

ASSOCIATION FOR LESBIAN, GAY, BISEXUAL & TRANSGENDER ISSUES IN COUNSELING



AMERICAN COUNSELING
ASSOCIATION

*A Division of the American
Counseling Association*

Summer 2016 Newsletter

Greetings from Tonya R. Hammer ALGBTIC President, 2016-2017

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national monument, and Eric Banning was confirmed as the first openly gay Secretary of the Army. These are just a few strides our society took forward in the last year.

Unfortunately all of those accomplishments have also been marred by the fact that in the 2015-2016 legislative year we have seen hundreds of anti-LGBTQ+ bills introduced, with over 25 in my state of Oklahoma alone. Many of those bills saw defeat, but there have been the unfortunate passage of some, like the recent bathroom bill in North Carolina and the counseling bill in Tennessee, that outright violate our ACA Code of Ethics. We now have a mass shooting, taking place at a gay club during a Latinx Pride event in Orlando, killing 49 innocent people and wounding many more. My heart breaks and I am saddened with each event that is a result of hate.

Now more than ever it is important that we come together in unity to fight to address the hatred that continues. We must embrace the idea that love conquers hate and that we are stronger together than we are apart. The theme for my year as your ALGBTIC President is “Empowering through Unity”—also the theme for the our upcoming conference.

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You will all be reading this in July but I am sitting here writing this on the afternoon of June 12th. At this time, I am both excited to be writing my first newsletter article as President of ALGBTIC, but heartbroken at the recent events in Orlando. Just a year ago, my predecessor, Kristopher Goodrich, was writing his first newsletter article only weeks following the SCOTUS decision that brought marriage equality to all 50 states. We were celebrating together, while at the same time realizing that we had more work ahead of us. The celebrations have continued, such as President Obama’s sweeping reform on anti-discrimination policies in public schools concerning transgender children and adolescents. President Obama has also established Stonewall in New York as a

Greetings from Tonya R. Hammer, ALGBTIC President, 2016-2017

(Continued from Page 1)

The conference will take place in San Antonio, Texas, September 16-17. I realize in the wake of moving the ACA conference from Nashville, due to recent anti-LGBTQ+ laws passed in the state, some may be questioning our decision to remain in Texas for our conference. As you are aware, the decision to move the conference from Tennessee was made only after the laws had been passed. In states like Texas, while many bills have been proposed, none have passed. We are hoping to initiate conversations at the conference that will help in the ongoing struggle to keep any from passing in the state of Texas. TALGBTIC, as well as TCA, are actively lobbying to keeping any of the anti-LGBTQ+ bills that have been proposed from passing and so far have been successful. To continue those efforts, we are welcoming local and state politicians to our luncheon and conference in order sit down at the table and talk.

We hope all of you will join us in San Antonio, as we anticipate celebrating 20 years as a division of the American Counseling Association in 2017. We are excited to have our ACA President Catherine Roland opening our conference on Friday morning and to have Mark Pope, past ACA President to deliver our luncheon presentation on Saturday. Catherine Roland will be sharing the exciting things that she has planned during her presidential term, many of which were developed with the LGBTQ+ community in mind, and Mark Pope will be talking about the history of our division and of the LGBTQ+ movement. We also have many wonderful education sessions, and a fabulous drag show planned for Friday evening to raise funds for a local LGBTQ+ agency. We hope those of you who perform drag will sign up for the show. We still have much work to do, and I am looking to all of you for your support and guidance during this time. As the recent theme at our Equality Gala in Tulsa stated, The Revolution Continues.....

Tonya R. Hammer, PhD



CALLING ALL ALGBTIC MEMBERS IN FLORIDA

As some of you may know, we are continuing our efforts to move forward with developing an ALGBTIC State Division in Florida. As of June 18, 2016 we were voted in as a Provisional Division of the Florida Counseling Association. This is a status that we will maintain for two years as we strive to meet the needs of our membership and the clients we serve.

As a leadership group, we are working to maintain a presence and support the mission of ALGBTIC at the state-branch level in Florida. In light of recent events throughout our country and specifically in the state of Florida, it is now more important than ever that we continue to strive for promoting the needs of the lesbian, gay, bisexual and transgender population we serve.

Our group will work to promote initiatives that grow competencies for counselor practice and training in LGBT issues in counseling and working with the LGBTQ+ community. If you are interested in joining or getting more involved with the Florida state branch of ALGBTIC, please contact the leadership board at flalgbtic@gmail.com. Thank you!

A Response to *Pulse* from the Florida ALGBTIC Chapter

The Florida Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling (FALGBTIC) expresses our deepest condolences to the victims who lost their lives, those injured, and anyone impacted by the Pulse Nightclub shooting massacre in Orlando. On early Sunday morning, June 12, 2016, the Pulse Nightclub in Orlando experienced one of the most horrific mass shootings in U.S. modern history. We send our love and support to the friends and family who lost someone, and the community affected by this horrific tragedy. True to nature, hundreds of professional counselors immediately responded by organizing and providing grief counseling services to the community; a testimony and demonstration of a strong profession and community.

When tragedy strikes a nation, the effects last for a lifetime as individuals and families journey down the path of healing. A group often affected, yet overshadowed, includes our own counselors. As a reminder from the leadership board, please take care of yourself and practice self-care more than ever now! Stay aware of vicarious trauma, which occurs when individuals feel and experience trauma following an incident, even if they were not present at the traumatic event.

Crisis counseling will be available in both English and Spanish and takes place Monday through Sunday (varying times and days depending on location). For those who are unable to get to a crisis counseling site, the Zebra Coalition has set up an emergency hotline to offer counseling services in both English and Spanish. The crisis numbers are: (407) 822-5036 (Press 1), and (407) 228-1446.

For counselor resources, please see the following list of agencies currently providing grief counseling services.

- The First Unitarian Church of Orlando, 1901 E. Robinson Street between 10 a.m. and 7 p.m.
- Miracle of Love, 741 W Colonial Drive, Orlando, FL 32804 between 11 a.m. and 3 p.m.
- Hispanic Family Counseling, 6900 S. Orange Blossom Trail, Suite 402, Orlando, FL 32809.
- Joy Metropolitan Community Church, 2351 S. Ferncreek Ave., Orlando FL 32806 between 10 a.m. and 8 p.m.
- Aspire Health Services, Crisis Counselors, 1800 Mercy Drive, Orlando FL 32808 between 8 a.m. and 9 p.m.
- Halifax Hospice is organizing crisis counseling and support groups all over the state, please visit lethospice-help.org.

For counselors who are available to provide services, please sign up here: https://docs.google.com/spreadsheets/d/1-QdMUO4FsggB8Mqnro_yZVjO6Jsm5KUL4x_tvgrlIxxg

If you know anyone else able to provide resources, submit information here: <https://docs.google.com/forms/d/1X7sDRfipiMnauOOPnHVNBydxzDUD5wTNadU2G3p80Ss/viewform?c=0&w=1>

For those who want to show other ways of support for the local Orlando LGBTQ+ community, we're providing a list of several options:

- The OneOrlando Fund (www.OneOrlando.org) is a project of Strengthen Orlando, Inc., a 501(c)(3) non-profit corporation created for the purpose of supporting and starting projects to strengthen the Orlando community.
- Equality Florida has a list of resources (<http://www.eqfl.org/news/pulse>) created a fund (<https://www.gofundme.com/PulseVictimsFund>).
- The Center Orlando (www.thecenterorlando.org), an Orlando non-profit agency providing services and support to the LGBTQ+ community.
- The Zebra Coalition (www.zebracoalition.org), an Orlando non-profit agency providing services and support to LGBTQ+ youth and the community.

We hope this information proves useful for counselors, especially as the chances are high for many of us to now help clients heal following this traumatic event. Finally, we are heartbroken that senseless violence continues to destroy lives throughout our nation. We remain hopeful that our profession will make a huge impact on systemic change for building safer, more loving communities.

The Leadership Board of FALGBTIC



Farewell Message from Kristopher Goodrich

ALGBTIC President, 2014-2015

It is hard to believe that this year is almost over. And it's strange to reflect on all that this year has brought. At the end of this year, however, I have to re-attest my love for this profession, this association, and the people who are a part of it. I truly am amazed of the people I have been able to get to know, to know better, and to work with while I served in this role of President this past year.

About a year ago, I noted that a focus of this year would be on collaboration, as a number of opportunities were presented to us from different associations in our field; little did I know how truly important those would be. This past year, we accomplished quite a bit—hosted and co-hosted webinars, chartered state branches, created opportunities for LGBTQ-focused scholarship to be sponsored, as well as provided funds for local chapters, to better serve the needs of members at the state level.

We have also opened dialogue with other associations, focused on intersectional identities, social justice and advocacy, ethics and public policy, as well as co-authored a position statement on LGBTQ+ youth. It been tremendous to see the passion and energy that our members have brought to these issues, as well as see the opportunities for future leadership and growth, which makes this all the more worthwhile.

Our year ended on a potential sour note, with the passage of the Tennessee conscious clause legislation, which challenges our profession's ethical code, can only work to negatively influence clinical services and client care, as well as continue a system of marginalization, stigma, and oppression for certain client groups (including our own). Although it was a controversial decision to move the ACA conference, I am thankful for them to do this, to take a stand for LGBTQ+ persons, as well as the profession of counseling as a whole.



Regardless of your thoughts about ACA's decision, I hope you will join me at the ACA 2017 conference to support ACA and express your appreciation for the hard work they have done for us, this year and before. We are one unified profession, and its time to come together and demonstrate this, to ourselves and to others. And there is no better way we can show support for an organization that took a strong stand for us than by coming out in numbers and having a presence at the 2017 conference.

I cannot thank you enough for allowing me to serve as your President this past year.

Be well, and know you are loved.

Kristopher Goodrich, PhD

ALGBTIC Awards Presented at 2016 ACA Conference

The 2016 ALGBTIC awards were presented April 2, at the ACA conference in Montréal, Canada. The pool of nominations was robust and final selections were very difficult to make. First I would like to say “thank you” to all those nominated! Your contributions to the furtherment and enrichment of the LGBTQ community is invaluable. The pool of candidates was strong with highly qualified nominees, but this year’s winners stood out as exceptional. We are very proud and humbled by their hard work and dedication to the LGBTQ community.

Graduate Student Award: *Christian Chan*. Christian is a 3rd year doctoral student in Counselor Education and Supervision at George Washington University in Washington, DC. The ALGBTIC Graduate



Student Award was established to honor a graduate student member of ALGBTIC who has contributed significantly

in both his research and service.

This year’s recipient has enthusiastically served the ALGBTIC community in multiple roles. He is involved in the leadership of two ALGBTIC state branches, Virginia and Maryland. He was an integral component of both state’s organizing committees. He is currently spearheading an effort to organize an annual, co---sponsored educational event with both state branches, Maryland---ALGBTIC and Virginia---ALGBTIC, to empower counselors with the tools to provide affirming services to all clients who identify in the LGBTQ community.

He has also contributed through his research and professional presentations. He has already begun an ac-

tive research agenda focused on intersectionality. He recognizes that cultural diversity is multifaceted and includes all aspects of identity. Through his research agenda, he will be charting the future course of the counseling field with a focus on the unique intersections of clients’ identities.

Mentor Award: *Dr. Annelise Singh*. This award is presented to an individual identified for her or their significant contribution to mentorship in the ALGBTIC community and to persons within the LGBTQ community. Dr. Singh is an Associate Professor at the University of Georgia and has been a counselor educator for over eight years.

Dr. Singh’s scholarly activity includes thirteen book chapters and 28 journal articles. For many of the manuscripts, she has involved students and new professionals. In this way her mentoring has helped to raise others’ awareness of LGBTQ issues and generate new scholars interested in research and publishing around LGBTQ topics.

Dr. Singh has also presented internationally at 9 conferences, nationally at 46 conferences, regionally at 7 conferences, and at the state level at 18 conferences, and 21



local conferences on LGBTQ topics. As a demonstration of her extensive mentorship efforts, she has presented with new professionals or students. The support she provides to those she mentors empowers them to engage in opportunities which stretch them as scholars and advocates.

ALGBTIC Awards Presented at 2016 ACA Conference (Continued)

She serves her mentees as she does the LGBTQ community; with a seemingly endless source of love and support. She volunteers with YouthPride (Atlanta, GA), serves as a member for the Task Force on Transgender Healthcare for the Georgia LGBT Health Initiative (Atlanta, GA), is the scholarship founder and committee member for *Jenna's Love Scholarship for Fierce Change Agents* with the Georgia Safe Schools Coalition (Atlanta, GA), is a member of T-pros (Professionals Working with Transgender People in Georgia), is the founder and a current member of the Trans Resilience Project, is the founder and volunteer of the Georgia Safe Schools Coalition, serves as the lead organizing committee member for the *Audre Lorde/ Bayard Rustin Breakfast for Queer People of Color*, and is the lead organizing committee member for the Gay Straight Alliance Summit. Within each of these efforts, she creates and leverages professional and personal alliances which allow her mentees to gain personal, contextual insight into LGBTQ populations through volunteer opportunities, access to high quality guest speakers in her classes, and connections within the community.

Ned Farley Service Award: Dr. Ned Farley. This award is presented to an ALGBTIC member who has served ALGBTIC and/or the larger LGBTQ community through forwarding the mission and values of ALGBTIC. Dr. Farley is a Professor at Antioch University in Seattle, WA. He has been a counselor educator for over 20 years.

Dr. Farley has served as a National Co-Chair from 1993-1994 of what was an interest network comprised of ACA members interested in queer issues. During this time, the interest network was not recognized by ACA as an official division. He along with other members worked tirelessly to get ACA to recognize the group as a formal division and in collaboration with those members of the interest network, in 1996, ACA recognized AGLBIC as an "organizational affiliate." Albeit not an official division, this gesture from ACA demonstrated that it was listening to him and the other members of the organization. He continued to fight for full divisional status,

and in 1997 the Association of Gay, Lesbian, and Bisexual Issues in Counseling (AGLBIC) was officially recognized as an ACA division.

After the formation of AGLBIC, he continued to serve the division. From 1999-2002, he was a Board Trustee where his primary responsibilities were to chair the Program Review Committee. Because of his strong work ethic and passion for the association, he was elected President of AGLBIC, where he served from 2002-2003 and 2004-2005 and then on Governing Council from 2006-2009.

In 2004, while serving as President, he began to push for and bring into fruition a



professional journal for the division. He became the first Editor-in-Chief (EIC) of the *Journal of LGBT Issues in Counseling*. He has been serving as EIC for the past 11 years and "retired" as EIC in December 2015.

In all of these years, Dr. Farley has never been recognized for all of his service to ALGBTIC. Much of what ALGBTIC is today is, in part, due to the service of him.

Because of the years of service and dedication, ALGBTIC's Service Award has been renamed the Ned Farley Service Award!

It was a wonderful celebration of wonderful people and extraordinary work! I encourage you to visit the ALGBTIC website for next year's awards and nominate someone you know who has made an impact on our community!

-Jane Rhieneck

Open Letter Regarding Decision for Relocating 2017 ACA Conference

Dear Colleagues:

On behalf of ALGBTIC we want to commend ACA and the Governing Council for their courageous and significant decision to relocate the ACA conference from Nashville, Tennessee. ALGBTIC appreciates the thoughtful consideration from all sides of the issues involved concerning this recent decision. As ALGBTIC previously stated in the letter on behalf of a majority of our board, we fully supported moving the conference to a different location in light of the recent law passed in Tennessee. We know the decision was a difficult one to make and we are appreciative of the final decision.

Over the years, ACA leaders, including past ACA Presidents, as well as ACA staff have provided countless examples of support for ALGBTIC as a division within ACA and we are grateful for this support. ALGBTIC wants to encourage all our members, and all members of ACA, to attend the ACA conference in 2017. As ACA has stated, between now and the conference in 2017 we all need to continue working together to address the issues surrounding the laws recently passed in North Carolina and in Tennessee and

how best to support counselors practicing in those states, and beyond.

During the upcoming ALGBTIC conference in September 2016, there will be opportunities for conference attendees and division leadership to strategize how we can best help counselors impacting by these laws and continue to advocate and empower those fighting for inclusion on a daily basis. ALGBTIC will continue to do all we can to support ACA and the ACA national conference. The ALGBTIC board looks forward to partnering with ACA leaders and ACA staff to make the 2017 conference a deeply meaningful experience for all attendees. We hope to see you in 2017 at the ACA conference, as well as the 2016 ALGBTIC Conference in the fall.

Sincerely,

Tonya R. Hammer, PhD, LPC-S

May 18, 2016



Presenting the newly established ALGBTIC-New York

ALGBTIC-NY is moving forward with developing and completing outreach to all ALGBTIC members in New York State to establish a state branch. Currently in our development, we are seeking new members to add to our growing interest. ALGBTIC-NY hopes to serve as a major support in NYS providing resources and trainings on LGBTQ issues, networking with fellow counselors and providers, advocacy, and more. If you are a ALGBTIC member living in New York State and would like additional information on our status and/or ways to get involved; please feel free to reach out to our President, Frank Noll, at Frank.noll@gmail.com or Secretary, Raymond Blanchard, at RayBlanchardmsed@gmail.com.



Feeling for a Pulse: Coping with Catastrophic and Traumatic Events

*Masa Grgan and Lauren Chase

The shooting in Orlando has marked the greatest tragedy since 9/11, traumatizing countless people. A crime committed at a place that was meant for people to have fun, has now compromised the safety of many community members all over the world. The little control that the LGBTQ community has over where to be themselves without judgment seemed to be taken away. With several people being outraged, hurt, and scared, it is important to remember that fear, panic, and worry bring no benefits.

For any person affected by catastrophic and traumatic events, social support is an essential coping resource. Social support provides a basic feeling of safety and connectedness to the community. It is also important to pay attention to any symptoms that may occur within 3 months following a traumatic event, such as intrusions or flashbacks. In case symptoms do develop, it can be helpful to pay attention to what situations or places trigger the symptoms, as well as what reaction and memory comes with those symptoms. Sometimes it is helpful to initially reduce exposure to the identified triggers, even though one should be careful not to completely avoid them.

Grounding oneself in the present is another helpful strategy to cope with catastrophic and traumatic events. Focusing on sensations such as hearing, touch, or smell in the moment is one way of doing so. Other relaxation techniques are very helpful as well, such as active relaxation by exercising or learning to control one's own breathing. Furthermore, it is important to realize that we have control over our own cognition. Limiting the amount of time thinking about the memory of the tragedy is possible and helpful as long as it does not turn into avoidance.

A very helpful strategy to cope with feelings of depression and anxiety that may occur as a result of this catastrophic occurrence is following the *AWARE strategy* (Beck, Emery, & Greenberg, 2005). First, it is important to *accept* the thoughts and emotions that occur as a natural response to the event. After that, one should *watch* these thoughts and feelings from a distance and reflect on them. *Acting* as if one overcame the anxiety and depression is the next step, and possibly most challenging step. *Repeating* the first three steps as much as possible is crucial to reinforce the new way of thinking. As sadness and anxiety are natural responses to such tragedy, *expecting* a realistic and gradual improvement is necessary (Beck et al., 2005).

The process of recovering and coping with the aftermath of the catastrophic and traumatic events, such as the shooting in Orlando, can be compared to a marathon. The transition is a gradual and long-term process that is expected to be sporadic. However, it is important to keep in mind that no trauma is greater than the human capability to heal.

Beck, A. T., Emery, G., & Greenberg, R. L. (2005). *Anxiety Disorders & Phobias: A Cognitive Perspective*. England: BASIC Books (NY).

**Contributing writers are clinical mental health counselors-in-training from Georgia State University.*

ALBTIC Conference

San Antonio, Texas

September 16 and 17, 2016

We are excited for a great time at our 2nd biennial ALBTIC Conference to be held in San Antonio, Texas on September 16-17, 2016. The theme of our conference will be, "Empowering Through Unity."

Registration is now open and will continue until the start of the conference. Please make sure to take advantage of our early bird discounts and get registered today!! See our rates below and consider an ALBTIC membership when you register! Professional membership is 47.00 and student membership is 30.00. Membership will entitle you to a lower conference rate, as well as many other benefits throughout the year. Visit the ALBTIC website for more information at www.albtic.org

- Early Bird until August 1, 2016/ Regular Onsite Rate
- ALBTIC Professional Member: 155.00/195.00
- (One session: 50.00/ Two session 80.00)
- Non-ALBTIC Member Rate:
190.00/225.00
- (One session 60.00/ Two sessions 90.00)
- ALBTIC Member Student Rate:
70.00/85.00
- (One session 40.00/Two sessions 70.00)
- Non-ALBTIC Student Rate: 85.00/90.00
- (One session 45.00/Two sessions 75.00)



To reserve a room for your stay visit:

Hotel Contessa: <http://www.thehotelcontessa.com>

306 West Market Street <http://www.thehotelcontessa.com/>, San Antonio, TX 78205

If you have questions please contact our Conference Registration Chair Noreal Armstrong at dr.flowerchild.524@gmail.com

The ALGBTIC Newsletter is Welcoming Submissions!

Please review our guidelines for submission. We would love to hear from professional counselors, counseling students, counselor educators, and counselors working in research settings. Contribute your voice to the next ALGBTIC newsletter. Please contact Franco Dispenza, Newsletter Editor at fdispenza1@gsu.edu with any questions.

Guidelines for Newsletter Submissions

All submissions must be electronic, written in Microsoft Word document formats (.doc or .docx) and included as an email attachment.

All submissions must be in 12-pt Times New Roman font with 1" margins.

All submissions must adhere to word limits for article category.

All submissions must include author's name, degree(s), academic or institutional affiliation, telephone number and email address in a cover email.

Any citations must follow APA Style Manual, 6th Edition, and language should be free of bias in accordance with APA's style guidelines.

Any submission not adhering to #1-5 above will be returned to the author for revision before review.

We welcome all submissions that would be of interest to our readership and ALGBTIC members. Information should be current and informative.

Submissions that promote dialogue and opinion are especially encouraged.

Submission Categories

New and Noteworthy – this category is for upcoming social, political or advocacy current events. Events may be local, statewide, or national in scope. Also may include synopses of current news items or media (films, art, music) that may be of interest to our readers. 500 words or less.

State Chapter News – this category is for legislative and scope of practice updates from our state chapter leaders, and for any counseling-related or LGBT-affirmative events that the state wants to publicize. For example: rallies, benefit walks, legislative action days, etc. 500 words or less.

Fresh off the Presses – this section highlights chapters, books, and articles (peer-reviewed or not) written by ALGBTIC members and student members. Only 3 publications per member will be included in an issue of the newsletter. Full citations, please.

Practice Matters – this category is for practicing professional counselors, counseling interns or counseling psychologists to address topics of relevance to practitioners in agency or private practice settings. Examples include multicultural concerns, insurance involvement in client care, DSM-V impact, ethical issues. 1,000 words or less.

Major Contribution – this category is for academic articles on the theory or practice of counseling or counselor education. Submissions welcomed from faculty, graduate students, and LGBT scholars and allies. 1,500 words or less.

Difficult Dialogues – this category is for controversial topics of interest or discussions between professionals on two sides of an issue. For example, medically assisted hormone blockage for trans-identified children. 1,000 words or less.