



SPECIAL POINTS OF INTEREST:

- Call for Presentations.
- Call for Awards Nominations.
- ACEG Polos are now available.
- ACEG PDI is March 20

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2013 ACEG Annual Awards

By: Sharon G. Seesholtz, Awards Chairperson

Annually ACEG recognizes members who have served our profession in an outstanding way. During the next ACA annual conference (March 2013, Cincinnati, OH), at our Awards Luncheon two member will be formally recognized for their dedication and significant contributions as counselors and/or educators.

Your help is needed so we can choose the best! Please take the time to help us recognize some worthy people. **Any member may nominate one or more candidates for the ACEG awards. Nominees must be ACEG members. You can nominate yourself with an endorsement from your supervisor.**

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.

To make a nomination, send an email with an attached word document summarizing the accomplishments or actions of the nominee that warrants consideration. Please limit your narration to two pages, typed and double-spaced. Please send your nomination so it will reach the awards chair by January 30, 2013. The individuals and/or organization will be recognized at the ACEG Awards Luncheon to be held at the Hilton Hotel in Cincinnati during the ACA Conference March 20, 2013.

If you have questions, please contact the Awards Chairperson, Sharon G. Seesholtz at (210) 842-9054 or SSeesI@msn.com. Please send your nomination to SSeesI@msn.com by January 30, 2013.

ACEG Polos

ACEG Logo, Port Authority Silk Touch Polos are now available for ordering. Sport our Divisions name logo at the ACA Conference and at your workplace or for leisure wear. Well made and nicely embroidered, you'll be proud to wear one or several. They are available in Navy Blue with Logo being Red/White.

Below you will find a link to the size charts and a picture for both the men and women's styles. S-XL sizes are \$20 each and \$21 each for 2XL sizes.

Ladies: <http://www.apparelvideos.com/cs/CatalogBrowser?todo=ss&productId=L500>

Mens: <http://www.apparelvideos.com/cs/CatalogBrowser?todo=ss&productId=K500>

Please send you name/address (land and email)/phone number and size selection(s) as well as any questions about the shirts to:
Sharon G. Seesholtz
(Director) at
ssees1@msn.com

Please send a check written to ACEG to:
Linda Parker (Treasurer), PO Box 260, Draper, UT 84020

The shirts will be available for pick up at the ACEG PDI and Awards Luncheon, March 20, Hilton Hotel, Cincinnati and at the ACEG Exhibit Booth. Should you not be able to pick up your shirt at the PDI/ACA Conference shipping can be arranged.

Richard Gabriel, *No More Heroes*

“Nations customary measure the ‘cost of war’ in dollars, lost production, or the number of soldiers killed or wounded. Rarely do military establishments attempt to measure the cost of war in terms of individual human suffering. Psychiatric breakdown remains one of the costly items of war.”



Ben Noah, PhD

This is my first “official” attempt as a newsletter editor. It has been a learning experience. I want to highlight a column that I would like to see become a staple in each issue—*Meet the Next Generation*. This column will feature one of our graduate student members. If you

have a student you would like to highlight, or if a student wants to highlight him/herself, send me an article and headshot.

I also want to run articles on the variety of work that ACEG members are doing with our military, veterans, and their families. I've also included a book review of a book that helped me

understand my father and his generation. This is your newsletter, so submit articles you would like to see. As a final note—I want this position as editor to be temporary for me as I'm also the webmaster and journal editor. If you are interested in being the E-Report editor, let Andree Sutton know.

Many terms and phrases used in a military context do not have a military origin. “Band of brothers” is an example of this outsourcing.

(Ben Noah, Editor)

Military Trivia

This story shall the good man teach his son;
And Crispin Crispian shall ne'er go by,
From this day to the ending of the world,
But we in it shall be remembered—
We few, we happy few, we **band of brothers**;
For he to-day that sheds his blood with me
Shall be my brother; be he ne'er so vile,
This day shall gentle his condition;
And gentlemen in England now-a-bed
Shall think themselves accurs'd they were not here,
And hold their manhoods cheap whiles any speaks
That fought with us upon Saint Crispin's day.

Shakespeare's *HENRY V* (Act 4, Scene 3)

Editor's Note

President-Elect's Message



ACEG Professional Development Institute (PDI)

Seth Hayden, PhD

Are there resources within the counseling profession focusing on veterans' issues? How do I learn more about how to best serve veterans and military families? How do I connect with like-minded professionals who serve our military population? These questions and more are commonly asked by counselors who are unsure of where to obtain relevant information on best practices for counseling active-duty military, veterans, and their families. The Association for Counselors and Educators in Government's (ACEG) annual Professional Development Institute is designed to assist with these concerns providing a venue in which counselors concerned with issues within our military can learn how to best engage those who have sacrificed so much in service of their country. The ACEG Professional Development Institute (PDI) is conducted

at the American Counseling Association annual conference. A full day of content presentations covering a wide range of issues ranging from supporting veterans transitioning to civilian employment to collaboration between military and civilian service providers have been discussed in previous meetings. Obtaining useful information will also commiserating with counselors interested in supporting military service members and their families has been a frequently indicated benefit of attending the ACEG PDI.

We are excited to once again provide this valuable resource to our membership and the counseling profession at large. This year's PDI will focus on supporting military families in various ways. Dr. Lynn Hall, author of *Counseling Military Families* and Dean of the College of Social Sciences at the University of Phoenix will be sharing her personal and professional experience relate to supporting military families. We will also have several content sessions by ACEG members around the varying needs of military family members ensuring participants receive a wealth of information related to best practices and research associated with providing services to this population. An additional benefit of attending the PDI is our awarding of CEUS for various sessions to assist in your professional accreditation and

development. More information on this will be provided as we approach the event.

The day will be divided into a morning and afternoon session segmented by a ticketed luncheon designed to offer a moment of connection with colleagues. In addition to good food and camaraderie, we will have speakers who will provide some brief thoughts on various aspects of ACEG and the counseling professional at large. The luncheon has always been a highlight of the day for me and we hope you find it an enjoyable and meaningful event.

The Association for Counselors and Educators in Government is continually considering ways in which we can provide tangible resources for our members. Our annual PDI is one way in which to connect ACEG members and engage with professionals impacting the field of serving military service members and their families. We hope you consider joining us at the ACA conference and attending the PDI. If you have any questions or comments, you may contact me at scwhayden@fsu.edu. We look forward to connecting with you in this and other ACEG activities.

**Yes, the
Feds are
Hiring!**

President's Message



Happy New Year and Wel- come to ACEG!

**Andree' M. Sutton,
Ed.S., LPC, NCC**

ACEG is a solid collaboration with a primary purpose of supporting our nations finest, our Military Members and Veterans in a variety of settings from education, to healthcare, to employment.

Our membership is broad based from Government Employees, Higher Education, Private Practice, Students and Retirees. Many of our members are in key positions and serve as coaches and mentors to both ACEG members and those within their respective workplaces and communities.

ACA Conference

New Year is the unofficial

countdown to the 2013 ACA Conference. If you have never attended an ACA conference, I strongly encourage you to do so I am sure you will find it an invaluable experience and the opportunity to meet other professionals within the counseling community. Once again ACEG will be affording participants the opportunity to participate in a day of learning Professional Development Institute (PDI).

For those of you not familiar with ACEG PDI's suffice it to say prepare to leave the training with a boatload of knowledge, resources and invaluable networking opportunities.

Employment Corner

Yes, the Feds are Hiring!

If you are a Veteran or Transitioning Military member seeking employment opportunities within the Federal Government you can obtain free virtual career coaching, assessment testing and resume assistance through our eCareer Center VA for Vets (www.vaforvets.va.gov). Launched to support the Secretary of the VA's goal to increase the ratio of Veterans working within the VA the scope has expanded dramatically to help Veterans obtain employment not only the VA but with other federal agencies

and non profits. Veterans eligible for non-competitive hiring authorities are strongly encouraged to register and connect with a coach (1855-824-8387)

Advocate for Veterans?

Learn more about special hiring authorities such as the Veterans Recruitment Appointment, Veterans Employment Opportunity Act, 30% or More Disabled Veteran and Schedule A Appointing Authority and Disabled Veterans Training Participants. Knowledge of these programs is key to helping your Veteran clients identify their employment opportunities. To learn more visit. <http://www.fedshirevets.gov/job/shav/index.aspx>

Attention LPC's, Social Workers, Psychologists and other mental health practitioners.

Are you a newly graduating or a career professional seeking VA employment? Check out

www.vacareers.va.gov.

If you have any questions, suggestions or ideas on how to become more involved in ACEG please feel free to contact me at [an-dree.sutton@va.gov](mailto:andree.sutton@va.gov)

Hope to see you in Cincinnati!

Civil War Trivia



M.Gen. Dan Sickles

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doi: cwpb.05563

Prior to the Civil War Daniel Edgar Sickles was a member of the U.S. House of Representatives serving the 10th District of New York. He was alternately termed “colorful,” “controversial,” and “notorious.” As the Commander of the U.S. III Corps, on the second day of the Battle of Gettysburg, he moved his troops into an exposed position where it suffered high casualties. Sickles lost a leg to cannon fire (which saved him a court martial). He donated his amputated leg to the newly established Army Medical Museum in Washington, DC (now the National Museum of Health and Medicine). After the war, he added “eccentric” to the terms used to describe him as he would visit his leg on the anniversary of its amputation. Sickles would receive the Medal of Honor for his service at Gettysburg (in 1897) and serve several important diplomatic posts. He played an important part in the establishment of the Gettysburg National Military Park.



Oliver Wendell Holmes, Jr.—Associate Justice of the US Supreme Court

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A man of entirely different character from Sickles was Oliver Wendell Holmes, Jr. A senior at Harvard when the war began, Holmes would serve through the war as a company grade officer in the 20th Massachusetts Volunteer Infantry. He saw action from the Peninsula Campaign to the Wilderness and be wounded at the Battle of Ball’s Bluff, Antietam, and Chancellorsville. At war’s end, he returned to Harvard and studied law. He would practice law in Boston, become editor of the *American Law Review*, and write a book—*The Common Law*. Late 1882, Holmes would become an Associate Justice of the Supreme Judicial Court of Massachusetts. President Teddy Roosevelt would name Holmes as Associate Justice of the US Supreme Court in 1902. Holmes is

mentioned here because he delivered one of the most famous Memorial Day speech in American history on May 30, 1884 before the John Sedgwick Post No. 4, Grand Army of the Republic at Keene, NH. This speech also includes what I believe is an early description of PTSD—I’ll let you decide.

“Accidents may call up the events of the war. You see a battery of guns go by at a trot, and for a moment you are back at White Oak Swamp, or Antietam, or on the Jerusalem Road. You hear a few shots fired in the distance, and for an instant your heart stops as you say to yourself, The skirmishers are at it, and listen for the long roll of fire from the main line...These and the thousand other events we have known are called up, I say, by accident, and, apart from accident, they lie forgotten....But, nevertheless, the generation that carried on the war has been set apart by its experience. Through our great good fortune, in our youth our hearts were touched with fire. It was given to us to learn at the outset that life is a profound and passionate thing.”

I encourage you to read the entire speech (<http://people.virginia.edu/~mmd5f/memorial.htm>) and see if you agree with me that Holmes reminisces hint at what we would later recognize as PTSD.

(Ben Noah, Editor)

**"In Our
Youth Our
Hearts
Were
Touched
With Fire"**

The deadlines for submissions to future issues of the E-Report are:

April 2, 2013, July 2, 2013, October 2, 2013

Send your articles and story ideas to bnoah@acegonline.org

You're My Hero



Laurel Shaler, PhD

www.DrLaurelShaler.com
www.lessonsfromlaurel.org

"You're my hero." Those words brought tears to my eyes. Why? Because they were spoken by a Vietnam veteran – to me. No, I have not fought in combat. I am not even a veteran. At the time these words were spoken, I was a psychotherapist working for the Department of Veterans Affairs. That dear veteran was a former client.

Humbled. That is how I felt. At the same time, I was so thankful to be a part of a group of therapists who were able to offer an evidence based form of therapy for the treatment of Post-traumatic Stress Disorder (PTSD). That is why this veteran deemed me a "hero."

This veteran had long suffered from PTSD. Over four decades, in fact. Yet, in 12 weeks, he experienced a significant reduction in his

symptoms. HOW? Through the use of Cognitive Processing Therapy (CPT).

CPT was developed by Patricia Resick in the early 1990s. It combines cognitive therapy and trauma processing (Resick, Monson, & Chard, 2008). It is conducted via individual or group therapy and is often completed in 12 weekly sessions. Cognitive therapy helps you "understand how certain thoughts about your trauma cause your stress and make your symptoms worse" (www.VA.gov/PTSD, 2009). It also helps you to identify negative thoughts, replace them, and cope with the upsetting feelings.

This form of therapy has proven itself, through multiple randomized clinical trials, to significantly lower symptoms of PTSD among those who have experienced a variety of traumas including sexual assault and combat. It allows the client to select whether or not s/he wishes to write and talk in-depth about the trauma. Predominantly, it focuses on thoughts and feelings that are a result of the traumatic experience. In other words, the *impact* of the trauma.

Additionally, this form of therapy addresses problematic thinking rooted in five areas: trust, safety, power/control, esteem, and intimacy. "Stuck points" (repetitive negative thoughts that lead to nega-

tive feelings) within each of these categories is addressed as the client learns to challenge their own thinking.

The end result? A reduction in PTSD symptoms. Those that have bravely served our country are the real heroes. They deserve the best treatment possible to address the mental health problems that can arise during and after that service.

To learn more, check out the National Center for PTSD website at www.ptsd.va.gov.

References

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ACEG State Branch

Ebony Briggs CRC, LPC candidate CAMOVAF President

As of June 30, 2012 the Counseling Association for Military Oklahoma Veterans and Families (CAMOVAF) became an official chapter of ACEG. Similar to ACEG, CAMOVAF was formed to encourage and deliver meaningful guidance, counseling, and educational programs to all members of the military, veterans, and their families; to provide professional development and training to Oklahoma Counseling Association members; to develop and promote the highest standards of professional conduct among counselors and educators working with the military, veterans, and their families and advocate for appropriate and effective treatment. We are very excited about our new association with ACEG and look forward to contributing to promoting quality

counseling for our nation's vets and their families.

There has always been a need for organizations such as these to exist to support the unique needs of service members and their families. However, in recent years, the need for quality, culturally competent care has increased tremendously. Thousands are returning home from deployments and the need will only grow even larger in the years ahead. The Oklahoma Counseling Association, to include CAMOVAF, has made a commitment to trainings and workshops during the upcoming year to ensure we do our part.

After attending the military track at the ACA conference in San Francisco, I found that the issues of post deployment support, proper medical assistance, and linking service members with the appropriate mental health resources in the community seem to

be areas where improvement is needed the most. Currently, suicide is one of leading causes of death, after deaths due to accidents. Therefore, it is imperative that we make a commitment to addressing the need for increased mental health services in this area. CAMOVAF is in the early planning stages for having an all day suicide workshop in the spring. Also, recently OCA has partnered with Army OneSource to provide our members with training that includes assisting OCA members in their understanding of the military culture, PTSD, understanding military families and the deployment Cycle, and enhancing resilience after deployment.

(Con't on p. 9—CAMOVAF)

Working with US Military Families as an MFLC

Al Sarno, PhD, LPC, BCPC

Working with children is rewarding. Working with US military kids is very rewarding. Like when I was reading to some 4 year olds in a classroom of a CDC on post and a 4 year old boy walked over, put his nose close to mine and put a hand on each cheek of my face, and eye to eye said, "oh my god, you are so awesome!"

I commended his parents later that day

as they arrived all smiles even after a long grueling day, both parents in fatigues as a dual military career family. One parent a DI and the other an engineer instructor. They have three sons! Yet, with all that, they affirm their boys enough so the boys affirm others! I have not seen anything like that before in my experience. And, I have been concurrently counseling, teaching, and administering people for 35 years and the last 5 years exclusively to US military families at over 15 US military installations as an MFLC (rhymes w AFLAC, but we do not have a duck nor any other mascot)
– Military & Family Life Counselor/

Consultant = MFLC. I grew up in a military family. My dad was a WWII Pacific theatre combat veteran, as a Marine Corps Platoon Sergeant and later DI. I learned things then in my youth that, along with my training, education, and professional experience, can now assist military individuals and families dial down some of the tremendous stress they are under.

(Con't on p. 9—Sarno)

Book Review

***Soldier from the War Returning: The Greatest Generation's Troubled Homecoming from World War II* by Thomas Childers**

Ben Noah, PhD

I grew up surrounded by World War II veterans. My father, his six brothers, one of my mother's brothers and her brother-in-law all served in various branches and theaters of operations. My mother's other brother was a Korea veteran. I think this heritage (and the draft) helped propel me and my brother and five cousins to serve in Vietnam. Professor Childers' book helped me to understand a disconnect, both in my mind and for anyone who reads this book. The disconnect (and question) is that is this – in current culture, why did the Vietnam veterans come home mentally broken and unsuccessful as civilians,

while the WWII veterans came home and went on to be happy and successful? This book is a few years old now (2009), but I recently read it and found it to be relevant as we have a new generation coming home from war.

Soldiers from the War Returning is an in-depth look at three veterans (including Childers' father) and their experiences on returning home. The book, as the book jacket nicely presents, shatters the myth that the "greatest generation" fought the good fight and came home to successful lives. Rather, a different picture emerges of divorce, domestic violence, alcohol abuse, and mental disorders (PTSD). This book allowed the therapist in me to look at my father and uncles in a new light. Much of the "eccentric" behaviors and high divorce rate of my male role models took on new meaning – as I realized they all suffered from PTSD. Just as my generation of family members carried the Vietnam experience home with us – so did our fathers.

Childers is a history professor, but this book reads almost like a novel – and engaging presentation of a generation that Tom Brokaw may have oversimplified. This book also, for me, acts as a warning for our current veterans in their return home and the mental health professionals who will need to reach out to these men and women to bring them in for needed services. My father's generation tried to "tough it out" and get by – many were successful, but many (as this book points out) were not. Many of the Vietnam era tried to imitate their fathers and carry on, with various levels of success. The book closes with a new widow saying "You know, he was never the same after the war." This book presented a challenge to me – what am I going to do to help this new generation of veterans not have that widow's words be the final statement on their lives. If I were the kind of reader who gave books stars, *Soldiers from the War Returning* would be five of five. It is an excellent read for therapists, veterans, and their families.

Not to know what happened before we were born is to remain perpetually a child. For what is the worth of a human life unless it is woven into the life of our ancestors by the records of history? -

Marcus Tullius Cicero, 106-43 B.C.

Meet the Next Generation



Shannon Ng Capella University

As a new Student Member of the American Counseling Association, I knew it was vital to join divisions that resonate with my career goals. It is important for me to work with a population that is underserved, often

stigmatized, may need to be intentionally reached out to, and needs systemic advocacy. For me this population is veterans who have served our country. I immediately joined the Association for Counselors and Educators in Government division in order to build a better understanding of what resources are available for the mental health of veterans and best practices for serving this population.

At the ACA Annual Conference in San Francisco in 2012, I signed up to attend the annual ACEG lunch to meet other members and learn how to be a bigger part of this division. As a new member, I did feel a bit nervous attending the luncheon but any fears were immediately dispelled as the members warmly greeted me upon entering the room. The meeting was informative as a new member, helping me understand where the division has been and where the mission is leading. As a first time ACA conference attendee my schedule was filled pursuing a certificate for the Military Counseling Academy and each time I saw an ACEG member we continued our conversations about issues facing returning military troops and veterans. I was asked to join the committee to revise the bylaws of ACEG and humbly accepted.

Since joining the ACEG division of the ACA, it has sought out my opinions on the newly developed website, help with the newsletter, and ideas to bring in more graduate student members. I can say that it has been an honor getting to know the counselors who serve the mental health needs of those who serve our country and I want to encourage more graduate student members to join our division. You will find a warm, open division looking for future leaders who are passionate about serving and advocating for this population, and you will find many ways to become an integral part of this group. The country is going to need more helpers to work with veterans and returning Soldiers over the coming years and the ACEG is dedicated to teaching fledgling counselors and learning together to advocate for better mental health coverage for our men and women in and retired from the military.

(Sarno—Con't from p. 7)

Due to confidentiality and restrictions, I cannot write much more, other than to say for further information about working as an MFLC with those individuals and families sacrificing the most, check out www.magellanmflc.org or www.mhngs.com. My email is dral-sarno@onthesamepage.net. To the fine US Service members and their families, we thank you!

(CAMOVAF—Con't from p.7)

CAMOVAF is honored to be a part of ACEG and we look forward to supporting the unique needs of the men and women who continue to make our freedom possible!

For more on OCA and CAMOVAF work see:

[Oklahoma Counseling Association Goes Above and Beyond to Help Veteran Population](#)

"There are some who've forgotten why we have a military. It's not to promote war, it's to be prepared for peace."

President Ronald Reagan

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 recognition of humanistic values and goals within State and Federal Agencies.

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Visit us on the web at: acegonline.org

San Francisco 2012 PDI



The PDI in San Francisco was great—interesting learning sessions, good food, and great people. Become part of the fun. See you in Cincinnati!