



# INFOCHANGE

Association for Humanistic Counseling Newsletter

2019-20

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SPRING 2020

## President's Letter

Dear members and friends of the Association for Humanistic Counseling,

I put together the first draft of my President's letter in late February, 2020. It is striking how much has changed in the past three months. In my initial letter, I expressed enthusiasm about the AHC conference. I shared details about AHC events at the ACA conference. At that time, I could only see blue skies and calm waters on the horizon.

Needless to say, I found it necessary to revise my letter. Who could have imagined that we would be where we are today? Some of us are trying to navigate the world of online counseling. Others are offering lec-

tures from home offices. Many of us are catching up on books or TV shows. Some are feeling alone, scared, bored, content, relaxed, and/or confined. All of us, in some way or another, have had to adjust to the new normal and reevaluate what it means to live a good life.

In my initial letter, I explored the question of the good life. I thought it might be interesting to reflect on this topic in light of our current situation. Aristotle argued that all activity is conducted for the sake of accomplishing a specific end, an idea echoed in Alfred Adler's theory of purposeful behavior. For Aristotle, all humans strive towards eudaimonia as



the highest end, which can be translated as happiness, living well, or the good life. But what exactly is the good life? How one answers this question is closely linked with the question of the meaning of being human.

## Association for Humanistic Counseling

### MISSION

We are counselors who honor human beings individually and collectively. We cultivate authentic human relationships that contribute to the actualization of individuals within cultures and communities. We foster counseling practice, education, scholarship, advocacy and mentorship emerging from the Humanistic traditions.

### VISION

A global community of humanistic counselors who honor, respect and care for human rights, potential, and dignity.

## Letter from the President-Continued

The question of the good life might be the furthest thing from our minds in the midst of this pandemic. After all, many are focused on meeting basic needs or mourning the loss of loved ones. How is it possible to consider happiness when gripped by grief or fear? Perhaps happiness is connected to an ideal picture that one can no longer maintain. The good life might seem unattainable, but it might be possible to piece together good moments.

Stripped of our routines and creature comforts, we find moments of joy when going outside, reconnecting with old friends, and laughing with loved ones. And maybe we continue to strive for something that resembles a good life, whatever that might mean.

I hosted a Fireside Chat on March 18th on the topic "What is the good life?" In our attempts to explore the question, we found that we partially answered the question in just being connected with one another: this, right here, a small group of us seeking relationship with each other, this is something like the good life.

I want to recognize the hard work of the leaders and committee chairs that worked hard in the past few months. Paul Smith worked diligently with the conference committee to review proposals, notify presenters, plan sessions, manage registration, and develop the schedule. Paul and I worked together to cancel the Denver conference and notify the conference presenters of the cancellation. Marcia McCall, our Treasurer, helped with refunds.

Helen Starkweather, Ian Levy, and David Johnson worked hard to collect information on other humanistic or existential organizations in order to build partnerships. As a division, we recently signed an open letter penned by the Task Force on Diagnostic Alternatives. The letter challenges the biomedical interpretation of mental health and proposes a consideration of alternative perspectives. The Task Force represents the Society for Humanistic Psychology. I hope that the members of our division have more opportu-

nities to partner with our humanistic allies in psychology, social work, or other helping professions.

I also appreciate the hard work of Marianna Oller, Lisa Rainwater, Mark Scholl, Judy Daniels, and the members of the Diversity, Equity, and Inclusion committee in administering a member survey.

Amanda Evans, our President Elect-Elect, and the Emerging Leaders committee carefully and thoughtfully reviewed applications and selected six Emerging Leaders for 2020-2021. Please read the member bios in this issue of InfoChange.

We will be accepting applications for the position of Editor for the Journal of Humanistic Counseling. Beginning in July of 2020, the next Editor of JHC should be prepared to begin a one-year apprenticeship to then be prepared to take on an assume the role and responsibility of Editor beginning in July of 2021.

I want to offer my gratitude to all of the members who are working behind the scenes to keep our division afloat. Tyler Wilkinson, thank you for all you do to help members register for the conference. Mike Walsh, thank you for helping out with the NBCC audit in late 2019. Fredo Palacios, thank you for helping me with Fireside chats and for developing amazing content for the Theory of Change podcast. Thank you, Katie Purswell and Julie Whisenhunt for helping out with AHC awards. Thank you, Brandè Flamez for your hard work on Ethics and Bylaws. Thank you, Susan Foster and Amy Barth, for working on the InfoChange. And, Panos Markopoulos, thank you for helping with web design concerns. To the AHC Executive Board, thank you for all you do for AHC. And finally, thank you, members of AHC for being involved in this wonderful division. I appreciate your passion, your voice, and your involvement.

Sincerely,  
Joel Givens

**ONWARD**  
  
**TOGETHER**

*Featured Article by The Diversity, Equity, and Inclusion Committee of AHC**My journey of becoming humanistic as an African American male counselor and counselor educator*

By: Dr. C. Jason Branch, LPC, ACS, NCC,  
Monmouth University

I am an African American male counselor and counselor educator who lives and breathes Humanism. I love to hear individuals' stories, experiences, and journeys, which speaks to the care and concern of people as a whole. I am an authentic, genuine, and relational person who enjoys mentoring and bring individuals together. Additionally, I facilitate a counseling environment that fosters self-empowerment, growth, and wellness. That said, the journey to defining myself as a humanistic counselor was not always transparent.

The concept of humanistic counseling was initially foreign to me despite serving as a licensed clinician in private practice for over five years. My limited awareness about humanistic traditions hindered my ability to connect my reality, worldview, and understanding of clients to humanistic ideology. I was not aware that the focus and intentionality of human interaction and experience was at the core of my existence. However, during the early stages of my doctoral program, colleagues and professors connected my perspectives and responses to clients to humanistic practice. I learned that characteristics of a humanistic counselor included a focus on human connection, positive interactions, and viewing people from a holistic perspective. I also realized that the reality of being a humanistic counselor was a way of life more than a framework for working with clients. Furthermore, I discovered that many counselors and counselor educators did not share a humanistic perspective, which spoke volumes to my unique perspective.

During my doctoral studies, I had an intense discussion with my dissertation chair who recognized my passion and advocacy for clients, students, and peers. One day, she stopped me in the middle of a soapbox moment and said, "Jason you are so humanistic!" I looked at her with confusion and wondered what advocacy and support of all humans had to do with being humanistic. It was at that moment that I realized what it meant to be a humanistic counselor. My chair encouraged me to connect with other humanistic counselors, doctoral students, and counselor educators who shared similar worldviews and perspectives, but I did not know how I would find a group of humanistic individuals. Therefore, she provided me with the contact information of Dr. Linwood Vereen, former President of the Association of Humanistic Counselors (AHC). I had no idea what I was getting myself into when I reached out to him. However, I was

delighted to discover that not only did Dr. Vereen share a humanistic perspective, he was also one of the first African American male counselor educators that I met who was intentional about supporting me and my journey in the profession. Based on my experience as an African American male doctoral student, who did not see any black men as doctoral students or faculty members in counselor education, Dr. Vereen was a rare find. In fact, I perceived Dr. Vereen was a mythical humanistic counselor educator because he was completely off the electronic grid. I could not find any background information about him besides his publications and one headshot picture on the internet.

During our first interaction on the phone, Dr. Vereen shared many personal stories and experiences that he faced years ago that were very similar to my journey. I could not comprehend how we shared so many of the same experiences almost 20 years apart. I was also surprised by the ease of our conversations and appreciated the energy and emphasis he placed on my journey and me. During regular phone calls with him, I began to understand how being a humanistic counselor and counselor educator was more of a way of life than a framework to assist clients.

Before meeting Dr. Vereen, I felt alone and on an island during most of my doctoral program. I did not realize I was working from a humanistic perspective until I met someone who looked like me and shared the same values and beliefs about the world and the profession. During my interaction and professional relationship with Dr. Vereen, I was celebrated and developed a deep understanding and acceptance of my identity as a humanistic counselor and counselor educator in training. Six months after our initial phone conversation, I meet Dr. Vereen in person at the Southern Association of Counselor Education and Supervision (SACES) conference in New Orleans. When we met, it felt like connecting with a long lost family member that I had known for years. The reason this connection felt so familiar and easy was that we shared a common bond of being African American males in the counseling profession and a shared identity as humanistic counselors. Dr. Vereen was able to provide me a different perspective as an African American male and someone who was outside of my university. He gave me permission to be exactly who I was, a humanistic African American male counselor educator in training.

Dr. Vereen intentionally introduced me to several counselors and counselor educators who shared the

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same humanistic perspective, and made me feel connected and supported. Additionally, he and my dissertation chair encouraged me to join AHC and participate in the 2017 annual conference in Syracuse, New York. I decided to become a member, applied for the Emerging Leader program, and was awarded as one of the four AHC Emerging Leaders in 2017. After meeting leaders and professionals at the AHC conference, I knew I found the division where I belonged. I now consider everyone in AHC as “My People” because there was an instant connection and supportive environment in which we shared similar perspectives about the profession and the world.

As I look back over the past several years and reminisce about my journey from being a doctoral student to my current position as a full-time faculty member at Monmouth University, I am reminded of how powerful and influential we are as humanistic counselors and counselor educators. We have the ability to assist and support others who may not be aware of their own gifts and talents, or their identity as a humanistic counselors and counselor educators in training. Many individuals share similar perspectives and are surrounded by professors, colleagues, and students, yet feel isolated and alone in the current environment because they are not connected to individuals who work from a humanistic framework or support their unique identities. I believe the smallest gestures can have a lasting impact and impression on a student or colleague. Just like Dr. Vereen’s presence and support in my life had a tremendous impact on me personally and professionally, I believe we all have the capacity to positively affect others. I encourage all AHC members and humanistic counselors to help others along the way. Let’s support individuals’ unique identities and gifts through an inclusive humanistic lens. We are doing the best we can with what we have, and we were never meant to do it alone.



## JHC Editor Sought

We will be accepting applications for the position of Editor for the Journal of Humanistic Counseling. Beginning in July of 2020, the next Editor of JHC should be prepared to begin a one-year apprenticeship to then be prepared to take on an assume the role and responsibility of Editor beginning in July of 2021.

All questions should be directed to Joel Givens at [joelgivens@gmail.com](mailto:joelgivens@gmail.com).

## *The Existential Wonderlands and Wastelands of Winter*

By: Andy R. Brown, The Chicago School of Professional Psychology

Heather Deschaine, The Chicago School of Professional Psychology

Dana C. Schaefer, Heritage Bible College

### Winter Wonderland

Winter glides in on the backs of sparkly red-nosed reindeer with the promise of time off, decadent food and the merriment of the holiday season. Brightly colored cards begin arriving in the mailbox extolling the wishes for a joyous season! Invitations are received for gift swaps, feasts, and festive adventures. Holiday music fills malls and churches and playlists to provide a soundtrack to the cheerfulness. Twinkling lights adorn trees and rooftops creating magical delight against an inky winter sky. Everywhere you turn, the air is filled with hope and joy; people are kinder, more generous and happiness is abundant. It almost feels as if the air itself is glittering with the excitement of the season. For weeks the preparations for a picture perfect holiday consume us! Confetti is tossed, flutes clink and a brand new year arrives full of hope and promise!

### Winter Wasteland

Then the clock strikes midnight, January 2nd and we find ourselves staring into the abyss of an almost brand-new year and with that New Year comes what? New possibilities? Resolutions? Goals? Changes? The perpetual cycle of reflection and comparison begins anew and often we find ourselves coming up short. It's no wonder our emotions flip like a light switch. In a little over a week's time, the outlook changes from wonderland to wasteland as we look at dried fir needles on the floor and blank calendar pages staring us in the eye. Suddenly we are viewing the lingering winter months through a new lens, one with a lot less twinkle and a lot more dread.

### Existential Cultivation via Winter Trappings

Winter can feel polar to the senses and bipolar to the emotions. Winter brings the highs of holidays and the lows of long, cold endless work days. The pristine white snow once trod upon by festive reindeer-pulled sleighs eventually devolves into slushy gray ice lining streets and sidewalks or sullied snow which needs to be shoveled. Beautiful icicles hanging from trees and rooftops do not paral-

lel with frost-covered windshields which need scraping every morning. The beginning of winter often brings a welcome cessation of work and a well-deserved holiday; whereas January is met with an extended calendar of long work weeks with no relief in sight. Even generous souls, who freely showered loved ones with presents and presence just a few weeks earlier, turn into solitary hibernators existing in survival mode. It is easy to become myopic in a desire for an early spring, but can you love your winter?

The clash of the immutable highs and lows of winter are unavoidable; however, the existential growth opportunities abound without simply surviving until spring. Existential principles seem to closely parallel the core of the winter season: meaning, purpose, death and belonging (Yalom & Josselson, 2019). Learning to ride the roller-coaster of seasonal emotions will help us find meaning as we experience the thrill of joyous highs and the letdown of the lows. The concepts of death and belonging seem unavoidable to those who have experienced the ache of loss in the previous year, contrasted with the warmth of those who have been encircled by new friends and lovers. Death and belonging may encompass the most emotional of opportunities; opportunities to grow and opportunities to avoid. For me, nothing illustrated the internal emotional dichotomy of winter more than a house full of Christmas festivities with two empty chairs at the holiday table. Perhaps the juxtaposition of what is typified as a season of joy against the backdrop of significant losses illuminated death and belonging as the most poignant of existential tenets.

While winter brings an opportunity for growth, avoidance will always remain an option for those not quite ready to dig down deep as the temperature outside plummets. Just as a snowstorm wreaks havoc in the South, winter has a way of disrupting routines and comfortable ways of relating to self and others. Instead of growing through the unsettledness, it is possible to suffer from the frostbite of apathy. Once emotional triggers and painful areas are numbed by frostbite, it becomes too late to practice the helpful suggestions for growth offered in therapy. One example is complex unresolved grief triggered during the holiday season. The happiest season of all is not when you are missing a loved one. Even when spirits are not merry and bright, a choice still remains for

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any unresolved issue—bring it out in the warmth of a winter fireside and figure out what becomes of it or ignore it a while longer. Winter provides the unhurried time and space to be intentional and to reflect on steps that lead to health and wholeness.

In the natural world, winter gives the ground a time of rest. Plants are not competing for nutrients so intensely. Ground animals are tucked deep into the earth to sleep. Even insects take the season off and remain dormant. Winter solstice which marks the official start of winter, literally gives us the longest night of the year. (Those who are grieving understand this as more than a metaphor or astronomical occurrence.) Just as the earth tilts away from the sun in the Northern hemisphere, our souls tilt away from the previous hustle and bustle of holiday life in favor of a more cerebral, contemplative existence. But as snow melts and the ground thaws in late winter, life will return to the soil in preparation for spring. The existential soil created by winter may be rich in opportunities that will appear in the next season of life. Staying trapped in winter will never produce the beauty of a bud, a nest full of eggs, or butterflies emerging from cocoons.

While most of us honestly long for spring, let's take a thoughtful look at winter. What gives your life its meaning? How do you find purpose as you start each new day? Though death is inevitable, how can its reality be a wake-up call for a life well lived in the here and now? Where do community and belonging happen for you? As dark days drag on, pondering these important questions can help sustain us in the bleakness of a barren winter wasteland. Just as a child studies a crimson cardinal perched on a snow-covered branch, there is always something to pay close attention to amidst midwinter's frigidty. The magnificence of winter-time in its still, stark, crispness is that time does seem to move slowly so that deeper awareness and contemplation can take place and the wonderland does not succumb to a wasteland, but provides a rich landscape for internal growth.

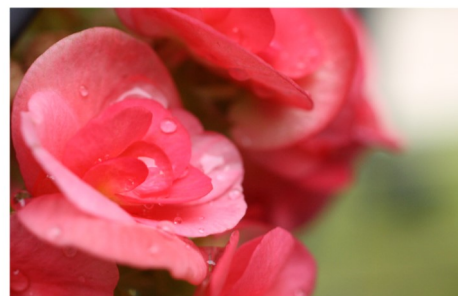
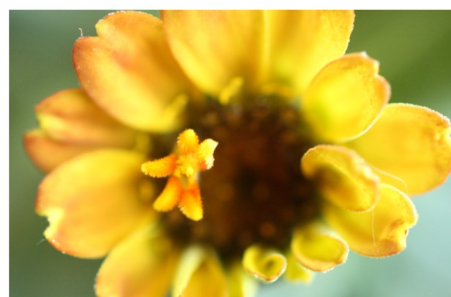
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Yalom, I. D., & Josselson, R. (2019). Existential psychotherapy. In D. Wedding & R. J. Corsini (Eds.), *Current psychotherapies* (11th ed.) pp. 273-308. Boston, MA: Cengage.

### Interested in the attending or Presenting at a Webinar?



For more information on the AHC Webinar series or if you are interested in presenting a webinar, please contact our webinar coordinator Alicia Hall at [akhall@kent.edu](mailto:akhall@kent.edu)



## MEMBER SPOTLIGHT

### Resolutions for a New Self

By: Dr. Sarah Stewart Spencer

The new year ushers in a growing sense of hope for what can be accomplished. There are classic resolutions of weight loss, home organization, exercise, financial stability and overall nutrition. The new start is the signal for new change. Unfortunately, by the second week of January, reality sets in that change is more than adding a post-it note to the refrigerator. It is a mountain that must be hiked with accompanying sore muscles, exhaustion and necessary willpower.

#### *Change Inspires Change*

Over the past couple years, I have experienced a round of life changes that rippled through every part of my identity: interpersonal, social, spiritual, maternal, physical space and career. These changes shook the very core of my existence and questions flooded my internal self-dialogue. *Who am I? What do I want from life? How has my purpose changed? What do I want to become in the face of these changes?* It was painfully obvious that new beginnings would be next on the to-do list. This was just in time to set a new year's resolution. Unfortunately, short orders, such as losing ten pounds or re-organizing my closet, would not satisfy the deep unrest. My new year's resolution needed more than a facelift. It needed a full-scale organ transplant!

As any mental health counselor can imagine, my search for a new year's resolution started with obtaining a baseline to create my plan of action. My reading material was replaced from sci-fi and military covert operations to reflective texts, like Man's Search for Meaning, Essentialism, Brene Brown and the vulgar but delightfully re-packed existentialism in the Subtle Art of how not to give a F\*ck and Hope is F\*cked. I was on a mission to create an internal environment that silently worked on this resolution in the background. This started feeding my thought-stream with reflective, meaningful concepts.

I needed to sort through the internal swirling of worry, fear and doubt that comes from experiencing loss. It can be hard to separate grief from normal transitional groans when in the middle of change. As counselors, there is the luxury of serving as an objective empathetic bystander. Over time, the pro-

fessional role can form into a sense of safety where training, knowledge and skills are funneled through an empathetic mission to improve wellness. Turning this ability inward can feel like redirecting a cruise ship. A cruise ship is so large that directional changes must be small, purposeful. This is a hard realization to embrace during a time of loss. It takes time, understanding and a bunch of will. The rationale part of self screams, "This will take time!" While the emotional part of self pleads, "I need this now!" Amid this battle, it dawned on me that when a client experiences this conflict, I offer compassion to fill to space. This is where my new year's resolution emerged: embracing and accepting self-compassion.

#### *Compassion for the Counselor*

The concept of Self-Compassion is not new, especially in the counseling field. Theories, such as Acceptance and Compassion Therapy, put these principles in the forefront of client work. I wanted to understand this concept beyond a theoretical lens. I needed to examine compassion from the inside.

Compassion is often extended when the person's phenomenological experience has been fully received and understood. In other words, it is easier to extend compassion when we know and understand the person's lived journey. Counselors have the honor of walking beside clients as they share their stories of pain, trauma, hardship, loss and resiliency. Hearing and understanding the client's story inspires compassion. How often do we, as counselors, stand by to witness our own journey through these very human conditions? If I wanted to evoke self-compassion, then I needed to observe my journey.

After becoming a witness to my own story, another dimension of self-compassion surfaced: Compassion is best viewed through the lens of purpose. Seeing a story evolve from start to finish in the name of purpose opened the door to compassion for the narrative that happens "in-between" the starting point and the goal line on the path to achieve one's purpose. When an Olympic athlete strives for a gold medal, their purpose is what drives them forward. A focus and determination that encompasses their entire being. It directs their life in every capacity, down to the basic levels of functioning. Each step, routine, bite of food, steam of thought, or vision of the future is focused on this one goal. It is a blessing of singular inspiration and drive.

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Purpose does not exist alone. It is partnered with effort, action and sacrifice. Purpose is an awe-inspiring quality as it propels a person forward and extends them into a place beyond their current state. But purpose requires action. It longs for sacrifice, dedication and movement. An Olympian does not set a goal without actively moving towards it. The pain-staking early-morning workouts. The early nights to prepare for practice that sacrifices quality time with friends or family. The self-imposed hope to push beyond one's limits. All of this with the goal in mind. Suffering is bearable when a reason to do so exists (i.e., a purpose). Seeing effort, energy and drive fall short of the goal or purpose tugs at compassion heart-strings.

#### *The Purpose of Compassion*

These life-changes left me resembling an Olympian that hoped for gold but returned home with a participation certificate. This new year's resolution opened my journey to the light of compassion and meaning. "To live is to suffer, to survive is to find meaning in the suffering" (Frankl, 1984, p. 9). Being a professional counselor does not offer exemption from the human condition. It is in these moments where compassion is most inspired; when suffering breathes meaning into a story. As a counselor, this resolution has softened my heart. It echoes the challenges that come with change. New year's resolutions can be more when given the opportunity. It just takes time, understanding and a whole bunch of will.

#### Reference:

Frankl, V. E., (1984). *Man's search for meaning: An introduction to logotherapy* (3<sup>rd</sup> Ed.). New York, NY: Simon and Schuster.



## **AHC is Excited to Introduce the 2020-21 Emerging Leaders!**



### *Ajitha Chandrika Prasanna Kumaran*

Ajitha Chandrika Prasanna Kumaran, PhD is a senior lecturer in the Department of Education and Pupil Services at University of Wisconsin-STOUT (UWSTOUT). She teaches counseling process lab, multiculturalism in pupil services, law and ethics, and practicum to school counseling and school psychology students. Ajitha is from India and has traveled to the U.S. to pursue a Ph.D. in Counselor Education. She has strong interest in humanistic counseling approach and the research literature. Currently, she is serving as Texas Association for Humanistic Education and Development (TAHEAD) president. Her research interests include Emotional Intelligence and Mindfulness; unseling, and Achievement Motivation. She has presented at state and national conferences. She is also involved in departmental curriculum development committee at UW-STOUT.



## 2020-2021 Emerging Leaders!



### *Thomala Roberson Walker*

I come to professional counseling following a career as a school administrator in the private sector. I have earned a B.S. and M.S. in Psychology and a M.A. in Sociology. While gaining an in-depth foundation in Sociology, I became a member of University of Houston-Clear Lake's chapter of Alpha Kappa Delta International Sociology Honor Society and served as the Vice-President. During this time, my primary interest became understanding the academic achievement gap between black and white populations through a psychosocial lens. Throughout my research, I realized there is a need for attenuating mental health issues by increasing self-awareness, which can be a component to minimizing educational disparities between black and white groups. While working towards a M.S. in Clinical Mental Health Counseling, I am analyzing psychosocial development theories to help children discover and accept their identity to improve self-awareness for stress and anxiety reduction. As a recent inductee of Chi Sigma Iota Counseling Honor Society, Upsilon Chi Lambda-UHCL Chapter, I look forward to enriching my academic experience and implementing what I learn in a clinical setting this spring. I am excited to be part of the AHC Emerging Leaders Program, so I can collaborate with other emerging leaders and build my skills as a professional counselor with the intention of specializing in psychosocial analytics as a tool to improve academic performance in minority children.

### *Darius Green*

Darius is a counselor from Virginia. He is a graduate of The College of William & Mary's Clinical Mental Health & Addictions Counseling program and is a doctoral candidate in Counselor Education at James Madison University. He has a passion for social justice, advocacy, and compassionately supporting others in the midst of challenge in his personal and professional life. He is in the process of completing his dissertation that explores how professional counselors have interfaced with undue police violence.





### *Dwayne White*

"Dwayne White is a second-year Ph.D. student enrolled in the Counselor Education program at Auburn University. Additionally, Dwayne is a Licensed Professional Counselor (LPC), Nationally Certified Counselor (NCC), and a Certified Clinical Mental Health Counselor (CCMHC) with more than 6 years of experience providing assistance to community and governmental organizations in counseling, advocacy, operations management, and program development and implementation. Dwayne's current research interests include investigating how black sexual minority youth and adults make meaning out of the self as they negotiate the social environments in which they exist; exploring the use of humanistic practices in counseling and counselor education; and examining multicultural and social justice issues in counseling. His dedication to social justice and advocacy is also reflected in an undergraduate advocacy course he co-developed and is currently teaching at Auburn University, and in the Irreducible Black Male Group he created at Auburn that provides a safe space for the agency of black males to be actualized. Dwayne has been recognized for his efforts with the Elizabeth Brazelton Fund Excellence Award and selected by the College of Education as an AACTE Holmes Scholar at Auburn University. Ultimately, Dwayne wants to continue to use his platform to serve and affect change in the lives of others."

### *Kimberlee Barrella*

I am currently a doctoral student in Counselor Education and Supervision at Kent State University (KSU), and have been a longstanding Golden Flash. I received my Master's in Clinical Mental Health Counseling and Bachelor's in Speech-Language Pathology and Audiology from KSU. I have a strong interest in leadership and advocacy in a variety of spaces, CSI being one of them. This academic year (2019-2020), I am serving as the CSI President of the Kappa Sigma Upsilon Chapter and have held many leadership positions in the past. Outside of school leadership positions, I am co-founder and co-leader of a support group for transgender youth, which is a population I am most personally and professionally dedicated. My humanistic approach to leadership and counseling has afforded me many opportunities to work with others in ways that feel congruent to me: authentically and empathically with a mindset geared toward growth.





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## AHC 2020 Conference



### The AHC 2020 Annual Conference in Denver, Colorado is cancelled.

If your proposal was accepted, you will be able to give your presentation at the AHC 2021 Annual Conference in Nashville, TN. In other words, your proposal is automatically accepted for next year. You might also consider submitting the content of the presentation to the Infochange Newsletter. In addition, your presentation might be appropriate for an AHC Webinar. Please contact me at [joelgivens@gmail.com](mailto:joelgivens@gmail.com) if you are interested in these options. If you cannot attend the conference next year, you can put a cancelled conference presentation on your CV. See this link for citing a cancelled conference on your CV: <https://apastyle.apa.org/blog/canceled-conferences>.

