

# HAMPTON ROADS COUNSELORS ASSOCIATION

## IMPORTANT DATES

**NOVEMBER 16-18**  
Virginia Counselors  
Association State  
Convention  
Portsmouth Renaissance  
Hotel  
[www.vcacounselors.org](http://www.vcacounselors.org)

**DECEMBER 1**  
Virginia School  
Counselors  
Association (VSCA)  
Call for Conference  
Programs due.  
[www.vsca.org](http://www.vsca.org)

**DECEMBER 8**  
HRCA General Meeting  
REGENT UNIVERSITY  
Admin. Bldg. Rm. 218  
4:30 – 6:00 P.M.

\*\*\* 2006 \*\*\*

**JANUARY 30**  
Legislative Day  
Richmond, VA

**FEBRUARY 6-10**  
National School  
Counseling Week

**FEBRUARY 28**  
HRCA-Virginia Wesleyan

**APRIL 26**  
HRCA - Norfolk State

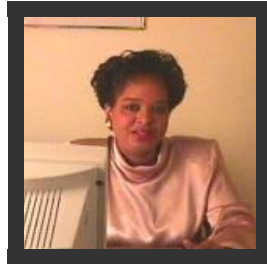
**MARCH 6**  
VASGW Group-a-Rama  
Annandale, VA – NVCC  
Campus. Details at  
<http://www.vasgw.org/>

**MARCH 30 - 31**  
VSCA Conference  
Richmond  
[www.vsca.org](http://www.vsca.org)

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## A Message from Our President "TIS THE SEASON..."



Hard to believe that soon we will find ourselves in the various stages of seasonal celebrations! As we prepare to enter into a new season and a new year, let us keep our vision focused on the ability to provide support to the clients that we encounter in the day by day change of events and activities.

The second professional development meeting of the Hampton Roads Counselors Association will be held on the campus of Regent University on Thursday, December 8<sup>th</sup> at 4:30 P.M. This meeting will be held in the Administration Building, Room 218. Guests should park behind the Classroom Building or in the Library Parking Lot. Regent University is especially seasonal this time of the year and you will not want to miss being a part of the festivities.

Sometimes we may find ourselves in situations that may call for an implied ethical position in conducting counseling practices. Ethical problems may occur in making decisions and judgments in responding to critical decisions. Hampton Roads Counselors Association is please to announce that Jacqueline Gatewood, Psy.D. at Regent University will share a presentation that will cover ethical topics as she explores some of methods of working with clients in a variety of settings and situations. This presentation will also prepare counselors in understanding

professional values and how to enhance ethical decision-making skills.

Each meeting, HRCA provides charity donations to various local community agencies that support community youth and families. Cerebral Palsy of Virginia is celebrating 21 years of service to children and adults with cerebral palsy and other developmental disabilities. At the December meeting, Michelle Majority, a representative from Cerebral Palsy of Virginia will meet with us and provide information about this service to Hampton Roads. A donation raised through a raffle will be given to this worthwhile organization.

We will also be feted, at this meeting, with seasonal musical selections by a Regent University musician prior to a special welcome from Stephen I. Bruce, Jr., Director of Marketing and Recruitment, School of Psychology and Counseling. It is our desire that you mark your calendars now and meet with us for what promises to be a enjoyable time of professional development and fellowship!

When working with students a kind word, a gentle acknowledgement goes a long way in recognizing the importance of our clients. Volume 30, The Master Teacher shares the following actions that may make a difference. "Unconditional acceptance as a human being encourages thinking and growth. It motivates students to give more effort and be less fearful. We must also give feedback and affirm

appropriate thinking and behavior when nurturing. Clarity is a vital key in communicating information clearly and specifically. Another factor that enables us to make a difference is high expectations. We must believe all students can and will learn. Rapport is a great motivator. It encourages students to trust you, which makes it easier for them to listen to you."

This is a magical, yet busy time of the year for most of as we prepare for the holiday season. There is the usual hustle and bustle of making a list and checking it twice! However, instead of the frenzy of overspending, Daily Word provides a list of several gifts that you can take advantage of at no hidden cost, no coupon necessary:

- ❖ The Gift of Dear Ones
- ❖ The Gift of Harmony
- ❖ The Gift of Forgiveness
- ❖ The Gift of Relaxation
- ❖ The Gift of Appreciation
- ❖ The Gift of Today

Take some quiet time and reflect upon your many gifts! Please make plans to join us at the December HRCA meeting.

Take care,  
Jenise B. Bond  
HRCA President



## ODU Meeting Highlights – October 6, 2005



Heidi Davis  
VCA Executive Director

On October 6, 2005, H.R.C.A. met at **Old Dominion University**. This was the first meeting for 2005-2006. The meeting was opened with a warm welcome by our president Mrs. Jenise Bond. The meeting was very informative and motivating. We are grateful to Old Dominion for being such a generous and gracious host.

Our invited guests were Col (Ret.) Rodney Davis, Heidi Davis and Shannon Revels.

**Heidi B. Davis is the Executive Director for the Virginia Counselor Association (VCA).** Heidi has been VCA's Executive Director since June 2004. She comes with along list of impressive credentials such as two graduate degrees. One degree is in K-12 guidance and counseling, and the other is in higher education with emphasis in student affairs administration. Her work experience encompasses association management, educational program planning and development, allocation and monitoring of fiscal and personnel resources in conjunction with the management of several multi-million dollars programs, and contact negotiation, administration and reporting.

Heidi's enthusiasm was infectious as she discussed her hopes and dreams for VCA. She informed us of several important events of interest to us such as: the Yorktown location for the Executive office for VCA, the 2005 VCA Convention Scheduled for November 16-18 at the Renaissance Hotel in Portsmouth, Virginia, the 75<sup>th</sup> Anniversary Reception for VCA on that Thursday of the 2005 Convention and more.



Heidi Davis  
VCA Executive Director



Jenise Bond and Col. Davis

**Col. (Ret.) Rodney Davis is the Executive Director for the Cooperating Hampton Roads Organization for Minorities in Engineering (CHROME).** He retired June 2004, shortly after returning from a tour in Afghanistan as the senior spokesperson and director of public affairs. Col. Davis had such a desire to contribute to youth education that he took this job with CHROME. He was full of passion as he reminded us of the need to motivate underrepresented students to pursue mathematics, the sciences and engineering. There are approximately 2,000 students in Hampton Roads in CHROME clubs? Schoolteachers who serve as sponsors, in elementary, middle and high schools, lead these Clubs. The organization was honored with both a presidential and governors award in the late '90s. CHROME encourages all students to pursue the sciences but particularly girls and minorities.



### THE DWELLING PLACE

**Shannon Revels of "The Dwelling Place"** spoke to us about her organization that has been selected by HRCA as one of the charitable organization that our members would contribute. The Dwelling Place is a family shelter which provides structure and choices for homeless families. The goal is self-sufficiency for these families. The average stay is 45 days. This shelter has two houses that can provide housing for 14 families. Last year the Dwelling Place served 100 families; the majority of the people served by this organization are children.



*The mission of The Dwelling Place is to provide safe and secure emergency shelter for homeless families and assist them in achieving self-sufficiency.*

Make your reservation  
**TODAY**

December 8 4:30-6:00 p.m.  
meeting at

**REGENT UNIVERSITY**

Joe New – [jnew@cceva.org](mailto:jnew@cceva.org)

Marilyn Draughon –

[mdraughon@vbschools.com](mailto:mdraughon@vbschools.com)

# TECHNOLOGY AND KIDS UPDATE

HRCA NEWSLETTER PAGE 3  
NOVEMBER 2005

by Debi Findlay

There is so much information! Did you know that when the kids post their picture on a blog it becomes the property of the parent subsidiary? In MySpace's case that would be FOX? Fox just bought this blog site the kids love for 859 million dollars! Tell me they are not making money on blog sites the kids THINK are personal?

Use whatever of these facts you wish. Contact Debi for the sites to back up the following facts. This information will be enough to start you into the next phase of teens and technology!

Debi is conducting a workshop for the Norfolk Public School Psychologists in November right before the VCA convention.

## "The Dangers of "Blogging"

Did you know.....

- when a picture, or any item or words, are posted on blog sites, the picture becomes the property of the parent company for that site?
- that the most popular blog site, MySpace, 27 million strong, was recently sold to News Corp.'s new Fox Interactive Media unit for \$580 million? (think of who owns those teens pictures now?)
- that a blog entry has lead police to a teen murderer in St. Louis?

- that blog sites have their own email sites, so that if someone enjoys reading your blog, (and anyone can read anyone's blog), they can email you even if they do not know you?

- that all blog sites contain "communities" centered around shared interests? (these are called "blog rings")

## IM and Teen Usage

Did you know.....

- 2 teens ages 13 and 15 in northern Virginia were arrested for sending threats via IM? (they were not just charged, but convicted by their own words!)
- IM (and blogging) is an alternate reality for teens?
- that many teens experience their social world, thus their social "norms" through IM?

## Other Technology News

Did you know.....

- that there is such a thing as virtual mugging, and kids can be, and have been, charged and arrested for this activity?
- that there are "bots" which are virtual look alike characters in games, only better, for which people spend real money to "own"?
- that kids are arrested for "stealing and selling "bots"? (for real money)

- that there is actually a "virtual" auction, where people pay real money for virtual items? (this auction brings in big bucks, but what are they actually buying?)

- that Yahoo has announced that they will shut down some chat room sites in order to place more controls over chat rooms likely to be frequented by child predators? (of course they are not sure which sites would be included)

- that when kids play internet games two way conversations are included between them and the friend or stranger playing against them, and that many times these conversations are appalling by including language and themes not usually allowed by parents?

- that there are many accounts of kids' obsession, to the point of academics and friendships being destroyed, with gaming systems such as X-Box?

- that many of children and teens spend hours each day playing advergames?

- what a Vlog is, and what the dangers to Vlogging is?

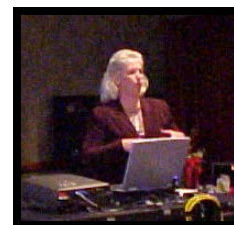
- that teens are using picture phones for pictures other than keeping a picture of

themselves and a friend on a school trip?

- that new "gadgets" often include GPS tracking devices and mobile IM with no parental controls (or any controls)? (but they can "talk" anywhere 24/7 and hold 99 conversations at 1 time!)

Isn't life fun!!!

Deborah B. Finlay  
Guidance Director  
Western Branch Middle School  
Chesapeake Public Schools  
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757-638-7920



DEBI FINDLAY  
"Cyberbullying  
&  
Internet Safety"  
HRCA Presentation at Virginia  
Wesleyan College  
February 2005

Information on this page is  
from various web sites.



**MACS**  
MAILING ASSEMBLING COPYING SERVICES

Take It To The MACS! Your solution to mailing,  
assembling and copying problems!

[takeitothemacs@msn.com](mailto:takeitothemacs@msn.com)

Hampton Roads Counselors Association uses The MACS for its Newsletter mailings.



Hampton Roads Counselors Association  
**Meeting the Needs of our Professionals**  
HRCA IS PRESENTING "AFTER HOURS"  
Meeting Dates 2005 –2006


<b>Nov. 16-18</b>	<b>VCA Convention</b>		Portsmouth Renaissance Hotel
<b>December 8</b>	Association Meeting <b>Dr. Jacqueline Gatewood, Speaker</b> <b>Regent University School Of Psychology and Counseling</b> Presenting Topics on Ethical Concerns <b>Charity:</b> United Cerebral Palsy	<b>4:30 p.m.</b>	Regent University Dessert
<b>February 28</b>	Association Meeting <b>Alex Ottavani, Speaker</b> <b>Program, Fleet &amp; Family Military Support</b> Agency Informational Presentation: Community Relations Council & Holocaust Commission <b>Charity:</b> March of Dimes	<b>2:00 p.m.</b>	Virginia Wesleyan College Brunch/Dessert Bar
<b>April 26</b>	Association Meeting <b>Kevin Brennan, Speaker</b> <b>Program - Multicultural Diversity</b> Agency Informational Presentation: Family Services of Tidewater <b>Charity:</b> Sickle Cell Association	<b>2:00 p.m.</b>	Norfolk State University Lunch

Mark your calendars for these informative programs; consideration for late afternoon meeting hours this year is an effort to better accommodate work days and schedules. Please take these opportunities to meet and greet fellow professionals!

It's an exciting time for HRCA; save the dates and plan to join us!!

No cost to HRCA members; \$5.00 for nonmembers (it's still a bargain!!). To make meeting reservations, contact Joe New, Treasurer-Elect at [jnew@cceva.org](mailto:jnew@cceva.org). For additional information you contact Jenise B. Bond, President, at 482-4450.

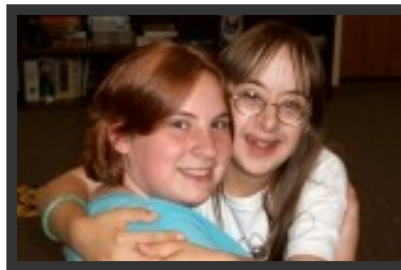
Interested in membership? Join HRCA/VCA at [vcaoffice@cox.com](mailto:vcaoffice@cox.com).



**Cerebral Palsy of Virginia**

Celebrating 21 years of service to children and adults with cerebral palsy and other developmental disabilities and their families.

Representative Michelle Majority



### HRCA December Charity

There will be a raffle (\$1.00) at the **DECEMBER 8 HRCA MEETING** on behalf of Cerebral Palsy of Virginia. This organization is a 501 (c) (3) non-profit organization serving children and adults with cerebral palsy and other developmental disabilities such as those with down syndrome, autism, muscular dystrophy, mental retardation, learning disabilities as well as those with hearing, speech and visual impairments. Over 700+ children and adults throughout Hampton Roads, the Peninsula, Virginia's Eastern Shore and the Commonwealth of Virginia receive programs and services through Cerebral Palsy of Virginia.

[www.cerebralpalsyofvirginia.org](http://www.cerebralpalsyofvirginia.org)

~ HAMPTON ROADS COUNSELORS ASSOCIATION ~  
PROFESSIONAL DEVELOPMENT MEETING

December 8, 2005

NEW ROOM ON  
CAMPUS

WHERE: **Administration Building, Room 218**, Regent University  
WHO: HRCA Members and their Invited Guests  
WHAT: **“Professional & Ethical Issues in Counseling”**

Jacqueline Gatewood, Psy.D., Assistant Professor, School of Psychology & Counseling, Regent University

Please join us at Regent University for our second professional development meeting of 2005-06 on **THURSDAY, DECEMBER 8, 2005**. **Steve Bruce**, Director of Marketing & Admissions for the School of Psychology and Counseling is providing desserts, coffee and tea.

SCHEDULE	
4:30-4:45 p.m.	Registration Check-In
4:45-5:00 p.m.	Greetings/Info from Hosts
5:00-6:00 p.m.	Presenters & Dessert

Make your reservation either by **e-mail or snail mail**, sending the bottom portion of this form to Joe New or Marilyn Draughon **no later than Thursday, December 1, 2005** with either Joe New at [jnew@cceva.org](mailto:jnew@cceva.org) or Marilyn Draughon at 5332 Balfor Drive, Virginia Beach 23464. You may **CALL** Joe at 467-7707 or Marilyn at 366-0051. Marilyn's email: [mdraughon@vbschools.com](mailto:mdraughon@vbschools.com)

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

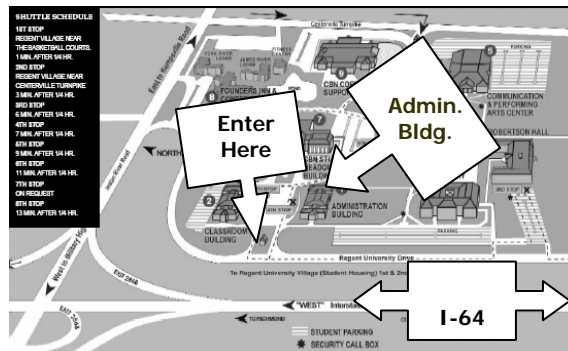
Guest(s)Name(s) \_\_\_\_\_ (if applicable)

(There is a **\$5.00 charge** for guests that may be paid at the registration table if reservation is made in advance.)

Member Status: Regular \_\_\_\_\_ Retired \_\_\_\_\_ Student \_\_\_\_\_ Emeritus \_\_\_\_\_

**Travel Directions**

To visit Regent University, take **exit 286B** from Interstate 64 at Indian River Road. The right hand lane will immediately offer merging into **Regent University Drive**, just before the entrance to The Founders Inn and Conference Center which also offers access to the Regent campus. **Check website for parking lots.**



HRCA members and their guests **MUST** make a reservation for REGENT to plan accordingly. In addition, we invite ALL mental health profession **STUDENTS** to attend this event. Invite your **PRACTICUM STUDENTS** and **INTERNS** to join us at the REGENT LIBRARY ATRIUM on December 8 from 4:30 p.m. – 6:00 p.m.

## Dr. Jackie Gatewood to Address December 8 HRCA Meeting



**Dr. Jacqueline Gatewood**  
Assistant Professor  
School of Psychology & Counseling  
Regent University

The speaker for the **December 8** HRCA Membership Meeting is **Dr. Jackie Gatewood of Regent University**. She will be addressing topics of **ETHICAL CONCERNS**.

The following is from her bio page on the Regent University web site:

"Romans 8:28 tells us that all things work together for good to those who love God and are called according to His purpose. This sums up my life. As I have journeyed through the years, His plan and purpose have unfolded. Though I often did not understand the

implications of this promise, I have learned to trust the plan and the process. Mother Theresa was once quoted as saying, "May Jesus use you without consulting you first."

Blessed are the available.  
Blessed are the conduits,  
the tunnels, the tools.  
Deliriously joyful are the ones  
who believe that if God  
has used sticks and rocks  
to do His will,  
then He can use us.  
Max Lucado

Teaching at Regent University has afforded me the opportunity to fulfill Eric Erikson's stages of generativity and integrity. I am able to invest my life in the lives of students who are preparing to engage in a helping profession. The recent studies in "happiness" reveal that the key to real joy is to find meaning and purpose in life. Investing in the lives of future therapists is profoundly rewarding. My role at Regent University is that of mentor, coach, teacher, and guide. I aspire to be a "guide on the side, not a sage on the stage."

The helping professions have the potential to bring healing to the wounded and hope to broken. Being a part of this special group of human beings has brought immeasurable pleasure and personal growth."

### Specialty Areas

Grief and Loss Issues  
Ethical and Professional Issues  
Late Life Divorce  
Family Systems Issues



The Archives Committee would like to chronicle your accomplishments, events and special occasions for the Hampton Roads Counselors Association Scrapbook. We want to showcase all the wonderful things you do with students in school and the community service you participate in such as walk-a-thons, serving at the local soup kitchen, or presenting at the VCA Convention in November.

Don't hesitate to share your experiences and accomplishments with HRCA. The scrapbook in the past has helped HRCA win Chapter of the Year Awards by highlighting all the **great things you are doing to help students and your community**.

Let's Help HRCA Win Again!

### MEET A FEW HRCA BOARD MEMBERS

**JENISE BOND** has served as President of HRCA 1999-2000 and currently 2005-06. This office is responsible for organizing and planning the program year by providing opportunities for professional development. She served as chair of the Multiculturalism Committee for several years. This committee focused on providing diversity support and professional development for counselors and clients. She served as chair and continues to chair the Awards Committee. This committee recognizes the outstanding contributions of Hampton Roads counselors who may also elect to compete for state awards. She also served and is currently serving as a VCA board member and as a member of the VCA Awards committee in 2001.

**SARAH WILLIAMS** has been an active general member, served 2 years on the Hospitality committee, was Officer- At-Large in 2004, and is currently Professional Development Chair.

**DR. ROSEMARY THOMPSON**  
Rosemary A. Thompson, Ed.D., LPC, NCC is Supervisor of Guidance and Counseling for Chesapeake Public Schools and adjunct professor with Old Dominion University and Regent University. She has served as teacher, department chair, counselor, guidance director, assistant principal, drug education supervisor, grant writer, and supervisor for gifted education for Chesapeake Public Schools. She is also a Nationally Certified School Counselor and has authored nine books pertaining to counseling issues. Most recent contribution have been: (1) Crisis Intervention and Crisis Management: Strategies That Work in Schools and Communities; (2) School Counseling: Best Practices for Working in the Schools; and (3) Nurturing Future Generations, Second Edition: Promoting Resilience in Children and Adolescents through Social, Emotional

& Cognitive Skills (In press, December 2005). She will be the keynote speaker at the Southern Organization for Human Service Education, Clearwater Beach, Florida in April 2006 and is currently president-elect for HRCA. Her motto is "As counselors we don't have much power, but we do have influence. So, anything can be accomplished when you maintain good relationships!"

**DR. ROSEMARIE HUGHES** was on the planning committee for the last Williamsburg conference, chair of evaluations and has been a guest speaker a few times. She was a member of the board for a year on the Ethics Committee. She is currently Dean, School of Psychology and Counseling Regent University.  
"The best things in life are not things."

**DR. WALTER "Skip" EARL** has been active in HRCA since the mid 1980s when he became a psychotherapist at Old Dominion University. He has worked with future

counselor's as an adjunct Associate Professor in the School of Education. He was a licensed LPC and worked in private practice with Professional Resources of Norfolk until he retired in 2000. He has presented programs and workshops at ACA., VCA and HRCA. He has held numerous positions on the executive board of HRCA including Treasurer, and committee chairperson. Currently he is Ethics Chair with the responsibility to encourage and interpret ethical understandings among our members and colleagues. The chair serves as a reference resource and advisor about ethical situations in counseling.

**Send your information to**  
E-mail to [phayes@pps.k12.va.us](mailto:phayes@pps.k12.va.us) or [donallpa@cps.k12.va.us](mailto:donallpa@cps.k12.va.us)  
/Subject: HRCA Archives or mail to Patricia Hayes, I.C. Norcom H.S. 1801 London Blvd. Portsmouth, VA 23704 Fax: 757-393-5449

## Archives

Pat Hayes, Chairperson



Photos from HRCA meeting at ODU



# Ethics Committee

## ACA CODE OF ETHICS 2005

Our society and our profession have matured in the past ten years in its understanding of what constitutes discrimination and added several more "cultural sensitivities" with the charge:

"Counselors actively attempt to understand the diverse cultural backgrounds of the clients they serve." (Section A Introduction).

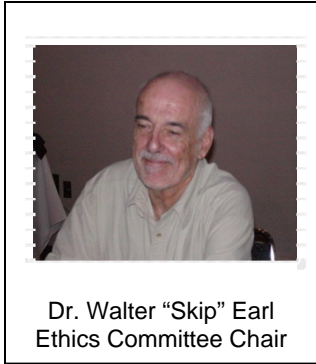
Study the chart below and discuss with your colleagues and others the subtle reasons for these changes.

### C.5 NONDISCRIMINATION

Counselors do not condone or engage in discrimination based on

#### 2005 ACA CODE OF ETHICS 1995 CODE OF ETHICS

Age -----	Age
x-----	Color
Culture-----	Culture
Disability-----	Disability
Ethnicity-----	Ethnic group
Race-----	Race
Religion-----	Religion
Spirituality-----	x
Gender-----	Gender
Gender identification-----	x
Sexual orientation-----	Sexual orientation
Marital status-----	Marital status
Partnership-----	x
Language preference-----	x
Socioeconomic status-----	Socioeconomic status
14 sensitivities	11 sensitivities



Dr. Walter "Skip" Earl  
 Ethics Committee Chair

SEE CODE OF ETHICS at  
[www.counseling.org/ethics](http://www.counseling.org/ethics)  
 and in the current issue of Counseling Today.

## **MEMBERSHIP: Don't Leave HRCA Without It!**

As Membership Chair, I would like to take this opportunity to WELCOME ALL NEW MEMBERS and to welcome members who have recently RENEWED their membership in HRCA.

Plans have been made that promise to provide a year of continued professional growth. There are many benefits of membership in HRCA. You can help the organization grow by encouraging other counselors to join HRCA.

Members make any organization stand out over others with their gifts, talents, character, experiences, and expertise. Do

you know a counselor, therapist, or intern who is not a member of HRCA? Do you know why not?

A membership application is included with this newsletter or you can go to the VCA website [www.vcacounselors.org](http://www.vcacounselors.org) and join online.

If additional applications are needed, contact me at [de7695@aol.com](mailto:de7695@aol.com) or call 757-488-5104.

Membership applications will also be available at the **DECEMBER 8 Meeting at Regent University**. Bring a co-worker and make a commitment to your professional counseling association. You'll be glad you did!



Doristine Earl  
 Membership Chair  
[de7695@aol.com](mailto:de7695@aol.com)

**HAMPTON  
ROADS  
COUNSELORS  
ASSOCIATION**  
2004-2005  
AWARD  
RECIPIENTS

**COUNSELOR OF  
THE YEAR  
AWARD**  
CAROL VAUGHAN

**HUMANITARIAN  
AND CARING  
PERSON AWARD**  
HEATHER  
ARNETT

**CAREER  
SERVICE AWARD**  
DEBORAH FINLAY

**CHAPTER  
MEMBER OF THE  
YEAR AWARD**  
MILINDA  
UNDERWOOD

**HRC A \$500.00  
SCHOLARSHIP  
AWARD**  
BRIA CORPREW-  
ROYSTER  
Oscar Smith HS

Don't forget to  
make your  
Reservation for  
DECEMBER 8 at  
RU!



By Dec. 1

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**HAMPTON ROADS  
COUNSELORS  
ASSOCIATION**  
**Thursday, December 8**  
**Regent University 4:30p.m.**



Address Label