



TENNESSE COUNSELING ASSOCIATION

June 30, 2010

TCA President's Swan Song by Mary Brignole



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As the saying goes--out with the old and in with the new! I will be passing the TCA gavel to President-elect, Kitty Pruett, at our Leadership Development Conference in Cookeville next week.

Looking Back

TCA was well represented at the ACA conference in Pittsburgh. At the ALGBTIC luncheon, Pat Robertson, President-Elect for ALGBTIC-TN, and I were presented with the charter for ALGBTIC-TN.

At the ACA National Awards ceremony we were presented with our Leadership Development Award plaque and cash prize. Congratulations Bob Loos, ALGBTIC-TN President, and Phil Coyle, TCA Awards Chair who did the work which made this award possible. More exciting news at ACA, our very own Dr. Jeffrey Freiden was nominated by ASCA as a candidate for ACA President Elect-elect. **Congratulations Jeffrey!**

All five of our TCA divisions are thriving, and there has been a noticeable increase in members joining multiple divisions. I see this as a healthy sign of openness to diversity of ideas and an effort

to embrace and welcome counselors across the state without restriction to work setting. I hope to see this trend continue in future years.

A few chapters are still working to re-establish local leadership and resume activity in their areas. Kudos to Cumberland, they are sending several new leaders to LDC. Watauga and South Central are in need of members to step into leadership roles. I trust this will be a goal for 2010-2011.

Many thanks to Dana Patten who agreed to serve as Membership Secretary "for a while", maintaining our membership data base. The "while" grew into an entire year, and without her we would not have made it! Thanks also to Candice Armstrong who took over as TCA Secretary for Evelyn Holloway. I know Candice will be happy to turn over the laptop to incoming TCA Secretary, Lauren Pierotti!

Looking Ahead

Call for Nominations for TCA President-Elect-Elect and Treasurer has gone out, and we have received nominations for/ from several outstanding

candidates. More information will be published after LDC.

Cherrie Holden has accepted the part time position of Membership Secretary for TCA. Cherrie offers a wealth of experience, coupled with day time availability to respond quickly to inquiries from members. She is located in Memphis and is in the process of assuming duties from our very dedicated Dana Patten.

The 2010 Conference will take place at the Cool Springs Marriott in Franklin, TN. I am sure that Conference Chair, Debra Watson, is planning a great event for us. Can't wait to see you there!

Thanks for the Memories

I have enjoyed working with the executive board, governing council and members across the state during this past year. Words cannot adequately express my appreciation for the support, patience, advice and mentoring that I received. I look forward to continuing service to TCA as Past President.

A Message from the TCA President-Elect, Dr. Kitty Pruett



This past year has gone by so quickly as president-elect. Staying busy organizing the state conference made time really fly for me. I want to thank all of the conference committee chairs and their workers, the student and adult volunteers, the sponsors (including some TCA Chapters), the exhibitors, and the participants for making the conference successful and fun. We managed to stay close to budget and also produce a worthwhile conference experience. The feedback from participants was extremely positive and suggestions for future conferences were meaningful. We appreciate all participants who submitted their evaluation forms. I will provide the Governing Council with a detailed report of the conference feedback comments and the expenditures at the meeting in Cookeville, July 9 and 10.

The Leadership Development Conference will take place July 8, 9, and 10, 2010 in Cookeville, Tennessee. Tennessee Tech University is kind

enough to offer us meeting space again this year. We do get a special treat, however. This year we get to meet in the new science building and will get a first-hand look at all of the wonderful features in this building. The LDC theme is "TCA Rocks". Well, what does that mean? It means that TCA members rock too! If you haven't already registered to come to LDC and you want to come, go to the TCA website and register. It's not too late. You don't have to be an officer or even an emerging leader to attend. If you are curious about what LDC is all about, come. We get a lot of work done, but we manage to squeeze in some fun. Friday afternoon, some participants like to go on the pontoon boat rides (a tradition now); some like to swim or sit by the pool; some like to rest; and some like to go shopping (in Cookeville, the outlets in Crossville, or the exclusive mall in Nashville). This summer, emerging leaders will learn about the "workings" (structure) of ACA and TCA. Mrs. Anna Shelsky will conduct this session. These same emerging leaders will be putting on their thinking caps to help us think of ways that we can offer more benefits to members and attract more people to Chapter meetings. Dr. Carolyn Brewer, Mary Brignole, and Sue Clapp will be conducting some awesome brainstorming sessions for us.

Four TCA members will attend the ACA Leadership Institute in July. I submitted grant applications to ACA, and the President-Elect, Dr. Marcheta Evans, awarded us a total of around \$1,300 in grant money to support us in bringing more people to the Institute. Nita Jones (our ACA Liaison), Debra Watson (our President-Elect-Elect), and Blair Mynatt (a doctoral student and emerging leader) will attend the Institute with me this year. Thanks, ACA! Thanks, Marcheta!

I am very excited about moving into the TCA presidency soon. Please know that I have had to opportunity to work with some wonderful people this year. I have bonded with several, and I encourage any of you thinking about going into leadership to go ahead and take the plunge. There are awesome folks out there willing to help you. The relationships you build by being active in this organization, at any level, is worth the hard work. The promise of strengthening old connections and building new relationships excites me and gives me a lot of energy as I move into the presidency.

Middle Tennessee Counseling Association President's Message

My year of service as your MTCA President has passed SO QUICKLY! We've had a full calendar of activities and it has been easy to serve with such a wonderful team of officers as Becky, Roosevelt, Runez and Debra! They have become dear friends whom I will always cherish.

It is with EXCITEMENT that we invite you to read this last MTCA Newsletter of 2009-10 and INVITE YOU to our Annual Awards Banquet on May 11. We will be meeting at 5:30 p.m. at the Hermitage House Smorgasbord Restaurant, 3131 Lebanon Road in Nashville, TN (ph. 615-883-9525). A memorable program has been planned for you. First, we will enjoy a bountiful buffet dinner provided to us by the military services through Denny Carter of the ASVAB CEP Program. Then we will hear a presentation from an inspiring woman who was called to make great personal sacrifice in service to our country in the military. Then we will celebrate with some of our own MTCA members as they receive well-deserved recognition for their

service in the counseling profession. Finally, we will show gratitude to our outgoing officers and install a new team of MTCA officers for 2010-2011. I hope each one of you will make a special effort to come for this final meeting of this year.

Please allow me to THANK YOU for your participation this year in MTCA Meetings. It has been a great year from our beginning at Cumberland Heights, to our partnership meeting with Chi Sigma Iota at Vanderbilt, to our meeting at the Annual Counselor Institute in Murfreesboro, and our recent Professional Development Workshops at the new Youth Opportunity Center in Nashville. Our members have been wonderful in participating faithfully in a Strategic Planning survey and meeting evaluations, which has helped us greatly in program planning for this year and even provided ideas for the coming year. We anticipate continued growth in member involvement and professional development opportunities in MTCA next year!



As this MTCA year comes to a close, keep in mind that our professional association MTCA NEEDS YOU as a member and as an ADVOCATE for the counseling profession. Never have we needed more school counselor input and involvement toward the goal of implementing fully the TN/ASCA Model for School Counseling. Similarly, we need best practices of professional counseling in all our other counseling settings. Hope you're enjoying the beautiful spring days! See you soon!

Jane Gough
MTCA President 2009-10

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MTCA AWARDS BANQUET AND NEW OFFICERS INSTALLATION

MTCA held its annual award banquet and installation ceremony on May 11, at the Hermitage House Smorgasbord Restaurant, located on Lebanon Road in Nashville, Tennessee.

Exceptional Sponsors for 2009-2010
Katie Moran, Ed South and
Denny J. Carter, MEPCOM/ASVAB

The MTCA 2010 Awards recipients

Elementary Counselor of the Year
Andre Morrison Baker

High School Counselor of the Year
Mary Cook

Counselor Advocate of the Year
Dr. Andy Finch

Counselor Educator of the Year
Dr. Ellen Slicker

Jane Gough, MTCA president (2009-2010), conducted the installation ceremony.

The new officers for MTCA for 2010-2011 are as follows:

President, Rebecca Cheplick

President, Elect Dr. Roosevelt Faulkner

President, Elect-Elect Jennifer McLain

Secretary, Runez Downs

Treasurer, Misty Yarbrough

WTCA Awards Banquet: A Spectacular Night

The West Tennessee Counseling Association held its Annual WTCA Awards Banquet at the University of Memphis Holiday Inn on Friday, April 16, 2010 was a spectacular night for all.

The Banquet opened with Presentation of the Colors by Rosa Fort High Color Guard and playing of the National Anthem by the White Station High School Jazz Band. Kim Jessee, WTCA President, made opening remarks and JB Smiley recognized our host the U.S. Military. Then, Mary Brignole, TCA President conducted the installation of new officers, followed by a silent invocation, and a musical interlude by White Station continued the evening as we enjoyed a delicious dinner and conversation with colleagues.

The guest speaker was Captain Eric Johnson, Chief of Staff Navy Recruiting Command. He spoke about how important counselors are to the career exploration and career planning needs of students.

The main event of the night was the award ceremonies. Every year The West Tennessee Counseling Association allows its members to nominate deserving counselors for awards that are well deserved. This year was no exception. Our members were asked to complete nomination forms for our Counselor of the Year Awards. All told, we had submissions by regular mail fax, and e-mail.

The message was clear, our members were eager to play a role in the selection process. WTCA is proud to recognize the **2009-2010 WTCA Award Winners:**

Elementary School Counselor of the Year, **Lauren Pierotti;**

Middle School Counselor of the Year, **Earnestine Benton;**

Secondary School Counselor of the Year, **Jeffery Taylor;**

Private Sector Counselor of the Year, **Bob Loos;**



Speaker Captain Eric Johnson

and Lifetime Achievement Award ; **Kim Jessee.**

All recipients had their picture taken with the President and President Elect of WTCA. The Awards presentations continued with Military Awards Presentations to Counselors and Educators and other special awards. The evening ended in closing by JB Smiley thanking the Military and Kim Jessee giving reflection on her year as WTCA President.

Military Receives President's Award at WTCA Awards Banquet

President, Kim Jessee, honored our Military partners for years of outstanding support of WTCA. Captain Eric Johnson, Chief Navy Recruiting Command received the award for the military along with Major Travis Jones, Captain Jeromy Spellings, SFC Erik McConnell, and YN2 Ronald Penrod. For over a decade, they have continued support of our organization by sponsoring the WTCA Awards Banquet, sponsoring events for



TCA, providing door prizes for events, providing our clients with career exploration and opportunities through their ASVAB program, etc. Thanks U.S. Military!

ALGBTIC-TN Report

The Association for Lesbian, Gay, Bisexual & Transgender Issues in Counseling of Tennessee [aka ALGBTICTN] is the newest division of TCA. It was approved for Division status by the TCA Executive Committee at the 2009 LDC in Cookeville, and attained State Branch status at the national ALGBTIC November 2009 Board meeting. It met TCA Division membership goals during the 2009 TCA Conference, and currently has 48 paid members.

At present, the Division has staffed 4 of its 6 designated committees, namely the Planning, Publications, Membership, and Bylaws committees. Only the Nominating and Regional Network committees remain to be staffed. Also, the Planning and Membership committees held statewide conference calls during June 2010 to begin organiz-

ing and focusing their work on the goals of the Division as described in the Mission statement.

Just a few of the Committees' proposed tasks were:

- *Identifying plans and programs to increase awareness of GLBTQ concerns in the private and public sectors*
- *Establishing dialogue with other TCA Divisions [TSCA, TAMCD, TMHCA, TACES] to begin addressing GLBTQ issues*
- *Identifying creative methods for marketing the Division to potential new members*
- *Developing a GLBTQ issues track for future annual TCA Conferences.*

The ALGBTICTN Division began its work by publishing an article in the Spring 2010 TSCA News-

letter. This article seeks input from all School Counselors regarding programs to support the safety of GLBTQ students [and teachers] and to raise awareness of the need for educating student bodies of the issues facing their GLBTQ classmates. As an example, please see "Sasha's Story" elsewhere in this newsletter. It was written by a transgender youth and highlights the empowering nature of a GLBTQ-supportive environment. The Division's goals over the next year include fully staffing its committees, identifying existing needs of counselors and educators to help serve GLBTQ clients and students, developing resource programs for and with other TCA Divisions, and generally working to remove barriers preventing awareness and support of the needs of GLBTQ individuals.

Sasha's Story

People are always asking what it's like to be me. Well today I am going to answer that question by giving you the cliff notes of my life. Growing up in a house full of women and one male was a very defining starting point in my life. When I was little I knew that I would get along more with women than I would with men. I was intelligent for my age and things were looking up, but that would be the beginning of the rise and fall of my so called life.

Everyone always expected me to be like my parents or like other people's children. It was hard for me to live for myself. From my family I expected love, support, and respect. I had never had that before. My mom was an artist and a caring person who made a difference in the community. My dad was in a gospel group and now he is in a blues group.

Now as for me I have a lot going for myself right now such as: I am writ-

ing a book, acting, writing songs, and looking for that one special person to love, honor, and cherish. I know it sounds lame, but it is how I feel. With the accomplishments and the wishes comes the down falls. It first started off with my grandfather dying which tore me apart. Then I got jumped on and robbed as if it wasn't bad enough then I got raped a week later. I was so ready to give up on life, but my good friend Mickey Maxwell told me "Honey, you better not let this keep you down."

That sparked something deep inside of me. If it wasn't for the members of the Memphis Gay and Lesbian Community Center I would be so lost right now. So far being me is very difficult isn't it? Well there is more. So just when I am finally kind of happy, here comes yet another down fall. I found out that my boyfriend cheated on me with one of my used to be best friends, this is one of my

many fears that make me unable to trust any guys. The fact that I don't want to be hurt again. But, after that I found out that we were going to lose our house. Now that took a turn for the worst I was destroyed. My year was already going down the drain. I had to stay at First Congregational Church. This was fun for most parts until things got out of control and now I am hoping for the best in the next chapter of my life. Hopefully it involves working, getting an apartment, and maybe even driving a BMW C-Class Convertible.

The biggest moment in my life is my newly found family -- My two mommies and my two sisters. I finally had parents who want to be a happy traditional family. I can say my life is getting better, but I don't want to mess this fairytale up.

**Sasha is a 20 year old transgender female living in West Tennessee*

TAMCD Report

On September 10, 2009, TAMCD members were invited to meet at the Clark Tower- Concorde College to discuss two items of importance: the TAMCD Reception to be held at the TCA 2009 Conference in Chattanooga and the creation of by-laws. Invitation was sent via e-mail to all local members by President, Dr. Jeffrey Taylor. The meeting was held from 4:30 to 5:30, an hour prior to the scheduled WTCA meeting. In attendance were the following: Sonja Sanes, Dr. Hattie Isen, Jenny Harris, Marylyn Washington, Mary Brignole, and Dr. Jeffrey Taylor. Menu items for the TAMCD Reception were selected. It was agreed that spinach dip would be served along with punch at a cost of \$150. Treasurer, Sonja Sanes, agreed to these prices. It was also decided that TAMCD would purchase a \$50 gift card for the traditional door prize at the TCA Conference. Dr. Taylor asked seasoned members of TAMCD if by-laws ever existed for the division. Several members stated that they believed by-laws did exist at one time, but no one was certain where they were. It was agreed that by-laws would be created based off of the current TCA and AMCD by-laws. Dr. Isen agreed to ascertain a copy of the AMCD by-laws and Dr. Taylor agreed to pull a copy of the TCA by-laws off of the internet. Both Dr. Isen and Dr. Taylor stated they would have the by-laws at the next meeting. Jenny Harris suggested possibly having TAMCD host a professional development workshop on multiculturalism for professional counselors as a fundraiser and as a way for local counselors to increase their awareness of diversity and multiculturalism and possibly earn CEU's. Ms. Harris agreed to forward information regarding a specific speaker she had in mind. However, she believed this speaker would be too expensive. The meeting was ad-

joined with the option of having one more meeting prior to TCA Conference in November. It is important to note that at the conclusion of the meeting, a WTCA member joined TAMCD.

Dr. Jeffrey Taylor called a meeting of all TAMCD executive board members on Wednesday, November 11, 2009 at 4:45 p.m. at the Martin Luther King, Jr. Student Transition Academy located at 620 S. Lauderdale. All members were given an option of meeting either Tuesday, November 10 or Wednesday, November 11. Unanimously, all members agreed Wednesday, November 11 worked best. Members were also given the option of meeting at either MLK Academy or White Station Elementary. Most members did not have a preference, but were closer to MLK Academy. In attendance were the following: Sonja Sanes, Dr. Hattie Isen, Mary London, Jenny Harris, Marylyn Washington, and Dr. Jeffrey Taylor. Dr. Taylor opened the meeting by presenting a copy of both the AMCD by-laws, submitted by Dr. Isen, and a copy of the TCA by-laws. It was decided that TAMCD could probably adopt the by-laws of AMCD, since TCA by-laws were based off of ACA by-laws and there would be no conflict because AMCD is a division of ACA. It was decided that TAMCD would create a flier with the by-laws regarding its purpose defined. The fliers will be distributed at the TAMCD reception. Dr. Taylor suggested that where the by-laws stated the words "all ethnic and cultural groups", that TAMCD add the word "racial" so that it reads "all racial, ethnic, and cultural groups" since racial and ethnic mean to different things, despite the fact people use the terms interchangeably. Regarding the TAMCD Reception, members were reminded by Dr. Taylor that spinach dip and punch would be served for approximately 50 people at a cost of \$150. Several members thought we should have more than just dip and punch so we

agreed we would order a cake from Walmart Mart. Dr. Taylor agreed to order the cake and pick it up along with the \$50 gift card to be given away during the TCA Conference. Jenny Harris once again mentioned TAMCD hosting a professional development workshop for counselors in the area. Days were discussed. Mary London suggested that Saturday would probably be a better day to host the event, as long as it only lasted half of the day. Another option was for it to be hosted during the week in the morning. Jenny Harris provided information on the individual from Little Rock whom she suggested during the previous meeting. It was decided that he would cost the organization too much to bring to Memphis. Marylyn Washington agreed to check on her sister-in-law to see how much she would charge us for half a day of professional development. It was also suggested that the University of Memphis host the event and award the CEU's, however no one was assigned at this point to investigate this possibility. This will be discussed in greater detail during our first meeting of 2010. Another item discussed was rather or not to spend \$25 to rent a table during registration at the TCA Conference in order to showcase our division. All members present were in agreement with this proposal. TAMCD fliers created by Dr. Taylor will be distributed at the table.

Marylyn Washington, President-elect and Dr. Jeffrey Taylor, President both attended the TCA business meeting during the TCA November Conference on Saturday evening. Both Marylyn Washington and Dr. Jeffrey Taylor took turns running the table showcasing TAMCD during TCA Conference registration. Fliers were distributed

TAMCD Report...con't

and peppermints, as well. Cake, dip, and punch were served at the TAMCD reception. Although we were given artichoke dip instead of spinach dip, due probably to a break-down in communication, the dip was delicious none the less. Thirty-five TCA members attended the reception. Several new faces appeared. Mary Brignole attended the first-timers assembly and advertised for TAMCD during this event. Past President, Jenny Harris, was in attendance. As is the tradition of TAMCD, we all dressed in ethnic attire. Jenny Harris, Marylyn Washington, Dr. Jeffrey

Taylor and several other TAMCD executive officers were present during the Monday morning business meeting. Dr. Taylor promised to research who has joined TAMCD between the dates of July 1, 2009 and November 21, 2009, and place those names in a lottery for five individuals to have their \$20 dues refunded. This offer only applies to new TAMCD members, not returning members. Dr. Taylor also suggested that the various regions of Tennessee might know each other a little better if we would all come together by joining TAMCD. Dr. Taylor reiterated the fact that

TAMCD is NOT a West Tennessee division. At the conclusion of the business meeting, two \$25 restaurant gift cards were given away as door prizes at the Monday morning business meeting.



TSCA News

TSCA has been successful this year with gaining 28 new members. This was mostly due to visiting Chapters, Counselors Institute, and Smoky Mountain Day of Professional Development. We are working very hard to maintain our membership base even though times are hard for our counselors. We still believe it is a bargain to be a member of your Professional Association. Our Associations can only be as strong as our members and numbers are always a good thing.

We have met with Nicole Cobb three times during the year to stay abreast with the new evaluation tool that will be used with teachers as well as counselors. Nicole Cobb left her position in April and at this time there has not been another appointment but other people having more responsibility within the Department. Dr. Webb will be staying on as the Commissioner until January instead of leaving in July.

The new leadership of ASCA will begin July 1st with very capable hands. Sonja Culler will serve as President and Tracy Watson will serve as President Elect. They will be attending ASCA Leadership Development Institute in July and will be ready to serve. We are looking for another good year for TSCA in the following year.



TSCA President Nita Jones (on far right) along with fellow Officers in Action!

Thanks again for this honor and privilege in serving the Counselors of Tennessee. I love my retirement but I will never stop working for the counselors.

Nita Jones

TSCA President

How to Lower Stress in Teens

Submitted by Dr. Roosevelt Faulkner



Stress is a response that the body and mind react to that causes various physical or psychological changes within a person's environment. When teens are stressed, we as counselors should pay close attention to the signs or indicators that are present. Some of the signs that are noticeable in teens are: feeling irritable, frequent confrontation with peers, feeling anxious, feeling confused or unable to concentrate, mood swings, muscle tensions, and an increase in heart rate and blood pressure.

There are various factors that may cause stress in teens. Some of the factors may relate to pressure from peers to do risky things, re-

lationship issues with boyfriend/girlfriend or partner, parents and teacher's expectations, personal tragedy, self expectations of self, not being able to fit in socially, graduation, changing of school, or having a job. Stress for teens can be short-term or positive stress that provide motivation and inspiration when needed. Negative Stress for teens can create feelings of discomfort or may cause for re-adjustment or alteration in one's routine. Teens can experience stress as a result from being overloaded or overworked. The final form of stress in teens can be feelings of restlessness or bored or unchallenged. Teens should learn ways to lower their stress level or

relieve the level of stress in a healthy manner. One way of lowering stress is to take breaks from stressful activities. Learning to avoid making major changes in their life during a high stress period or been able to say "No" more often can lower one's stress level.

Generation Y teens are so involved with the social network such as Face Book, MySpace, Twitter and the blog. They tend to engage more often in mental exercises and fail to realize that physical exercises such as running, walking, bike riding, swimming, relaxation techniques, and meditations can lower stress level.

Congratulations Goes Out to.....



Mary Brignole, TCA President, and ALGBTIC TN President-elect, Pat Robertson, accepting the division charter for TCA's newest division. This took place at the ALGBTIC luncheon—American Counseling Association conference—Pittsburgh, March 2010.



Pres. Brignole and Dr. Dan Lattimore, Dean of University College at the University of Memphis. She was awarded the **2010 Outstanding Alumna Award**, from the University College. It was presented at the University College Alumni Chapter Awards Reception held at the Racquet Club, May 2010.



President Brignole and Dr. Rick Fischer were presented awards from the National Academic Advising Association Region 3 during a conference in Lexington, KY. , May 2010. She was awarded the Outstanding Primary Academic Advisor for the State of Tennessee. Dr. Fischer's is the Outstanding Faculty Advisor for the State of Tennessee. He is a professor of Journalism at the University of Memphis.

Counselor Comics

Marriage Counseling Joke

Jacqueline and her husband Marc went for counseling after 25 years of marriage. When asked what the problem was, Jacqueline went into a passionate, painful tirade listing every problem they had ever had in the 25 years they had been married.

She went on and on and on: neglect, lack of intimacy, emptiness, loneliness, feeling unloved and unlovable, an entire laundry list of unmet needs she had endured, over the course of their marriage.

Finally, after allowing this to go on for a sufficient length of time, the therapist got up, walked around the desk and kissed Jacqueline passionately, as her husband Marc watched with a raised eyebrow.

Jacqueline then shut up and quietly sat down as though in a daze. The therapist turned to Marc and said, "This is what your wife needs at least three times a week. Can you do this?" Marc thought for a moment and replied, "Well, I can drop her off here on Mondays and Wednesdays, but on Fridays, I've got golf."