



ROCKY MOUNTAIN ASSOCIATION FOR COUNSELOR EDUCATION AND SUPERVISION NEWSLETTER 2019

Summer 2019/Issue 2

A Special Message from our new President, Dr. Jared Thiemann:

Hi All,

My name is Jared Thiemann and I have just recently assumed the role of President of RMACES. I am grateful for the opportunity to serve in this capacity and hope that we are able to make some great strides to strengthen and grow in our region. I want to thank you for your efforts in preparing and/or becoming future counselor educators and supervisors. In our professional efforts, we have the opportunity to effect positive change in the lives of others in many different ways and I am grateful for the opportunity to acknowledge this. I may be striking an unusually serious or somber tone for a newsletter, but what follows is what struck me as I was considering what I wanted to say to you all. I have a quote by Anais Nin on my desk that states: "People living deeply have no fear of death." This quote has had a strong influence on my mind of late and I think it might be applicable to all of us who engage in the work of counseling, supervision, and counselor education. As I consider the nature of our work, it is my opinion that at the heart of all we do should be the desire to help others to live more deeply and to do the same in our own life. I encourage you to take stock of where you are in terms of your own depth of living and how this might deepen your efforts with others. When I decided to become a counselor and later a counselor educator, I hoped that my professional work would allow me to be a force for good in the world. I have found in my efforts that this profession does, in fact, provide many productive ways to inspire and encourage others to seek out deeper meaning and satisfaction in their lives. What I did not fully understand at the time was that in working with others in their personal struggles, I would also need to be making similar progress in my own personal struggles. I consider this to be one of the greatest gifts of our profession; a need to grow personally to be of use professionally. So, it is my challenge to you that you seek to live in a way that inspires you and thus allows you to authentically inspire others to do the same. I believe that this is the foundation of all meaningful contributions that we will ever make in our professional work and in our personal living. Thank you for all that you do.

Sincerely,
Jared

**Welcome to our new
President and President-
Elect starting July 1st**

President: Jared Thiemann

President-Elect: Kara Hurt-Avila

**Save the
Date!
2020 RMACES
CONFERENCE**

**September 30-
October 3 2020**

Coeur d'Alene Resort in
the beautiful Coeur
d'Alene, Idaho

Click [here](#) for more
information.



RMACES REVELATIONS & PROGRAM SHOUTOUTS

Research:

Dr. Chaya Abrams completed a dissertation on the topic of connecting to sacred stories in cases of historical trauma and historical trauma response (HTR) within psychotherapy. After immersion into associated literature for two years, Dr. Abrams felt “called” to further explore familial roots of historical trauma as a third generation descendent of Holocaust survivors. Therefore, Dr. Abrams will travel to Poland (Krakow, Warsaw, and Auschwitz) in late June of 2019 to learn more about familial suffering, but also- to engage in cultural immersion on a deep and experiential level. Upon return, Dr. Abrams intends to engage in academic writing and expand upon impressions of this experience as it relates to historical trauma and historical trauma response (HTR). In addition, Dr. Abrams hopes to participate in future international (and national) opportunities for service learning and cultural immersion through guest lecturing, educational trips, publications, and attendance at national and international conferences for counselor educators. The topic of historical or collective trauma is nearly non-existent in the predominantly individualistic Western culture, and therefore, Dr. Abrams notes the importance of addressing collective and cultural aspects of posttraumatic response and historical trauma response in the field of psychotherapy. In addition to emphasizing the collective experience of historical trauma, Dr. Abrams hopes to integrate newer research surrounding epigenetics of trauma, body-based trauma, and resilience into future implications for use of sacred stories in the treatment of historical trauma and HTR.

Leadership:

Monalisa McGee, Ph.D., LMHP/CPC/NCC/MAC/LMHC has been elected to serve on the board of directors for the National Board of Certified Counselors effective July 2019. Dr. McGee is a core full time clinical mental health counseling faculty for the University of Phoenix. Prior to joining the University of Phoenix, she was the sub-acute psychiatric administrator for Telecare in Nebraska and has served as the senior policy analyst and governmental affairs director for Mosaic. Recently, Dr. McGee was re-appointed by Gov. Kim Reynolds to serve on the State of Iowa’s Independent Living Council. Additionally, she co-chairs the state of Nebraska’s Human Trafficking Task Force with Attorney General Doug Peterson.

STAY CONNECTED:

Connect with other RMACES members on our [Facebook page!](#)

- Share current job postings
- Share current news and events
- Invite others to collaborate

RMACES Calendar/Upcoming events

- **Aservic’s Summer Conference (Please see attachment)**
Contact: Chaya Abrams: Chaya M. Abrams, Ph.D., LPC, LAC
Professional Counselor, Counselor Educator and Supervisor 303-947-335; 2687 North Park Dr. Suite 104, Lafayette, CO 80026
chayaabrams@gmail.com or
<http://chayaabrams.wix.com/chayaabrams>
- **2019 ACES Conference October 10-13**
Sheraton Seattle Hotel
1400 6th Avenue Seattle, Washington 98101
Find more information at
<https://acesonline.net/aces-conference-information/>

NEWS FROM COLORADO!

AN UPDATE FROM DR. BURKHART, THE PRESIDENT OF THE COLORADO COUNSELING ASSOCIATION:



THE COLORADO COUNSELING ASSOCIATION (CCA) IS A STATE BRANCH OF THE AMERICAN COUNSELING ASSOCIATION (ACA), REPRESENTING THE PROFESSIONAL, EDUCATIONAL, AND LEGISLATIVE NEEDS OF THE

NEARLY 10,000 PROFESSIONAL COUNSELORS IN THE STATE OF COLORADO. SO FAR, 2019 HAS BEEN A BUSY YEAR FOR PROFESSIONAL COUNSELING IN COLORADO. HERE ARE SOME THINGS TO KNOW:

- THE MENTAL HEALTH PRACTICE ACT SUNSET OCCURS DURING THE 2020 LEGISLATIVE SEASON. OCCURRING ONCE EVERY 10 YEARS, THE SUNSET WILL BRING SIGNIFICANT CHANGES IN THE RULES AND LAWS GOVERNING PROFESSIONAL COUNSELING IN COLORADO. THE CCA HAS BEEN HIGHLY INVOLVED IN THIS PROCESS SINCE THE FALL OF 2018, PARTNERING WITH DORA AND VARIOUS MENTAL HEALTH PROFESSIONAL ORGANIZATIONS AS THE VOICE FOR PROFESSIONAL COUNSELORS.
- THE CCA IS HOSTING **THE 2019 FALL CONFERENCE ON AUGUST 17TH, 2019, IN LAKEWOOD, CO.** THE CCA IS EXCITED TO HOST DR. HEATHER TREPAL, THE 2019-2020 ACA PRESIDENT, AS THE CONFERENCE KEYNOTE.
- THE **YOUTH MENTAL HEALTH EDUCATION AND SUICIDE PREVENTION BILL (HB19-1120)** SOUGHT TO ADDRESS THE RISING SUICIDE RATES IN COLORADO BY INCREASING ACCESS TO MENTAL HEALTH SERVICES FOR CHILDREN BETWEEN THE AGES OF 12 AND 14. SIGNED INTO LAW IN MAY 2019, **THE NEW AGE OF CONSENT FOR MENTAL HEALTH SERVICES IN COLORADO IS NOW 12.**
- THE CCA HAS PARTNERED WITH MOTIVO, AN ONLINE PLATFORM CONNECTING PROFESSIONAL COUNSELORS AND CLINICAL SUPERVISORS, TO INCREASE ACCESS TO CLINICAL SUPERVISION IN RURAL AREAS.

TO FIND OUT MORE INFORMATION, VISIT COLORADOCOUNSELINGASSOCIATION.ORG. USE THE PROMO CODE RMACES2019 BEFORE AUGUST 1, 2019 TO SAVE \$15 ON A CCA MEMBERSHIP.

RMACES PUBLICATION 'ROLL CALL'

Dr. Candace McLain is pleased to announce a recent publication entitled, *Professional Behaviors and Dispositions: Counseling Competencies and Lifelong Growth*. Dr. Joelle Lewis and myself have spent a great deal of research, lived experience and time to create a textbook aimed to support Counselors, Counselor Educators and Supervisors towards optimal lifelong growth not only in skills and knowledge, but most importantly, the focus of this book, on cultivating counselor *dispositions*. Counseling dispositions are necessary to be competent, ethical and effective in the work we all do yet this is an element that is often neglected in terms of feedback and assessment. This is a textbook for the counselor in lifelong training and offers the CES a supportive guide that includes experiential resources from the beginning stages of Counselor training through continued growth in the seasoned counselor. This book and supportive guide offer immense narrative, metaphor and creative application towards encouraging counselors in the cultivation of ongoing growth professionally and personally as a counselor. Whether a program seeks foundational support in creating their own unique protocol for remediation, or a student or supervisee requires a compartment plan for gatekeeping purposes this book and supportive information can be beneficial. Perhaps you yourself reading this invitation to explore can challenge your own growth in deeper unique professional counselor dispositions? We hope you all enjoy, keep up the lifelong growth!

This newsletter was created by the **RMACES Newsletter Committee Members** with the support of the RMACES Leadership:

- Connie Couch- University of Northern Colorado Doc Student
- Michelle Saltis- University of Northern Colorado Doc Student
- Katie Bramer- University of New Mexico Doc Student
- Jared Becknell- University of Northern Colorado Doc Student

CONGRATS TO THE ACES EMERGING LEADERS AWARDS RECIPIENTS!

RMACES (rocky mountain)

Tara Gray
Michelle Saltis
Angela Schubert
Camille Frank

SACES (southern)

Latasha Hicks-Becton
Jamie Crockett
Justin Jordan
Quiteya Walker

NARACES(north atlantic)

Huan-Tang
Alfonso Ferguson
kathryn Kozak
Seungbin Oh

NCACES (north central)

Diana Charmley
Staci Tessmer
Micheal Lewis
Haley Wikoff

WACES (western)

Christine Parker
krisy Elrod
Kimberly Jayne
Ching-Chen Chen (Jen)

Interested in future submissions? Please
contact Connie.Couch@unco.edu or
Michelle.Saltis@unco.edu

RMACES PRESENTATION 'ROLL CALL'

Jared Becknell, doctoral student at the University of Northern Colorado, will be presenting at the International Association of Marriage and Family Counselors (IAMFC) in Edinburgh, Scotland. This education session will present a unique, narrative-based practice called *Reaching for the 1up*, highlighting the narrative techniques and foundational philosophies in addressing experiences of marginalization and related life difficulties. Specifically, this approach focuses on reconnecting clients with the hopes, values, and preferred images of themselves. Reaching for the 1up emphasizes assisting clients in reclaiming who they want to be, or in narrative language, expressing preferred identities through preferred ways of healing. Interventions are designed to encourage participants to develop their own methods of expressing their identities and engaging in expressions of preferred identities through gaming oriented metaphors. Further, *Reaching for the 1up* emphasizes the sharing of these preferred identities with others, building upon the experience by privileging preferred individual narratives. This intervention challenges the notion of expertise of the counselor who may have their own ideas of effective strategies and centers the work within the context of the client's own experiences and cultural values. Drawing from narrative philosophies, this session will review a therapeutic approach designed for working with teens and their family that utilizes common elements found in gaming, digital identity and nerd culture. Specific narrative concepts will be reviewed along with a detailed outline of the Reaching for the 1up practice. Various applications of the practice will be discussed.

JOB POSTINGS IN RMACES REGION

**If you have a job to
post please let us
know and we will
include the open
position in our next
newsletter**

To join the
RMACES
Career Link,
please click [here.](#)



ROCKY MOUNTAIN
Association for Counselor Education and Supervision