

# *Interaction*

**ASERVIC**

*Volume XI, No. 1*

*Summer, 2010*

## *President's Address Elliott Ingersoll*



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**BOOK TWITTER:** Siegel, D. J. (2010). *Mindsight: the new science of personal transformation*. New York: Bantam. Dr. Siegel pulls together a theory on how things like counseling affect things like the brain. This is a critical area of inquiry for our members and Siegel presents a concise summary of his research and ideas.

*It is said that time is an illusion, albeit a persistent one, and that sure typifies my experience this year as president of ASERVIC – it sure went fast. Perhaps time does fly when you are having fun. I want to thank my fellow officers and board members for all their support this year. In particular Dr. Carman Gill for these wonderful newsletters and her intensive work on our conference, Dr. Shannon Ray for her chairing of the awards for our members and her work co-chairing the conference with Dr. Gill, Dr. Lisa Jackson-Cherry for her help as past-president, Dr. Elizabeth O'Brien for doing wonderfully as our treasurer, Dr. Richard Watts our fine editor of *Counseling & Values*, and finally Dr. Jennifer Curry our incoming president. They are wonderful colleagues.*

*I wanted to share some updates on a new initiative that has grown out of the Summit II group, that of a national registry for counselors having competence in working with spiritual and religious issues. ASERVIC is hoping to put together such a registry this year that would help clients find counselors who can work competently with spiritual and religious issues. I think that this is an important initiative and will help network our members with the public.*

*We are also looking forward to our conference in Myrtle Beach August 1st through 3rd this upcoming summer. Dr. Mark Young has done a wonderful job or organizing the presentations and has shared that we have a wealth of knowledge in accepted presentations that will be shared by practitioners and scholars at the conference.*

*Finally I want to thank all the ASERVIC members I've had the privilege of serving this year. I have very much enjoyed getting to know many of you better and thank you for your support.*

## History of ASERVIC Competencies

*Special thanks to the individuals who dedicated their time to Summit II and these revised competencies:*

*Mark Young*

*Richard Watts*

*Michele Kielty Briggs*

*Mike Robinson*

*Grant Hayes*

*Judy Miranti*



*Lisa Jackson-Cherry*

*Cheri Smith*

*Chris Faiver*

*Geri Miller*

*Scott Young*



*Sharon Cheston*

*Bryce Hagedorn*

*Craig Cashwell*

*Marsha Wiggins*

*and*

*Linda Robertson.*

## ***NEW ASERVIC Competencies***

*Craig S. Cashwell*

Included in this issue are the new ASERVIC-endorsed competencies. The ASERVIC Board of Directors tasked The Summit on Spirituality working group with revising the existing competencies and this became a priority for the Summit participants. In a delightful twist of synchronicity, one of the Summit participants, Linda Robertson, was working on a dissertation in which she was conducting a large scale factor analysis of the competencies. Her findings greatly informed the revision process. Thus, the new competencies have a solid empirical foundation that largely affirmed the work of the original Summit on Spirituality.

Based on empirical evidence, the new competencies are organized into six categories. The first two categories, *Culture and Worldview* and *Counselor Self-awareness*, contain competencies related to how a counselor's beliefs, values, attitudes, and assumptions should interface with a client's worldview. These competencies are included first to demonstrate that self-awareness, the person of the counselor, and a championing of diversity are all cornerstones of the ASERVIC approach to integrating spirituality and religion into the counseling process.

The remaining categories are intended to provide counselors with more of the "How" of integrating spirituality and religion without being prescriptive. Consistent with the developmental emphasis of the counseling profession, there is an emphasis on the developmental and ever-evolving nature of the spiritual journey. Further, there is an emphasis on consideration of spiritual and religious issues during the initial conceptualization and planning process. Throughout the counseling process, the competencies stress a constructivist approach to working with client belief systems, emphasizing that counselor-client communication and interventions should be respectful and sensitive of the client's beliefs.

Although these competencies may play out differently in different settings, it is the belief of the Summit working group that these competencies are applicable across counseling settings.

**Association for Spiritual, Ethical, and Religious Values in Counseling**  
**Competencies for addressing Spiritual and Religious Issues in Counseling**

(Revised and Approved, 5/5/2009. Copyright 5/5/09)

**Culture and Worldview**

1. The professional counselor can describe the similarities and differences between spirituality and religion, including the basic beliefs of various spiritual systems, major world religions, agnosticism, and atheism.
2. The professional counselor recognizes that the client's beliefs (or absence of beliefs) about spirituality and/or religion are central to his or her worldview and can influence psychosocial functioning.

**Counselor Self-awareness**

3. The professional counselor actively explores his or her own attitudes, beliefs, and values about spirituality and/or religion.
4. The professional counselor continuously evaluates the influence of his or her own spiritual and/or religious beliefs and values on the client and the counseling process.
5. The professional counselor can identify the limits of his or her understanding of the client's spiritual and/or religious perspective and is acquainted with religious and spiritual resources, including leaders, who can be avenues for consultation and to whom the counselor can refer.

**Human and Spiritual Development**

6. The professional counselor can describe and apply various models of spiritual and/or religious development and their relationship to human development.

**Communication**

7. The professional counselor responds to client communications about spirituality and/or religion with acceptance and sensitivity.
8. The professional counselor uses spiritual and/or religious concepts that are consistent with the client's spiritual and/or religious perspectives and that are acceptable to the client.
9. The professional counselor can recognize spiritual and/or religious themes in client communication and is able to address these with the client when they are therapeutically relevant.

**Assessment**

10. During the intake and assessment processes, the professional counselor strives to understand a client's spiritual and/or religious perspective by gathering information from the client and/or other sources.

**Diagnosis and Treatment**

11. When making a diagnosis, the professional counselor recognizes that the client's spiritual and/or religious perspectives can a) enhance well-being; b) contribute to client problems; and/or c) exacerbate symptoms.
12. The professional counselor sets goals with the client that are consistent with the client's spiritual and/or religious perspectives.
13. The professional counselor is able to a) modify therapeutic techniques to include a client's spiritual and/or religious perspectives, and b) utilize spiritual and/or religious practices as techniques when appropriate and acceptable to a client's viewpoint.
14. The professional counselor can therapeutically apply theory and current research supporting the inclusion of a client's spiritual and/or religious perspectives and practices.

## ASERVIC Award Winners and Lifetime Service Award granted!

*Meritorious Service Award 2010*  
*Dr. Lisa Jackson-Cherry*

*Recognition of Service Award Division President*  
*Dr. Lisa Jackson-Cherry*

*Lifetime Service Award 2010*  
*Dr. Craig Cashwell*

*Recognition of Service Award Board Member 2007-2010*  
*Dr. Mark Young*

*Recognition of Service Award Board Member 2007-2010*  
*Dr. Shannon Ray*

*Outstanding Graduate Student 2010*  
*Stephanie Dailey*

*Gavel/block transferred to*  
*Dr. Jennifer Curry President 2010-2011*



*Outstanding State Award 2010*  
*New Mexico ASERVIC*

*Humanitarian Award 2010*  
*Dr. Chris Faiver*

*Biggs-Pine Award 2010*  
*Dr. Jennifer Curry*

*Biggs-Pine Award 2010*  
*Dr. Heather Smith*

*Biggs-Pine Award 2010*  
*Dr. E. H. "Mike" Robinson III*

*Biggs-Pine Award 2010*  
*Dr. Bryce Hagedorn*

*Biggs-Pine Award 2010*  
*Daniel Gutierrez*



## ASERVIC at the ACA Conference in Pittsburgh, PA



## Student Corner: Quantum Theory and Counseling

*Gurpreet Kaur*

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Quantum theory is very interesting and vast in nature. Margaret Wheatley says, "In quantum world, relationships are not just interesting, they are all there is to reality." The principles and relationships at the quantum level are mind boggling. They are nothing like our physical world and Newtonian physics. Everything is connected to everything else at the quantum level. Everything is a wave of energy radiating at different frequencies. Creator is a part of creation. Everybody is a creator of their own reality and the reality around them. All the reality we know at the physical level is a soup of infinite possibilities, waiting to be chosen to manifest in the physical world. The reality is created or chosen, it does not already exist outside and separate from us. Interestingly enough, these strange yet factual principles are very pertinent to the field of counseling.

One phenomenon of quantum theory is that the universe is a hologram, which means that every part has a whole in it. An easiest example of a hologram would be DNA. DNA can be obtained from any part of the body: hair, fingernail, a drop of blood, or a skin cell. It contains every bit of information of a person's existence (Braden, 2007). The holographic nature of the universe makes any and every change happening in one part reflects back to the whole. This means each and every person on this earth is creating reality and change can begin any and everywhere; it will be reflected everywhere else. When a change in thinking and feeling is made in one part, it is reflected in the whole (Braden, 2007). This universal phenomenon helps counselors to be the change agents using ourselves as a research lab. What we believe, think, and feel is reflected in the whole. "When we make a little change here and another one there, suddenly everything seems to change. In fact, a small alteration in one place can permanently shift an entire paradigm" (Braden, 2007, p. 109). Thus, how counselors see clients and what they believe is reflected in the success or failure of the therapy relationship. Every human being has the same potential to develop toward self-actualization. If counselors realize that each client has the potential and resources within themselves to grow and nurture themselves into a better person, then nobody is bad or sick. As human beings, we all are one and connected with each other and the rest of nature. By developing into more conscious beings in their own lives and understanding, counselors can help others along the way to go toward the same destination.

Another phenomenon called "Active Observer," plays a big role at the quantum level. According to quantum theory, we, as human beings, are observers of the reality. Quantum physicists say that reality requires the act of human observation. Quantum physicists have redefined the purpose and beauty of this act, because Newtonian laws are not applicable to the reality of the subatomic world. Goswami (2008), in his recent book "God Is Not Dead," describes the physicist John Wheeler's duly verified in the laboratory "The delayed-choice experiment," as a base to this phenomenon. The experience simply demonstrates that, light (and indeed, all quantum objects) is both waves and particles until an observer decides it to be either a wave or a particle (Goswami). Hence, "...conscious choice is crucial in the shaping of manifest reality (Goswami, p. 100).

So, what does it mean to be an active observer? It means "Participator," as Braden (2007) describes it. Gerstein and Bennett (1999) say, "Physicists believe that without the mental event of observation, no physical event can occur (p. 259)." The mental event of observation is a choice made by the observer consciously or unconsciously. We are continuously creating our reality whether we like it or not. The key here is to become conscious of our choices. The research in quantum theory reveals that in the preexistence stage of a particle before it is a particle; it is both a wave and a particle. Only observer's act of observation and conscious decision whether the observer wants to see it as a wave or a particle determines its reality into either particle or wave (Goswami, 2008). This experiment shows the crucial role that human consciousness plays to construct reality. So it is clear that humans create their own reality, good and bad. By becoming aware of this principle, counselors can help their clients understand this principle at work to nudge them to drop the victim role and assume an active observer or participator's role instead. Just this simple change in perception can go a long way. This principle can give counselors the confidence they need to confront clients, when appropriate, about their reality and to coach them to choose different reality. Counselors can help their clients choose the reality they want for themselves. Counselors can see clients as whole beings capable of helping themselves. Gerstein and Bennett (1999) say, "The very act of a therapist observing a patient changes a patient" (p. 266). *(continued next page)*

## Quantum Theory and Counseling: *Gurpreet Kaur (continued)*

These quantum world phenomena are very pertinent to the field of counseling. Counselors have to know and understand these significant quantum principles in order to implement them into their lives and profession. These quantum principles are not techniques, but a way of thinking and living in order for them to be effective. By understanding and incorporating quantum principles (for example interconnectedness, holographic universe, and active observer) in their own lives and then extending the understanding to their professional thought process, counselors can take counseling and its impact to a whole new level. All these are attitudes that a counselor communicates to the client in a nonverbal manner. Bozarth (1985) describes this attitudinal communication as one of the main premises of the person-centered approach. Bozarth (1985) says, "Rogers has been quite clear throughout his writings that the therapist's attitudes are what are [sic] important in creating the climate that will promote an individual's actualizing tendency (p. 181).

Counselors and educators can develop a thinking and understanding of oneness and interconnectedness. They have the ability to help their clients change when they come for counseling by seeing them in their full potential. What counselors do, think, and feel in the session influences clients, whether it is good or bad. If counselors see their clients as weak and lacking in ability to change themselves, then that is what will manifest. If counselors see their clients as full of potential and energy to change their thoughts and lives for a better way of living, then that will manifest. Counselors participate in their clients' reality. The reality counselors choose for their clients along with their own choice will determine the outcome of counseling. Gerstein and Bennett (1999) say, "MHCs [Mental Health Counselors] can become the social architects of the future, if they embrace this framework and devote greater attention to the challenges faced by the community instead of only the concerns of the individual" (p. 267).

### References

- Braden, G. (2007). *The Divine Matrix: Bridging time, space, miracles, and belief*. Carlsbad, California: Hay House, Inc.
- Bozarth, J. D. (1985). Quantum theory and the person-centered approach. *Journal of Counseling and Development*, 64, 179-182.
- Gerstein, L. H. & Bennett, M. (1999). Quantum physics and mental health counseling: The time is...!. *Journal of Mental Health Counseling*. 21(3) 255-269. Retrieved from EBSCO database.

## ACA Convention ASERVIC Graduate Student Roundtable: *Stephanie F. Dailey*

The Association for Spiritual Ethical and Religious Values in Counseling (ASERVIC) held a graduate student round table at the ACA Conference in Pittsburgh, PA to ask: "Do competencies help or hinder graduate student thinking about spirituality?" and "Can there be spiritual agnostics/atheists?" Comments from our ASERVIC Graduate Student members regarding these questions and other important issues are listed below:

### Spiritual Competencies:

- ◆ The competencies help graduate student thinking about spirituality. Spiritual assessment is especially important because, upon meeting the client, finding out how they view the world and what they attribute their own spirituality to (e.g., energy, religion, a higher power) is essential.
- ◆ Other issues are important but self exploration is really the beginning. Counselors, particularly counselors-in-training, need to better understand how to ethically bring their own 'spiritual self' into the counseling room to help the client.
- ◆ Mechanically learning the competencies is helpful, but we must remember that spirituality 'pulls at the heart'. Students must be self aware and go through the stages of learning about their own spirituality before engaging in spiritual and/or religious discussions with clients. The competencies are about helping students do this.

## CONTINUED: ASERVIC GRADUATE STUDENT MEETING

- ◆ The real problem, at least for students, is better understanding of how to measure spirituality. More education regarding how students can quantifiably measure these constructs is needed so we can better understand how to incorporate assessment into our practice.
- ◆ The competencies are helpful because they facilitate recognition of when the counselor is not competent and where the counselor may need more training, supervision or self exploration. However, they are just the “bare bones” of spiritual awareness and consciousness. There is a much more expansive education that must occur – both clinically and interpersonally.
- ◆ We need to increase awareness and knowledge of what spirituality encompasses. It can apply/be a resource for anyone – atheists, agnostics, humanists, etc.

### More Visibility

- ◆ ASERVIC needs to have more presence. As students we need more engagement and increased visibility from ASERVIC at the national and state level to help encourage these ideas and foster conversations regarding integrating spirituality and/or religion in counseling.
- ◆ We need to bring more awareness to ASERVIC in order to bring awareness to spirituality. The competencies need more “presence” within the counseling community.

### Spiritual Agnostics and Atheists

- ◆ Yes, there can be spiritual agnostics and atheists. Spirituality is available to everyone but clarity needs to be established so people understand what these issues are all about.
- ◆ Agnosticism and atheism are not mentioned in our programs. However, especially in the practicum experience, these issues are highly relevant to our clients. Counselors need to better understand how to address these issues.

*On behalf of student membership and participants at the Graduate Student Round Table, a thank you goes out to our ASERVIC Executive Leadership for supporting this round table and giving a voice to the student member!*

## HIGHLIGHTED: SPIRITUAL COMPETENCY SCALE STUDY

Last year, Linda Robertson, was working on a dissertation in which she was conducting a large scale factor analysis of the 9 Spiritual Competencies. Her findings greatly informed the revision process of the *New Spiritual Competencies* (see page 4) and gave the new competencies a solid empirical foundation that largely affirmed the work of the original Summit on Spirituality.

In an effort to advance ASERVIC's commitment to integrating spiritual values into the counseling process as well as provide more empirical evidence for the newly revised competencies, ASERVIC members are being asked to complete the

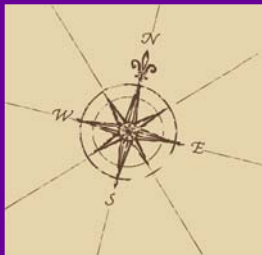
[Attitudes of Spiritual/Religious Issues in Counseling Scale](#).

The purpose of this study is to further validate the new Spiritual Competencies as well as investigate the beliefs of ASERVIC membership about spiritual and religious issues as they relate to counseling. If you choose to participate, please go to <http://competencysurvey.dnsalias.com/survey>

The questionnaire should take about 15 minutes to complete. **Participants, if they choose, will be entered into a raffle to win a free ASERVIC Conference Registration.** For more information regarding this study please contact Stephanie Dailey at [stdailey@argosy.edu](mailto:stdailey@argosy.edu). Thank you, in advance, for your interest.



**Win a FREE 2010  
ASERVIC Conference  
Registration!**



**ASERVIC**  
*Association for Spiritual Ethical and  
Religious Values in Counseling  
Conference on Spirituality*



***Navigating the Spiritual Journey of Life***

***August 1-3, 2010***

***Springmaid Beach Retreat and Resort***

***Myrtle Beach, S.C.***

***The goals of this conference are to provide practical information for mental health professionals as well as meaningful experiential activities. In thinking globally, ASERVIC is committed to providing a conference that is earth-friendly.***

*Because hotel conference rates will be extended prior and following the conference, consider including the conference in your family vacation. For details, see [www.springmaidbeach.com](http://www.springmaidbeach.com).*

For more information about conference registration, accommodations, and proposal formatting, visit our website at [aservic.org](http://aservic.org).

***For information contact Elliott Ingersoll, ASERVIC President,  
[ingersez@worldnet.att.net](mailto:ingersez@worldnet.att.net)***

## 2010 ASERVIC Conference—REGISTRATION FORM

*ASERVIC Conference on Spirituality in Counseling: Navigating the Spiritual Journey of Life*

### ASERVIC 2010 Registration Information

### Conference Badge Name

Name _____ Address _____ City/State/Zip _____ Day Phone _____ Email _____ National ASERVIC Member?    ___ YES       ___ NO State ASERVIC Member (if so, list state)? _____	First Name: _____ Last Name: _____ Organization: _____ _____ City: _____ State: _____ Nickname for Badge: _____
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### ASERVIC Conference General Registration

Membership Status	Postmarked by May 15 <sup>st</sup> , 2010	Postmarked after May 15 <sup>st</sup> , 2010
Professional/Regular ASERVIC Member	\$ 165.00	\$ 215.00
Non-Member	\$ 215.00	\$ 265.00
Student Member	\$ 100.00	\$ 125.00
Student Non-Member	\$ 140.00	\$ 165.00

\*\* on-site registration by cash or check only!

Please list any special accommodations you may need: \_\_\_\_\_

#### Completed Registration form and payment should be mailed or faxed to:

Dr. Elizabeth O'Brien  
 University of Tennessee at Chattanooga  
 615 McCallie Ave  
 201 Pfeiffer Hall; Dept. 2242  
 Chattanooga, TN 37403  
 Fax (423) 425-5443

If paying by check, please make these out to "ASERVIC"

If paying by credit card, please include the following information:

Card Type:

\_\_\_\_\_ Visa            \_\_\_\_\_ MasterCard            \_\_\_\_\_ Discover            \_\_\_\_\_ AMEX

Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

3 Digit Security Code on Back of Card \_\_\_\_\_

Total Amount to be Charged: \_\_\_\_\_ -\_\_

Name on Card: \_\_\_\_\_

Billing Address: \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_

#### ADDITIONAL INFORMATION: Hotel Registration

Hotel prices at the Springmaid Beach Resort located in Myrtle Beach, SC. Rooms are available on a first come, first serve basis. Rooms at the group rate are no longer guaranteed after June 16<sup>th</sup>, 2010.

Single            \$ 139.00                    Double            \$ 139.00                    Triple    \$ 139.00

\*\*\*To book hotel please contact Springmaid Beach Resort directly\*\*\*

Phone for hotel information: (843) 315-7100

Other accommodations, such as camping and family efficiencies, may also be available upon request.

\*\* on site continuing education hours certificate available for \$20 (cash or check only).



### Newsletter Dead- lines

*We are always interested in articles or information dealing with Ethics, Spirituality, or Religion in Counseling. Please submit any items you may have to the Interaction Editor by e-mail at [cgill@argosy.edu](mailto:cgill@argosy.edu) by the following deadlines:*

**August 15, 2009**  
For Fall 2009 Issue

**November 1st, 2009**  
For Winter 2009 Issue

**February 15, 2010**  
For Spring 2010 Issue

**May 15, 2010**

**Checkout our  
updated website at  
[www.aservic.org](http://www.aservic.org)!!**

## CALL FOR PRESENTERS

### Spirituality and Counseling: Care of Self, Client, and Community

NMASERVIC Conference

March 3, 4 & 5, 2011

(Site to Be Determined)

Join us for this exciting Conference of the New Mexico Association for Spiritual, Ethical, and Religious Values in Counseling (NMASERVIC). Presentations are 90 minutes, granting 1.5 Continuing Education Credits, as applied for. You can also submit a proposal for two back-to-back breakout sessions doubling the CECs. Need for two sessions must be clearly demonstrated. Only a limited number of slots for two session presentations will be available.

To clarify, the theme seeks to address spirituality in counseling, self-care for the counselor or healing professional, community approaches to therapy and spirituality, promoting well-being and resiliency for self and others, innovative approaches to client care, expressive arts techniques, and broader areas in which these may overlap. Past attendees represent a broad range of fields and interests.

Share your gifts, and shed your Light - be part of the vital process of conscious evolution! Counselors provide comfort and support in these times of challenge and transition, as well as offering greater possibilities for growth and fulfillment for each other and our clients.

We look forward to your unique and wonderful workshop ideas. Please contact Allen DeSalme at [aldesalme@msn.com](mailto:aldesalme@msn.com) or [allen\\_desalme@pmsnet.org](mailto:allen_desalme@pmsnet.org) or call him at 505-325-0238 for a Request for Proposals form.

### PROPOSAL DEADLINE IS September 1, 2010

You can easily renew your ASERVIC membership or become a member by contacting ACA at:

**1-800-347-6647 x222 or**

<https://www.counseling.org/Counselors/MemberJoin.aspx>

**If you call, ask for the Membership Department and let them know that you would like to join or renew your ASERVIC membership.**

**\*\* ASERVIC is a division of the American Counseling Association\*\***

Also, please visit the ASERVIC website, <http://www.aservic.org/>, to find valuable resources and information! We appreciate your commitment to ASERVIC and to the important work of researching, examining, and including spirituality into our profession. Should you have any other questions regarding your membership, please feel free to contact us,

Carman Gill and Shannon Ray, the ASERVIC Membership Committee Co-Chairs, at [cgill@argosy.edu](mailto:cgill@argosy.edu) or [shanray@nova.edu](mailto:shanray@nova.edu)