

INFOCHANGE

ASSOCIATION OF HUMANISTIC
COUNSELING, NOVEMBER 2016



THE ASSOCIATION FOR HUMANISTIC COUNSELING 2017 ANNUAL CONFERENCE

June 1-3, 2017, Marriott Syracuse Downtown,
Syracuse New York

Call for proposals is open! Deadline to submit is January 15th
2017 at 11:59 p.m. EST.

https://syracuseuniversity.qualtrics.com/jfe/form/SV_2m1AV15fnkihfwx

For more information about the conference and registration,
please visit <http://afhc.camp9.org/2017-Conference/>



In this issue....

- | | |
|--|-------|
| Presidents Letter | pg. 2 |
| By Linwood Vereen | |
| Candidate Statements | pg. 3 |
| Jeff Cochran and Mark Scholl | |
| Book Review | pg. 4 |
| By Jennifer Rogers | |
| Member Submission | pg. 5 |
| The Role of Emotional Climate in
Understanding Violence and Mental
Illness | |
| By Peter D. Ladd and Kyle E.
Blanchfield | |
| Member Spotlight | pg. 6 |
| By Blake Sandusky | |
| Staff Introduction | pg. 7 |
| By Kim Coggins | |
| AHC National Awards | pg. 8 |

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



Letter from
the
President:
Dr. Linwood
Vereen

On behalf of the leadership of the division, I want to wish you all greetings. There are lots of exciting things happening that I am grateful to have an opportunity to share with you all. First, I would like to remind you that the 2017 AHC conference slated to be in Syracuse, New York is in full swing. Conference Registration is now open and available. The conference will be held at the Syracuse Marriott Downtown which is an excellent location situated in downtown Syracuse. The conference at a glance will be provided when the call for proposals period has concluded. Our theme for this year is *Living Our Humanism* which I feel represents an honoring of the diverse thoughts, philosophy, and practice of members across the division. I would like to encourage us as a collective and as individuals to spend this year intentionally focused on the creative ways that we enact our humanism. Having a conference theme that is focused on enactment of our professional and personal values underscores the unique ways that we positively impact our communities and clients. I look forward to seeing many of you in Syracuse in June as we collectively celebrate who we are and how we can grow as individuals and as a profession regarding our enactment of humanism.

The theme of *Living Our Humanism* will be woven through my initiatives this year as President. I will work to represent the association and champion the meaningful work being done by each of you from a perspective grounded in humanistic values and principles. Across the year, I invite us all to find one event or activity each week in which to engage that evidences our intentionality to live our humanism. Ranging from professionally to personally and other ways across our lives, I encourage us to share our acts of humanism not only with our colleagues within AHC, but also to continue to seek ways to reach others across

ACA and within our local communities. I look forward to hosting you all in Syracuse from June 1-3 and having dedicated time to learning the ways in which we live our humanism. I see the upcoming conference as a way for us as a collective to engage, rejuvenate, and celebrate our collective spirit. For questions about the conference, please send an email to ahconference2017@gmail.com.

As we look forward to 2017, I would like to share a bit about the work that is being done by some of our Committees on behalf of the division. Dr. Phillip Johnson from Western Michigan University has come on board to co-chair the Current Affairs Committee. He will work with Dr. Lisa Wines to steward the division in matters that require our attention and support. The committee has been charged with not only addressing current issues and bringing them to the body of the association, but also with developing pathways for the association to provide resources and support to others when needed. An additional charge of the committee is to reach out to our colleagues across other ACA divisions seeking courses of action focused on shared collaboration and advocacy. The focus on identifying strategies for action is consistent with the theme of *Living Our Humanism*. Second, Stacy Litem has joined Vicki Kress in co-chairing the Emerging Leaders Program. It should be noted that in the past few months' other divisions across ACA have made time to seek advice from Vicki regarding the concept and scope of our Emerging Leaders Program. I think this speaks to the value and reputation of the program and how we as a division value this experience. This year's group of Emerging Leaders has worked diligently to engage in the process and find pathways to enhance their leadership and service to the division. In addition to committee work, our Emerging Leaders will engage in service and leadership opportunities during the 2017 ACA conference and at the 2017 AHC Conference. Stay tuned for an announcement regarding the next group of Emerging Leaders for the year 2017-2018.

It is an honor to serve as President of a division that champions our most steadfast values and principles as a profession. I challenge each of us to be intentional in enacting our humanism each week through a dedicated activity or event. I hope to hear about how mindful attention to *Living Our Humanism* impacts us individually and collectively.

Linwood

AHC Candidate Statements: Governing Council Representative

Jeff L. Cochran, PhD



I am a professor in the counseling programs at the University of Tennessee. I approach life as a humanist, believing in relationships and human potential. My goals in Governing Council would be to represent AHC and the humanistic point of view, and to build strong relationships between divisions, and between persons with different points of view and different work settings. I want to unify counselors for greater quality and impact.

I began my career as a high school teacher in a poor area of North Carolina, with closing factories in the 1980s. I saw it as my mission to change the world through educating troubled youth (my own childhood, while much better than youth I served, was also much the same). As my principals noticed that I worked well relating to and helping the most troubled students, I gravitated to counseling.

The range of my career helps me understand the needs of many counselors. I served as counselor at an elementary school counselor on Guam, at university counseling centers, and at agencies serving troubled youth. I licensed in two states within a career spanning Guam, Virginia, Georgia, New York, and Tennessee. As a counselor educator for 20+ years, I've served both as a school counseling and clinical mental health counseling program coordinator. I have a heart for persons in need that drives my scholarship, including service-research in high-poverty schools.

If elected, I will continue my efforts make the world a better place for persons in need, building relationships, attending to the values of different divisions and points of view, expanding the quality and reach of the counseling profession. My work will feature listening and helping others listen well to each other. Relationships are not only key to effective counseling, but also necessary for building community for a stronger profession.

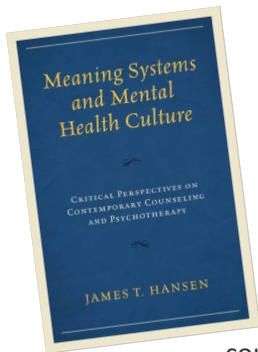
Mark B. Scholl, PhD



As a member of AHC, I have maintained a high level of involvement in our division for the past 14 years. Selected examples of my involvement include serving as a two-term editor (2003-2009) for the *Journal of Humanistic Counseling*, serving as President of our division (2011-2012), and chairing the Wellness Center program selection committee for the past three years. As a result, I am aware of the past traditions and recent accomplishments of our division. The latter include growing the membership of the division, enhancing our division's brand and visibility in the profession, enhancing the quality of the *Journal of Humanistic Counseling*, and the development of programs, such as Emerging Leaders, to support the professional development of our division's members. I believe that because of my significant history of involvement, as well as my understanding of current growth trends in our division, I am qualified to serve as AHC Representative to the ACA Governing Council. More specifically, I am prepared to recognize the ways that ACA Governing Council decisions and actions potentially affect AHC including our traditions, goals, and mission. I have four primary goals. If elected, a primary goal of mine will be to provide timely communication to the AHC Executive Council regarding all ACA Governing Council decisions that may affect AHC. In addition, I will represent the interests, values, and mission of AHC on all matters coming before the ACA Governing Council for decision or action. A third primary goal of mine is to understand and represent the opinions of AHC members. Finally, I will provide timely counsel to the AHC leadership with regard to the areas in which AHC should seek ACA Governing Council action.

Book Review: *Meaning Systems in Mental Health Culture: Critical Perspectives on Contemporary Counseling and Psychology* by James Hansen

Review by Jennifer Rogers, PhD



James T. Hansen's goal for writing *Meaning Systems and Mental Health Culture: Critical Perspectives on Contemporary Counseling and Psychology* (2016) was to promote awareness of the central role that meaning systems play in counseling in the face of a cultural

norm that pushes us toward the medical model. But I would argue that this book is also a call to action for those of us who provide talk therapy regardless of the setting.

Hansen places his argument in the birthplace of the meaning creating process from the origins of talk therapy, history of mental health culture, and how we have arrived at a time where practitioners use "materialistic, biological approach to mental health care which regards symptom remission as tantamount to cure." He argues that objectifying clients can rob them of their agency.

As I was reading, I couldn't help but jot notes down with points that I agreed with or wanted to know more about or how I applied it to my own experiences as a counselor. My most personal takeaways were the clarification of and creating boundaries around being a talk therapist and the power position of counselors and counselor educators.

"Therapeutic practice consists of a series of conversations between parties who are united by a helping contract"- Hansen (2016)

I believe that Hansen appreciates what biological science and studies of the brain have contributed to our understanding of human beings. However, I find it refreshing that he shines a light on what I see in the field as a fixation with the workings of the brain. As he points out, a little knowledge is dangerous and he justifies not being immersed in things left to a neurologist. I believe that in a world where STEM is seen as supreme over art, behaviorism reigns. Counselors can be caught in the trap of categorizing behaviors without understanding the individuals meaning systems and counting quantitative data as a measure of who they are. Hansen says, "Society awards status and prestige to experts who diagnostically reduce complex systemic problems to individual brains. The payoff for awarding these benefits is that it provides the cultural participants with professionally-sanctioned permission to ignore, dismiss, and forget about the anxiety-arousing social problems that threaten to disturb their consciousness" (104).

This leads to the discussion of power and meaning systems. Hansen discusses counselor "expertise" and specific techniques that can create a power differential between counselor and client. Our use of diagnosis, biological reductionism, and the medical model devalues the meaning systems of individuals. Talk therapists are instead urged to consider their client outside of the diagnostic label. "It is arguably misguided to be correct about clients, they should instead, try to be helpful" (46).

His discussions about counselor educator pedagogy was interesting and insightful. Hansen has the power position to speak against the culturally entrenched norms. But for many of us, like minded, but with less powerful position, we work to find our place and voice in the counseling profession.

I hope that we continue to invite more people into this conversation and feel good and secure about our role in the helping process no matter the setting. I highly recommend this text for counselors and especially counselor educators who would like to invite a counter-narrative to the medical model into their discussions with future counselors/talk therapists.



The Role of Emotional Climate in Understanding Violence and Mental Illness

By Peter D. Ladd PhD and Kyle. E. Blanchfield JD

St. Lawrence University

This presentation describes how conflict resolution interfaces with counseling and psychotherapy.

For mediators and conciliators (peacemakers) the emotional climate of disputes holds a key role in resolution of these disputes. By understanding the role emotional climate, these professionals can play a key role in the resolution of conflict. We demonstrate how mediators and conciliators can approach emotional climate, in order to effectively resolve conflicts that are perpetrated by violence and mental illness. We also demonstrate how the emotional climate of a dispute may be stronger than people involved in conflict with each other. The psychologist, Carl Rogers, made a similar claim when he openly discussed emotions as a key ingredient in people recovering from numerous forms of psychological pain. By creating a therapeutic climate based on positive regard, empathy and authenticity, people could make better decisions in their lives. With Rogers, positive emotions took on a new significance. In effect, Rogers was talking about the emotional climate based on a therapeutic alliance that helps people grow and change.

In this presentation, we take Roger's example one step further. For, counselors, psychotherapists, mediators and conciliators, the emotional climate found when resolving conflict is key to successful



conflict resolution. We believe that certain emotional climates can lead to violence and mental illness. The emotions of anger, resentment, revenge, jealousy and hatred all have the potential for violence, and we will give examples of how these emotional climates can be the breeding grounds for violence in our schools, workplaces, communities, and in our society. The other emotional climates found in our presentation focus on their connection to mental illness. Beyond any personal emotions, there are emotional climates that can generate dysfunctional behavior in people who interact within them. We have included anxiety, fear, resentment, apathy, greed, guilt and egotism into this category, and show how they can contribute to certain mental health disorders.

In contemporary society, speculation continues whether increases in violence are caused by those who suffer from mental health problems. When we hear of "lone wolves" who gun down innocent people, one issue that continues to be raised is the state of their mental health. Violence and mental health have received much notoriety in today's violent world. However, one part that has gotten



little notoriety are those emotional climates that, we believe, promote violence and mental health problems. To emphasize Carl Rogers in a meeting with him in 1983, "Sometimes the environment we live in is bigger than ourselves."

We want to hear from you!

We accept articles and personal expressions related to your humanistic practice, personal growth, service, as well as other humanistic counseling related issues.

Please submit to:

InfochangeAHC@gmail.com

Submissions should be no more than 1000 words

Member Spotlight: Ellen K. Carruth, PhD, LMHC, NCC, ACS

By Blake Sandusky



Ellen is a professor and program director for the Master of Arts in Counseling program at City University in Seattle,

Washington. She completed her training in Counselor Education and Supervision at the University of Tennessee-Knoxville in 2008 and has lived in Seattle since that time. Prior to beginning work as a counselor educator she worked in the field as a clinical case manager with severely mentally ill client in the Seattle area. She has been a member of AHC for the past four years.

How do you conceptualize or how would you define Humanistic Counseling?

For me, I believe that counseling, at its core, is a humanistic endeavor. I believe that my job is to meet my clients where they are (emotionally, psychologically, socially, and morally), to accept their personhood, without condition, and to demonstrate and model congruence in my interactions with them. Whenever I can be my “real self”, demonstrate a genuine “prizing” of the individual, provide the opportunity to enter into a real relationship, then I believe clients have the opportunity to enter into that relationship and experience growth.

What is some advice you would give to current counseling students or practicing counselors wanting to incorporate Humanistic counseling in their practice?

I would offer that incorporating Humanistic principles into their counseling requires their use of “self” as therapeutic tool more than other approaches might. As such, counselors need to know themselves well! They should be willing to reflect, look at their own values, and understand how to practice true unconditional regard.

What is something interesting about your life path that has brought you to where you are today?

I started my career as a music therapist. Learning how to use the creative arts as a therapeutic tool has allowed me to continuously consider “outside-the-box” approaches and techniques to helping. Sometimes, I even surprise my students now by bringing my guitar into the classroom!

What is your favorite part, memory, or what are you looking forward to as a member of AHC?

My favorite part of being a member of AHC is the opportunity for meaningful connection that this association provides professionals from all areas of the country.

Thanks Ellen for being willing to be the spotlight member for this edition of Infochange. I’m sure we would all love to hear you play the guitar in class, what a creative idea!!

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

AHC InfoChange Staff

Introduction: Kim Coggins, PhD

Kim Coggins, PhD is our newest member of the InfoChange publication team and we are excited to have her on board! She joined Austin Peay State University this year as an Assistant Professor in the Department of Psychological Science and Counseling. She received her Master of Arts in Marriage and Family Counseling and continued to University of Wyoming where she received her doctorate in Counselor Education and Supervision.



My interests and expertise involve play therapy and expressive arts interventions that utilize the therapeutic relationship as the primary and foundational agent of change and facilitate holistic care for children and families. This passion for children, adolescents and their families is evident in my teaching, clinical work, scholarship, and service at the school, community, and professional levels.

My work as a counselor educator is driven by my desire to equip and empower counselors to provide excellent care for future clients and to become powerful advocates for clients, their community, and the profession. I strive to foster students' self-awareness and growth while providing foundational knowledge necessary to students' development as counselors. Through experiences both in and out of the classroom, I hope to allow students to interact with the course

material in ways that facilitate integration of knowledge with their own personal ways of being so they are able to fully bring themselves powerfully and effectively into their work as counselors

My roles of clinician and supervisor are strong components of my counselor educator identity. I approach counseling and supervision through a multi-dimensional and developmental lens and am grounded in my belief that people have tremendous internal resources and capacity for self-direction and self-healing. By focusing on the power of a therapeutic relationship in counseling and supervision, I provide an environment that allows clients and supervisees to increase self-esteem, explore positive choice making, increase responsibility, and develop congruence.

I choose to incorporate my research and advocacy by utilizing community-based intervention research. In this manner, I am able both to provide necessary mental health services to populations that may not have access to these services, and to build a research base for these interventions. Through my career as a counselor educator, I hope to contribute to a research base in ways that help to move play therapy and expressive art interventions toward empirically-validated treatments increasing access to and funding for these interventions.

In my time away from the office, my family is most important. I crave special time with my husband, Justin, and our dog, Gus. Together we have adored exploring cities and wilderness across America. We hope to continue travelling and experiencing the world. Between the two of us, we have three amazing nieces who we love spoiling and playing with as often as possible. I also enjoy quiet time alone with a great fiction book, usually a mystery or fantasy story.

AHC National Awards: Call for Nominations

The Association for Humanistic Counseling invites nominations for National Awards. Open award categories include the following.

Humanistic Leadership Award: The Humanistic Leadership Award was established to recognize an AHC member who served AHC for a several years and provided leadership to the organization.

Past President's Award: The Past President's Award is to recognize the service, dedication, and accomplishments of past AHC presidents.

Past Editor's Award: Past Editors of the Journal of Humanistic Counseling are recognized for their service and dedication in keeping our journal quality high and its leadership for our field strong.

Humanistic Clinician Award: The Humanistic Clinician Award was established to recognize a clinician who holds a notable humanistic philosophy of counseling that resulted in an impact on the community or clients.

Distinguished Journal Reviewer Award: The Distinguished Journal Reviewer Award was established to recognize a journal reviewer for J-HCEAD who provides timely and high-quality reviews.

Humanistic Educator/Supervisor Award: The Humanistic Educator/Supervisor Award was established to recognize an AHC member who demonstrates a humanistic philosophy of teaching or supervision, resulting in a significant impact on the development of students / new professionals through teaching, advising, supervision, and/or mentoring.

Humanistic Impact Award: The Humanistic Impact Award was established to recognize a professional who, throughout a long-term career, has made a significant and long-lasting impact on the

counseling profession, especially through educating counselors and/or producing research and scholarship that upholds humanistic values.

Humanistic Advocacy and Social Justice

Award: The Humanistic Advocacy and Social Justice Award was established to recognize a AHC member who has served as a significant advocate for social justice issues.

Humanistic Dissertation Award: The Outstanding Humanistic Dissertation Award honors a counseling graduate student, who is a member of AHC, and who wrote an outstanding dissertation with central and salient humanistic content, and successfully defended the dissertation during the designated time frame for this award year.

The Joe and Lucille Hollis Publication Award: The Hollis Award recognizes leadership and expertise in publishing in the counseling field. This award honors an AHC member or members who have made significant contributions to publishing in the counseling field that is relevant to the humanistic philosophy in counseling.

Make a Difference Grant: This grant supports graduate research with a humanistic philosophy, by students in a counseling program, which will make a difference for the population under study. The awarding of the grant is based on the humanistic characteristics and quality of the project as described in application.

Please visit <http://afhc.camp9.org/Awards-&-Grants> for further information on the nomination process.

If you have questions, the awards co-chairs for 2017 are Dr. Tracy Calley & Dr. Kathy Jones-Trebatoski. Please send inquiries & nominations to both of us at ahcawardsandgrants@yahoo.com.

We are accepting submissions for our Spring 2017 issue! Please submit to InfochangeAHC@gmail.com