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Integrating Spirituality, Ethics, Values and Counseling

PASERVIC NEWSLETTER

Volume 6, Number 1

July 2005

President's Message

A soul without a high vision is like a ship without a rudder.

Eileen Caddy

This last year as the President Elect has been a joy. I am grateful to have been under the guidance of Jack Smith and to have been included in every step of the path to prepare for my journey this year. In July of 2004 our executive council identified the goal of increasing membership and connectivity amongst the members. We took a weekend to define how we would do that and came up with a productive agenda for the year.

Our first opportunity to increase our connection occurred at Gannon University's Spirituality and Counseling Conference in Western PA. Then we invited PCA members and conference attendees to join us for dinner at the Penn Stater's restaurant. We followed dinner with an evening of drumming and a Sunday morning business meeting. In the early spring we offered an Eastern gathering for a Saturday afternoon and finally enjoyed our culminating event of the spring retreat near Halifax in Central PA. Throughout our year we have opened the PASERVIC community of support to other professionals, students, and counselor educators and have succeeded in increasing our membership.

As a result of our connections I have experienced a sense of community amongst the members. The power of a community is great and can cascade ripples of good will and kindness in a world that can only grow from such benign energies. PASERVIC has provided me with an opportunity to put my spiritual ideas and studies into practice by sharing it with others. After all, spirituality is a holistic approach to living and is not just a way of thinking, and perceiving, but also a way of acting and contributing.

It would be my pleasure to follow last year's pattern and invite all of you to join us for the same events this year. Please see Lisa May's announcement about the Gannon Conference. Consider yourself officially invited for dinner on Saturday evening, at the 2005 PCA conference, November 19th, 2005 at 6:30 p.m. followed by a 9:00 pm musical gathering. Check the PCA conference schedule for details on these gatherings. Also, look for announcements about our spring events in the winter newsletter.

I have found that each time we gathered for our events, I left feeling renewed in my commitment to my own spirit. I found my essence could flow through me more freely so that I may be a better counselor, friend, family member, and community member. I look forward to bringing this commitment of spirit to PASERVIC. My goal for this year is to continue to nourish the connections that have been created through this division, and

to keep our community of support open and expanding. However, my highest aim is to increase peace. I hope that we may increase peace in our own lives and in the lives of all those who are touched by what we create as an association. May we live in a community of peace with all of earth's creatures, behaving as though our very lives depended on it. Namaste, Joanna

Past President's Remarks

Do not go where the path may lead, go instead
where there is no path and leave a trail. *-Ralph Waldo Emerson*

It has been my honor to serve as your president this past year, and I'm pleased to add some thoughts in this issue. It's been a meaningful year for PASERVIC. We've increased membership and enhanced the sense of community and connection among us members as we grew closer via first-ever Western and Eastern regional meetings and then our recent Annual Spring Retreat in the beautiful mountainside woodlands of Camp Hebron in Halifax, PA.

Obviously, I have plenty of people to thank for coordinating our several events, presenting at the Retreat, offering me guidance or mentoring, participating and sharing in our workshops, generally supporting me in various ways this year, etc., etc. Hence, it may be safer if I not mention particular names lest I forget someone – you know who you are, and I'm so grateful for you being involved these past 12 months. Thanks much.

The division also concluded its spring elections on April 25 and I couldn't be happier and more confident about passing the helm over to Joanna Castro Shaffer. Joanna devoted so much of her time and energy attending PCA meetings with me this past year, and PASERVIC will indeed be in good hands for 2005-2006. Thanks much, Joanna. And, she'll be supported by a fine group of dedicated officers serving on the Executive Committee. I am proud to introduce the new officers for the coming year.

President: Joanna Castro Shaffer, 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 enthusiast enjoying hiking, ice skating, swimming and being with nature.

President Elect: Ruth Hoskins, 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, a trainer for Fortune 500 companies, and was recognized in the 2005 National Register's Who's Who in Executives and Professionals. Ruth teaches Health Psychology, the Mind/Body Connection at Chestnut Hill College and teaches Wellness Programs in the Tri-State area. She is a Ph.D. Candidate in Holistic Health Sciences and the author of *No Time for Down Time? Easy Stress Solutions for You and Active Relaxation*. Ruth is a Disaster Action Team Leader and coordinates the PADE, Pets Awareness Disaster Education Program for the American Red Cross.

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 9 to 21, two cats and a bearded collie.

Eastern Representative: Sue Thompson, MA, NCC, received her Master's Degree in Mental Health Counseling from Marywood University in January, 2005. Her goal is to combine her counseling skills with her many years as an environmental educator and practice "Ecopsychology" or what she is calling "Eco-counseling" within a private practice. Sue is also a Feng Shui practitioner, aromatherapist, first level Reiki practitioner, and is currently being trained as a Certified Natural Health Professional. She enjoys hiking, kayaking, biking, photography, T'ai Ch'i, writing, drumming, and Native American flute playing. Sue lives on a 33-acre farm in Honesdale with her husband, her dog, and six cats.

Western Representative: Lisa M. May, MA, NCC, LPC, is completing her third year in the Counseling Psychology doctoral program at Gannon University. She resides in Greenville with her wonderful husband and three children (ages 4, 5, and 12). Lisa is currently working part-time with Northshore Psychological Associates administering pediatric neuropsychological evaluations. Lisa's interests include stress/coping and diversity research.

In closing, this has been a wonderful year for me and I've thoroughly enjoyed the connections I made both in our Division and as your representative on the PCA Executive Council. I look forward to continued fellowship and support along our future journeys. In the meantime, many blessings on your paths and may your paths be playful. Thanks and be well. Namaste, Jack

Message from the President-Elect
Ruth Hoskins, LCSW, BCD

It was a warm spring day in May 1972, when my cousin Jane, someone I will always be grateful to, knocked on the door of my apartment, bubbling with enthusiasm. She told me she had recently been taught how to mediate and she wanted me to learn to meditate too.

Cousin Jane, five years younger and born on my birthday, is special to me. On that beautiful day in May, I was leaving for the tennis court, tennis racket draped over my shoulder. My bleached white sneakers and tennis shorts made the statement that I was more interested in a serious workout than sitting quietly with my eyes closed and learning to meditate. I listened to her, albeit lacking enthusiasm and resisting her words. How can I sit with my eyes closed and meditate for twenty minutes a day? I am an active person.

However a few weeks later I began meditating, and have continued to enjoy this easy closed eye process for the past thirty-three years.

Jane was right. The daily practice of meditation, the effortless kind that I learned and teach to clients and at workshops, did indeed improve my life. Practiced consistently, the benefits of closing one's eyes and passively observing one's thought while introducing a word like "Relax" into the mind and allowing it to leave again, draws the attention from outer activity, inward. This simple process has remarkable benefits.

I feel more balanced. My energy has increased. My stress has decreased. But closing my eyes and turning my attention inward, allowing my thoughts to come and go while I passively observe them saying the word "Relax," has given me the greatest gift of all. A connection to my Higher Self, a Self that reminds me to be grateful for life, to trust my intuition, and keep my heart open to other people.

My spirituality, awareness of something greater than myself was unfolding on that day in May. Beginning the practice of meditation accelerated the process. Fortunately, I accepted the gift that was introduced to me by my cousin. And with it came the added benefits of balance, healing, decreased stress, a rich spiritual life, and the golden gift of awareness of a Higher Self.

Reaching Across the Gap: Integrating Counseling and Spirituality 8th Annual Counseling and Spirituality Conference

Gannon University in Erie, Pennsylvania is proud to announce its 8th annual Counseling and Spirituality Conference hosted by the Psychology Department. This year's conference will be held on Saturday, September 17 from 8:00 am to 4:30 pm at the Palumbo Academic Center, on Gannon's campus. Up to six continuing education credits will be offered for Professional Counselors and Social Workers. The Keynote speaker is Dr. Elliot Ingersoll from Cleveland State University. Other presentation topics include: From Zolof to Zen: The Buddha in Counseling; Mindfulness: A Bridge Between Spirituality and Counseling; Accelerating Transformation: Twelve Continuous States of Consciousness; Understanding and Promoting Forgiveness; Sense of Coherence: Interventions for Traumatized Clients; Exploring Ethics and Spirituality in the Counseling Process; Existential and Spiritual Issues in Death Attitudes; Counseling and Spirituality in Critical Medical Care; Creating a Balance between Mind, Body, and Spirit; Hinduism and Spirituality: A Journal Inward; Positive Psychology: Illustrations from the Catholic Life.

The rate for the conference is \$50.00, which includes a continental breakfast, lunch, conference materials, and all breaks. A \$25.00 student rate will be offered for any students.

A bookstore will be available with titles that have been suggested by the conference presenters.

Please contact Lisa May, at may008@gannon.edu to request a conference registration form. Consider joining us for this interesting and relaxing day.



UPCOMING EVENTS

- Sept. 25, 2005 Spirituality Conference at Gannon University
- Nov. 19-20, 2005 PCA Conference; PASERVIC dinner, music and business mtg.
- March TBA 2006 Eastern Retreat
- May 5,6,7, 2006 PASERVIC Spring Retreat at Camp Hebron

PASERVIC Officers

President – Joanna Castro Shaffer

adadelbosque@email.msn.com

H-570.658.5212

O-570.837.2575

President Elect – Ruth Hoskins

relaxwithruth@aol.com

O-215.242.6106

Past-President – Jack Smith

jacksmith06@earthlink.net

H-717.263.8315

Secretary-Treasurer – Heidi Roeder

hroeder@comcast.net

H-717.763.0935

O-717-238.8118

Eastern Representative – Sue Thompson

sequoia@ptd.net

H-570.253.4006

Western Representative – Lisa May

may008@gannon.edu

H-724.253.2296

A word from your secretary/treasurer: Heidi Roeder

If you have received this newsletter in error or if any changes need to be made to your name or address, or if you have a new address or phone number, please forward all required changes to me at the email address listed above. Thank you and I look forward to getting a chance to meet and correspond with all of you in the very near future.

Return to:
H. Roeder
464 Woodcrest Drive
Mechanicsburg, PA 17050



Carl Back
126 Shoreline Drive
Pine Grove, PA 17963

