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### 2006-07-22 PCA PASERVIC Newsletter

Pennsylvania Counseling Association

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# PASERVIC NEWSLETTER

Integrating Spirituality, Ethics, Values and Counseling

Volume 7 Number 2

July 2006

**Welcome** to the PASERVIC newsletter. I am pleased to be serving as this years President, and I am looking forward to working with the PASERVIC Executive Board.

PASERVIC is a national organization serving an association of counselors in Pennsylvania “committed to the infusion of spiritual, ethical, and religious values into the practice of counseling.” PASERVIC welcomes new members counselors interested in learning new ways to explore and apply spirituality in a clinical setting.

What does it mean to infuse spirituality into the practice of counseling? In my opinion, it can best be said by understanding holistic psychotherapy. Holistic addresses the “whole” person, body, mind, and spirit. Holistic combines traditional *talk therapy* with experiential methods including but not limited to meditation, stress management, journal writing, dream work, guided imagery, etc. A counselor strives to be an example in self-care educating clients by practicing and encouraging exercise, diet, meditation, relaxation training, massage, yoga, Reiki, and other mind-body modalities that help balance and stabilize mood. A holistic point of view utilizes, when indicated, psychotropic medications in combination with holistic modalities to resolve problems. In my thirty years experience as a holistic psychotherapist, a holistic approach helps integrate, heal, empower, and bring a “sense of connectedness” peacefulness, wholeness and spirituality into one’s life.

It is timely that I am this years PASERVIC President. After eight years of study, my dissertation in Holistic Health Sciences was approved in April 2006 by Clayton College of Natural Health, one of the oldest schools in holistic health. Clayton College of Natural Health offers degree programs in Natural Health, Traditional Naturopathy, Holistic Nutrition, and Holistic Health Sciences. ([www.ccnh.edu](http://www.ccnh.edu)) One of my goals as PASERVIC President is to educate clinicians and clients about the importance of using a holistic approach in treatment. To this end, in my practice I apply a treatment model I call *The Psychology of Balance*. The Psychology of Balance places emphases on wellness, meditation and other holistic approaches and teaches the importance of taking time for self-care to help balance life and integrate oneself body, mind, and spirit. I will be presenting a workshop on this material at the PCA 2006 conference.

In May 2006, the PASERVIC weekend retreat was held at Mountain Dale Farms in lovely McClure Pennsylvania. Meals were provided by the participants as were the workshops.

Effortless Meditation Therapy (EMT) was taught by Ruth Hoskins, PHD., LCSW, BCD. A Reflexology workshop was taught by Lisa M. May, MA, NCC, LPC. A dream workshop was taught by Carl Back, M.S. ED. A Convergence of LGBT and Spirituality workshop was taught by Peggy Lorah, D. Ed., NCC, LPC. Daily walks around the beautiful well-manicured grounds of Mountain Dale Farm a working farm replete with roosters, pigs, peacocks, dogs, chickens and geese added to the pleasurable ambience and the joy of being together. Participants could earn up to 10.5 CEUS for NBCC.

I hope to see you in October at the annual PCA Conference. In keeping with the 2006 PCA conference theme on Holistic, *Body Mind and Spirit*, PASERVIC will be hosting a roundtable discussion on spirituality and the application of holistic modalities in counseling.

PASERVIC invites you to join us for dinner on Saturday evening at the PCA conference. This is a time to relax and share experiences. Mark your calendars for our May Spring Retreat 2007 a great way to rejuvenate, meet new people, and strengthen relationships. Tentatively scheduled for May 12th and 13th, 2007.

Wishing you Wellness.....Ruth Hoskins, Ph.D., LCSW, BCD

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## **A MESSAGE FROM JOANNA PASERVIC PAST PRESIDENT**

What a year we have had. PASERVIC offered counselors, students and counselor educators four seasons of connection and skill development this year. We gathered in Western PA at Gannon University, Central PA at the PCA conference, and put out two newsletters.

This year's Spring retreat was a great opportunity to relax and renew. Mountain Dale Farms is a peaceful and rejuvenating retreat site that is located on an active farm. Cows, chickens, goats, ducks, and peacocks populate the farmyard. Various cabins are arranged around a pond teeming with wildlife. A few of the retreat participants took a short hike into the woods and had the opportunity to see a bear running away in surprise of the human activity. Another group took extra time to hike to the summit of the mountain and

gain perspective on a difficult decision at work.

We all relaxed to the soothing guidance of Ruth Hoskins, Ph.D., LCSW, BCD after eating a fresh meal made cooperatively as the participants arrived from various parts of the state. Saturday morning was a great opportunity to have a breakfast meeting and plan the next year's activities. Later that morning, Peggy Lorah, LPC, president of PALGBTIC led an awareness raising discussion about the intersection between sexuality and spirituality. Participants shared openly about their personal experiences and struggles to deal with sexuality and spirituality in a culturally heterosexual-centric-conservative society.

Lisa May, LPC, led an experiential workshop on reflexology. All participants had an opportunity to provide and receive a relaxing foot massage and to learn about the mind body connection achieved through the map of the foot. We left feeling relaxed, renewed and smelling like roses.

Carl Back, M.Ed. shared his experience of "the dream retreat". Participants shared their understanding and exploration of dreams as a valuable window into the unexplored side of daily living.

Each year's retreat offers participants an opportunity to connect with like-minded practitioners, expand their skills, and recharge their spirit. Relationships develop and expand, and we are all internally challenged with exactly the issues most pertinent for our development at that time in our lives. Next years president, Ruth Hoskins, will undoubtedly put on a retreat that will provide just the right opportunity needed for the spiritual evolution for those who attend.

I have enjoyed my experience as this year's president of PASERVIC. I am generally not one to volunteer for a leadership position. Being the president was a stretch for me and was just the right challenge for my growth. I stepped out of my comfort zone as I talked to people I have never met before about a subject very close to my heart. I felt vulnerable as I invited people to attend events that I hoped would help them to connect and grow. I offered myself as someone who has something to share in the professional field of counseling and the infusion of spirituality with very little support from my current employer. I feel proud of myself and have felt enough confidence to make some important life changing decisions. It was truly an opportunity to challenge myself to evolve as a spiritual being. I am grateful.

I wish all of you peace. Namaste, Joanna

## **2006 EXECUTIVE BOARD LINE-UP**

**President:** Ruth Hoskins, Ph.D., LCSW, BCD, is a psychotherapist for families, individuals, and couples, a stress management consultant, certified relationships counselor, and an approved trainer for the Critical Incident Stress Foundation.

Ruth is the Director of Relaxation International. She is a national speaker and teaches the Psychology of Balance Wellness Program. Ruth was recognized in the 2005 National Register's Who's Who in Executives and Professionals. She teaches Health Psychology, the Mind-Body Connection at Chestnut Hill College. She is the author of *No Time for Down Time? Easy Stress Solutions for You* and *Active Relaxation*.

**Past-President:** Joanna Castro, MS, NCC, LPC, is a therapist for a community mental health agency in central PA. She received her degree from Shippensburg University and went on to earn over 80 hours of credits studying play therapy. Joanna serves all ages, working with individuals, families and community programs to enhance the well being of her community. She is an outdoor Behavioral Healthcare in Mt Gretna.

**President-Elect:** Lisa M. May, MA, NCC, LPC, is entering her 5th year in the Counseling Psychology doctoral program at Gannon University. She resides in Greenville with her wonderful husband and three children (ages 5, 6, and 13). Lisa's interests include stress/coping, wellness, and diversity research.

**Secretary-Treasurer:** Heidi B. Roeder, MS, NCC, LPC, received her Master's in Mental Health Counseling from Shippensburg University in May, 2002. Heidi is a therapist at Family Service Partners in Harrisburg, PA, a private, non-profit public service agency that provides outpatient counseling to individuals, families and couples. Heidi primarily focuses on the needs of adults and adolescents, and also works with couples and parent-child relationships. Counseling is a second career for her, coming from an administrative background in healthcare for 20 years. Heidi has three boys ages 10, 18 and 22, two cats and a bearded collie.

**Eastern Representative:** Rhonda Myers, MS, NCC, LPC is a therapist for Philhaven Behavioral Healthcare in Mt Gretna, working primarily with adults and adolescents. She received her counseling degree from Shippensburg University and has experience in inpatient, Partial hospital, college counseling, and outpatient settings. She is currently involved in a post-masters certificate program for organizational counseling through Johns Hopkins University. Rhonda lives in Elizabethtown and has three daughters (ages 18, 17, and 15).

**Western Representative:** David Tobin, Ph.D., is an Associate Professor and Director of the Community Counselor Program at Gannon University. Interests include teaching counseling and spirituality, African drumming, and outdoor activities.

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