



TENNESSEE COUNSELING  
ASSOCIATION

*A Branch of the American Counseling Association*

**September  
2015**

**Volume 5,  
Issue 1**

## **A Message from the TCA President**



Greetings Colleagues,

I am elated and honored to be your President of the Tennessee Counseling Association (TCA). It has been an amazing year! The executive board and governing council have been working diligently on continuing to make TCA a noteworthy organization. While serving as the President-Elect of TCA and chair of the conference last year, I learned so much about the organization and our members. The theme of last year's conference was CONNECTIONS 1<sup>st</sup>. With that being said, I am more inspired to expand on that theme within TCA by continuing to grow our association numerically and professionally. With these goals in mind, this year's conference offers several sessions, presentations, and a graduate poster exhibition that are covering numerous facets and best practices of the counseling profession.

We had a very successful Leadership Institute Training this summer with the members of the governing council. I presented a strategic plan for our organization which focuses on what we want for our association. Some of my initiatives include:

### **Highlights:**

<b>President's Message</b>	<b>1 - 3</b>
<b>President-Elect's Message</b>	<b>3 - 5</b>
<b>Division Reports</b>	<b>6 - 15</b>
<b>Chapter Reports</b>	<b>15 - 19</b>
<b>Social Media</b>	<b>20</b>
<b>Conference News</b>	<b>21 - 29</b>
<i>(includes Committees, TCA Awards, Conference info, Poster contest, and other helpful information.)</i>	
<b>TCA Connects</b>	<b>30</b>
<b>TCA Mission and Goals</b>	<b>31</b>

Patricia Lutu-Mayes M.S.  
Catina Miller  
TCA Publications Co-Chairs  
[TCApublications@gmail.com](mailto:TCApublications@gmail.com)

## **A Message from the TCA President continued...**

- Being available to communicate effectively to members throughout the year. (The entire Governing Council)
- Continuing to build relationships with professional school counselors, mental health practitioners, professors, college counselors, graduate students and community partners to address the needs of the profession and the clientele we serve. (The entire membership will work together)
- Strengthening advocacy efforts to address concerns and protect counseling and mental health legislative objectives. (Ms. Kim Jessee, Ms. Blair Mynatt, and Dr. Lisa Henderson - co-chairs of Public Policy Committee)
- Staying abreast of current trends and concerns in the profession. (Ms. Mary Brignole - Human Rights Chair)
- Building a strong social media presence to enhance the professional image of TCA and its members through the use of our webpage, Facebook, Twitter, newsletters and other forms of social media. (Mr. Nathan Anderson -Web Master, Ms. Kat Coy-Social Media Chair, Ms. Patricia Mayes and Ms. Catina Miller (Publication co-chairs) and the presidents of the chapters and divisions)
- Recruiting and retention of members along with incentives for membership. (Yvette Carter-Membership Chair)
- Strengthening financial structure of TCA. (Mike Bundy-chair of the TCA Foundation and the TCA Foundation Committee and TCA Treasurer-Jimmy Carrington)
- Forming stronger relationships with ACA chairpersons and Association presidents in ACA by engaging in mentoring/mentee opportunities. The knowledge gained by consulting with other associations could help strengthen our leaders and help our association flourish. (Lou Gettings-Strategic Planning Chair along with all the chapter and division presidents in TCA)
- Recognizing and appreciating our members in various ways across the state. (Sandy Terneus and Lacreia Dangerfield-Awards Committee co-chairs)
- Expanding student membership involvement through leadership on the Governing Council and by assisting with conference events and being the contact for students. (Ms. Bailey Mays and other TACES members will lead this initiative)
- Keep a thorough record of TCA archives. (Dr. Eva Gibson-Archives Chair)

Kat Coy (President-elect) and I attended the Leadership Institute hosted by the American Counseling Association in Washington, D. C. As your representatives, we lobbied our state legislatures in the House and Senate about issues facing our profession. The areas of concern pertained to counselors in the school system, the Veteran's Administration, and senior citizen services. Additionally, I spent time networking with ACA chairpersons along with chapter presidents about ways to help our association strengthen and grow. I also collaborated with colleagues about areas of concerns for the associations, divisions, and

## A Message from the TCA President continued...

members. I also worked on strategies to strengthen our leadership, recruit and retain members, and grow our organization by incorporating social media in our public relation and communication efforts.

I would like to invite you to attend the 58<sup>th</sup> Annual Tennessee Counseling Association conference in Murfreesboro, TN. Please join us for another exciting, educational and technologically innovative conference. This year's conference committee led by Kat Coy has been diligently working to plan a memorable gathering. In order to make this year's conference a success we need your assistance by your attendance. Additionally, we are still looking for sponsors and ask you to help us target and reach out to other organizations and businesses that may be interested in participating as vendors.

Thank you so much for being a part of TCA. Feel free to contact me or any of the above mentioned chair persons if you have any questions or are interested in serving on their committees.

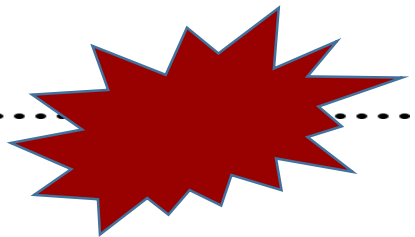
Audrey A. Elion, Ph.D.

President

Tennessee Counseling Association

.....

## A Message from TCA President Elect



Greetings TCA members,

As a high school counselor, I write a lot of letters during this time of year for my seniors applying to college. Therefore, I thought I would take a different approach with this letter and give you more of a snapshot of my TCA year, it wouldn't be complete if it weren't all simplified with a # to sum it up (p.s. – that is a hashtag for all my non-social media peeps. It is basically a cute phrase to sum up my thoughts). So, here is what I have done, what I have seen, and where I hope to go - **#lookoutworld**



## A Message from TCA President Elect continued...

- November (2014): I rocked out with over 400 of my fellow counselors at the TCA Conference. If you missed out on my debut as Talent Show M.C., you really did miss something. The sessions I attended were great and I loved meeting so many new people. Also, I was officially elected as TCA President Elect-Elect. My sights are set on TCA Conference 2015 and the conference theme was announced: **#TCA15maximize**
- January (2015): I had my first meeting with my Conference Planning team. Wow, are these people amazing. My dad once told me that great leaders recognize people's strength, give them jobs to suit those strengths, and get out of the way ☺ P.S. I also cut my thumb when making dinner, powered through the meeting, then after had to go to the hospital and get 5 stitches. Let there be no doubt, I am **#dedicatedtoTCA**
- February (2015): Planning committee has come through with some incredible ideas! What if we build a conference schedule that benefits mental health counselors' private practice schedules? What if we bring in some pretty spectacular national speakers? What if we have one conference price and include one Division lunch? What if we get a live band at the President's Party? **#IsaidYestoAllofit**
- April (2015): The Conference Planning Team has met numerous time, solidified the big things, made videos, and are ready to show the world (what can we say, we dream big)! First announcements start rolling out this month. The Call for Proposals also opens. Little did we know what we were in for! **#sharetheENERGY**
- May (2015): Registration is open and someone actually registered (Thank you Vivian Stone from Notre Dame High School for being the first one!)? This is really happening! **#pinchme**
- July (2015): I traveled to Washington D.C. to attend the American Counseling Association's Leadership Development Institute. It. Was. Amazing! I met national leaders who are focused on building up state organizations. We went to Capitol Hill to advocate for counselors (all counselors) on numerous issues. I am so proud to be part of TCA and ACA. I am more proud to bring this energy back to our state! **#readytolead**

## A Message from TCA President Elect continued...

- September (2015): TCA Early Bird registration ends on 9/25/15. To date, conference registration is up over 400% from this point last year. Our hotel block is almost full (**reserve your room NOW**). Our Call for Proposals was so successful we had to expand our schedule to accommodate all of the high-quality sessions. All indications are that we will absolutely meet our conference goal of 500 conference attendees. **#bringiton**
- November (2015): Hello Conference, how are ya? Too many great things to list, so be there for it all! Please make plans to stay for our inspirational and motivating closing session. We will honor TCA members and also have great door prizes. Finally, I have some motivating words to share about my journey this year. I also have a challenge for you this upcoming year: **#howillyoube**
- Post-Con (2016): My sights will then be set on planning the TCA Leadership Development Institute. July 14-16, 2016. We are looking for dedicated leaders – get involved! **#buildingleaders**

---

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 in Jan/Feb 2016.

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

# ◀◀◀◀ **TCA Division Reports** ▶▶▶▶

## ***ALBTIC-TN***

What an exciting year 2015 has been on a federal level for the LGBTQ community!!! President Obama becoming the first U.S. president to say 'transgender' during a State of the Union address, Kate Brown becoming the first openly bisexual governor in the U.S., the White House introducing its first gender neutral restroom for staff and visitors, President Obama Obama calling for the end of conversion therapy following the death of 17-year-old transgender teenager Leelah Alcorn, and the Supreme Court's June 26, 2015 ruling in favor of marriage equality in the U.S. are monumental events that help shatter the cloak of invisibility and institutional discrimination that have plagued the LGBTQ community for far too long. We recognize, however, that these historic and meaningful events are not the finale but just the crescendo of the work, dedication, and passion that must continue and evolve in order to bring about TRUE equality for all people. From grassroots efforts to federal initiatives, there is still work to be done and ALBTIC-TN is poised and ready to move the equality discussion forward!

Our focus for the 2015-2016 year is to increase the visibility of ALBTIC-TN and equip and support our members in being educators about and advocates for the LGBTQ community. Some of our goals this year are to increase membership in ALBTIC, recognize members who are doing outstanding advocacy work in their communities, encourage more LGBTQ focused research and scholastic collaborations between members, and to establish relationships with counseling programs across the state to increase student involvement with TCA and ALBTIC-TN. Additionally, we are planning a service project that we believe is unique to Tennessee and beneficial to the LGBTQ community, allies, and supporters.

If you are attending the 2015 TCA Conference (and really, who isn't?), we encourage you to check out the precon session featuring Dr. Kris Goodrich who will address the best practices for professional school counselors working with LGBTQ youth.

If you are interested in learning more about ALBTIC-TN please feel to check out our webpage ([www.albtictn.org](http://www.albtictn.org)) or contact us at 314-714-LGBT (5428).

Nikki Dyer

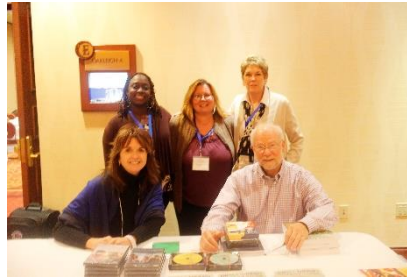
2015-2016 President, ALBTIC-TN



## Tennessee Association for Specialists in Group Work

Greetings!

It is with great honor that I announce that the Tennessee Association for Specialists in Group Work (TASGW) is co-sponsoring Dr. Sam Gladding as the TASGW/TCA Pre-Con speaker at the Tennessee Counseling Association conference this November. The TASGW leadership is committed to the continued pursuit of bringing national leaders in group work for the benefit of our membership. Last year, Ed Jacobs and Christine Schimmel provided TASGW and TCA conference attendees with a stimulating workshop on the basis of Impact Therapy.



Pictured in front: Christine Schimmel and Ed Jacobs;  
Back row: Michelle Stevens, Treasurer; Sandra Terneus, President-Elect; Ginny Dansby, President

This year, the TASGW leadership was grown with the addition of Heather Smith, President-Elect, Carolyn Brewer, Treasurer, Kitty Pruett, Membership Chair, and Tracy Cagle, Parliamentarian. We are committed to bringing quality professional development to TCA for the benefit of your membership. Therefore, please renew or invest in membership to TASGW prior to October 31st. This simple step is important for TCA compliance, and we are grateful for your commitment to group work and TASGW.



Pictured: Ginny Dansby, Past President; Sandra Terneus, President; Michelle Stevens, Secretary; Kitty Pruett, Membership Chair; Heather Smith, President-Elect; and Carolyn Brewer, Treasurer.

As a state branch of the American Counseling Association, TCA is committed to providing the most economical conference encompassing professional development, networking, and fun. The TCA's 58<sup>th</sup> Annual Conference (#TCA15maximize) will be



## ***TASGW continued...***

held November 21<sup>st</sup> through 24<sup>th</sup> at the Embassy Suites in Murfreesboro. TCA's registration cost is significantly lower...only \$110 for TCA members who register early.

And, only \$95 for conference presenters (Please note program proposals are due August 1<sup>st</sup>.) This year, registration covers one luncheon ticket of your choice for either TMHCA or TSACA, the Opening Party Reception and Closing Luncheon. In addition, TCA will be

hosting a special Power Hour which will showcase several national pre-conference speakers. And lastly, TCA will actively support and fund Alzheimer's Association of Tennessee.

Come have your Professional Homecoming with us.

***Please stay tuned for more updates in forthcoming TCA Newletters!***

*Sandra Terneus, TASGW President, 2015-2016*



***Association for Specialists in Group Work***  
*Dedicated to the promotion of best practices, research, and training of group workers.*

 **ACA**  
ASGW is a division of  
the American Counseling Association.





Hello TACES members!

I hope everyone found time for a little fun this summer despite the challenges Tennessee has recently encountered. The summer temperatures scorched us and torrential rains and storms left a wake of destruction for some Tennessee residents. A sad shadow was cast on Tennessee following the tragic shooting deaths of five US service members in Chattanooga. Our hearts go out to the families of those killed and injured, the residents of Chattanooga, and to our TACES members impacted by this tragedy. Although we all know counseling is an emotionally taxing profession, it is during these moments of crisis when it can be most challenging. Self-care and staying connected with support networks is critical in order to continue to share our knowledge and expertise with counselors-in-training as they strive to meet the emotional health care needs of our communities. We cannot effectively achieve this goal unless we take adequate care of ourselves first!

TACES wants to be part of your self-care network offering you support through collaboration, camaraderie, and on-going education and renewal. This year TACES will focus on the needs of counselor educators and supervisors at the TCA Preconference. On

Saturday, Nov. 21st, **Dr. Shawn Spurgeon** will present a 3 hour training on supervision and ethics. Don't miss the opportunity to improve your supervision skills, receive ongoing educational training, and have FUN with your TACES friends. You can register for this pre-con training at [www.tncounselors.org](http://www.tncounselors.org).

In addition to this fantastic PRECON opportunity, TACES is off and running in a new year, and the fun is just beginning. We have several goals planned, and the FIRST is to increase engagement with our members; That means YOU!!!!



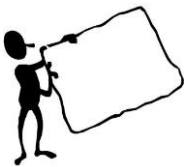
👍 “LIKE” us on Facebook so you can see what is happening with your TACES family. We WANT to know about you! Please share your professional updates with us by emailing Dr. Claire W. Dempsey at [mcwillams@memphis.edu](mailto:mcwillams@memphis.edu) and Stephanie Gotay at [sggotay@memphis.edu](mailto:sggotay@memphis.edu).

## ***TACES continued...***

The TACES website is currently being developed and will soon be another resource to keep you informed and connected ([tnaces.org](http://tnaces.org)). If you are interested in becoming more involved in TACES, please contact me or any of the board members. TACES will be accepting nominations for board positions soon, and we have several task committees working to improve the poster presentations, revise the TACES bylaws, recruit board member nominations, promote recognition of the achievements and contributions of counselor educators and supervisors, and more!

Gina Frieden is our membership chair and is reaching out to faculty members, counseling supervisors, and doctoral students in counselor education programs throughout the state to let them know about our organization. Please do your part to reach out to these individuals and offer them a personal invitation to join TACES.

For more information about membership, contact Dr. Frieden at [gina.frieden@vanderbilt.edu](mailto:gina.frieden@vanderbilt.edu).



As always, we want to engage and support counseling students. This year, TACES will again host the 2015 Graduate Student Poster Presentations at the TCA conference in Murfreesboro on Sunday, November 22nd, from 1:30pm until 3:00pm.

You can help support these students through your ATTENDANCE!!! This is a wonderful opportunity to mentor these students to develop counseling specialties, explore research interests, and continue their engagement with our professional organization. If you are interested in being a poster judge, please contact Dr. Marisa White at [mlwhite@argosy.edu](mailto:mlwhite@argosy.edu).

As you can see, there is a lot going on in TACES and we want you to be a part of it. Please join your TACES family by sharing your professional achievements, inviting your professional peers to become TACES members, and encouraging and supporting students and new professionals to get involved. Borrowing the words of Benjamin Franklin, I leave you with this thought - **“Tell me and I forget, teach me and I may remember, INVOLVE ME AND I LEARN.”**



Hope to see you at the TCA conference!  
Stephanie Gotay, TACES President, [sggotay@memphis.edu](mailto:sggotay@memphis.edu)

# ***TACES continued...***

## **Executive Board (2015/2016)**

President – Stephanie Gotay

President-Elect – Dr. Gina Frieden

Immediate President – Dr. Rebekah Byrd

Treasurer – Dr. Robin Lee

Secretary – Dr. Megan Herscher

## **Committee Members**

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

*Social Media Chair:* Dr. Claire W. Dempsey

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

*Awards Committee:* Dr. Sandy Terneus, Dr. Ginny Dansby, Dr. Rebekah Byrd, & Dr. Robin Lee

*Nomination Committee:* Dr. Eva Gibson & Stephanie Gotay

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





We have a busy year planned for the Tennessee School Counseling Association. While at ASCA Leadership Development Institute, Lauren Baker (TSCA President-Elect) and I learned about positive advocacy outcomes from states resulting in mandated student-school counselor ratios and school counselor specific evaluations. TSCA is thrilled that Leigh Bagwell has been named the Coordinator of School Counseling position at the Tennessee Department of Education. TSCA looks forward to working with Ms. Bagwell on the Tennessee Counseling Framework and Standards of Practice.

Our goals for the 2015-2016 year include:

- Increased and intentional advocacy at the legislative and Department of Education
- Continuation of the development of valuable members-only resources, including resources on the TSCA website
- Continue website development and social media outreach
- Partner with ASCA to update the ASCA Code of Ethics
- Creation of healthy committees that provide future leadership for TSCA

I look forward to serving as TSCA President this year!

*Blair Sumner Mynatt, M.S., NCC*  
*TSCA President*

**TSCA invites you to attend a preconference session at TCA conference.**

**Saturday, November 21, 1:30-4:30pm**

Dr. Kris Goodrich

Best Practices for School Counselors working with LGBTQ youth

Co-sponsored with ALGBTICTN

This presentation will provide an overview of best practices for professional school counselors working with lesbian, gay, bisexual, transgender, queer (LGBTQ) youth. The presenter will provide a rationale for this work and introduce ethical and legal issues that further support this work. The presenter will then introduce potential points of professional school counselor collaboration across a comprehensive, developmental model of school counseling. The presenter will utilize case studies, role plays, and small groups for audience interaction with the material to further processing. The presentation will conclude with a review of systemic change strategies that can facilitate a school culture that supports the unique needs of all youth, specifically LGBTQ youth.

## ***TSCA continued...***

**Sunday, November 11, 1-4pm**

Dr. Keith Fulthorp and Arond Schonberg

**Fast, Effective, Efficient: Becoming a Solution-Focused School Counselor**

Becoming a Solution-Focused School Counselor requires the ability to facilitate strategic conversations designed to increase counseling effectiveness. This session capitalizes on the Refine, Expand, and Connect concept to improve school counseling practice. Participants will briefly review SFBC strategies. Participants will learn to Refine, Expand and Connect student responses to solution focused techniques to increase counseling effectiveness. Participants will learn how to use SFBC strategies to document and communicate counseling results.





## **Tennessee Association for Multicultural Counseling and Development**

TAMCD is happy to announce the pre-conference training on the new recently approved Multicultural Social Justice Counseling Competencies on Saturday, November 20, 2015. The presenter, Dr. S. Kent Butler, Ph.D., LPC, NCC, NCSC, is on faculty at the University of Central Florida. He is one of five colleagues responsible for developing the revised set of Multicultural Counseling Competencies to embrace Social Justice Counseling.

The pre-conference title and a general description are listed below.

### **Multicultural Social Justice Counseling Competencies: Future Directions in Counseling Practice and Research: Part I and Part II.**

**Session Description:** On July 20, 2015, ACA adopted Multicultural and Social Justice Counseling Competencies (MSJCC). These revised competencies implement multicultural and social justice competencies into counseling theories, practices, and research. This pre-conference session highlights the new structure of MSJCC with attention to issues of sociopolitical power and the importance of counseling and advocacy interventions. The presenter will discuss counseling theory, practice, research, and advocacy implications related to the new MSJCC. Attendees will learn the theoretical frameworks undergirding the MSJCC, and how to utilize the MSJCC to guide multicultural and social justice counseling praxis.

**Pricing:** Part I only or Part II only: \$30 members, \$15 students and retirees and \$60 nonmember. Part I and II: \$40 for members, \$25 for students and retirees, and \$75 for non-members.

Implications are envisioned for all who educate and serve others.

*Hattie Isen, Ph.D.  
Communicator*

*LaSheryl Askew, M.A.  
2015-2016 President*



# ◀◀◀ Chapter Reports ▶▶▶

## ***Martha Polk***

The Martha Polk Chapter of TCA is off to a fabulous running start! We will have our first meeting at the illustrious Union University, which kindly hosts us every year in September. We will be having a speaker talk with us from Lakeside Behavioral Health System and enjoying the opportunity to network and connect with counselors all over the West Tennessee area. Of course, we will be strongly encouraging everyone to send in their registration for the conference as soon as possible. We look forward to seeing all of you in November!

Aimee Evans  
School Counselor  
Nova Elementary

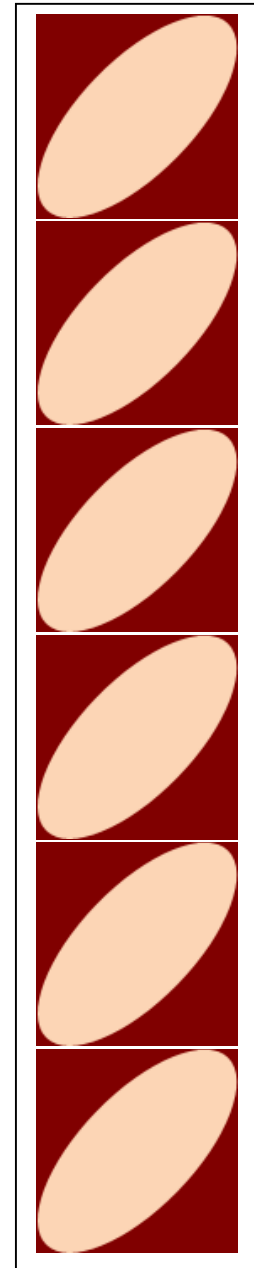
*2015-2016 President Martha Polk Chapter*

## ***West Tennessee***

**Busy Year Planned for WTCA**  
*Skip Ruzicka, President*

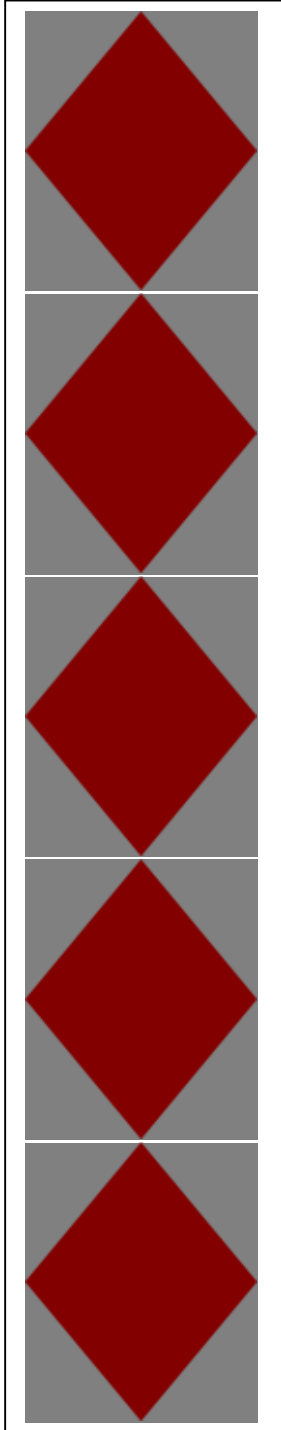
Our first meeting of the Governing Board of WTCA met shortly after the Leadership Development Institute (LDI). Eight of our 16 active board members attended LDI. After three focused hours of association business, we wrapped up the day with a cookout and a little bonding time.

The board laid out an aggressive agenda for the 2015 – 2016 year that promises to provide plenty of great professional development, keep us on solid financial ground, and grow our membership. Our goal of 200 active members by the end of our year is aggressive, but the team feels are realistic and achievable.





## ***West Tennessee continued...***



An extremely busy year is planned that includes; New Student Orientation at The University of Memphis, Chi Sigma Iota/Faculty/WTCA Board Mixer, General Membership Meetings (4X, 4 CEU's), Professional Development Training Sessions (4X, 6-8 CEU's), Community Service Project, and the 5th Annual WTCA Summer Conference (5 CEU's). Once again, an aggressive agenda but one our board feels, by working together, is achievable.

Growing our membership was a key priority and the board feels this calendar of events will help achieve that. A professional member can earn up to 17 CEU's at no additional cost to their membership fee and preferred conference fee (\$135). For a non-member to earn those credits, it will cost them \$180. By implementing a per CEU hour fee for non-members, the board believes they are adding "value" to membership. Other membership related efforts include; board members calling past due renewals (8/15), e-mails from the President and Membership Chair to past due renewals, e-mail from the President to members in month of renewal, and membership "pitch" and applications at all meetings and events.

We are looking forward to an exciting year and we invite you to "Like" us on our Facebook Page, join us on our Facebook Group, or visit our web site at [www.westtennesseecounselors.org](http://www.westtennesseecounselors.org) for more information about the West Tennessee Counseling Association.

*Skip Ruzicka*  
*2015-2016 WTCA President*

## ***Smoky Mountain***

We would like to invite you to join our SMCA members, friends, and colleagues to an evening of professional learning and fellowship. Please review our schedule and topics for professional development. Look for our monthly email reminders for upcoming meetings. Please RSVP to [SMCAofficers@gmail.com](mailto:SMCAofficers@gmail.com) if you plan to attend or if you need to be added to our email list. Let us know if you will need CEU's or Knox Co. Schools PD credit. We look forward to serving the Smoky Mountain Chapter and connecting with more counselors in our area and from across the state.

*Jordan Scrimsher*  
2015-2016 SMCA President

**SMOKY MOUNTAIN COUNSELING ASSOCIATION**  
**MONTHLY MEETINGS FOR 2015-2016**

SEPTEMBER 3	KAT COY, M.S. & BEVERLY ANDERSON, EDS. ACA & COUNSELING LEGISLATION
OCTOBER 6	LISA HENDERSON, NCC, LPC-MHSP - BINGE EATING DISORDER
NOVEMBER 5	MELISSA CUPP, LCSW & RAY MORRISON-ADDICTIONS
NOVEMBER 22-24	TCA CONFERENCE-EMBASSY SUITES, MURFREESBORO, TN
DECEMBER 1	ALLE LILLY, LMSW - DOMESTIC VIOLENCE
JANUARY 7	DR. CAROLYN CARLISLE - CRISIS COUNSELING
FEBRUARY 2	TBA
FEBRUARY 27	SMCA ONE DAY CONFERENCE - CARSON-NEWMAN UNIVERSITY
APRIL 7	DR. JERI LEE - 2016 ETHICAL & LEGAL UPDATE AWARDS CEREMONY

**\*\*ALL MEETINGS WILL BE HELD AT 5:30 P.M. AT PULEO'S GRILL AT  
260 N. PETERS RD. EXCEPT THE LAST MEETING, WHICH WILL BE HELD AT  
BRAZEIROS AT 6901 KINGSTON PIKE**

**MEETINGS WILL ALTERNATE BETWEEN TUESDAYS AND THURSDAYS THIS YEAR**



### **MTCA membership event focusing on trauma draws professionals, students**

Each fall, the Middle Tennessee Counseling Association holds a free, open event to all counseling professionals, counselor educators, and graduate students in the area. As part of the event, attendees learn more about the purpose of the Tennessee Counseling Association, its divisions, and its chapters. Specifically, the event focuses on highlighting benefits of membership and encourages those attendees who are not members to join.

The speaker for this year's membership event was Dr. Lacreacia Dangerfield, LPC-MHSP. Dr. Dangerfield is an accomplished mental health counselor who formerly served as the clinical director at a mental health agency in Nashville. Now, Dr. Dangerfield has a private practice, provides clinical supervision for new counselors, and serves as a business and leadership development consultant. The focus of Dr. Dangerfield's presentation was on trauma informed care. The basics of trauma and this particular approach were covered. Recognizing the diverse practice settings of the audience, Dr. Dangerfield also addressed the relevance of this model for school counseling attendees, sharing key indicators and intervention techniques for school-based providers in addition to discussing the way this approach can be used in a mental health agency or private practice.

With 67 registered attendees, this year's membership event was one of the largest in MTCA history! Roughly half of the attendees were counseling students from Tennessee State University and Middle Tennessee State University. Four counselor educators, Dr. Ginny Dansby (MTSU), Dr. Jeri Lee (TSU), Dr. Ellen Slicker (MTSU), and Dr. Thurman Webb (TSU) all brought students to the event. The Tennessee School Counselor Association (TSCA) and Tennessee Mental Health Counseling Association (TMHCA), along with the Tennessee State University Wesley Foundation, served as sponsors for the event.

## ***MTCA continued...***

MTCA has recently experienced an increase in membership, with 19 new members joining between August 1 and September 20, bringing **MTCA's total active membership** to just over **300**. This year, MTCA is focused on partnership with divisions to provide high quality professional development opportunities for practitioners in the Middle Tennessee area.

### **Upcoming MTCA event to address issues of gender identity and expression**

Counseling professionals are called to work with a wide variety of diverse individuals, and counselors are most competent in attending to issues of diversity with specific training about the population with whom they are working. However, many counseling professionals have had limited training in working with individuals for whom gender identity and gender expression is an issue. The Middle Tennessee Counseling Association (MTCA) and the Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling of Tennessee (ALGBTIC-TN) are partnering to provide relevant, timely professional development regarding these issues at an upcoming meeting.

The guest speaker for the MTCA meeting on **Thursday, November 12**, will be Marisa Richmond, a local activist who serves on the board with the National Center for Transgender Equality. Marisa will be speaking about the process of gender identity development and expression, how this impacts individuals throughout the lifespan, and how counseling professionals can best serve individuals who may be having a difficult time with these issues -- whether it is with their own identity development or in their community.

For more information on this event, contact Dr. Joshua Stanley, MTCA President, at [joshua.stanley@outlook.com](mailto:joshua.stanley@outlook.com).

.....

.....

# ***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!**

Spread the  
**WORD!!!**

- [www.tncounselors.org](http://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

\*\* Also, the official hashtag of the conference will be #TCA15max Make sure to tag us in all your posts. Maybe we could become a trending hashtag? Hey, we can dream!

## ***Mental Health Advocacy Committee***

Hello TCA Members! My name is Lisa Henderson and I serve as the Mental Health Advocacy Committee Chairperson for the 2015-2016 term. In the short time since stepping into this role, I have been busy connecting with other organizations that share similar advocacy and legislative goals as TCA. I am developing relationships with organizations that advocate for clients and access to care in our state as well as other state level professional organizations for mental health service providers. I began working with our national associations that affect legislative lobbying and advocacy, including the American Counseling Association and the American Mental Health Counseling Association. In addition to professional organizations, many national service provider organizations also engage in political activism in order to open access to mental health care. While these organizations are generally less interested in protecting a specific license, they can be great allies in getting ourselves included in their message to policy makers. As things stand today, there are many organizations working hard to affect change, but most are working independently of each other. Our goal in TCA is to pool as many resources and raise our voice with others who share our goals in order to be more effective in getting our message heard by decision makers. Look for more to come in this area as progress is made developing these important relationships. I look forward to working with you as we open access to care to Tennesseans and protect the clinical practice of counselors in Tennessee!

Lisa Henderson  
MS | MA | NCC | LPC-MHSP  
2015-2016 Mental Health Advocacy Committee Chair

## ***2015 Conference News***



**#TCA15maximize: A conference NOT to be missed!**

[www.tcaconference.com](http://www.tcaconference.com)

This conference continues to evolve as an incredible professional development opportunity designed **BY** counselors, **FOR** counselors. Our focus is on counselors – period!

## **2015 Conference News continued...**

We are thrilled to be offering you the following at the #TCA15maximize conference coming up this November at the Embassy Suites in Murfreesboro, TN:

- **Counselor driven sessions:** Over 70 sessions offered during 6 breakout sessions and 2 clinical-focused sessions. Mental health focused, school counselor focused, practical, skills-based, current research – we have it all!
- **Power Hour:** a special chance to hear from our prestigious keynote speakers
- **Idea Exchange:** The Ultimate Professional Gift of Tennessee Counselors in Collaboration with One Another. Designed to Maximize Counselor Collaboration across Specializations. Breakout sessions include: *PreK-2 School Counselors, 3-5 School Counselors, Middle School Counselors or High School Counselors*
- **Incredible Pre-Conference Offerings:** when you can't get all the great learning into your conference, you expand the pre-conference offerings. These options are proving to be beyond exciting, they are downright "must see" learning experiences.
  - ◇ Experiential Therapy Skills Workshop
  - ◇ Professional Counseling in Tennessee: Legal Issues Update 2015 for School and Mental Health Counselors
  - ◇ Best Practices for School Counselors Working with LGBTQ Youth
  - ◇ Motivational Interviewing
  - ◇ Ethical Issues in Counseling Supervision
  - ◇ The Creative Arts in Individual and Group Counseling
  - ◇ Fast, Effective, Efficient: Becoming a Solution-Focused School Counselor
  - ◇ Multicultural Social Justice Counseling Competencies: Future Directions in Counseling Practice and Research: Parts I and II
- **Engaging Speakers:** From California, North Carolina, New Mexico, and right here from Tennessee – we are bringing you speakers to teach you new things, motivate you with inspiring stories, and give you ideas to take back to your students.
  - ◇ **Coach Phillip Fulmer** – not a football fan, or a Tennessee fan? Not a problem! This motivating speaker has a heart for what counselors do! He is



## ***2015 Conference News continued...***

on the board of the Jason Foundation, Boys and Girls Club of the Tennessee Valley, and a champion supporter of Alzheimer's research. He has great stories and will leave us laughing and inspired.

♦ **Dr. Samuel T. Gladding** – this counseling GREAT is ready educate us on how leaders can help groups develop in dynamic and healthy ways. Dr. Gladding will focus on how to help a group stay fluid, focused, and deal with difficult situations.

♦ **Keith Fulthorp and Arond Schonberg** – all the way from California, these ASCA members are always popular at ASCA conferences with packed breakout sessions. They will highlight how we can be “unswervingly positive” in our practice.

♦ **Dr. Kris Goodrich** – a national leader in the field of working with LGBT youth, Dr. Goodrich has numerous publications focused on increasing the effectiveness of counselor preparation and counselor practice with lesbian, gay, bisexual, transgender, questioning, intersex, and asexual (LGBTQIA) persons and group work. His talents for working in this area have been recognized nationally and we are thrilled to have him at our conference.

Check out our newly updated website to stay up-to-date with conference happenings! [www.tcaconference.com](http://www.tcaconference.com) See you in November!!!

### **Conference Registration Rates**

<b>Registration Type</b>	<b>Early Bird By 9/25/15</b>	<b>Pre-Registration By 10/22/15</b>	<b>Final After 10/23/15</b>
TCA Members	\$110.00	\$135.00	\$150.00
Non-Members	\$180.00	\$200.00	\$220.00
Students/Retired	\$45.00	\$45.00	\$45.00
Presenters TCA Members	\$95.00	\$95.00	\$95.00
Presenter Non-Members	\$165.00	\$165.00	\$165.00

Book your hotel TODAY: Embassy Suites - Murfreesboro, TN for \$134/night  
(Click here for directions: <http://www.tncounselors.org/conference/hotel/>)

# **2015 Conference News continued...**

## **Tennessee Association for Specialists in Group Work**

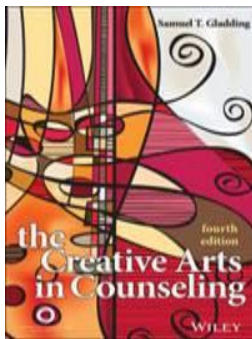
Hello TASGW, and thank you for your support of group work!

As you may know, TASGW Leadership is diligently working on providing you a membership worth your investment! And we are very excited about TASGW's Pre-Conference speaker, Dr. Samuel T. Gladding. Dr. Gladding was cited as being in the top 1% of contributors to the American Counseling Association's *Journal of Counseling and Development*, has published numerous books and training videos, and has been honored with over 20 awards for distinguished service.



Pictured from left to right: Dr Sam Gladding stands with Sandy Hook resident Bob Schmidt on March 14, after Mr. Schmidt was presented with the 2015 Samuel T. Gladding Unsung Hero Award.

Dr. Gladding's Pre-Conference presentation, *The Creative Arts in Individual and Group Counseling*, is scheduled on Sunday, November 22, from 9:00 a.m. to 12:00 noon. The cost for this incredible session is as follows: Members @ \$40; Students @ \$20; Retired Members @ \$20, and Non-Members @ \$80. And that's not all:



**Are You A Lucky Winner?**

All attendees of Dr. Gladding's Pre-Con will have a chance to receive an autographed copy of *The Creative Arts in Counseling*. (Yep, signed by Sam, himself.) The winners will have their photographs taken with Dr. Gladding, and posted on the TASGW/TCA website.

And we are not stopping there...

## **2015 Conference News continued...**

In addition, TASGW will be giving away autographed books by leaders in the counseling profession to the membership! Up for grabs are: *Boundary Issues in Counseling*, autographed by Gerald Corey and Barbara Herlihy; *The Counselor and the Law*, autographed by Nancy Wheeler and Burt Bertram; and *School Counselors Share Their Favorite Guidance Lessons*, autographed by ASGW Executive Director, Janice DeLucia-Waack.



Please renew or invest in membership to TASGW prior to October 31st. This simple step is important for TCA compliance, and we are grateful for your commitment to group work and TASGW.

The TCA's 58<sup>th</sup> Annual Conference (#TCA15maximize) will be held November 21<sup>st</sup> through 24<sup>th</sup> at the Embassy Suites in Murfreesboro. This year, registration covers one luncheon ticket of your choice for TMHCA (Tennessee Mental Health Counselors Association) or TSCA (Tennessee School Counselors Association), the Opening Party Reception and Closing Luncheon. In addition, TCA will be hosting a special Power Hour which will showcase several national pre-conference speakers, including Dr. Sam Gladding.



As a state branch of the American Counseling Association, Tennessee Counseling Association (TCA) is committed to providing the most economical conference encompassing professional development, networking, and fun. TCA's 58<sup>th</sup> Annual Conference (#TCA15maximize) will be held November 21<sup>st</sup>

through 24<sup>th</sup> at the Embassy Suites in Murfreesboro. TCA's registration cost is significantly lower...only \$110 for TCA members who register early. This year, registration covers one luncheon ticket of your choice (either TMHCA or TSCA), the Opening Party Reception and Closing Luncheon. In addition, TCA will be hosting a

## **2015 Conference News continued...**

special Power Hour which will showcase several national pre-conference speakers (including Sam Gladding). And for the fans...Coach Phillip Fulmer is the TCA motivational keynote speaker! And lastly, guests of Embassy Suites receive complimentary breakfast buffet and happy hour. There you have it...professional development, networking, and fun. And as our community focus, TCA will actively support and fund Alzheimer's Association of Tennessee.

***Come have your Professional Homecoming with us.***

Thank you so much. We hope to see you at TCA!

Your TASGW Leadership Team!



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.

# ***TCA Awards Committee News***

Greetings! Please note that the TCA Awards Committee is being activated for the purpose of validating and acknowledging the efforts of our membership. Currently, Lacrechia Dangerfield and Sandra Terneus are working with Awards Chairs in other counseling associations within ACA's Southern Region to develop compatible awards and recognitions. Further news will be forthcoming.



In the meantime, please consider submitting nominations for ACA National Awards via <http://www.counseling.org/about-us/awards/national-awards>. Recipients of the awards will be honored at ACA in Montreal; however, next year's awards will be bestowed in Nashville at the 2017 ACA Conference, April 5 – 9. What a fantastic experience it would be for TCA membership to be honored with an ACA National Award in the home state!



## **TCA 58<sup>th</sup> Annual Conference** **Ethical Issues in Counseling Supervision**

Presented by Tennessee Association for Counselor Education and Supervision

This **3 HOUR preconference session** will address the nuts and bolts of the **supervision** process. The presenter will review the various and changing roles of supervision, including an analysis of **ethical issues** related to counseling supervision.



### **School Counselors**

supervising counselors-in-training & ethical issues

### **Mental Health Counselors**

supervising counselors-in-training and professionals seeking licensure & ethical issues

### **Doctoral Students**

in counselor education programs supervising master's level counselors-in-training & ethical issues

### **LPC/MHSP**

Supervising licensees (3 hours of supervision & ethics)

**TCA 58<sup>th</sup> Annual Conference**  
**Ethical Issues in Counseling Supervision**  
Presented by Tennessee Association for Counselor Education and Supervision  
Continued...

**Shawn L. Spurgeon, PhD, LPC-MHSP**

Associate Professor and Coordinator  
Clinical Mental Health Counseling Program  
University of Tennessee at Knoxville

Dr. Spurgeon is a licensed professional counselor in North Carolina and Tennessee. He was a member of the ACA's 2014 Ethics Revision Task Force. He is the current president of SACES, Past-President of AARC and serves on the editorial boards of multiple journals. He is the first recipient of the Cortland C. Lee Multicultural Excellence Scholarship Award.



**Nov. 21, 2015, Saturday 1:30 – 4:30**

Price: Members-\$30, Students/Retired-\$15, Non-Members-\$60  
Register at: [www.tncounselors.org](http://www.tncounselors.org)



Embassy Suites 1200 Conference Center Blvd., Murfreesboro, TN

***More News...***



Hello  
**TACES Members!**  
Please join us at the  
board meeting.

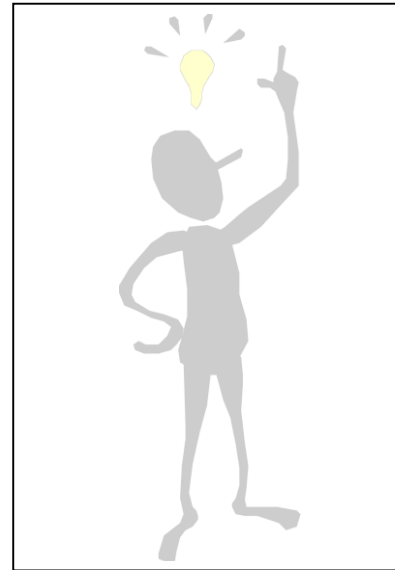
**Sunday, Nov. 22, at 3pm**  
**TCA#15maximize 58<sup>th</sup> Annual Conference**  
Embassy Suites Hotel, 1200 Conference Center Blvd., Murfreesboro, TN  
(See conference bulletin for room.)

Board meeting will follow the Graduate Student Poster  
Presentation. Please offer these students your support by  
visiting their posters prior to the board meeting.

**Tennessee Association for Counselor Education and Supervision**



## *More News continued...*

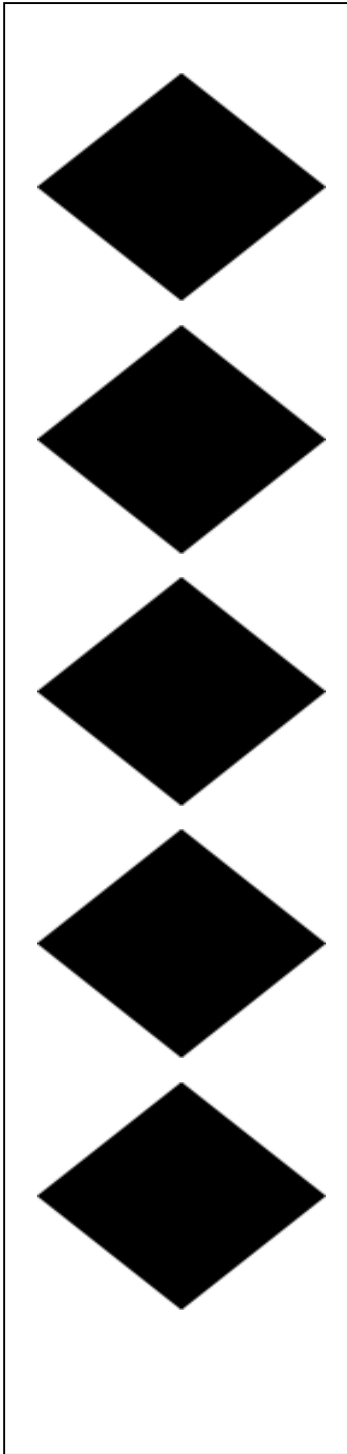


A simple cartoon drawing of a person standing next to a large whiteboard, pointing at it with their right hand. The person is drawn in a minimalist, stick-figure style.

**Dr. Ellen Slicker**  
will present poster  
at the  
2015 ACES Conference  
in Philadelphia  
this October.

Stop by and say hello!





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

As a current member of Tennessee Counseling Association, I have some exciting news that I wanted to share with TCA leadership and TCA members.

The Tennessee Technological Counseling Center in Cookeville, TN received a three year campus suicide prevention grant with \$278, 466 Direct Cost (plus IDC) from Substance Abuse and Mental Health Services Administration, Department of Health and Human Services, NIH on campus prevention to perform “#hopestrongeagles” Suicide Prevention Program. The funds from this grant will include suicide prevention for all of our TTU students. Our campus office of research and I worked hard on this application. I developed the suicide prevention program #hopestrongeagles that will be implemented at TTU this fall with use of these grant funds.

Thank you for TCA’s continued support,

Christina L. Mick, EdD, ACS,CPS LSC, LPC/MHSP  
Tennessee College Counseling Association Past-President  
Tennessee Technological University  
Counseling Center  
Assistant Director of Clinical Services  
Roaden University Center, Room 307  
TTU Box 5094  
Cookeville, TN 38505  
931-372-3331<tel:931-372-3331>  
[cmick@tntech.edu](mailto:cmick@tntech.edu)<mailto:cmick@tntech.edu>

*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](http://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.