**CVCA Hosts Psychopharmacology Workshop**

On Friday, February 20th CVCA hosted Dr. Colleen Tennyson for an all day workshop on psychopharmacology. The workshop was attended by 23 counselors, social workers, counselors in training and counselor educators all gathered together to gain a deeper understanding of the use of medical interventions in mental health concerns.

Dr. Tennyson provided an over-view of the dominant thinking concerning the physiological mechanisms of both the expression of mental health concerns and the action of medications to balance brain-based difficulties. Adding to the depth of her presentation was a discussion of the effects of medication beyond those of the basic mechanism of the medications, such as client perceptions of medications, social trends and cultural differences.

Many thanks to those who worked to arrange this workshop, including Teresa Haase, Dana Blauch and Vanessa Redmond.

**Taste of Thai CVCA Dinner & Workshop**

CVCA now has a long tradition of gathering together, family style, and enjoying the tastes and scents of Thai cooking, making connections, laughing together and enhancing our knowledge. This January we gathered at Taste of Thai and celebrated our work in the counseling profession. We were honored to be joined by Dr. Gretchen Wilhelm, LPC, LSATP, Valley Regional Director of Compass Counseling Services. Gretchen spoke eloquently and persuasively about the need for healthy organizations if we are going to be able to do quality, ethical work with our clients.

In her discussion she emphasized the importance of honesty between coworkers and a valuing of authenticity, as well as a prizing for humor, between staff and with clients in creating a thriving clinic culture. Several of those in attendance remarked on how helpful the discussion had been in reminding them that the work we do begins with ourselves and that our agencies need to reflect the health that we hope to support in our clients.

Thanks to those who helped to arrange this event, especially Teresa Haase, Dana Blauch, Vanessa Redmond, and Tempest Anderson.

**Ethics Workshop at EMU!**

Eastern Mennonite University’s Institute for Experiential Therapies is honored to be hosting a training by Dr. Teresa Haase and Dr. Linda Leitch-Alford. The training, *Counseling Technology and Counselor Competence,* will take place on April 10 from 9:00-12:30 and provides 3 CE’s. Please contact Amanda Williams with your registration, do not register on-line. You can contact her by telephone at (540) 432-4243 or at amanda.k.williams@emu.edu.

**Announcements:**

**Spring CVCA Social**

Join us on March 19th at 5:30 at the Depot in Staunton, VA for our Spring CVCA Social. Meet new people and catch up with old friends. We will provide the appetizers!

**Join the CVCA Board**

You may have noticed that CVCA has been very active in keeping local counselors connected and in providing needed continuing education experiences. CVCA has been recognized for its excellence by VCA five years in a row. We continue to push the outer edge of what we can do together by providing excellent training opportunities, mutual support, such as the new clinical group hosted by Teresa Haase, and networking opportunities in the form of regular socials. Would you like to be more involved with this outstanding organization and energized people? Contact Teresa Haase teresa.haase@emu.edu or Cheree Hammond cheree.hammond@emu.edu and let us know what position sparks your interest! Some of the positions that will be opening up include:

 President elect: works with the president and prepares to be the president in the following year

 Secretary elect: works with the secretary and prepares to take minutes and document the work events in the coming year

 Treasurer elect: works with the treasurer and prepares to manage the financial needs of CVCA in the coming year

 Historian: work with the historian and prepare to take on the role of photographing major events and document events in the coming year

 Newsletter (we need more than one person for this work!)

Serving on the board is a lot of fun and is a wonderful way to connect regularly with other counselors outside of the work environment. We’d love for you to join!