

# *Interaction*

**ASERVIC**

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WINTER, 2003

## **President's Address** *J. Scott Young*

On March 21, 2003 the annual convention of the American Counseling Association will convene in lovely Anaheim, California. I attended the Council of Presidents and Region Chairs meeting in late July and saw the site firsthand for what I believe will be an excellent conference. This year ACA has worked hard to secure



a number of hotels that are both close to the convention center and very affordable, so I hope this will make it easier for more folks to attend. Further, the main conference hotel (the Anaheim Hilton) is literally next door to the Anaheim Convention Center, making the physical setup very convenient.

This year, ACA developed a new system for selecting conference programs. One result of this new procedure is that each division of ACA was able to select several programs completely on their own.

Subsequently, four programs are being sponsored by ASERVIC that I hope all of you who attend the conference will be sure to attend:

1. Geri Miller of Appalachian State University will lead a panel

discussion with a group of her graduate students about their experiences while taking a course in Spirituality in Counseling. The program is called *The Spirituality and Counseling Class that Became a Spiritual Community*

2. Carol A. Fournier, M.S., N.C.C. of Silver Dove Interfaith Institute for Spiritual Development at The University of Vermont will present *Spiritual*

*Direction, Guidance, and Counseling: Bridges, Gaps, and Practical Applications*. Carol will help to clarify the similarities and differences between counseling work and spiritual direction.

3. Jacqueline Gatewood, Psy.D. of Regent University will present, *Ethics: Codes, Conflicts, and Consequences*. This presentation will address various ethical dilemmas that occur in counseling, including issues of confidentiality, dual relationships, boundary crossings, client rights, informed consent, sexual and non-sexual boundary issues, and legal responsibilities. Participants will be actively involved in discussing ethical cases and will have an opportunity to explore their own

### **Special points of interest:**

- ACA Conference
- ASERVIC \$300 Research Grant
- High Stakes Testing & Large-Scale Assessment
- Best Practices: Someday
- Upcoming Events

### **President's Address (Continued)**

4. Mary Herman will present *Legal and Ethical Dimensions of School Violence* which will assist school counselors in identifying their ethical and legal responsibilities regarding students who may pose a danger to others. Ethical mandates related to the prevention of school violence and case law that defines the liability of school counselors will be reviewed and discussed. Specific steps for protecting school counselors from legal liability will be provided.

In addition, on March 21st, Dr. Michael O'Connor of Seattle Pacific University, who is also a current board member, will be presenting a daylong pre-conference workshop entitled *Exploring and Incorporating Spiritual Dimensions in Counseling and Therapy*. According to the program description, this multimedia interactive workshop will engage participants in the adventure of self-discovery regarding their own religious and spiritual foundations while exploring practical, tested counseling interventions, including spiritual autobiography, spiritual/religious belief assessment, classical meditation and wisdom stories from diverse traditions with applications in counseling, spiritual emergency and the use of ritual. Michael is a dynamic and gifted presenter who has led programs for ASERVIC in the past. He is an expert in how the process of counseling can be spiritually sensitive and will offer attendees a workshop that is both practical and memorable.



As always, the annual ASERVIC board meeting will take place on Friday and Saturday, March 22nd and 23rd. There will be a number of important issues to discuss as the board makes decisions that will effect the future of the organization, so please keep us all in your thoughts and prayers during this time.

### **Memorial for Mary Thomas Burke**

On a sad note, on Thursday, November 21, 2002 Sister Mary Thomas Burke passed away after a protracted struggle with cancer. As many of you know, Mary Thomas was a long-term member of ASERVIC, as well as a leader in the division. Due to her unique contributions and impact on the counseling field, ASERVIC is planning to hold a memorial tribute to her work and life at the Anaheim conference. All friends, colleagues and acquaintances of Mary Thomas are invited to attend. Given that this year's focus for the convention is *Celebrating 50 years of Excellence*, it is appropriate that we honor this pillar of ASERVIC. Because this event is still in the planning stages, look for specific information at the conference.

**ASERVIC events  
at ACA  
Conference in  
Anaheim, CA in  
March 2003.**



## **Best Practices: Someday By Nelson Goud**

It's difficult to find a suitable gift for some people. My mother was one such. Not that she was finicky, or had everything, or someone who felt competitive or guilty when getting gifts. No, the problem was her manner of receiving any gift. Her genuine joy in receiving became a gift in itself. The giver often walked away with more than he or she gave. So how do you find something special, something that would focus her attention on the gift more than the giver? This puzzle was added to my Someday List (i.e., those things you want to experience sometime, somehow).

Everyone has a Someday List whether written or not: someday I want to tour Europe, someday I want a house near the ocean, someday I want to learn to play the guitar, someday I'd like to be a grandparent, someday I want to write a book, someday I want to own my own business or step on the moon or go skinny-dipping or swim with dolphins or hang-glide or find inner peace and wisdom. Try it. What are 10 things you would like to experience in your lifetime that you have not yet? Don't forget those dreams and fantasies.

Someday lists reveal many facets about a person. The items on the list can be classified according to underlying themes—e.g., adventure, intimacy, creativity, professional goals, personal growth, travel, and so on. These themes usually represent unmet needs occurring now. It is unlikely, for example, that a similar list made 10 years ago would closely resemble your current one. And if an item from ten years ago still exists on today's Someday List, then what does this mean?

Activating goals and experiences on a Someday List often encounters resistance in the form of "wait-untils." For instance, one may yearn to learn how to play an instrument, but "I'll have to wait until I finish this degree, or wait

until I get some spare cash, or wait until the kids leave home, etc." Some wait-untils are realistic, e.g., saving for a new home. Some are even out of one's control, like becoming a grandparent or winning the lottery. But some wait-untils take the form of illusionary beliefs. One may, for instance, overlook the possibility that future circumstances could get worse rather than better. You may have less time, money, capabilities than you have right now. Another factor that frequently slips under one's mental radar is that certain life goals have small windows of opportunity: youth, high-level athletic performance, not having care taking responsibilities of children and/or parents, a single time career opportunity.

Probably the most ensnaring illusion is the belief that the time and money you do not possess now will just be there in the future. The Someday activities then become beguiling day-dreams which we can visit for some vicarious satisfaction. No actual efforts are thereby required; somehow the passage of time alone will carry us to the threshold of attaining these dreams and goals. It was this illusion that trapped me for years from getting that special gift for my mother.

I overheard my mother mention to my sister that "someday" she would like an electric organ at home. She loved music (no matter what life situation you were experiencing, she could capture it in song title or verse—a kind of musical empathy). When we had a piano she could play the standards, swing, and holiday tunes. Aha! I had the answer to my puzzle. I would get her an electric organ. All I had to do was wait until I had the sufficient cash. Seven years passed. . .no electric organ. Never in those seven years did I ever have enough money left over after expenses to buy that organ. Enter the epiphany. Why, then should it magically

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materialize in the next year or even seven? Mom had now aged another seven years and may not be able to enjoy playing if I wait too long. That did it. Within three days I had located a used electric organ, secured a loan, and rented a truck to haul it to southwest Michigan. I left on Saturday so that I would be at my parents' home while they were working at the South Bend Farmer's Market. I called an uncle and we maneuvered the organ into the living room. It was set up to play at the flick of a switch. When my parents drove into the driveway my children and I hid in an enclosed stairwell. After debriefing each other on the day's sales and encounters with customers who demanded to know if the radishes were pithy, my mother finally wandered into the living room. She said nothing and returned to talk to my father. A second trip a few minutes later, however, my mother spotted the electric organ which took up one full corner. "Henry!" she shouted, "How did you get this in here?" She was focused on the gift this time. My father saunters in and being an alert thinker knew we were hiding somewhere. It took mom a few minutes to get over her amazement before she would play something for us. She played her electric organ for the rest of her life. She even took lessons to learn how to torque the foot pedals. Each visit I was treated to her favorite tunes and some new ones she was practicing. I still have her music books with notations of when she mastered them. One song was "Who's Sorry Now?" If I had not found a way out of a wait-until illusion, I would have been humming this tune.

Occasionally it's a good idea to check a Someday List to see if any illusionary wait-untils are lurking there. One indicator is to see if an item has existed for several years with no action taken. There are a few people who have no difficulty with wait-untils but fall into another dilemma. They impulsively pursue a Someday activity

before the ink dries from writing it down. The outcome is a constant state of frenzy and bankruptcy which also torpedoes a Someday List.

Activating one Someday activity frequently creates a momentum to try others. I am hanging several hundred feet above the ground in a large basket. My dad and I are floating in a hot air balloon a few miles away from Decatur, Michigan. It's his 79th birthday and he always liked the sight of these ancestral voyagers of the skies. His face expresses a state somewhere between delight and contentment as we drift silently over farms, pastures, and forests. "Nels, look at the deer running over there in the woods at the right." "I'll take your word for it, Dad." says his land-lubber son hanging tightly onto one of the basket posts. We land in a potato field of one of my father's old friends. He is now thereafter as the "Man who fell in from the sky."

"Up, up and away," my mother would say. ?

*"For some, religion can provide answers to life's most profound questions. It can offer connection and community and reassuring rituals. It is available to anyone, but it's not for everyone. It's a collective idea, but it's also an individual path."*

~ Carrie Tuhy, Editor, *Real Simple*

**Correction:**

Brandy McNeil is ASERVIC Membership Chair, not Scott Verenti, as previously reported. Brandy can be reached at [brandy.r.mcneill@veriozn.net](mailto:brandy.r.mcneill@veriozn.net) or [brandymcneill@hotmail.com](mailto:brandymcneill@hotmail.com).

## **ASERVIC \$300 Research Grant** *Don Norman, Ph.D.*

The ASERVIC Board has authorized a \$300 research grant for the purpose of promoting research that investigates those spiritual, ethical, and/or religious values that are essential to the full development of people and can be related to the discipline of counseling.

The grant will be awarded at the 2003 ACA convention in Anaheim, CA. ASERVIC membership is required, and grant recipients must present a copy of the final written manuscript to the ASERVIC Research Committee for possible publication in *Counseling And Values* or in *INTERACTION*.

Proposal format will include:

- Narrative (maximum of 5 double-spaced pages, including references) with the following sections:
  - Introduction: Project history and salient research in the area.
  - Objectives: Specific goals and/or objectives of the research.
  - Significance: Justification or importance of the project.
  - Methods: Describe the subjects, instruments, procedure and data analysis.

Applicant(s) Information (on separate sheet): Your name, title, address, telephone numbers, and e-mail address.

- Budget Explanation and Justification: Detailed explanation of the financial needs to conduct the project. Brief justification of items listed, not to exceed 2 pages.
- Appendix, including:
  - 2 Letters of Support: from colleagues, professors, or supervisors addressing your research skills.

Brief Vitae: Indicating your specific research agenda.

Factors that enhance the proposal are a clear research question; adequate background and importance of the problem; clarity, care and conciseness in writing; and a detailed and justified budget.

Deadline for the proposals is Feb. 15, 2003 and should be mailed to Dr. Don Norman, Ph.D, University of Wisconsin-Whitewater, Winther Hall, Room 6050, Whitewater, WI 53190, or e-mail normand@uww.edu.

**Two Research opportunities for ASERVIC members.**

## **High Stakes Testing and Large-Scale Assessment**

*Measurement and Evaluation in Counseling and Development* (MECD), the AAC journal, will devote a special issue to large-scale assessment and high-stakes testing. In recent years educational assessments have changed and research has had an impact on assessment in today's world. The scores on today's assessments often impact teaching and learning. Thus, tests today have very high stakes on the educational and counseling process, affecting students, teachers, parents, counselors, administrators, and the community at large.

MECD invites ideas for manuscripts concerned with research, theory, and practical applications to

large-scale assessment and high stakes testing. All manuscripts must have clearly described implications for the counseling field and for practitioners, educators, researchers, administrators, or students.

To submit a manuscript for consideration, contact Patricia Jo McDivitt at pmcdivitt@etsk-12works.com or James Augustin at jaugustin@etsk-12works.com.





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*We're on the Web!*  
***www.counseling.org/About/Divisions/ASERVIC.***

## ***Upcoming National Events***

### **JANUARY**

**10th–13th. San Francisco, CA.** Global Career Development Facilitator Instructor Training. NECA, [www.EmploymentCounseling.org](http://www.EmploymentCounseling.org).

**19th–20th. National Healthy Weight Week.** Promotional materials are available at [www.HealthyWeight.net](http://www.HealthyWeight.net).

### **FEBRUARY**

**9th–15th. National Children of Alcoholics Week.** Promotional materials are available at [www.nacoa.net](http://www.nacoa.net).

*18th–21st. Brownsville, TX.* Global Career Development Facilitator Instructor Training. NECA, [www.EmploymentCounseling.org](http://www.EmploymentCounseling.org).

*23rd–March 2nd. National Eating Disorders Awareness Week.* Promotional materials are available at [www.NationalEatingDisorders.org](http://www.NationalEatingDisorders.org).

*23–March 2nd. National Eating Disorders Screening Program.* Promotional materials are available at [www.MentalHealthScreening.org](http://www.MentalHealthScreening.org).

### **MARCH**

**Mental Retardation Awareness Month.** Promotional materials are available at [www.TheArc.org](http://www.TheArc.org).

*19th. Anaheim, CA.* Global Career Development Facilitator Instructor Training. NECA, [www.EmploymentCounseling.org](http://www.EmploymentCounseling.org).

*23rd–25th. Anaheim, CA.* ACA Convention. See page 2 inside for a detailed description of ASERVIC events at the conference. [www.Counseling.org](http://www.Counseling.org).

*31st–April 6th. National Sleep Awareness Week.* Promotional materials are available at [www.SleepFoundation.org](http://www.SleepFoundation.org).