



INFOCHANGE

Association for Humanistic Counseling Quarterly Newsletter
Fall 2017 Edition

FALL 2017

2017 Board of Directors:

- President—Dr. Martina Moore
- President Elect—Dr. Mark Stauffer
- Past President—Dr. Linwood Vereen
- Secretary—Dr. Brande Flamez
- Governing Counsel—Dr. Mark School
- Treasurer—Dr. Nate Ivers

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President's Letter

These first few months as President have been very encouraging. Sharing conversations about humanistic counseling and watching professionals act in humanistic ways has been quite refreshing.

We are preparing to enter a strategic planning process for the association which will help guide us over the next three years to ensure that we continue to ascribe to the principles that our association was founded upon. We are also in the process of updating our website to give it a fresher look. We ask for your feedback to assist in this development. Our webinar series will resume in November. More information will soon be available. Dr. Mark Stauffer, President Elect, and I have also set a target goal and plan to increase membership over the next year and beyond. We solicit your support and

welcome all suggestions concerning this project.

Lastly, I am pleased to announce that Dr. David Capuzzi has agreed to be our keynote speaker for our conference in June of 2018 in St. Petersburg, Florida. Dr. Capuzzi will be speaking from the topic "Humanism in Action".

Dr. David Capuzzi, Ph.D., LPC, NCC, is a graduate of Florida State University and licensed as a counselor in Oregon. He is certified by the National Board of Certified Counselors as an NCC. Currently, he is a core faculty member in the Mental Health Counseling degree program in Counselor Education and Supervision at Walden University as well as a Senior Faculty Associate in the Department of Counseling and Human Services at Johns Hopkins University. He is professor emeritus at Portland State Uni-



versity in Portland, Oregon. From 2007-2009, he served as Affiliate Professor at Pennsylvania State University. He is past president of the American Counseling Association (ACA) which spans 51 countries.

See you in St. Petersburg,
Martina Moore, Ph.D.

Martina Moore, Ph.D.

Association for Humanistic Counseling

MISSION

We value the dignity of the individual and the right for each to function as an agentic human being in the context of social and cultural milieus. We value authentic human relationships that contribute to the actualization of individuals and communities. As such, we are devoted to facilitating the client's development and becoming in the world, holding the experience and authority of the client in the highest regard.

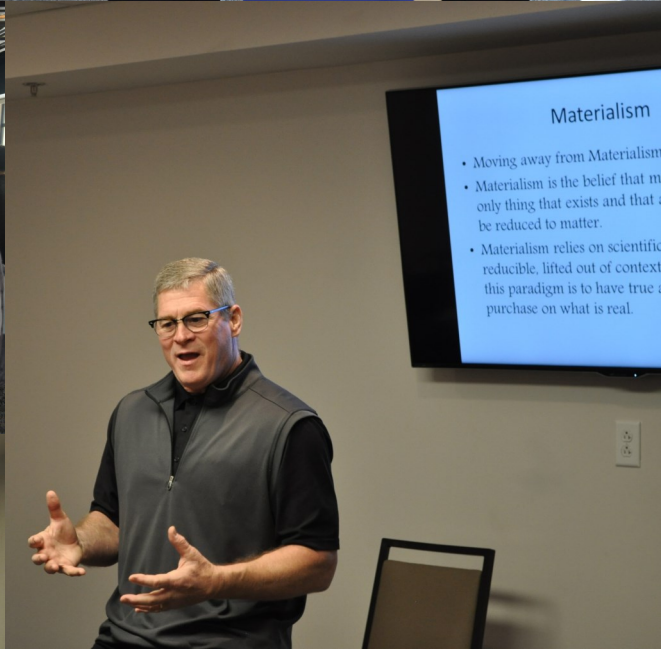
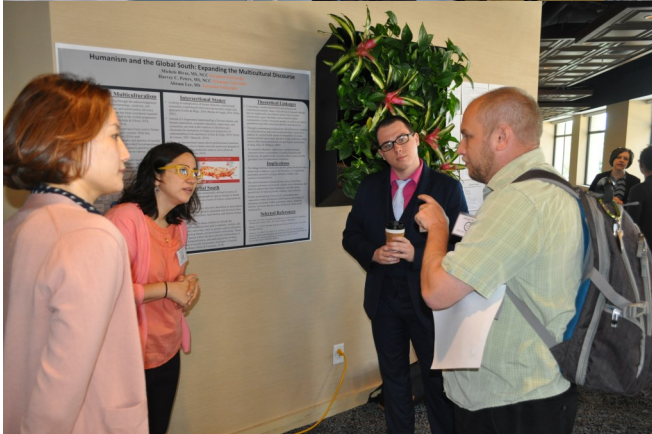
VISION

To accomplish this Mission, the vision of the Association for Humanistic Counseling is to:

- (a) promote the growing body of theoretical, empirical, and applied knowledge about human development and potential;
- (b) encourage philosophical reflection on counseling practices and outcomes; and
- (c) advocate for counseling, supervisory, and educational policies and practices that benefit individuals within their communities, environments, and cultures.

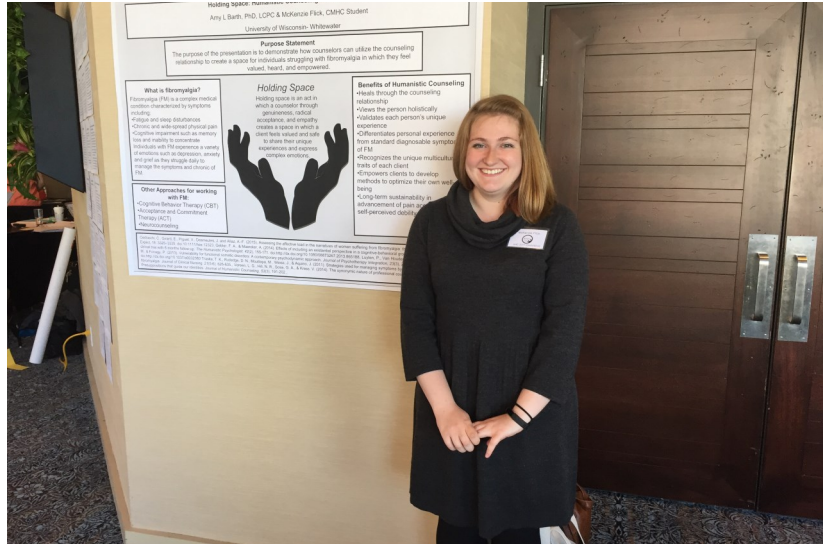
AHC 2017 CONFERENCE PHOTOS





GRADUATE STUDENT EXPERIENCE AT THE CONFERENCE

Within my first week of my graduate career, my instructors began to emphasize the importance of getting involved in various counseling organizations. Being a first-year student, I wasn't sure how to begin the process of finding an organization that shared tandem perspectives on counseling. When my professor, Amy Barth, asked if I would like to present research at the AHC conference, I quickly said yes. Leading up to the AHC conference, I wasn't cognizant of what experience I would have over the weekend.



From the moment I stepped onto the shuttle to go the hotel, I met someone who was attending the conference. Through conversation to the hotel, I started resting in the thought I had chosen the right conference to get involved with. This thought became more solidified as the weekend continued.

I was continually surrounded by professionals who had a genuine passion for serving clients through a humanistic counseling lens. The resources I was given and conversation I had the chance to be a part of has aided in the shaping of the theories and techniques I would like to use with my clients as I move into my future career. During my theories course, I was aware I resonated with the beliefs of humanistic counseling. Those who attended the conference constantly helped me feel at ease and comfortable sharing my limited experiences as I explored humanistic counseling further. I treasured having the opportunity to grow my knowledge on subjects relating to this field with professionals who had an authentic spirit of care, compassion, and enthusiasm for helping clients, colleagues, and students!

McKenzie Flick is a graduate student in the Clinical Mental Health Program at the University of Wisconsin-Whitewater.

COMMITTEE UPDATES

Empty Plate Project

Dr. Fred Hall and myself, Dr. Rebecca Pender Baum co-chair the Empty Plate Project. This is a service project that occurs every year during the ACA annual conference. We collect donations at the conference for a charity/nonprofit in the city in which the conference is being held. This year we would like the increase the amount of donations for the local charity by getting 100% of the ACA divisions to participate in the collection effort. If you would like to assist in the collection efforts (i.e. volunteer to collect donations at the conference) please contact Dr. Pender Baum at rpender@murraystate.edu.

Membership Committee

The membership committee monitors the membership database and profile for AHC. We help orient and welcome new members. One of our goals is to grow the AHC membership this year. We are hoping to develop initiatives to increase the graduate student involvement and membership of AHC. Chair of the Membership Committee is Dr. Tyler Wilkinson (wilkinson_rt@mercer.edu).

AHC Bylaws/Ethics Co-Chairs

Over the last three years the bylaws/ethic committee has worked hard to create a new mission and vision statement, revise old bylaws, and create a policy and procedures manual. This year our committee will focus on completing and refining the policy and procedures manual in order to help guide incoming leaders. Chairs Drs. Brande Flamez and Michelle Perepiczka



AHC ELECTIONS

Marcia McCall - Candidate for Treasurer

The Association for Humanistic Counseling is my 'home' division within ACA. I joined AHC in 2014, during my first semester in Wake Forest University's counseling program, when I became deeply enamored with the humanistic theories and practices. My interest in humanistic counseling figures prominently in my doctoral work (I am a doctoral student at the University of North Carolina at Greensboro). My clinical work involves person-centered brief counseling in an integrated care setting. I am a Licensed Professional Counselor Associate in North Carolina, and a National Certified Counselor.

As Treasurer of AHC, I will be very committed to the association's vision of promoting humanistic knowledge, enhancing humanistic counseling practice and outcomes, and advocating for clients as humanistic counselors. I am particularly interested in communication to and engagement with our members and future members. My experiences as

an AHC emerging student leader, event organizer and social media committee member have energized my interest in connecting our members with each other, and providing programs and initiatives they truly value. I would be very focused on supporting the goals of AHC's leadership through the duties of the Treasurer.

Beyond my years of service to AHC, I have experience in business and in national organizations that prepared me to support AHC and carry out the Treasury functions. I am adept at translating organizational goals into financial goals such as budgets. I earned an MBA degree and practiced several years as a CPA. I have over thirty years' experience in health care management. I served as the national president for two different medical specialty business associations, and am a Certified Medical Practice Executive.

I would be deeply honored to serve as the Treasurer of AHC, and thank you for considering my candidacy.

Jill Nardin - Candidate for Treasurer

I have volunteered as a Treasurer for multiple organizations in the past. I have also worked as a bookkeeper for two of my churches, which also involved working with the budget. I am a career switcher and became a Licensed Professional Counselor in 2013. I am working on my PhD in Counselor Education and Supervision, as well, at Adams State University. I feel that I am ready to start getting more involved in my professional organizations. I chose AHC because I feel that I most identify as a Humanistic counselor, and I chose Treasurer because that is the position that I am most

familiar with and enjoy doing.

I read the description of duties and I feel that I would be able to fulfill each of them. Financial work is a strength of mine (I could have easily become an accountant if I didn't think I could get too bored with it full time). I feel that my accuracy and organization skills will be an asset to the position. I am big on communication and follow up, and I am timely on responding to the needs of others. If there is anything else that you would need to know from me, please let me know. I look forward to getting to know this organization more.

Joel Givens - Candidate for President Elect

When I am not grading papers and preparing for classes, I have my nose in a book of philosophy. I often dream up new possibilities for applying difficult philosophical concepts to humanistic counseling practice and research. In the last 20 years, I have deepened my understanding of challenging philosophical texts. My knowledge and passion for philosophy informs my approach to humanistic counseling, influences my style as a counselor educator, and inspires my students and colleagues. I believe that philosophy has the potential to generate new counseling techniques and to highlight social justice concerns in humanistic counseling. Indeed, philosophy can provide the means for challenging assumptions and for considering social and political aspects of humanism. As president of the Association of Humanistic Counseling, I will bring a unique perspective to the leadership position. I endeavor to share my passion for philosophy in the President's Letter, *In-*

fochange, and other AHC publications. I also intend to integrate philosophical perspectives in my role as a leader with the various subcommittees of AHC. I envision a conference replete with topics that open up new possibilities for research and practice, and that stretch the boundaries of humanistic counseling. I intend to work closely with the Conference Committee to brainstorm creative programming for the annual conference. I intend to use my knowledge and skills to challenge the status quo and to provide hospitality to quiet, marginalized voices in our field. As a leader, I have excellent communication and collaboration skills. I am also an enthusiastic and encouraging leader with a passion for mentoring others. I have also demonstrated evidence of scholarship in the Journal of Humanistic Counseling and leadership as a member of the Vision and Mission Committee of AHC. I greatly appreciate your consideration of my application to the role of president of AHC.

Nate Ivers - Candidate for President Elect

In 2014, a few months into my role as interim treasurer, I attended the AHC Conference in New Mexico. Although I was serving on the executive board at the time and had admired the division from afar for many years, I had only been a member of AHC for a few months and had had limited exposure to its leaders and members. At the conference, for reasons I could not fully comprehend at the time, I felt like I had finally found my professional home. Upon further reflection, I believe what I was looking for and what I had found was the application of humanistic principles. In every interaction, both formally and informally, I witnessed humanism, from expressions of empathy and genuineness to ingenuity and creativity. The confer-

ence also was the most intellectually stimulating professional conference, workshop, or training I had ever attended.

Should I receive the honor of being elected to the position of AHC president, my overarching goal would be to continue the work of past AHC leaders in promoting and expanding the influence of humanism in our communities and the profession of counseling. I hope to achieve this goal by (a) expanding resources and activities for current members, (b) continuing outreach to new and prospective AHC members, (c) and supporting scholarly efforts of the division. Although I have a lot to learn, I believe my years of serving on the AHC Board in the role of the treasurer have prepared me for this service opportunity.

APPLICATIONS NOW BEING ACCEPTED FOR THE 2018-19 AHC EMERGING LEADERS PROGRAM

The AHC Emerging Leaders program was developed to allow student and new professional leaders to participate in AHC activities, receive mentorship, and connect with professional networking opportunities.

Emerging Leaders will be selected to serve for the 2018-19 term (July, 2018 to July, 2019). Master's level students, doctoral level students, and new professionals will be selected as AHC emerging leaders. Recipients must be an AHC member at the time of application and fall into the master's, doctoral, or new professional categories. Emerging Leaders choose an area of interest within the division and receive mentoring related to that area. Emerging Leaders will provide a minimum of 50 hours of service to an AHC committee, project, or task. Emerging Leaders will also have opportunities to learn the responsibilities associated with serving in elected leadership positions within our association. They will also receive FREE conference registration for the 2018 AHC conference in St. Petersburg, FL.

Emerging Leaders will be featured in our newsletter, *Infochange*, and recognized at the AHC meeting at the American Counseling Association Conference.

Interested applicants should submit:

- 1) The Emerging Leaders application
- 2) Curriculum vitae
- 3) **Two** letters of reference describing your leadership skills and experiences, and your value of humanistic practices (letters cannot come from members of the AHC selection committee)
- 4)

Please email application materials at <https://form.jotform.com/72455712539158> no later than December 1, 2017. The selection committee will notify applicants of the status of their application by December 16, 2017.

If you have any questions, please contact the Emerging Leaders Committee co-chairs: Stacey Litam at s.litam@csuohio.edu or Rob Freund at rfreund1@fau.edu.





My name is Jason Branch and I'm originally from Dayton, Ohio. I have lived in Alabama since I left Ohio about 18 years ago and now I'm back in my home state in Youngstown, Ohio working as part time faculty at Youngstown State University. I have worked in the counseling and mental health field for years as a clinician and now as a counselor educator. I became familiar with AHC from one of my mentors Dr. Linwood Vereen. His personality and sense of humor alone made me curious about other members in AHC. He encouraged me to look into the organization and as I met other members of AHC I knew I would be a great fit for me as a member in this organization.

EMERGING LEADERS INFOCHANGE SPOTLIGHT

By Blake Sandusky, PhD, LIMHP, LMFT, LPC

The mission of the Emerging Leaders program in AHC is to offer student and new professional leaders opportunities to participate in AHC activities, receive mentorship, and engage in professional networking. Emerging Leaders choose an area of interest within the division and receive mentoring related to that area. Emerging Leaders will provide a minimum of 50 hours of service to an AHC committee, project, or task. Emerging Leaders will also have opportunities to learn the responsibilities associated with serving in elected leadership positions within our association. *Infochange* would like to introduce our 2017-2018 emerging leaders and get their thoughts on humanistic counseling.

JASON BRANCH

Humanistic counseling is about the foundation and relationship of connecting with people. I feel that the humanistic perspective places emphasis on the holistic view of a person and the relationship. The core to humanism to me focuses on the human being, not just the issue or circumstance. I learned about humanistic principles from my experience in the doctoral program. I would always stand out from others because of my perspective of interest rooted in the person than just the problem or experience. It took other humanistic counselors to pull me to the side to share their insight with me about having a different thought process about the human experience than others. I didn't know that there were other people who thought on the same wavelength as me and that they were considered to be humanistic counselors.

Connecting with clients and student is the core of how I provide services from a humanistic perspective. When teaching I'm concerned about the students and their learning style. In order to discover what works for each student I have to build a relationship and connect with them to provide the best instruction that goes beyond the experiences within the classroom. Working with clients I work towards gaining insight about the person and building a working relationship that allows me to have the trust to implement counseling strategies to assist them with making healthy decisions in order to promote change of their belief and behavior.

I would like to get involved in leadership activities such as serving on committees to assist with programs, activities and conferences. I would like to serve as a mentor for upcoming Humanistic counselors in the profession. My ultimate goal would be to work under a current committee member in order to learn how to effectively manage a division of AHC to one day serve in a leadership position within the association.

AMY L. BARTH

The 2016 AHC conference in Portland, OR was my first AHC conference. I LOVED IT! I had never been to a conference where I wanted to attend every session. But more importantly I really enjoyed the relationships with other AHC members that I created. Everyone I interacted with embodied the principles of humanism. I felt as if I had found my professional home.

I first learned about humanism in my master's program, but do not think there was an emphasis on it. As I got into my doctoral degree and started to study more and more about the various theories, I learned more and more about humanism. Humanism to me is my way of being. It is how I am in relationship with others, not only as a counselor or educator, but all of my relationships. I am genuinely interested in other people's narratives and believe that each of us is a unique human being. I believe that we grow in and through relationships with others. I also believe that I am active agent in my own life – making choices and creating meaning through my experiences. One of the pieces of humanism for me that important is the concept of radical acceptance. I use the term radical acceptance instead of unconditional positive regard because I believe that it is a radical concept to accept another person as he or she is without any conditions. I know that personally I want to be accepted for who I am and I try to provide others with this same respect and acceptance.

As an educator of counseling I believe that it is important that our students understand that the field of counseling founded in humanistic principles and what this means for them as they develop their identity as a professional counselor. Another focus of mine in which I apply humanism in my teaching is through assisting our students how to develop and maintain caring, yet professional relationships with others. One of the things students tell me they will take away after taking the skills course with me is that I often say, "Counseling is a conversation, not a performance". I often find myself reminding my students of their own humanity and reminding them of taking care of themselves. One of my favorite pieces of professional identity that I truly enjoy working with students on is how they integrate their unique personhood into their identity as a professional counselor.

One of my goals as an Emerging Leader is to be able share with others about what humanism is. I am looking forward to being the editor of the newsletter (*InfoChange*) and helping with conference planning for the 2018 conference.



Amy L. Barth is a faculty member in the Department of Counselor Education at the University of Wisconsin - Whitewater where she has taught courses in clinical skills, counseling theories, marriage and family counseling, and lifespan development. Dr. Barth holds counseling licenses in both Wisconsin and Illinois and has extensive counseling experience working with individuals, families, and groups in both agency and university settings. In addition to her teaching, Dr. Barth provides supervision to post-graduate counselors working towards licensure.



My name is Trevor Buckley and I currently live in Santa Cruz, California. I became interested in the AHC when a professor of mine and past EL recipient, Megan Espeziale, recommended that I apply for the award. From there I researched the AHC and found the guiding principles, mission and tone of the organization well matched to my own view of counseling as a profession.

TREVOR BUCKLEY

I have worked in the field of Special Education for the past 10 years and I recently quit my job working with moderate-severely affected kids (autism spectrum disorder) in preparation for my upcoming practicum placement at a local High School. This will be my very first experience providing counseling services and I am excited and nervous.

I don't usually do a lot of travelling in a given year but this year I backpacked in Yosemite for eight days (no internet for one whole week!) with friends and I just returned from a 3-week trip to Indonesia with my wife where I surfed, snorkeled and explored the mountains and beaches. A couple of interesting experiences I had while in Indonesia was being chased by an angry mother monkey and swimming alone in the pool of a 100-foot waterfall.

To me Humanistic Counseling isn't a specific technique or modality, but rather a broad perspective that frames the client as a unique individual with unique potential. Humanism views individuals as having a specific life story that isn't to be criticized or dissected, but rather understood and celebrated. Humanism helps clinicians to be compassionate, positive and collaborative with their clients.

Humanism to me represents a shift in the perspectives we may have about people and their mental well-being. It takes the focus away from viewing people as having problems that need to be fixed and gives a more subjective, considerate view of the client and people in general. It helps us to frame our understanding of the individual experience with compassion and optimism. It began with Carl Rogers and unconditional positive regard. Humanism takes blame out of the equation, and replaces it with curiosity and compassion.

I am still learning to be more of a humanist. For example, in my recent trip to Indonesia I struggled with seeing how much garbage was dumped on the side of the road, in the ocean, on the beaches and so on. My anger over this was sharp. I slowly came to realize that my personal experience, growing up in Marin, California, had afforded me the opportunity to learn about environmentalism and respect for nature. I was angry about the garbage and viewed the locals who littered as careless. But I was able to reframe this view from one of blaming to one of gratitude (for my experience and education). Humanism has helped me realize: you can't blame someone for what they don't understand. My understanding of humanism has helped me to be more compassionate towards family and friends (without condescension or smugness) and all people whose experience has been different from my own.

My goals during my time as an emerging leader include writing articles about humanism, counseling and spirituality and learning more about what types of humanistic modalities are currently being practiced. I also want to meet other humanistic-oriented counselors and leaders to learn about their experiences.

ALYSSA SWAN

I became a member of AHC because, as a humanistic counselor and educator, I am inspired by a community of individuals who have passion for serving others and value healing through relationships. I deeply value my relationships with clients, colleagues, and students and am continually moved by the way my peers influence the world around them. AHC provides a unique opportunity for connection and collaboration with professionals who encourage me to become more grounded in my understanding and experience of humanistic counseling, supervision, and teaching.

One of my goals as an Emerging Leader was to attend, volunteer, and present at the 2017 AHC conference in Syracuse this past summer. I enjoyed meeting so many inspiring individuals. After several particularly impactful workshops, I felt refreshed and grounded, relationally and mentally, as a humanistic counselor and advocate. Now, I am already looking forward to the 2018 AHC conference in Florida. As an Emerging Leader, I feel blessed with the opportunity to co-chair the 2018 conference committee and contribute to making conference a growth-promoting experience for attendees, volunteers, and presenters. Another goal as an Emerging Leader is to build personal and professional relationships with other humanistic counselors and educators so we may continue to collaborate.

I first learned about humanistic counseling through observation and experience being in relationship with my clinical supervisor and professor during my master's program. At the time, I did not understand the conceptualization or values of humanism in the same way I do now; however, I still value how she made me feel as her student and supervisee. She allowed me freedom to experience and challenged me to grow, while she extended a felt essence of unconditional positive regard, acceptance, genuineness, and trust in our supervisory relationship. As a humanistic counselor, I deeply trust and value individuals' unique striving toward growth and self-actualization. I aim to provide a relationship in which clients and supervisees can experience acceptance and safety in order to be most authentically and freely their true selves.



Hello, my name is Alyssa! I'm honored to be involved in AHC as an Emerging Leader. As of this fall, I'm a graduate candidate and Toulouse Research Fellow at University of North Texas. I recently began as adjunct faculty at Indiana Wesleyan University, and plan to defend my dissertation at UNT in October.

We are always looking for members who are doing interesting things and have interesting views on humanistic counseling. Please contact Blake Sandusky if you or someone you know would like to be the next person in the member spotlight! blake.sandusky@doane.edu.

COLLABORATIVE TERMINATION by Amy L Barth, PhD, LPC



It was my 10th counseling session. The insurance company had approved 10 sessions. As I sat in the waiting room I thought about how the counselor and I would talk about if I wanted to terminate or continue counseling. I assumed the discussion would include the progress I had made, was there more work on this issue that I wanted to do, and what other issues might I want to address. I assumed that we would discuss trying to get additional sessions approved by the insurance company and a discussion of whether I would be willing to self-pay if they would not. I walked into the counselor's office, sat down, and she said "today's your last session." No discussion on whether I wanted to continue counseling or not. Just today's the last session. I thought about bringing this up with her that I wanted to continue – there was more to my anxiety I want-

ed to work on and self-exploration that I wanted to do. I decided that I did not want to continue counseling with someone who did not even include me in my own process of counseling.

What is termination?

There are many situations in life where relationships naturally end. The counseling relationship is not meant to last forever – it is time limited. Termination is an inevitable part of the process of counseling. The optimal time for termination to take place is after clients have achieved their goal(s) (MacCluskie, 2010; Young, 2013). Termination is not a one time only event; it is an ongoing process that begins when the therapeutic relationship starts and includes a review of client goals, identifying client progress, and establishing a plan to maintain therapeutic gains beyond the counseling relationship (Vasquez, Bingham, & Barnett, 2008). Termination can be painful and awkward, not only for the client, but for the counselor also. Many counselors avoid discussing termination or wait until the last minute to bring it up (as the example demonstrated). This article encourages counselors to intentionally infuse discussion of termination throughout the counseling relationship.

Reasons for Termination

When should a counseling relationship end? According to the ACA Code of Ethics (2014), "Counselors terminate a counseling relationship when it becomes reasonably apparent that the client no longer needs assistance, is not likely to benefit, or is being harmed by continued counseling. Counselors may terminate counseling when in jeopardy of harm by the client or by another person with whom the client has a relationship, or when clients do not pay fees" (Standard A.11.c). With agreement from both the client and counselor, ideally, the counseling relationship would end when a client has achieved their goals.

There are many other explanations why the client or counselor may choose to end the counseling relationship. Some reasons for termination are positive such as the client has accomplished their goal(s), symptoms have been reduced, and the client has developed coping skills that allow her or him to independently manage his or her issues. Other reasons for termination are not related to the client's progress in counseling. For example, the client may move away or the counselor takes a job at another agency. Some reasons for termination may be beyond the control of both the client and counselor. As we have witnessed recently with the natural disasters of hurricanes Harvey and Irma, counseling services may be disrupted or ended to changes in the infrastructure of a community.

(Continued on Page 13)

How to prepare for termination

Even though termination can be initiated by the client, counselor, or others (Vasquez, Bingham, & Barnett, 2008), I recommend that whenever possible termination should be a collaborative process between the client and counselor. ACA Code of Ethics (2014) exhorts counselors to “provide pre-termination counseling and recommend other service providers when necessary” (Standard A.11.c.). The actual final session should not be the first time that a client is hearing about termination. I offer several suggestions for collaboratively terminating a counseling relationship with a client:



- Be intentional about discussion termination with your clients. This discussion I believe begins at the beginning of the counseling relationship when you are explaining the process of counseling to clients.
- Collaboratively establish goals with clients and review goals on a regular basis. Review of a client’s progress is an ideal time to continue the discussion about termination.
- As termination approaches, spend time having clients express their feelings about the process of counseling, their growth and progress, and the ending of the counseling relationship.
- Additionally, counselors should also express how they feel about the ending of the counseling relationship with the client.
- Highlight the progress and the skills the client has development.
- Empower the client by encouraging independence.
- Use fading procedures such as meeting every other week to help clients try out new skills and adjust to the fact that the counseling relationship is ending.
- Seek supervision and/or consultation.

“Empower the client by encouraging independence.”

Engaging clients in their own treatment and process of counseling encourages empowerment of our clients. It helps clients to be able to express what progress they see themselves making and to make decisions for themselves. Termination can be infused throughout the counseling process, just as assessment is an ongoing part of the process. When termination is infused throughout the counseling process clients are engaged in their own treatment and not left feeling detached from the process.

References

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- MacCluskie, K. (2010). *Acquiring counseling skills: Integrating theory, multiculturalism, and self-awareness, 4th ed.* Upper Saddle River, NJ: Pearson.
- Vasquez, M. J. T., Bingham, R.P., & Barnett, J. E. (2008). Psychotherapy termination: clinical and ethical responsibilities. *Journal of Clinical Psychology: In session, 64(5)*, 653-665.
- Young, M. E. (2013). *Learning the art of helping: Building blocks and techniques, 5th ed.* Upper Saddle River, NJ: Pearson.



AHC Facebook Group

Check out our new AHC Face Book Group and join the conversation! Find the group at: <https://www.facebook.com/groups/AssociationforHumanisticCounseling/>

ANNOUNCEMENTS: AHC 2018 CONFERENCE



CONFERENCE VOLUNTEERS:

We are sending this call for **AHC conference volunteers** as early as possible, as you are submitting conference proposals and planning to join us in St. Petersburg, FL May 31-June 2nd!

Volunteering is a wonderful opportunity to network and connect with other professionals and students throughout conference, be involved in and serve AHC, and receive *FREE conference registration*! All AHC members are invited to volunteer. Graduate students are especially encouraged to apply to volunteer.

The theme of the 2018 AHC Conference is “*Humanism in Action*”- Volunteering is one way to be involved and we would love to have you join us!



PROPOSAL REVIEWERS:

In preparation, we are looking for several AHC members who are willing to dedicate time and heart serving as a **conference proposal reviewer**. All professionals and graduate students are encouraged to respond to this call for reviewers.

if you are interested in volunteering and/or would like more information, please email Alyssa Swan at alymswan2@gmail.com.



CONFERENCE PROPOSALS NOW BEING ACCEPTED:

The portal to **submit proposals** for the 2018 AHC Conference in Petersburg, FL is now open: <https://form.jotform.us/72045056411143>. Deadline to submit proposals is December 1, 2017.

The theme of the 2018 AHC conference is “*Humanism in Action*”- And, we are so looking forward to seeing you and being with you on May 31- June 2nd, 2018!

Sincerely,
AHC Conference Committee

Association for
Humanistic Counseling
2018 National
Conference



Mark your calendars!
Join us for AHC 2018 National Conference
in Saint Petersburg, Florida



May 31st - June 2nd, 2018

More details to follow on AHC website: <http://ahc.camp9.org>
Hilton St. Petersburg Downtown Bayfront: <http://bit.ly/2rRLctd>



BOARD MEMBER SPOTLIGHT - SECRETARY

Within AHC, I have served as the President, Past President, and currently am the secretary. I have also served as AHC's Emerging Leader (EL) chair and helped develop the initial program. I am currently AHC's Bylaws/Ethics co-chair and President of the International Association of Marriage and Family Counselors. Within ACA I have also served on the ACA Governing Council, chaired the ACA Publications Committee, and was appointed by the Governing Council to the ACA Finance and Investment committee.

Serving in these capacities, I am familiar with all the policies, procedures, and governance documents within the association. I have experience writing and presenting motions, as well as forwarding issues from constituencies and reporting activities of the Governing Council to constituencies. My two main goals are to support our incoming president and make decisions that are in the best interests of AHC and the counseling profession. One of the main duties of the secretary is to truly understand the history of the organization and previous decisions that were voted on by the board and its members. Continuing to grow our organization and offer special services to our members as well as find ways to give back to communities is something that has always been important to me. Because of my long involvement in AHC, ACA, and other divisions, I believe I can continue to help grow our division and support our new officers.

Thank you for your support, and I look forward to AHC's ongoing development and growth.

Dr. Brande Flamez



THANK YOU
TO JUSTIN
MISTRETTA FOR
SERVING AS THE
EDITORIAL
ASSISTANT ON THE
FALL EDITION OF
INFOCHANGE.

Justin is a graduate student in the CMHC program at UW-Whitewater

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SUBMISSIONS FOR INFOCHANGE NEWSLETTER

We would love to hear more about you and your experiences. We accept articles specifically related to you, your practice, your teaching, and your advocacy. Here are some prompts that may inspire you:

- ⇒ How are putting Humanism in Action?
- ⇒ Maybe you have seen others (individuals, organizations, or communities) put Humanism in Action and would like to share their story with us.
- ⇒ How has humanism impacted you personally?
- ⇒ How has humanism impacted you professionally (your counseling practice, teaching, or experience as a student)?
- ⇒ How do you incorporate service and advocacy into your work?
- ⇒ Are there any aspects of humanism that you struggle with? If so, how do you manage these struggles?

Below you will find the annual schedule of newsletters and submission dates.

| | Publication Date | Submission Due Date |
|--------|------------------|---------------------|
| FALL | OCTOBER 1 | September 15 |
| WINTER | JANUARY 1 | December 15 |
| SPRING | APRIL 1 | March 15 |
| SUMMER | JUNE 1 | May 15 |

Please send submissions and inquiries to: AHCINFOCHANGE@gmail.com