



PWCA

PINE NEEDLE

“Professional Service with the Personal Touch”
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A Local Chapter of the Texas Counseling Association

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A Message From Carrie Shaw

Resilience. Webster’s definition of resilience is “The act or power of springing back to a former position or shape; elasticity.” As I sit



down today to write to you, the thought of resilience comes to mind. Yesterday, I received an e-mail from Joel politely and gently reminding me that it is time to prepare the winter newsletter. I

responded that I have been thinking about what to write but was not feeling particularly inspired at the moment.

What I didn’t tell Joel was that my husband who is out of town on business had just called to ask for my help with locating insurance information because his truck, our personal vehicle, had been broken into while he was having dinner with a customer. There was considerable damage and our laptop had been stolen among other items in the vehicle. At the time, he was waiting in the parking lot of the restaurant for the repairmen to arrive to replace the smashed window and for the Houston police to arrive so a report could be filed.

Our nine-year-old son overheard the call and was upset. He began to ask questions, “Is Daddy okay?” “How will he come home tomorrow if the truck needs to be repaired?” and “Why would someone do this? Daddy didn’t do anything wrong.” “What will he drive to work and how will he pick me up from school if the truck has to be repaired?” At that moment, I realized he felt frightened by what had happened and was unsure as to how it would affect him. I began to provide those reassurances we all do as parents and caregivers. I reassured him that Dad is okay, the truck can be repaired, we would purchase a new computer, and of course, the most important of all – Daddy would be home the following day as planned.

Like each of you, I have faced these types of questions so often in my roles as teacher, school counselor, and now, private practitioner. I currently work primarily with foster children and children who have been adopted through the foster care program. A response by one of my former teen clients inspired me during a particularly difficult session. Now at age 17, she was back in foster care. Her adoptive parents, who had good hearts and good intentions, were overwhelmed by the needs of the children and had become addicted to
(see **Resilience**, Page 2)

**Promise me you’ll always remember:
You’re braver than you believe, and stronger than you
seem, and smarter than you think.**

~Christopher Robin to Pooh (by A. A. Milne)

Resilience (continued)

prescription medications and then to illicit drugs. The case was coming to a close after a long year of intervention, and once again she and her siblings were separated and returned to foster care because her adoptive parents' paternal rights were terminated. When I inquired as to what she expected in the future, she responded with a light in her eyes and a bright smile, "I will press on. I have good, loving people in my life. I will press on."

I must admit, for a moment I was startled by her response. Then I realized that through all the difficulties she faced, she had received support from so many who may have touched her life for a brief time but who had helped make the difference for her. Despite seemingly overwhelming odds, she has developed resilience and hope for the future.

Although the situations of our students and clients may seem overwhelming at times, it is through our actions, words, and simple kindness that we help them build resilience and the ability to press on in life.

May you have a blessed and happy holiday,

Carrie

Truth About Nominations

"Two heads are better than one..."

"If not me then who...?"

"For want of a nail..."

"Who will help?" asked the little red hen..."

There are a million adages that apply here. The enclosed forms for awards and officer nominations are useless without your ideas and your suggestions. It's easy to wait for someone else, but if we all do, then what? The more who nominate, the more excellent choices we have to keep PWCA strong.

Because the Truth about nominations is... there are lots of reasons to do so, and no good ones not to.

TCA Calendar 2011-2012

Feb 6-10	National School Counseling Week
Feb 12-14	TSCA School Counselors' Conference, Galveston
Nov 14-17	TCA Professional Growth Conference, Galveston

www.txca.org

The TCA Senate Report

by Vickie Spearman, PWCA Senator

The Texas Counseling Association Senate met on Wednesday, November 9, 2011. Several action items were submitted and reviewed, including a change to the TCA Bylaws. The Senate moved to amend the TCA Bylaws to establish another membership category called "New Professional" at a rate of \$50 per year. The classes of TCA membership shall now consist of five classes: professional, *new professional*, student, emeritus, and retired. The "New Professional" must have graduated less than 1 year previously from a masters or doctorate program in the area of human development. This membership status is valid for two years from initial application or until completion of internship, whichever comes first. The "New Professional" may vote in TCA elections but may not hold TCA office.

In addition to changes in the TCA Bylaws, the development of a TCA "Annual Report Brochure" was endorsed as requested by the Communications Committee. This annual report will facilitate effective communication within the TCA government.

TACES (Texas Association for Counselor Education and Supervision) presented concerns about the current procedures for addressing modifications to the TCA budget, including Division administrative fees. Currently, the Finance Committee makes recommendations at the Senate meeting without prior opportunity for discussion or survey of opinion, thus bypassing a critical component in the decision making process. The TAMFC (Texas Association of Marriage and Family Counselors) senator indicated that she would request the TAMFC director to offer additions to the TCA Governance Manual addressing this process. The changes were to be presented at the TCA Board of Directors meeting on November 12, 2011 and additional information on this matter should be forthcoming.

The TCA Professional Growth Conference presented excellent breakout sessions addressing many topics of interest to school counselors, private practitioners, and counselor educators. The key note speakers, Dr. Pat Love and Dr. Bradford Keeney brought messages that were both inspirational and informative.

Next year we meet in Galveston for professional development and fun on the Texas Gulf Coast!

Piney Woods Counseling Association - Winter Meeting
Tuesday – December 6, 2011
Kilgore College - Kilgore, TX
Speaker: Chris Simpson, Ph.D.

Speaker

Chris Simpson, Ph.D. – *“Working with the Non-Suicidal Self-Injuring Client”*

Dr. Simpson is an Associate Professor in Counseling at Texas A&M University at Commerce and has special interest and expertise in group counseling, grief and bereavement, and self-injurious behavior. He has served as a counselor in school, university, and agency settings and is an LPC Supervisor.

The presentation will provide an understanding of non-suicidal self-injury, including precipitants, accompanying characteristics, common myths, and suggestions for working with clients.

Schedule

8:00 – 9:00	Executive Committee
8:00 – 9:00	Registration
9:00 – 9:45	Business Meeting
9:45 – 11:45	Speaker
11:45 – 12:45	Lunch
1:00 – 3:00	Speaker
3:00	Wrap-up/Evaluations

Directions/Parking

The general session will be in the Devall Student Center Ballroom near the west entrance of the building. The Executive Committee will meet in the conference room near the central staircase on the first floor of the same building.

The main campus is located on US Hwy 259 between Houston Street and Laird Avenue. From Hwy 259 (North or South): Turn on Ross Ave by

the East Texas Oil Museum. Turn right on Broadway, then left on Elder St. From Gladewater (Hwy 135) or Overton (Hwy 42): At the traffic circle in Kilgore go east on Houston St., then right on East South St. (2nd light).

Park in the visitor lot at the rear of Devall Student Center or the student lots across the street to the west and south.

A campus/parking map is available at:
http://www.kilgore.edu/maps_regional.asp

Come Visit PWCA At:

www.pineywoodscounseling.org

For copies of forms and more information