



INFOCHANGE

Association for Humanistic Counseling's Quarterly Newsletter

Winter 2018 Edition



WINTER 2018

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President's Letter

As we enter the new year, I am reflective and grateful for my relationships with many of my colleagues within the Association of Humanistic Counseling (AHC). Last year brought many natural disasters including floods, hurricanes, wildfires, earthquakes and more. I was impressed and in awe of many of my colleagues and how they showed up to step in to provide support, funding, and other items to those suffering from the many tragedies.

I am grateful for the many of you that responded to the initial phase of our survey for our strategic planning process. This process is taking place to help us with identifying a shared mission and vision for the years to come for the association. Everyone is invited to the next steps of the strategic planning process which will take place at ACA conference in Atlanta, Ga. in April and the final phase will take place at the AHC conference in St. Petersburg, Fl. in May.

The AHC conference is shaping up to be an exciting time and we are excited to have Dr. David Cappuzi as our keynote.

Dr. David Cappuzi, a frequent keynoter and workshop presenter at professional conferences and institutes, Dr. Capuzi has also consulted with a variety of school districts and community agencies interested in initiating prevention and intervention strategies for adolescents at risk for suicide. He has facilitated the development of suicide prevention, crisis management, and postvention programs in communities throughout the United States; provides training on the topics of youth at risk, grief and loss, group work and other topics; and serves as an invited adjunct faculty member at other universities as time permits. He is the first recipient of ACA's Kitty Cole Human Rights Award and a recipient of Leona Tyler



Award in Oregon. He was inducted as an ACA Fellow in 2008, and, in 2010, was the recipient of ACA's Kathleen and Gilbert Wrenn Award for a Humanitarian and Caring Person. In 2011 he was named a Distinguished Alumnus by the College of Education at Florida State University.

Dr. Capuzi has co-authored and co-edited nine textbooks used in Counselor Education programs and departments in this and other countries.

Happy New Year,
Martina Moore, Ph.D.

Association for Humanistic Counseling

MISSION

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

VISION

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

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



CONGRATULATIONS 2018-19 AHC EMERGING LEADERS

Mynika Collins
Masters Student,
University of Houston – Clear Lake

Alfredo Palacios
Doctoral Student
University of New Mexico

Dr. Ian Levy
New Professional
Lecturer, University of Massachusetts, Boston

Dr. David Johnson
New Professional
Assistant Professor, Wake Forest University

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

Emerging Leaders committee members: Dr. Linwood Vereen, Dr. Rob Freund, and Dr. Stacey Litam



UPCOMING EVENTS

Empty Plate Project to Support Partnership Against Domestic Violence (PADV)

Greetings from the Empty Plate Committee. As you may be aware, at each American Counseling Association Conference, we collect donations at the division events to provide to a local charity where the conference is being held. After reviewing many charities in the Atlanta area, we have chosen the **Partnership Against Domestic Violence (PADV)** as this year's charity. This organization was started in 1977 and works passionately to end intimate partner violence. They are celebrating their 40th year of serving women and children in Georgia. We are confident that the funds raised this year will go to help many families in need. If you will be attending ACA and would like to volunteer to help with the Empty Plate Project, please contact Dr. Rebecca Pender Baum at rpender@murraystate.edu. It is super easy to volunteer. You simply introduce the organization, they briefly say a few words and the organization has volunteers send baskets around collecting donations. They then count the money and you let me know how much was collected. It's that easy and a great event to volunteer for. Please let us know if you have any questions.

Dr. Rebecca Pender Baum and Dr. Fred Hall
AHC Empty Plate Project Co-Chairs

February Webinar

Join Dr. David Capuzzi as he hosts the webinar *The Many Faces of Grief*. The webinar will be held on February 1st at 5 pm PST (6pm MST, 7pm CST, and 8pm EST).

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.

MEMBER SPOTLIGHT

BLAKE SANDUSKY

My name is Blake Sandusky and I am currently an assistant professor and clinical placement director for the Master of Arts in Counseling program at Doane University in Lincoln, Nebraska. I have been involved with AHC for the past four years, and after reading that, it makes me wonder where the time has gone. In the past four years I have moved across the country twice, completed a PhD program, and became a new parent. The journey of life is certainly an amazing thing!

During my time with AHC and *Infochange* I have written the member spotlight section, as well as served on the grants/awards and communication committee. I really enjoy writing the member spotlight for our national newsletter! I have been able to connect with some very interesting and excellent AHC members from across the country. I get to know more about these amazing individuals and hear what they are doing to promote humanistic ideals among their students and clients.

It is always my hope that through the member spotlight section we as members of AHC can learn more about each other and connect in professional and personal ways. With any luck you are able to take the time to learn more, not only about other members, but also what they are doing that might spark you to incorporate new ideas into your own work.

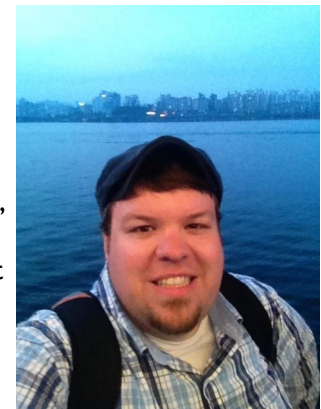
In this member spotlight I am going to break the fourth wall, so to speak. I want to let you know more about me and how I have been incorporating humanistic ideals among my students and how I encourage students in their practical experiences.

My current teaching load includes counseling skills. This course is the first encounter many students have with learning about the nuts and bolts of counseling. It is my goal to ultimately teach students how to connect on a deep and meaningful level with another person. I currently use the text *The Heart of Counseling: Counseling Skills Through Therapeutic Relationships* by Jeff Cochran and Nancy Cochran. I really can't say enough about how great this book is at helping students begin to think about what it really means to connect with another person on a deep level.

I incorporate humanistic ideals into this course by inviting students to start understanding what it means to apply empathic listening and unconditional positive regard to a conversation with another person. I find that when I push students to really hear what the other person is saying that they struggle with letting go of "fixing" and just sitting with the other person. Additionally, I think it is really important that students be reflective of their own journey to shaping himself or herself as a healer. I ask students to keep a reflective journal on their weekly practice and how they are changing themselves. I give students feedback on their progress and encourage them in the difficult process of learning to use counseling skills.

I have found that students greatly connect with the humanistic ideals of individuality, creativity, and self-actualization if they are allowed to. The counseling skills class I teach is at the beginning of our students program. Most students have a certain picture of what counseling is, usually giving advice or fixing a persons' problem. Once students are encouraged to really sit with another person and hear their story students struggle, but ultimately over time grow in their understanding of what counseling can be.

I wish I had more time to tell you all of the ins and outs of my work with students, and my experiences of work with clients. I think I could go on for several pages about how applying humanistic principles in my work helped clients to let down their walls and begin to explore themselves. I would love to hear more about each of you and what you are doing in your work as well. Feel free to email me any questions or activities that you have done with students or clients. I love to hear stories from other people; it's probably the qualitative researcher in me! Also, if you know of someone or if you would like to tell other members about your work please nominate or volunteer to be the spotlighted member for *Infochange*! We love to hear from lots of different members! **You can contact me at blake.sandusky@doane.edu.**



Let's Talk About Sex

by Trevor Buckley, 2017-2018 Emerging Leader

Humans think about sex every day, yet how many of us speak openly about our sexual desires, needs or fears with another person? Even as counselors, how many of us have delved into our own sexuality in order to examine a fundamental aspect of our unique humanity?

When it comes to exploring our individual sexual selves, most people do not know where to begin.

The National Institute of Health (NIH) reports a rate of 43% of women and 31% of men as having experienced sexual dysfunction. And yet conversations about our personal sexual experiences in society are almost non-existent. Gender and orientation equality movements have pushed the conversation of sexual diversity into the public sphere but honest, safe discussion of sex in society still seems like wishful thinking.

My own process of self-discovery and acceptance began during the latter half of my Marriage and Family Therapy (MFT) training. For my Human Sexuality class I was assigned readings from *The Conscious Sexual Self Workbook (CSSW)* by Melissa Fritchle. The CSSW became a catalyst for my own personal and ongoing transformation into acceptance and understanding of who I am as a sexual being. I wanted to talk further with Mrs. Fritchle about her book and her experiences as a sex therapist. I was able to contact her through my Human Sexuality professor in order to interview her for this article.

Our discussion began with a view of how culture and society have an impact on sexual expression and acceptance. Mrs. Fritchle explained, "The media, the content that we get around sexuality, I feel, is very

narrow." She says she wrote the CSSW because she "wanted to ask questions that opened up a new perspective of sexuality." She continued, "It's about you understanding yourself. You are the guidance for yourself, it doesn't have to come from someone else." To me, this was an important highlight because so much of my sexual development had to do with what society-at-large expected of me. My memories of movies, books, the internet and most media sources dictated that I, as a heterosexual white male, should want to have sex all the time and that when I did have sex it should look a certain way. I should expect certain positions and behaviors from my partner. And when my actual fantasies fell outside of this norm, I felt deep shame and anxiety. Until I spoke about it with my partner, I suffered alone as I imagine many people do. As I read the CSSW, huge pieces of cloying shame melted away. It was a very liberating feeling! My discussion with Mrs. Fritchle continued that process of self-acceptance.

Mrs. Fritchle pointed out that media and society portray sexuality in a certain, specific light (i.e. heterosexual, stereotypical gender roles, limited and specific sexual behaviors, "perfect" sexual performance, etc.) but that every person's sexual expression is unique. As long as there is consent and safety (physical and emotional) between partners, then almost any sexual expression/behavior is OK. It doesn't have to look a certain way. To me, this was fantastic news. The hard part becomes giving people permission to safely explore and accept parts of themselves that may seem scary or different. The CSSW helps with that exploration.

Mrs. Fritchle's narrative examines developmental and cultural issues and provides guidance and prompts for readers (therapist or client) to examine their sexual selves without judgment. Many of these prompts incorporate sensuality, somatic practice and mindfulness. Mrs. Fritchle believes the taboo and shame-oriented perception of sexuality has created feelings of dissociation when it comes to having sex. "A lot of people, I think, are having sex where they are not in their body or not feeling their body. What you want has to start from an internalized sense of: listen to sensation, listen to feeling, be here." In order to find trust and acceptance within ourselves, people need a safe place to ask questions, to express their needs and desires and to be heard. This can be done with a therapist, partner or even alone.

As sex pertains to our individual humanity, Mrs. Fritchle stated that sexuality is, "creative force, it's engagement with life, it's sensuality, it's being embodied. This sexual energy is what it is to be a body in the world and engage with the world with all of that energy and all of these parts of ourselves that want to be recognized and seen and celebrated." Her perspective is about framing sexuality as inclusive and not as a narrowly defined set of behaviors. She believes there is room for all of us to be ourselves, we just have to have the courage to figure out who that really is and to explore.

Sexuality is a foundational component of how humans create their identity and how they navigate relationships. It informs what we think, how we feel and often how we give and receive love. Sex can be intimate, loving, objectifying and terrifying. It can give us euphoria and joy and it can bring shame, misery

and dysfunction. Knowing where to begin exploring our sexual identity can be tricky and frightening. The CSSW, for me, was a great place to start. It helped me re-frame my perceptions around sex, try out experiential exercises and reflect through writing prompts. All of which I found very useful.

When I asked Mrs. Fritchle where I can begin as a therapist she said, "tend to yourself. Take care of this part of yourself. Be gentle with it, be kind with it" and that our own self-discovery and acceptance will help us to listen to and accept our clients and their unique experience.

As a therapist-in-training, my main takeaway from my Human Sexuality class, the CSSW and my interview with Mrs. Fritchle was this: I don't have to understand or agree with a person's sexual expression for it to still be healthy, functional and appropriate. In the future, acceptance and curiosity will be key attributes I will bring to session with clients whose sexual expression is different than my own. As long as a client and his/her partner(s) have established consent and safety, then however they want to express themselves sexually is up to them and should be free of judgment.

Mrs. Fritchle is a sex therapist and author whose articles have been published on PBS, Fox News, Your Tango, Madame Noire and elsewhere. Her most recent publication, The CSSW, is an educational tool for both therapists and clients. You can learn more about Melissa Fritchle's work and practice at: <http://mf-therapy.com/>.

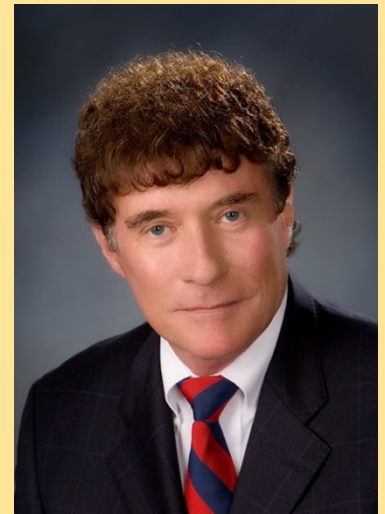
Association for Humanistic Counseling
AHC Conference
May 31st- June 2nd, 2018
St. Petersburg, FL

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



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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.



Humanism as Defined by Self in Relation

by Mark Stauffer, PhD, NCC

Humanism and multiculturalism are considered widely as the 3rd and 4th forces of the counseling field's development (first force: psychoanalysis, second force: behaviorism). Humanism and multiculturalism add to each other and also scaffold our field's development, like an additional rung on the ladder helps one climb higher and achieve a greater view. Or to use another metaphor, they are spokes in a wheel, with each spoke being necessary, and also keeping with the wheel metaphor each spoke needs to have the right tension so the wheel does not wobble, and freely flies. Indeed humanism and multiculturalism are complimentary and need each other to make advancements and to stay in harmony.

Following that, when there is a multicultural manifestation of humanism it should reflect diverse cultures. Along with diversity of representation, inclusion and then also equity (of what is included) are important. As another metaphor, imagine a diverse group invited to a dance with diverse attendees, but only one cultural group chooses the music, the customary outfits, games, and way the master of ceremony facilitates the party. Inclusive practices create a culturally varied dance party and equity means the representation is shared in a distributed way. Though there are limitations to every metaphor, humanism needs an open dance forum.

A question arises, what is humanism from multiple cultural world views? The word "Humanism" is embedded in the English language and has its origins in Western European culture. Also to find a universal connection to "humanism," one might have to look at underlying core values, philosophies, and practices that are similar across cultures. The word "humanism" also arose in a context of individual freedom and honoring of diversity during more rigid times. So the original usage may not have meant "Human-centric," but a fuller expression of or actualization of what it means to be human beyond the expressible religious cultural

beliefs. As is keeping with history, the commonly held meaning of the word "humanism" would need to expand beyond its earlier usages as the movement expands.

In order to deeply exam the question, what is humanism? one must examine what is humanness. The worldview or lens for understanding humanness flavors the definition of humanism. One of the predominant themes of western belief throughout centuries is that humanity is separate from nature or earth. So even when humanism is viewed it might take on a flavor of human centrism, or anthropocentric culture, where values, beliefs, interests, and behaviors suggest humans are of primary concern. If the view of what it means to be human is systemically interdependent with nature and earth, to be human means embeddedness. The word "nature" in this view is not separate from a human self. I believe the varied and far reaching ancestral traditions of the world held this later view more deeply. There is a way in which we are unique selves and another way in which we are entirely in relation, and do not exist without those relationships. I wonder how modern humanism, and humanism in the counseling profession, can repair this loss of awareness and identification, not to mention a limited view of human belonging. How can restoration of belonging lead to including the voices and needs of other beings?

You've mentioned human nature and now nature and earth. I am wondering which form of nature you are speaking to? Human nature or physical nature?



Ad, Exhibitor, and Sponsorship Invitation...

AHC 2018 Annual Conference:
Hilton St. Petersburg Downtown Bayfront
333 1st 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
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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



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SUBMISSIONS FOR INFOCHANGE NEWSLETTER

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

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

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

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

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

THANK YOU

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

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

INFO CHANGE
EDITOR:
AMY BARTH
ACHINFOCHANGE
@GMAIL.COM

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

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/>

Life isn't about finding
yourself. Life is about
creating yourself.

George Bernard Shaw