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Editor:

Ben Noah

Assistant Editor:

Cheyenne Pease-
Carter



Seth C.W. Hayden, PhD

Mahalo for ACEG!

During the ACEG professional development institute in Hawaii, I had a moment in which I was overcome with gratitude for our organization. It was the latter part of the day and I found myself in an unexpected moment of reflection on what had transpired to that point. We started the day by acknowledging members of the local Marine Corps Color Guard, who were kind enough to share their perceptions of what lies ahead for members of the military and the manner in which counselors and educators may positively intervene. This discussion was not only informative, but it also served as a strong reminder of the importance of

our work in addition to the honor and integrity of those to whom we focus our professional efforts.

I found myself awestruck by the diversity and quality of the content that was provided during the day. From supporting children in military families with school transitions to a group intervention designed to support gay military veterans, the array of topics covered and the caliber of individuals presenting the information elicited within me a sense of appreciation for what ACEG provides in terms of learning opportunities for counselors and educators who work with military service members, veterans, and their families. It seemed difficult to envision a participant not finding new and useful information which will benefit them in their professional engagement with this population.

As the day wended down, an interaction with two of the participants reaffirmed my sense of gratitude. Two counselors came to me at the conclusion of the program and voiced their appreciation for the Professional Develop-

ment Institute. They stated they had “found a home” with ACEG and planned to join the organization as well as stay informed of our activities due to the quality of what they had witnessed during the day of learning. I expressed my appreciation for their attendance and for offering their unsolicited thoughts. This exchange emphasized to me the importance of our place in the counseling profession and the manner in which we provide support to members of our field.

I would like to thank all those who assisted with the PDI especially our president-elect, Lynna Meadows-Morton, and president elect-elect, Dr. Ben Noah. While much work is left to be done, I am confident ACEG will continue to answer the call to support our military service members, veterans, and families by providing opportunities for growth and understanding to those who serve them. Mahalo to ACEG!

Regards,

Seth Hayden
ACEG President 2013-14

Serving the U.S. Armed Forces, Veterans, and Their Families

President-Elect's Message



Lynna Meadows
Morton, MS, SLPC,
NCC

*"There is a VA
Caregiver Support
Program available
for active service
members and
veterans."*

Dear ACEG Members,

I understand our ACEG PDI and Luncheon in Honolulu were a success! Unfortunately, I was unable to attend the ACA Conference this year. My husband, Barry, had a catastrophic aneurysm

followed by a stroke. Barry is a graduate of Annapolis and a retired Navy Captain. He has also worked as a government employee for the Air Force and the Army for the past 24 years. He spent time in the Shepherd Center in Atlanta, and from there we were transferred to the James A. Haley Veterans Hospital, Polytrauma Rehabilitation Center in Tampa, Florida.

I have learned many new things in these past two months, and one area has been of utmost importance and help to me. I want to share what I've learned with you. You may have clients and patients who are caregivers, as I am now. Caring for a husband, wife, or other family member with a long-term injury or disability can be very rewarding. It is also hard work. It can cause people to feel run down, depressed and even sick. Through educational courses I have attended, sponsored by the Department of Veterans Affairs, I have learned there are five things you can do to prevent burnout.

Learn about the condition or illness. You may find that your loved one's health problems and injuries may cause them to act out, say hurtful things, or not even remember who you are.

Ask for Help. Feel good about the hard work you do. But remember, you can't do it all. You will need help from others. Make a list of tasks you would like help with and people you can call. Ask family members and friends for help. **Take breaks.** Find some time each day when you can safely step away. You may go outside for a walk or to relax in the garden. Go for a swim or bike ride. Read a book or listen to music. Chat with a friend. Use respite care or an adult day center for longer breaks at least once a week.

Take care of your health too! To give the best care to your loved one, you need to stay in good health. Get regular health and dental checkups. Keep regular sleeping patterns for yourself and the person you are caring for. Eat healthy meals and snacks. Daily physical activity such as walks and keep your heart healthy. Your mental health is important too. Join a local or online support group. Talk to your family and friends. Continue visits with your counselor.

Stay positive. Be realistic about what you can and can't do. It will help you keep a positive attitude. Take charge of your own

feelings. Keep a positive attitude. You may not be able to make the person you are caring for well, but you can offer dignity and do your best to help them feel safe and loved. Even if your loved one is not able to show happiness or appreciation, you can feel good about the job you are doing.

Did you know?

There is a VA Caregiver Support Program available for active service members and veterans. This program provides a wide range of services to Caregivers of eligible Veterans of all eras. Some of the services include skilled nursing, home health aide, medical equipment, home modification, vehicle modification, support groups, and up to 30 days of respite care per year. There is even a monthly stipend to caregivers who incurred or aggravated a serious injury, including TBI, in the line of duty on or after September 11, 2001.

Contact information is: www.caregiver.va.gov; VA Caregiver Support Line – 1-855-260-3274.

Looking toward my transition into ACEG President, and our ACA Conference in Orlando! As ever, contact me with any questions or concerns at lynnameadowsmorton@comcast.net.

Always in the service of our Military,

Lynna

Past-President's Message



**Andree' M. Sutton, EdS,
LPC, NCC**

Professional Certification: Why It's Still Relevant

I recently had the opportunity to enroll my team in the Global Career Development Facilitator course. I did so in an effort to add certification to their skills and abilities. Some resented the fact of having mandatory training but several saw the value in adding credentials to their background and how it can only enhance their marketability in the workplace environment. I decided to enroll as well to share the experience as well as refresh and expand my career counseling skills.

When providing career coaching to Veterans it is critical that the Coach (or Counselor) is mindful of all the different aspects the client presents in front of them. While many laymen are able to identify behavioral traits and/or abilities, few are able to correctly provide accurate referral resources without undergoing some form of formalized training which

hopefully leads to certification. Certification shows not only the peer population group but the clients you serve and others to refer that you have obtained a mastery of your skill set that is recognized as a set standard in the profession.

I share this experience to encourage all to continue to stretch and grow and expand beyond your current skill set. This is critical not only for yourself but for your individual clients; especially if they are military members or Veterans, who deserve a world class experience when seeking career guidance and assistance. Fortunately, membership in ACA and ACEG provides numerous avenues for members to utilize in pursuit of CEUs and/or certification.

“...encourage all to continue to stretch and grow and expand beyond your current skill set.”

Editor's Notes

This is my last edition as the editor of the newsletter. I will be mentoring Cheyenne Pease-Carter into the editorship. One of our graduate student members (Keith Myers) has volunteered to help with the newsletter. I am thrilled to be passing the job on to others. Memorial Day always finds me at cemeteries placing flags at the graves. I take my granddaughter when possible as I want to pass on my sense of pride

and service. I view passing the newsletter to a new generation in much the same way—a passing of the torch. One of the things that truly troubles me is the lack of interest shown by many—this is seen in the declining number of veterans in our organizations like the VFW. I view mentoring as one way to encourage participation and I do appreciate those who step up (like Cheyenne). I will discuss more

on this topic in my first column in the next issue of the newsletter, as the ACEG President-Elect. I am still looking for a webmaster.



2014 ACEG Award Winners



**Sharon A. Guild-Stitt,
Miles Sakaguchi , and
Seth Hayden**

Sharon A. Guild-Stitt, Awards Committee Chairperson

This year was a first; one nominee for our annual awards was nominated in both categories. As you may know, annually ACEG selects two individuals from our membership to be recognized for their service to the organization and the counseling field.

The award for *Professional of the Year* is based on outstanding achievement in any or all of the following:

- 1) Day to day counseling activities leading to positive improvement in client progress;
- 2) Specific and innovative contributions to the operation of a counseling or education related organization;

- 3) Counseling or support activities in a situation requiring effort above and beyond the norm (e.g. public disaster or emergency);

- 4) Contributions/efforts leading to improved environments for counselors, educators, and clients;

- 5) Participation in programs of professional development training - either as organizer, participant, or presenter; and

- 6) Publications related to any of the above.

Criteria for the *Notable Achievement Award* are similar to the above. However, this award may be given to an individual or to an organization that has provided outstanding service or benefits to counseling professionals and clients traditionally has been viewed as a lifetime achievement award.

This year the *Professional of the Year* was awarded to **Dr. Monica Ross Reider**. Of note, she was nominated in both categories. She is a Readjustment Counseling Therapist at the Department of Veteran Affairs, Louis Stokes Cleveland Medical Center. She is a licensed professional clinical counselor with supervision credential (LPCC-S), who practices evidence-based mental health treatment in the Veterans Addiction and Recovery Center in Psychology Service. She has 15 years of counseling experience at the

Department of Veterans Affairs, Veterans Hospital Administration and 5 years of counseling experience in community-based rehabilitation.

Dr. Reider received her EdD in Counseling Psychology in 2012 from Argosy University: American School of Professional Psychology. Dr. Reider received a specialist designation in Counselor Education and Supervision. The title of her dissertation was: *Compassion Fatigue, Burnout, Compassion Satisfaction and Resilience among Professional Counselors and Professional Clinical Counselors*.

Dr. Reider holds two board certifications as a National Certified Counselor (NCC) and as a Certified Rehabilitation Counselor (CRC). In addition, she has received specialized training in Cognitive Processing Therapy (CPT), Acceptance and Commitment Therapy (ACT), Motivational Interviewing (MI) and Motivational Enhancement Therapy (MET). The core of her work experience has been in co-morbid disabilities. Her primary areas of expertise are trauma, addiction, women's treatment, and couples counseling among our nations Veterans.

Dr. Reider was elected to the ACEG Executive Board in 2012 and has served on the board since then. She was appointed by the ACEG President to Chair

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**Professional
of the Year -
Dr. Monica
Ross Reider**

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the ACEG Membership Committee for the 2012-2014 during her 1st term. During her term as ACEG Membership Chair, she has developed membership retention and outreach strategies that have helped with membership retention and recruitment over the past two years. Her efforts have increased communication among the membership and have stabilized the membership census. In 2014, Monica was elected to serve as the ACEG Secretary for the 2014-2016 term. In addition to her work at the national level, Monica has worked at the state level to advocate for the counseling profession. In 2013 she was appointed for the 2013-2014 term, by the President of the Ohio Counselors Association to serve as co-chair of the Government Relations Committee.

In 2004, she developed a vocational education program for homeless veterans entitled *Homeless to Employment & Living Program (HELP)*. This program was used to stream line services for homeless veterans with disabilities within the Akron community and created stakeholder partnerships with VBA, VHA, State, and community providers. In 2012, Dr. Reider worked with the Louis Stokes Psychology Service to develop the first Counseling Practicum and Internship site in VHA. This program has provided education and training to counseling students from CACREP accredited programs within the Cleveland, OH area. Monica continues to serve as the Counseling Preceptor and Co-Training coordinator for this program in Psychology Service.

One of her notable accomplishments during her career with the Department of Veterans Affairs was in providing forum testimony regarding the needs of veterans for President Clinton's Committee on Employment of People with Disabilities on May 5, 1999. During this testimony, Dr. Reider advocated for additional resources to assist disabled veterans in their return to work and bridge the gap from dependency on benefits to becoming contributors to society through initiating the Plan to Achieve Self-Support or PASS. During her 15 years of service, Monica has been consistently recognized by the VA as an exemplary employee as evidenced by awards too numerous list.

This year's *Notable Achievement Award* was presented to **Mr.**

Miles Sakaguchi. Our awardee serves as an educational administrator with the U.S. Army in Hawaii. He started as a Guidance Counselor in July 1980 at Schofield Barracks, Hawaii. Since that time, he has been used by Army Education Managers in Hawaii to be a trouble-shooter, a fixer of problems. He has gained a reputation for solving difficult problems, making it look so easy that the managers would think anyone could do it. For example, in June 1982, he was chosen to fill in for a veteran Army Civilian Personnel Program Specialist who was incapacitated and did so for nine months until a permanent replacement was chosen. During those nine months, he served as the coordinator for the Army's Combined Federal Campaign for the installation, Staff Officer for the Family Liaison Action Group (FLAG; the forerunner of today's Family Readiness Groups found in almost every active Army unit),

Directorate Liaison with the emergency operations center at the time of Hurricane Ewa, and other community action activities. Not long after returning back to life as an Army Guidance Counselor, he was once more called upon to serve specifically as the Operations Officer for the U.S. Army Western Command's Combined Federal Campaign in Hawaii. The campaign was successful and was recognized by the Commanding General. From 1988 to 1989, he served as the Guidance Counselor at U.S. Army Field Station, Kunia. After the center was closed down in 1989, he was then selected to manage Army Learning Centers at Schofield Barracks and also make routine trips to geographically separated Soldiers on the Island of Hawaii, Johnston Island, Kwajalein, and Guam.

During that same period, 1989 to 1992, he served as an Alternate Test Control Officer for Army Personnel Testing and DANTES testing at Schofield Barracks. In 1992, he became an Education Services Specialist in charge of the facility housing the base classrooms for college courses; Test Control Officer for Army Personnel Testing, DANTES testing, and BSEP testing at Schofield Barracks; BSEP classes; classrooms for individual and collective unit training. In 2005, he was once again chosen to fix problems at the problem plagued Tripler Education Center. Two telephone lines and no actual Internet connection for eighteen months serving several thousand active duty Army Soldiers in south Oahu, with a staff of four Department of the Army civilians and ten contractors on two floors, while sharing a building with the then
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**Notable
Achievement Award -
Mr. Miles
Sakaguchi**

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Pacific Regional Veterinary Command Headquarters – it took six months to fix with many challenges.

He assisted a new Education Services Officer in 2009 with the MIVER program, an inspection of education services activities in Hawaii requiring much preparation work. It is a rigorous task that supported the installation passing! For three months in 2012, he filled in for the Education Services Officer and Chief, Education Services Division, Directorate of Human Resources, US Army Garrison, Hawaii in the absence of the supervisor, taking on the day to day responsibilities of the main education center at Schofield Barracks and sub-center at Tripler to include directorate strategic tasks not normally associated with adult continuing education. From 2012 until the present, he has assumed responsibilities over a multitude of different directorate projects and tasks assigned to the day to day operations of the education services division to include watching over the support services contract and training contract counseling staff members plus newly assigned guidance counselors and a counselor intern.

In addition to his progressively developing his 34 yr. career as a civil servant, he joined, maintained, and grew in his professional identify even before being a civil servant. Originally recruited to become a member of the

National Vocational Guidance Association and American Personnel and Guidance Association in 1974 by his professor while attending the University of San Diego, he has continued his membership until the present. In 1983, he was one of the few who became a Nationally Certified Counselor in Hawaii and the USA. A charter member of the Military Educators and Counselors Association from December 1, 1980, he attended his first APGA (then under ACA would then change to AACD) conference in Houston, Texas in 1984. In January 1986, he was drafted to serve in a new organization in Hawaii by the founding fathers of MECA-HAP (Military Educators and Counselors Association Hawaii Asia Pacific) who envisioned a grand Pacific-wide organization. The organization was later scaled down to a Hawaii only association affiliated with the Hawaii Counseling Association. He served as the association's secretary during those early years. From 1989 to 1992, he served as the Treasurer for the Hawaii Counseling Association. Between 1992 and 1995, he returned to what became the Hawaii Association for Counselors and Educators in Government, serving as Vice-President and President. After 1995, he became more involved in what became the ACEG, serving as its President in 2005. Currently Mr. Sakaguchi serves on the Board of Directors.

Other exemplary members who were nominated for their outstanding work in our field were:

Lt Col Judith Mathewson – is a member of the Arkansas Air National Guard and serves as the Deputy Mission Support Commander at the 188th Fighter Wing, Fort Smith, Arkansas. She serves as a Victim Advocate for the Air National Guard Sexual Assault Prevention Program. She is a Doctoral Candidate and currently serving on the Board as a Director.

Ms. Lynna Meadows Morton – is a Supervisory Licensed Professional Counselor (SLPC) in private practice in Huntsville, Alabama. She is the owner/counselor for Comprehensive Counseling Associates, LLC. She currently serves on the Board as a Director and is President-Elect.

Dr. Andree' Sutton – is Chief of Recruitment, Retention and Outreach (RRO) for the Veteran Employment Services Office. She also functions as the Department of Veterans Affairs, Veterans Employment Program Manager (VEPM) at CO, Washington DC. She is currently on the Board and is Past-President.

Thanks to the members of the Awards Committee: Dr. Michael Keim, Dr. Leigh Green, and Dr. Angie Waliski. Dr. Seth Hayden, our current President, will be the Chairperson for the Nominations and Awards Committee beginning July 2014. Please contact him and volunteer to serve! schayden@fsu.edu now!!!



The ACEG board is considering options of the PDI or a “Day of Learning” during the ACA conference. Also, we are looking at an awards breakfast (instead of our traditional lunch). The board is concerned with keeping the cost down for members. The board is committed to continue high quality presentations. Ben Noah is the chair of the conference committee and welcomes your comments (bnoah@aceonline.org). Join ACEG in **Orlando, Florida, March 12-15, 2015.**

Spring Governing Council Meeting Recap



Sharon Guild-Stitt
Governing Council Representative

The Governing Council (GC) meets twice per year; the spring meeting is held before the ACA Annual Conference, which this year was 24-25 March at the Hilton Hawaiian Village, the ACA Headquarters Hotel. This year in addition to the normal business meeting, an Informal Board Gathering was scheduled on the evenings of 23-24 March to discuss the various items of new business and motions that were being proposed so members had an opportunity to hear various points of view, to dig deeper into issues outside of the structure of the official sessions.

The Council received reports from the President, President-elect, Past President and Chief Executive Officer (CEO). Mr. Richard Yep, CEO presented his 2014 Goals and Objectives and reported an overall rise in ACA membership to 54,889 (Feb 2014) while Division membership has fallen below 13,000. Licensure portability is a major initiative and work is underway to have all the Divisions ratify the 20/20 consensus licensure title and scope of practice. A motion was approved to update the scope of practice to read: "Counseling includes, but is not limited to, psycho-

therapy; diagnosis; evaluation; administration of assessments, tests and appraisals; referral; and the establishment of counseling plans for the treatment of individual, couples, groups and families with emotional, mental, addiction, and physical disorders."

The lease on the current ACA Headquarters will expire 30 Nov 2014. The current owner has stated they intend to sell the property in the next four years to a developer who is planning to demolish the building and construct a large office building. In the meantime, the landlord has been slow to fix existing problems with the building; one example being the elevator being down for three months. At the last GC meeting, ACA was authorized to establish a building search process. The search committee toured 20 buildings and narrowed their recommendations to two locations for consideration and action: 6101 Stevenson Ave and 2800 Eisenhower Ave both in Alexandria, VA. After discussion of the two alternatives a motion was approved to give ACA authority to negotiate a lease with the option to purchase and procure space beginning 1 Dec 2014 at 6101 Stevenson Ave as the association's first choice for relocating the headquarters. If there are insurmountable issues with completing the above action, ACA was given authority to negotiate a lease and procure space beginning 1 Dec 2014 at 2800 Eisenhower as the association's second choice.

The FY2015 Budget bottom line: Revenue \$12,834,285; Expenses of \$12,833,676=+\$609.00. After discussion, a motion was approved to increase the Management Services Agreement (MSA) Fees for FY2015 thru FY2017 (\$11.95, \$12.45, \$12.95) by \$.50 per member per year. ACA continues to lose money on Division MSA and Division Journal Programs: \$-19,000 and \$-221,000 respectively. ACA builds this into each year's budget and

doesn't intend to change this process as these services support the Divisions and Journal Programs.

North Atlantic Region proposed trademarking or copyrighting the term Professional Counselor at the fall meeting. The motion was referred to committee for research. ACA CEO stated research indicated that it would cost \$1500 to file to begin the process but the legal staff advised it would be difficult to enforce such a trademark or copyright. A motion was passed to postpone the Professional Counselor trademark motion indefinitely.

Elections were held within the GC for Executive, Nominations and Election, and Financial Affairs Committee Representatives. Executive Committee: Two Division Representatives, Gerald Lawson (ACES) and Sue Pressman (NECA); Regional Representative-Rachel Kristianson (Western), and Under-Representative Group Kimberly Frazier (AMCD). Nomination and Election Committee: Division Representative Sharon Guild-Stitt (ACEG) and Regional Representative Terry Mitchell (North Atlantic). Financial Affairs Committee: Division Representative Brande Flamez (IAMFC) and Regional Representative Chris Roseman (Midwest).

The Trauma Networking Group applied to become an Organizational Affiliate at the fall meeting. A motion to refer this application to the Financial Affairs Committee to research the cost of adding another affiliate was approved and reported at this meeting. The Financial

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(Governing Council, continued from p. 7)

Affairs Committee to research the cost of adding another affiliate was approved and reported at this meeting. The Financial Affairs Committee reported it would cost approximately \$8,055 the first year to add affiliate which didn't include travel or lodging for the two guests to attend GC. In the meantime, an application to become an affiliate was received from the Interest Network on Women's Issues. Vibrant discussion occurred which included examination of the current GC structure and how adding two

new Affiliates that would eventually want to become Divisions would impact the ability of the GC to conduct the business of ACA. A motion to approve both networking groups failed.

A motion was made and passed to form a task force for FY2015 to examine the organizational structure issues of Governing Council as it relates to divisions and organizational affiliates.

Should you have questions or comments related to these Governing Council proceedings or wish your opinions stated at the next meeting scheduled for

July 2014 in conjunction with the ACA Leadership Academy, please send them to me at sseesl@msn.com.

A reflection for your consideration and suggestions: Two large networking groups with members that have similar interests that ACEG represents, are looking to develop or find "a home." How can we reach out to them effectively and work with them? Send suggestions to Dr. Seth Hayden, President ACEG, schayden@fsu.edu



Stephen Tuytschaevers
MS Community Counseling, 2014
St. Cloud State University

Meet the Next Generation

Greetings to all at ACEG. I returned to school at the age of 37 and I will be finishing up my second Master's this spring, after a long and winding road spanning several continents across the last twenty years.

I am an Iraq War veteran, the son of a Vietnam War veteran. At the age of eleven I became aware of how war experiences can impact a person and a family, as I watched my father slowly descend into the chasm of his alcoholism, and as I experienced my family ripped apart by it. I joined the infantry at the age of 18 and re-joined the Army after 9/11 to be involved with psychological operations. I married a woman serving in the Army just before I deployed to Iraq in 2003. I came home after ten months. My wife left for Iraq three weeks later. These were our first two years of marriage.

I entered graduate school many years later, focused on an MA in English Studies. I

always had a penchant for writing and the very first creative writing class I could take was in creative nonfiction. At first I was reluctant to share anything about my past, most especially Iraq, but with the death of my father that semester and with strong encouragement by my professor, the door to my past was gently pried open. Over the course of two years, my scribbles in that first class transformed into a powerfully cathartic memoir which overlapped my father's life with mine, his experiences in Vietnam with mine in Iraq, and it took a very hard look at what exactly soldiers bring home with them and how they impact the people who love us the most: our families. This endeavor, this psycho-emotional odyssey, became my Master's thesis.

With the help of another professor, I was urged to initiate a writing workshop at the local VA hospital, as well as look into both narrative therapy and narrative medicine. The

research and workshop experiences hooked me almost instantly; hence, my soon-to-be MS in Community Counseling with a certificate in Gerontology. I am finishing up my internship at an intensive day-treatment program for children and teens. I understand childhood trauma intimately, and I feel that I have a firm grasp of family systems, lifespan development, substance abuse disorders, the vastness of multiculturalism, and post-traumatic stress through life experiences, close friendships, amazing professors & supervisors, and a rigorous education.

I will be relocating to Nevada in May. My hopes are to work with veterans and their families in whatever capacity I am able, to continuously learn about the human condition on a global scale, and to do my part in making the world a better place.

BEST IDEAS Technique for Journaling



**Al Sarno, PhD, LPC,
LCPC, BCPC**

In 1985, after some significant/traumatic events in my life and after 8 years of counseling others, I found that recommending someone to journal proved to be a daunting assignment for them. I was "hip" to the acronym of BASIC ID of A. A. Lazarus (for quick reference, see <http://www.zurinstitute.com/multimodaltherapy.html>) though in 1985 I used his book (since 1985 predated the internet, even cell phones! LOL). I found BASIC ID to be "too sterile" for clients based upon their feedback. So in 1985, I developed the BEST IDEAS journaling format and have repeatedly received great feedback of that over the years, personally for me, and for others. In 1985, I also wanted to integrate therapy with spirituality, when it was not too popular to do so.

The BEST IDEAS format (with instructional comments):

BEHAVIORS – What observable behaviors do you want to change? (Limit to 5 total per day, increase humor as one of them. Humor helps us change.)

EMOTIONS - How do you want to feel about the new behaviors? (Write the obvious.)

SPIRITUALITY – What spiritual principle will help you? (Think ethics or morals, like be kind to myself and others, if spirituality makes you nervous. Remember, spirituality is not religion.)

THOUGHTS – What new thoughts do you want to think? (Write the obvious.)

INTERPERSONAL RELATIONS & INTERDEPENDENCY – Who can help you in this process? (The longer the list the better.)

DRUGS/DIET – What changes do you need to make in what you "take in"?

(We have 51 diets in addition to food - think food and the others, like music, touch, play, work, opera...)

ENVIRONMENT – What do you want from those around you to help you? (An example: Ever talk to someone and you wanted them to listen and not talk, and as soon as they talked you resented it? – Tell them before you talk, "I would appreciate it if I could just emotionally vomit while you listen until I get it all out and then we can talk to clean it up...")

ATTITUDE – What will be your "attitude saying"? (Make up a creative personally motivational brief bumper sticker type positive "attitude saying.")

SUPPORT – Will you stay positively and actively involved in your support systems? (Yes or maybe equates success!)

For further clarification, email me at DRALSAR-NO@ONTHESAMEPAGE.NET. Thank you all for all you do to help so many!

"I found BASIC ID to be "too sterile" for clients based upon their feedback. "

"There are very few human beings who receive the truth, complete and staggering, by instant illumination. Most of them acquire it fragment by fragment, on a small scale, by successive developments, cellularly, like a laborious mosaic." --- **Anais Nin**

The purpose of ACEG is to encourage and deliver meaningful guidance, counseling, and educational programs to all members of the Armed Services, their family members, and civilian employees of State and Federal Governmental Agencies. Encourage development of professional monographs and convention/conference presentations by any of these agencies. Develop and promote the highest standards of professional conduct among counselors and educators working with Armed Services personnel and veterans. Establish, promote, and maintain improved communication with the nonmilitary community; and conduct and foster programs to enhance individual human development and increase

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Honolulu 2014

