time, find inspiration and get to work.* New York: Random House Inc.



Picture O'Keeffe from [www.biography.com](http://www.biography.com)



© 2016 Georgia O'Keeffe Museum/DACS, London

## Self-Care in Action

### RECENTERING THE SELF

By Josh Gorelick

Self-care is extremely important to me, sometimes too important. I have always struggled with self-discipline and motivation so self-care has become too easy. However, graduate school has forced me to be more disciplined in my school work and this has caused me to be more disciplined in my self-care. One thing that I do for self-care is that I try to not do school work after 5pm. I work two part time jobs but my schedule is flexible, so I try to get all of my school work done during the day time when i do not have work. Another thing that is crucial to my self-care is fly fishing. Fly fishing is my hobby and my passion (and also one of my jobs-I am a fishing guide). Whenever I can, I try to get out on the river and fish, even if it is just for a few minutes after I run a guided fly fishing trip. I find fly fishing to be extremely healing and peaceful. Standing in the middle of the river, feeling the water flow around my body, listening to the sounds of the current and the bugs and the wind. All of these things put my mind at ease and allow me to recenter myself.



*True Colors*  
Acrylic on Canvas  
Joyce Thornburg

# Reflections on Internship Experiences

"I am doing my practicum at Insight Swain Recovery Center in Black Mountain. The internship experience in this inpatient substance abuse treatment center is highly challenging, and highly rewarding. Residents in the 22 bed co-ed facility are comprised of men, women, and adolescents. Each day is very structured, providing residents time for educational and process groups, leisure, art, and personal reflection. In this setting, practicum and internship students can expect to gain valuable experience with individual and group counseling leadership, as well as spending less structured time building rapport with residents. The director and counseling staff are currently all graduates of this program, are very skilled, and genuinely supportive of each intern. Swain is a great place to get valuable field experience!"

--Carol Fair



*Morphine*  
Acrylic on Canvas  
Joyce Thornburg

"I'm Lindsey Sarvis and I am a Masters in Social Work student at Western Carolina. I started my internship in August 2017 at Helpmate, the Domestic Violence organization in Asheville, as a counseling intern. Throughout school you learn all the tools and skills you need to "prepare" you for clinical work, but nothing could have prepared me enough for my very first client; it was so nerve wracking and everything I learned was running through my head all at once, but it got easier in time. Trauma work has always been my passion, but I never thought my first experience counseling would be with survivors of DV and I hit the ground running. Lauren Ray, my supervisor, has been the biggest support and my saving grace on days that I was really struggling with separating my client's trauma and my day to day life. Going into the internship, I knew it would be challenging but also a growing experience, especially coming from an MSW program, but I never expected it to be as hard as it is. It has, however, been the most humbling, rewarding and educational placement that I have ever been in. It is sad that it is coming to the end, but the skills and knowledge that I learned while there will be something I carry with me forever."

--Lindsey Sarvis



*Olive*  
Acrylic on Canvas  
Joyce Thornburg

# ANNOUNCEMENTS

## NCSCA GRADUATE STUDENT SCHOLARSHIP

Take the opportunity to get funding for professional development opportunities, conferences, travel abroad, and tuition expenses. The NCSCA Graduate Student Scholarship is awarded to an accepted or current graduate student in a school counseling program. Funding will vary each year but typically is less than \$750.

This opportunity is open for all NCSCA members. If you're not a member and would like to take advantage of this opportunity, you can join now through the NCSCA website ncschoolcounselor.org!

For more details, visit the NCSCA website and select the "Professional Development" tab and click on "Grants and Scholarships" to choose the application of your choice!

The application deadline is Monday, April 30, 2018.

NCSCA: Stands behind and supports the growth of our members!

Elizabeth P. Atkins, NCSCA President 2017-2018

Western Region/District 8 Drive-In Workshop 2018

When: 18 Apr 2018 8:00 AM, EDT

Where: WCU Campus, Biltmore Park 28 Schenck Parkway, Asheville 28803

### EVENT DETAILS:

Western Region/District 8 Drive-In Workshop

Host: Lyn Bush, Western Region VP

WCU Campus, Biltmore Park

28 Schenck Parkway, Asheville 28803

Free Parking in Parking Garage (Required)

Members: Free \* Non-Members: \$40

5 Contact Hours

8:00 AM - 8:20 AM Registration, Coffee & Breakfast Snacks, Networking

8:20 AM - 8:30 AM Welcome & Greetings

8:30 AM - 11:30 AM Session 1: Mental Health in Schools: School Counselors, Students, and Sustainability with Elizabeth Graves, Ph.D., LPCS, NCLPSC Assistant Professor in the Department of Human Services in the College of Education and Allied Professions at Western Carolina University

11:30 AM - 12:45 PM LUNCH - On your own (variety of choices within walking distance)

12:45 PM - 1:00 PM Session 2: Updates from NCDPI: Announcements/Information with Cynthia J. Floyd, School Counseling Consultant NC Dept. of Public Instruction

1:00 PM - 3:00 PM Session 3: Educating the Whole Child: Creating Safe and Supportive Environments with Susanne Schmal, MPH, HIV Policies and Programs Consultant, NC Healthy Schools, NCDPI

3:00 PM - 3:30 PM Closing, Evaluations & Updates

"North Carolina School Counselor Association (NCSCA) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6314. Programs that do not qualify for NBCC credit are clearly identified. NCSCA is solely responsible for all aspects of the programs."

Best regards,  
North Carolina School Counselor Association

## Registration

- Registration Deadline: April 20<sup>th</sup>
- No on-site registration,
- Checks will be deposited prior to event. No refunds for cancellations.

## Fees

\$10 for Graduate Students

\$25 per person, includes lunch & conference

\$30 fee for agencies who want to table

Receipt for payment available at sign-in

**Make Checks Payable to: Buncombe County Schools Foundation.**

NBCC Certificate available for \$10, payable to WCU = **FEE FOR NBCC**

**CREDIT MUST BE PAID ONSITE**

Complete the Registration Form below and mail it with fee to:

**Debbie Bryant:** 175 Bingham Road  
Asheville, NC 28806

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Organization/School: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Vegetarian Lunch Needed: \_\_\_\_\_

Agencies: Circle Y/N if you are able to provide door prizes. Y N

## Date

Friday May 4<sup>th</sup>, 2018

8:00am to 3:30pm

## Location

Covenant Community Church

11 Rocket Drive

Asheville, NC 28803

From I-40, take EXIT 53A (74A East/Blue Ridge Parkway).

Go towards the Parkway away from town on Hwy 74A for 1.5 miles to traffic light.

Turn right on Rocket Drive leading to Reynolds HS.

The church driveway is on the left before the high school.

## Sponsors

✘ Grove Stone and Sand –  
Branch of Hedrick  
Industries

✘ Pepsi Cola

✘ Western Carolina  
University

*Buncombe County*

*Schools Present*

*The 25th Annual School and Community*

*Counseling Conference*



*Navigating Bias and Self in  
Counseling Contexts*

This workshop will focus on understanding the impact of bias in the workplace and community.

*Nickolas Jordan,*

PhD, LMFT

# Navigating Bias and Self in Counseling Contexts

Contexts such as Race, Class, Gender, Sexual Orientation, religion, and ability status (to name a few) can be difficult to negotiate as a counselor, therapist, or administrator.

In this workshop, participants will be introduced to theory, concepts, and interventions related to Bias, Inclusion, and Social Justice in the workplace and in the broader community.

Participants will discuss vignettes of common issues when working and communicating with diverse individuals, families, and communities.

Participants will share their own experiences of working with diverse persons.

Finally, participants of this workshop will examine their own biases and context to address blind spots in decision making.

## Schedule for the Day

**7:30 - 8:00** Coffee/Registration

**8:00** Positioning Ourselves in the Work We Do

**9:10** Constructing Your Multidimensional Self

**10:10** Stretch Break

**10:20** (De)Colonization and Critical Engagement

**11:30** Questions Without Answers?

**12:00 - 1:00** Collaborative Lunch

**1:00** Power and Politics in the Work We Do

**2:00** Stretch Break

**2:10** Standing in the Gap

**3:15** Reflection/Q&A/Discussion/Evals

**3:30** Dismissal

**.6 CEU's**

**6 NBCC Credits**

## About the Presenter



Dr. Jordan is an Associate Professor and Program Director of the Marriage and Family Therapy within the Department of Human Development and Psychological Counseling at Appalachian State University.

He is a licensed marriage and family therapist, Clinical Member of the American Association for Marriage and Family Therapy and an AAMFT Approved Supervisor.

Dr. Jordan specializes in work with low socio-economic status individuals, couples and families of color. His professional interests include Diversity, Social Justice and relationships created, maintained and terminated through online video games and other Social Media.

Job Opportunity: Female Mentor Staff for Trauma Clients - Asheville, NC  
Full and Part-Time Positions (Day and Night Hours Available)

Mentor staff work one-one-one with adult female clients within an individualized treatment setting. Staff provide clients with emotional support as they undergo the processes of self-discovery, empowerment, and healing. This position allows you to transform your interests in wellness and community into a meaningful career. Mentor staff role-model healthy communication and behavior while sharing their passion for a balanced lifestyle. You'll help clients learn and develop skills in cooking, cleaning, self-care, mindfulness practices, social engagement, hobbies, money management, community service, school, and work.

Responsibilities Include :

- Serving as a positive role-model and teaching life skills
- Sharing your personal experiences, talents, and interests
- Using a non-judgmental and empathetic approach when interacting with clients
- Providing clients with the highest degree of supervision and support
- Learning, understanding, and supporting program philosophies, policies, and procedures
- Communicating ideas, concerns, and feedback to Staff Coordinator
- Conducting oneself in a professional manner with both clients and staff
- Working shifts assigned by the Staff Coordinator
- Driving clients in your personal vehicle during each shift
- Maintaining CPR and First Aid certifications

Qualifications and Skills :

Creativity, compassion, patience, and the desire to help clients lead healthy lives are prerequisites for mentor staff. Mentors must be able to simultaneously maintain rapport and hold firm boundaries with clients. A sense of humor and the ability to remain calm under stress and work independently are necessities. Experience working in the fields of mental health, recreation, counseling, or teaching are helpful.

Minimum Qualifications:

- 1) High School Graduate or GED
- 3) Must complete CPR and First Aid training
- 4) Must pass Background Criminal Investigation
- 5) Clean driving record and reliable personal vehicle

Benefits :

We are an owner-operated company where you're able to develop friendships within our close-knit staff family. We provide professional development through feedback and in-house trainings from which staff learn about communication skills, crisis intervention, an understanding of various mental health disorders, and other therapeutic topics. Hourly compensation ranges from \$10-15/hour.

Benefits Include:

- Health, Dental, and Vision Insurance Plans for Full-Time Staff
- Compensation for Mileage
- Flexible Scheduling

Apply :

To begin the application process, please email your resume to Kate Rutecki at [katerutecki@gmail.com](mailto:katerutecki@gmail.com)

Multicultural Play Therapy Center Conference  
University of North Carolina Charlotte  
June 25 - 29, 2018

Who should attend: Professional counselors, school counselors, play therapists, social workers, psychologists, and students.

LPCs, school counselors, RPTs, and social workers may earn up to 30 CEUs (6 per day) for the conference (APT Approved Provider #07-191; NBCC Approved Provider #4208, and the School of Social Work at UNCC). Special rates for current students (and May graduates)!

To see complete descriptions for each presentation and to register, please go to:  
<http://oeo.uncc.edu/playtherapy>

Monday, June 25, 2018  
Ecosystemic Play Therapy for Children with Attachment Related Difficulties  
Dr. Kevin O'Connor

Tuesday, June 26, 2018  
What Makes Play Therapy Work? – Change Processes and the Therapeutic Powers of Play  
Dr. Kevin O'Connor

Wednesday, June 27, 2018  
Surviving the Trenches: The Parallel Process of Treating Trauma in the Playroom  
Angie Vandenberg and Lisa Brooks

Thursday, June 28, 2018  
Adventure Based Family Play Therapy  
Scott Riviere

Friday, June 29, 2018  
Creative Interventions for the Challenging Child: A Play Therapy Approach  
Scott Riviere  
OR

Friday, June 29, 2018  
Creative Approaches in Clinical Supervision: A Culturally Sensitive Approach  
Dr. Jennifer Geddes Hall

For more information on the conference, please contact Dr. Phyllis Post, Director of the Multicultural Play Therapy Center and Professor at UNC Charlotte at [ppost@uncc.edu](mailto:ppost@uncc.edu). For information about registration, please contact Yvonne Spence at [yspence@uncc.edu](mailto:yspence@uncc.edu).

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If you have any announcements or would like to share your thoughts, please email me at [gmccarroll1@catamount.wcu.edu](mailto:gmccarroll1@catamount.wcu.edu)

Hope you enjoyed this issue!

~Gracie McCarroll



# SIMON SAYS...

## HOROSCOPES FOR COUNSELORS

Astrologer Simon Peter wakes up from a nap.

### ARIES

3/21-4/19

You're likely to feel conflict between your spontaneity and your need for order and deadlines. Take to journaling to uncover a balance.

### CANCER

6/21-7/22

Professional opportunities are heading your way! Be sure to update your resume.

### LIBRA

9/23-10/22

There's a chance you could experience some miscommunication with someone important. Be patient with yourself and others.

### CAPRICORN

12/22-1/19

You're struggling between family obligations and your own needs. Remember to set boundaries.

### TAURUS

4/20-5/20

Give yourself permission to rest as you have a lot on your plate at this time. Invest in some new sheets!

### LEO

7/23-8/22

Fulfill your creative energies by taking on a new hobby. No need to buy every possible supply to start. Begin small.

### SCORPIO

10/23-11/21

Plan for a much needed trip. With careful budgeting you could make your dreams come true.

### AQUARIUS

1/23-2/19

Though you are having some profound ideas in your alone time, don't isolate yourself. You need to engage with people so you don't get too far out into the sea of ideation.

### GEMINI

5/21-6/20

Consider how you can more effectively balance your needs for privacy and socializing. You need both!

### VIRGO

8/23-9/22

You are feeling extra sensitive to other's needs--take some time for yourself.

### SAGITTARIUS

11/22-12/21

Is completely okay to have second thoughts about something that you thought you were sure about. Be kind your yourself.

### PIECES

2/20-3/20

What for the fog to lift before you begin to make decision about a recent circumstance.