

Central Valley Counselor Association

Serving and Supporting Virginia Counselors in Augusta County, Highland County, Page County, Rockingham County, Shenandoah County, Harrisonburg, Staunton, and Waynesboro since 1962!

September 2010



Dear CVCA Members,

Hello! I hope you have had a wonderful summer. If you're anything like me, you are also ready for the cooler weather of Fall!

Let me take a moment to tell you about some upcoming events. On Friday, Sept. 17th, at 5 pm we will have our first social of the year at Pennybacker's in Harrisonburg –we buy the appetizers, you buy your drinks!

The CVCA workshop, "Creative Arts in Counseling," will be held on Friday, Oct. 8. We are fortunate to have Teresa Haase, Betsy Knight, and Tina Johnston bring us new and interesting ways to work with our clients and students.

Speaking of websites, Jorli Swingen with the help of Lee Ann Whitesell has spent many hours and energy on the new CVCA website. The website is great, and we are lucky to have such talented CVCA members!

As always, we welcome your input, ideas, and suggestions as we work to plan more professional development and networking opportunities throughout the Central Shenandoah Valley. I can be reached at katiebair@gmail.com or (540) 447-0272.

I am excited to serve you this year as the CVCA president. I look forward to getting to know more of you throughout the year!

~Katie Baird, CVCA President, 2010-2011

Inside this issue:

Got Wellness?	2
Got Wellness cont.	2
Practical Issues For Counselors in Rural	3
Legislative Issues, What Can You Do?	4
Book Review	5
Valley News	6
Valley News cont.	7
Letter from the Editors	8

CVCA Going Green

In order to conserve resources and do our part in saving the planet, CVCA is going to start e-mailing the newsletter.

If you would like to continue to receive a paper copy of the newsletter, contact us at CVCA17@gmail.com



CVCA Fall Workshop, Creative Arts in Counseling

October 8 2010

Come join us for a workshop that is an experiential introduction to the creative process in counseling. Participants will be invited to explore the literal and figurative context in which creativity emerges, will identify through the use of metaphor, imagery, and poetry the power of creative expression, and will find ample opportunity to discuss, reflect, and process with colleagues. Facilitators will be drawing on a range of literature and clinical practice. For more information see the new CVCA website: mycvca.org

Got Wellness?

It's that time of year again. Schools are reopening their doors, fall classes are beginning, and communities are transitioning to new fall schedules as summer beings to wane. But before getting caught up in the hustle and bustle of new beginnings, let's take a moment, as counselors, to evaluate our health and wellbeing.

The ills of poor diet, stress, and sedentary lifestyles are ubiquitous in the media. Yet, many people dismiss this information and continue with unhealthy habits. In fact, the University of South Carolina Medical School found that the percent of middle aged Americans who have health habits (including eating five fruits and vegetables per day, not smoking, having a BMI less than 30, and engaging in physical activity twelve times or more per month, decreased from 15% in the period from 1988 – 1994 to only 8% during 2001 – 2006 (Life

Science Staff Writer, 2009). According to the CDC 70% of Americans miss out on one night of sleep each month (CDC, 2008).

"Stress is a given in our fast paced world. Yet, as counselors we are held to a higher standard of wellbeing."

Stress is a given in our fast paced world. Yet, as counselors we are held to a higher standard of wellbeing. We are expected to remain empathic and self-aware enough to engage in the growth that will make us better counselors. However, stress and a lack of self-care

can diminish our abilities to be with our clients, leading to vicarious trauma and burnout.

In a study completed by Harrison and Westwood (2009), the two researchers tracked seven resilient counselors working in the field. They found that the most resilient counselors were deeply committed to their wellness. True wellness, as defined by Harrison and Westwood, requires more than simply eating your fruits and veggies and taking a walk around the block. It encompasses many facets of your life including not only physical health, but also your emotional, intellectual, occupational, social, and spiritual health. Think of wellness as a wheel. Each spoke needs to work properly for the wheel to go round.

"Stress and a lack of self-care can diminish our abilities to be with our clients, leading to vicarious trauma and burnout"

So . . . what do we do?

Certainly pay attention to your physical health. Make sure to eat a varied diet high in fruits, vegetables, and whole grains, drink plenty of water, exercise regularly, and get at least seven to eight hours of rest.

Got Wellness Cont.

Practice good stress management techniques like mindfulness and time-management. Remember- simply breathing can reduce stress. But also ask yourself the following questions:

- What am I doing each day to fill myself up?
- Who is in my personal and professional support system?
- How do I address my spiritual life?
- What parts of my job stimulate me intellectually and further my growth?
- Am I getting what I want out of my time each day?



Taking time to address each facet of your personal wellness will help you remain fresh and vibrant for your clients, increase your resilience, and give you the energy to enjoy all of the aspects of your life. Remember time is a precious treasure – once lost it can never be regained. Make sure you're getting the most out of your life, rather than life getting the most out of you. ♦ Lisa Ellison

Check out the following resources for more information about stress and wellness:

VCA Summer Newsletter Treating Ourselves Kindly: Tips for Increasing Counselor Self-Compassion by Jessica Lloyd, College of William & Mary <http://vcacounselors.org/associations/1500/files/VCAsummer10.pdf>

CDC study reveals adults may not get enough rest or sleep (2008) <http://www.medicalnewstoday.com/articles/99048.php>

Harrison, Richard L., and Marvin J. Westwood. 2009. "Preventing vicarious traumatization of mental health therapists: Identifying protective practices." *Psychotherapy: Theory, Research, Practice, Training* 46 (2), 203-219. doi: 10.1037/a0016081

University of Maryland Medical Center (2009). Spirituality. Retrieved from: <http://www.umm.edu/altmed/articles/spirituality-000360.htm>

Bono, G., Emmons, R., & McCullough, M. (2004). Gratitude in Practice and the Practice of Gratitude. In Linley, P., A., & Joseph, S., (Eds) *Positive psychology in practice* (pp. 464-481). Hoboken, NJ: John Wiley & Sons Inc.

Practical Issues For Counselors in Rural Communities

What is a rural community?

A rural community encompasses open country and settlements with fewer than 2,500 residents.



Practicing in a rural community presents a number of unique rewards and challenges for school and community counselors. Many times rural communities are more isolated, have difficult terrain, and limited services. Loyalties can be fierce, and mistrust of people seen as outsiders is not uncommon. Yet, rural communities also have valuable strengths, that if used correctly, can lead to greater levels of mental health and community support. Typically generational roots are strong in rural communities. There is a greater sense of community connectedness. Personal responsibility to the community is highly valued, and systems of support can be constructed and nurtured.

As counselors it is important to be good advocates for our rural clients and to help build trusting relationships that can bridge the gap between those in need and available treatment options. Prevention and intervention activities in rural schools need to rely heavily on social validity and treatment acceptability not only by other trained professionals, but also by students, families, and the community. It is important that services offered match the culture and expectations of families and communities. Counselors should facilitate communication among all intervention partners/community leaders during all phases of an intervention.

Remain patient if mistrust or resistance exists. It can take time to build trusting relationships. Be mindful of your clients' needs and act intentionally. Remember to be vigilant about maintaining ethical standards. Because dual relationships are more common in rural communities, confidentiality is easily compromised if we're not careful. Finally, seek peer supervision, network, and collaborate with other professionals in the community to combat feelings of isolation or frustration.

If you are working in a rural school, understand that education reform can be slow and difficult. State influence can be viewed suspiciously as being imposed upon the rural community and at the expense of local control. Agents of change work slowly and cautiously, first building both school and community buy-in then moving towards eventual ownership of important changes. Realize that school boards yield tremendous influence. Effective practitioners will recognize this power and build relationships that will lead to change.

Ultimately building strong bonds with community leaders and remaining sensitive to the culture of the rural community will go a long way towards creating the buy-in needed to bridge the gap between community members and service practitioners. While rural communities may be isolated, you do not have to be. Attend professional development sessions, seek consultation and supervision, and collaborate with other members of the mental health profession in your area. ♦ Lisa Ellison

For more information on working in rural communities check out:

National Rural Education Association: <http://www.nrea.net/>

Rural School and Community Trust: www.ruraledu.org

Innovative Approaches in Rural Education: <http://www.nal.usda.gov/ric/ricpubs/educate.html>

*This article was created based on a dinner conversation with Debi Kipps-Vaughn, Psy.D., and Tammy Gilligan, Ph.D., on February 18, 2010. Both women are professors in the School Psychology Program at James Madison University

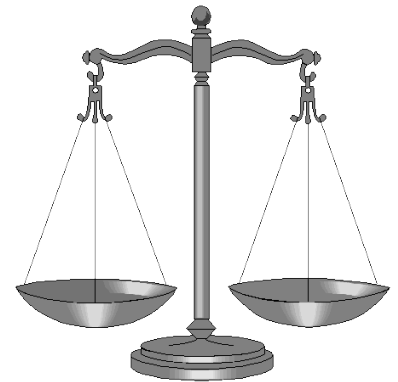
Legislative Issues, What Can You Do?

Fall is a great time to visit with your Virginia legislators about issues of importance to your practice and clients. Our legislators are at home, they are not running for office, and they are slowly gearing up for the General Assembly session in January. What better time to meet with them? You'll have their undivided attention, you'll be on both of your own turfs, and you'll be talking together as neighbors. A recipe for success!

In your visits, your aim is to make your practice come to life for your legislators. Here are a few things you may want to keep in mind:

For school counselors:

- The federal Education Jobs bill provides funds for re-hiring of school counselors. So if you or anyone that you know were laid off for cost-savings reasons, let your legislators know that you can be rehired (better yet, let your school administrators know).
- Give your 30 second elevator speech about what you do in your job and how your work affects student outcomes and success.
- What worries you about the current state of education in your division. Is it lack of funds, parental issues, whatever. Share this with your legislators.



For professional counselors:

- Describe the work you do, giving the 30 second elevator speech.
- If you work at a CSB or private provider, you could state how important the increase in federal funds for Medicaid is for your agency, recognizing that the funds will revert back to a 50-50 (federal-state) match in June 2011. Tell your legislators how funding issues threaten or challenge the provision of your services to your clients.
- What worries you about the current state of care in your practice.

Remember, your delegate and senator represent you in the Virginia General Assembly, and they count on your vote for reelection. They're beholden to you!



If you do not know who your legislators are, you can find out basic information on the General Assembly website. That includes how to contact them (use email to set up an appointment), what committees they serve on, what their day jobs are, and what affiliations they have in their communities. Click on <http://conview.state.va.us/whosmy.nsf/main?openform> to start your search.

If you have any questions, please don't hesitate to contact VCA legislative consultant, Becky Bowers-Lanier, at becky@b2lconsulting.com, for additional information. ♦

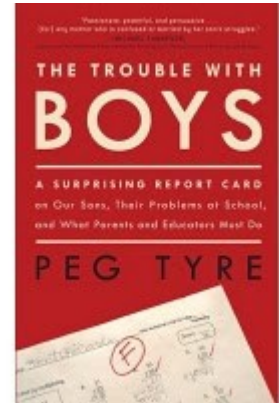
Becky Bowers-Lanier, NOTE: This article will be featured in the Virginia Counselors Association Fall Newsletter

Book Review

The Trouble with Boys:

A Surprising Report Card on Our Sons, Their Problems at School and What Parents and Educators Must Do

Peg Tyre, 2008, Three Rivers Press, New York.



“Is School Destined to Become For Millions of Boys, Unalterably A ‘Girl Thing’?”

“Boys get expelled from preschool nearly five times more often than girls. In elementary school they’re diagnosed with learning disorders four times as often. By eighth grade, huge numbers are reading below basic level. Perhaps most alarmingly, boys now account for less than 43 percent of those enrolled in college.” (Tyre, 2008).

In her groundbreaking book, The Trouble with Boys: A Surprising Report Card on Our Sons, Their Problems at School and What Parents and Educators Must Do, Peg Tyre interviews hundreds of parents, children, teachers, and experts in an effort to find out how our current educational system is affecting male students. She explains just why and how the educational system is failing our sons – from the banning of recess and the lack of male teachers as role models to the demands of No Child Left Behind.

But this passionate, clearheaded book isn’t an exercise in finger-pointing. Rather, it’s a manifesto for change – one we must undertake right away if we hope to salvage our boys’ educational futures (Tyre, 2008, jacket cover).

Peg Tyre is an investigative reporter and former staff writer of education and social trends for Newsweek. Her book caught my interest because it deals with our educational system and how parents, teachers, and counselors can help boys become more successful. In the past we have been encouraging girls to be more assertive, enroll in challenging classes, and go to college and excel. They have been responding. Tyre’s investigation indicates that girls are outdistancing boys in the areas of reading, writing, math, AP classes, college admission, and college graduation. Her extensive research contains statistics that show a trend toward girl dominance in the education field and an educational system that is more conducive to female students based on developmental stages. Her work tries to answer the million-dollar question: How can the playing field be leveled?

Some topics the author addresses are controversial, but the book makes you stop and think about her message and question what is happening in our local schools. Chapters in the book cover a variety of topics including: pressures in preschool, kindergarten requiring skills that previously were designated for first grade, the loss of recess or play time, mislabeling active boys and prescribing medication, brain based education expectations, physical and developmental stages out of sync with school requirements, video game addiction, single-sex schooling, and academic achievement levels at various ages and grades. Even though the book does not recommend specific interventions, it is thought-provoking easy read that should give counselors, teachers, and parents a better understanding of male students’ needs. She suggests ideas for creating a “boy friendly” room for classroom guidance lessons including ways to motivate male students academically while watching for early clues that boys are having problems in school. ♦ Sandy Hite

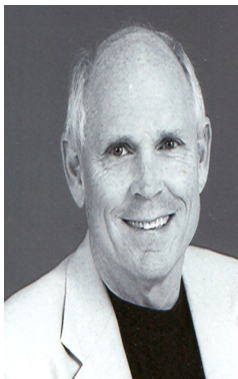
Valley News



CONGRATULATIONS BRENDA!!!

Lacey Springs Elementary School counselor, **Brenda Robey** was named Virginia Counseling Association's 2009 School Counselor of the Year!

2010 Counselor Educator of the Year – Ed McKee



This spring, James Madison University faculty member, J. Edison "Ed" McKee was awarded the Virginia School Counseling Association Counselor Educator of the Year Award. Throughout his career Ed has remained committed to helping counseling students reach their full potential and become empathic, competent counselors who play vital roles in our community. During his tenure at James Madison University, Ed worked along with professor Carl Swanson to transform its guidance and counseling program into a nationally accredited counselor education program. While Ed retired at the end of the 2009 – 2010 school year, he continues to teach several sections of counseling techniques at JMU.

Mental Health Directory

Over the summer the James Madison University Counseling Program published the 2010 Comprehensive Directory of Mental Health Services. This directory includes listings for school and community counselors, volunteer & nonprofit organizations, and much much more for the cities of Harrisonburg, Lexington, Staunton, and Waynesboro, and the counties of Augusta, Bath, Highland, Page, Rockbridge, and Rockingham, and Shenandoah. Copies of the directory can be downloaded from the web at the following website and modified to be user friendly: <http://www.psyc.jmu.edu/counseling/servicesdirectory.html> or <http://mycvca.org/index.html>.



COMMUNITY COUNSELORS!!! A limited number of copies will be available at our CVCA socials especially for you. Come out, have a good time, & get a valuable resource for your professional library!

New Website and Facebook Page



You can now find us on mycvca.org and on Facebook by searching for Central Valley Counselors Association - CVCA. These sites provide professional development opportunities, chapter information, a directory of school counselors, and more!

Valley News Cont.

INVEST/INSPIRE

Pat Lynn and Sandy Hite plan to continue the group opportunity for school counselors "Invite, Invest, Inspire" during the 2010-2011 school year. Meetings will be at 4:30 PM at Blue Ridge Community College's Plecker Workforce Center, Room P124.

Use the south entrance to BRCC. Parking is on the left, beside the center. This group will meet on the following Wednesdays: Sept. 8, Nov. 17, Feb. 2, April 13.

This is an opportunity for school counselors and students in the school counseling field to meet and discuss any situations where they may need assistance and also to share ideas and resources. Everything is confidential - no names of students, teachers, etc. - just an opportunity to get new ideas and helpful suggestions. You are invited to invest a little time and inspire each other by joining Pat and Sandy, have some refreshments and share concerns and current information. Certificates will be issued to attendees for continuing education. If you are interested please let Sandy know at sghite@mgwnet.com.



Community Counselors!

If there is an interest in creating a group to discuss current issues, share ideas and resources, and receive support contact Heather Driver at driverhf@gmail.com and she will try to arrange this group opportunity.

CVCA Award Winners:

School Counselor of the Year:

Nancy Martin-Finks

Community Counselor of the Year:

Jennifer Hatter and Chris Appl-Walsh

Counselor Educator of the Year:

Sandy Hite

Student Member of the Year:

Jenn Kurbel

Chapter Member of the Year:

Renee Staton

Support Member of the Year:

Katie Baird

Administrative Support

Member of the Year:

Elaine Almarode



Upcoming Socials

Pennybackers, located at 14 E. Water St. in Harrisonburg, is a very unique place. That is why we are so excited to have our CVCA social there on Friday September 17th. Make sure to check out the tables! The majority of the tables in the restaurant were auctioned off at the Harrisonburg's Children's Museum's annual fundraiser. Auction winners were able to design their own tabletop using the tail side of pennies, with the exception



of ten heads on each table. Come join us at Pennybackers on September 17th at 5:00 pm and see if you can find the ten heads!

Not only does the **Depot Grille**, located on 42 Middlebrook Avenue in Staunton, have great food but it also has a lot of history. Come join us on December 3rd at 3:30 and stroll across original hardwood floors to booths made from oak pews recovered from an old church. Take a seat at the 40 foot Victorian bar from a turn-of-the-century luxury hotel or enjoy the view of downtown Staunton from the enclosed deck. It is going to be a great time so we hope that you can join!

UPCOMING EVENTS

Event	Date	Time	Location
Brief Solution Focused Counseling in the Schools	Friday September 17, 2010	9 am– 4:30 pm	JMU East Campus, ISAT Building Room 259
CVCA Social	Friday September 17, 2010	5:00 pm	Pennybackers, Harrisonburg VA
CVCA Fall Workshop, Creative Arts in Counseling	Friday October 8, 2010	8 am– 3 pm	Blue Ridge Community College
VCA Convention	November 10, 2010—November 12, 2010	All Day	Williamsburg, VA
Invite, Invest, Inspire	Wednesday November 17, 2010	4:30 pm	Blue Ridge Community College
CVCA Social	Friday December 3, 2010	5:00 pm	The Depot, Staunton VA



Lisa Ellison

Greetings from Your New Editors!

This year two James Madison University students, Jorli Swingen (School Counseling) and Lisa Ellison (Clinical Mental Health Counseling), have taken on the task of writing and editing your CVCA newsletter. As the new editors, we would like to invite you to contribute to our professional conversation. We would love to hear from you if you:

- **Have a passion or area of expertise?** Write a brief article for the newsletter. All submissions should be approximately 500 words and include a graphic.
- **Have some interesting personal news to share?** We will feature personal updates for our members in our new column *Valley News*. We will publish updates from members regarding awards, births, weddings, promotions, and any other news you'd like to share with our community.
- **Read any good books lately?** We will also publish book reviews by members so we can all learn about new resources that can bolster our professional libraries.
- **Know of any trainings or events that may be of interest to members?** Please send us information on training and event so we can publish them to the website and add them to future newsletters.

We plan to publish the newsletter **four** times a year – *September, January, March, and May* so there will be plenty of opportunities to get your work published. Please send all inquiries and submissions to Lisa or Jorli at the following email address:

cvca17@gmail.com We look forward to hearing from you!!!



Jorli Swingen

Have an article or
research that you would like
to publish?

OR

Have a topic you would like
to read about in the
newsletter?

Contact Us!!!!

All submissions due by **December 22,**
2010 for the January Newsletter

FAMOUS PSYCHOLOGISTS

ADLER
ERIKSON
FREUD
HORNEY
JUNG
KLEIN
MASLOW
PAVLOV
PERLS
PIAGET
ROGERS
SKINNER
WATSON
WUNDT

W W N E Y U L G R E E G T V N
A O A I R E J B R O J L O T B
J L Z V E A N I B A G L I T F
S S T P D L K R P N V E D V W
L A M L W S K E O A R N R V A
R M E S O J H U P H U Q H S T
E R P N D U E R F W J U N G S
P Z A R W Y C S H G I U F N O
Y Y Y U V J P G O D N U E L N

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If so send us an e-mail at cvca17@gmail.com