

JULY 2022

SEOCA TODAY

OFFICIAL NEWSLETTER
OF THE
SOUTHEAST OHIO COUNSELING
ASSOCIATION



SUMMER IS HERE!....ALREADY?

The first six months of the year have already passed and to think it is already summer, is shocking. It feels like the past few months flew by so fast. Not long ago, we were celebrating the success of our spring mini conference, and we are still celebrating our success.

There have been many changes in SEOCA lately, and in this newsletter we introduce you to our new executive officers and celebrate our members' achievements.

Announcements

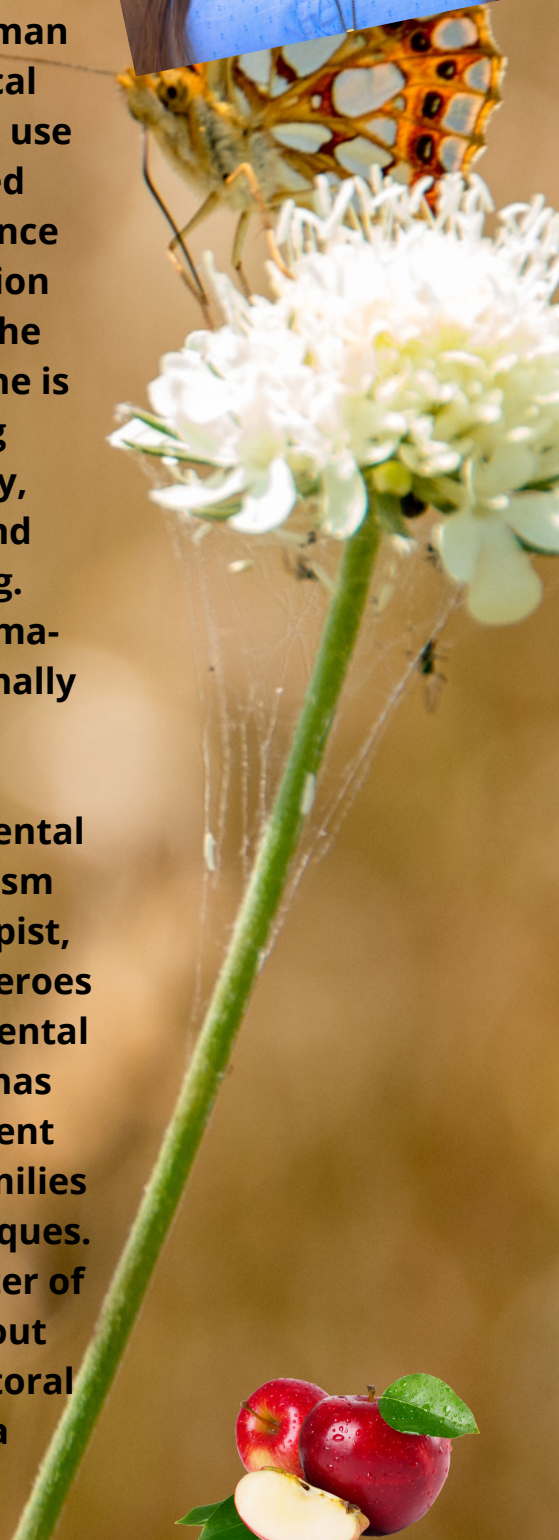
MEET SEOCA EXECUTIVES



President

Christina Scott (she/her) graduated from Lindsey Wilson College with a M.Ed. in Mental Health Counseling and Human Development. Christina is a Licensed Professional Clinical Counselor Supervisor in Ohio. With a history in substance use treatment, community mental health, and school-based therapy, she has been providing telehealth counseling since December 2020, through her private practice, Rising Action Counseling. She also works for Ohio University, where she provides remote counseling for college students. When she is not providing clinical services, she teaches Continuing Education courses on topics such as Positive Psychology, trauma-informed care, Play Therapy, sleep disorders and dreamwork, and using media/pop culture in counseling. Christina is a Registered Play Therapist, certified in Trauma-Focused Cognitive Behavioral Therapy, and she is a Nationally Certified Counselor.

More recently, Christina became a Certified Integrative Mental Health Practitioner and obtained certification as an Autism Spectrum Disorder Clinical Specialist. A proud geek therapist, Christina co-authored a chapter in the book, *Using Superheroes and Villains in Counseling and Play Therapy: A Guide for Mental Health Professionals* (edited by Lawrence C. Rubin) and has been featured in Liana Lowenstein's new book, *Assessment and Treatment Activities for Children Adolescents and Families VOLUME 4: Practitioners Share Their Most Effective Techniques*. Serving as the incoming President for the Southeast chapter of Ohio Counseling Association, Christina is passionate about leadership and advocacy work; she is also pursuing a doctoral degree in Counselor Education and Supervision, with a specialization in Leadership.



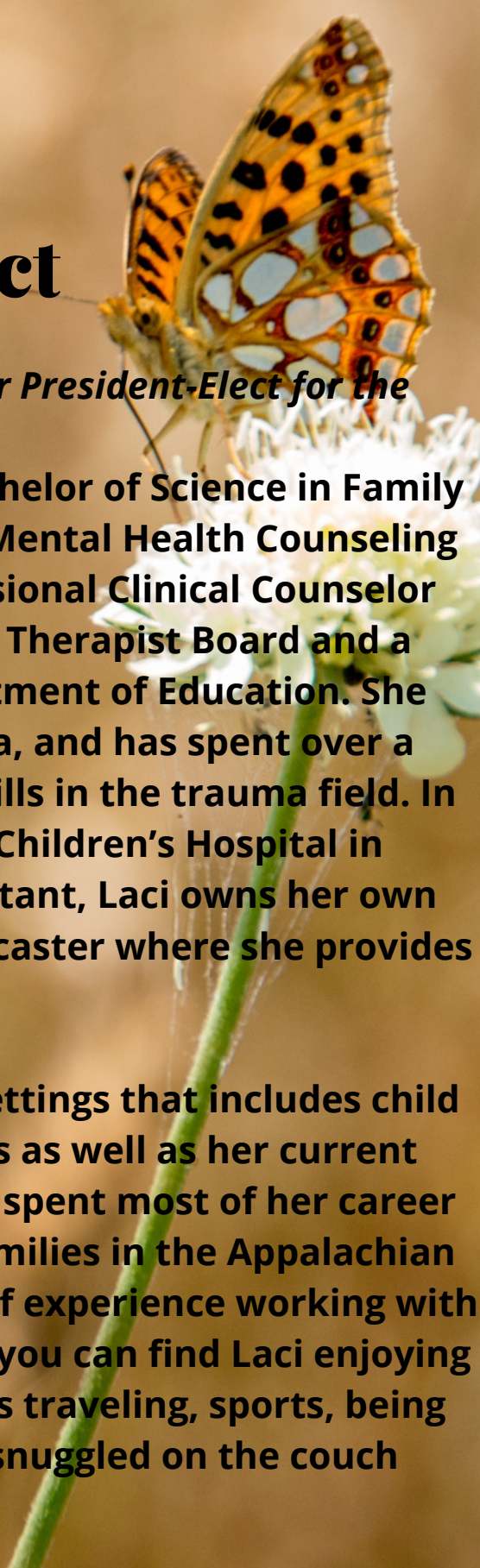


President-Elect

Laci Carsey, she/her, will be serving SEOCA as our President-Elect for the upcoming year.

Laci graduated from Ohio University with her Bachelor of Science in Family Studies and her Master's in Education in Clinical Mental Health Counseling and School Counseling. Laci is a Licensed Professional Clinical Counselor through Ohio Social Work Marriage and Family Therapist Board and a Licensed School Counselor through Ohio Department of Education. She specializes in treatment of children and trauma, and has spent over a decade learning and enhancing her treatment skills in the trauma field. In addition to working full time for Nationwide Children's Hospital in Columbus as a Behavioral Health Clinical Consultant, Laci owns her own private practice, Carsey Counseling Center, in Lancaster where she provides outpatient treatment.

Laci has an eclectic professional background in settings that includes child welfare, community mental health, and schools as well as her current settings in private practice and hospital. Laci has spent most of her career advocating and treating children, women, and families in the Appalachian region in various settings, and has over a decade of experience working with multi-system youth and families. In her free-time you can find Laci enjoying time with her partner, dog, and friends. She loves traveling, sports, being outdoors, but also enjoys an evening (or day) snuggled on the couch watching a show/movie.





Secretary

Anniesha Camillaeh Lyngdoh (*She/Her*) is currently pursuing her Doctoral Degree in Counselor Education and Supervision from Ohio University.

Ann is from India and has completed her Masters of Science (MSc) in Applied Psychology with a specialization in Clinical Psychology, Pondicherry University, India, as well as a Master of Philosophy (M.Phil.) in Clinical Psychology from Regional Institute of Medical Sciences, (RIMS), India. During those times, she gained valuable experiences working with clients with mental health issues. She is licensed as a Clinical Psychologist with the Rehabilitation Council of India (RCI). She also worked for two years as a faculty in the Department of Psychology at Martin Luther Christian University, India.

She will be serving as the Secretary for SEOCA in the upcoming year.



Treasurer

Nancy Baur is the current treasure of SEOCA and is completing an internship in Leadership and Advocacy for her doctoral program at Ohio University. Nancy is currently licensed as an LPCC-S and an LICDC. She works as a supervisor and clinician in the clinic and schools for Hopewell Health Centers in Vinton County, Ohio. Nancy earned her undergraduate degree at Ohio University in Special Education and spent 10 years in the classroom teaching students with severe and profound physical and emotional needs. Nancy earned her first and second master's degrees from West Virginia in Curriculum and Development as well as Special Education.

Upon completing her teaching career Nancy felt called to the field of counseling and gained her master's in clinical counseling from Ohio University in 2011. Nancy worked with youth with substance abuse and mental health issues in a rehabilitation setting for 8 years as a counselor and clinical coordinator. Nancy is currently working on her doctoral degree in counseling education at Ohio University. She specializes in work with children and trauma, advocacy of LGBTQI individuals, adults and youth with substance abuse issues as well as the mental health care of educators. Nancy lives with her husband Bryan, 2 dogs and 5 cats in rural Meigs County, Ohio. Nancy is also an artist, specializing in mixed media and fiber arts such as knitting and crochet. Nancy is an avid camper and takes her knitting on the road in her camper, always looking for the next adventure.

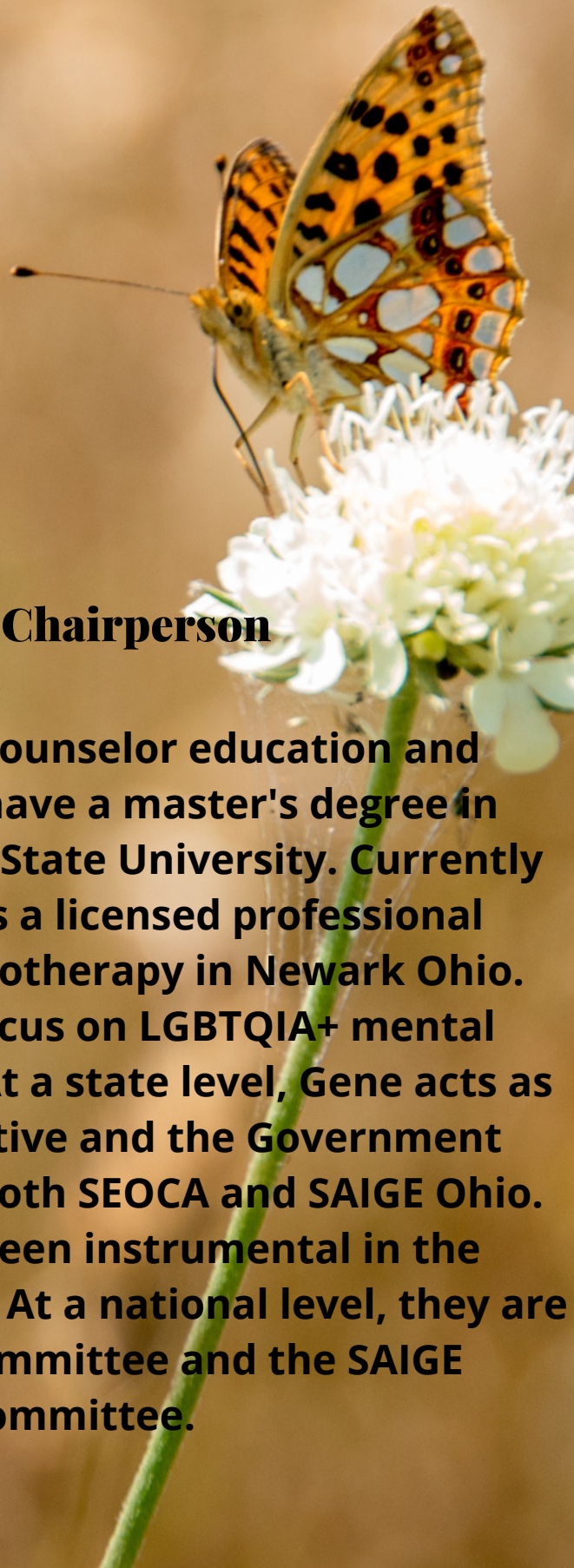




Social Media and Outreach Committee

Keamogetse Khudu, or Kea for short, is SEOCA's Social Media and Outreach Committee (SMOC) Chair.

She is a third year PhD student at Ohio University in the Counselor Education and Supervision Program. While she has been in Athens, Ohio, she has completed a Master of Education (M.Ed.) in Counseling Education with a concentration in Clinical Mental Health and Clinical Rehabilitation Counseling. Kea has completed her practicum and internship in a community mental health agency (Hopewell Health Centers in Athens, Ohio and at Counseling and Psychological Services) where she served as a counselor trainee, providing individual counseling & group counseling and conducting assessments. She has previously served as an executive board member for African Students' Union and Vice President of OHIO University International Student Union at Ohio University. She is part of the following professional organizations: American Counseling Association and Ohio Rehabilitation Association. Kea's research interests are: International students' perception towards mental health services in United States universities and colleges & mental health and trauma-related issues in developing countries.



Government Relations Committee Chairperson

Gene Dockery is a PhD candidate in counselor education and supervision at Ohio University. They have a master's degree in college counseling from East Tennessee State University. Currently Gene is working in private practice as a licensed professional counselor at Affirming Pathways Psychotherapy in Newark Ohio.

Their research and clinical practice focus on LGBTQIA+ mental health, social justice, and accessibility. At a state level, Gene acts as the SAIGE Ohio Southeast Representative and the Government Relations Committee (GRC) Liaison for both SEOCA and SAIGE Ohio.

As part of their GRC work Gene has been instrumental in the response to Ohio house bills 454 and 616. At a national level, they are a member of the ASGW Research Committee and the SAIGE Conference Planning Committee.



Past -President



Dr. Stephanie Maccombs-Hunter holds a Doctor of Philosophy degree in Counselor Education and Supervision, as well as a Master of Education degree in Clinical Mental Health and Rehabilitation Counseling, both from Ohio University. She is licensed in the state of Ohio as a Licensed Professional Clinical Counselor with training supervision designation and a Licensed Independent Chemical Dependency Counselor, and is a nationally Certified Rehabilitation Counselor. Dr. Maccombs-Hunter has worked as a staff counselor at Ohio University's Counseling and Psychological Services for the past three years where she provides individual, group, and crisis intervention services to the students of the university; serves as a member of the Training Committee; provides training supervision to counseling and social work trainees; and coordinates the suicide prevention program Bobcats Who Care. Previously, she worked in a federally qualified health center with adults participating in medication assisted treatment and local drug court programs. In addition to direct practice, Dr. Maccombs-Hunter is involved with teaching, scholarship, and leadership. She teaches at the master and doctoral level as an adjunct instructor at Ohio University and as an affiliate faculty at The Family Institute at Northwestern University. She has published works in professional counseling journals and has presented on a variety of topics at the state and national level. Dr. Maccombs-Hunter is passionate about leadership, evidenced by her long-standing commitment to various regional, state, and national counseling associations. Presently, Dr. Maccombs-Hunter is transitioning into the Past President role with the Southeast Ohio Counseling Association and into the President-Elect role with the Ohio College Counseling Association. She is also a member of the American College Counseling Association's Supervisions/Clinical Training Committee.

American Counseling Association Expresses Opposition to Overturn of Roe v. Wade

The Supreme Court decision striking down Roe v. Wade abolishes women's constitutional right to choose to have an abortion without the undue influence of government. This decision will trigger some state regulations which will make abortions outright illegal and/or limiting accessibility. Various jurisdictions have proposed laws and regulations that require clinicians report clients who have sought or are seeking an abortion, as it may be considered "aiding and abetting."

We recognize that the loss of access to safe, legal abortion may hinder the ability of women to participate within the workplace and society effectively and successfully. Unwanted pregnancies may affect women's education, employment, earning prospects, and health. These effects would disproportionately fall on those who are already marginalized, those living in poverty, people of color, nonbinary, and transgender people, as well as those who live in medically underserved areas (e.g., few primary care providers, high infant mortality, high poverty).

Overturning Roe v. Wade means we can expect an increase in economic hardship and insecurity that may lead to increased stress, lower life satisfaction, decreased work productivity, increased turnover, and decreased mental well-being. Professional counselors assist clients and students facing life's challenges such as the deeply personal decision to have an abortion, and how to access such services.

The American Counseling Association (ACA) stands with every person, counselor, and client in pursuit of mental health care and wellness. Professional counselors are being placed in an unethical position. In counseling, clients are entitled to self-determination and to make decisions in the best interest of their health and well-being. Clients should have access to high-quality professional counseling without the fear of having their confidentiality unjustly waived. This requires safeguarding the integrity and trust built in the counselor-client relationship. Professional counselors need to continue to practice ethically and obtain a legal consultation to determine their duty to confidentiality and privacy versus the conflict either in Roe v. Wade or the restrictions their state has put in place. Professional counselors may request an opinion from their State Attorney General who can give an official interpretation of the law.



We would love to highlight our members' contributions to the field! Email us at seoca.info@gmail.com to submit your info!



Research Article: **Exploring psychological distress and impulsivity as predictors of undergraduate problematic alcohol use**

"I am excited to have recently published an article in the Journal for Addictions and Offender Counseling. This article was derived from my dissertation research that examined psychological distress and impulsivity as predictors of problematic alcohol or drug use among undergraduate college students. This article focuses specifically on problematic alcohol use."

<https://onlinelibrary.wiley.com/doi/10.1002/jaoc.12111>

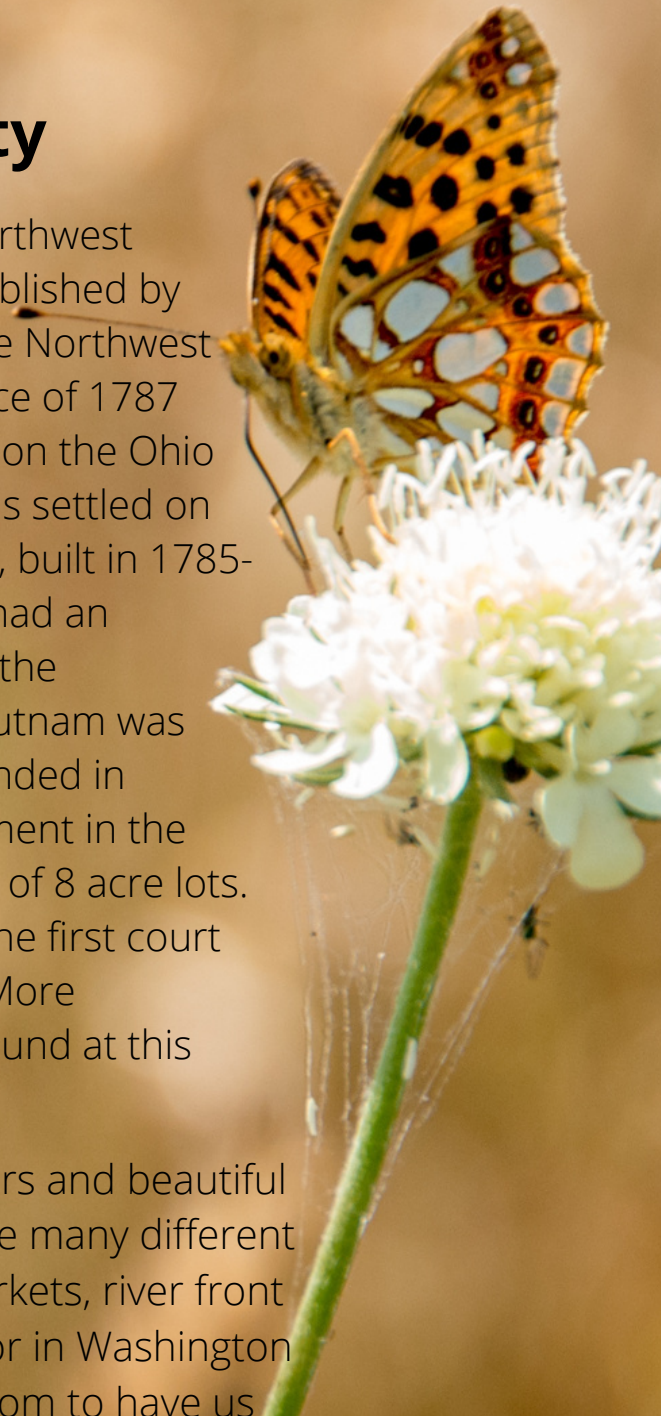
Member spotlight

County spotlight

Washington County

Washington County, originally about one-half the Northwest Territory now included in the State of Ohio, was established by proclamation of Gov. Arthur St. Clair, Governor of the Northwest Territory, on the 26th day of July, 1788. The Ordinance of 1787 allowed for the purchase of 1,500,000 acres located on the Ohio and Muskingum Rivers. Marietta, the county seat, was settled on April 7, 1788 as a result. The location of Fort Harmar, built in 1785-86, west and at the mouth of the Muskingum River, had an influence upon the Ohio Company in their choice of the Muskingum region as settlement in the West. Gen. Putnam was Superintendent of the Colony of 47 pioneers who landed in Marietta for the first lawful, organized English settlement in the Northwest Territory. He started a survey of the town of 8 acre lots. A stockade was built called Campus Martius where the first court held was Court of Common Pleas on Sept. 2, 1788. More information about visiting Campus Martius can be found at this link. <https://mariettamuseums.org/campus-martius/>

Washington County is home to many nature wonders and beautiful communities such as Belpre and Marietta. There are many different activities such as bike paths, breweries, antique markets, river front activities, museums and more. If you are a counselor in Washington County please feel free to email seoca.info@gmail.com to have us advertise your practice in the next newsletter.



SETTING BOUNDARIES

As counselors, at some point we have discussed setting boundaries in sessions with our clients. As I continue working on my *own* boundaries, I keep finding myself thinking of all the conversations or tips on boundaries that I have shared with people. To be honest, sometimes I find it difficult to set boundaries, especially within my career path. I admire individuals who are good at setting boundaries, especially at work.

So how do we set healthy boundaries at work? Saying no may not be easy for some of us. However, I have realized setting boundaries can help with burn-out.

"Boundaries at work are essential forms of self care for young professionals. Healthy boundaries for women will help you be successful in your career." -Aly Hathcock

Read more about setting boundaries in the workplace:

<https://alyhathcock.com/how-to-set-boundaries-at-work/>

Boundaries at work may look like this:

- **Leaving work at work.**
- **Say no to working on weekends.**
- **Creating a healthy work-life balance.**
- **Utilize your paid time off. You earned it.**
- **Taking that lunch break and leaving the office for a bit.**
- **Close your office door when you need some quiet time or alone time.**
- **Keep it professional with colleagues.**
- **Take your sick days when you need them.**
- **Say no to additional projects when you have a full workload.**

Kea's SELF-CARE
tips

SEOCA PLATFORMS

Check out

www.seohiocounseling.org

SEOCA now has a website! Since we're in the new construction phase, we would love your feedback! We are looking for **resources** local to our region, such as continuing education, professional connections, and community assistance for clients. We would also like to highlight members' insights in the form of regular **blog** articles. If you are interested in contributing resources or writing a short blog for the site, please email us at seoca.info@gmail.com.



[Southeast Ohio Counseling Association-SEOCA](#)



[SEOCA](#)

linktr.ee/seoca

SEOCA is looking for members interested in providing trainings for CEs on relevant topics you are passionate about! If interested, please email us at seoca.info@gmail.com.