

Volume 45 Issue 4 • Spring 2010

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New Officers Elected

Congratulations to new officers
for 2010-11!



Dr. Nancy Fox
President



Dr. Melanie Wallace
President-elect



Nancy Wolfe
Secretary



Margaret Fox
Treasurer



Dr. Necoal Driver
Historian

ALCA Members Enjoy DOTH

On February 10, sixty-three counselors from throughout the state travelled to Montgomery to attend ALCA's annual Day on the Hill. Speakers for the morning included Mr. Bill Newton, Acting State Finance Director, Dr. Don Williamson, Director of the Alabama Department of Public Health and Dr. Tommy Bice, Deputy Superintendent, ALSDE.

Keynote Speakers Mr. Newton explained some of the many financial complications with which he deals every day such as dividing the \$18 billion in the state budget among education, health, transportation and law enforcement. He said that the next 18 months will be tough but a year from now we will have more optimism than we now have.

Dr. Williamson's department oversees the nuclear regulatory agency, the health care regulatory agency, the vital records agency, the environmental regulatory agency and direct patient services such as family planning, home health, and child health insurance. He talked extensively about prevention; about 10% of the Alabama population has diabetes. Alabama is among the top states in diabetes, stroke, obesity, and least physical activity. He emphasized that "We must figure out ways to motivate kids to limit calories, improve physical fitness and make healthy choices."

Dr. Bice cited examples of school that work: schools that listen to students and work to meet their needs, schools that believe that students can learn, schools that set expectations and support them, schools that are doing innovative things to keep

Continued on Page 3

Emotional Success
during
Economic Distress

I walked on the beach today in shorts and a t-shirt! During the cold winter days, I dreamed of spring, and it's finally here!! Seasons change and so must ALCA. This is my last letter to you as your president. By the time you read this, Dr. Nancy Fox will be your president and we will have had our first Executive Council meeting. Time really flies, doesn't it? We had a great year with a well-attended annual conference. Our finances are stable even during the economic crisis. I represented you at two national ACA events: the legislative meeting in Washington last July and at the national convention in Pittsburgh in March. Our journal is now totally electronic, we

have a new data system at our central office, and Day on the Hill was another success! Whew! What a year! I want to thank all of the Executive Council for their service. I look forward to seeing you in Mobile when I will be more relaxed than last year!! This is a great organization, and I am honored to have served as your 2009-10 president. I send all of you my best wishes for a wonderful, restful summer!



The Grammar Geek Speaks: Watch those Reflexive and Intensive Pronouns!

What, you ask, is a reflexive pronoun?

It refers back to a noun or pronoun. It does not stand alone. Examples are myself, himself, herself, themselves, etc.

Correct: Please send family news to me.

Incorrect: Please send family news to myself.

NO! The grammar geek grows!!

Correct: My friend Jane and I love chocolate!

Incorrect: My friend Jane and myself love chocolate!

NO! The geek grows again!

Now what is an intensive pronoun?

It emphasizes its antecedent (the noun/pronoun that comes before it.)

Correct examples: I myself love dancing! The principal himself visited our meeting.

Please do not substitute a reflexive/intensive pronoun for a solid noun or correct pronoun. If you are in doubt, DO NOT use a ___self word at all.....ever!!

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

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

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or www.abec.state.org • American Counseling Association: 1-800-347-6643
or www.counseling.org



ALCA Annual Conference

November 17-19, 2010

Mobile Renaissance
Riverview Plaza Hotel
and
Mobile Convention Center

DOTH

From Page 1

students interested. Drop out interviews indicate that schools are not meeting the needs of students. Dr. Bice believes that counselors are vital parts of schools; he is very supportive of counselors throughout the state.

Counselors made their annual visits to Representatives and Senators, taking them ALCA bags with information inside. After lunch, ALCA President Judy Childress and Dr. Walter Cox, Alabama Board of Examiners in Counseling (ABEC) Executive Officer, presented Legislative Awards to Representative Arthur Payne and Senator Larry Dixon for their support of the ABEC law revisions in 2009 and to Senator Wendell Mitchell for his continuing support of ALCA's Day on the Hill.



Senator Dixon, Dr. Cox, Representative Payne, Senator Mitchell

Retired Counselor Remembered

Louise Harrison Beacham, a founding member of the Retired Counselors Interest Group, died February 15 in Tuskegee. She had worked for many years at Tuskegee University in a wide variety of jobs: research assistant in the Carver Research Foundation, instructor in the virology labs of the School of Veterinary Medicine, coordinator of Upward Bound, International Student Adviser, and Director of Student Life and Development. She was actively involved in many community organizations as a dedicated and committed leader; she had received many awards for her service. The funeral program states, "Louise had a full and productive life with many interesting experiences. She loved life, her family and people. She was a loyal friend, dependable, talented, capable." Rest in peace, Louise.

ALCA Professional Liability Insurance

In today's professional setting, perhaps nothing is more important than making sure you are protected in the event a client sues you. You need professional liability insurance.

ALCA, in partnership with the ACA Insurance Trust, offers their national insurance policy to our ALCA members.

Contact Dr. Chip Wood at 205-652-1712 or alca@alabamacounseling.org

ALCA ENDOWMENT FUND

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

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

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

Important ALCA Meetings are Set through 2013

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

June 15, 2010	Content Proposal Deadline	
July 9, 2010	Summer EC Meeting and Program Selection	Anniston
November 16-19, 2010	Annual Conference	Mobile
March 23-27, 2011	ACA Conference	New Orleans
May 4-5, 2011	Spring Retreat ALCA EC	Columbiana
November 15-18, 2011	Annual Conference	Birmingham
March 21-25, 2012	ACA Conference	San Francisco
November 14-16, 2012	Annual Conference	Montgomery
March 20-24, 2013	ACA Conference	Cincinnati
November 20-22, 2013	Annual Conference	Birmingham
March 26-30, 2014	ACA Conference	Honolulu

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

ALRRS's Don Gibson Dies

Don Gibson of ALCA's legislative reading service died in March. His wife, Carolyn, wrote Dr. Ervin L. Wood, Executive Director of ALCA, about his death and stated, "Don loved his work and each client held a special place with him. His priority was always first and foremost the clients of ALRRS in providing them a convenient service with high ethical standards, integrity and commitment...Don will be greatly missed by his family and many friends."

Dr. Wood, states, "I have been in Alabama for 38 years. During that entire time Don Gibson has been one of the best known higher education and political leaders in the state. He had a very successful career at Troy University as the chief student affairs officer. At the same time he represented Troy's political interests in Montgomery. That he was able to do both so well is a compliment to his ability and work ethic. I was fortunate enough to work with him at Troy for ten years. From him I learned a great deal about the concepts of higher education. I would also quickly add that I am not sure that I have ever known a person more knowledgeable and adept at the Alabama political process than he. I was also able to glean a little of that from him. Following his retirement from Troy, he moved to Montgomery and began a second career as a political advisor and mentor. His company, the Alabama Legislative Reading and Research Service, became the most respected political research and advisement service in the state having a wide variety of clients. I am proud to report that the Alabama Counseling Association was Don's first client - a fact he never forgot when it came to service and cost. Everyone I ever talked to told me that Don had related our friendship and ALCA's stature in his mind to them. His wife Carolyn is correct that Don loved his work and his clients. He will be missed by his family, colleagues, and friends."

The Dichotomy of Eating Disorders and Self Harm

By Sarah Moorad, ALC, NCC and Mary L. Bartlett, Ph.D., LPC-CS

February was host to the National Eating Disorder Awareness Week, and Alabama is fortunate to have a national treatment center for eating disorders that meets the needs of clients struggling with anorexia, bulimia, and binge-eating disorder. Many Alabama providers, including school counselors, marriage counselors, and family therapists, may be

working with individuals with eating disorders, but may not have a clear understanding of the disorder or how to treat it.

Much like other disorders mental health counselors treat, eating disorders are equally prevalent and under-recognized. In fact, it is not uncommon for clients being treated for addictions to have some disordered eating characteristics. Eating disorders have a similar progressive development as clients with drug addictions including biological, psychological and social components. However, unlike chemical addictions in which the treatment requires abstaining from the chemical or addictive substance, such is not the case with eating disorders. Food is a daily part of living and clients cannot be asked to stop eating. Treatment for these disorders requires counselors to help their clients develop a healthy relationship with the very substance with which they struggle.

Individuals with eating disorders report intense negative emotions, commonly fear, shame and guilt. To relieve themselves of these negative emotions many result to self-harm in addition to restricting, purging, over-exercising, laxative, diuretic abuse, etc. Recent studies show that 60% of people diagnosed with bulimia engage in self-harm behaviors; and up to 10% of individuals diagnosed with eating disorders in general die by suicide. Eating disorders have the highest mortality rate of any disorder in the DSM-IV TR which makes it the deadliest mental illness counselors treat.

It is often the case that counselors dread working with eating disorders or with self-harm. Put the two together and this population is largely misunderstood and stereotyped. Fortunately, there is research that indicates that Dialectical Behavior Therapy (DBT) may be effective in treating self-harm and eating disorders. There is some recent evidence that suggests that DBT may be particularly effective in individuals with the combination of self-harm and eating disorders. DBT utilizes strategies to address emotional dysregulation and distress tolerance, common symptoms in individuals with self-harm and eating disorders. Instead of restructuring or reframing cognitive distortions, as in Cognitive Behavior Therapy, DBT teaches mindfulness, tolerance, and acceptance. These techniques of validation and acceptance paradoxically foster change and growth.

Eating disorders and self-harm have typically been difficult syndromes to treat. DBT may provide an avenue of treatment that is beneficial to both disorders. With the required training to practice DBT, counselors may be better equipped to treat individuals with eating disorders who also self-harm. For more information about eating disorders and treatment possibilities in Alabama visit www.magnolia-creek.com.

Scholarship Applicants Needed

By Lin Wood, Endowment Fund Chair

The Association is now accepting applications for the Miles-Seymour Memorial Scholarship. The Miles-Seymour Scholarship is an ALCA scholarship award designed to assist deserving **doctoral** ALCA student members. The Scholarship is named to honor former ALCA president and noted counselor/mentor John Seymour and long-time ALCA member and legal counsel Al Miles. It is supported by the ALCA Endowment Fund.

The student application is self-explanatory, but I would remind you to take note of the items that should accompany the application. Also, you will be interested in the following guidelines:

The scholarship will be \$750 for one year

- (1) Applicants must be current members of ALCA (for at least three months at time of applying for scholarship)
- (2) Applicants must be currently enrolled and pursuing a degree in counseling/student personnel, etc., at the doctoral level
- (3) Applicants must be attending an Alabama institution
- (4) Selection of recipient and determination/interpretation/alteration of guidelines will be solely the responsibility of the Scholarship Committee.

We would like very much to have a good variety of candidates from which to choose. I encourage you to apply or to pass the word and application along to someone whom you think is deserving. I look forward to hearing from you. Soon!

Miles-Seymour Memorial Scholarship
Nomination form

Deadline for Application: September 1, 2010

Name _____
SS# _____
Address _____
Phone# _____
City _____ State _____ Zip _____

Are you a current ALCA member? _____

Colleges/Univ. Attended: Dates Degrees

Are You currently
enrolled? _____ Where? _____
Degree being pursued?
_____ Major _____

I certify that this person is currently enrolled as defined
above:

College/University official or professor
Work History:

Activities/Community Service:

Financial Status:

Do you need financial assistance? _____

Do you expect to receive other scholarships/
grants? _____

Please list:

Did you file a federal tax return last year? _____ If
so, what was your gross income? _____

Did your parents claim you as a dependent last
year? _____

Amount of assistance from parents? _____

Are you receiving assistance from additional
sources? _____

Please list:

Please submit the attached along with your application:
transcripts, career statement, letter(s) of recommendation.

Submit to: Lin Wood
217 Daryle Street
Livingston, AL 35470

Deadline for applications: September 1, 2010

ALCA Annual Conference November, 16-19, 2010 • Mobile, AL

CONTENT SESSION SELECTION PROCEDURES

Content program proposal forms will ask those submitting proposals to indicate the intended division audience for the program. These may be either a division or ALCA (for programs of general interest). Interested divisions for each content session will be noted in the program book.

The number of content session slots will be determined by the ALCA Program Chair (President-elect), taking into consideration the number of slots allotted in the past years and the number of rooms available for content programs.

80% of the available content program slots will be assigned to divisions as determined by the following formula: (the total number of slots assigned to divisions) multiplied by (the percent of the total ALCA membership of the division) equals the number of programs selected per division. Any program slots not used by divisions will be reassigned under ALCA allotment.

20% of the available content program slots will be assigned to ALCA. By recognizing that the membership of ALCA share common interests in addition to the specifics of their division memberships, the opportunity exists for developing ALCA membership identity.

Content programs will be selected at a meeting convened by the ALCA Program Chair (President-elect). A quorum will comprise members present at the meeting. The ALCA Program committee will be composed of the ALCA Program Chair, the ALCA Fall Conference Chair and a representative from each division. Each division representative will be appointed by the division president.

NOTE: PRESENTERS ARE RESPONSIBLE FOR PROVIDING ALL AUDIO/VISUAL EQUIPMENT NEEDS AND ALL HANDOUTS.

SCOPE OF THE PROPOSALS

All content session proposals are submitted to the ALCA Conference Program Committee for consideration as a Conference Content Session and include the following categories:

Regular Programs

Proposals should be planned to remedy gaps in knowledge, to provide skills, innovative methodologies and procedures, and to be responsive to the interests of Association members.

Student Programs

Graduate and Undergraduate students are invited to submit proposals related to counseling and development practices. Faculty members should encourage students to submit proposals.

Research Programs

Submission of recent research findings and their practical applications are invited. Researchers whose programs are selected are encouraged to bring copies of their work for distribution at the sessions.

NOTE: ALL PRESENTERS (including panelists) MUST BE REGISTERED FOR THE ANNUAL CONFERENCE

Content Program Proposal consists of a completed one-page content session proposal form. Please use the accompanying form and format. Please be sure that all information requested on the proposal form is accurate.

PROPOSAL DUE DATE: JUNE 15, 2010

Email Proposal form to ALCA President-Elect Dr. Melanie Drake Wallace at mwallace@jsu.edu.



Specialists in Group Work Sail Through Year

By J. L. Austin, LPC, NCC, President

Our sails are unfurled and the wind is to our backs. We have journeyed through 2009 and into 2010 with great success. Membership continues to rise and our division finances remain strong.

We cruised from a very productive division meeting in January to a strong Alabama representation at the National SGW conference in New Orleans in February. Standing alongside our colleagues at the state capital for Day-On-The-Hill in March, through a well-attended workshop in Clanton in April and into the division's community service participation in the Relay for Life Walk-a-thon, we continue to sail on.

Now is the time to come aboard and take your place within this rapidly growing division of ALCA. You do not want to be left standing on the dock as this ship sails on to a fantastic voyage. Join TODAY!!

ALCA QUARTERLY SPRING 2010

ALCA 2010 Annual Conference Content Session Proposal Form

All information must be typed (font size no larger than 11) and should be emailed to Dr. Melanie Drake Wallace at mwallace@jsu.edu.

Title of Proposal: _____

Contact Presenter: Credentials: Employer: Address: City/St/Zip: Email: Phone:	Presenter: Job Title: Job Site: Address: City/St/Zip: Email: Phone:
Presenter: Job Title: Job Site: Address: City/St/Zip: Email: Phone:	Presenter: Job Title: Job Site: Address: City/St/Zip: Email: Phone:
Presenter: Job Title: Job Site: Address: City/St/Zip: Email: Phone:	<u>ALCA Divisions Interested in Presentation: (Highlight all)</u> College Counseling Counselor Educ & Supervision Multicultural Counseling & Dev School Counselor Career Dev Mental Health Spec in Group Work Spiritual, Ethical & Religious Values Marriage & Family Addictions & Offenders Adult Dev & Aging Lesbian, Gay, Bisexual & Transgender Issues ALCA

Note: ALL PRESENTERS MUST BE REGISTERED FOR THE CONFERENCE INCLUDING PANEL MEMBERS

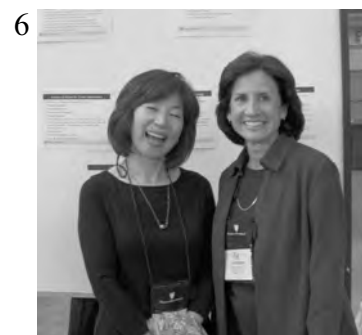
Program Description (Do Not Exceed 35 Words)

Clinical Focus Area: Child Adolescent Adult	Professional Track: Intervention/Practice Advocacy Theory/Research Self-Development General	Presenters submitting additional Proposals? Y N	Title of Additional Proposals:
School Counseling Area: NA Elem Mid HS		Name of Additional Proposal Presenter(s):	
Using Music or Audio Equipment? Y N			

NOTE: PRESENTERS ARE RESPONSIBLE FOR PROVIDING ALL AUDIO/VISUAL EQUIPMENT NEEDS AND ALL HANDOUTS

Alabama Counselors Attend ACA

Many Alabama counselors attended the annual ACA Conference and Exposition which was held in Pittsburgh in March. From the ribbon-cutting by President Dr. Lin Linde (photo 1) and the musical entertainment (photo 2) to the educational sessions to socials, the conference was meaningful. Several counselors from ALCA presented sessions (photos 3-8). The University of West Alabama had a booth in the exhibition hall (photo 9). Alabama was well-represented at the Southern Region business meeting with Dr. Paul Hard as Chair (photo 10) and Dr. Annette Bohannon as Governing Council Representative (photo 11). Dr. Chip Wood, Dr. Nancy Fox, and Judy Childress were delegates from ALCA (photo 12). Dr. and Mrs. Wood hosted the annual Alabama reception (photos 12-19). Pittsburgh is a beautiful city where the Monongahela and the Allegheny Rivers come together to form the beginning of the Ohio River. The weather was especially warm, a perfect background for walking to the impressive Convention Center on the Allegheny River. Renewing old acquaintances, making new friends, growing professionally....it was a great week!! Next year's conference is in New Orleans (photo 20).



ALCA QUARTERLY SPRING 2010

10



11



12



13



14



15



16



17



18



19



20

**THANKS FOR ATTENDING! SEE YOU NEXT YEAR!
MARCH 23-27, 2011
NEW ORLEANS, LA**

Annual Conference 2009 In Pictures



The Alabama Counseling Association

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

Elected Officers:

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

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

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

Chapter Presidents:

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

Division Presidents:

Alabama Association for Counselor Education and Supervision
(ALACES).....Dr. Brad Willis, Troy
Alabama Association for Multicultural Counseling and
Development (ALAMCD)Dr. Chippewa M.Thomas, Auburn
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(ALSGW).....Jacques L. Austin, Lipscomb
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Association (ALDARCA).....Mary Anne Templeton, Troy
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(ALMHCA).....Mica Lacefield, Florence
Alabama School Counselor Association
(ALSCA).....Nancy Wolfe, Huntsville
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(ALAMFC).....Venecia W. Hubbard, Deatsville
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(ALCDA).....Joy H. Jones, Alabaster
Alabama Association for Addictions and Offenders Counselors
(ALAAOCA).....Don Phillips, Huntsville

Alabama Association for Adult Development

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

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State Awards/Resolutions.....Dr. Eddie Clark, Montgomery
.....Dr. Necoal Driver, Montgomery
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Budget/Finance.....Nancy Wolfe, Huntsville
Nat'l Govt/Prof Relations.....Dr. Yulanda Tyre, Cecil
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Membership.....Darlyce Bundy, Birmingham
.....Dr. Joyce Rhoden, Tuskegee
Program.....Dr. Nancy Fox, Jacksonville
Publications.....Katharine Nichols, Hoover
Nominations/Elections.....Katharine Nichols, Hoover
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Publicity.....Dr. Melanie Drake, Birmingham

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.....Vincent Hinton, Birmingham
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Leadership Development.....Monica Hunter, Mobile
.....Dr. Monica Mack, Montgomery
Strategic Planning.....Katharine Nichols, Hoover
Research/Evaluation.....Kassie Doggett, Birmingham
Professional Development.....Nancy Fortner, Brownsboro
Annual Conference.....Jerri Lynn Morrow, Pleasant Grove
.....Katharine Nichols, Hoover

Special Functions:

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

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