



INTERACTION

INSIDE THIS ISSUE

President's Address	1, 5
2020/2021 Leadership	2-4
Graduate Student Column Call for Submissions	5
Ethics Corner & Webinar Information	6
Spirituality in the Field	7-9
Spiritual and Religious Values Article	11
Call for Submissions	12

President
Ryan Foster

Past-President
L. Marinn Pierce

President-Elect
Daniel Gutierrez

Treasurer
Kristina Nelson

Secretary
Ana Guadalupe Reyes

Interaction Editor
Joy Mwendwa



President's Address Dr. Ryan Foster

Dear ASERVIC Members,

We are living through unpredictability, ambivalence, loss, and uncovered truths right now. It seems that every day brings new heartbreak to the world and to our clients. People are seeing the world as it is and are wondering how they can make meaning out of it.

Perhaps more than ever, this confluence of events, tragedies, and awareness begs counselors and our clients to open our hearts and souls to depth, meaning, moral compasses, ethical awareness, spiritual and/or religious guidance, and social justice. ASERVIC has a long history of its own privileged place and its perception as an organization that only welcomed certain classes of people. I want to emphatically state that we have a lot of our own work to do as an organization and the entire Board is committed to opening new spaces within ourselves and our system of leadership.

This year, I want to welcome you and invite you to join ASERVIC in re-creation, reorganization, and renewal. It is my hope that we can get membership involved in ways that we haven't before. We have some nuts and bolts this year that we're working on. We are going to redesign the website, rethink how to approach conferences, and close loopholes on some internal leadership roles. However, because I know that our membership joins our organization because of our shared commitment to depth, compassion, loving-kindness, connection, and awareness, I want to invite you into something that I hope can be a kind of grassroots self-exploration intrapersonally and systemically.

The ASERVIC leadership is in a place of listening. Over the years, I have been made quite aware of how ASERVIC can be perceived by counselors both within and outside of our organization. Sometimes it's pretty close to the hurtful truth, and sometimes it's way off base. I want to make it very clear that ASERVIC is a place for counselors who work with clients from any belief system. Period.

“I want to make it very clear that ASERVIC is a place for counselors who work with clients from any belief system. Period.”

President's Address continued on pg. 5.

A
S
E
R
V
I
C

20-21
TEAM

EXECUTIVE BOARD MEMBERS

President

Ryan Foster

President-Elect

Daniel Gutierrez

Past-President

L. Marinn Pierce

Treasurer

Kristina Nelson

Secretary

Ana Guadalupe Reyes

Governing Council Rep

Elizabeth O'Brien

Journal Editor

Abigail Conley

~

Member-At-Large Exec. Board

Deborah G. Haskins

Member-At-Large Exec. Board

Hannah Bayne

Graduate Student Rep

Stephanie Dorais

BOARD MEMBERS

Joffrey Suprina

Melissa Zeligman

Greg Meyer

Janeé R. Avent Harris

P. Clay Rowell

Claudette Brown-Smythe

MEDIA LEADERS

Counseling and Values Editor
Abigail Conley

Interaction Newsletter Editor
Joy Mwendwa

Interaction Newsletter Asst. Editors
Patrice Parkinson
Yaa Tiwaa Offei Darko

Webmaster
Jamain Coleman

Webinar Coordinator
Elizabeth Norris

20-21
TEAM

COMMITTEE CHAIRS

Awards
Joffrey Suprina & Sean Ridge

ACA Conference Committee
Ana Reyes

2021 Conference Chair
Michael Verona

Ethical Values Co-Chairs
Hannah Bayne & John Harrichand

Emerging Leaders
Paige Bentley & Holley Mosher

Financial Affairs
Kristina Nelson

Governing Documents
Harriet Glossoff

Media
Melissa Zeligman

Membership Services
Martin Burnham

Nominations/Elections
L. Marinn Pierce

Spiritual and Religious Values
Jennifer Vinces-Cua

State Divisions
Jessica Haas & Isabel Thompson

Strategic Planning
Shannon Karl

Welcome New ASERVIC Board and Committee Members

Dr. Daniel Gutierrez is the Vera W. Barkley Associate Professor at William & Mary and the Co-Director of the Thrive Research and Intervention Center. In addition to being **President-Elect** he also serves on the editorial board for Counseling and Values, and has been a part of ASERVIC leadership in some capacity since his days as a



Dr. Daniel Gutierrez
President-Elect

masters student. He is incredibly excited to be back on the board and to be able to work alongside a strong and passionate leadership team. He is most looking forward to connecting with the ASERVIC membership by providing them with useful resources, infusing more justice work into ASERVIC, and supporting scholarship and research on evidence-based practice in spiritual integration.

I am an Assistant Professor at Texas A&M University-Corpus Christi, and have been a member of ASERVIC since 2010.

I believe that ASERVIC provides a unique space for counselors from various backgrounds to learn from each other and improve their cultural competency, while also contributing to the growth of the counseling profession.

I am honored to be a part of the ASERVIC team, and am excited about the important work we will do together!

Sincerely,
Kristina



Dr. Kristina Nelson
Treasurer

Dr. Claudette Brown-Smythe

ASERVIC Board Member



My name is Greg Meyer and I have the privilege of serving on the **ASERVIC board** this year. I am a counselor education faculty member at Oral Roberts University, in Tulsa, Oklahoma. I have provided clinical counseling services at various mental health and community clinics, religious communities, and private practice locations in New Mexico, Georgia, and Oklahoma. I own a private practice, supervise, and conduct various spiritual formation retreats and seminars by partnering with an interfaith retreat center in rural Oklahoma.

alized communities. It is an honor to have the opportunity to learn and work with the ASERVIC leadership team and fellow board members.

I am looking such an unpredictable time in the world and growing the ASERVIC community together as a result of enacting positive change.

Sincerely,
Greg



Dr. Greg Meyer

ASERVIC Board Member

Dr. Jennifer D. Vinces-Cua

Chair of the Spiritual and Religious Values Committee



My research is related to spirituality, self-awareness in the counseling relationship, the interplay between spirituality and humanism, and historical trauma in margin-

President's Address Continued

Right now, however, as I open my heart, eyes, and ears, I know that the world is in pain – particularly, BIPOC, and even more specifically, Black lives. As counselors, our professional duty is to listen to what the world, our clients, and our colleagues are communicating at the very depths of their souls.

I invite you to join us in this kind of soul work and get involved in helping us to look at our organization and the privilege it has embodied, the mistakes ASERVIC



and its leadership have made in the past, and ways that we can revise and resubmit to a stronger, more inclusive organization that doesn't just talk the talk in white papers and social media statements. I invite you to

help us walk the walk beside our clients and each other. Your presence and your action is needed.

One new process that the Board has implemented is intentionally including BIPOC-owned businesses in all contract decisions. We piloted this new process as we looked for a new website host, and were successful in approving out website moved to QDhosts, a Black-owned website host and DNS provider.

A second action the Board is taking this year is using *My Grandmother's Hands* by Resmaa Menakem as a framework for examining and implementing organizational change. We invite our membership to read this book and find ways that you can initiate change in your communities. We will be providing platforms for discussion with and among our membership as the year progresses.

I'll be reaching out throughout the year with ideas and places to get started. And I know that our membership can do the work.

With gratitude,

Ryan

Are you a graduate student interested in publishing?

ASERVIC is dedicating a section of their newsletter, *Interaction*, to graduate student contributions. We will be accepting submissions for review from Master's and doctoral students for publication in our upcoming newsletters. Publications must be related to the overall mission of ASERVIC: "Our mission is to help counselors, supervisors, counselor educations, and counseling students competently integrate spiritual, ethic, and religious values into our work with clients." This is an excellent opportunity for graduate students who are seeking to enhance their professional writing skills. You do not need to be a member of ASERVIC. We hope through interacting with our organization, you will become familiar with the work of ASERVIC and consider becoming involved. All submissions will go through a peer-review process.

We welcome submissions that are brief academic articles related to the ASERVIC mission. We are also interested in personal reflections and commentaries that are supported with academic references.

Guidelines:

- All submissions must adhere to the APA 7th edition format (no abstract needed)
- All submissions must be related to the ASERVIC mission
- Submissions are to be approximately 500 to 750 words and double-spaced
- The first author must be a Master's or doctoral student
- Include the author name(s), name of institution(s), and photo(s) in .jpg, .tif or .gif format.

Initial drafts are due by **October 30, 2020** and can be emailed to jmmaweu@liberty.edu

ETHICS CORNER

ASERVIC: ETHICAL VALUES COMMITTEE

Dear ASERVIC Members, please use the link below to share your thoughts with us on:

- 1. questions you may have related to ethics and values*
- 2. brief examples of an ethical situation/dilemma regarding ethics and values that needs to be explored/discussed*
- 3. general topics related to ethics and values that you would like the committee to address*

Thank you.

Drs. Hannah Bayne & John Harrichand, Co-Chairs
aservic.ethicalvalues@gmail.com

[Click here to share your thoughts](#)

WEBINARS

ASERVIC is pleased to offer webinars for continuing education to students, counselors, supervisors, and counselor educators. If you are interested in being a webinar presenter, please contact Elizabeth Norris (Elizabeth.kaye.norris@live.mercer.edu) with a brief abstract of your proposed presentation topic.

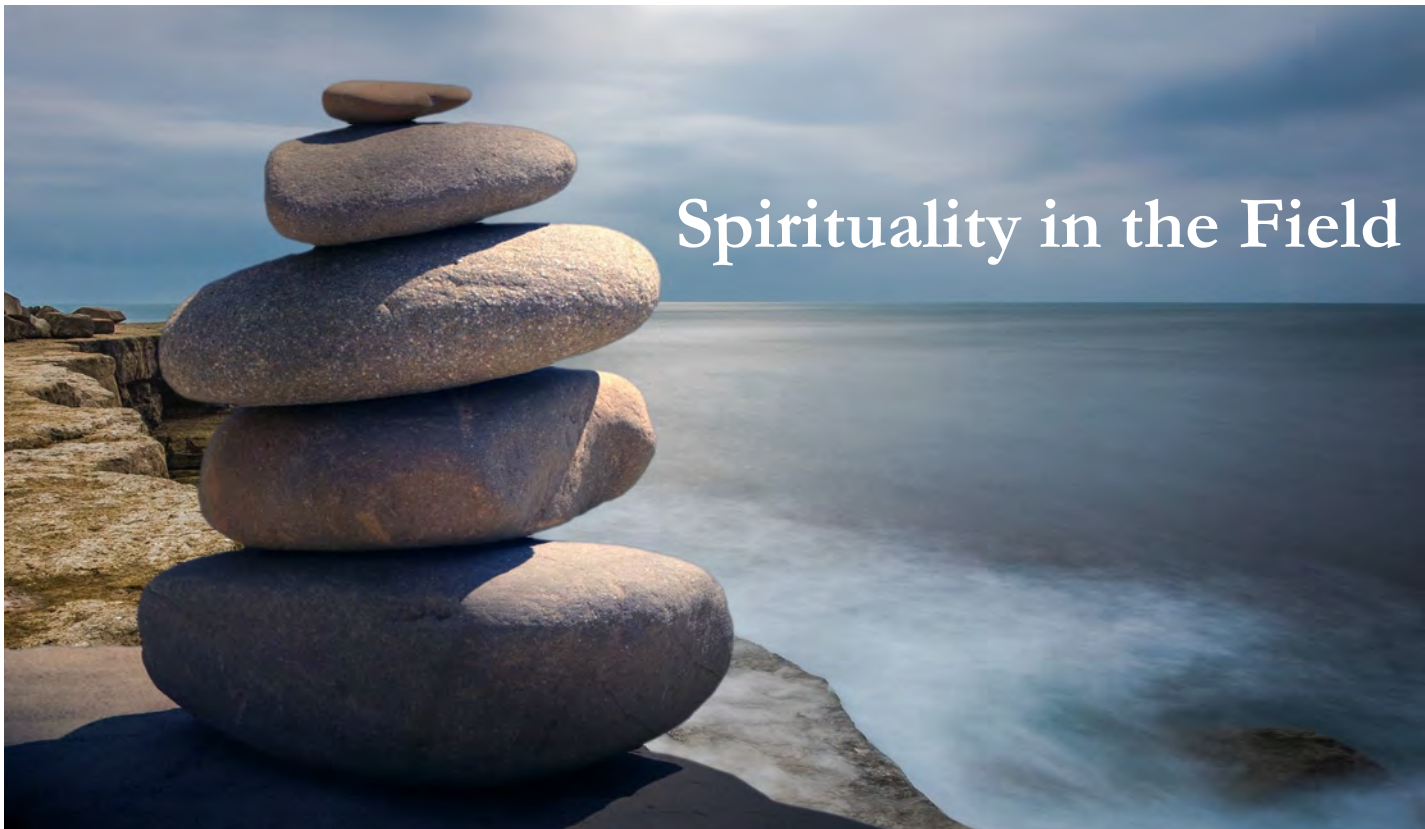
As ASERVIC members, you have access to previous webinars after logging in on the ASERVIC website. Here are **two of our most recent webinars**:

- “Restoring the Shattered Self: Spiritual Considerations in the Treatment of Complex Trauma” by Dr. Heather Davediuk Gingrich
- “The Neuroscience of Contemplation: Integrating Contemplative Practices into Counseling Work” by Dr. J. Scott Young and Dr. Craig Cashwell

Stay tuned for information on our Fall webinar.

The Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC) has been approved by NBCC as a continuing education provider, ACEP No. 1010. Programs that do not qualify for NBCC credit are clearly identified. ASERVIC is solely responsible for all aspects of the program. For more information about ASERVIC's webinars, visit www.aservic.org





Spirituality in the Field

Introduction

My name is Michael Desposito and I am the current past-president of the Ohio Association for Spiritual, Ethical, and Religious Values in Counseling (OASERVIC) as well as Ohio licensed professional counselor (LPC) working in private practice. Last year, our state division board believed it was our imperative to establish a vision for our membership that honors practical application of values and ethics in counseling to assist our members. Our board members sought several avenues for this mission and identified several needs to help our members develop competencies and understanding of client needs. With the help of Dr. Katie Gamby, an assistant professor at Malone University and Ohio LPC, our organization started to pursue a needs assessment in our state and identified several of our clients (and counselors) were engaging with complementary health approaches (CHAs) as an integrative approach for their mental health treatment. This was a researched area of her dissertation and professional passion when pursuing advocacy in the field of counseling.

“By understanding the holistic nature of clients, counselors are better able to build collaborative approaches to treatment that are sensitive to client multicultural identities”

With the assistance of our current member-at-large Stephanie Durham, an Ohio LPC working in a school-based setting, and the work of our membership committee, we launched a state-wide complementary health approaches (CHAs) resource list to help better provide holistic support to both clients and providers in Ohio.

ASERVIC Competencies

In the initial developmental stages of this resource list, it was apparent that our organization was creating a practical way to live out the competencies set forth by ASERVIC (ASERVIC, 2010). As a state division that actively advocates for counse-

lors at the state level, OASERVIC serves as an example of infusing advocacy, multicultural values, and competencies when working with religious and spiritual individuals through state programming, professional development, and acknowledgment of counselor excellence (Cashwell & Watts, 2010; Ratts, Singh, Nassar-McMillan,

(Continued on next page)

We tasked our state membership to reflect on what would be most beneficial for them in the field and their current gaps in understanding religious and spiritual themes in client communication so as to develop cultural sensitivity and competency (ASERVIC, 2010; Competency 6).

Our organization identified several limitations related to religious and spiritual resources that clients pursue as well as lack of development regarding referral networks for client coordination of care (ASERVIC, 2010; Competency 5). This led our organization to begin establishing a statewide resource list to empower counselors and other providers to recognize client concepts and address them when they are therapeutically relevant (ASERVIC, 2010; Competency 7).

Because wellness is integral to counselor identity, adapting treatment theory and research can be done in coordination of client needs (ASERVIC 2010; Competency 9 and 10).

This is also why we decided to further explore CHAs because counselors identified the value of addressing clients from an integrative and holistic approach. Interestingly, many counselors reached out during our development process, identifying themselves as CHA providers and allowing them to reflect on their own values and influence on counseling in new and unique ways (ASERVIC 2010; Competency 2 and 4).



Complementary Health Approaches

The use of CHAs by client populations is not a new phenomenon. In addition to client utilization of different CHAs having increased across various client populations, CHAs use varies across socio-demographic characteristics (Clarke et al., 2015). When reviewing the ASERVIC competencies, there are several reasons for the development of the resource list. First, the development of this list encourages counselors to better understand client worldviews and understanding of health and wellness.

By understanding the holistic nature of clients, counselors are better able to build collaborative approaches to treatment that are sensitive to client multicultural identities. Second, new networks of care can be coordinated in the area between counseling and CHAs. Often counselors may be unaware of the CHAs in their area unless they themselves practice specific CHAs. A resource list opens the door for new referral networks and integrates new professionals into the coordinated care plan for clients. This can also allow counselors opportunities to build upon their own self-care for both the counselor and the CHAs professionals. Finally, the resource list allows access for counselors to build new relationships with other professionals and increase mental health education. Not only does this lower the stigma of mental health support, but allows counselors new friendships and referral networks.

Steps for Creating a Resource List

When developing the CHAs list for Ohio, our board spent extensive time reviewing the relevant literature for what would be best to serve our Ohio clinicians and clients. The steps taken are outlined below:

Review the Needs in Your Area

We began by surveying our members for what they would find most beneficial. Upon submitting a brief membership survey, it was determined that a review for an understanding of CHAs would be beneficial. If you want to develop a resource list in your area, we encourage you to review what is most needed for your area and plan how your resources will meet the needs of your counselors and clients by education, competency, and training.

Plan a Guideline for Information

We reviewed the relevant ethics and competencies of the counseling profession. This provided a framework upon which to build by making sure our list was flexible enough to be updated when necessary while also maintaining the highest standards of clinical work. Additionally, we utilized the National Center for Complementary and Integrated Health (NCCIH) website to ground our resource list in what is actually being utilized by our clients.

(Continued on next page)

This allowed for our resource list to be logically tied to specific resource titles referenced by the NCCIH website to help organize the information (e.g. acupuncture resources, yoga resources). It is also important to consider that we (the authors) are not experts in any of these resources and our members may have their own unique experiences with these resources so we made sure to address this on our website.

Review and Organize Resources

Not all resources are created equal. To ensure the adequacy of our resources, we reached out to our membership to learn if they currently attend, utilize, or work with any resources in their area. This made the resource list organic so our organization did not have to “reinvent the wheel” when identifying quality resources that may already be within counselor referral networks. Each resource was reviewed for relevant mental health information, appropriate and current licensure when necessary, and training. This allows for protection of the welfare of clients while also assisting in the organization of criteria for the list. Our board members also reached out to the identified resources to clarify any questions we had about their views on mental health education and provide appropriate referrals for additional CHA providers when applicable.

Be Open to Feedback

Since sharing this list, our organization has already been contacted by a number of resources or counselors who practice integration with several suggested additions. While this is helpful, it is also important to be open to removing resources that do not maintain relevant training, mental health education, or may be harmful to our clients. Our ethical role as counselors is always to protect the welfare of our clients, maintain multicultural sensitivity, and promote evidence-based care. It is important to not include resources that are

known to have the potential to bring harm to clients or promote views that would marginalize a specific population as to maintain social justice competencies.

Conclusion

The most important website for CHAs would be the NCCIH list as this would provide key education and understanding of what CHAs are being utilized as well as how to better understand their uses and benefits. Resources do not have to be added if your organization is in disagreement with them and it is important to review the relevant laws in your state as to not promote resources that are controversial or have little clinical evidence or support. While there are a number of books and training resources out there for those interested in CHAs, the first step would be to identify what needs your clients or counselors desire in your area to make the greatest impact.

References

- Cashwell, C., & Watts, R. (2010). The new ASERVIC Competencies for Addressing Spiritual and Religious Issues in Counseling. *Counseling and Values*, 55. 10.1002/j.2161-007X.2010.tb00018.x.
- Clarke, T. C., Black, L. I., Stussman, B. J., Barnes, P. M., & Nahin, R. L. (2015). Trends in the use of complementary health approaches among adults: United States, 2002–2012. National health statistics reports; no 79. Hyattsville, MD: National Center for Health Statistics.
- National Center for Complementary and Integrated Health [NCCIH]. (2016). Are you considering a complementary health approach? Retrieved from <https://www.nccih.nih.gov/health/are-you-considering-a-complementary-health-approach>
- National Center for Complementary and Integrated Health [NCCIH]. (2018). Complementary, alternative, or integrative health: What's in a name? Retrieved from <https://nccih.nih.gov/health/integrative-health>.
- Ratts, M. J., Singh, A. A., Nassar-McMillan, S., Butler, S. K., & McCullough, J. R. (2016). Multicultural and social justice counseling competencies: Guidelines for the counseling profession. *Journal of Multicultural Counseling and Development*, 44(1), 28-48. doi: 10.1002/jmcd.12035

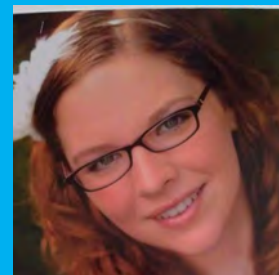
Authors



Katie Gamby, Ph.D., LPC



Michael Desposito, M.A., LPC



Stephanie Durham, M.A., LPC

Request for Submission & to Joining the SRV Committee

SPIRITUALITY IN THE FIELD

Do you have ideas or a story to share regarding your practice of spirituality in the field? If so, please submit to the next edition of the *Interaction*.

The SRV Committee would like to formally invite current ASERVIC members to consider sharing their “Spirituality in the Field” experiences for publication in an upcoming ASERVIC newsletter.

- ◇ Articles include an opening paragraph introducing the author to the readers.
- ◇ Articles include a second paragraph describing how the author incorporates one or multiple Spiritual Competencies in practice.
- ◇ Articles include a concluding paragraph or list of resources (books, trainings, websites/blogs, inspirational quote, etc.) related to the practices and competencies addressed in the article.
- ◇ A professional picture of the author is attached (in .jpeg format) with the article.

The SRV committee is actively engaged in supporting the integration of spiritual and religious values in counseling through:

- Promoting counselor awareness and integration of the client’s spiritual and religious values in counseling.
- Enhancing access to the existing and/or emerging resources for assessing and developing spiritual interventions that incorporate the client’s spiritual and religious values.
- Increasing the counselor’s knowledge base for understanding the impact spiritual and religious values have on the client and the self.

We are committed to actively using the ASERVIC Competencies for Addressing Spiritual and Religious Issues in Counseling (2009) through regular contributions to the letter and other projects. There are opportunities to join the SRV committee.

Inquiries and submissions for this special section of the newsletter can and/or if you are interested in joining the SRV committee, contact

Jennifer Vinces-Qua (jvinces@liberty.edu)

If you are a current member of ASERVIC

**Come chat
with us on
ASERVIC
CONNECT**

ASERVIC COMMUNITY

Current members of ASERVIC or a current state division member of ASERVIC can access ASERVIC Connect by going to the ACA’s website to locate ACA Connect and the ASERVIC Community:

1. <http://community.counseling.org/home>
2. **Select Communities**
3. **Select My Communities** (*you may be promoted to login to ACA*)
4. **Find the ASERVIC Community**

Questions can be directed to:

Ana Guadalupe Reyes

ASERVIC Secretary

secretary@aservic.org

Spiritual and Religious Values in Counseling during Challenging Times

By Dr. Jennifer Vinces-Qua
Chair of the Spiritual and Religious Values (SRV) Committee



There are varying seasons in during the course of life for both client and counselor where there is joy, growth, loss and adjustment and the impact is felt on multiple layers. For the counselor, the ASERVIC Competencies are the standards spirituality integration with clients in the counseling process (Reiner & Dobmeier, 2014) No matter what the season, the ASERVIC Competencies serve as a critical and timely lens in the application of spiritual and religious values in counseling. Difficult times for some clients can facilitate the creation of deeper connections to their spiritual and religious values while for others it serves as blocker to gaining access to their resources. The Culture and Worldview section in the Spiritual competencies will be reviewed. Counselors actively seek implementing into practice the competencies that incorporate spiritual and religious values in counseling through discussions.

Seeking opportunities to use and integrate the ASERVIC Competencies within the counseling sessions has merit. Spirituality is an important dimension of many clients' lives, clients may be underserved by virtue of the fact that at times counselors are they themselves insufficiently trained, lack knowledge or are unaware of this client intersection (Reiner & Dobmeier, 2014). Counselors can serve as guiding compass to clients in their own journey of exploration and development of spiritual and religious values and how it may bring meaning to their experience.

Counselor self-awareness of how their own spiritual and religious values impact their day to day tasks and interactions can better manage the impact into their therapeutic environments that are co-created with clients. Spiritual and religious values can become a strength and protective factor in the darkest of days and when practiced daily can become self-care.

Culture and Worldview

This first section of the competencies can lead the counselor to use key questions such as, "How does my understanding of spirituality and religion, including the basic beliefs of various spiritual systems, major world religions, agnosticism, and atheism inform my world view and my client's worldview about the cultural context experience"?



"How does spiritual and religious values influence overall psychosocial functioning in the midst of living in a pandemic, societal racial tensions/ injustices, natural disasters, work, and home. The therapeutic space and including our own self-relation can promote using the spiritual and religious values in counseling to view and place the tensions and conflicts into perspective and promote the collaborative work between a counselor and client when problems arise (Nelson et al., 2011).

The time is now for counselors to step into using spiritual and religious values in counseling and working to support both the client and self.

References

- Nelson, J. A., Kirk, A. M., Ane, P., & Serres, S. A. (2011). Religious and spiritual values and moral commitment in marriage: Untapped resources in couples counseling? *Counseling and Values, 55*(2), 228-246. doi:10.1002/j.2161-007X.2011.tb00034.x
- Reiner, S. M., & Dobmeier, R. A. (2014). Counselor preparation and the association for spiritual, ethical, and religious values in counseling competencies: An exploratory study. *Counseling and Values, 59*(2), 192-207. doi:10.1002/j.2161-007X.2014.00051.x

Interested in submitting an article for the

FALL Issue of the

Interaction?

The deadline is

FRIDAY, October 30, 2020

Please refer to ASERVIC.org
for guidelines for publication
or for more information email

Joy Mwendwa,

Interaction Editor, at
jmmaweu@liberty.edu



Did you know that **we're** on Facebook?

Follow ASERVIC on the popular social media site. Simply log into your account and search for ASERVIC, or connect [here!](#)

