

JULY 2021



OASERVIC NEWS

A Monthly Newsletter by Ohio Association for Spiritual,
Ethical, and Religious Values in Counseling



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Welcome to the 2021-2022 OASERVIC calendar year

As we enter the 2021-2022 year for OASERVIC, we wanted to take a moment to present all members with our vision statement, a Welcome from our new OASERVIC president, and an introduction to the new OASERVIC board. You will find all of this information throughout this newsletter along with other great information about what is coming up in the next few months at OASERVIC.

Additional information can always be found at our website, oaservic.org, or by emailing us at OhioASERVIC@gmail.com.



When we work with love we renew
the spirit; that renewal is an act of
self-love, it nurtures our growth.

Ball Hooks

quotefancy

Presidential Welcome



Ellise Raghavan, 2021-2022 President

Hello and welcome to Ohio Association for Spiritual, Ethical, and Religious Issues in Counseling (OASERVIC), one of the largest divisions of the Ohio Counseling Association (OCA) and a chapter of the national ASERVIC. I am looking forward to serving as your president for this year. As a self-identified existential therapist, I believe the spiritual, ethical, and religious aspects of life have a tremendous amount to offer both ourselves and our clients.

OASERVIC seeks to further develop a community which empowers and supports the expression and exploration of practice and research involving spiritual, ethical, and religious value dimensions as they relate to the person, to society, and to the profession of counseling.

This year's vision for OASERVIC is to deepen our commitment to counselor spiritual, religious, and ethical wellness; that of ourselves, our members, and any counselor in Ohio we can reach. We recognize that with the events of recent times, there is a greater need than ever for mental health services in our state, particularly for people who are part of marginalized populations. As counselors, we, likely, all feel called to give more than ever to our clients and communities. However, we also know from the ACA Code of Ethics (2014) Section C that we have a responsibility to take care of ourselves, not only mentally and emotionally but to nurture our spiritual well-being. We cannot pour from an empty cup. Therefore, it is of utmost importance that we prioritize our own restoration in the midst of these changing and uncertain times. OASERVIC hopes to help be part of facilitating your spiritual, ethical, and religious rejuvenation and growth this year.

OASERVIC aspires to achieve this vision in three ways: 1) communicate with our members to identify ways to support your spiritual, ethical, and religious wellness over the next year; 2) providing boots-on-the-ground rejuvenation through our in-person Wellness Room at the All-Ohio Counseling Conference in October; 3) offering virtual opportunities and resources to reconnect us with our sense of purpose and meaning and prevent/treat burnout.

With Delight,
Ellise Raghavan, M.A., LPC (OH)

OASERVIC Info

2021-2022 OASERVIC Board

President - Ellise Raghavan

President-Elect - Stephanie Durham

Past-president - Morgan Stohlman

Secretary - Autumn Crawford

Treasurer - Dominique Burns

Members-at-Large - Michael Desposito and Dr. Stephanie Moore

Ethics and Values Committee - Morgan Stohlman and Stephanie Durham

Membership Committee Chair - Alysha Blagg

Emerging Leaders Committee Chair - Mike Desposito

Media Committee Chair - Christiana Lander

Religious and Spiritual Values Committee Chair - TBD

Financial Chair - Dominique Burns

Mission Statement

Professional Counselors are confronted with events and discoveries that challenge our spiritual, ethical, and religious values. The mission of the Ohio Association for Spiritual, Ethical, & Religious Values in Counseling (OASERVIC) is to provide a forum for informed and thoughtful consideration of these issues and how they affect counselor education, the counseling profession and the client-counselor relationship.

OASERVIC seeks to create an association which empowers and enables the expression, exploration, development, and research involving spiritual, ethical, and religious value dimensions as they relate to the person, to society, and to the profession of counseling.

OASERVIC is one of the largest divisions of the Ohio Counseling Association.

Helpful OASERVIC Links:

Website: <https://oaservic.org>

Email: OhioASERVIC@gmail.com

Facebook: <https://www.facebook.com/groups/oaservic/>

Member Spotlight

In order to serve our clients and their spiritual, ethical and religious wellness needs, we know it is important to examine our own needs and practices. This is a new section in our newsletter where we hope to highlight members who are putting into practice OASERVIC's mission. This series will explore how one of our OASERVIC members engages in and experiences spiritual, ethical, and religious values and wellness.

This month's newsletter is spotlighting our very own OASERVIC president, Ellise Raghavan. Below you will read how Ellie practices spiritual, ethical, and religious wellness.

How do you practice spiritual wellness?

"I practice spiritual wellness by spending time in gratitude, particularly for the vibrancy of nature's sheer awesomeness, including humanity. Another practice I keep is setting intentions during each transition period in my life (birthdays, new year, new semester, anniversaries) for how I hope to enjoy it and to grow in my character, my relationship with the divine, and with loved ones. I also practice asking for help and listening to the divine for guidance and support whenever I need it, which is incredibly helpful."

How do you practice ethical wellness?

"To me, ethical wellness is about integrity, that is, how well am I living my life in alignment with my chosen values. My core values are freedom, unconditional love, play, evolution and radiance. So I practice checking in with myself, usually through journaling as well as working with a counselor and/or coach to help me determine where I'm right on track and where I may need to make shifts towards a more authentic life. I also use friends, colleagues and trusted family as a sounding board as to whether I am practicing ethical wellness: I've noticed if I feel like hiding or not sharing a decision I'm planning to make with my inner circle, it may not be the right choice for me. Talking it out helps me recognize if that is the case."

How do you practice religious wellness?

"I practice religious wellness through reading scripture from religious texts, by engaging in rituals designed to worship and honor the divine and through my daily structured meditation practices. I also practice religious wellness through religious community, although admittedly it has been awhile since I've been consistently involved in one. Finally, I practice religious wellness by deconstructing harmful pieces of religious doctrine that snuck into my psyche along with the helpful aspects.

Note: I love talking about this topic, so please feel free to reach out at ellisesnolan@gmail.com if you want to chat. Additionally, please reach out if you would be interested in sharing your spiritual, ethical and/or religious practices with OASERVIC in a future newsletter."

Want to share how you practice spiritual, ethical, and religious values/wellness?

If you are interested in being a part of our Member Spotlight, please contact us at OhioASERVIC@gmail.com. We would love to hear and share with other members how you are practicing spiritual, ethical, and religious values and wellness. Once you indicate that you are interested in participating, we will send you a short list of questions (similar to what you see above) for you to answer and email back to us.

Special News

Call for Service: Committee Positions Available

OASERVIC is still looking for individuals interested in serving on the board. Specifically, OASERVIC is looking for a Religious and Spiritual Values Committee Chair who is interested in serving in a leadership capacity. The Religious and Spiritual Values Committee Chair is expected to:

- § Attend the once a month leadership meeting
- § Attend OASERVIC events throughout the year
- § Plan and work closely with the OASERVIC Spring Workshop committee to prepare for the OASERVIC Spring Workshop (typically around March/April of each year).

If the spirit of religious and spiritual values is important to you and you are interested in serving, please contact OASERVIC at OhioASERVIC@gmail.com.

Also, OASERVIC is still looking to take on members who would like to serve on the following committees: Ethics and Values, Membership, Emerging Leader, Media, and Religious and Spiritual Values. If you are interested in serving on a committee please reach out to OhioASERVIC@gmail.com.

Emerging Leaders Program

Every year, OASERVIC has the pleasure of welcoming onto the board some new emerging leaders. The OASERVIC Emerging Leaders Program was designed to provide graduate counseling students and new professionals with experiences that enhance leadership skills, competency development, and diverse opportunities to actively participate in Board meetings; serve on a committee, task force, and/or engage in projects of interest; receive mentorship; build professional networks; and gain exposure to the responsibilities associated with fulfilling elected leadership positions.

If this sounds like something that you would be interested in, please stay tuned, more information will be given in the August newsletter and be on the lookout for the Emerging Leaders Program application! The application will also be coming out in August!