



# TLPCA Newsletter

Unite. Train. Advocate.

November 2021

## 2021 TLPCA Awards

TLPCA was pleased to honor several professionals at the 2021 Virtual Counseling and Therapy Summit. Please join the TLPCA leadership in congratulating these deserving individuals.



### **Lifetime Achievement Award presented to Ann White**

After spending her career developing programs for bereaved children, families and communities, Ann has recently written a manual of her most important work, *The Volcano Model Manual: How to Keep from Blowing*

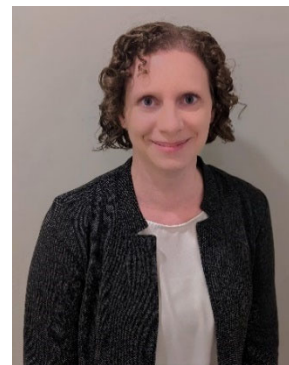
*Your Top When Everything Around You Is Driving You Crazy*. This model assists clinicians in their work with all populations and is especially effective for assessing needs within a family or individual and helping with effective treatment planning. This Model was developed during her 30 years of work with Hospices and Bereavement organizations in California, Washington and North Carolina, and is still used today by many clinicians.

### **Dr. Susan Hammonds-White Award presented to Dr. Mark Loftis**



Mark is an Associate Professor of Counseling & Psychology at Tennessee Tech. His current research interests are suicide prevention and risk assessments, alexithymia, adverse childhood experiences, addiction and prevention interventions. He also offers mental health consultation for early childhood programs and services.

### **Community Service Award presented to Kendra and Hunter Cook**



Kendra is the Site Director at Frontier Health. She is an Experienced Outpatient Therapist, who is skilled in Adolescent Therapy and Child Therapy.



Hunter is a Managing Clinician at Thriveworks. He works with individuals of all ages, couples, and families to assist them in being able to live the life they desire.

Kendra and Hunter received this award for making & donating over 2,500 masks throughout the pandemic. Approximately 1,500 of these masks were donated to Frontier Health team members, around 750 masks were donated to community partners like DCS and homeless shelters, and around 500 to frontline workers such as grocery store workers, FedEx and other medical offices.

### **Counselor Educator of the year presented to Dr. Kim Coggins**



Kim is an Associate Professor Psychological Science and Counseling at Austin Peay State University. Her background is in Clinical Mental Health Counseling with specific focus in child and adolescent counseling, play therapy and

expressive arts interventions, and parent/caregiver interventions. Her research interests include play therapy and expressive arts interventions that utilize the therapeutic relationship as the primary and foundational agent of change and facilitate holistic care for children and families.

## **Meet TLPCA's New Officers**



**Janie Wilkerson,  
President-Elect**

Janie is a former teacher and school administrator, who entered the field of clinical mental health counseling because it combined her love of working with children, adolescents, and adults with assisting families through transitions, challenges, and problems.

She is an LPC-MHSP and NCC, trained in EMDR, addiction and substance abuse recovery, trauma-focused cognitive behavioral therapy, and play therapy.

She holds an M.Ed. in Clinical Mental Health Counseling from MTSU, an M.F.A. from Ohio University, and a B.A. from Baylor University. Janie and her husband are empty nesters with a shelter rescue pup named Juno.



**Amanda Dooley,  
Secretary**

Amanda is an LPC-MHSP and has served in a variety of community mental health settings since receiving her M.Ed. in Mental Health Counseling from MTSU in 2014. She supervised a team of school-based therapists and oversaw the expansion of Mercy Community Healthcare's school-based counseling program into Marshall County.

She now works in private practice, specializing in trauma and suicide prevention and serves as an adjunct instructor in the Professional Counseling Program at MTSU. She is currently pursuing her PhD in Counselor Education and Supervision through The University of the Cumberland.



**Tim Byrum,  
Treasurer**

Tim is currently Vice-President and Chief Operating Officer at InHome Recovery. Tim's background is in business management, and he is also an accomplished group therapist with a specialty in substance use and addiction. Tim currently works helping those struggle with substance use get the help they need in the comfort of their own home.

## Student Representatives

STUDENT REPRESENTATIVES GRADUATE AND CONTINUE TO MAKE POSITIVE IMPACTS ON TENNESSEE AND BEYOND

Katlyn Wyatt and I have been privileged to get to know many outstanding student leaders and Mental Health Counselors in Training through TLPCA's Student Representative Program. This opportunity connects the Tennessee Graduate Programs with the larger professional world of Counseling through monthly meetings where we bring speakers, TLPCA Board members, and others to the students. These meetings also make it possible for students to explore the issues of the day and ask questions of experts in the field.

When students graduate, we hope to retain them as members of TLPCA and continue to hear from them. If we're lucky, they join the leadership team and continue to grace us with their time and talents.

Today, I'd like to highlight three of our graduates who are making an impact and using the skills they learned while in school to assist clients and make the world a better place for all.

### JESSICA HURST LEGGETT

Jessica graduated on March 31, 2021, from Capella University with a M.S in Clinical Mental Health Counseling. She was hired by the company where she did her interning, Omni Community Health, where she is now a therapist (THE therapist) for Dayton,

Tennessee. She has also passed her NCE and has the NBCC certification. She is currently studying for the Jurisprudence Exam and NCMHCE.

While a student, Jessica took her EMDR training, which she states is invaluable to her and her work with clients. She plans on continuing her education at Texas State University in 2022 where she'll be working toward her Animal Assisted Therapy Certification. Her dog is going to go with her!

Jessica is married with three children, 19, 17 and 16 years old, and practices yoga twice a week. Maybe that's where she finds the energy to get so much done! She's just offered to become a Co-Regional Representative for the Chattanooga area as well, and we're all thrilled!

### KENDRA IVINS

Kendra graduated from Carson-Newman University with her Master of Science in Mental Health Counseling in May of 2020. Since graduating, she's worked for Middle Tennessee State University as the Area Coordinator of Area 2, which houses 450 residential students, a job she was more than prepared for as she worked in housing and residence life during her student days. She's also teaching the University 1010 Class, which prepares new students to develop a learner identity and an overall understanding of how to be successful in college. Both aspects of her job require that she use the skills she learned in her mental health graduate program... especially crisis management, student development in the areas of growth, and identity and wellness. She enjoys her work and finds it fulfilling. Certainly, every day would be different and challenging!

When not working, Kendra spends time with her partner and three pets. They like attending sporting events and concerts, but the big event every year (actually twice a year!) is Disney World. That's surely going to give her a rest from the rigors of keeping students housed and happy!

### HALEY PAYNE BUCK

Haley graduated from Tennessee Tech University in December of 2020. After graduation she moved to Kentucky with her husband and is currently an LPCA working toward full licensure under her supervisor, Dr. Giles.

She's currently employed in Paducah in a private practice called Emerald Therapy Center where she's using her newly acquired EMDR skills to help her clients. Because Covid hit just as she was getting going, she had to learn how to navigate TeleHealth quickly, which she admits was a challenge at the time. (I'm pretty sure she's not alone in that!)

Haley believes that her church community, her husband and her own therapist are keeping her sane in this crazy, busy time, but supportive co-workers help too. Just for fun she reads and works out.

We hate losing her to Kentucky but know she's doing a wonderful job there. If we're lucky, she may move back some day!

Next time, I'll highlight three more of our recent graduates. We're so grateful to know them and hope to follow their careers as they continue to learn and grow.

Ann White Membership Co-Chair

## PhD Program Reflections

### From a Wide-Angle Perspective

A reflection on completing the first full year of a PhD program

by Tabitha Schlatter and Brittney Phillips  
Tennessee Tech University, Counseling & Psychology Department



**Tabitha Schlatter**

much detail, they can be less meaningful without the

As we reflect on the past year, we agree that there is benefit to both ourselves and you, the readers, to share our experiences from the perspective of a wide-angle lens. Very often, the bigger picture is more accurate as it provides the most context for the objects being photographed as well as a sense of the relationship between those objects. While the close-up shots can provide

context afforded by the wider angle. The following narrative is the view from our vantage point. As year two doctoral students, we hope to pass along our experience as a means of giving back to those considering a similar route.

We were invited to write about our experiences as first-year doctoral students. Tennessee Tech's doctoral program in Counseling and Supervision is well into its maiden voyage. We are two members of the first cohort working our way through the program and focusing on completion by May of 2023. As we tried to categorize our experiences in various ways, the term "unexpected" seemed to be a frequently-used adjective. By nature, unexpected circumstances can be perceived as undesirable, or as having a negative connotation. However, as it is with most challenges, it is what we make of them that brings about personal growth, or a missed opportunity for it.

Achieving work-life balance seems to be challenging for a lot of people. Add in "school" to the work-life balance challenge, and it becomes easy to see how things could quickly take a downward turn. I (Tabitha) thought I had adequately prepared for classes to begin last August. In May, I began thinning out cases in my practice by wrapping up the ones that were close to finishing treatment, discussing referrals for others, and leaving a part-time position sooner rather than waiting closer to the start of the semester. I made these adjustments to give myself time to tie up loose ends and to generally get my head in the space where it needed to be.

Once the semester started, I soon found that these preparations were not enough with regard to creating a schedule that allowed me to have the life balance I had been somewhat successful at maintaining prior to starting the program. It took me most of that first semester to get to a better place with client volume, and things felt very out of balance for me. Doubts were prevalent about whether I had what it took to do this program. I don't think I was ever so glad for that winter break between semesters.

As counselors, we know that support is necessary. We know when we have it, and we most definitely know when we are without. Stepping into an arduous journey of a doctoral program lends itself to increased stress and at times, feelings of isolation. Family members feel the ripple effects, but it is cohort members who truly

understand the daily strain. Just as counseling groups take time for strengthening and bonding, so does a cohort of peers. Walking through a doctoral program together has created a bond that is parallel to the group process. We can finish each other's sentences and are there during difficult moments of doubt. Strengthening these relationships are vital to have a safe place to land.

We are all in the helping profession for assorted reasons: whether it be the desire to inspire, the hope for a lasting impact, or whatever your heart brings to the profession. There is a world of possibilities for advocating for the quieter voice, mentoring the nervous newbie, and changing the world with the next right step. Entering the doctoral program alerted me (Brittney) to the potential for making a lasting mark on my community and the profession at large. Whatever your passion is, follow it. As Tabitha likes to say, "Listen to your bliss." There is great work to be done, and it will take all of us.

After receiving notice of being accepted, faculty attempted to make us aware of the demands of a doctoral program. It seems, as with much of life, you don't quite understand what to expect until you are in the thick of it. The rigor of a doctoral program is unlike any other academic endeavor. A mental picture I (Brittney) have envisioned throughout the first year is a firehose. Through the majority of the first year, the information overload quite literally felt like drinking from a firehose on full blast. It felt as if I was expected to function at my best at nearly all times. Does the term "burn-out" ring a bell? No person can excel at all things at all times. This is when I truly have understood the need for self-care, support, and rest.

There are some take-aways that both of us can attest to as being worth the difficulty we have experienced and coming away with a few gains. Some of those are described here. First, we discovered that self-care is not an option, that it never really was, and that we no longer had the liberty of putting it off for long periods of time. Pay now or pay later has been especially applicable.

A second discovery was that we had to become more practiced at saying "no"--a small word with really substantial outcomes. It is essential because you simply do not have the time nor the energy "capital in the bank" to be free with your "yeses." We continue learning what

our limits truly are, not what we thought they were. We find ourselves, or more accurately stated, we remind each other about using the coping skills we talk about with our clients in order to maintain our own mental health. This has helped deepen our compassion for our clients and their lived experiences and, at the same time, has increased our appreciation for the work we have the privilege of doing.



**Brittney Phillips**

Lastly, the value of the reflective nature of many of the course assignments cannot be overstated. They have resulted in new insight and self-knowledge. We candidly admit that not all of what has been learned about self has been a welcome experience, initially. However, integrating that knowledge as a means of practicing self-acceptance and using it for growth has indeed been a welcome result of those experiences.

As year two begins, I (Tabitha) was recently asked how I was feeling about starting the new semester. My response was "cautiously optimistic." There are a few reasons for that reply. I am looking forward to the opportunities to mentor and co-teach under the direction of the program faculty. I am anticipating being able to take what I have learned so far for a "test drive" and to engage in the rewarding experience of passing along the craft.

Another factor that contributes to my optimism is that the current configuration of my cases lends itself well to group work. I surveyed my clients about their interest in participating in a therapeutic group, and after researching and developing a group plan, there were enough clients who wanted to participate that two groups were necessary. Noting client participation following the first session, my optimism continues to grow, which has begun to create margins for me in my time and energy. I anticipate that will be a "win" in all areas—academically, professionally, and for me personally, in maintaining my self-care as well as the care of my most important relationships.

We can truly say that the growth pains have been real, but the gains have been worth the pains. After all, we will be back tomorrow morning for the first day of year two.

## Retiree Interview with David Cook



### How long did you serve as a counselor?

My career in clinical mental health counseling began in 1973. I spent 46 years total in the profession and retired on December 31, 2019. I was a little over 70 at the time. Actually, I was originally trained as an English teacher when I graduated from MacMurray College in Jacksonville, IL. However, I took an entry-level position working with individuals employed at a sheltered workshop when community-based services were being implemented to reduce the population institutionalized in state hospitals. I began to work my way up but knew that I needed a Master's for certification, now licensure, so I enrolled in the Human Development Counseling Program at the University of Illinois in Springfield. I am fortunate to have had such good supervisors and mentors in graduate school. Then I came to Tennessee in 1984 to work for Pathways in West Tennessee. I had a contact, Dr. Andrew Eickhoff, who was the Executive Director of the Jackson Counseling Center. Eventually, I became the site director in Brownsville and was there for 15 years.

### What are the biggest changes you observed during your counseling career?

There have been so many advances made in treatment and medication. Counselors now have many more tools in their tool box besides just a Rogerian, Gestalt, or Adlerian approach. We are fortunate to have evidence-based best practices collected by SAMHSA and the NIH

as well. Furthermore, supervision and training are now so much more structured. There has been a democratization of counseling too with so many more people having access to services through Medicaid.

### How did you know it was time for you to retire?

Well, I considered retiring after I turned 66. I had been working for Professional Care Services in Covington, TN, for a little over 20 years after leaving Pathways, handling private insurances, and my caseload was huge. I was getting tired and running out of gas. However, a new role opened up for me to become the Director of Quality Assurance. I was able to assist the executive management team in navigating through TennCare changes. In addition, I was able to supervise six candidates for licensure during that time, which was very rewarding.

### What have you been doing with your time since retirement?

My wife, Kathy, and I walk five miles every day. I was a runner and even ran the Boston Marathon a few times. I also spend a lot of time in the garden and doing yardwork. Unfortunately, we have not been able to visit our grandkids as much during Covid. I also do a tremendous amount of reading.

### How are you still staying active in the counseling community?

In November 2020, I was nominated and approved to join the PCS Board of Directors. Even now, I still do consulting for PCS about once a month or every other month. I also find that people show up on our doorstep asking for advice about good providers in the community!

### What's next for you regarding goals and plans?

Kathy and I have a Napa tour planned to visit the different vineyards with our son and daughter-in-law. We just visited Nantucket, MA, where I am originally from, in August. It had been a few years since our last visit. Covid has impacted some of our post-retirement travel plans, but we were able to enjoy a European river cruise in May 2019, seeing Paris, the Provence region, and Barcelona, shortly before my retirement.

**What do you miss most about the counseling field?**

I miss the encounters with the clients. Each person is an adventure! You never know what is going to come to the surface when talking. I also miss the collegial interactions within my own organization. I was also on various state-wide committees, for example, for the Tennessee Association of Mental Health Organizations. Also, I was among the first members to join TLPCA and still try to attend the annual training conference. Lastly, I miss preparing people for licensure and was involved in advocacy work to allow remote supervision.

**What do you miss least about it?**

As a counselor, you do work with some very difficult people and issues. The grind can lead to emotional wear and tear, but you still have to be at the top of your game to fulfill the code of ethics and remain empathetic. I don't really miss the deadlines or quotas either.

**What direction would you like to see the field go in from here?**

I would like to see more standardization in the requirements for LPCs across states and national reciprocity. Tennessee, particularly the Licensing Board and TLPCA, has worked really hard to produce high quality standards and has been a leader in that regard. I would also like to see LPCs be approved as Medicare providers. There is no reason for this not to pass. The additional costs would not be significant, and it would improve access for so many people. In general, I would like to see more equity from state to state regarding resources for those underinsured or uninsured. I would like to see this disparity acknowledged more widely.

**What advice do you have for students and others just starting out in the profession?**

For starters, clinical mental health in a community mental health agency can be such a good training ground. Do take advantage of the variety of training opportunities available to you. In addition, always strive to be a self-directed learner. You will learn as you go. Try to find your niche as well while still expanding your comfort zone.

**What advice do you have for counselors mid-career?**

Take care of yourself and know your limits. Don't be afraid to ask for help or seek supervision on tricky cases when you need it. Consult the code of ethics often. Take

advantage of specialized training in several modalities too; variety is the spice of life. Think about what will sustain you in the long run, including surrounding yourself with supportive networks and people.

**What advice do you have for those nearing retirement?**

Making decisions about retirement is a soul-searching process. Talk it over with the people closest to you as well as key players in your organization. Unforeseen options may arise. Don't be afraid to capitalize on the knowledge and experience you have acquired. Also, speaking with one's own counselor at this transitional point can be beneficial. It is good to get any ambivalence out in the open. It is important too to check in with oneself about whether you are still enthusiastic or feeling burned out and to find ongoing ways to feel fulfilled.

**Are there any other thoughts you would like to add?**

My wife Kathy is also an LPC-MHSP, who worked in EAP for Pathways and retired in May 2017. We have been married since 1972 after meeting in college, and we attended graduate school together. It has been such a blessing to have so much in common and to be really supportive of one another. While we knew not to dwell on cases at home, we were able to ask each other questions to help clarify things. It has also been rewarding to see our two children, Rachel and Adam, find their way toward similar professions. Rachel, a LCSW, is now the President and CEO at the Sexual Assault Center in Nashville while Adam is in health administration, currently at Children's Hospital-Wisconsin. It gives us plenty to talk about when we are all together! We have four grandchildren, Katie, Grace and Will in Nashville, and Fletcher in Milwaukee.

I am deeply honored to have been part of the counseling field. In 2019, I was recognized with the Dorothea Dix Professional Service Award by the Tennessee Association of Mental Health Organization. It is very validating to look back on a career well spent!

## 2021 Summit Sessions— Now Available!

Greetings! The 2021 Counseling and Therapy Summit held on June 11, 2021, was a huge success! We have finally been able to process all of the recorded sessions. We appreciate your patience with this process.

If you would like to view additional sessions, those can be purchased at <https://tlpca.net/training/> for \$10 per session for members and \$15 per session for guest members.

Once you make your choices and submit the form, we will manually add those sessions to your account, and within a few business days, they will be available via the TLPCA website from your member subscriptions at <https://tlpca.net/account-page/?action=subscriptions>.

### 1-Hour Summit Sessions

- Summit 2021 Business Meeting & Awards Ceremony
- LPCs Strongly Endorse Teletherapy – Original Research
- “Slate of Hate:” Supporting LGBTQ+ Tennesseans in the Midst of Anti-LGBTQ+ Legislation
- Open Discussion of Therapeutic Blunders and How to Learn from Them
- 2021 Licensure Session
- Diffusing Anger and Instilling Hope – A Comprehensive Look at Anger and Hope, Approaches to Diffusing Anger, and How to Instill Hope
- Practicing Radical Acceptance in Uncertain Times
- Play Therapy and the Grieving Process: Helping Families Mourn Well Together
- 2021 Legislative Session
- Playing Together: Family Play Therapy Techniques

### 3-Hour Summit Sessions

- Ethics, Multiculturalism, & Social Justice
- Recovery and Meaning Making in Serious Mental Illness: An Introduction to Metacognition Reflection and Insight Therapy
- Distance Counseling and Supervision: Ethical, Legal, and Practical Considerations for Counselors
- What Can IFS Model Offer to the Treatment of Complex Trauma?
- Working with Suicidal Clients: New Trends, Evidenced-Based Assessments, & Malpractice Avoidance – Evaluation & Questions
- Hidden Ethics: Advocacy, End-of-Life & Competence
- Cultural, Diversity & Social Justice in Supervision
- Two Best Practices for Suicide Assessment & Intervention
- Trauma, Attachment & Interpersonal Neurobiology: Finding Safety & Security Through Co-Regulation





## Social Justice Desk

The Social Justice Committee would like to share with you some helpful resources. *Note that the video gatherings are only accessible to paid members, including current Student, Professional, and Retired Members.*

### “Conversations About Race, Violence, and What To Do About It”

*This session was recorded on June 4, 2020.*

**Presenters:** TLPCA Diversity Committee  
Co-chairs Shannon Black & Michelle Stevens

In the wake of yet another murder of a Black person by a police officer, Americans of all races and creeds have questions about why this happens, how to recognize what parts we play, what we can do to make it stop, and how we can be helpful to our clients, friends, and neighbors who are suffering. For many, it feels like the world is on fire. Come join in as Diversity Co-Chairs Shannon and Michelle begin the conversation about how to bridge the gap between White people and Black people, Indigenous people, and People of Color so we can move toward equality for all human beings.

For more information, email Shannon Black ([Shannon.black@mtsu.edu](mailto:Shannon.black@mtsu.edu)) or Michelle Stevens ([Michelle.stevens@mtsu.edu](mailto:Michelle.stevens@mtsu.edu)).

### “Conversations Regarding Social Justice: Reforming Law Enforcement to Include Social Services”

*This session was recorded in June of 2020.*

**Presenters:** Sekou Franklin & Jackie Sims

Are you interested in learning more about what “defund the police” means? Join us for a session to learn more about proposals to reallocate funds to support the role of social services. Dr. Franklin and other panelists, who have served as crisis counselors in law enforcement, will discuss how mental health counselors and other first responders can assist and support spaces traditionally reserved for police.



Sekou Franklin, Ph.D. is a member of Community Oversight Now. The coalition coordinated the Amendment 1 campaign, which in 2018, established the Community Oversight Board in Nashville. Dr. Franklin is also an Associate Professor of

Political Science at Middle Tennessee State University. He is the author of *After the Rebellion: Social Movement Activism and Popular Mobilization among the Post-Civil Rights Generation* (NYU Press, 2014) and co-author of *Losing Power: African Americans and Racial Polarization in Tennessee Politics* (University of Georgia Press, 2020).



Jackie Sims is a member of Community Oversight Now. She is the Lead Organizer for People’s Alliance for Transit, Housing, and Employment (PATHE) in Nashville and a member of the Invest/ Divest Coalition. Her previous career as a mental health professional

shaped much of her advocacy work on police accountability. She spent 10 years as a Crime Victims Crisis Intervention Specialist in the Spartanburg, South Carolina, Sheriff’s Office and Public Safety (City Police).

## 2021 TLPCA Survey Results

40 survey responses (595 total members)

- Initial email with survey link sent 07/27/2021
- Reminder email with survey link sent 8/10/2021
- Deadline to respond 8/13/2021

### 1. I think it is important to keep a virtual option even once TLPCA is able to return to in-person annual summits.

Strongly disagree	2
Disagree	1
Neither agree nor disagree	4
Agree	13
Strongly agree	20

### 2. I would choose to attend the TLPCA summit virtually instead of in-person if both options were available to me.

Strongly disagree	3
Disagree	11
Neither agree nor disagree	8
Agree	4
Strongly agree	13

### 3. How likely are you to take an online CE training from the TLPCA website library in the future?

Very unlikely	1
Unlikely	1
Neutral	4
Likely	13
Very likely	21

**Q: We would like to hear about some mental health issues that you have seen in your own work with clients that you feel TLPCA should be promoting and/or informing members of the state legislature on. Please use the area below to share your thoughts.**

- 25 people commented
- 18 people mentioned multiple issues
- 12 MH / client issues mentioned
- 14 licensure / profession-related issues mentioned

### Members mentioned these MH / client issues

- LGBTQ+ issues – 4
- Anti-trans legislation – 4
- Grief & PTSD in children & adults / family & childhood trauma – 4
- COVID: effects on children, conflict among family members re: vaccine, anxiety for teachers – 3
- Cultural competency / acknowledgement of systemic racism, sexism, homophobia – 2
- Access to counseling - lack of providers who take insurance due to low payment rates from insurers – 2
- BLM
- Concern about new bill requiring school counselors to only discuss abstinence in sex-ed
- Access to low- or no-cost substance use treatment
- Reproductive choice
- Elder care & supporting caregivers / emotional needs surrounding disability & impairment
- Anxiety around polarization societally / absent support systems

### Members mentioned these licensure / professional issues

- Licensure reciprocity / portability – 5
- Interstate compact – 3
- Clinician access to licensure board
- Access to care in rural areas – 2
- TennCare reimbursement rates for clinicians in CMHCs – 2
- Telehealth for traveling clients – 2
- Statute of limitations on insurance companies trying to recoup payments from clinicians – 2
- LPC/MHSP should be Medicare providers
- Supervision requirements for clinicians in CMHCs
- Telehealth reimbursement for audio-only sessions
- Too-low insurance reimbursement rates for clinicians
- Concerns about grad students providing telehealth (not experienced enough)
- TN laws on ethics
- Offering more 3.0 CEU trainings through TLPCA

**Q: Please provide any training topic ideas for future online or in-person sessions.**

- Supervision (application not just theory) - 3
- Suicide prevention - 2
- HIPAA: regulations, documentation, laws, telehealth, options like Square readers - 2
- Elder care & end-of-life issues
- Ethics & telehealth
- EFT, Schema Therapy, Spiritual Integrated Therapy
- Counselor self-care
- Spiritual Trauma (diagnosis & treatment)
- Psycho-physiologic disorders (diagnosis & treatment)
- Eating disorders
- Climate change / COVID / "big picture" anxiety
- Testifying in court / responding to subpoenas
- Updates in psychopharmacology
- Therapy for men
- Issues for college students
- Attachment theory – impact on clients
- Adolescents – esp. borderline & bipolar
- How to use the Enneagram in sessions
- Trauma work with clients
- Documentation for insurance purposes - specifics for reimbursement

## 2021 TLPCA Gatherings— Next Meeting November 11<sup>th</sup>!

TLPCA is offering monthly Gatherings as a forum for connecting members throughout Tennessee with each other. We use these meetings to discuss the events that impact Tennessee counselors, as a peer counseling forum and to learn from each other. This is not a webinar but a meeting where we can discuss topics, ask questions, hear from other counselors and get information on topics that interest us all.

We will sometimes offer topics of discussion for Gatherings, but we don't necessarily have to stay on those topics if other member needs arise. Members can suggest topics for Gatherings as well.

If you have an idea for one or have questions, please contact our Membership Chairs,  
(Katlyn Wyatt) [katlynwyatt02@gmail.com](mailto:katlynwyatt02@gmail.com) or  
(Ann White) [annsparling@gmail.com](mailto:annsparling@gmail.com)

Our final meetings for 2021 will be November 11<sup>th</sup> and December 9<sup>th</sup>. All Gatherings are from 12:00-1:00 pm Central Time.

We hope to see you!!  
Ann & Katlyn

## Regional Spotlight: East Tennessee



We're in the final planning stages with Healthy Connections Knoxville to provide 3 hours of training around trauma-informed couples counseling. The date

is set for December 3rd, 9:00 am - 12:00 p.m. at Laurel Church of Christ. Our presenter will be Clark Stevens, PhD – formerly head of pastoral counseling at Fellowship Church – who has moved into full-time private practice now. He did a training on this for just HCK partners two years ago, and it was fantastic. He will update this presentation to include trauma related to COVID and racial trauma. He is consulting with Dr. Eboni Winford from Cherokee Health Systems on the latter topic.

**-Anthony Fuller & Nancy Truett**

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### “Follow” TLPCA on Social Media!

<b>Facebook</b>	<b>@TNLPCA</b>
<b>Instagram</b>	<b>@TLPCA</b>
<b>Twitter</b>	<b>@TLPCA3</b>

## Legislator of the Year Awards



**Senator Shane Reeves**  
**Republican**

District 14  
Bedford, Lincoln, Marshall, Moore  
and parts of Rutherford Counties

Sen. Reeves earned a Bachelor of Science and a Doctorate of Pharmacy. He has served as a CEO and a pharmacist. He is the 2<sup>nd</sup> Vice Chair of the Health and Welfare Committee and is on both the Energy, Agricultural, and Natural Resources Committee and the Commerce and Labor Committee. He has been a Senate member of the 110<sup>th</sup> through 112<sup>th</sup> General Assemblies. Sen. Reeves is a Past President of the Rutherford County Chamber of Commerce as well as Leadership Rutherford. He is also a Past Chairman of Tennessee's National Federation of Independent Business. In 2003, Sen. Reeves was named Tennessee's Young Pharmacist of the Year; in 2012, he was honored as one of the Rutherford Chamber of Commerce "Business People of the Year." He was also part of the Fellows Program with the Nashville Healthcare Council. Sen. Reeves is a Christian and is married with three children.



**Representative Clark Boyd**  
**Republican**  
Lebanon

District 46  
Cannon, and part of Wilson and  
DeKalb Counties

Rep. Boyd holds a Bachelor of Science in Human Development and Learning with a Minor in Military Science from East Tennessee State University. His career has been in the insurance industry. Rep. Boyd is the Chair of the Business and Utilities Subcommittee and is a member of numerous committees / subcommittees, including the Commerce Committee, Health Committee, Transportation Committee, and Joint Fiscal Review Committee. Rep. Boyd has been a House member of the 110<sup>th</sup> through 112<sup>th</sup> General Assemblies. Rep. Boyd is a Former President of the Rotary Club of Lebanon as well as the Wilson County Habitat for Humanity. He has also been a Board Member of Living Sent Ministries. Rep. Boyd has 11 years of service in the U.S. Army and Army National Guard; he is also a former Captain in the U.S. Army Reserve. Rep. Boyd has served as a deacon and Sunday School teacher at Immanuel Baptist Church. He is married with two children.



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**Natalie Trice** is the TLPCA Newsletter Chair. Natalie earned a PhD in English and taught as an English professor for 10 years. She is currently a student in the Ed. S. Professional Counseling program at MTSU.