



# INFOCHANGE

## Association for Humanistic Counseling's Quarterly Newsletter

### Spring 2018 Edition



SPRING 2018

#### 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

#### Inside this issue:

Award Winners	2
Article by Givens	3
AHC Conference	4
Article by Sands	5
AHC at ACA	6
EL Spotlights	7, 9, 10
At a Glance Conference Schedule	11, 12
Submission Guidelines	13

### President's Letter



I hope to see and connect with AHC members at the ACA conference later this month in Atlanta. This conference is a great networking opportunity and a great way to get all the latest news, updates and membership benefits for AHC. We will have an exhibitor booth at the conference, please try your best to stop by. If you have never been to ACA, it is an amazing conference and I highly suggest you attend at least once.

all AHC members to join the planning process. If you will not be attending ACA we will host a second meeting on Thursday, May 31, 2018 at AHC.

I want to thank you all for the hard work you do in our profession.

Sincerely,

*Martina Moore, Ph.D.*

It is hard to believe that the AHC conference is just over 6-weeks away in sunny St. Petersburg, Florida. Our conference planning committee is doing a wonderful job to make sure the conference goes as planned. We have many presenters from across the country that will be presenting on great topics that touch on the "Humanism in Action" theme.

Our strategic planning meeting is all set to take place at ACA in Atlanta on April 26, 2018 between 9 a.m.-noon in the Sycamore room at the conference hotel. We invite



### 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.

**The Association for Humanistic Counseling  
is delighted to announce the  
2018 AHC Award winners!**

Make a Difference Grant

*Kellin Cavanaugh*

Humanistic Advocacy and Social Justice Award

*Christian Chan*

Humanistic Educator/Supervisor Award

*Scott Wickman*

Humanistic Dissertation Award

*Stacey Litam*

Past Presidents Award

*Brandé Flamez and Linwood Vereen*

Please join AHC in recognizing these individuals during the AHC awards ceremony Friday, April 27<sup>th</sup> at 3:00pm.



## Weather's Healing Powers

by Joel Givens

"I'm feeling a little foggy today," he explained, as we made our way across campus. What were we talking about? I can't really remember. My thoughts dissipated. I threw my eyes to the thick, orange sky behind the branches. The smoke of a distant forest fire was rolling towards us. I couldn't help wondering if the haze was moving into our heads. Foggy minds. Hazy thoughts. Our conversation was taken up and diffused in the air. We were becoming smoke.

Following our conversation, I reflected on the relationship between weather and ways of being in the world. How might a person become foggy on a hazy day? Perhaps a cold day could create an icy self; a windy day might produce a breezy self.

This has nothing to do with inner perceptions, beliefs, or feelings regarding climate changes. I am not referring to seasonal sensitivity. Rather, the wind, rain, fog, and snow bring new possibilities for becoming a different self. Inner thoughts and feelings are swept up into the world outside.

As humanistic counselors, we usually focus exclusively on the inner aspects of the self: inner thoughts, feelings, values, and perspectives. Certainly, systemic and social justice-oriented counselors consider familial, social, and cultural factors. I would venture to guess, however, that most counselors concentrate on the person's inner interpretations and feelings regarding events that occur outside the counseling room. On a windy day, a counselor might explore the client's personal reactions to the breeze outside. But what if the boundary between the inner self and the outer world is much more porous? How might the wind blow in new possibilities of being a self? How are a person's inner thoughts and feelings already swept up before he or she has the chance to articulate interpretations?

This thought experiment prompts additional questions regarding the self. Blurring the boundary between the inner and the outer self also muddles the difference between the active and passive aspects of the self. If a wind sweeps up the person into a new way of being, where lies the origin of human choice? Arguably, human agency is at stake. The foggy, icy, or windy self edges closer to a lifeless particle in the natural world; a leaf tossed around on a gusty day. Where is the human agent in this picture?

The wind blows and I am invited to become a certain kind of self. The hazy day pours into my mind and solicits me to become foggy. The human agent might not be the origin of choice, but he/she may choose how to respond in a foggy, windy, icy, or rainy day. The weather could be considered a *flow* or *stream* that the person can enter, resist, or ignore. He/she is not the creator of the flow, but works within the flow to produce a new kind of self. Thus, the self is neither completely active nor passive, but exists at the interstice of choice and reactivity. As Deleuze and Guattari

proposed, "The self is only a threshold, a door, a becoming between two multiplicities" (1987, p. 249).

In addition, the self is no longer fixed but changes as the wind invites new ways of being. Identity is thus created and not given. But who is doing the choosing if the self continues to change? Perhaps the reader will experience existential dread upon reading this question. However, I am not advocating for the loss of a self, rather I am proposing that the person, who is a creation in between the inside and outside, is in a never-ending process of becoming. I am eschewing the image of a fixed, immovable self that creates a certain kind of life, perspective, or belief system. This is a concept of a self that is created in each moment.

To summarize, the foggy or windy self is a created, emergent process that exists in between inner thoughts and outer circumstances and in the middle of active choices and passive experiences. What does this mean for humanistic counselors? Even as I write this, I am well aware that this language might sound incredibly bizarre to a client. The model of an inner, fixed self seems to occupy a permanent place in our collective cultural narrative. Disrupting a functioning concept of the self in lieu of a windy/foggy way of being risks creating confusion and nothing more. And yet, the ideas presented here may be fruitful nonetheless.

I certainly hope that the reader feels invited into a strange, troubling, and/or exciting flow of ideas. In some instances, one must be swept up and taken in by a flow before practical implications can be articulated. That said, I will try to sketch a few implications in order to put this into action.

A humanistic counselor and client sit face-to-face in a counseling office. The counselor casts a glance to the window and sees a branch swaying back and forth. Breathing deeply, the counselor takes in the gust and allows the wind to pour into the space. She or he verbalizes that the client might be "swept up" to follow a different direction or path. Likewise, the client accepts the invitation and allows the wind to carry him or her to a new way of thinking or feeling. The client becomes windy. The client states, "I think I am changing my mind," as the perceptions are caught up in a flow.

The reader might object that I am merely playing with metaphors and imagery. Many individuals tend to look at metaphors as "tacked on" to a given reality like a piece of paper tacked to a billboard. But what if the wind is more than a metaphor? What if the wind actually moves the counselor and client to a different kind of self? What if new thoughts and feelings are swept up and cast in different directions? What if the weather can help us to heal, grow, change, and become?

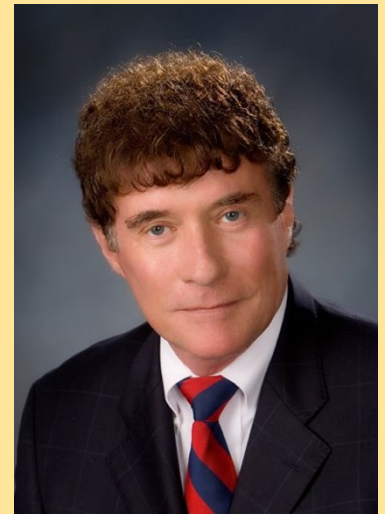
Association for Humanistic Counseling  
AHC Conference  
May 31<sup>st</sup>- June 2<sup>nd</sup>, 2018  
St. Petersburg, FL

**Register today:** <http://ahc.camp3.org/AHC-Conference>

**New this year!** Breakfast and Lunch on Friday & Saturday are included in your registration  
The first 75 conference registrants receive a complimentary ticket for the  
2018 AHC Sunset Yacht Reception!

We are honored to introduce  
**Dr. David Capuzzi**  
as our Keynote Speaker

David Capuzzi, PhD, NCC, LPC, is a counselor educator and member of the core faculty in mental health counseling at Walden University and professor emeritus at Portland State University. Previously, he served as an affiliate professor in the Department of Counselor Education, Counseling Psychology, and Rehabilitation Services at Pennsylvania State University and Scholar in Residence in counselor education at Johns Hopkins University. He is past president of the American Counseling Association (ACA), formerly the American Association for Counseling and Development, and past



**Reserve your room as soon as possible to receive the reduced conference rate.**  
Rooms with available conference discount are filling up!

**Hilton St. Petersburg Downtown Bayfront**

(727) 894-5000

[https://secure3.hilton.com/en\\_US/hi/reservation/book.htm?execution=elsl](https://secure3.hilton.com/en_US/hi/reservation/book.htm?execution=elsl)



*AHC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 1004. Programs that do not qualify for NBCC credit are clearly identified. AHC is solely responsible for all aspects of the programs.*



## Liminal Spaces of ‘Humanness’: Questions for Humanistic Counselors and Scholars by Heather C. Sands, LMHC

A therapist’s professional life is ultimately compressed into their personal life, where therapeutic processes enter into a dance of objectivity and subjectivity, analysis and experience. This discussion offers critical insight into the assumed notion of “human being,” which this essay laments in humanistic counseling scholarship. Arguably, humanistic counseling scholarship prioritizes the epistemological *being* over the ontological *body*—thinking up an engine without a function. The body is shaped and governed by language, society, politics, and economics and thus adds weight to longstanding debates of determinism and free will.

The Winter 2018 issue of the Association for Humanistic Counseling (AHC) *InfoChange* offers insight. Buckley (2018) provides a multi-faceted perspective of his interactions with a textbook on human sexuality and conversations with its author. He focuses on how the book and conversation helped him to reconfigure his interpretations of how his “sexual fantasies fell outside [the norms of media source depictions of heterosexual males]” (p. 5). Buckley’s reflexivity highlights the uniqueness of genders, sexualities, and sexual expressions, encouraging an openness to embrace and accept fantasies and emotions for what they are rather than shaming them. Buckley concluded that “sexuality is a foundational component of how humans create their identity and how they navigate relationships”—bringing both shame and euphoria to relationships and sexual expression (p. 6). Yet, what governs this epistemology of sexual centeredness? And, how does this rhetoric of openness operate in tandem with the social and political mobility of, say, #MeToo, and/or the public shaming in media of people guilty of sexual harassment, molestation, and rape? Through ongoing political and social juxtapositions of policy and social/relational norms, the contours of human being are fluidly shifting; not only within an episteme of *being*, but also within the ontology that determines bodies as “human” based on their beliefs, actions, and expressions. Buckley’s (2018) discussion is valuable for this piece in his development of “uniqueness” in sexual expression; where, albeit minimally, the range of historical motion that has overdetermined the “hypersexualized” heterosexual male.

Likewise, Stauffer (2018) offers a perspective of uniqueness that challenges the universality for which humanism historically operates. He posts the question, “what is humanism?” followed by, “what is humanness?” (p.8). Whereas Buckley centralizes sexuality and sexual expression within his sense of humanness, Stauffer leaves the audience in a place of ambiguity when he con-

cludes that “the word ‘nature’ in this view is not separate from a human self” (p. 8). Although both authors discuss uniqueness and difference as an important reference point, neither provide critical insights that shape the overt relationship between humanistic counseling and multicultural counseling that Stauffer sets out to discuss and that situates sexuality in a space of social inequality.

This essay argues that humanistic counseling scholarship frames ideologies of “humanness”—whether rooted in sexual expression or “human self”—within an inadvertent depoliticized position. By de-politicizing both the episteme of *being* and the ontology of the body both become neutral and without historical context or consciousness. This neutrality and without historical context and consciousness leaves room for certain social narratives to “forget”, align with, and reify certain political agendas (Butler, 1999, 2004; Harvey, 1990). As humanistic counselors, how can we operationalize the complexities of “human being” within current social and political juxtapositions of policy and social persecution to not “forget” and be critical of political agendas? More deeply, how do we acknowledge the way political recognition of documented and/or undocumented peoples in the U.S. currently rely on eradicating sanctuary cities, the Deferred Action for Childhood Arrivals (DACA) policy, or the shifting of citizenship of sex offenders in the mobility of the Sex Offender Registration and Notification Act (SORNA)? The remainder of this essay is grounded in my work with juvenile sex offenders. The notion “human being” becomes a linguistic, social, and political reification of privilege, power, and oppression (Ratts, Singh, Nassar-McMillan, Butler, & McCullough, 2016) regarding how some bodies are recognized as citizens and others are (re)moved into liminal spaces or holding patterns of citizenship, which people are forced to wait and endure (Agamben, 1998; Povinelli, 2011) and where, as therapists, we often meet them.

As a family therapist working with the families of children (12-18) who commit a sexual offense and are, subsequently, at risk for entering into society’s liminal space and counterpublics such as detention, residential treatment, or homelessness, my work elicits objective and subjective views of certain social and political moralities of (in) appropriate sexual behaviors and attractions. As these children portray behaviors that put them on the cusp of being socially branded as subhuman mini-monsters, the rest of us, families and me, set aside our horrors and victimizations to open-heartedly and empathically listen to the chain of events of their offense(s). Therapy, in this practice, entails helping children conform to societal ex-

pectations, moralities, and ethics—to make “good” decisions based upon their abilities to experience and learn from shame, embarrassment, and regret. The idea and practice of family therapy elicits the assumption that all children can and do change for the democratic good. My goal with families is to assess for how offenses were committed and help them shape their child’s age-appropriate attractions and impulses through safety plans to avoid hurting more people, intensifying their behaviors, prison, and being persecuted under SORNA.

One can hope that these children will learn what it means to participate as citizens of democracy and more importantly, respect the parameters of bodies and beings. Is there an empathic place for these “mini-monsters” to change in the eyes of in humanistic counseling, particularly a place that may need to defer from child-centered approaches? Because sexuality deeply interlaces with social inequality, how might humanistic counseling operate, as Stauffer (2018) described as a “scaffolder” to prevent the logics of multiculturalism from adding sex offender populations as another cultural marker for multicultural counseling to adopt and relativize a discourse that suggests that “rape and incest are consistent with *their* culture?” Lastly, is there way for humanistic counseling scholarship to conceptualize these liminal spaces of humanness regarding the objectivity/subjectivity as a “third party” participant in transformation, the sociopolitics for potentially branding people with “registered sex offender,” and the multiple counterpublics that situate both the incestualized “secrets” and (potential) SORNA convictions on the margins of society?

#### References

- Agamben, G. (1998). *Homo sacer: Sovereign power and bare life*. Stanford University Press.
- Butler, J. (1999). *Gender trouble feminism and the subversion of identity*. New York : New York :
- Butler, J. (2004). *Precarious Life: The Powers of Mourning and Violence*. New York: Verso.
- Harvey, D. (1990). *The condition of postmodernity: An inquiry into the origins of cultural change*. Cambridge, MA: Blackwell.
- Povinelli, E., A. (2011). *Economies of abandonment: Social belonging and endurance in late liberalism*. Durham, NC: Duke University Press.
- Ratts, M. J., Singh, A. A., Nassar-McMillan, S., Butler, S. K., & McCullough, J. R. (2016). Multicultural and Social Justice Counseling Competencies: Guidelines for the Counseling Profession. *Journal of Multicultural Counseling and Development*, 44(1), 28–48. <https://doi.org/10.1002/jmcd.12035>

## AHC at ACA in Atlanta

### AHC BOOTH AT ACA

Attention AHC members attending the American Counseling Association Conference April 26-29<sup>th</sup> in Atlanta, GA!

Your Association for Humanistic Counseling community is excited to see you there! Please stop by the AHC booth at ACA.

If you are interested in volunteering an hour or so of your time as a “face of AHC” at our booth, please email Alyssa Swan at [alymswan2@gmail.com](mailto:alymswan2@gmail.com).

See you there!

### AHC MEETINGS

**All meetings and events will take place at The Omni Hotel at CNN Center: April 25-29, 2018**

Wednesday, April 25, 2018- 9 a.m.-10:00 a.m.  
- ACA Governing Council Meeting

Thursday, April 26, 2018 8 a.m.-12 p.m. - AHC Board meeting (Sycamore Room)

Friday, April 27, 2018- 11 a.m.- 12:30 p.m.- AHC Editorial Board meeting (Chestnut Room)

Friday, April 27, 2018- 3 p.m.- 4:30 p.m.- AHC Member Town Hall Meeting (Juniper Room)

Saturday, April 28, 2018- 7 p.m.- 9 p.m.- AHC, ACC, ACES, ASGW Joint Reception (Atrium A)



## EMERGING LEADER SPOTLIGHTS

### Mynika Collins



I am currently a graduate student in my last year at the University of Houston-Clear Lake, studying Clinical Mental Health Counseling, LPC-track. I am currently employed at West Oaks Hospital as a mental health technician. I am currently completing my internships at Cenikor Foundation and Kate Bell Elementary School. Most of my work experience has been with children and adolescents. I've served in various community settings, as well as school settings. I obtained a bachelor's degree in Family and Child Studies from Louisiana Tech University. I am originally from Alexandria, Louisiana but I have been residing in Houston, Texas since 2012. I am a Transition Coach/Volunteer at The Houston Alumni and Youth (HAY) Center and a student member of several professional organizations.

To me applying humanistic principles is the foundation for the type of counselor that I intend to be in the future. Assisting clients from a humanistic perspective allows me to see the person and not the problem. Applying humanistic principles means being nonjudgmental, authentic, and empathetic in a safe environment.

The humanistic perspective plays out in my personal life through the authenticity of my relationships with family, friends, coworkers, classmates, and even strangers. For example, I have several friends that I have known since childhood. We have been through many challenges together, as well as celebrations/joyful times and I feel that we made it through those tough times because I aim to be authentic, nonjudgmental, and honest. This is how the humanistic perspective plays out in my personal life.

Volunteering is something that I enjoy doing so I seek opportunities in the community as often as I can. Through my role as a Transition Coach, I serve as a mentor and have the opportunity to guide youth through various life transitions and assist them with reaching their desired goals. In the future I plan to continue volunteering. Another activity that I will work towards in the future is a community organization for underprivileged children/adolescents of color. Through the organization, my hope is to be a positive role model to the youth, as well as educate them on the importance of making healthy choices, protecting their mental health, and the importance of practicing self-care.

### David Johnson



I am honored to be selected for the AHC Emerging Leaders Program. I hold a BA in psychology and, and a Master of Education in educational psychology from the University of Texas at Austin. I attended the counseling program at Texas State University, where I completed coursework as a non-degree seeking student to meet the state licensure requirements in Texas. Prior to pursuing my doctoral degree, I was a counselor in Austin, TX where I provided individual, group and family counseling to school-age and adolescent girls who had experienced complex trauma and neglect. I completed my Ph.D. in Counselor Education and Supervision at the University of Texas at San Antonio. I am currently an assistant professor at Wake Forest University. My scholarly interests include using mindfulness and meditation practices to foster relational and multicultural counseling skills among counselors-in-training.

As a counselor and counselor educator, I believe all that we do and try to understand ultimately plays out within the interpersonal relationship between the client and counselor, student and teacher, and mentor and mentee. The sense of purpose, subjective experiences, and personal meanings a person brings to a relationship plays a primary role in creating positive change for the individual. Humanistic principles inform how I view others. Behind labels, affiliations, and identities are complex individual who make meaning of their worlds, deserves respect, and have the potential for positive growth and meaningful lives. Remembering this helps me to seek genuine connections with people.

I am currently working on several projects examining helping relationships, including the further development of an assessment of in-session counselor empathy, counselor mindfulness in working with children and adolescents who have experienced the death of a loved one, and guidelines for fostering relational aspects of the supervisory relationship using mindfulness and contemplative practices.

I am excited to be a part of the AHC Emerging Leaders project and look forward to developing new growth-promoting relationships in this organization.

## Ad, Exhibitor, and Sponsorship Invitation...

AHC 2018 Annual Conference:  
Hilton St. Petersburg Downtown Bayfront  
333 1<sup>st</sup> St S.  
St. Petersburg, Florida 33701

Thursday, May 31, 2018: 5PM – 8PM  
Friday, June 1, 2018: 8AM – 5PM  
Saturday, June 2, 2018: 8AM – 4PM



**Promote  
Your  
Business or  
Organization**

## Exhibitor & Sponsorship Packages

### ***Title Sponsor***

Cost: \$1000.00, which includes:  
Premier exhibitor placement  
One year advertisement on AHC website  
Your business or school logo printed on the conference tote bag distributed to each conference attendee  
Full page advertisement in the 2018 AHC Conference Program  
Booth (8' X 10' with 6' table and 2 chairs) in exhibitor space

### ***Tote Bag Package***

Cost: \$1000.00, which includes:  
Your business or school logo printed on the conference tote bag distributed to each conference attendee  
Full page advertisement in the 2018 AHC Conference Program  
Booth (8' X 10' with 6' table and 2 chairs) in exhibitor space

### ***Exhibitor Package***

**Come and show off your business or school to conference attendees!**

Cost: \$650 (with electricity) or \$500 (without electricity), which includes:  
Advertisement in the 2018 AHC Conference Program  
Booth (8' X 10' with 6' table and 2 chairs) in exhibitor space

### ***AHC Leaders Lunch, Refreshments, or Lunch Sponsor***

Cost: \$500, which includes:  
AHC Leaders Lunch sponsor including signage featuring your logo  
Full page advertisement in the 2018 AHC Conference Program  
Booth (8' X 10' with 6' table and 2 chairs) in exhibitor space

### ***AHC Plenary Session Sponsor***

Cost: \$500, which includes:  
AHC Opening/President's Plenary Session sponsor including signage featuring your logo  
Full page advertisement in the 2018 AHC Conference Program  
Booth (8' X 10' with 6' table and 2 chairs) in exhibitor space

### ***Advertising Schedule***

Quarter-page advertisement in conference program (\$75)  
Half-page advertisement in conference program (\$125)  
Full-page advertisement in conference program (\$225)

**Contact Nakpangi Thomas for more details:**

**professionalcounselor2011@yahoo.com or 248-499-3399**





## EMERGING LEADER SPOTLIGHTS

### Ian Levy



I am a professor of school counseling at the University of Massachusetts Boston, New York City native, and former High School counselor in the South Bronx. Born and raised as trumpet player, with parents who are a jazz musician and opera singer respectively, music has always played a salient role in my life. In May of 2017 I graduated from Teachers College, Columbia University after working closely with experts in urban education, health, and counseling with a specific focus on improving the landscape of school counseling. More specifically, I focused on urban school counseling in ways that advance theory and practice as they relate to the social and emotional needs of diverse and often underserved students. My dissertation research focused on the development, implementation, and evaluation of an urban school counseling program that used hip hop and spoken word therapy as a counseling framework. As a counselor educator at University of Massachusetts-Boston I have built upon this work, and pulled from my experiences as a certified school counselor and education researcher to engage in my new role as a school counselor educator.

Humanistic principals permeate various spaces in my life. As a school counselor, I believed heavily in the establishment of strong therapeutic relationships with my students. The use of Hip Hop in counseling has been a platform that invites students to bring their genuine selves into the counseling space (striving towards congruence) but also allowed me an opportunity to be real with my students. I am firm believer in the Rogerian ideology that all students have the answers to the issues to their problem situations embedded within themselves, it is simply my job to help them locate those solutions. By using hip hop therapy as a framework for counseling in schools, I enabled my students to use their voice and culture in ways that feel real to them to evoke unspoken or unexplored emotional experiences.

As a counselor educator, I stress the importance of my student's using culturally responsive counseling services in practice to allow their prospective students to be authentic. I also have found it imperative to ask my students to examine themselves culturally, racially, and socially, for the sole purpose of being able to be congruent in their sessions. Through various course assignments and readings offered to graduate students, we at UMass Boston ensure that the lives of the students they will work with are contextualized in order to develop an empathetic understanding, and a sense of unconditional positive regard, for young people in urban, sub-urban, and rural schools.

I have been blessed to have music, and hip hop, as a personal cathartic outlet for myself. My constant engagement in hip hop lyric writing, recording, and performing has functioned as a self-actualizing tactic through which I have been able to explore emotional themes which cause some level of dissonance.

Through my work at UMass Boston I engage in the formal training of school counselors in culturally sensitive counseling and pedagogical practices in schools. I have been privileged to teach an introductory course in counseling skills with first-year Master's students, rooted heavily in a Rogerian approach to counseling, in which we discuss and practice the use of active listening skills. Further, I supervise second-year school counseling interns at 15 schools across Massachusetts, assisting them in the application of learned skills and frameworks. I am the recent recipient of the Joseph P. Healey Research enabling him the funding necessary to construct a studio at a local Boys & Girls Club in Boston where I will lead the implementation of a series of hip hop therapy groups, which are rooted in humanistic principles.

In 2016, my hip hop therapy program in New York City was featured on various news outlets including the New York Times, and the CNN subsidiary Great Big Story. Through this work I was fortunate to be named the New York State School Counselor of the Year.

<https://www.greatbigstory.com/stories/feel-the-flow-with-the-bronx-s-hip-hop-guidance-counselor>

<https://www.nytimes.com/2016/01/20/nyregion/bronx-school-embraces-a-new-tool-in-counseling-hip-hop.html>

## EMERGING LEADER SPOTLIGHTS

### Alfredo Palacios

I am a doctoral candidate at The University of New Mexico. I've lived in high desert of New Mexico my entire life. My path to becoming a counselor started with a job working in a local Head Start, providing service coordination and mentorship for families in economic distress. My interest in Play Therapy emerged from work with a particular group of 3 and 4-year-olds whom I remember very well. They challenged me to value the little things that lead to great relationships with other people. It became obvious to me that effective helping relationships are based in a dignity and the appreciation of valuable nuances that exist in every person. While in graduate school I worked in an inpatient child psychiatric hospital as an evening milieu counselor. Engaging our youth in times of crisis and personal transformation was rich setting for me to grow into my identity as a humanistic counselor. My first years as a licensed counselor were working at in an inpatient setting implementing play-based treatments for children that have been through trauma. Currently I am teaching human services at the University of New Mexico while completing graduate school.



Humanistic principles allow counselors to encounter the lives of our clients with intentions to seek opportunity for client-lead change. In psychotherapy, our clients expose their inner and most personal moving parts in hopes to achieve higher functioning and life satisfaction. In fostering this process, it is essential to look beyond the categorical symptoms and integrate our client's unique narratives into the process of change. Working primarily with children, my humanistic philosophy helps provide a platform for young voices to be valued as instrumental to a helping relationship. In a world defined by adults, humanism can provide affirmation that children truly know what they need to heal and will find ways to do so. Valuing the phenomenological world of our clients can help guide our conceptualization of their needs leading to positive outcomes.

One of the benefits of being a counselor is understanding that you're living your life parallel to the lives you work with. Inevitably we all concern ourselves with the same things our clients do, such as defining our purpose, creating meaning, and valuing our relationships. Through the years my humanistic philosophy as informed how I view myself in relation to the world around me. Humanism inspires a sense of adventure, discipline, and personal responsibility for footprint I leave on the world.

Currently I am doing research in three local Head Starts leading weekly groups with teachers seeking to create a classroom ideal for the healthy development of young minds. Informed by humanistic philosophy, these groups provide a rich setting for educators to process their work and challenge themselves to reach more authentic platforms of pedagogy. Also, I find teaching and supervision to be a meaningful avenue to influence my community. In guiding novice counselors toward a fulfilling career as a practitioner, I am acting to improve the state of the profession of counseling.

I joined AHC because I was seeking connection in a dynamic academic community. It's a great privilege to be an emerging leader. In taking this on, my aim is to share that sentiment and contribute to the health of the association. I look forward to learning more about my colleagues and growing in the years to come.

We are meaning-seeking creatures ...  
 Meaning gives birth to values and, hence,  
 to a code of behavior: thus the answer  
 to *why* questions (Why do I live?)  
 supplies an answer to *how* questions  
 (How do I live?).

Irvin D. Yalom  
 From *Love's Executioner*



## “AT A GLANCE” 2018 CONFERENCE SCHEDULE

### Thursday, May 31, 2018

8 a.m.- 8 p.m.	Registration
1 p.m.-4 p.m.	AHC Board Meeting- Location and Time TBD

### Friday, June 1, 2018

8 a.m.-8 p.m.	Registration
8 a.m.-8:45 a.m.	AHC President welcome address (light breakfast included) <i>St. Petersburg Ballroom</i>
9 a.m.-9:50 a.m.	<b>Session 1</b> 50 minute Educational Sessions
10 a.m.-11:50 a.m.*	<b>Session 2</b> 1 hour 50 minute Educational Sessions
Noon-1:30 p.m.	Lunch with keynote address <i>St. Petersburg Ballroom</i>
1:30 pm – 2:00 pm	<b>Session 3</b> Poster Presentations
2 p.m.-2:50 p.m.	<b>Session 4</b> 50 minute Educational Sessions 50 minute Round Table Sessions
3 p.m.-3:50 p.m.	<b>Session 5</b> 50 minute Educational Sessions 50 minute Round Table Sessions
4 p.m.-4:50 p.m.	<b>Session 6</b> 50 minute Educational Sessions 50 minute Round Table Sessions

### **AHC Sunset Yacht Dinner Reception**

Join us at the annual conference for a “Sunset Yacht Dinner Reception”. This Sunset Yacht Dinner Reception will take place on Friday, June 1, 2018 at sunset aboard the brand-new Sir Winston Yacht by Sir Winston Cruises in the beautiful Tampa Bay.

The AHC Sunset Yacht Reception will include dinner, cocktails, music and entertainment. You don’t want to miss it!

The cost of the reception will be included to the first 75 paid AHC conference registrants. Not one of the first 75, you can still attend by purchasing a ticket for \$35 per person.

Register for the conference now to secure your complimentary ticket aboard the Sir Winston Yacht.

## “AT A GLANCE” 2018 CONFERENCE SCHEDULE (continued)

### Saturday, June 2, 2018

8 a.m.-8 p.m.	Registration
8 a.m.-8:45 a.m.	AHC President welcome address (light breakfast included) <i>St. Petersburg Ballroom</i>
9 a.m.-10:50 a.m.*	<b>Session 1</b> 1 hour 50 minute Educational Sessions
11 a.m.-11:50 a.m.	<b>Session 2</b> 50 minute Educational Sessions
Noon-1:00 p.m.	Lunch with Panel Discussion <i>St. Petersburg Ballroom</i>
1:00 pm – 1:30 pm	<b>Session 3</b> Poster Presentations
1:30 p.m.-2:20 p.m.	<b>Session 4</b> 50 minute Educational Sessions 50 minute Round Table Sessions
2:30 p.m.-3:20 p.m.	<b>Session 5</b> 50 minute Educational Sessions 50 minute Round Table Sessions
3:30 p.m.-4:20 p.m.	<b>Session 6</b> 50 minute Educational Sessions 50 minute Round Table Sessions

*Check out the AHC website for presentation titles and presenters.*





## THANK YOU

TO JUSTIN  
MISTRETTA FOR  
SERVING AS THE  
EDITORIAL  
ASSISTANT ON THE  
SPRING EDITION  
OF INFOCHANGE.

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

## INFO CHANGE

EDITOR:  
AMY BARTH  
ACHINFOCHANGE  
@GMAIL.COM

## 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](mailto:AHCINFOCHANGE@gmail.com)**

## 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/>

## INFOCHANGE CO-EDITOR SOUGHT

Are you looking for a way to get more involved with AHC? Do you like to be creative? Want to meet new people?

Editing the newsletter puts in contact with many of the AHC members. You also have the opportunity to be creative with each issue.

If you are interested in co-editing InfoChange please contact Amy Barth at [ahcinfochange@gmail.com](mailto:ahcinfochange@gmail.com).

<http://afhc.camp9.org/>