Welcome

President’s Letter

Greetings from your new VACES Officers and Executive Board members. We have a lot of great plans for 2018/2019.

We hope to see you at the VCA Convention, which is scheduled at Hilton Norfolk The Main, November 8 – 10. This will be in downtown Norfolk at Waterside. VACES will be teaming up with the Virginia Clinical Counselor Alliance (VCCA) for the Thursday night reception. Please stop by and hang out with us. This should be a great opportunity for networking and a lot of fun!

The 2019 VACES Graduate Student Conference will be sponsored by Hampton University in Hampton, Virginia on February 23, 2019. Please consider submitting a proposal to present at the conference. The deadline for presentation proposal submission is November 9, 2018.

VACES would like to also invite you to submit a proposal for a $500 VACES Graduate Student Development Grant. We have three available. The purpose of these grants is to provide funding to graduate members of VACES for either research intended to enhance understanding of professional issues in counseling, or for the development of innovative, creative practice strategies to help improve clinical treatment. The deadline for submission is January 5, 2019.

Go to www.vaces.org to learn more information.

I look forward to serving you this year and seeing you at the VCA convention as well as the VACES Graduate Student Conference!

Angelia Dickens, Ph.D., LPC, LMFT, NCC, ACS
VACES President
Associate Professor, Liberty University

LPC Supervision Requirement: Update from the Virginia Board of Counseling

The Board of Counseling continues to move in the direction of requiring all supervision hours during the residency period to be provided by an LPC. Currently up to half of the 200 hours can be provided by licensed marriage and family therapist. (As of August 24, 2017 other mental health professionals can no longer qualify).
VACES Officers and Executive Board Members

Officers

President – Angelia Dickens
President-elect – Cory Gewry
President-elect-elect – Caroline Bertolet
Past-president – Dan St. John
Secretary - Cheryl Beaudoin-Stehlin
Secretary-elect – Emily Petkus

Executive Board Members

Treasurer – Justin Silvey
Chair, VACES Graduate Student Conference – Richard Mason
Editor, VACES Newsletter – Heather Newton
School Counseling Representative – Brandy Richeson & Rita Schellenberg
Clinical Counseling Representative – Marquis Norton & Sharon Silverberg
Counselor Educator Representative – Amie Manis & Jeff Boatner
Membership – Brandi Chamberlin
Graduate Student Representative – Henry Bruns, Liberty University
Graduate Student Representative – Betsy Zimmerman, ODU
Graduate Student Representative – Taylor Smith, Hampton University
Most people associate counseling with the Mental Health, Marriage and Family Therapy, Substance Abuse, Career, and Educational specializations. The truth is, however, there are an important demographic of individuals who often get excluded from this list and they are the offender population. Let’s face it, most of us don’t wake up excited to work with the Jeffrey Dahmers of society, but it is the elephant in the room that should be addressed none the less. What it means to be a correctional counselor is understanding that within every perpetrator is a victim. At some point in our professional careers, we may be faced with clients who either are or have been incarcerated. These are not your typical cases and require counseling professionals who are equipped to handle the pressures of clients who are often unmotivated and reluctant to change.

**What is it?**

Correctional Counseling is a form of counseling that focuses primarily on the offender population. It is a service offered to inmates and individuals who are on probation or parole. The goal is to assist offenders with reintegration back into society. It is also used by the courts to determine competence to stand trial. Organizations such as the International Association of Addiction and Offender Counseling (IAAOC) are great resources for professionals who wish to learn more about the role of a correctional counselor.

**Why is it Important?**

The goal of correctional counseling is aimed at reducing recidivism. This is done by assisting offenders with eliminating criminal behavior while helping them maintain a balance of mental health awareness, positive social interaction and overcoming internal conflicts. By understanding offenders, counselors can help identify some of the problems contributing to their behaviors and help to foster mental health awareness within the criminal justice system.

For more information visit www.iaaoc.org
Understanding Impostor Phenomenon: 
Creating Awareness in our Supervisory Role
Angie Anderson, MA, NCC, LPC, PhD Candidate Capella University

Impostor phenomenon (IP), originally developed by Drs. Pauline Rose Clance and Suzanne Imes in 1978, has been described as internalized feelings of fraud or incompetence experienced in high-achieving professionals (Schubert & Bowker, 2017). Many professionals are susceptible to experiencing this phenomenon and clinical counseling supervisors are not immune. It is imperative to understand the negative implications of IP on professional development as any supervisor providing supervision to future counselors is at risk of higher levels of procrastination, burnout, anxiety, and depression as well as decreased self-efficacy and confidence (Schubert & Bowker, 2017). Supervisors with IP are faced with an additional challenge to meet the field requirements as negative implications are experienced creating a significant barrier to job performance and ultimately demonstrating poor role-modeling for those receiving supervision. As one creates increased awareness of IP symptoms, each supervisor honors their impressionable role as an influential component to future counselor development. In order to provide effective supervision and to ethically fulfill this designated role, the supervisor is required to maintain a high level of competency with self-awareness on potential barriers (ACA, 2014). Additionally, the professional counseling field requirements and expectations make it necessary for clinical supervisors to maintain such a level of self-awareness in order to effectively fulfill the responsibilities of the supervisory role with confidence, self-efficacy, and preparedness. If you are interested in exploring more about IP and want the opportunity to personally take the Clance IP Scale please go to http://www.paulineroseclance.com/pdf/IPTestandscoring.pdf
One of the major issues facing counseling is a lack of a unified identity across the profession (CESNET, 2018; Davis & Gressard, 2011; Reiner, Dobmeier, & Hernandez, 2016). In 2010, the 20/20: a vision for the future of counseling identified seven areas that needed to be addressed within the field of counseling. Several of these areas involve unifying the profession (Kaplan, Tarvydas, & Gladding, 2014). Similarly, Urofsky emphasizes the need to become more unified as a profession citing several changes made to the 2009 CACREP standards which sought to do this (2013). Counselor identity was noted as the most important licensing issue by the 20/20 initiative (2010) as well as by interviews with leaders in the field (Mascari, 2013). Establishing a counselor identity that is separate and unique from its mental health counterparts is essential. Other mental health professions have long established unifying boards for licensure and accreditation, which have enhanced career placement and solidarity in their respective fields. Understanding how to assist future counselors in counselor identity development is an important factor for educational programs and clinicians (Gale & Austin, 2003; McLaughlin & Boettcher, 2009; Myers, Sweeney, & White, 2002). Understanding the essential attributes of CORE faculty within CACREP programs provides a foundation for avenues of professional development for graduate students and seasoned faculty alike, which will continue to strengthen counselor identity in individuals as well as the profession as a whole. Beyond having the appropriate doctoral degree, CACREP identifies the following as necessary components of faculty who are designated as core:

1. Sustained memberships in professional counseling organizations
2. Maintenance of certifications and/or licenses related to counseling specialty areas
3. Sustained evidence of
   a. Professional Development activities in counseling
   b. Professional service and advocacy in counseling
   c. Research and Scholarly activity in counseling

(CACREP 2016 Standards)

Continuing to emphasize these areas for counselor educators, graduate students and professionals is necessary to continue to make progress in unifying the field of counseling and strengthening counselor identity in a mental health field cluttered with varying definitions and representations of counselors.
Revenge and Who Uses It

Lucia Abbott – QMHP-C, Marriage and Family Counseling, Walden University

**Revenge**

Revenge is a toxic reaction to injustice whereby a victim ruminates over the events and stagnates in the emotions of anger, hatred, resentment and bitterness, either for a short time or for long periods of time after the event (Zdaniuk & Bobocel, 2012, Maercker & Gluck, 2011).

**Forgiveness**

Forgiveness is a conscious process of reducing negative affect surrounding events of betrayal (Davis, Hook, vanTongeren, DeBlaere, Rice & Worthington, 2015).

**Who Uses Revenge or Forgiveness**

The choice between using forgiveness or revenge depends largely on personality (Zdaniuk & Bobocel, 2012, and Maercker & Gluck, 2011). Personality is the highest indicator of choosing to forgive or seek vengeance (Zdaniuk & Bobocel, 2012). There's a continuum of personality, where high vertical individualism means that a person's identity is determined by achievement and outperforming others, and low vertical individualism means that a person's identity is motivated by selflessness and empathy (Zdaniuk & Bobocel, 2012).

When interpersonal betrayal/trauma occurs and threatens a person's identity, depending on them having high vertical individualism or low vertical individualism, there is a choice made between lashing out or forgiving the offender (Zdaniuk & Bobocel, 2012). The kind of person who seeks revenge tends to have high vertical individualism (Zdaniuk & Bobocel, 2012) and want to send their offenders the message that they are more powerful, that the offenders' offense will not go unpunished, or to make the offender feel the pain/shame that they were made to feel by the offense (Maercker & Gluck, 2011). Engaging in revenge is self-restorative in that it reaffirms their self-worth (Zdaniuk & Bobocel, 2012). People with low vertical individualism tend to experience a self-restorative response from choosing to forgive (Zdaniuk & Bobocel, 2012).
When you look in the mirror what do you see? Do you confidently glance at yourself or do you compile a list of everything you want to change about your appearance? Research shows that 53% of 13-year-old American girls are unsatisfied with their bodies (Gallivan); this percentage is said to increase to 78% by the time they become 17 years of age (Gallivan). Having a positive body image and healthy self-esteem should be prioritized in the lives of all women, but it should develop as early as possible. The benefits to having a positive body image and self-esteem are increased confidence, increased body satisfaction and reduced risk for depression, anxiety and eating disorders (Canadian Mental Health Association).

The impact of social pressures can be devastating, many girls take extreme measures such as dieting, vomiting or even starving themselves to unhealthily manage weight and live up to the “ideal” body image expectations society forces upon them. Parents, adolescent girls and even mental health professionals should be cognizant of the impact social media has on how young women view themselves and their bodies.

We can help this vulnerable population of adolescent girls by encouraging healthier body images. This process begins with becoming engaged and treating girls holistically through the mind, body and spirit.

1. Encourage girls to list or state positive affirmations about themselves to boost self-esteem.
2. Train the mind by limiting excessive media exposure if possible.
3. Care for the body through maintaining a healthy diet and lifestyle.

We need to be certain to remind young ladies that loving yourself is a journey, not a destination and that confidence starts in the mind, not the mirror!
CALL FOR PROGRAMS

Guidelines and Information:
The VACES Graduate Student Conference is being sponsored by Hampton University located in Hampton, Virginia.

- Proposals will be accepted for presentations and poster sessions.
- Presentations can be in the following format:
  - Educational Sessions (50 minutes)
  - Poster sessions (30 minutes)
- Any topics of interest or importance to the profession of counseling will be considered: school, agency, marriage and family, career, supervision, ethics, professional identity, mental health, clinical practice, research, substance abuse, etc.
- Only Doctoral and Master’s level counseling students currently enrolled in a Counselor Education program are eligible to present.
- Complete the program proposal form online
- Deadline for submissions is midnight November 9, 2018
- Late and incomplete proposals will not be considered.
- You will be notified by email regarding acceptance by no later than midnight December 08, 2018.
- If you are selected to present, all presenters on your presentation are required to register and pay for this conference. The cost is $35 before February 8, 2019 or $45 on-site.
*More information, along with hotels in the area, will be sent with your acceptance notification.

If you have questions or need additional information, please contact:
Dr. Angelia Dickens, VACES President   addickens@liberty.edu
2019 VACES
GRADUATE COUNSELING
STUDENT DEVELOPMENT GRANT PROGRAM

SUBMISSION DEADLINE: JANUARY 5, 2019, 12:00 PM LATE PROPOSALS WILL NOT BE CONSIDERED

PURPOSE: The purpose of the VACES Graduate Counseling Student Development Grant is to provide funding to graduate student members of VACES for either research intended to enhance understanding of professional issues in counseling, or for the development of innovative, creative practice strategies to help improve clinical treatment.

AWARD AMOUNT: Maximum of $500 to three (3) recipients.

REQUIREMENTS:
◇ Meet ALL criteria
◇ Submit ALL required materials and proposal by deadline
◇ Present results of research/practice at the 2020 VACES Conference


See how to apply: http://vaces.org/grants/

If you have questions or need additional information, please contact:
Dr. Angelia Dickens, VACES President addickens@liberty.edu
2018 VCA Convention Registration

When: Thursday, November 8 - Saturday, November 10, 2018
8:00 am - 5:00 pm

Where: Hilton Norfolk THE MAIN
100 E. Main Street
Norfolk, Virginia 23510
United States

Contact: Vicky Wheeler (Sign in to view e-mail address)

Event Details

VCA ANNUAL CONVENTION (VCA Members - Must login to receive the discounted member registration fee) Counseling and Advocating in Our Communities At the corner of Main and Granby streets, in downtown Norfolk, discover Hilton Norfolk The Main hotel. Situated within walking distance to over 50 restaurants and 9 miles from Norfolk International Airport, we make it easy to explore the vibrant city of Norfolk. Get in a morning run along the beautiful Elizabeth River or take in the river traffic on a peaceful stroll. Catch a concert or sporting event at Scope, a premier entertainment venue just minutes away. Cheer on The Tides at Harbor Park, less than 1 mile from our hotel.  
Reservations ($124 + tax) Tour the Hotel Driving Directions & Maps Area Attractions Area EMap
(The 3 Day VCA Convention offers up to 21.5 NBCC Contact Hours)

Cancellation Policy

To receive a full refund, minus a $10 cancellation fee, registrants must cancel no later than November 2, 2018. Cancellations after November 2, 2018 or no shows will be reviewed after all expenses have been paid, a determination will be made regarding the ability to honor the request minus cost of guaranteed meals/special events. An administrative fee of $50.00 will be assessed for any refund requests after November 5, 2018. Submit cancellations/refund requests by: FAX: 757-766-5467 or mail: VCA Office, 316 Hodges Cove Road, Yorktown, VA 23692 Complaint Policy If you have a complaint or dispute regarding this event, please write a letter and include the following: Your name, address, telephone number, email, name of event, date and location of the event, complaint and desired resolution to VCA Office, 316 Hodges Cove Road, Yorktown, VA 23692. You will receive a reply in 30 days from the date you submitted the complaint/dispute. Virginia Counselors Association has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2047. Programs that do not qualify for NBCC credit are clearly identified. Virginia Counselors Association is solely responsible for all aspects of the program.

CONTACT INFORMATION
Virginia Counselors Association
316 Hodges Cove Road
Yorktown, VA 23692
757-766-5466 (Office)
757-766-5467 (Fax)
E-mail: vcaoffice@cox.net
WWW.VCACOUNSELORS.ORG
References for Articles

_Understanding Imposter Phenomenon: Creating Awareness in our Supervisory Role_
Angie Anderson, MA, NCC, LPC, PhD Candidate Capella University


_Developing Counselor Identity- Where to Start?_
Brandi J. Chamberlin, Doctoral Candidate, Liberty University


_Revenge and Who Uses It_
Lucia Abbott – QMHP-C, Marriage and Family Counseling, Walden University


_The impacts of social media on self-esteem_
Alexandria S. Raglon, Hampton University