



**March
2016**

**Volume 5,
Issue 2**

A Message from the TCA President



Happy New Year Colleagues,

I hope that you are having a productive beginning of the year. Your TCA leadership has been hard at work striving to market and expand our organization. Our strategic plan is underway and I am pleased to announce that our membership is growing.

TCA 2015 Conference: I would like to thank Kat Koy and her planning committee for providing a wonderful fall conference this past November. The abundance of attendees, professional development sessions, graduate poster presentations, speakers, and networking opportunities were exceptional. I am pleased to announce that Lisa Henderson was elected as President elect-elect of TCA and Dr. Eva Gibson was elected as Secretary for the 2015-2016 year. We can expect an outstanding year and another great conference this year under the leadership of our new conference chair, Lisa Henderson.

TCA Website: TCA is definitely on the move. We are working on improving the utility of our website by having access to each chapter and divisions page. Also, we are including links to job postings, and information on how to communicate with your legislator. We now have a link for organizations and companies to link to the website to keep you posted about positions in Tennessee.

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Patricia Lutu-Mayes M.S.
Catina Miller
TCA Publications Co-Chairs
TCApublications@gmail.com

A Message from the TCA President continued...

This site will be updated as positions become available. Additionally, you have access to the job postings link offered by the American Counseling Association website through our job postings tab.

Our new Webmaster has been working diligently this year on assisting each chapter and division with setting up their own website with links to TCA's site. He is also offering individual training sessions to assist leaders within the chapters and divisions with questions regarding updating and editing their sites.

In the next few weeks, I will send out a step-by-step guide to connect you with Tennessee's elected officials. The public policy and legislation committee would like for you to call and/or schedule times to meet with your representatives. The better our relationship, the more we can open the lines of communication to talk about legislation which affects our profession.

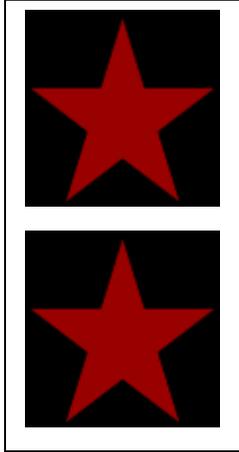
TCA Governing Council: The council met in last July and November and had conference planning meetings. We made some changes to the bylaws during our November meeting which will be updated and placed on the TCA's website by February of this year. Our next called meeting will be in February as we prepare for the upcoming LDI in July.

Upcoming conferences: I will attend the America Counseling Association (ACA)- Southern Region Leadership and Advocacy Conference which will be held in Dallas Texas, January 29-31. The theme for this conference is: "Preparing and Affirming Leaders and Advocates". I look forward to sharing information gained at the conference during our upcoming Governing Council meeting in February. Also, I plan to attend the ACA's Conference which will take place March 21- April 3, 2016. This year's conference is in partnership with the Canadian Counseling and Psychotherapy Association (CCPA). Members and non-members are welcome to attend. For more information, go to ACA's website.

Outlook: TCA is striving to strengthen and broaden our numbers and visibility across the state and nationwide. We are constantly working to improve our organization through our marketing and branding efforts. TCA must continue to connect and network with members and stakeholders. It is vital that we work together on a consistent basis to continue the momentum of addressing the needs and concerns of our profession. I value your opinions, so please feel free to email me if you have suggestions or are interested in being more active within the organization. My email address is dr.audreyelion1@gmail.com.

Thank you so much for your continued support.

Audrey A. Elion, Ph.D.



A Message from TCA President Elect

Hello TCA,

The 58th TCA Conference was most certainly my first and main focus as TCA President-Elect. I am happy to report that it was more successful than I ever could have imagined. As I noted in the kickoff, convening at Thanksgiving, though I know it can be challenging for some, always reminds me of coming “**home**” to my TCA family. Colleagues, former grad-school classmates, new connections, and a community of counseling-centered individuals always makes me thankful.

- If you were not able to make the conference, we sure did miss you! We boasted one of the highest conference attendees in the past 10 years (second only to one!)! We were thrilled to be just shy of 500 conference attendees, which was a record setting feat! Here are just a few of the positive things that attendees had to say: Too many great things to list: Great program design, everyone was really nice, great national speakers, lots of session choices, and diversity!
- The flow of conference events went very smoothly!
- The energy and enthusiasm of the conference chair and staff was infectious!
- The keynotes were incredible! The tailgate was a blast! I love reconnecting with my colleagues from all over the state!
- I feel better about what I do as a result of attending this conference.
- This was my first time at a TCA conference and the bar has been set high! Can't wait to come again next year. Not only super informative, but fun!! I feel appreciated as a counselor. The door prizes were amazing and thoughtful. Even though I didn't win, it was a joy to watch others win!
- I wanted to tell you how impressive the TCA conference was! I had never attended before and it exceeded all of my expectations. You and your team did a phenomenal job, from check-in to check-out. All breakout sessions were great!

We have presented around quite a bit, and have seen some other conferences that were not so great – yours was awesome! Now that I can check that event off my list, it is time to move on to a **VERY** special event that is near and dear to my heart. It is called the **TCA Leadership Development Institute**. My first introduction to the inner workings of TCA started at



TCA President Elect continued...

this event, over 10 years ago, and I haven't missed once since! It was at this leadership training that the seed was planted for me to get involved with leadership at the state level. I am so thankful for that opportunity. **So the question remains, do you want to get more involved? If so, TCA wants you!** We invite you to contact your Chapter and Division leadership and let them know that you are interested in getting involved. It doesn't mean that you have to be president, but start small, learn the ropes, and give back to your profession. I know it is certainly something I have never regretted!



I look forward to seeing many of you at this summer's Leadership Development Institute!

Kat Coy

TCA President Elect



◀◀◀ TCA Division Reports ▶▶▶

TASGW

Tennessee Association for Specialists in Group Work

The Leadership of the Tennessee Association for Specialists in Group Work (TASGW) would like to extend a warm and hearty greeting to everyone for a healthy and prosperous 2016! I hope many of you were able to attend TCA this year as well as the TASGW events. It was a fabulous conference.

TASGW proudly co-sponsored Dr. Samuel T. Gladding for a Pre-Conference session, “The Creative Arts in Individual and Group Counseling,” which was a great, creative way to start the morning and the conference. During this session, three copies of Dr. Gladding’s text, *The Creative Arts in Counseling*, were given away as door prizes. Dr. Gladding personally autographed each copy for the lucky winners. And his pen didn’t stop there - all attendees received a Certificate of Attendance which was also autographed by Dr. Gladding. In the afternoon, Dr. Gladding was available to conference attendees and graduate students at a Meet-and-Greet, and afterwards, presented a session entitled, “Running an Effective Group.”



From left: TCA President Elect, Kat Coy, extends a TCA “thank you” to Dr. Sam Gladding with TASGW President, Sandra Terneus



From left: TASGW Treasurer, Carolyn Brewer; Membership Chair, Kitty Pruetz; President-Elect, Heather Smith; Dr. Sam Gladding, and President, Sandra Terneus

For more fun photos and information, please check out TASGW at the TCA website at <http://www.tncounselors.org/tasgw/>.

TASGW continued...

TASGW Leadership would also like to extend congratulations to the following TASGW members who won the book giveaways: Madisien Celeste Steele of MTSU won *School Counselors Share Their Favorite Guidance Lessons*, autographed by ASGW Executive Director, Janice DeLucia-Waack; Kelly Hawk of Carson Newman won *The Counselor and the Law*, autographed by Nancy Wheeler and Burt Bertram; and Chloe West of MTSU won *Boundary Issues in Counseling*, autographed by Barbara Herlihy and Gerald Corey. These are great texts and we hope the information therein will help you in your professional career.

Peace and Joy, Health and Happiness,

Your TASGW Leadership



Pictured from left to right: Ginny Dansby, Past President; Sandra Terneus, President; Michelle Stevens, Secretary; Kitty Pruett, Membership Chair; Heather Smith, President-Elect, and Carolyn Brewer, Treasurer. Missing: Tracy Cagle, Parliamentarian.

Sandra Terneus
TASGW President, 2015-2016

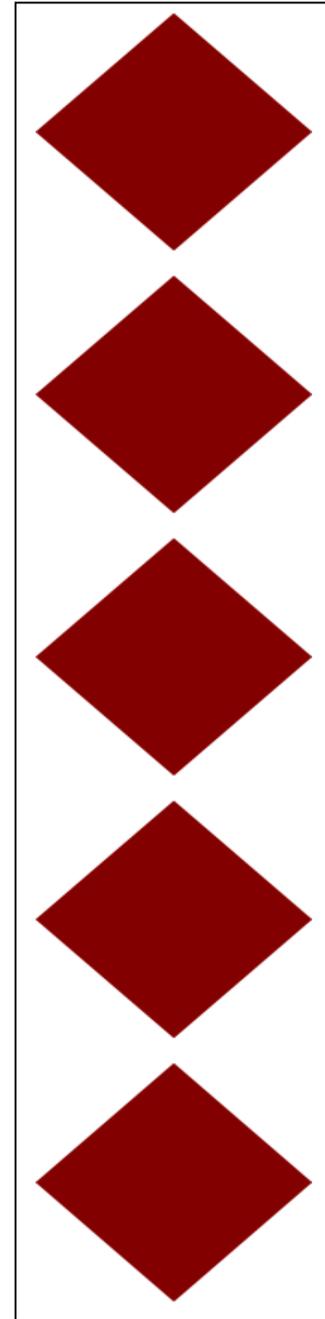
SAVE THE DATE -- APRIL 23, 2016

Greetings TASGW membership and fellow group workers!

Please save the date of Saturday, April 23 to attend a workshop, "Group Counseling with Children and Adolescents," presented by Dr. Janice Delucia, a national leader in group work with youth. Attendees will receive 6 CEU's.

This amazing event is being sponsored by MTSU and TASGW. Our friends and colleagues at MTSU and the TASGW Leadership are committed to making this event possible.

Details will be forthcoming soon! But mark your calendar for Saturday, April 23, 2016, from 9:00 to 4:45 at the MTSU campus, Murfreesboro. More later!





Tennessee Mental Health Counseling Association

Tennessee Mental Health Counselors Association

TMHCA Summer Conference

May 20, 2016 8am -5pm

Music City Center in Nashville 8am-5pm

Registration Coming Soon!



Greetings TACES Members.

Can you believe it is already 2016?!? I don't know about you, but I think these years are rolling by much too quickly. Nevertheless, it is time to make plans for 2016. But before I delve into this new year, let me take a moment of gratitude to review some of our 2015 TACES' successes.

Reflecting on 2015

Committees: Several task committees were developed this year including the awards committee, the bylaws committee, the membership committee, and the nomination committee. A new chair, Marisa White, was appointed to the graduate student poster committee, and a Social Media Chair, Claire Dempsey, was appointed.

Nominations: At the start of 2015, TACES elected Gina Frieden as the president-elect-elect (now president-elect) and Megan Herscher as the secretary-elect (now secretary). During the November meeting, TACES members elected Deborah Buchannan as president-elect-elect.

TACES continued...

Social Media: After several years of hibernation, the TACES Facebook and website are again operational. The TACES Facebook has more than tripled its previous outreach, and the TACES website (www.tnaces.org) has been linked to the TCA web page increasing accessibility.

Membership: Under the leadership of Gina Frieden, the membership committee has developed a TACES promotional flyer and initiated outreach efforts to community-based supervisors and university/college-based counselor educators resulting in an increase in TACES membership.

Poster Presentations: The Graduate Student Poster Presentations had another great year with 29 students from 9 TN universities/colleges presenting 23 posters. The number of judges increased expanding the diversity of evaluators to include community mental health counseling along with school counseling and university counselor educators. The prizes were also increased to include cash and an autographed book by Sam Gladding - an unexpected bonus for those who won! The 2015 graduate student poster winners include the following:

Doctoral Division

1st Place: **Darreon Darrell Greer**, Tennessee State University

2nd Place: **Nikki Dyer & Jonie Oliver**, The University of Memphis

Masters Division:

1st Place: **Munira Punjvani**, Carson-Newman University

2nd Place: **Nancy Thacker**, University of Tennessee Knoxville

Social Media Award: **Angela Davenport**, Lipscomb University

Awards: We received nominations in all award categories this year, and the new TACES Legacy League was initiated with the induction of its first member during the November general assembly meeting. The TACES 2015 award winners include the following:

TACES Legacy League: **Dr. Jeannine Studer**

Dr. Beryl West Advocate/Humanitarian Award: **Leigh Bagwell**

Dr. Charles L. Thompson Counselor Educator Award: **Dr. Joel Diambra**

TACES Emerging Leader Award: **Dr. Denis' Thomas**

TACES Outstanding Doctoral Student Award: **Suzie Dukic**

TACES continued...

Journal: Under the editorial leadership of Robin Lee, TACES has reviewed/edited Vol. 7 of the *Tennessee Counseling Association Journal*.

To access the articles, go to: <http://www.tncounselors.org/tca-journal/>

- *Addressing the Mental Health of Non-Custodial Mothers From a Chronic Loss Perspective* - **Shannon Black**
- *Psychometric Properties of the School Counselor National Model Activity Scale (SCNMAS)* - **R. Eric Heidel, John Breckner, Jeannine R. Studer, & Joel F. Diambra**
- *Experiential Satisfaction Predictors of the International Student Experience* - **Ian Lertora, Victoria Liu, Rebecca Robles-Pina, Jesse Starkey, & Evelyn Roach**
- *School Counselors and Academic Achievement: Enhancing Collective Learning* - **Thurman E. Webb Jr. & Adam Knight**

2015 Precon: TACES hosted an excellent preconference session with Dr. Shawn Spurgeon presenting *Ethical Issues in Counseling Supervision*. This training earned attendees 3 hours of preapproved NBCC hours in ethics AND supervision!

Email: TACES now has a dedicated email (tacestn@gmail.com) which is linked to the TACES Facebook and website creating a consistent point of contact.

Cyber Document Storage: TACES is now utilizing two cyber storage systems (Dropbox and Google Drive) to safely maintain documents for easy accessibility.

And those are just a few of the highlights from 2015! It has been a good year, and we have many reasons to be grateful.

Looking Ahead in 2016

As we enter the year ahead, TACES will continue to address many of the goals already discussed. Just because we have made progress does not mean we have finished the job! So, what lies ahead for 2016? Well....

- Plans for the 2016 TACES precon will be underway early this year and will focus on serving the needs of TN's counseling supervisors and educators.
- TACES will explore training options and services/benefits for our members.
- The bylaws committee will continue to work on revising the TACES bylaws to better align with the ACA, TCA, and ACES bylaws.
- The awards committee will work to improve the nomination process.
- The poster committee will implement steps to increase student interest and applicant submission from all of Tennessee's counseling programs.
- The membership committee will develop new connections with university counseling programs and community-based counseling supervisors.

TACES continued...

And those are just a few of the plans we have for 2016! It should be another exciting year in TACES. Before closing, I want to thank all of you for the success of this past year and for your ongoing membership. No matter what role you hold in TACES –member, committee member, board member, poster judge, presenter, or the soft voice of supportive guidance - your membership makes a difference!



Wishing you a year filled with happiness, good healthy, and the love of family and friends.

Stephanie Gotay
TACES President

Executive Board (2015/2016)

President: Stephanie Gotay
President-Elect: Dr. Gina Frieden
President-Elect-Elect: Dr. Deborah Buchanan
Secretary: Dr. Megan Herscher
Treasurer: Dr. Robin Lee
Immediate President: Dr. Rebekah Byrd

Committee Members

Awards Committee: Dr. Sandy Terneus (chair), Dr. Ginny Dansby, Dr. Rebekah Byrd, & Dr. Robin Lee

Bylaws Committee: Dr. Rebekah Byrd (chair), Dr. Mike Bundy, Dr. Ginny Dansby, Stephanie Gotay, & Dr. Robin Lee

Graduate Student Poster Committee: Dr. Marisa White (chair), Stephanie Gotay, Dr. Jeri Lee, & Dr. Rebekah Byrd

Membership Committee: Dr. Gina Frieden (chair), Amy Moore, & Dr. Douglas Ribeiro

Nomination Committee: Dr. Eva Gibson & Stephanie Gotay

Social Media Chair: Dr. Claire W. Dempsey



Tennessee School Counselor Association

Did you know that registration is now open for ASCA's summer conference in New Orleans? Here are some tidbits from the previous conference:

Increasing Student Achievement Using Data

- Tie your counseling department goals into SIP goals
- When developing goals, target your intervention to one specific group (i.e. 7th grade boys with three discipline referrals in August)
- Measurement data needs to address attendance, behavior, or academics
- Keep results-oriented data (process, perception, & outcome)
- Example:
 - By (end date), "identified students" (how will you identify them?) will increase/decrease (achievement, behavior, or attendance) by how much.
 - By June 2015, 7th grade boys with 10 or more discipline referrals in the first marking period will decrease referrals by 50% in the last quarter.
- Process data- how many
- Perception data can be collected by pre-post test, program/activity evaluation, needs assessment
- Common data uses: averages, percents, percent change (<http://percent-change.com/>), charts
- Develop a one-page data report for admin (post online, share via newsletter, reveal upon evaluation)

Sizzling School Counseling Data

- have students/parents complete perception data upon interactions
- present data to staff @faculty meetings
- set up PP of counseling center @open house
- Data collection...accountability tool
- One way to keep up with your time spent: Notecounselor.com It does have a yearly cost.
- Create Teacher and student reflection tools to provide data for your counseling program:
 - One way to provide data is to create exit questions to provide feedback for your collaboration or counseling time. You could use survey monkey to have short questions which would provide feedback.

TSCA continued...

- School counselor curriculum results report:
 - It is important for your administrators, teachers and stake holders to know what you are doing. Yearly create and present this information in a report form to provide accountability and to show where you are spending your time.
- Discussion with failing students:
 - What are the barriers that are keeping you from doing better? You can write SMART goals based upon their answers and then measure progress.

College and career readiness

- Students traditionally do not know how to take notes or study. It should be a part of all grade levels to teach note taking and study skills. School counseling core curriculum lessons are important on all levels.
- Ways to help promote excitement about college and careers:
 - Have teachers bring in graduation pictures and school name. Bulletin board with college acceptance letters.
 - Put up banners from all teachers' schools and put name under banner.
 - Door decoration of different colleges (careers) to get discussions going.
 - Bulletin board with college acceptance letters and/or scholarships for current seniors
- Ways to get parents involved in parent nights for discussions:
 - Students lead presentations on testing, high school requirements, etc. which will bring parents in for the night.
 - Have a photo booth so a family photo made.
 - Have drawings for giveaways.
 - Provide food for attendants.
- Ways to get students excited about information for high school, college or careers
 - Jeopardy for high school requirements...use a powerpoint:
<http://learn.susd12.org/course/view.php?id=4262>

What more? Get your "Recipe for Success" at this year's conference! Check out the website at <http://www.ascaconferences.org/> and be sure to follow it up with the TCA conference in November!

Respectfully submitted,

Eva M. Gibson, EdD

TSCA Past President 2014-15

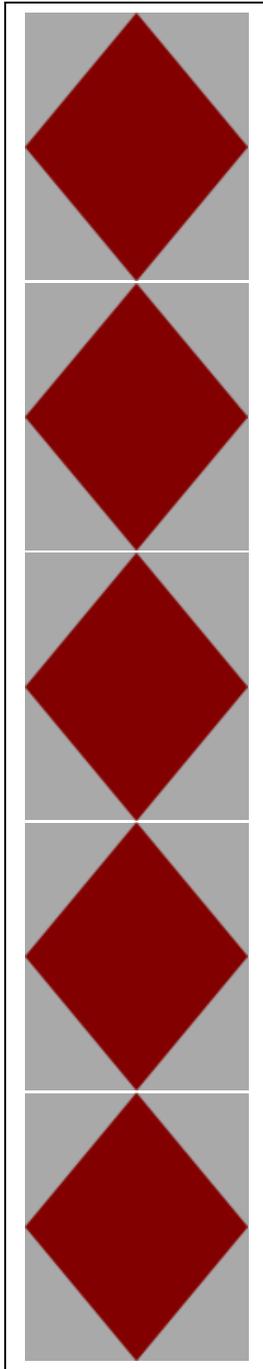
◀◀◀◀ Chapter Reports ▶▶▶▶

West Tennessee

West Tennessee Counseling Association

WTCA Preparing for its 5th Annual Summer Conference

Work has begun in preparation for the West Tennessee Counseling Associations 5th Annual Summer Conference. The conference is typically held the second Saturday of June and this year will be held on Saturday, June 11th from 9:00 A.M. until 4:30 P.M. at the beautiful University Center at The University of Memphis. The conference continues to grow in both attendance and sponsor support each year. Last year we had over 150 registered for the conference and sponsorship from all areas of the counseling community. By design, the conference programming is designed to offer professional development opportunities across the spectrum of counseling disciplines. Up to five (5) NBCC contact hours may be earned by attending three (3) of over 22 breakout session offerings, the keynote session, and the student poster competition. For our mental health counselors, three (3) of those hours may be earned in Ethics. In addition, we offer an excellent sit-down lunch, validated parking at the Zach Curlin parking garage adjacent to the University Center, and numerous opportunities to network with your colleagues. WTCA has strived to keep the conference affordable to all counselors, having not raised conference registration pricing since its inception. We are currently accepting proposals for breakout sessions. Simply complete your proposal following the instructions on the attached RfP (located in the Other News section of the newsletter) and submit to Molly Fleming at mollyfleming49@yahoo.com. Registration information will be coming to you soon. We hope to see you at what we believe will be our best conference ever!



South Tennessee

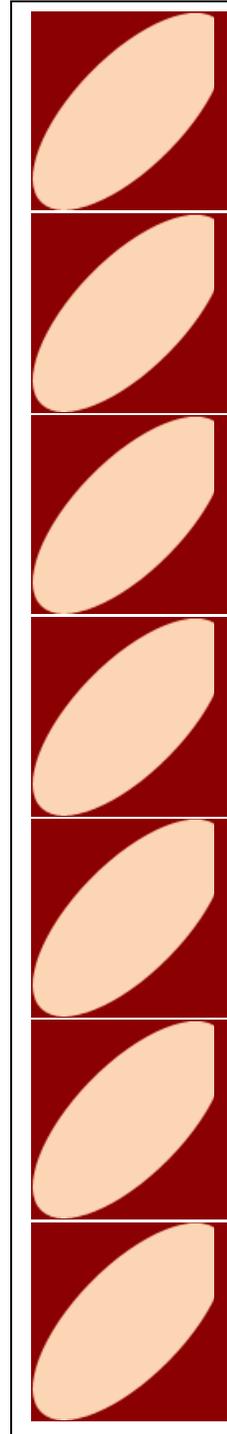
South Tennessee Counseling Association

We are very excited about our meeting, held on Monday, February 22. It was held at the Library of Eakin Elementary School. Dinner was served, it included Bar-B-Q and drinks and attendees were free to bring a side or dessert.

Our meeting focused on Workforce Development. Our speakers were Allen Pitner (Executive Director of Shelbyville-Bedford Chamber of Commerce), and Nancy Rice and Ashley Rowland (from Calsonic). Their info allowed us to gain insight of local career opportunities within industry in our area.

TCA Conference was a very exciting time for us as two of the nominations for awards were made by our president, Gayle Gragg and both were awarded!

Here Gayle is pictured with Carrie Brooke Simmons and Tracey Harvey. Carrie Brooke Simmons received the Phoebe White School Counselor Award. Officer Harvey received the TSCA School Counselor Advocate of the Year Award!



South Tennessee continued...

Please be thinking of other counselors or future counselors you might invite to the next meetings. Also, we need someone that would be interested in the open president elect position.

STCA would like to thank Lana Craig with Edsouth for the generous contribution they made to our association. Lana is the Director of Student Services with Edsouth and is always willing to visit schools to discuss with students transition and career readiness. Her number is 865-803-8329, and her email is lcraig@edsouth.org.

2015-2016 Officers

President

Gayle Gragg, Ed.D.
Graduation Coach
Bedford County Schools
graggg@bedfordk12tn.net

President Elect

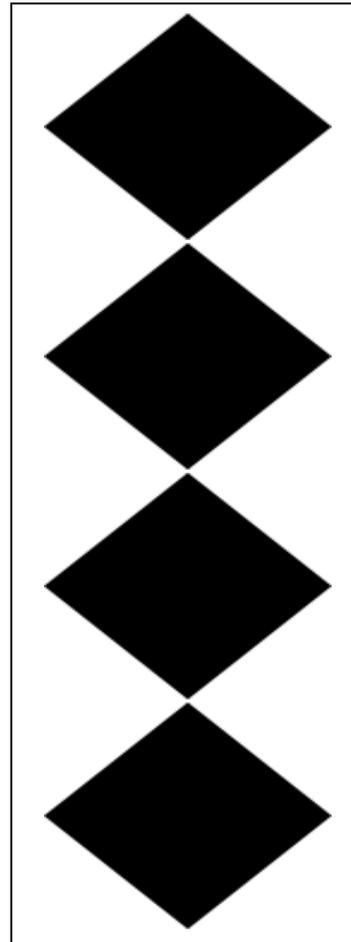
This could be you!!

Secretary

Carrie Brooke Simmons
School Counselor
Eakin Elementary School
simmonsc@bedfordk12tn.net

Treasurer

Angela Cahill
School Counselor
Community High School
cahilla@bedfordk12tn.net





Middle Tennessee Counseling Association

The Middle Tennessee Counseling Association, in partnership with the Tennessee Department of Education, is hosting the Middle Tennessee Regional School Counselor Meeting to provide school counselors and stakeholders with an opportunity to review the revised school counseling standards and model of practice.

Date: Tuesday, April 12, 2016

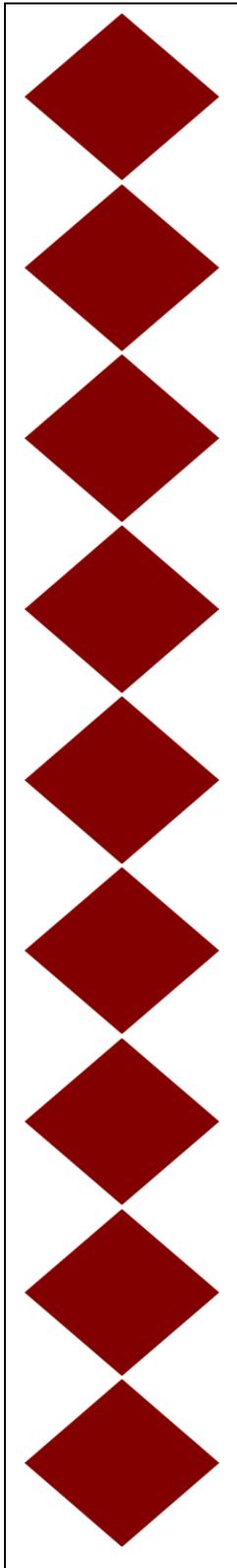
Time: 5:30 - 8:00 (5:30 PM - registration and networking; 6:00 PM - meeting begins)

Location: Argosy University Nashville, 100 Centerview Drive, Nashville, TN

This meeting is for counseling professionals, counselor educators, and graduate students in counseling in the Middle Tennessee Area to connect, learn, and grow together. At our April meeting, you will have an opportunity to:

- Meet other professionals in the field through networking.
- Meet the state coordinator of school counseling, Ms. Leigh Bagwell.
- Provide feedback on the revised Tennessee school counseling standards and model of practice.
- Identify best practices, resources, and materials that support the school counseling standards.

Our Special Guest Speaker: Ms. Leigh Bagwell,
State Coordinator of School Counseling



MTCA continued...

Leigh Bagwell is the State Coordinator of School Counseling for the Tennessee Department of Education. In this role, she is leading initiatives to transform school counseling throughout the state. She is committed to establishing a standard for rich, highly effective student-centered school counseling programs that are driven by data. She has nearly 20 years of experience in school counseling, has worked at the elementary and secondary levels, and previously served as coordinator of school counseling for Metro-Nashville Public Schools.

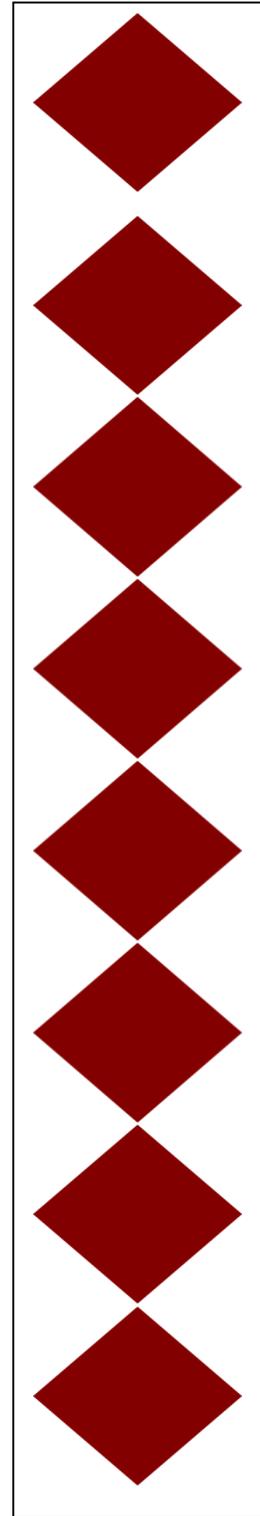
This event is **free and open to all school counselors**. You do not need to be a member of MTCA to attend. However, there are a limited number of seats available. If you are interested in attending, please register online at <https://www.eventbrite.com/e/middle-tennessee-regional-school-counselor-meeting-tickets-22609479562>.

Share this event on [Facebook](#) and [Twitter](#)

For more information, please contact:
Dr. Joshua Stanley, MTCA President,
at joshua.stanley@outlook.com.
We hope you can make it!

Cheers,
Middle Tennessee Counseling Association

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Archives Committee

Dear TCA Members,

I am excited to announce that TCA has a new Archives Committee to document our organization's growth over the years! We are looking for the following:

Old conference programs

Pictures from TCA events

Handbooks

Previous minutes

Anything else you can think of that captures TCA moments in time!

If you have the ability to scan these items please do so and upload them to the following link:

https://drive.google.com/folderview?id=0B1xU0Uw4mA5_bTRkeFNPUDg2Njg&usp=sharing.



Additionally you can attach these items and email them to tcaarchives@gmail.com.



Thanks for sharing!

Dr. Eva Gibson
TCA Archives Chair

Social Media

CONNECT WITH US

We have so many great things to share, that we just can't keep it all to ourselves! Therefore, you need to stay connected with us!



For
Counselors

TCA
ROCKS!

TCA
Connects!

- www.tncounselors.org

We work hard to keep our website updated regularly. Also, you can find out more information about Chapter and Division happenings!

- **Facebook: Tennessee Counseling Association**

We share between 5 and 7 posts a week to keep you updated on current research, tuned into what is happening at the national level, and we also like to make you laugh on Friday with our #FridayFunny

**Did you know that Facebook requires you to interact with “pages” in order for them to continue to show up in your newsfeed? So we need you to “like”, “comment”, and/or “share” as much as possible. And, it just makes us feel good ☺

- **Twitter: @TCAsocial**

We share much of the same thing on Twitter that we do on Facebook. So if you tweet, tweet us! #weloveit #hashtagssayitbetter #tcaconnects



**Save the Date: TCA's Leadership Development Institute
will be held July 14 – 16, 2016**

<<Have you always wanted to get more involved with TCA? Then it is a great time to consider getting involved with a Chapter, Division, or the state-wide Governing Board. As part of the team, you will attend this fun, informative, and educational summer institute. We get to know everyone, set goals for future growth, and leave re-energized to build TCA to bigger and better things. It is a great experience and we hope you will consider attending. >>

LDI information will be announced at Conference in November, in future newsletters, and on the website and social media. Location, agenda, and registration information will be distributed closer to the date.

*Kat Coy M.S.
TCA 2015-2016 President- Elect*



**Arrive Thursday after lunch
Specialized leadership breakout
sessions, Governing Council Meeting,
and invaluable networking with
leadership from across the state!
Depart Saturday by noon.**

Exciting News to share...

Congrats!

TCA WINS TWO
AMERICAN COUNSELING ASSOCIATION
NATIONAL AWARDS

- Dr. Audrey Elion receives the Gilbert and Kathleen Wrenn Award for a Humanitarian and Caring Person!
- TCA receives the Best Innovative Practice Award!

MORE... Exciting News Continues...

NOW AVAILABLE

TENNESSEE COUNSELING
ASSOCIATION

Journal

PEER REVIEWED AND BROUGHT TO
YOU BY THE TN ASSOCIATION OF
COUNSELOR EDUCATION AND
SUPERVISION (TACES)

[HTTP://WWW.TNCOUNSELORS.ORG/TCA-JOURNAL/](http://www.tncounselors.org/tca-journal/)

MORE... Exciting News Continues...

**West Tennessee Counseling Association
&
The University of Memphis
Department of Counseling, Educational Psychology & Research**

Present:

5th Annual WTCA Summer Conference



**Saturday, June 11, 2016
The University of Memphis
University Center**

Request for Proposals

Please submit a proposal created in MS Word 2000 format or higher. All proposals should be submitted as an attachment to the email address provided below and include *WTCA 2016 Proposal* in the subject heading. Please follow the proposal format provided on side two of this flyer.

The Proposal Selection Committee will review each proposal received by the March 15, 2016 deadline. Criteria for evaluation will include timeliness of topic, proposal quality, clarity of session objectives, and counseling relevancy. Presentations may center on practice, theory or research, a single counseling technique or an entire program.

Submit program proposal to:

**Molly Fleming
West Tennessee Counseling Association
mollyfleming49@yahoo.com**

Proposal Submission Deadline: March 15, 2016

Program Proposal Format: All breakout presentations will be 60 minutes long with fifteen (15) minutes between sessions. Please be courteous and end on time to allow the successive presenter to set up equipment.

Program Title: Limit title to 80 characters (including spaces) for inclusion in the conference program. Your title should clearly and accurately describe the focus of your presentation.

Key Presentation Themes: Provide one to two key words or terms that identify the key focus of your proposal (e.g., multicultural, school violence, grief, suicide, etc.).

Intended Audience: Please indicate the intended audience (community/mental health counselors, school psychologists, college/university faculty, elementary, middle or high school counselors, private practice, or other).

Program summary: In 50 words or fewer, describe your presentation (using present or future tense). Please note: If your proposal is accepted, this is the description that will be used in the conference program.

Synopsis of Program: Provide a 200-word (maximum) synopsis of the content of your program. Be as clear and concise as possible, with the goal of providing participants with (a) brief overview of goals, (b) objectives, (c) content, and (d) manner by which you will engage participants.

Chair (contact person) & Co-Presenters: Provide complete contact information for the program chair (main presenter) and co-presenters. Include name, organization/institutional affiliation, primary mailing address, day and evening phone numbers, and email address. Name and organization/institutional affiliation will appear in program.

A/V Equipment: Please specify the type of A/V equipment you will need. The following can be expected in each breakout room: (1) LCD projector & laptop, (2) Screen, and/or wall, (3) extension cord and power strip. Please note: Any additional A/V equipment needs should be noted / highlighted in your proposal.

Handouts: Presenters are required to provide 30 handouts at their breakout session.

Email Questions & Proposals to:

Molly Fleming
West Tennessee Counseling Association
mollyfleming49@yahoo.com

Presenters are eligible to receive a discount from the WTCA / TCA professional member rate.

TMHCA ANNUAL CONFERENCE MAY 20, 2016

Practice Authority:
Learning from the Experts in our Field
Music City Center, Nashville TN



Pricing

Early bird pricing has begun and will run until March 31st. Regular registration during April is \$125 for professionals, \$62.50 for students/retired members, and \$150 for non-members.

Sponsorship Packages

TMHCA has sponsorship packages to fit every need! TMHCA has the basic packages, such as ones that include your logo on the program to more inclusive packages that include a booth, logo on the program and website, and more. Contact us today to discover your best fit!



Register today!

Register now through March 31 in order to get the special pricing! Email Megan Herscher at mherscher@cn.edu.

- Professional - \$100
- Student/Retired - \$50
- Non-member - \$125

Tracks

There will be three tracks for the 2016 conference:

- Building your Private Practice: Ethical & Effective
- Healthy Relationships: The Root of All Healing
- Substance Abuse

Proposals

Official call for proposals for presentations!

- Three Conference Tracks
- High interest in ethics
- Coming Soon: information about poster presentations

FOR MORE INFORMATION:

Megan Herscher, TMHCA President
mherscher@cn.edu | www.TMHCA.com

*We love when TCA Members share
what's going on in their part of the
state!*

REFLECTIONS FROM A TCA MEMBER

Today I watched the Tennessee House of Representative Health subcommittee hearing on HB 1840. Counselors, whatever the outcome, know that you were beautifully, logically and eloquently represented by a variety of people in the hearing room. Dr. Shawn Spurgeon, Susan Hammonds White and others spoke passionately but clearly against this piece of legislation. I heard the meeting in its entirety and am so proud to be labeled "counselor" One speaker, a parent and client, spoke so eloquently about her experience with therapy. I was so moved by her testimony.

This is a profession of passion, professionalism, and profound ethics. Thank you all for what you said and did for TCA and counselors today!

TRACY CAGLE,
RETIRED COUNSELOR

TCA OPPOSES HB 1840. AS DOES ACA - PLEASE SEE THE TCA WEBSITE FOR MORE INFORMATION: WWW.TNCOUNSELORS.ORG

TCA Members: Please note that we want to hear from you and help support you in any way we can. We will be sharing a Jobs List with our members via the www.tncounselors.org website. If you know about a job in your area please share with your TCA colleagues by emailing the information to TCAPublications@gmail.com and we will add it to our list. Also, please feel free to email us about what you are doing in and for the Counseling profession, any awards, grants, etc. that you would like recognized and shared with Counseling professionals all over the state. **Note:** The TCA Newsletter is published 3 times a year, February, June, and September. So please have submissions in by the last day of the previous month. Thank you for your continued support of TCA and the counseling profession.



What to do before, during, and after a meeting with a member or their staff

I want to first off take the time to thank all of you for taking time out of your busy schedules to truly make a difference in the counseling profession.

Here are a few suggestions that are good to follow before your upcoming meeting with the member or one of their staff:

1. Schedule your meeting at least a week in advance with the Senator, or if he or she is not available, their staff that directly handles your issue.
2. Type out a brief outline of your talking points and send them to the person that you will be talking to.
 - a. The person that you will be talking to will appreciate this because they will be better prepared to discuss your issue.
 - b. Also, this is another way of reminding them of your meeting
3. Call the member's office two days in advance of your meeting and reconfirm your appointment.
 - a. Reconfirm this appointment with the appropriate staffer, or if meeting with the member, then reconfirm with their scheduler
4. If there are multiple people that will be speaking during the meeting, coordinate beforehand: the order in which everyone will speak, who will speak about certain issues, etc.
5. Carve out more than enough time, in order to insure that you and your group will arrive at the member's office at least 10 minutes in advance.
 - a. This is important because we don't ever want the member or their staff to think that we don't value their time

Here are a few suggestions that are good to follow during your meeting with the member or one of their staff:

1. Bring enough copies of your agenda to your meeting, so that everyone in attendance has one.
2. If applicable, acknowledge the member's support for your issue
3. When talking, be direct and to the point
4. When talking about specific legislation, refer to it by its official title and number (example: H.R. 3662: Mental Health Access Improvement Act of 2013)
 - a. Or if there is not a specific piece of legislation, then be direct how you the member can help your cause;
5. This is one of if not the most important parts of the meeting: During your meeting, Be sure to add personal accounts of how this piece of legislation affects: you, your family, or someone that you know
 - a. Also another important thing to remember during your meeting is that, YOU are the EXPERT on this issue and you will know more about it than the Senator or their staffer
6. At any point in the meeting feel free to ask any questions that you may have
7. At the end make sure and thank the member or their staffer for their time and suggest a follow-up meeting
 - a. Also, offer to send them any information that pertains to the issue

Here are a few suggestions that are good to follow after your meeting with the Senator or their staffer:

1. Send the member or the appropriate staffer a thank you letter
 - a. Either via letter or email
2. Please contact myself or someone on the Governmental Affairs team at the ACA about the meeting
3. Last but not least, stay in constant touch with the member and their staffer you spoke with.
 - a. This insures that there will be an open line of communication, if and when we would like to set up a meeting with them in the future.

Once again thank you for taking time out of your busy schedule! Please contact me after your visit and let me know how it went. Also, feel free to contact me with any questions you may have.

Dillon Harp, *Grassroots Organizer, Government Affairs*
703-823-9800 x202 | 800-347-6647 x202 | dharp@counseling.org

Tennessee Counseling Association

P.O. Box 240365

Memphis, TN 38124-0365

Phone: 877-730-3159

We're on the Web!

See us at:

www.tncounselors.org

Tennessee Counseling Association Mission

The mission of the Tennessee Counseling Association is to enhance the quality of life in Tennessee and society by promoting the development of professional counselors, advancing the counseling profession, and using the profession and practice of counseling to promote respect for human dignity and diversity.

Goals of Tennessee Counseling Association

- ❖ To provide a united organization through which all persons engaged or interested in the counseling profession can exchange ideas, seek solutions to common problems, and encourage personal and professional growth across the lifespan.
- ❖ To promote high professional standards in counseling to increase public confidence and trust through program development, continuing education, accountability and the ethical conduct of counselors across Tennessee.
- ❖ To advocate for the counseling profession in Tennessee through dissemination of information to counselors and the public at large, promotion of needed legislation and monitoring of legislation pertaining to the counseling profession, identification of current and needed professional counseling opportunities, positions, and programs in Tennessee, and provision of continuing education opportunities.
- ❖ To promote the acceptance and value of individual differences and the holistic well-being of all individuals across the lifespan.
- ❖ To identify and provide continuing education opportunities to encourage professional growth, creativity, research, accountability, and service in the counseling profession in Tennessee.
- ❖ To encourage and support the work of divisions and chapters of the Tennessee Counseling Association.