



# COUNSELING AND HUMAN SERVICES

NEWSLETTER | SPRING 2018



Southern Organization for Human Services



## 2018 SOHS CONFERENCE

The Southern Organization for Human Services (SOHS) Regional Conference is being held at the Carnegie Hotel across from the campus of ETSU! The conference is April 3-6, 2018. The keynote speaker this year is Chaz Kelleem. Chaz is the Senior Director of Advocacy for Race & Gender Equity at YWCA Greater Pittsburgh. Chaz earned his Master of Science Degree in Organizational Leadership from Robert Morris University and his Bachelor of Science in Health and Physical Education from Edinboro University. For almost 10 years, Chaz worked for the Pittsburgh Pirates as the Manager of Diversity Initiatives, where he was responsible for managing the organization's interaction with various minority constituencies. He serves on several non-profit boards including the Visit Pittsburgh, CORO Center for Civic Leadership, ACHIEVA, and HOPE Network. Chaz currently serves as an adjunct professor at Seton Hill University within the Business Department.

This year's theme is Reaching New Heights: Developing Skills in the East Tennessee Mountains. In keeping with this year's theme, the conference will provide workshops which focus on building the skills of our human services practitioners. The audience will include students, new practitioners, and more established professionals - *all interested in learning what you do, and how you do it*. Submissions may focus on interventions, skills, and exercises that can be applied generally or for work with specific groups.

Submit your proposal and equip your colleagues with a new skill. Tell us about a skill you have acquired in your practicum, internship, or work.

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## PUBLICATIONS

**Byrd, R., & Hays, D. G.** (2017). Evaluating a safe space training for school counselors and trainees using a randomized control group design. In T. P. Remley, Jr., W. D. Rock, & R. M. Reed (Eds.), *Ethical and legal issues in school counseling (4th ed.)*(pp. 335-356). Reprinted article from *Professional School Counseling*, 17(1), 20-31. doi: <http://dx.doi.org/10.5330/PSC.n.2013-17.20>

**Byrd, R., & Hays, D. G.** (2017). School counselor competency and lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth. In T. P. Remley, Jr., W. D. Rock, & R. M. Reed (Eds.), *Ethical and legal issues in school counseling (4th ed.)*(pp. 357-373). Reprinted article from *Journal of School Counseling*, 10(3). Retrieved from <http://www.jsc.montana.edu/articles/v10n3.pdf>

Simons, J. D., Beck, M. J., Asplund, N., Chan, C., **Byrd, R.** (2017). Advocacy for Gender Minority Students: Recommendations for Professional School Counselors. *Sex Education*.

## FEATURED ADJUNCT FACULTY



**Ray White, LPC**

Ray has a Master's degree in Police & Correctional Psychology from MTSU, as well as an Ed.S. degree in Counselor Leadership from ETSU. Currently he is a full time clinical counselor with Walter's state, as well as an adjunct faculty member at ETSU. He maintains a private practice, Whitewood Counseling & Consultation, and specializes in clinical supervision and working with the Veterans and LGBT+ populations. As part of this practice, Ray maintains a web page at [www.whitewoodcounseling.org](http://www.whitewoodcounseling.org)

Ray also enjoys Geocaching!

### *EMBODIED EMPATHY: FAMILY CONSTELLATION THEORY FOR GROUP SUPERVISION BY DR. GRAHAM DISQUE*

This experimental workshop will demonstrate how to utilize Family Constellation Theory to create an exploratory group supervision practice. Workshop participants will have the opportunity to present a case they are working with or supervising. Participants will learn how to lead supervisees and be introduced to basic family constellation concepts. To bring these concepts to life, a volunteer from the group will present information about a client they are working with. Then they will be asked to sculpt the client's life context using other members of the workshop as representatives. Once the representatives are in place, the presenter will facilitate the movements and expressions of the representatives to reveal the systemic influences that are limiting the clients' wellbeing and those that could be supportive of new possibilities. Next, the representatives will de-roll and share their experience with each other. The systemic concepts presented earlier will then be reviewed as they were revealed in the family constellation of the client's life. Lastly, how to integrate the discussion of the experience will be discussed with the volunteer presenting the case.

Family Constellation Theory is a group process originally developed by a German psychologist named Bert Hellinger. In his work, Hellinger observes that many of us unconsciously "take on" destructive familial patterns of anxiety, depression, anger, guilt, aloneness, alcoholism and even illness as a way of "belonging" in our families. Much like family systems theory, the family constellation model takes a systemic approach the viewing family dynamics. Family Constellations allow us to break familial patterns so that we can live healthier, happier, more fulfilled lives.

"My hope is to write an article about these workshops and increase overall counselor empathy for supervision work." - Dr. Disque

## UPCOMING EVENTS

- Embodied Empathy Workshop: March 12th 6-7:30PM
- Poverty Simulation: March 24th
- SOHS Conference: April 3-6th
- Party on the Patio ft. Kindness Rocks: April 17th, 10AM-2PM
- ACA Conference: April 25-28th
- Hooding Ceremony for Human Services: May 4th 4:30PM
- Hooding Ceremony for Counseling & Ed.S.: May 4th 6:00PM

## OTHER NEWS

Involving over 125 students, faculty, and staff, the fall **Poverty Simulation** illustrated the reality of persons living in disadvantaged circumstances. This eye-opening activity has been offered to COE students for several semesters and will continue this term on March 24<sup>th</sup>. Anyone interested in participating should contact Dr. Duncan ([duncanj@etsu.edu](mailto:duncanj@etsu.edu)). The number of participants is limited and roles are pre-assigned.

### Kindness Rocks Project

This project was created by graduate student Audrey Besch of the Human Services program and assisted by Christy Oaks, graduate student of the Counseling program. Kindness rocks are a way to spread self-care, self-love, and pay-it-forward kindness. Come by Warf-Pickel 303 to learn



- Dr. Bethany Novotny and grad student Christy Oaks will be presenting at the ACA conference in Atlanta, GA on their research, *Rolling with the Resistance: A model to foster social change for the LGBTQ community*.
- **Donald, E. & Byrd, R.** (2017 accepted). Learning in the Sand: Sandtray in Supervision and Across Curriculum. Presented at the Association of Counselor Education and Supervision (ACES) in Chicago, IL

During the fall semester, three Human Services students (Allison Smith, Gavin Skelton, and Anthony Walls) and one communication major (Emily Ford) participated in an IRB-sponsored qualitative study of the volunteers working with **PopArts** and the parents of participants in that program. In November, the four students presented preliminary findings in the Tennessee Experiential Learning Symposium at Austin Peay, placing second in the state competition. Since that date, their presentation has been accepted for the SOHS conference in April at ETSU. In addition, they were asked to apply for the Boland symposium and the ETSU service showcase. They also hope to present at the NOHS conference in the fall.