

# The PACES Newsletter

A Publication of the Pennsylvania Association of Counselor Education & Supervision

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## A Message From the President



Hello Everyone, I would like to take this time to introduce myself as the new president of the Pennsylvania Association of Counselor Education & Supervision (PACES) for 2006-2007. First of all, I would like to thank my predecessor Dr. Kelley Kenney for her years of loyal service to both the Pennsylvania Counseling Association and PACES. Both organizations are better as a result of her efforts. Second I would like to thank Dr. Shon Smith and Dr. Nadene L'Amoreaux for their willingness to serve on the PACES leadership team. Each of these individuals are dedicated to the improvement of counselor education and supervision within the profession and the Commonwealth of Pennsylvania. For this I am grateful.

I would like to take this time to talk with you as to my objectives for the upcoming year. My first objective is to improve communication with the membership and the public at large. As you probably can tell, I am a visual person. I thought a newsletter would give us a great opportunity to give voice and sight to our many stories and to chronicle what we do as counselor educators and supervisors. In issues to come, I want to run articles that highlight the good works performed by our members. I don't believe we show others what we do in our profession. My second objective is to increase membership in PACES. I would like PACES to become a vibrant and energetic presence when working through the major issues affecting counselors at both the state and national level. Our issues and concerns need to be seen and heard. We can only do this if others believe enough in PACES to become members. I need each and everyone of you to ask colleagues to become members of PACES.

My third and final objective is for PACES to become a leader in the supervision of post-masters degree counselors, especially those counselors who are working towards becoming licensed professional counselors. To this end, I have asked Dr. Grafton Eliason of California University of Pennsylvania ([eliason@cup.edu](mailto:eliason@cup.edu)) and Dr. Mark Lepore of Chatham College to co-chair a committee that will develop and implement post-master supervision training workshops that will be offered throughout the Commonwealth next year. I believe now is the time for PACES to take an active role in this matter. Anyone who is interested in participating in this important endeavor, I ask that you attend *the PACES Division Meeting at the PCA Conference on Saturday October 28th from 5:15 PM to 6:15 PM*. Finally, I look forward to being of service to you and PACES. I can be reached at [patrick@cup.edu](mailto:patrick@cup.edu). Take care and be well!!!!

## 38th PCA Conference "Healing Mind, Body, and Spirit"

The 38th Annual Conference of the Pennsylvania Counseling Association will be held at the Penn Stater Conference Center & Hotel in State College on October 27-29, 2006. The theme of this conference is "Healing Mind, Body, and Spirit" which focuses on a holistic approach to providing counseling services. The keynote address will be given by Dr. David Arena entitled "Professional Counseling at a Crossroads: Blazing Its Own Trail or Falling in Line." The sessions are quite diverse ranging from ethics to spirituality with many PACES members presenting. Our own Dr. Shon Smith has served as the conference chair. Thank you Shon.



### 2006-2007 PACES Officers

- Dr. John Patrick, President and  
*PACES Newsletter Editor &  
Photographer*
- Dr. Kelley Kenney, Past  
President
- Dr. Shon Smith, President-Elect
- Dr. Nadene L'Amoreaux,  
Treasurer

The 2007 Annual American Counseling Association Conference will be held from March 21-25, 2007 in Detroit Michigan. For more information: [www.counseling.org](http://www.counseling.org)

The 2007 Pennsylvania School Counselors Association Annual Conference will be held from April 19-21, 2007 at the Lancaster Host Resort and Conference Center. For more information: [www.pasca-web.org](http://www.pasca-web.org)



## PACES Division Annual Meeting

The Annual PACES Division Meeting will be held in conjunction with the PCA Conference on Saturday October 28, 2006 from 5:15 PM to 6:15 PM. At the Penn Stater Convention Center & Hotel on the campus of The Pennsylvania State University. Drs. Mark Lepore and Grafton Eliason will organize efforts to develop and implement a series of workshops throughout the Commonwealth on how to conduct post-masters counselor supervision. Anyone who is interested in participating in this important initiative should plan on attending this meeting.

## ACA Sports Counseling Interest Network (SCIN) by Dr. Taunya Tinsley

Sports counseling is defined as "a process which attempts to assist individuals in maximizing their personal, academic, and athletic potential. This [sports counseling] is accomplished through a proactive, growth-oriented approach that incorporates the principles of counseling, career development, movement science, psychology, and human development" (Nejedlo, Arrendondo, & Benjamin, 1985, p.9). According to Nejedlo et al., athletic counselors [or counselors in general] should have specialized knowledge and skills beyond the basic counselor preparation.

The purpose of the Sports Counseling Interest Network (SCIN) is to give members an opportunity to learn about particular topics of interest in counseling athletes and sports counseling, to establish an organized presence of counselors, educators, students, and related professionals, provide sports counseling resources, and to network with others who have similar interests. Additionally, the SCIN would serve as a liaison to the American Counseling Association (ACA), conduct scholarly research, and generate a presentation track on sports counseling topics at the ACA Annual Meetings.


Counseling athletes and sports counseling have been the focus of a number of authors who have outlined the developmental needs and concerns of student athletes for professional assistance (Chartrand & Lent, 1987; Farrell, 1996; Frantz, 1967; Goldberg & Chandler, 1995; Hinkle, 1994a, 1994b; Petitpas & Champagne, 1988; Ruffer, 1971; Valentine & Taub, 1999; West, 1975). However, the practice of counseling student athletes preceded the development of preparation programs for educating counselors for this specific population (Miller & Wooten, 1995). It was not until 1985 that competencies for athletic counseling were first outlined in the Association for Counselor Educators and Supervisors' project "Counselors of Tomorrow" (Nejedlo et al., 1985).

The SCIN will assist to meet the particular interests and needs of the ACA membership. The SCIN will also provide a forum for discussion among members with similar interests and nurture the growing diversity within the American Counseling Association.

If you are interested in becoming a member of the Sports Counseling Interest Network, please email Dr. Taunya Tinsley ([Tinsley@cup.edu](mailto:Tinsley@cup.edu)) your Name, address, phone number, and e-mail address.

### References

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"Perhaps each of us has a starved place, and each of us knows deep down what we need to fill that place. To find the courage to trust and honor the search, to follow the voice that tells us what we need to do, even when it doesn't seem to make sense, is a worthy pursuit."

Sue Bender, Plain and Simple (1989)



## ACA Sports Counseling Interest Network (continued)

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- West, J. O. (1975). *Determining the effectiveness of counseling on collegiate student-athletes*. Unpublished doctoral dissertation, University of Virginia.

### Insight by Dr. Jeff Samide

I will never carry the honor of being the sharpest tool in the shed. Often the insights gained by a client or a student of mine and kindly attributed to me is more the result of serendipity... or just dumb luck. But despite- and in some cases, because of my above-described handicap- I have accomplished a good work record as a professional counselor and educator.

For example, a few weeks ago I was conducting a Practicum I tape review. I asked for a volunteer to present their tape. Uncharacteristically, only one student volunteered. She proceeded to describe the tape in some detail. However, what struck fear into my soul was her warning: "This tape might be a little hard to hear."

Now, many of you have been in the same position. You know what I mean-a recording that has great educational value but limited audibility. In this class, we did what we almost always do. We get the best tape player we have (usually the one with honking big speakers) and "pump up the volume" and hope for the best.

But on this particular day, we had yet another hurdle. The power cord on our best player was only about two feet long. The class was settled into a circle about fifteen feet from the closest outlet. Rather than move the entire circle or have the presenting student operate the player away from the class, I volunteered to operate the machine.

Usually, I find myself frequently stopping the recording to comment upon Microskills, theoretical perspective or to include other thoughts and pithy comments. But sitting with the class and lunging from my chair to stop the recording before it got too far from the chosen point soon got the better of me...not to mention the student sitting next to me who spastically reacted to my every lunge.

So I chose to let the tape play without my intervention. It went on for perhaps twenty minutes, unmolested. As it played, I looked at the faces circling around me. Several looked perplexed at my lack of action. Others apprehensively played with their pencils wondering what odd and mildly abusive activity lay in store for them. And others were likely wondering if I had fallen into some odd fugue state of open-eyed sleep.

To be honest, I was wondering what I was going to do next. No plan. Nothing brilliant. Not even anything pithy. Now what?

When I finally stopped the recording, there was the typical moment of silence when the class waits for the cue from the instructor regarding how we were to best proceed. I shared in their silence, hoping *they would tell me* how best to proceed.

But it was not to be. The first move was to be mine. So, I mustered up a modicum of dignity and brilliantly queried my class with the following: "So, what do you think?"

What followed was beyond my expectations. The class initiated a discussion that focused not on the micro skills...but on the totality of the tape! They led me through discussions that made solid observations about the mood and demeanor of the child. They developed hypotheses that supposed how different interventions at different times might yield different results. But best of all, we weren't talking about a client... we were talking about a kid. A little child whose fears, anxieties and self-doubts mirrored our own.



## Insight by Dr. Jeff Samide (continued)

As the class concluded, several students made the comment that means a great deal to all of us who teach: "Great class, Jeff." Ah yes, Jeff. Great class indeed. You pulled yet another one out of the orifice where your vision of brilliance resides.

But as I walked back to my office, I came to realize that maybe I did contribute a bit more than my gift of serendipity. I remained open to and eternally optimistic that it all would work out. Perhaps my greatest gift to the class that evening was that I simply trusted my class and got out of their way.

## A Special Course on Counseling Athletes

Are you interested in sports? Are you interested in working with the athlete population? Are you interested in the developmental needs of athletes? If yes to any of these questions, then you may be interested in a new special topics course being offered in the Spring 2007 at California University of Pennsylvania. For more information please contact Dr. Taunya Tinsley at [tinsley@cup.edu](mailto:tinsley@cup.edu) or 724.938.4123.

What:	<b><i>Issues and Techniques in Counseling Athletes</i></b>
Course Description:	Sports counseling is defined as "a process which attempts to assist individuals in maximizing their personal, academic, and athletic potential." Sports counseling is accomplished through a proactive, growth-oriented approach that incorporates the principles of counseling, career development, movement science, psychology, and human development. Athletic counselors, or counselors working with the athlete population, should have specialized knowledge and skills beyond the basic counselor preparation.  The Issues and Techniques in Counseling Athletes course examines current counseling strategies used with members of sport teams at the youth, high school, college and professional levels. Participants will explore current research in three main areas:  (a) motivation and life skill development, (b) psychosocial development, and (c) career maturity.

When:	Monday's 7:00-9:45pm; Spring Semester 2007
Instructor:	Dr. Taunya Marie Tinsley

## ACES National Conference

The 2007 ACES National Conference "Vanguards for Change: ACES and Social Justice" will be held from October 10-14, 2007 in Easton Town Center, Columbus, Ohio. Program proposal applications are due on December 1, 2006. Application forms can be obtained at [www.aces2007.net](http://www.aces2007.net)



The Hilton Hotel at Easton Center, Columbus, OH

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