



The Quarterly

Award
Winning
Newsletter

The Official Newsletter of the Alabama Counseling Association

Volume 45 Issue 3 • Winter 2009-10

In This Issue

Pages

2009-10 Executive Council	15
Annual Conference Pictures	12
Award Winners Recognized.....	4-5
Chapter and Division News	13-14
Department of Defense Initiatives Grow	9
Graduate Students Present Research.....	6-8
HIV/AIDS What Counselors Need to Know .	11
Message from the President.....	2
RAVE, RAMP Awards Presented	11

Award Winners Recognized

By Dr. Eddie Clark & Dr. Necoal Driver, Awards Co-Chairs

It was a great experience to serve as the ALCA State Awards Chairs and to preside over this year's ALCA Awards Breakfast. We had over 40 ALCA members recognized for their outstanding contribution to the counseling profession. Here are highlights of those receiving awards.

Chapter/Division Outstanding Members:

- Dr. Mary Bartlett** - ALACES
- Carol Cleveland** - ALASGW
- Dr. Necoal Driver** – ALAMCD
- Dr. Nancy Fox** – ALSCA
- Dr. Debbie Grant** – ALCDA
- Mica Lacefield** – ALMHCA
- Michael LeBeau** – AGLBTICAL
- Dr. Mark Leggett** – Chapter III
- Dr. Yulanda Tyre** – Chapter VII
- Dr. Karena Valkyrie** – Chapter IX
- Susan Wales** – Chapter I

Recognition of ALCA Grant Winners

- Emerging Leader: **Dr. Mark Leggett**
- Research Grant: **Dr. Glenda Reynolds**
- ALACES Doctoral Scholarship Award:
Tomeka McGhee

The ALCA Individual Publication Award:

The Individual Publication Award is presented to recognize scholarly and timely publications of interest to counselors

Continued on Page 4

Counselors Meet in Birmingham

Alabama counselors gathered at the Birmingham Sheraton Civic Center from November 17-20, 2009, for the Annual Conference of the Alabama Counseling Association. The 1193 registered counselors included 953 active members, 33 retired members, 75 student members, 118 exhibitors and 14 non-members. During the three-day conference counselors heard three keynote speakers, attended 97 content sessions and were treated to two breakfasts as well as countless other receptions and breaks, plus the ever-popular Thursday night dance.

Keynote Speakers

Dr. Clifton Mitchell delivered a lively speech on Wednesday morning in which he reminded counselors of the power of words: "The mind moves you and your listener in the direction of the dominant thought regardless of whether it is stated in the positive or the negative." Instead of saying "Don't give me a hard time", say "Thanks for cooperating." The positive dominant thought remains in the person's mind; positive action will follow the positive words. Later in the day, Dr. Mitchell presented two back-to-back content sessions entitled "Effective Techniques for Dealing with Highly Resistant Clients".

Humorist **Bryan Townsend** entertained counselors on Thursday morning with funny stories that also challenged them to think about serious issues. A few of his repetitive statements are these: "Turn off the cruise control. Pay attention. Care enough. Good

Continued on Page 3

Emotional Success
during
Economic Distress

After five depressing, wintery verses in *Ode to the West Wind*, Percy Bysshe Shelley finally asks the question "If winter comes, can spring be far behind?" He wrote those words in 1820, almost two hundred years ago; yet they ring true to me today. After recounting the long winter with painful emotions, he was able to strike an optimistic note at the end. Isn't that what we want to do as counselors? Help our students/clients recount experiences, however painful, and then conclude that they can move forward, knowing that their lives will be better?

Throughout the fall and winter, ALCA has continued to provide opportunities for professional growth and fellowship for its members. We had a wonderful Annual Conference and many chapters and divisions are having workshops and meetings. My thanks go out to our conference chairs **Jerri Lynn Morrow** and **Katharine Nichols**, ads and exhibits chair **Carol Turner**, awards chairs **Eddie Clark** and **Necoal Driver**, program chair **Nancy Fox** and, of course Executive Director **Chip Wood** and office staff **Lin Wood**. Congratulations to all award winners! I especially want to express appreciation to all

attendees who made the conference successful in spite of tough economic times. As we prepare for Day on the Hill and our winter Executive Council meeting, I want you to remember that ALCA continues to work for you, our members.

These are the hardest days of winter...January and February.

The holiday season is over and the warm days of summer seem far away. The trees are mere stick figures these days, but if I look closely I can find little buds, symbols of flowers and leaves to come in a few weeks. Before long daffodils will emerge and make me smile. I'll hear birds chirping in the early morning instead of cold wind blowing through the trees. I'll walk on the beach in shorts and a t-shirt instead of a heavy hooded sweatshirt and long pants!

Yes, winter came, but spring is not far behind!!



Conference Chairs Express Appreciation

By Katharine Nichols

Jerri Lynn and I want to thank everyone who helped with the Annual Conference. Our wonderful members are so willing to help with whatever we ask of them. Judy did a great job picking our speakers and the content sessions had good reviews. I hope everyone left with information that will help you in your workplace. I know as a "retired" counselor, I left with a feeling of renewal, as always. For a volunteer organization we do pretty good work, thanks to all of you!

The Grammar Geek Speaks Be Careful with Apostrophes!!

Use apostrophes to show possession (Jane's book) and to indicate letter omission (can't for cannot); **do not** use apostrophes to make words plural. From the 5th Edition of the *Publication Manual of the APA*, page 110: "To form the plural of most abbreviations and statistical symbols, add *s* alone....without an apostrophe." Examples given: IQs, Eds., vols., Ms, ps, ns. The geek adds this one: CEUs.

Coming in the Spring, 2010, Quarterly

Deadline for articles: April 1

Election Results • Day on the Hill • ACA-Pittsburgh

Review of 2009-10 Activities

Preview of Annual Conference 2010



The Quarterly is published four times a year by The Alabama Counseling Association, a state branch of The American Counseling Association. Subscriptions are included in membership dues. For more information or change of address, contact Dr. Chip Wood, Executive Director, at the ALCA office.

Send timely articles to Judy Childress Editor, 1525 Astre Circle, Hoover, AL 35226 or email to childressj@charter.net

ALCA Contact Information

Phone: 205-652-1712

Email Address: alca@alabamacounseling.org

Toll Free: 1-888-655-5460

Mailing Address: ALCA

Fax: 205-652-1576

217 Daryle Street

Legalese: 1-877-652-1291

Livingston, AL 35470

Website: www.alabamacounseling.org • Alabama Licensure Board (ABEC): 1-800-822-3307
or www.abec.state.org • American Counseling Association: 1-800-347-6643

or www.counseling.org

Counselors

From Page 1

things don't happen by accident. Good people care enough to get it right."

On Friday morning, **Dr. Lin Linde**, President of The American Counseling Association, reminded Alabama counselors that they are a part of a bigger organization that works for all counselors. ACA is involved in several major projects, not the least of which is finding a definition of counseling—one on which all divisions can agree. Another major endeavor is legislative—trying to get third party payment for counselors in private practice.

Exhibits, Ads and Sponsors

ALCA is blessed to have outstanding, loyal sponsors, exhibitors and advertisers. ACT Corporation hosted the annual reception for the Executive Council. The Homebuilders Association of Alabama treated counselors to a breakfast at which time members were honored for their contributions to the profession and to ALCA. Breaks were sponsored by The Sheraton Hotel, UAB and ITT Technical Institute. A new and popular event was the breakfast sponsored by Auburn University and The University of Alabama. ALCA also appreciates its 118 exhibitors and numerous advertisers.

Graduate Students

A record number of graduate students presented poster displays of their research. A large crowd of members walked around and talked with the students who explained their research and answered questions.

Chapters and Divisions

Time was set aside for meetings and receptions of chapters and divisions. Some divisions (ALSCA, ALMHCA, ALAMCD, ALACES, ALAMFC) had luncheons. ALASERVIC had a breakfast.

Other Events

Chapter and division presidents and presidents-elect met with their coordinator. The New School Counselors Roundup was well-attended. There were receptions for past ALCA presidents and retired counselors. The annual Thursday night dance was full of fun, laughter and door prizes.

The Conference Committee

Jerri Lynn Morrow and **Katharine Nichols**, conference co-chairs, organized the conference and worked for months making sure that all the details were anticipated. Executive Director **Dr. Chip Wood** and assistant

Lin Wood fielded questions and handled all registrations. (Plus many more details too numerous to mention!) **Carol Turner** recruited advertisers and exhibitors. **Nancy Fox**, president-elect and program chair, coordinated content session selections and scheduled the sessions and room usage. As many of the conference evaluations stated, "Great conference!" "Thanks for your hard work!"

The 2010 Annual Conference will be in Mobile November 27-19.

IN REMEMBRANCE

The Rev Charles O. Hollingshead died December 22, 2009, in Tuscaloosa. The Rev. Mr. Hollingshead was an active ALCA member and leader and had served as Chapter III president. Executive Director Dr. Ervin L. Wood said, "I was privileged to call Charles a friend. He was truly a good man. He will be missed."

ALCA ENDOWMENT FUND

If you want to honor someone, send a memorial, or just make a contribution, the ALCA Endowment Fund is perfect for you.

Your contribution supports counseling activities. As a service to our Endowment Fund contributors, we will send the appropriate acknowledgements.

Contact Lin Wood at (205) 652-1712 or
lin@alabamacounseling.org

Important ALCA Meetings are Set through 2012

The following are dates for ALCA events in the future. Chapters and Divisions are asked to plan their schedules around these important times:

March 18-22, 2010	ACA Convention	Pittsburgh, PA
May 6-7, 2010	Executive Council	Columbiana
November 16-19, 2010	Annual Conference	Mobile
November 15-18, 2011	Annual Conference	Birmingham
November 14-16, 2012	Annual Conference	Montgomery

See the ALCA website - Activities Calendar - for up-to-date information and additions.

Award Winners

From Page 1

and to encourage future research. This year's winning publication, titled "Intimate Partner Violence and Women's Sexual Health: Implications for Family Therapy," encouraged future research of the need for clinical training in developing an appropriate intervention approach for intimate partner violence with clear empirical support.

Nominated by ALSCA: **Dr. Debra Cobia, Dr. Kathy Robinson, & Dr. LaWanda Edwards**

The ALCA Chapter/Division Publication Award:

The Chapter/Division Publication Award recognizes the unique and superior publication of significant interest to the counseling profession, particularly ALCA and its members. This year's winning publication The ALSCA Newsletter highlighted professional development opportunities specific to Alabama school counselors as well as provided updated information from the AL Department of Education to connect its members to counseling organizations and services.

Nominated by ALSCA: **Dr. Debbie Grant**, Newsletter Editor

The ALCA Chapter/Division Service Award:

The Chapter/Division Service Award recognizes the unique and superior professional service of significant interest to the community. This year's winning service "The ALMHCA Mental Health Awareness – Stress Management Blast" provided an interactive and didactic presentation that focused on effectively managing stress. This program also won the 2009 AMHCA Consumer Service Award.

Nominated by ALMHCA: President: **Mica Lacefield**

The ALCA Chapter/Division Program Award:

The Chapter/Division Program Award recognizes the unique and superior program of significant interest to the counseling profession, particularly ALCA and its members. This year's winning program entitled "Ethical and Legal Issues in Supervision" represented a significant contribution to the counseling profession by focusing on counselors in court, privacy of clients' records and liability in counseling.

Nominated by ALACES: President: **Dr. Mary Bartlett**

The ALCA Distinguished Professional Service Award:

The Distinguished Professional Service Award is presented to honor and recognize outstanding service that reflects a significant contribution to the counseling professional and ALCA, as well as to stimulate future service projects for the well-being of the counseling profession and community service. This year's winner, currently an Assistant Professor at Alabama State University and Past President of ALAMCD, was recognized for outstanding contributions in several areas including leadership, professional development, and his commitment to the Alabama Reading Initiative.

Nominated by ALAMCD: **Vincent Hinton**

The ALCA Outstanding Practitioner Award:

The Outstanding Practitioner Award recognizes excellence in school, community or private practice counseling. This year's winner is a Licensed Professional Counselor (LPC) and approved Supervising Counselor in Montgomery as well as a currently appointed board member to the Alabama Board of Examiners in Counseling. She is currently the Program Director for the Family Sunshine Center specializing in services for victims of domestic violence.

Nominated by Chapter VII: **Marjorie Baker**

The Fannie R. Cooley Award for Distinguished Professional Development:

The Fannie R. Cooley Award recognizes outstanding professional development designed to enhance the techniques, strategies, and systems beneficial to counselors. This award includes a \$100 grant as a personal testimony of Dr. Cooley's love and admiration for the genuine care and concern for the professional development of counselors. This year's winner is a Professor and Department Head at the University of Alabama and Consultant to the Alabama Board of Examiners in Counseling. He is highly revered among colleagues as a counselor educator who embodies the role of educator, mentor, consultant, and friend who has a genuine concern for appropriate and effective client care as well as an authentic appreciation for the professional development of future and current counselors.

Nominated by ALACES: **Dr. Allen Wilcoxon**

The Jean H. Cecil Distinguished Counselor Educator Award:

The Jean H. Cecil Distinguished Counselor Educator Award recognizes a counselor educator who has been an exemplary mentor for counselors, encouraged excellence among counselor, and has provided an opportunity for exceptional counselor training and accomplishments. This year's winner is an Associate Professor at the University of Alabama and a Licensed Professional Counselor (LPC). She is a long-time member of the Alabama Counseling Association, the American School Counseling Association and the Southern Association for Counselor Education and Supervision.

Nominated by Chapter III: **Dr. Joy Burnham**

The Wilbur A. Tincher Award for a Humanitarian and Caring Person:

The Wilbur A. Tincher Award for a Humanitarian and Caring Person recognizes an ALCA member who gives to others without fanfare or expectation. This award includes a \$100 grant as a personal witness to Dr. Tincher's love and admiration for those who genuinely care for the personal welfare of others and social justice. This year's winner, esteemed by colleagues and friends, embodies the key words CARING and HUMANE.

Nominated by ALGBTICAL: **Gloria Anderson**

Congratulations to Winners of ALCA Awards 2009!



Graduate Students Present Research

Graduate students presented their research via posters at the ALCA Annual Conference. The students, universities, research titles and faculty mentors are as follows:

Cynthia Swain, ASU, "Counseling Centers of HBCUs & PWIs in the River Region: An Intern Perspective"
Vincent Dwayne Hinton

Felicia Pressley, AU, "Counseling: Understanding Male Development", Dr. Chippewa Thomas

Tiffany C. Hines, AU, "Literacy in Poverty Advocacy Project", Dr. Cynthia Vasilas

Danielle George, AUM, "ODD Girl Out: The Hidden Culture of Aggression in Girls", Dr. Glenda Reynolds

Laura Paddock, AUM "Eating Disorders: What Families Need to Know", Dr. Glenda Reynolds

Lindsay Smith, AUM, "Should Counselors Discuss Abortion with Female Clients", Dr. Glenda Reynolds

Somer Nowak, JSU, "Through our Eyes: A Counselor's Look at Art", Dr. Nancy Fox

Nicole Baldwin, TSU-Dothan, "The Affects of Approach and Avoidant Coping on PTSD", Dr. Brent Tucker

Brianne Curl, TSU, "Life Satisfaction: The Role of Attachment Style in the Transition to Assisted Living", Dr. Karen T. Valkyrie & Dr. Mary Anne Templeton

Paige Jones, TSU, "Life of Purpose: Religiosity, Meaning of Life and Life Satisfaction in Emerging Adulthood", Dr. Karena T. Valkyrie

Ashleigh Kerlin, TSU "The Relationship Between Astrological Sun Sign and Job Satisfaction in Young Adults Ages 21-30 Years Old", Dr. Brad Willis

Holly Martin, TSU, "The Influence of Early Childhood Family Interaction in Later Development of Academic Dishonesty", Dr. Karena T. Valkyrie & Dr. Mary Anne Templeton

Justin Prescott, TSU, "The Effects of Victimization on Relationship Behaviors Among College Students", Dr. Brad Willis

Terissa Upchurch Butler, UA, "Through the Looking Glass: A Grounded Theory Study of Forensic Psychologist Views of Multicultural Issues and the Professional Literature", Dr. Joy Burnham

Beth Blackwell, Bethany Roden & Millard Barnes, UAB, "ABC at UAB: The Adventure Based Counseling Program at the University of Alabama at Birmingham", Dr. Larry Tyson

Jason Branch, UAB, "Combating the Stigma of Counseling in the African American Community", Dr. Solange Ribeiro

Brittany Gregg, Rachael Garrett & Tyler Finklea, UAB, "Counselors and Counselor Educators as Mediators", Dr. Michael Brooks

Melba Holloway & Amanda Shulburt, UAB, "Suicide Ideology, Self-injurious Behavior and Suicide Attempts among Middle School Girls", Dr. Michael Brooks & Dr. Judith Harrington

Kara Jones, UAB, "Marital Satisfaction Across the Transition to Parenthood", Dr. Solange Ribeiro

Claire Robb, Brianna Gesinski, Lynn English & Rhiannon Reese, UAB, "A Counselor's View of Italy: The Cultural Experience of UAB Counselor Education Students", Dr. Larry Tyson

Misty Bailey & Cheryl Doyle Lewallen, UM, "The Technology Monster: How It Can Crush Marital Intimacy", Dr. Mary L. Bartlett

Dominiqua J. Cecil & Tyesha Fuller, UM, "Conversion Therapy: Outcomes and Viewpoints", Dr. Mary L. Bartlett

LaTeasha Harris & Davita Jefferson, UM, "Long Term Affects of Childhood Sexual Abuse", Dr. Mary L. Bartlett

Alana Hataway & Megan Reichert, UM, "K9 to 5: Getting Off on the Right Paw", Dr. Mary L. Bartlett

Christy Millard, UM, "The Job Romance: A Relational Approach to Long Term Job Satisfaction", Dr. Charlotte Daughhete

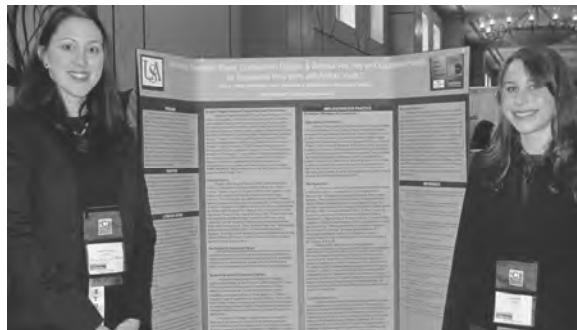
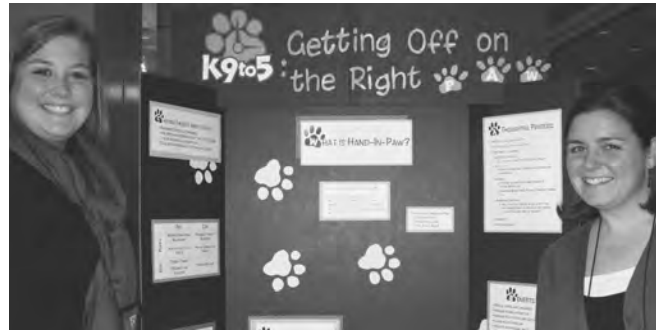
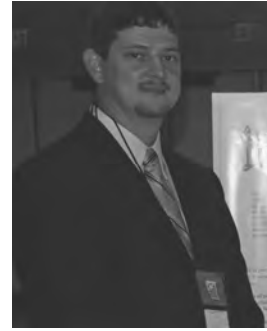
Carlos Richardson, UM, "Alabama Therapeutic Education Facility (ATEF): An Alternative Correctional Facility", Dr. Mary L. Bartlett

Brittany Ann Spiller, UM, "Career Counseling for Gay, Lesbian, Bisexual and Transgender (GLBT) Clients", Dr. Mary L. Bartlett

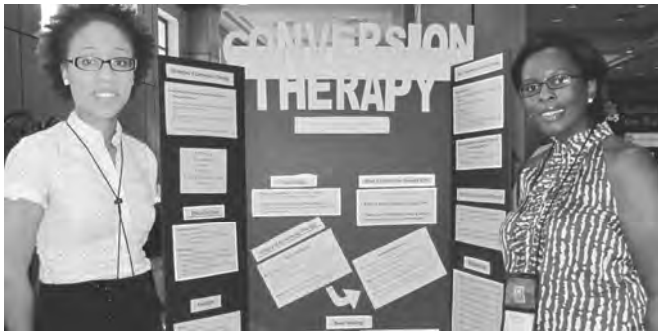
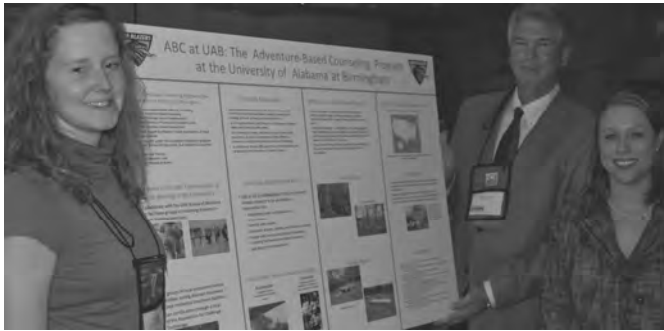
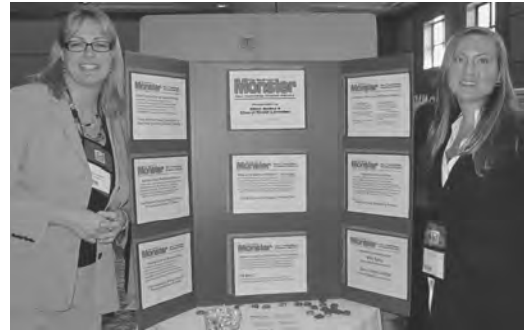
Rebecca Bodiford & Larua Grace McGee, USA, "Secondary Traumatic Stress, Compassion Fatigue & Burnout: Are They an Occupational Hazard for Counselors Who Work with At-risk Youth?", Dr. James (Tres) Stefurak

Terri Duck, USA, "Backpacks for the Homeless", Dr. Irene McIntosh

Graduate Students Present Research



Graduate Students Present Research



Department of Defense Initiatives Grow to Support Military Families

By Dr. Mary Bartlett, Clinical Director,
Magnolia Creek Residential Treatment Center

In the fall, I facilitated a workshop for the Department of Defense (DoD) at the Joint Family Readiness Conference in Chicago. The conference was sponsored by the Department of Defense ensuring that clinical workers, chaplains, commanders, program coordinators, and many others working worldwide could gather for training on how to best support military members of all branches (Army, Navy, Air Force, Marine Corps, Coast Guard, National Guard, and Reserve units) and their families. Then, in January I was invited to attend the Department of Defense annual conference on Suicidology held in Washington, D.C., in which many of the same people attended, with an eye toward how to meet the needs of family members and troops presenting with symptoms of depression and thoughts of suicide.

The Department of Defense recognizes that the sustained war effort combined with the high deployment rate among our troops impacts marriages, children and the family unit as a whole. The conferences featured benchmark research being conducting with hundreds of organizations across the military to identify challenge areas, explore support programs and distribute results to employees at all levels. The leaders attending the conference make program decisions for their units and across the military that impact families. Staff members who attended the conferences typically provide direct client services and see firsthand the successes and challenges of the programs. Additionally, workshops were offered to discuss best practices with a focus on core issues that warrant special attention, including the increasing suicide rates among military and their family members.

Aside from meeting key Pentagon-level leaders and learning about cutting-edge research and new military nomenclature, what impressed me the most was learning about the hundreds of programs available for families across a wide spectrum of issues. Also significant is that the programs are available not just for people working within the Department of Defense, but for mental health and medical professionals in all venues, including schools, family practice, hospitals, community mental health agencies and colleges.

The efforts of the Department of Defense now extend well beyond the walls of military installations and out into the civilian communities. This expansion to include professionals working with military family members in off-post, off-base and off-station facilities is a result of the increasing numbers of guard and reserve members who serve in dual roles—that of military member and that of a civilian, commonly referred to as “citizen soldiers” when not on drill or deployed. The transitions these heroes go through have their own unique challenges, which until recent years have likely been underserved.

I encourage all counseling professionals to seek training on working with the growing military population in each of our communities. They can be military members, spouses, their children or the extended family. To view a clip that was a joint effort between military and civilian children, sponsored by the Arkansas 4-H Military Partnership program called “Operation Military Kids,” go to the following link:

www.youtube.com/watch?v=q3EnMY1H6Zw.

This project is one of hundreds across our nation that allows civilian children to interact with military kids in order to gain a better understanding of the lifestyle a child with a military parent has. The Department of Defense recognizes it is essential that civilian mental health professionals providing counseling services to military members and their families understand the culture of the military in order to treat them, as well as to have the resources to do so. The video is just one example of the creative work the Department of Defense is doing to make this happen.

Below are a few links to organizations that have partnered with the Department of Defense. Information is available at these sites for those interested in learning how to serve military clients, or clients affiliated with the military, better and more effectively:

www.jointservicessupport.org

www.guardfamily.org

www.focusproject.org

www.zerotothree.org

www.strengtheningfamilies.org

www.fathersource.org

www.4-hmilitarypartnerships.org

www.operationmilitarykids.org

www.militaryonesource.org

www.healthymarriageinfo.org

www.yellowribbonsg.org

Dr. Thomas Receives Award

From AUM News Release

Dr. Carolyn Thomas, professor and coordinator of Counselor Education, Auburn University-Montgomery, was recently awarded the inaugural Excellence in Faculty Outreach Award for her extraordinary leadership of domestic violence prevention efforts in Montgomery and around the state over the last three decades.

Thomas' work began in 1975 when she became a member of the Alabama Statewide Domestic Abuse Task Force; she helped write the first Public Service Grant to develop awareness of the need for services. In 1979, the Alabama Coalition Against Domestic Violence, now known as the Family Sunshine Center, was created, and Thomas was selected to be the founding president. "Through her work with battered women, their families and their perpetrators, Thomas has shared a wealth of knowledge with her counseling students. The real-life examples and her solid research has proven time and time again to be an excellent model for students in counseling," said Katherine Jackson, vice chancellor of University Outreach.

Thomas' outreach efforts with victims of domestic abuse are directly compatible with the University's mission. Through her outstanding service in the community, she has received 32 awards and much recognition throughout her career for teaching and prolific service.

Emerging Leader Encourages Others

By Mark F. Leggett, Emerging Leader

I was honored to be nominated by Chapter III and then selected as the ALCA Emerging Leader for 2009. I have been a member of the Alabama Counseling Association for over 10 years. In the fall of 2004, I was asked to serve on a special issues committee appointed by Michael Lebeau, then president of ALCA, and led by Glenda Elliot and Frank Hrabe. The committee was given the charge to explore the need for a division within ALCA to address LGBT issues in counseling. I was so impressed by the dedication and hard work of Glenda and Frank and others who volunteered to serve. It was their efforts and

leadership that inspired me to become more active in educating other counselors about the barriers and struggles that LGBT individuals face and to take on more leadership roles within ALCA.

Fortunately, the executive council approved the formation of ALGBTICAL as a division, which in turn provided me with more opportunities to become active. I served as president of the division in 2007, working together with our executive council in organizing our first workshop in Birmingham. It was such a rewarding experience to have the support of my fellow colleagues in ALCA in providing information and resources for counselors to provide quality service to the LGBT community.

In 2008 I served as president of Chapter III, following Dr. Karla Carmichael's successful efforts to revitalize a chapter that was once one of the largest and most active in the association. I continued my service within ALCA by serving as secretary for ALMHCA in 2008 and 2009, as well as being elected secretary of ALCA in 2009.

It has been an honor and a privilege to work for an association in which I so strongly believe. I feel it is my duty and responsibility as a private practitioner and a counselor educator to support and give back to ALCA and will continue to do so. I especially encourage our student members to become more involved. The opportunities are numerous at the division and chapter levels to provide new leadership, as well as to benefit through professional networking, educational opportunities, and advocacy work. Again, I thank Chapter III for nominating me for this award and the individuals who inspired me to step up and do my part.

Updated Legal Liability Issues Book Published by ALCA

The must-have reference book for Alabama counselors, *Legal Liability Issues for Alabama Counselors* has been updated with three new articles and is available for purchase. There are 29 articles in more than 240 pages of pertinent information for counselors in all settings. With the new articles (**no** old articles were deleted) it is better than ever and even more timely than before. To order, submit a written request and check for \$25 to Dr. Ervin (Chip) Wood, ALCA Executive Director, 217 Darryl Street, Livingston, AL 35470.

RAVE, RAMP Awards Presented at 2009 ALSCA Awards Luncheon

The Alabama School Counselor Association (ALSCA) recognized exemplary programs that demonstrated successful implementation of the American School Counselor Association (ASCA) National Model. At the state level, the *Recognition of Accountability, Verification, and Excellence (RAVE)* Awards were presented:

RAVE: Gold (3rd consecutive year)

Judy Stoppelbein,

Vestavia Hills Elementary-East

Dianne Thompson-McDonald,

Vestavia Hills Elementary-Liberty Park

RAVE: Silver (2nd consecutive year)

Becky Murray & Leticia Varner,

Jonesboro Elementary, Bessemer City Schools

RAVE: Bronze (1st year)

Mary Wilson Kearney, Jana Lee, Tammy Cauthen;

Bottenfield Middle, Jefferson County

Yolanda Williams,

Charles F. Hard Elementary, Bessemer City

Stephanie Holcomb,

Vestavia Hills-Liberty Park Middle School

ALSCA President Nancy Wolfe presented a certificate of recognition for national achievement to **Celeste Neil**, now retired Counselor of Vestavia Hills Elementary-West for her *Recognized ASCA Model Program (RAMP)* Award in 2008.

HIV/AIDS What Counselors Need to Know

By Joan Fobbs-Wilson, Ph.D., CRC, Associate Professor and Coordinator of Rehabilitation Counselor Education, Alabama A & M University, Huntsville

Why Do We Need to Focus on HIV/AIDS?

The CDC has reported that although African Americans comprise 13% of the American population, approximately 49% of all reported HIV/AIDS cases are among African Americans. Even though African

Americans are at greater risk, HIV is increasing among all populations. Counselors need to become more aware of ways they can make a difference in the lives of individuals by increasing their knowledge of what HIV is and how it can be avoided. At Alabama A & M University a group of Student Peer Educators (SPEs) have formed a student organization to make a difference. The SPEs, called C.O.D.E. III, have embarked upon an ambitious initiative to spread the word about the importance of being tested for HIV. Through a grant from the U.S. Department of Health and Human Services the students are trained to provide education sessions on HIV/AIDS throughout the campus and community. They organize numerous activities including skits, newsletters and education sessions and they distribute literature on HIV/AIDS. For more information call 256-372-4039.

Are You Aware?

Every 30 minutes one person under the age of 29 will contract HIV!

(American Public Health Association)

If diagnosed early it is possible to live with HIV due to new treatments. If undiagnosed, the chances of HIV advancing to AIDS increases.

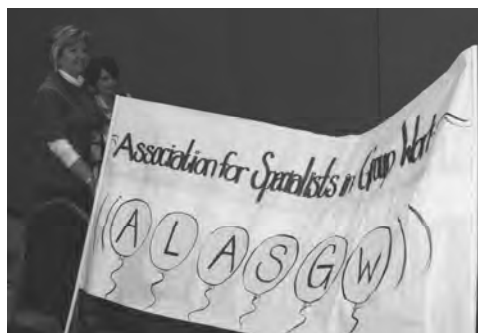
Where and Why — Getting Tested for HIV

- *County Health Departments provide testing and can test for other sexually transmitted diseases at the same time.
- *AIDS Coalitions or similar organizations can provide testing or information about testing sites.
- *Community Clinics either provide testing or can refer to testing locations.
- *Primary Care Physicians can have their patients tested.

There are two forms of testing, (1) a mouth swab which provides a quick screening for HIV and (2) blood testing, which provides more definitive information.

HIV testing results in information about whether an individual has HIV, which if treated can avoid progression to AIDS. GET TESTED and encourage others to get tested so that we can reduce the incidence of the deadly destruction of AIDS.

Annual Conference 2009 In Pictures



AADA Develops Brochures

By Robert A. Dobmeier, PhD, LMHC, CRC
Association for Adult Development and Aging Professional
Development Chair

The Association for Adult Development and Aging (AADA) has Life Series brochures available that address counseling topics associated with adults. The brochures are for use by counselors and other practitioners who work with elderly persons in private practice, Office of Aging, health, and other professional settings. Topics include Depression and the Elderly, Leisure Development and Planning, Alcohol Abuse and Aging, Prescription Drug Abuse and Aging, Communicating with Your Doctor, and Spirituality and Aging. The brochures have a panel in which counselors insert their own contact information to educate communities about their practice along with the counseling topic. One brochure is available for \$15 and six for \$50. Online distribution to the counselor allows for unlimited use electronically or in print. To place an order or to read more about the brochures go to the AADA website at <http://www.aadaweb.org/>. If you have questions please contact me at rdobmeie@brockport.edu or (585) 395-5090.

ALACES Offers Workshops

By Dr. Brad Willis, President

Greetings! I hope everyone has had a great start to the new year. ALACES had a busy and productive time at the ALCA fall conference and we look forward to serving our members in 2010. If you have not already signed up, there may still be room for you to register for our winter workshop. The ALACES winter workshop will be held on Friday, February 26th on the Troy University-Montgomery campus. Speakers include Dr. Andy Creamer (PTSD), Dr. Emma Peden (Suicide) and Dr. Robyn Trippany (Vicarious Trauma). Four CEUs will be offered. If you need more information, contact Dr. Lynn Boyd, lynnboyd@troy.edu. Also, we are looking forward to our June workshop (Date TBA) which will deal with ethics and counselor supervision. Look for more information on that workshop soon.

ALSCA Encourages Member Participation

By Nancy Wolfe, President

The ALSCA Executive Board met at the end of October to discuss the direction ALSCA wanted to move in for the 09-10 year. Under discussion were providing professional development to counselors in the state, providing relevant and informative session at the ALCA Fall Conference in November, and making a couple of by-laws changes. At the ALCA Fall Conference, ALSCA met to discuss by-laws changes, to encourage members to run for office and get involved, and to also encourage members to attend the Career Development Conference in January. Several members of the ALSCA Executive Board presented a session "New Counselor Round-Up" at the conference in which they provided new counselors with information about the state plan, counseling ideas and resources. ALSCA elections are taking place soon and we would like for our members to keep an eye out for their ballots and to participate in the voting process.

Chapter III Congratulates Award Winners

By Jamie Satcher, President

Chapter III was fortunate to be well represented at the ALCA Fall Conference. We would like to recognize Chapter III members who received awards at the awards breakfast. Dr. Mark Leggett was selected as Outstanding Member for Chapter III. Also, he was honored as the ALCA Emerging Leader for 2009. Dr. Allen Wilcoxon received the Fannie Cooley Distinguished Professional Development Award. Dr. Joy Burnham received the Jean H. Cecil Distinguished Counselor Educator Award. Congratulations to all!

Chapter III will have a workshop in the spring on ethics. The date and location will be announced later.

Listserve

For timely information about professional meetings, state and national legislative updates and association news, add your name to ALCA's Listserve!

Email chip@alabamacounseling.org to be a part of this award-winning service to members.

Valkyrie's View January 2010 – Reflections

By K. T. Valkyrie, PhD, LPC, Chapter IX President

At the May 2008 meeting, the Executive Committee of Chapter IX set three goals for the next year – that would be 2009. They are these:

to increase our membership

to increase participation of our members

to increase our visibility in our communities and at the state organization level

For two years, we have used these three goals as our “north star” in this journey together. The economic downturn has affected everyone to some degree. Nonetheless, ALCA – Chapter IX has seen a few new members sign up. Our annual meeting at the conference in Birmingham saw nine members attending – a few new (or returnees) – a small, but energized, group. We have made efforts to increase our visibility at the state organization level through regular submissions to *The Quarterly* and our active attendance of and professional contributions to the annual conference. We have produced several professional workshops in the last two years as a service to our community of counselors. Indeed, I think one of our greatest accomplishments is that our small group is producing two training, continuing education workshops during the year that offer support and fellowship with colleagues. Is it enough? Could we do more?

Socrates is credited with stating, “An unexamined life is not worth living.” After the hustle and bustle of the fall months with all the activities, I think the beauty of January is that we are given the opportunity to slow down and to examine our lives, our paths, and if necessary, to set new goals, to seek new stars. We need to make sure our “true north” is indeed good for us. Clearly a plan or map is necessary; in the spring of each year Chapter IX gets to examine its map. It is important work.

On his *Relax, Focus, Succeed* website, Karl W. Palachuk wrote:

If there are two people, one with a map and one without a map, who has the better chance of reaching her destination? The one with the map, of course! When

you set aside time to examine your life, you get to choose your destination; you get to set the goals; you get to determine the path; you get to decide how long it will take; and you get to decide whether you're on the right path or the wrong path. (<http://www.relaxfocussucceed.com/Articles/2003010002.htm>)

Chapter IX is entering a period of reflection and examination. First we want to make sure the goals set in 2008 are still valid for this new decade. We also are looking for candidates to fill Executive Committee positions. Particularly we want to elect or choose a President-Elect, Secretary, and Members-At-Large to make a smooth transition when I leave office. The Executive Committee needs your input and support as they will guide us using the map we create. We want to hear from all of our members. Feel free to complete the needs survey on our website (<http://alcachapterix.com/index.html>), to email me (kvalkyrie@troy.edu), or to telephone me (334-670-3359) with thoughts and suggestions.

Speaking of continuing education workshops, I am thrilled to tell you that we have been working with Chapter VII, Chapter IX, ALAADA, ALAMCD, ALCCA and ALDARCA to present a six-hour **Building Bridges** workshop: **Working with Diverse Populations: Ethics and Competency Issues** to be held at **Auburn Montgomery on February 5, 2010.**

Clearly we are “doing good things,” but to stay on the right path, we need to hear from our members. Let's find “true north” together through service to our chapter. I look forward to seeing you at our annual business meeting on February 5th in Montgomery (during our lunch break). Until then take good care and Happy New Year!



The Alabama Counseling Association

Executive Director: **Dr. Ervin "Chip" Wood**, Livingston

Elected Officers:

President: **Judy Childress**, Hoover
President-Elect: **Dr. Nancy Fox**, Jacksonville
Past Pres.: **Katharine Nichols**, Hoover

Secretary: **Dr. Mark Leggett**, Tuscaloosa
Treasurer: **Nancy Wolfe**, Huntsville
Historian: **Dr. Melanie D. Wallace**, Birmingham

Appointed by President: Parliamentarian **Joanne Schrantz**, Auburn

Chapter Presidents:

Chapter I**Merry Albro**, Decatur
(Colbert, Cullman, Franklin, Lauderdale, Lawrence, Limestone,
Morgan and Winston Counties)
Chapter II**Rebecca Thompson**, Madison
(Blount, Jackson, Madison and Marshall Counties)
Chapter III.....**Dr. Jamie Satcher**, Tuscaloosa
(Fayette, Greene, Hale, Lamar, Marion, Pickens, Sumter,
Tuscaloosa and Walker Counties)
Chapter IV**Lynn Wasylenko**, Birmingham
(Jefferson and Shelby Counties)
Chapter V.....**Patty Watkins**, Rainbow City
(Calhoun, Cherokee, Cleburne, Dekalb, Etowah, St. Clair and
Talladega Counties)
Chapter VI.....**Brenda C. Stevens**, Montgomery
(Autauga, Bibb, Butler, Chilton, Choctaw, Dallas, Lowndes,
Marengo, Perry and Wilcox Counties)
Chapter VII**Katie McKeen**, Montgomery
(Bullock, Chambers, Clay, Coosa, Elmore, Lee, Macon,
Montgomery, Randolph, Russell and Tallapoosa Counties)
Chapter VIII**Angela D. Rodgers**, Mobile
(Baldwin, Clarke, Conecuh, Escambia, Mobile, Monroe and
Washington Counties)
Chapter IX**Dr. Karena T. Valkyrie**, Troy
(Barbour, Coffee, Covington, Dale, Crenshaw, Geneva, Henry,
Houston and Pike Counties)

Division Presidents:

Alabama Association for Counselor Education and Supervision
(ALACES)**Dr. Brad Willis**, Troy
Alabama Association for Multicultural Counseling and
Development (ALAMCD)**Dr. Chippewa M. Thomas**, Auburn
AL Assoc. for Spiritual, Ethical and Religious Values Issues in
Counseling (ALASERVIC).....**Dr. Jerry Kiser**, Jacksonville
Alabama Association for Specialists in Group Work
(ALSGW).....**Jacques L. Austin**, Lipscomb
Alabama College Counseling Association
(ALCCA).....**Fran Jerkins Davidson**, Andalusia
Alabama Division of the American Rehabilitation Counseling
Association (ALDARCA).....**Mary Anne Templeton**, Troy
Alabama Mental Health Counselors Association
(ALMHCA)**Mica Lacefield**, Florence
Alabama School Counselor Association
(ALSCA).....**Nancy Wolfe**, Huntsville
Alabama Association for Marriage and Family Counselors
(ALAMFC).....**Venecia W. Hubbard**, Deatsville
Alabama Career Development Association
(ALCDA).....**Joy H. Jones**, Alabaster
Alabama Association for Addictions and Offenders Counselors
(ALAAOCA).....**Don Phillips**, Huntsville

Alabama Association for Adult Development
(ALAADA).....**Harriet Schaffer**, Birmingham
Assoc. for Gay, Bisexual, Transgender Issues in Counseling of
Alabama (ALGBTICAL)**Michael Lebeau**, Birmingham

Standing Committee Chairs:

Nat'l Awards/Resolutions**Ingie Burke Givens**, Tuscaloosa
State Awards/Resolutions**Dr. Eddie Clark**, Montgomery
.....**Dr. Necoal Driver**, Montgomery
Bylaws**Joanne Schrantz**, Auburn
Budget/Finance**Nancy Wolfe**, Huntsville
Nat'l Govt/Prof Relations.....**Dr. Yulanda Tyre**, Cecil
State Govt/Prof Relations.....**Carol Turner**, Birmingham
Ethics**Meg Smith**, Montgomery
Membership.....**Darlyce Bundy**, Birmingham
.....**Dr. Joyce Rhoden**, Tuskegee
Program.....**Dr. Nancy Fox**, Jacksonville
Publications**Katharine Nichols**, Hoover
Nominations/Elections**Katharine Nichols**, Hoover
Professional Standards.....**Dr. Tommy Turner**, Boaz
Publicity.....**Dr. Melanie D. Wallace**, Birmingham

Special Committee Chairs:

CEU Coordinator.....**Dr. Carolyn Thomas**, Pike Road
Chapter/Division Coordinator**Michael Lebeau**, Birmingham
Endowment Fund**Lin Wood**, Livingston
Graduate Students**Dr. Karla Carmichael**, Tuscaloosa
.....**Vincent Hinton**, Birmingham
Hospitality**Carolyn Johnson Liggins**, Birmingham
Current issues**Shirley Curry**, Tuskegee
Leadership Development.....**Monica Hunter**, Mobile
.....**Dr. Monica Mack**, Montgomery
Strategic Planning**Katharine Nichols**, Hoover
Research/Evaluation**Kassie Doggett**, Birmingham
Professional Development**Nancy Fortner**, Brownsboro
Annual Conference.....**Jerri Lynn Morrow**, Pleasant Grove
.....**Katharine Nichols**, Hoover

Special Functions:

Alabama Board of Examiners in Counseling
.....**Dr. Walter Cox**, Birmingham
State Dept of Education Liaison.....**Janice E. Webb**, Montgomery
ACA Liaison**Dr. Thelma Robinson**, Florence
The Journal**Dr. Larry Tyson**, Birmingham
The Quarterly.....**Judy Childress**, Hoover
Retired Counselors' Group.....**Dr. Fannie R. Cooley**, Tuskegee
Chi Sigma Iota Liaison**Dr. LaWanda Edwards**, Montgomery
Circle of Presidents**Jerri Lynn Morrow**, Pleasant Grove
Ads/exhibits.....**Carol Turner**, Birmingham
Adaptive Needs Accom**Dr. Angela M. Stowe**, Birmingham
.....**Patti Sheets**, Birmingham

ALCA
217 Daryle Street
Livingston, AL 35477

Non-Profit Org.
U.S. Postage
PAID
Birmingham, AL
Permit No. 2020

We're on the Web
www.alabamacounseling.org

RETURN SERVICE REQUESTED.