



Mississippi Counseling Association
A Branch of American Counseling Association
Serving Mississippi since 1950

MCA
PO BOX 353
LONG BEACH, MS 39560

FALL 2017

Message from the President

We had a wonderful experience at the 67th Annual Conference of the Mississippi Counseling Association in Tupelo with 730 in attendance! It was a time of professional development and personal development – a time of connecting with old friends and a time of developing relationships with new friends. It was truly a great time to reflect back on what we as counselors do – of how we are united in the common cause of helping our clients, our community, our state, our nation, and our world become a better place.

We tried several new things this year at conference: having an Opening Celebration instead of a Keynote Speaker, moving the MSCA and MLPCA business meetings to the morning, and increasing the number of supervision and ethics content sessions throughout the conference. In lieu of a Keynote Speaker, funds were used to host an Opening Celebration to provide an opportunity for MCA members to sit down over good food and re-connect with each other. Over 275 members attended! We are often alone in our buildings and conference is a wonderful time to reach out to each other. I hope that each of you that were able to attend enjoyed this aspect of the conference. We also moved the MSCA and MLPCA meetings to the morning. This was done in an effort to increase membership and attendance in other Divisions that often get overlooked at the 4:00 business meeting time slot. I appreciate each of you for getting up earlier to attend these meetings and making that special effort. And finally, we offered more choices of ethics and supervision content sessions than ever before, with 11 different sessions! Just by attending this conference, a MCA member could earn over 13 hours of ethics/supervision contact hours.



A special thank you to the conference co-chairs Chelsea Foust and Dr. Josh Magruder. They sacrificed a great amount of time and sleep to make this conference wonderful. They took care of the large items and the teeny tiny

THE COMPASS

Meet Your New President Elect-Elect

Dr. Melissa Windham

Melissa Windham has served as a counselor both in mental health and schools since 2003. Her experiences include working at the elementary, high school, community college and university levels. Melissa previously served as LPC and Lead Counselor at Mississippi Gulf Coast Community College, Jackson County Campus and is currently in her sixth year at Pascagoula High School where she plays an active role in the implementation of the school's first data driven comprehensive school counseling program and is involved in research relevant regarding best practices for the role of mental health in schools.

Melissa serves as adjunct faculty for The University of Southern Mississippi in the School Counseling M.Ed. Program and Regent University in the M.A. Counseling Program and the Counselor Education and Supervision Ph.D. Program. She is an active member in the American Counseling Association (ACA), American School Counseling Association (ASCA), Mississippi Counseling Association (MCA), Mississippi Association for Counselor Education and Supervision (MACES) and Mississippi School Counselors Association (MSCA). Melissa believes being an active member in professional organizations is essential for professional growth.

Melissa has served MCA in numerous leadership capacities and has enjoyed her time involved in these roles. Currently serving as Secretary, Melissa has had the opportunity to work with all region and division leaders. She was president of the Gulf Coast Counselors Association; co-coordinator of the MCA Conference; a member of the MCA conference planning committee multiple times; an Emerging Leader; and co-chair of the First Timers Breakfast at the MCA Conference. Her experience with MCA makes her a strong candidate for President Elect.



Meet Your New Secretary

Leigh Bartlett

Leigh Earnest Bartlett attended the University of Alabama and Mississippi College where she earned a Bachelor's Degree in Education (K-12: Math & English) and a Master's Degree in Counselor Education. She also holds a Special Education endorsement. Leigh earned a Specialist's Degree from the University of Mississippi in Counselor Education with an emphasis in Play Therapy. She is currently working on completing her RPT-SB credential. Leigh is a National Board Certified Counselor (NCC) and a National Board Certified School Counselor (NCSC), and she is now pursuing her doctorate in education.

Leigh has worked for Madison County Schools for twelve years as a teacher, then as an elementary counselor at East Flora Elementary School, and currently as a high school counselor at Rosa Scott School in Madison, MS. While at East Flora, she led the school through the beginning phases of PBIS and successfully spearheaded a variety of other initiatives. She is a member of the Rosa Scott School Leadership Team.

Leigh has contributed to the Mississippi Counseling Association by serving the past three years as the National Career Development Association's Mississippi liaison for the annual Poetry and Poster contest where she recruits Mississippi students and adults to participate and compete nationally for awards and recognition. She makes it a priority of serving as a leader in her community. She is a "Wish Granter" for the Mississippi chapter of the Make-A-Wish Foundation and takes great pride in raising funds to contribute to this outstanding organization that touches the lives of Mississippi children.

Leigh enjoys actively participating in the Junior League of Jackson where she has served in a variety of leadership roles from organizing and delivering hot meals to the families of foster children, to guiding new provisional members through their first year of membership, to working with the finance department for Mistletoe Marketplace, and to serving as Finance Chair for Touch a Truck Jackson where children from all over the metropolitan area gather to explore and learn. Giving back to the community is a job that Leigh takes to heart.



A PERSPECTIVE FROM AN EMERGING LEADER CLEVELAND PHINESEE

Participating in the Emerging Leaders program has been self-rewarding and life changing. I have had the privilege of participating in several meetings, attend training sessions, and even gain volunteer experience in aim to understand the overall goal and functionality of the Mississippi Counseling Association (MCA). I must admit though that it was not easy for me to get involved. I can vividly remember signing my name on the attendance roster at the entrance table upon arriving to the leadership training this past summer in Biloxi. I honestly thought that I had gotten over zealous and out of my league. I stated to myself, "I can't do this, I'm just a student. These people are more trained and equipped for leadership than me, so why am I here". I was then quickened by the voice of one of my professors, Dr. George Beals, saying, "Cleveland, one day you're going to make a difference". Dr. Beals taught several subjects, but this particular statement was made to me during an individual meeting about a year ago. I was in his office receiving feedback for an assignment in which I felt unsuccessful. I began to disclose to Dr. Beals my reservations in regards to progressing in the counseling program. He assured me that based on his personal examination of my performance thus far, I contained within me everything necessary to continue my pursuit of becoming a counselor. It was that conversation that rekindled my motivation in a moment of serious doubt. As I stood in the hall of the meeting room, contemplating whether I should return to my hotel room, I recalled that year old conversation with Dr. Beals and confidently proceeded into that morning session.

During the leadership training, I became acquainted with the other emerging leaders via group discussions and interactive activities. We decided to build on what previous classes had done concerning presenting at the MCA conference. Our group's presentation, entitled "New Counselor Academy," centered on topics we deemed essential for new counselors. There were seven group participants, each from different regions of Mississippi and different areas within the counseling field. Due to the time allotted for the overall presentation, we each had ten minutes to discuss our individual topics. My subject dealt with the supervisee/supervisor relationship, the ramifications thereof, and the types of supervision. I believe that the relationships we build with others in aim to learn certain crafts have immense influence concerning the type of experiences we will gain. Specifically, those who supervise or teach others specified techniques have profuse control over the individuals' level of preparedness for future demonstration and application of the techniques being taught. I have discovered that supervisees gain a healthier array of experiences when the supervisor is genuine, positive, and approachable. In conjunction, the supervisor is able to authentically impart and disclose information when the supervisee is humble, positive, and open for new experiences. In other words, the relationship is positively optimized when there exists unconditional receptivity from all involved parties.

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Reminder: Day at the Capitol

Tuesday, January 23, 2018

President's Message cont.

details that no one probably noticed but that made the overall impression beautiful. I could not have asked for a better team to work with. I would partner with them any day.

This conference could not have been successful without all of our volunteers. I am so grateful for each and every one of you. You stepped up when needed and sacrificed your time at the conference. You are a true servant leader, and I am grateful for the example that are showing our new members as they begin their journey as MCA members. Volunteers included Stephen Adika, Ashley Allen, Charlotte Arrowsmith, Leigh Bartlett, Tobi Bowen, Crystal Brewer, Beth Brewer-Runnels, Heather Burleson, Charlotte Christian, Doug Copeland, Michelle Cresap, Catherine Denham, Ebonee Dorsey, Erica Dumas, Angela Errington, Kendall Fausak, Jessica Flynt, Brenda Frelix, Treenecia Garraway, Lycedia Gasaway, Charity Gordon, Patti Harmon, Gwen Hitt, April Huff, Rebekah Hunter, Linda James, Lana Johnson, Ginger Jones, Shelina Jones, Teandre Jones, Bob Kelly, Sherri Kent, Jennifer Knox, Jan Lemon, Sonya Mars, Brittany Martin, Jasmine McIntyre, Jade Miller, Kizzie Moore, Danielle Moulds, Brittany Nooner, Jenese Norman, Kayla Ogletree, Mary Bess Pannel, Kimberly Peeples, Cleveland Phinisee, Julia Porter, Holly Reeves, Rebekah Reysen, Jeri Lynn Rushing, Antwynette Shields, Donna Simmons, Jennifer Smith, Diane Speed, Lauren Springer, Kalee Stanton, Adriann Steen-Brown, Sonya Sumrall, Suzanne Stokes, Belinda Strauss, Jayme Sullivan, Gabrielle Sutherland, Sumedha Therthani, Lacy Varner, Cat Vincent, Deb Wells, Diane Williams, Amanda Winburn, Kelsey Windham, Melissa Windham, Jennifer Yarbrough...and I KNOW I'm leaving someone out! Please let me know who! It was amazing, awesome, and wonderful to see these faces working together to make such a beautiful event come together. I truly enjoyed seeing all of the genuine kindness between each of you – THIS is what MCA is all about! Again, thank you for all that you did and all that you continue to do.

As we continue to move forward into 2018, our next big event is Day at the Capitol on Tuesday, January 23rd. We are working to secure reduced hotel rates for Monday night to make it easier for those of you who have to travel a great distance and possibly an opportunity for continuing education credits through a workshop on Monday night. We will certainly keep you posted as those plans become more firm. Please wear RED to the Capitol – red tie, red shirt, red dress – RED! This will help us to be more visible to the legislators and senators as we are moving about the capitol. We will provide you with talking points as needed and will make you feel very comfortable for your day. Come – and bring a friend!

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The Compass, Winter 2018

Article Submission Deadlines

Publication Date: February 28, 2018

Editorial content and photos due

February 20, 2018

Email to susan@nonprofit-growth.com

A PERSPECTIVE FROM AN EMERGING LEADER CONT.

Such discussions about the supervisee and supervisor relationship were inspired by my own personal encounters with professors as a graduate student at Delta State University. Since my initial enrollment in the graduate program, the faculty and staff have been immensely encouraging. Learning in a therapeutic environment has made a constructive difference in my overall process of preparing to become a counselor. Initially, the type of supervision and guidance that I was receiving seemed very intrusive and even irritating. However, as I began to apply new concepts and accept the criticisms of my professors, I noticed subtle changes in my comprehension of the course material. This change would eventually facilitate a new way of thinking, which led to the application of new techniques for handling social and personal problems, along with using different therapeutic techniques with clients. Hence, my time spent at Delta State has deeply impacted my personal development in conjunction with the academic component. I am forever grateful for the opportunities that have been granted by both my attendance at Delta State and involvement with the Mississippi Counselling Association .

Cleveland Phinisee is a current graduate student in the Counselor Education and Psychology Department at Delta State University. He is at the end of his program of study and is enrolled in an internship. He is a current member of the MCA Emerging Leaders program. Cleveland has provided a reflection of his experience of the 2017 MCA Conference.

MCA Social Media

Calling all MCA members!! We know that you are making a difference in the counseling profession and we want to let the social media world know!



We would especially like to see your photos and experiences from the recent MCA Conference. We are encouraging all MCA members to advocate and upload their counseling experiences and photos to social media by including the following hashtag: #mCACounselor

PRESIDENTS MESSAGE CONT.

We have reached an all-time high in our membership with over 1200 members!!! This is truly a moment to celebrate! But I know that there are many counselors in our state who are feeling alone out there – they have no one to connect with. That's where our Member Get a Member Campaign and YOU can help! This program encourages you to reach out to your colleagues to discuss the many benefits of joining MCA. For every 3 new members that you recruit, your name will go into a drawing for a free membership or a free conference registration. Drawings will be held at the Spring Board meeting. So get out there – connect with others – and help them connect with us! See you in January!

Sincerely,

Kimberly R. Hall, PhD, LPC-S, NCC, NCSC, ACS
President 2017-2018
Mississippi Counseling Association

CALENDAR OF EVENTS

January

January 23, 2018, MCA
Day at the Capitol, Jackson, MS

ANNOUNCEMENTS

CALLING ALL AUTHORS

We are in need of articles for the Winter 2018 Compass. Please consider writing an article and submitting it for publication. The article should be 200–300 words in length and can cover topics of interest to counselors..