



TENNESSEE COUNSELING
ASSOCIATION
A Branch of the American Counseling Association

September: 2018

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Check out our new website:

www.tcacounselors.org

Not a Tennessee Counseling Association Member? Visit [here](#) and learn about the benefits, pricing and more!

Welcome from TCA President: Dr. Eva Gibson

Greetings TCA! I hope this message finds you well. I am pleased to say that our leaders have been working hard for you! In this newsletter, you will find evidence of their efforts and I do hope you participate in the various meetings and conferences that will be offered by our chapters. Recent tragedies, such as the passing of Senator John McCain and the recent shooting in Florida, have shaken our nation. I hope that, in these sad times, we can come together, support one another, and grow together despite our grief. While you are speaking light into others, make sure you also engage in self-care. As the counselor is often the comforter, remember that you cannot pour from an empty cup. I hope you take some time for you and also connect to your professional peers for support. TCA is an organization FOR counselors BY counselors. Please read through our newsletter and I hope to see you at upcoming events!



Dr. Eva Gibson, TCA President



TCA Conference: 2018

REGISTRATION IS OPEN: [CLICK HERE](#)

Our 61st Annual conference preparations continue. We have listened to your feedback and have worked to increase the number of educational content sessions while decreasing the length of the conference. Attendees will have 61 content sessions to choose from and can earn up to 19 continuing education hours. Nationally known speakers include Dr.'s Richard James, Lynn Linde, and Dr. John Nance.

NEW FEATURE: Rather than having a preconference, attendees can choose from up to 8 learning institutes on Friday for extended deep dives into topics such as *crisis intervention*, *ethics*, and *self-care*.

This year's conference will be held from Friday, November 9 through Sunday, November 11th at the Nashville Airport Marriott, 600 Marriott Dr., Nashville, TN 37214. Book your room by 10/9/18 for The Nashville Marriott's Early registration rate of \$164 per night. [Click here](#) for all hotel details.

TCA is the only member-driven conference, designed for, and by counselors. The most important part of our conference is our members. Join us this fall to have fun, learn, and network. We always need exhibitors, sponsors, and volunteers.

Exhibitors and Sponsorship Ideas? Contact Skip Ruczka to share leads and learn more about exhibiting or sponsorship at: josephruzicka@tcacounselors.org

Students interested in volunteering can contact Erin Dunaway at: erind1491@gmail.com

Find all conference details at our [newly redesigned website](#).

Dr. Steve Zankas: TCA Conference Chair, TCA President-Elect, TACES President

Nominations of TCA Officers: Lisa Henderson, Past-President

Nominations for TCA Officers are open! In November we will be voting on President-Elect-Elect, Secretary, and Treasurer. In July Governing Council met and nominated a slate of officers. But nominations remain open until voting at the conference in November.

The official slate of officers is as follows:

- **President Elect-Elect:** Nicole Gwathney
- **Secretary:** Tiffany Nix
- **Treasurer:** Claire Dempsey

Eligibility for office

All elected officers of the Association shall be members in good standing of the American Counseling Association, as well as the Tennessee Counseling Association. TCA President must have served as either chapter/division president or as a member of the TCA Governing Council. Please review the TCA Leadership Handbook for more details on the duties of each office.

Important Dates

- The official ballot is sent to membership 10/1/2018
If you are planning to run, you'll want your name and bio sent out so people have time to get to know you before casting their vote.
- Nominations close 11/8/2018 at midnight, central standard time.
- Voting occurs during conference 11/9/2018 – 11/10/ 2018
- Election results are announced during the closing session of conference, 11/11/2018

If you would like to nominate yourself or someone else, send nominations to Lisa Henderson, Immediate Past President at Lisa.Henderson425@gmail.com.

Interim Executive Director, Kat Coy



At this year's Governing Council meeting, our board decided to create a new role to help support our leaders and potentially grow our membership. Kat Coy was named as the Interim Executive Director position. Kat has been involved with TCA for many years and brings a passion for this organization, the counseling profession, and the client's we serve. Her initial primary focus will be the launch of a new membership platform, the development of a members-only website for our collaboration and networking, and creating the framework for this position.

Contact Kat Coy [here](#).



CHAPTERS

South Tennessee Counseling Association (STCA):

Serving the following counties: Bedford, Coffee, Franklin, Grundy, Lincoln, Moore, Warren

What's Happening in the South Tennessee Counseling Association? The South Tennessee Counseling Association (STCA) is an organization intended to provide professional support and networking for counselors in Bedford, Coffee, Franklin, Grundy, Lincoln, Moore, and Warren counties. On August 28-29, STCA was a proud sponsor for the UNITE Conference: A Conference for Community Partners. UNITE was presented by The Coffee County Anti-Drug Coalition and Coffee County Children's Advocacy Center in Tullahoma, TN. The event kicked off with Caleb McCall talking about not letting one's past dictate their future. He discussed a new recovery center that he has been instrumental in the opening.

STCA officers are looking forward to our first meeting of the year at TCAT-Shelbyville from 6pm-8pm. We will enjoy a time of networking and collaboration over a meal (provided for us). We will also learn about the exciting things happening at TCAT-Shelbyville and how its growth is meaningful to us. If you are in the area, please stop by.

Contact Jordan Tatom, STCA President [here](#).

Updated website: <https://www.tcacounselors.org/stca>

Smoky Mountain Counseling Association

Serving the following counties: Anderson, Blount, Campbell, Claiborne, Cocke, Grainger, Hamblen, Jefferson, Knox, Loudon, Monroe, Morgan, Roane, Scott, Sevier, Union

Smoky Mountain Counseling Association is off to a great start this year! Our opening meeting featured TCA Past President Lisa Henderson, who spoke on legislative issues and how counselors can get involved in advocating for our profession and our clients. We also voted to make a monetary donation to the Tennessee Suicide Prevention Network to support this mission of providing education for counselors and laypeople on recognizing the signs of suicide and helping to reduce the prevalence.

We have an exciting line-up of programs throughout this year! A little bit of something for everyone, and always welcome visitors and new members alike!

Our next meeting will be on **October 4th, at Barleys in the Old City** (200 E. Jackson Avenue, Knoxville, TN). Please RSVP to SMCAOfficers@gmail.com. Our speaker will be Charmayne Adams, who will be speaking on trauma-informed counseling.

Contact Terry Sharp, SMCA President [here](#).

Updated website: <https://www.tcacounselors.org/smca>

Middle Tennessee Counseling Association

Serving the following counties: Cannon, Cheatham, Davidson, Dickson, Houston, Humphreys, Montgomery, Robertson, Rutherford, Stewart, Sumner, Williamson, Wilson

Save the Date for our next meeting: October 16th

Location: Tennessee State University, Avon Williams (Downtown) Campus

330 Tenth Avenue North, Nashville, TN 37203

Training Room 2

Contact Maria Jones, MTCA President [here](#).

Updated website: <https://www.tcacounselors.org/mtca>

West Tennessee Counseling Association

Serving the following counties: Fayette, Shelby, Tipton

WTCA will be hosting their first General Meeting in October followed by a Professional Development class lead by Dr. Audrey Ellion. We will have more to come soon.

Contact Johnathan Williams, WTCA President [here](#).

Updated website: <https://www.tcacounselors.org/wtca>



Tennessee School Counseling Association (TSCA):

As I begin my year of service our organization must navigate the ambiguities related to the historic dismantling of ACA and ASCA in a manner that keeps the needs of our members at the forefront. As conveyed by Margaret Weatley, "*The things we fear most in organizations--fluctuations, disturbances, imbalances--are the primary sources of creativity.*" In this regard, I am excited to explore new opportunities and strategic partnerships that can grow our organization and expand our members' services and resources. Beyond organizational considerations, I also plan to sharpen our focus in 3 important areas.

- **First**, a central goal is to nurture future leaders representative of all sectors of the school counseling field in Tennessee.
- **Second**, in the light of statistics indicating a rise in suicide rates and an overall increase in mental health issues affecting our youth, TSCA will dedicate efforts to support and advocate for school counselors' role as mental health experts in their schools.
- **Third**, and in many respects a corollary of the previous goal, we plan to direct our efforts toward substance abuse prevention in schools by articulating best practices and, once again, connecting school counselors to critical information and resources.

Finally, inasmuch as leadership is an action, not a position, I plan to use this year as TSCA president to strengthen the organizational infrastructure and improve our membership base by better meeting the needs of our members in a tangible and pragmatic manner. The TSCA leadership team is meeting Sunday 9th to set goals for the upcoming year.

Contact Dr. Chloe Lancaster, TSCA President [here](#).

Updated website: <https://www.tcacounselors.org/tsca>

Tennessee Association for Counselor Education and Supervision (TACES):

The TACES Executive Board and committee members continue to work on a number of projects. The December workshop held in Nashville, 2017, featured Bruce Perry and was well received. TACES partnered with the Vanderbilt chapter of Chi Sigma Iota as the event was held at Vanderbilt. We had over 65 in attendance.

This year's TCA conference will be led by TACES President and TCA President-Elect, Steve Zanskas. The conference organizers are scheduling several learning institutes as well as dozens of presentations that offer counselor educators, supervisors, and students in the state opportunities for continuing education and networking.

Call for TACES Officer Nominations

Nominations for leadership positions in TACES are due Sept. 25. The President-Elect and President Elect-Elect were left vacant when officers moved out of state. The Treasurer position will also need to be filled and is for a three-year term. For more information please contact tacestn@gmail.com.

Call for Poster Submissions

TACES will once again be sponsoring the Graduate Student Poster competition at the upcoming TCA conference happening at the Nashville Airport Marriott, November 9th - 11th.

Poster sessions are designed to convey research findings and/or novel approaches to counseling issues in a poster format. By facilitating informal discussions between presenters and their audience, poster sessions provide a more intimate forum for exchange than do regular paper presentations. Ideally, a well-constructed poster will be self-explanatory and free you from answering obvious questions so that you are available to supplement and discuss particular points of interest with the judges and conference participants.

This is an excellent opportunity for graduate students to build their curriculum vitae as well as to gain invaluable experience presenting their work to a diverse group of counseling stakeholders. Poster presentations may include:

- Completed literature reviews
- Qualitative and Quantitative research studies
- Master's thesis/ Doctoral dissertation
- Counseling interventions/techniques

Poster presentations will occur on Saturday, November 10 from 3:15 pm - 5:15 pm.

Deadline is October 1st. Please submit your application via email to nicole.a.cobb@vanderbilt.edu

Call for TACES Award Nominations

The Awards Committee has added a new award for outstanding field supervisor. This award recognizes a field supervisor who has shown outstanding dedication, training and mentoring to student interns and new professionals in the field of counseling. A list of all awards can be found at our TACES website [here](#).

Deadline for TACES awards will be October 1st. Nominations can be sent to tacestn@gmail.com

Updated TACES website: <https://www.tcacounselors.org/taces>

Tennessee Rehabilitation Counseling Association (TRCA):

TRCA is an affiliate of the Tennessee Counseling Association (TCA). TRCA's primary mission is to continually improve the profession of rehabilitation counseling in its service to persons with disabilities in Tennessee.

Support our membership efforts. Graduate students can join TCA and TRCA for only \$25.00!

Graduate students interested in joining TCA and TRCA, who need financial assistance, can contact: Dr. Zanskas at: szanskas@memphis.edu

Professionals can add TRCA to their current TCA membership. Remember, you receive one free chapter and one free division automatically with your TCA membership. TRCA would love to have you join us.

Our 2018/2019 meeting dates are listed below. We would love to have you join.

- October 29th
- January 7th
- March 25th
- June 3rd

Bi-monthly meetings are held via online forums: zoom meetings, google hangout, and adobe connect. All meetings are from noon to 1pm CST to accommodate our working members.

Please contact Tyra Watts, our TRCA secretary, for the online meeting links and information. Her e-mail is B4law@bellsouth.net

Contact Rebekah Lemmons, TRCA President [here](#).

Updated TRCA website: <https://www.tcacounselors.org/trca>

Tennessee Mental Health Association (TMHCA):

We're off to a great fall with several exciting events planned. We are building our slate of officers, so if you're interested in serving please let me know. We have a great team with Dr. Kevin Doyle, Beth Anderson, Jane Joyce, and Lisa Henderson working to create and deliver programming in partnership with chapters and divisions across the state. Our first event is the production of a podcast-style continuing education program. Marlon Johnson, Kati Lohr, and Lisa Henderson are in the process of producing that so you can have another option for how you want to receive your continuing education. I love podcasts, so this was a natural next step! Looking forward to connecting!

Contact Lisa Henderson [here](#).

Updated TMHCA website here: <https://www.tcacounselors.org/tmhca>



Public Policy and Legislation

We have an exciting legislative season ahead of us! At a state level, we have a new governor coming into office and 1/3 of the Tennessee General Assembly will be brand new. At a federal level, 1 of our 2 Senators will be new with Bob Corker retiring and all 9 of our House of Representatives will be voted on. We're looking carefully at policies around mental health, substance use disorders, education, and the justice system. Do your homework and vote for someone who stands for what you believe in when it comes to policies like these and other issues that are important to you.

[Here](#) is a complete list of all candidates for all State and Federal elections.

October 9, 2018, is the last day for voter registration before the November 6, 2018, General Election. If you're not registered to vote, [click here](#) for eligibility requirements as well as online and in-person registration options. ***Let your voice be heard!***

Contact Lisa Henderson [here](#).

Human Rights Committee

Voting = Human Rights

The 2018 mid-term elections are near. With all of the buzz surrounding the approaching elections, I remember lyrics from Bob Dylan's song, "The Times They Are Changin".

Come senators, congressmen

Please heed the call

Don't stand in the doorway

Don't block up the hall

For he that gets hurt

Will be he who has stalled

There's a battle outside

And it is ragin'.

It'll soon shake your windows

And rattle your walls

For the times they are a-changin'.

The lyrics remind me not so much that times are a changing, but that times *can* change. And change can happen through voting. Now, to be clear, this article will not be a partisan attack; instead, I intend to explain the connection between the importance of exercising your civic right of voting and the counseling profession's unique opportunities to advocate for clients, providing you with resources to help you make informed voting decisions.

In 2016, the counseling community lobbied Tennessee's Legislature to defeat a bill allowing counselors to refuse service based on the "goals, outcomes, or behaviors that conflict with the sincerely held principles of the counselor or therapist." Essentially, the bill allowed counselors to discriminate against clients who do not share their belief systems. Leading up to the vote, both the American Counseling Association (ACA) and Tennessee Counseling Association (TCA) lobbied against the bill. While the outcome was not the desired result by both organizations, we, as a membership body, *can* still effect change.

Change comes from advocacy. ACA's Code of Ethics calls for counselors to advocate for clients on the individual, group, institutional, and societal levels when clients' access to services and/or growth as humans is impaired (ACA, 2014). In thinking of advocating, some envision picket signs, marches, or sit-ins. Yes, all are forms peacefully advocating, yet advocating is also making your voice heard in the voting booth.

Change also comes from reliable, fact-based information. That being said, the internet is filled with vast non-partisan resources where you, as an informed voter, can access donor information and determine if a candidate's professional and personal values align with your own.

Lastly, change comes from actually voting. In Knox County, where I reside, earlier voting starts October 17th and runs through November 1st, with nation-wide Election Day commencing on November 6th. I personally have found early voting beneficial with my hectic schedule. During early voting, there is often no wait and the location is close to my home. You can find specific voting information in your area by visiting the Tennessee Secretary of State's website, <https://sos.tn.gov/>.

In concluding, in my family, and maybe yours, there's saying, "if you don't vote, you can't complain." As I type this call to action, those words bounce in my head and make me even more resolute in voting this November. So, go vote and have your voice heard.

Voting Information Resources

<https://www.followthemoney.org/>The nonpartisan, nonprofit National Institute on Money in Politics promotes an accountable democracy by compiling comprehensive campaign-donor, lobbyist, and other information from government disclosure agencies nationwide and making it freely available at FollowTheMoney.org.

<https://www.opensecrets.org/>: Nonpartisan, independent and nonprofit, the Center for Responsive Politics is the nation's premier research group tracking money in U.S. politics and its effect on elections and public policy.

<https://www.lwv.org/>: Since 1920, an activist, grassroots organization whose leaders believed that voters should play a critical role in democracy.

<https://votesmart.org/>: Vote Smart's mission is to provide free, factual, unbiased information on candidates and elected officials to ALL Americans.

References

American Counseling Association (2014). ACA Code of Ethics. Alexandria, VA: Author.

Wilson, T. (1965, March 8). The Times They are a-Changin. On The Times They are a-Changin [Vinyle record].

Derrick Shepard, MA

Human Right Chair

University of Tennessee, Knoxville - Counselor Education, Doctoral Student

Archives Committee

The Archives Committee would LOVE your help in documenting our organization and its growth! You could help us by sending any of the following from your committee, chapter, or division:

- 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/drive/folders/1DOX-SJmtT-GPVN4Nk9N-m2azBWifqAmC?usp=sharing>

Or, you can also e-mail them to tcaarchivescommittee@gmail.com

Thank you!! - Claire Dempsey, TCA Archives Chair

And remember:



Membership Committee

Greetings! As the Membership Chair for the Tennessee Counseling Association, I am excited about new developments within our organization. One of those developments is the launch of the new platform MemberClicks. Some of the benefits of MemberClicks include enhanced opportunities for networking, improved communication and accessibility features including a searchable directory, discussion board, and more.

As we seek to recruit and retain members, it becomes imperative that our services align with the needs and interests of our membership body to ensure that we are engaging both existing and potential members. Outreach is an integral part of our recruitment and retention strategy. As members and leaders, there are simple yet effective things that we can do to connect with potential as well as current members. Here are a few ideas for you to consider as we work together to grow our membership:

- Add the TCA website link to your professional email.
- Share TCA newsletters with other counseling professionals.
- Invite counseling professionals to attend the TCA conference.
- Invite counseling professionals to attend chapter and/or division meetings or sponsored events.
- Like, follow, and share posts from TCA on social media.

It takes the collective effort of each and every single member to ensure that our organization continues to thrive so that we can provide opportunities for counseling professionals to network, advocate, share, and learn.

Constance Certion, TCA Membership Chair

Publications

Justin Dodson and Shaneika Smith will serve as your TCA publication co-chairs this year. We are excited to collect and distribute information that best represents your respective divisions within the organization. This year we also aim to include interest pieces and published articles from leaders and members.

Next Submission Deadline: December 1, 2018

What we are looking for: We are looking for member interest pieces as well as links to published articles.

Decembers Focus: Rehabilitation Counseling Focus, Grief Counseling, Multiculturalism & Diversity

Contact: Email all submissions to publicationstca@gmail.com

