



# Sunspots

*The Newsletter of the  
New Mexico Counseling Association*

Spring, 2009

Linda Rounds-Nichols, editor



**Kelly Brooks**

## **WELCOME NEW MEMBERS!**

Herlinda Alexandra  
Patty Lopez  
Melissa Harbert  
Mark Marquez  
Natalie Kannon  
H. Lynn Clifford  
Jonathan Hart

## **Announcement**

NMCA and the  
divisions  
are seeking officers for  
the 2009-2010 year.

See information in this  
newsletter for NMCA  
opportunities, and  
contact your divisions  
for information about  
division opportunities.



## **From our president ...**

As we enter into spring, my favorite season of the year, I find myself pausing for moments of reflection. As a gardener, I have been spending an hour or so every day preparing my yard and soil for the coming months, gently working with the soil and cleaning up left over leafs and fruits from the fall. This time is critical for the success of one's summer and fall harvest. I truly enjoy this time of solitude, working and preparing myself and my garden for what is to come.

When I think about New Mexico Counseling Association and the season that we are in, I find that we too are in the season of spring, a time of preparation for what is to come. We have positions to fill on the Executive Board, including hiring a new Administrator/Executive Director and appointing a new treasurer, both very large and important shoes to fill. NMCA is busy preparing and looking forward to upcoming division conferences, including the annual NMCA conference in the fall and exploring ways to make the association a central part of counselors lives here in the great state of New Mexico.

Like the gardener preparing its soil for planting season, we at NMCA must prepare our soil for the rich fruits we will soon be producing and caring for. Please join us as we enter into this season of preparation and growth.

Sincerely,

Kelly Brooks ~ NMCA President

## Congratulations and Thank you!

Suzanne Schmidt, the current president of NMMHCA has agreed to serve at the NMCA president-elect-elect. Suzanne is a former member of the ACA Governing Council and past president of the Texas Counseling Association. She has received many awards during her career, and is an accomplished author of both professional works, and other works, including a novel. Thanks for agreeing to serve, Suzanne!

### Another congratulations.....

NMCA president, Kelly Brooks, will soon have a new lifetime role — that of mom! Congratulations, Kelly!



NMCA is a branch of ACA, and all NMCA members follow the ACA Ethical Code. This code can be found at [www.counseling.org](http://www.counseling.org).

## Email Addresses Needed!

NMCA and most of the divisions communicate with members via email. Information about government relations, division and NMCA events, and other updates all come to the members by email.

If you haven't shared your email address with us, you are missing this information – and we don't want to miss you. Please forward your email address to us at: [nmcalinda@yahoo.com](mailto:nmcalinda@yahoo.com). Be sure to send us any email, phone number, or address changes, too, Thanks!

## —Continuing Ed. Opportunities— Information for Members

Don't wait until the last minute! Be sure to keep up with those continuing education hours! As a membership service, Linda, NMCA's Executive Director, ([nmcalinda@yahoo.com](mailto:nmcalinda@yahoo.com)) is keeping information from those flyers that we all receive in the mail. If you're a NMCA member and need some hours, or have misplaced a flyer, contact her for information. Also, check out the NMCA web page ([www.nmca-nm.org](http://www.nmca-nm.org)), as both NMCA and some of the divisions offer continuing education and may have information available. Check this issue, too. You'll find information about some continuing education opportunities.

## NMCA History

The New Mexico Counseling Association, formerly known as the New Mexico Association for Counseling and Development, and the New Mexico Personnel and Guidance Association, was chartered on March 26, 1956. The first president was Dr. A.A. Welck.

*We have not yet been able to learn of all of the past presidents—so if you know of people who served as president between the late '50's and early '80's, that information is needed. Meanwhile, here is a partial list.*

### NMCA presidents....

2007-2008	Jenna Crabb
2006-2007	Rhonda Neswald-Potter
2005-06	Sara Simon
2004-05	Bob Butziger
2003-04	James Herrera
2002-03	Mary Ann Landry
2001-02	Diane Wilhoite
2000-01	Diane Wilhoite
1999-00	Linda Davis
1998-99	Larry Winn
1997-98	Leslie Otero
1996-97	Mary Cecilia Guterrez
1995-96	Sam Shaffer
1994-95	Jean Farrar
1993-94	John Bach
1992-93	Pam Micker
1991-92	Lois Mayland
1990-91	Joyce Dean
1989-90	Denise Pontious
1988-89	Carol Schwendimann
1987-88	Linda Rounds-Nichols (Maruska)
1987-89	Rob Sharp
1985-86	Phil Mitchell
1984-85	Bill Krieger
1983-84	Paul Fornell
1956	Dr. A.A. Welck

# Laban's Addiction Specific Trainings

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NAADAC Provider 000105

## **15 hour courses- \$95 each**

Psychopharmacology in Addiction Settings  
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Dual Diagnosis: Personality Disorders  
Substance Abuse and Older Adults  
Three Theories of Counseling: Psychoanalytic,  
Cognitive & Reality Approaches  
Motivational Counseling  
Brief Interventions in Chemical Dependency  
Dual Diagnosis: Mood Disorders  
Working with Gambling Problems  
Brief Family Therapy for Adolescents

## **10 hour course – \$75**

Case Management Issues

## **8 hour courses – \$65 each**

Mental Status Assessment in Addiction Settings  
Health Issues for Addiction Setting Employees  
Understanding Withdrawal & Detoxification  
Drugs of Abuse  
Adolescent Treatment Issues

## **7 hour courses – \$60 each**

Criteria Based Documentation  
Group Counseling: Process & Techniques

## **6 hour courses- \$50 each**

21<sup>st</sup> Century Ethics in Counseling  
Clinical Supervision Principles, Techniques & Methods  
Values Driven Addiction Supervision  
Defense Mechanisms/Coping Strategies  
Addiction Based Treatment Planning  
HIV/AIDS Training  
The AIDS Rollercoaster: Counseling the HIV Client  
Ethics Training  
Dual Diagnosis-Assessment Issues  
Aspirational Ethics  
Cultural Diversity in Counseling  
Cognitive-behavioral Treatment of Cocaine Addiction  
Clinical Supervision Foundations  
Exploring Ethical Issues  
Confidentiality Training  
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3. Order online and check out our **Web Specials!** [www.last-homestudy.com](http://www.last-homestudy.com)
4. Circle desired courses, complete below form, and return this page with check.

Full Name (print clearly) \_\_\_\_\_

Address/City/State/  
Zip: \_\_\_\_\_

Day / Evening Phone ( \_\_\_\_\_ ) \_\_\_\_\_    Alternate Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

**MAIL ORDERS TO: LABAN'S TRAINING'S, PO BOX 126307, HARRISBURG PA 17112**

## Help!! Who to Contact.....

### Licensure information:

NM Counseling and Therapy Practice Board: 505-476-4610,  
www.rld.state.nm.us/counseling/index.html,  
email: counselingboard@state.nm.us.

### Text of the governing statute (the law):

Conway Green Co. www.conwaygreene.com, Go to NM Statutes, then Statutory Chapters, Chapter 61: Occupational and Professional Licensing, Article 32.

### NMCA and division information:

www.nmca-nm.org, 505-863-6176, email: nmcailinda@yahoo.com. Also, click on the division president's name at [www.nmca-nm.org](http://www.nmca-nm.org) to contact a particular person.

NMCA Officers: see the last page of this newsletter for names and contact information, or click on the names on the NMCA web page.



## For Your Calendar

March 5, 2009: **The Ethics of Spirituality**  
A 6 hour pre-conference workshop OR stand-alone workshop. \$80 for conference attendees/ \$95 for others. Co-sponsored by NMASERVIC.

March 5-7, 2009: **Counseling as a Spiritual Path: the power of presence, NM ASERVIC's Western Region Conference.**  
Up to 12.5 continuing ed. available, including 3 hours in Supervision.

**Other conferences/workshops are in the planning stages — check the web page: [www.nmca-nm.org](http://www.nmca-nm.org) regularly for updates!**



## Thanks for the Memories!!

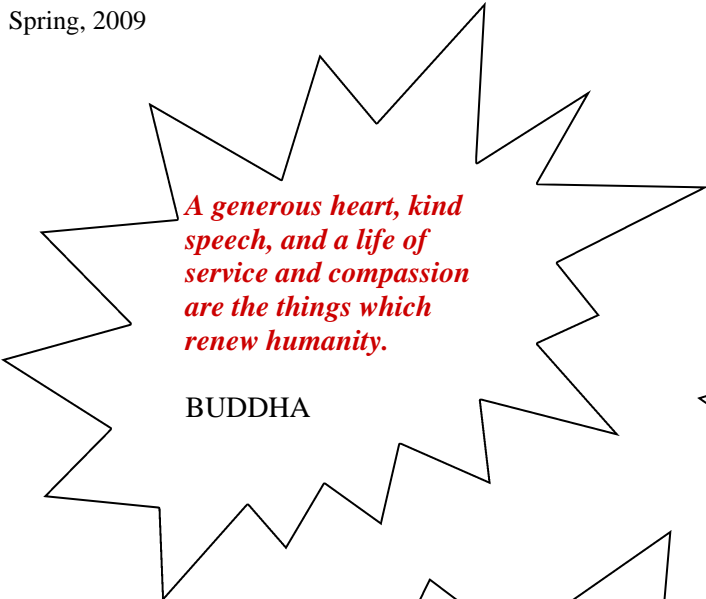
It has been great fun serving NMCA since December, 2004. I've enjoyed working with five presidents: Bob Butziger, Sara Simon, Rhonda Neswald-Potter, Jenna Crabb, and Kelly Brooks, as well as their boards.

In this position, one also has the opportunity to work with all of the members, and students, and people from other states, and the NBCC folks, and so on.

When I leave the position at the end of this NMCA year, I will take all of you with me. And, since I'm not leaving yet, I'm still looking forward to more of your emails and phone calls.

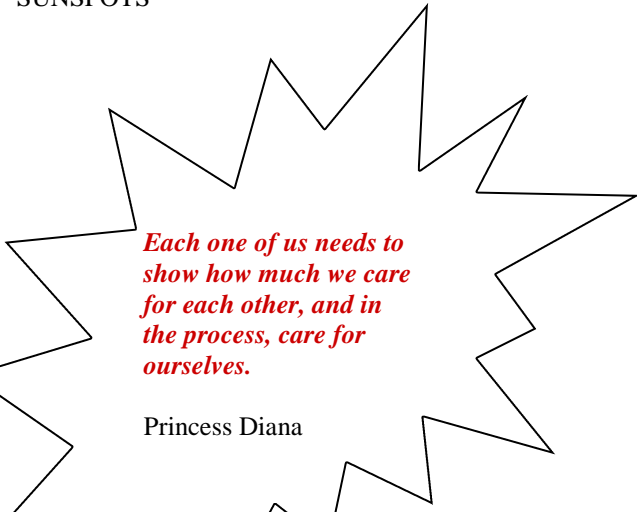
I encourage you to consider applying for the Executive Director's position (see [www.nmca-nm.org](http://www.nmca-nm.org) for a job description), or for a position on the NMCA Board or division board — you'll meet and work with great people, and it will provide you with much satisfaction!

*Linda Rounds-Nichols*



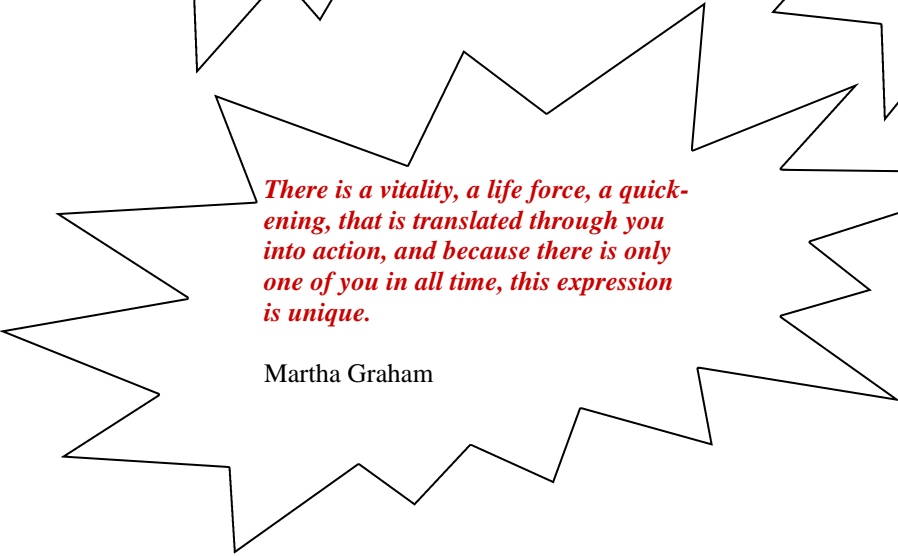
*A generous heart, kind speech, and a life of service and compassion are the things which renew humanity.*

BUDDHA



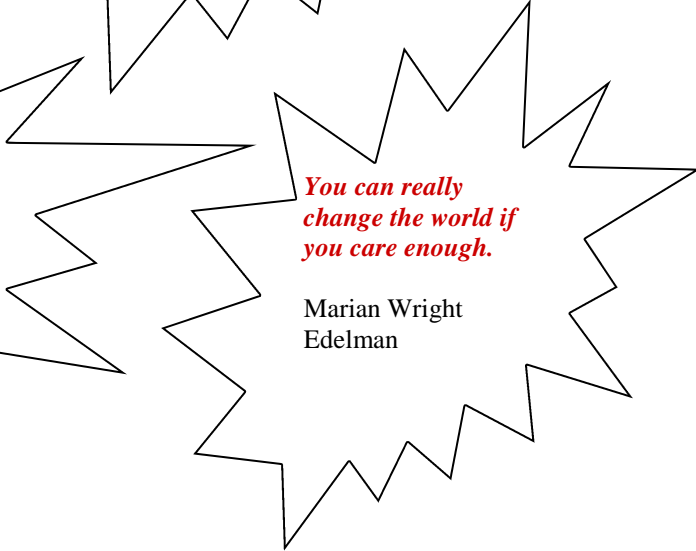
*Each one of us needs to show how much we care for each other, and in the process, care for ourselves.*

Princess Diana



*There is a vitality, a life force, a quickening, that is translated through you into action, and because there is only one of you in all time, this expression is unique.*

Martha Graham



*You can really change the world if you care enough.*

Marian Wright Edelman

## **NMCA Service Opportunities**

**President Elect-Elect: 2009-2010,**

to serve as president elect: 2010-2011 and president: 2011-2012

**Vice President for Professional Development**

**Treasurer**

**Committee Chairs: Government Relations and Ethics**

**NMCA Executive Director**

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**Please send a letter of interest and your resume to Kelly Brooks, NMCA, 808 Manzano St. NE, Albuquerque, NM 87110 **BY APRIL 1, 2009.****

## Ethics: Confidentiality, Privileged Communication and Privacy: Similarities and Differences

Jeannette Baca, Ed.D., LPC  
NMCA President-elect, Ethics Committee Chair

Counselors have an ethical duty to respect client's right to privacy (ACA, 2005, Section B). *Confidentiality*, which belongs to the client, refers to the counselor's ethical responsibility to protect private client communication. *Privilege*, on the other hand, is a legal term that refers to the protection of confidential communications between two parties in the context of a judicial setting (Wheeler & Bertram, 2008). In other words, confidentiality is an ethical term and privileged communication is a legal term regulated by state statutes. Confidentiality, privilege and privacy are often used interchangeably. It is important for counselors to understand the differences in these terms in order to protect client information.

If clients are to explore intimate, personal aspects of their life they need to feel safe and trust that their privacy will be respected. Confidentiality is the cornerstone on which that trust is built (Herlihy & Corey, 1996). As part of the informed consent process, at the beginning of the counseling relationship and throughout the counseling process, counselors communicate to client's the parameters of confidentiality and explain the limitations (ACA Code, 2005). According to the ACA Code of Ethics (2005) confidential information can only be revealed to "protect clients or identified others from serious and foreseeable harm or when legal requirements demand" (p.7).

Arthur and Swanson (1993) articulated the following exceptions to confidentiality: (a) client is dangerous to self or others; (b) client waives confidentiality and privilege by requesting a release of information; (c) counselor receives a court order requiring the release of information; (d) counselor is involved in systemic clinical supervision; (e) client's information and paperwork are processed by clerical workers for routine purposes and client has been informed of this arrangement prior to counseling; (f) client is informed of counselor-required legal or clinical consultation before counseling; (g) the issue of the client's mental health is raised by client in a legal proceeding; (h) counseling occurs with a third party in the room; (i) client is a minor; (j) client information is made available within the agency or institution as part of the treatment process; (k) information is shared within a penal institutions as part of the operation of the institution or the case process; (l) client discloses information to advance a criminal or fraudulent activity; and (m) child abuse is suspected by the counselor.

Other exceptions to confidentiality exist for specialized settings. School counselors are charged with balancing the rights and needs of their minor clients with their obligations to the school community and their clients' parents. Although school counselors have a primary obligation and loyalty to students (ASCA, 2004) they also have an obligation to parents, teachers, administrators, the school district and the community. Stone (2005) believes there are times when school (continued)

**ETHICS, CONTINUED**... counselors must breach confidentiality to act in the best interest of the student. Additionally, school counselors must respond to teacher and administrator requests for information or mandates for sharing among community or law enforcement agencies. A formal, written informed consent policy between counselors and students helps protect the counseling relationship and promotes good communication.

The American School Counseling Association (ASCA) *Position Statement on Confidentiality* states that "Confidentiality ensures that disclosures will not be divulged to others except when authorized by the student or when there is a clear and present danger to the student and/or other persons....It is the counselor's responsibility to provide notice to students regarding the possible necessity for consulting with others. This confidentiality must not be violated by the professional counselor except where there is a clear and present danger to the student and/or other persons" (ASCA, 2002).

Confidentiality is not a legally recognized reason to refuse to obey a court order to disclose client information (Shuman, 1990). Only privileged communication, which is established by statute, can protect clients from disclosure in legal proceedings (Glossoff, Herlihy & Spence, 2000). In some states, counselor-client communications are protected from disclosure in the context of certain legal or administrative proceedings, similar to attorney-client or doctor-patient. This means [clients] are protected from having their confidential communications disclosed in court without their permission. The criteria for a relationship to be considered privileged are that (a) confidentiality is essential for maintaining the relationship; (b) the communications originated in the confidence that they would not be disclosed; (c) the relationship is so necessary for the functioning of our society that, in the opinion of the community, it should be sedulously fostered; and (d) the injury that disclosure would cause to the relationship is greater than the benefit to the litigation process that would be gained (Wigmore, 1961).

Does privileged communication exist in New Mexico between counselors and their clients? While provisions in privilege statutes are complicated, Article 61-9A-27 (New Mexico Code, 2000)) indicate privileged communication rulings for counselors were repealed, denying counselor-client privilege. However, provisions of the Victim Counselor Confidentiality Act [31-25-1 to 31-25-6 NMSA 1978] affords statutory protection from disclosure of confidential communication generated in the course of a counseling relationship. In general, victim-counselor privilege laws enable counselors to maintain the confidentiality of information revealed to them, even if they are called to testify as a witness in a trial or another proceeding (Legal Series Bulletin # 8, 2002). While some states grant privilege communication to school counselors, New Mexico does not. The ASCA *Position* statement (ACA, 2008) strongly supports school counselor credentialing laws in every state that include a privileged communication clause.

In 1996, the U.S. Supreme Court decision in *Jaffee v. Redmond* (as cited in Remley, Herlihy, & Herlihy, 1997)) stated that communications between licensed psychotherapists and their patients are privileged and do not have to be disclosed in federal court. This was the first case to uphold the (continued)

**ETHICS, CONTINUED** ... idea of a psychotherapist-patient privilege. Although the *Jaffee* case involved a social worker as a *therapist* or *psychotherapist*, the activities that took place were referred to as *counseling sessions*, *counseling*, or *psychotherapy*. It appears the Court used the terms counseling and psychotherapy interchangeably, leaving unanswered the question of whether the privilege will be extended to the clients of counselors in future cases (Remley, Herlihy, & Herlihy, 1997). The federal Court of Appeals for the Ninth Circuit (2001) in the case of *Oleszko v. State Compensations Insurance Fund*, (as cited in Wheeler & Bertram, 2008) answered this question by ruling that communications between an unlicensed EAP counselor and a client are protected from compelled disclosure, following the federal psychotherapist-patient privilege established in *Jaffee* (Wheeler & Bertram, 2008).

It is important to note, the *Jaffee* and *Oleszko* cases are federal court cases and most legal disputes are heard in state courts so the state counselor-client or psychotherapist-patient privilege would apply. Wheeler and Bertram (2008) recommend counselors who are called to testify appraise the court of professional licensure as a counselor and explain that counselors are bound by a code of ethics that requires respect for the client's right to privacy, and that testifying would violate professional obligations, unless given a release by the client to testify (ACA Ethical Standards, Section B.2.c.). The judge may be willing to look at the implications of the *Jaffee* and *Oleszko* cases, even though they may not necessarily apply. Nonetheless, it is prudent for counselors to consult with an attorney who can provide legal counsel.

Counselor's obligation to protect client confidentiality and uphold the law is not a simple process. It is the counselor's responsibility to know and understand ethical considerations and the laws that affect the everyday practice of counseling and best interest of the client. In a society that has become increasingly litigious, counselors must know, understand and abide by laws that govern the practice of counseling.

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- Remley, T.P., Herlihy, B., & Herlihy, S.B. (1997). The U.S. Supreme Court decision in *Jaffee v. Redmond*: Implications for Counselors. *Journal of C Counseling & Development*, 75, 213-218.
- Shuman, D.W. (1990). *Law and mental health professionals: Texas*. Washington, DC: American Psychological Association.
- Maggie Barnett, NMASERVIC president, wants to share this information with everyone.....

## Continuing Education Ethics Credit for NMCA Members

*For continuing education credit..... After reading the article, complete the quiz, and send the quiz and a check for \$10.00 (payable to NMCA), and this form to: Linda Rounds-Nichols, PO Box 1959, Gallup, NM 87305*

*Continuing education credits for past articles are no longer available.*

*All quizzes for this article must be received by May 1, 2009.*

Name \_\_\_\_\_ Phone \_\_\_\_\_

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

Type of License/certification and number: \_\_\_\_\_ Email: \_\_\_\_\_

Name for your certificate (please print clearly): \_\_\_\_\_

I certify that I completed the quiz without receiving help. Signature: \_\_\_\_\_

*This opportunity is for current members only. Not a member? Membership information is available at [www.nmca-nm.org](http://www.nmca-nm.org).*

### Sunspots Quiz

~ Explain what is meant by privileged communication.

~ Discuss the counselor's duty to respect client's right to privacy.

~ Why is the *Jaffee v. Redmond* case important to the profession of counseling?

~ List five exceptions to confidentiality.

~ If you were asked to testify in court regarding a client, what would you do?

## From the NMCA Divisions...

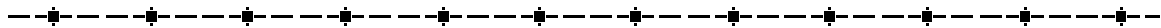
**NMMHCA...**

### *The Month of Relationships*

*Suzanne Schmidt, Ed.D.  
NMMHCA President  
NMCA President-Elect-Elect*

February brings us Valentine's Day and a focus on the love relationships that have graced or burdened our lives. As professional counselors, I believe we have a unique perspective on what the rest of the world finds so complex yet enticing. Below I offer for your consideration an "essay" of sorts on style, which I offered to workshop participants some years ago. My hope is that it might offer one professional's reflection on essential considerations for establishing a successful relationship. A secondary hope is that you will enjoy!

# THE TRUTH ABOUT STYLE



Each person assigns meaning to behavior  
 Meaning is actually an interpretation of style  
 Style differences destroy fantasies about relationships  
 Lost fantasies yield irritation, frustration, anger, or rage  
 Negotiating difference may deteriorate into debating  
 Debating is only fun when it is a clear choice  
 Relationships require the exercise of choice  
 Leaving may be the choice when styles are troublesome  
 Assigning right and wrong leads to conflict  
 Recognizing and accepting difference yields solutions  
 Solutions bring relief  
 Relief is a glorious gift  
 Gifts bring positive energy that feeds relationships

## Quick notes from NMMHCA on the Counseling and Therapy Practice Board

Suzanne Schmidt, Ed.D.  
NMMHCA President

Thanks to Jeannette Baca, NMCA President-Elect, for representing professional counselors at the January 23 meeting of the NMCTPB. Of note for our members is a proposal to require criminal background checks for persons applying for licensure. An appropriate statute will be required and awaits action by the Legislature.

The Board is researching appropriate guidelines for distance counseling (also known as e-counseling and encompassing all non-face-to-face services). Watch carefully for any regulations that may be crafted in the future. In the meantime, members should be alert to ACA and NMCTPB ethical standards that may impact the delivery of such services. If you are a National Certified Counselor, the standards of NBCC will also apply.

Anyone may attend the NMCTPB meetings, and dates are posted on the Board's website.

### **NMCDA .....**

### **Spring Conference**

Tanya Campos  
NMCDA president

The New Mexico Career Development Association will host its spring conference on Friday, March 13, 2009 at Central New Mexico Community College (CNM) – Montoya Campus. This year's conference theme is, "Career Management in Today's and Tomorrow's Workplace." As we approach the second decade of the new millennium, we are continuing to re-define career development to meet the needs of the new world and the challenges of the current and projected economic decline. Workshops reflecting this theme will be offered for career professionals in business, school, post secondary, private practice, and government.

Herb Greenwall, Acting Chief of the Economic Research and Analysis Bureau of the New Mexico Department of Workforce Solutions, will be our keynote speaker. Mr. Greenwall will speak on the current and short term employment outlook for New Mexico. Attendees may receive up to five continuing education credits.

To register, or for more information, please contact Tanya Campos at [campos22@comcast.net](mailto:campos22@comcast.net) or 505-350-9039 for information.

**NMSCA ...****Golden Zia Award Program for Professional School Counselors**

Roseann Cochran, President



NMSCA has created the “Golden Zia Award Program” to encourage professional school counselors to work towards the implementation of comprehensive school guidance programs, promote professionalism, and provide professional development training for school counselors.

**Award winners will:**

- Receive an engraved award recognition plaque
- Have a letter of recognition sent to the school board
- Identify self as a “Golden Zia Professional School Counselor” award winner on business cards and email signature
- Have a news release sent to the local newspaper
- Know that your counseling activities align with a nationally accepted and recognized model
- Have completed preliminary work required for the RAMP/ASCA recognition program
- Be able to address the question of, “How are students different because of your school counseling program?”
- Have completed effective activities to “close the achievement gap.”
- Have demonstrated program effectiveness through accountability data.
- Show your program's efforts toward academic achievement and student success

The application requires that the applicant be a paid member of NMSCA, pay a \$40 application fee, and submit a 3 ring binder (plus an additional copy) that satisfactory meets the criteria of all parts of the application.

Application components include:

Planning /Foundation

School demographics  
 Program description  
 Program audit/needs assessment  
 Statement of philosophy  
 Mission statement  
 Advisory council  
 Standards/competencies/ and indicators crosswalk  
 Priorities/focus/goals  
 Management agreement  
 Calendar

Implementation of Delivery System/Accountability

Classroom guidance curriculum/activity  
 Intentional Guidance/Closing the gap –small group activity

Program evaluation reflection/Advocacy

Advocacy  
 Narrative reflection  
 Confirmation of support of Administration/ Advisory Council

If you are interested in learning more about this award program you can email Roseann Cochran at [rcochran29@cableone.net](mailto:rcochran29@cableone.net) We will soon have the complete application on the NMSCA web site.

## NMASERVIC... OF INTEREST

Maggie Barnett, NMASERVIC president, wants to share this with everyone.

"We are what we think. With our thoughts, we make our world." - The Buddha

Lately, I received several well-meaning emails entitled, "Recession Proof Your Business," or a variation on this theme. As hopeful as these communications may sincerely wish to be, I'd like to offer a different perspective. This difference of perspective, moves us from fear to love, thereby offering a vibrational upgrade. Here "fear" is indicated by an assumption of lack, and "love" is indicated by trust in abundance.

In the past, I savored a book called The Amazing Power of Deliberate Intent by Esther and Jerry Hicks. It is a powerful text, not only in its content, but in its creation: it is "channeled" material, that Esther Hicks received from a non-physical intelligence named "Abraham." More recently, my partner introduced me to witnessing Esther Hicks channel in person, via videos on [www.youtube.com](http://www.youtube.com). Wow! Watching these videos got me really feeling. I've been utilizing positive affirmations, and meditation techniques for many years, and have experienced, first hand, that our thoughts largely influence reality. Esther Hicks' work further validated my experience that thoughts act as magnets, drawing to us that on which we focus. The Hicks' offering is, simply put, the "Law of Attraction."

The Law of Attraction, which Esther and Jerry Hicks have been writing about for decades, is essentially a principle by which the Universe delivers to us that which we call forth. In other words, if we tune into the lack around us, we will then attract lack-scenarios. Our focus is our creative elixir. Our choice of focus equals our choice of creation. So, if we focus on lack, we create lack, then we notice it more often. The universe delivers to us that which we dwell on. As a result, we receive more lack. So then we cannot help, but to focus on more lack... and more on lack. Soon, we will see more examples of constraint around us. Normally, we'll then label these examples, "reality." Reality, as featured here, emerged from a snow-balling effect. The snow-ball began rolling down the hill, accumulating in size, when we chose where to focus.

If on the other hand, we focus on abundance, the universe innocently provides us with examples of abundance. The universe does not judge us, only, like an attentive waiter or waitress, delivers that which we order. Suddenly, we find lost money, we are invited over for a delicious home-cooked meal, our mate receives a raise, and takes us on a fun vacation. Over time, if we focus on this abundance, especially if we do so with gratitude, we are given more prosperity-scenarios. Soon, we will group all such examples together, and label them as, "reality." Cultivating, thus attracting more of this reality, results from abundance consciousness. Reality, as you see, is not only what we make of it. It is how we made it in the first place. And here -- emotions play a big role.

The more energy our psyches add to a thought, the more enlivened that thought becomes. The more enlivened a thought becomes, the more passionate it becomes. And the passionate thoughts are more likely to manifest. Ultimately, that which manifests is "e-motion," or energy in motion. Our thoughts are the framework for this energetic-manifestation. Yet, it is emotion that puts thoughts into motion in our lives. Simply put: if we give emotional fuel to a thought, then the law of attraction makes it so -- so long as it does not interfere with another law, like the law of karma. . (The law of karma, is the law of "what goes around, comes around.")

(continued)

## **NMASERVIC, continued ....**

I also dub the law of karma the golden rule's post script: "do unto others, as you would have them do unto you"; that is: p.s., what you do to others, you do to yourself, even more.)

Basic metaphysics, right?

Usually, it is basic. And yet, when "times are hard," we can be served by remembering these principles. We are well-served to remember that, like children at the ocean's shore, we're always creating our own sand-castles. Last night, I had a breakthrough with a client. In inviting her to visualize her intended life, I suggested, "Just play make believe." Then I thought further, and added, "Or try it the other way around. Instead of 'make believe,' try 'believe, make.' What you believe, is literally what you make." Of course, the "believe, make" principle also applies to large groups of manifestators. If millions of people believe the same thoughts, a collective, consensual reality will certainly be made.

So, what next?

As valuable as our "recession-proofing" reactions might seem to be, let's take pause. (Insert deep breathing here!) Instead of reacting to perceived outward conditions, why not turn this around? Why not choose, rather, to make this recession into a favorable condition? Let's answer this invitation to introspection. The invitation isn't to go to great lengths, so as to secure anything outside of ourselves. The invitation is to truly secure our internal well-being. Again, this is all basic, and you have heard this before. Yet when "times are hard," we are served by reminders. In actuality, reminders are what place life back into perspective.

Thus, as a reminder: the well of being from which well-being arises, resides within us. That is the foundation of all solid transformational work. You want to change "the world"?

Change yourself. Alter your thoughts. Transmute your emotions. Elevate your vibrational frequency.

In so doing, erm, being, the world will shift for you. For the world is that on which we focus our attention. Again, our point of creation is our focus, and in turn, our point of focus is our creation. The world is, its economy included, a culmination of our collective focus. As writer Anais Nin rightly mused, "People don't see the world as it is. They see the world as they are."

Therefore, rather than "recession-proofing our business," let's notice the internal business at hand. Why don't we all take a recess during this proclaimed recess-ion? Here I invite us to take a recess, a time out, from our limited beliefs around abundance. These past-held beliefs are no longer applicable. Again, past-held beliefs are now no longer applicable. Let's take a break - perhaps a permanent one - from previously held beliefs that money is "out there,"; is it really still true that we must, like good fishermen (and women), go out "there" with our nets, and catch it? In the past, society taught us that if we go far enough outside of ourselves, and work hard enough ("upstream" in Abraham's words), and not necessarily with loving kindness ("downstream" in Abraham's words), that we will earn monetary income. Gone are those (continued)

## **NMASERVIC, continued....**

days! Now is the time to wake up to the reality that abundance is a reflection, first and foremost, of our consciousness. Our personal finances, actually, if well managed, and raised to a high vibrational frequency through our affirmative thought, need not reflect the massive economic consciousness.

Another point must here be clarified. For the altruistic (namely, myself) among ourselves, we might have thought in the past that it was more compassionate to grumble, and participate in how "I too" am experiencing (emotionally and monetarily), the "effects" of the recession. That is not necessarily the case. It is not more compassionate to join in on grumbling when, by honestly acknowledging what is, then diligently choosing to transmute our thoughts, and emotions, we can offer a visionary contribution. Now is our glorious invitation, to be highly aware of, and highly creative with our thought processes. Thought, backed by emotion, is powerful - and so is your contribution.

--Kat Katsanis, January 31, 2009 ~ See Kat's professional listings on [www.angeltherapy.com](http://www.angeltherapy.com), [www.angelsalon.com](http://www.angelsalon.com) and [www.iarp.org](http://www.iarp.org).

## **NMASJ....**

### **Reducing Adverse Childhood Experiences (ACEs) and A Bill to Repeal the Death Penalty**

Neal Bowen  
NMASJ president

For this edition of the newsletter I just want to touch briefly on two major issues that are timely for New Mexico at the moment.

I have had the responsibility of making many more presentations this year than my average, and I have worked to find a way to include in all of them information about the growing number of published studies examining the long term impact of children's exposure to adverse experiences (ACEs).

These ACE Studies originated at a Preventive Medicine Clinic run by Kaiser Permanente in San Diego when Vince Felitti, MD noticed that a significant portion of the people who had successfully completed a weight reduction program then put weight back on – despite knowing how to keep it off. His investigation into the potential causes of this led him, much to his surprise, to discover the pervasive and surprising impact of exposure to a defined set of childhood experiences. His initial findings quickly attracted the attention of the Centers for Disease Control, and subsequent studies occurred in many locations, including Cincinnati Children's Hospital, which hosts a major training center for Mental Health professionals treating childhood trauma.

At this point the adverse experiences included in the study are well defined (physical abuse; emotional abuse; contact sexual abuse; drug abuser in the household; incarcerated household member; chronically depressed; mentally ill; institutionalized or suicidal household member; mother treated violently; one or no parents; (continued)

## NMASJ, continued.....

emotional or physical neglect), with any number of individual instances of a category counting as one ACE. Mental Health professionals will not be surprised to see the evidence of cognitive, emotional and behavioral effects of exposure to such events, but the strength of impact may. For example, men who had 4 or more ACEs, as compared to those with none, are 40 times more likely to attempt suicide at some point in their life, and their probability of ever being an IV drug user is 1,200% higher.

A direct impact of graduated exposure to ACEs among women is becoming pregnant in the teenage years. In fact the odds ratio of teen pregnancy following a single ACE is higher than that of developing lung cancer after extended exposure to spousal smoking, and rises significantly with each additional exposure.

Further, Dr. Frank Putnam of Cincinnati Children's Hospital reports that the impact on IQ of 4 or more ACEs is approximately double that of ingestion of lead in early childhood.

Of course, part of what attracted the attention of the CDC was the unexpected impact on the development of physical disease: again, the odds ratio of the development of such illnesses as cancer, diabetes, emphysema or stroke with 4 or more ACEs far exceeds that of developing cancer after exposure to spousal smoking.

Recent studies have pointed to the utility of prevention programs in reducing the rate of exposure to ACEs – especially home visit based parenting programs. For more information, go to: [www.acestudy.org](http://www.acestudy.org)

The New Mexico House of Representative passed HB 285 on February 11, by a vote of 40 - 28. This bill, sponsored by Rep. Gail Chasey of Bernalillo County, would repeal the death penalty in our state, but instead introduce the possibility of life imprisonment without parole. The bill is currently being considered by the Senate Public Affairs Committee, (<http://www.nmlegis.gov/lcs/committeedisplay.aspx?CommitteeCode=SPAC> for membership of the committee). It is worth noting that similar legislation has passed the house three times in the last 10 years, without advancing through the Senate. We should also be cognizant that the General Assembly of the United Nations, on December 18, 2008 passed a Resolution calling for a world-wide moratorium on executions due to the inherently cruel and unusual nature of the punishment.

It's fascinating that part of the discussion regarding this bill is based on the fiscal drain of death penalty prosecutions – in fact, nationally this has been a central part of the argument for overturning death penalty legislation in at least 7 states. Of course this should be considered, but certainly arguments related to effectiveness, justice and morality must also be central to consideration of such legislation.

It is important to recognize that proponents of the death penalty are acting honestly in attempting to protect the well being of the citizens of our state. However, arguments that the death penalty deters violent crime simply do not hold up to scientific analysis. Two examples may suffice to support this argument: in Canada the rate of murder has dropped 44% since the death penalty was abolished; and here in the USA, States that do *not* have a death penalty consistently have lower rates of murder than those that do use this form of punishment.

Rep. Chasey simultaneously introduced legislation providing for reparations for children and other family members of murder victims. This would provide the opportunity for those suffering the sudden loss of a loved one to, among other things, access appropriate and adequate care the mental health consequences of murder.

As may be true for you, that would directly impact my case load. I have had the honor of working to support adults who've struggled for too many years because of the lack of such services when their parents were killed.

Of course I would not recommend a particular position be taken on pending legislation – I simply hope that you will take the time to reflect, as a mental health professional, on the impact on our society of the legislation under consideration.

## More from NMASERVIC....

### LOVE – OPENNESS – PRESENCE – INSPIRATION – ONENESS – JOY

*These words summarize the essence of our vision for our Conference in March, 2009.*

Being a member of the Board of NMASERVIC this year has been a privilege and a blessing, especially as a member of the team that is co-creating our upcoming Conference (***Counseling as a Spiritual Path: the Power of Presence***). Our team is a powerful group of counselors with an expansive vision, crystal clarity, deep love and inspired wisdom. Using the Visioning Process as developed by Rev. Michael Beckwith to guide our meetings, we have allowed inspiration from a deeper source than our rational minds to create each aspect of the planning for what we aspire to be a truly transformational Conference gathering.

Many of us yearn for ways to live a life connected to our deepest selves, and in connection with the global community. The Oneness of all life is no longer just a concept; it is being felt as a Reality. Separation as a way of being has brought us no closer to peace and well-being on the planet, and may well have brought us to the brink of extinction. We can perish, or we can be part of the quantum shift that is upon us; we can and will be part of the spiritual regeneration of ourselves, others, and our planet. We are the ones who have the tools, for ourselves and our clients, to release what holds us back and to embrace the paradigm of Oneness. Community is the form, Love is the power, Trust is the supportive element, and Presence is the quality of Being in this emergent New Earth. This is our opportunity to create heaven on earth, by recognizing the innate truth that heaven is the earth, earth is heaven. The extent that we experience this depends on our willingness to see beyond appearances to the truth of what is. Andrew Harvey tells us: "Finding out that this world is heaven is crucial for human survival. Otherwise, in the frenzy of dissociation, our shadow games will annihilate the planet."

I feel our work is akin to the Thirteen Indigenous Grandmothers who have united in an alliance of "prayer, education, and healing for our Mother Earth – for all Her inhabitants, for all the children, and for the next seven generations... We join with all those who honor the Creator and all who work and pray for our children, for world peace, and for healing of our Mother Earth.

We envision, now, a world that works for everyone. We allow our vision to pierce the veil of illusion and see the radiant beauty in every human being, every being, every situation, every atom and molecule of our Earth. We beam our Love out in all directions. Blessed be.

Judy Blaise, NMASERVIC president-elect and conference chair

To members of all divisions.....

There will be a table available for display of brochures and information about your divisions, or upcoming events, or such things. Division Presidents, please contact Maggie or Judy (see [nmaservic.org](http://nmaservic.org)) with any questions. All registration and additional info is available on the website or call Maggie in Albuquerque at 505-262-2662 or Judy in Santa Fe at 505-424-8429. Hoping to see many of you there, it promises to be an incredible event! Maggie Barnett, NMASERVIC president

## Newsletter Advertising Information

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Paid advertisements include: job postings, counseling seminars, workshops and conferences, counseling businesses. Job announcements are welcome as business card size ads.

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Articles are due by the 15th of February, May, August or November. Division articles are sent by the division presidents; other articles may also be submitted for possible publication. Articles should be sent, as an attachment - in WORD to: [nmcalinda@yahoo.com](mailto:nmcalinda@yahoo.com)

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