

RISE: Reengage, Ignite, Strategize and Empower



Welcome to our Fall 2024 Newsletter!

In this newsletter
you can expect:

President's Note

Latest AMCD
Events

Leadership
Updates and
Introductions

Concern Group
Updates

Member Articles

Committee
Updates

Co-Editors
Melissa Carmona and Illiana Navarra-Bueno

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Introducing Our 2024 AMCD President

President's Note

DR. ANN SHILLINGFORD

PhD, LPC, CSC, NCC
Associate Professor



Greetings AMCD family!!

In a world marked by uncertainty and change, hope emerges as a powerful catalyst for growth and renewal. AMCD's commitment to fostering a vibrant, engaged community remains steadfast, particularly as we navigate the current political landscape in the U.S. AMCD continues to be committed to advocating for inclusivity, social justice, and community empowerment. By aligning our goals with a vision of unity and progress, we can inspire action and cultivate an environment ripe for transformation.

AMCDs VPs of Concerns and Regional Representatives have already begun to launch a series of informative webinars designed to engage our members and the broader community. These online events provide a platform for sharing knowledge, exchanging ideas, and highlighting important topics relevant to our mission. By increasing our digital footprint, we hope to reach new audiences and inspire them to join our cause.

We are also excited to announce two key events on our calendar: the Research Symposium in December and the Teaching Practice Symposium in February. These gatherings will serve as vital platforms for sharing innovative research and effective teaching strategies, bringing together thought leaders and practitioners. Participation in these events will not only enhance professional development but also strengthen our collective resolve to foster positive change.

As we move forward, let us embrace the possibilities that lie ahead. Through our improved visibility, targeted outreach, and upcoming events, we are not just navigating change; we are actively shaping it. Let us continue to foster a community grounded in hope, poised to make a meaningful impact.

Introducing Our 2024 AMCD Secretary



SRAVYA GUMMALURI (She/Her/Hers)

MA, LAC (NJ), NCC

Counseling Doctoral Candidate at the George Washington University
2022 NBCC Doctoral Minority Fellow

Greetings AMCD Community!

My name is Sravya Gummaluri (she/her) and I am a Counseling PhD Candidate at The George Washington University. My current area of specialization for my doctoral cognate is multicultural counseling leadership and social justice advocacy. I am also a 2022 NBCC Doctoral Minority Fellow and through this program served historically marginalized communities through scholarship, leadership, and advocacy. Additionally, I am a 2023-2024 Chi Sigma Iota Leadership and Internship Program Fellow.

I am honored to have previously served as Writers Consortium Chair from 2022-2024. When I was asked to serve as Secretary this year, I immediately agreed as I am honored to follow in the footsteps of past AMCD leaders. I am grateful to be serving as Secretary for AMCD this year and as

Secretary, I aim to use my leadership to continue fostering a supportive community and advocacy for and with diverse and marginalized counselors and communities.

AMCD has allowed me to connect with a wonderful community of diverse counselors and has been my professional home throughout my doctoral career and I aim to continue encouraging new and emerging leaders to get involved with AMCD so that future counseling leaders can also find a home and community within AMCD.

I look forward to all AMCD and our committees have planned for this year. If I can be of any support this year, please reach out!

-Sravya

Introducing Our 2024 Graduate Student Representative

COLLEEN CLAIR RICE

Master's Student of Clinical Mental Health Counseling



Bošho/Hello AMCD Members,

I am honored to introduce myself as the 2024-2025 Graduate Student Representative. I am an enrolled member of the Prairie Band Potawatomi Nation and also proudly descend from the Menominee and Oneida Nations.

Currently, I am pursuing a Master's degree in Clinical Mental Health Counseling, while also working as the Administrative Office Specialist for a private mental health clinic in Wisconsin.

As your Graduate Student Representative, my primary goal this term is to enhance communication and engagement within our student community.

I aim to create spaces where students can voice their concerns, share ideas, and receive support. Please keep an eye on the AMCD Graduate Student Group on Facebook for announcements regarding upcoming Graduate Student Town Hall meetings and other opportunities to get involved.

If you have any questions or suggestions, feel free to reach out to me directly at lilacsandsun@gmail.com. I look forward to connecting with you all!

Introducing Our 2024 North Atlantic Region Representative



ANNA FLORES LOCKE (She/Her)

PhD, LPC

Doctoral Lecturer at Lehman College

Hello, AMCD Family!

I'm thrilled to introduce myself as your newly elected North Atlantic Region Representative. As a Latina counselor educator and supervisor with nearly two decades of experience, I'm passionate about the work we do together to advance multicultural competence and social justice within the counseling profession.

Many of you may know me through my roles as an award-winning author, past president of Counselors for Social Justice, or simply as a colleague who's deeply committed to anti-oppressive counseling practices. For me, this work is personal. I believe that counseling should be a space where all people, especially those from marginalized communities, can feel seen, heard, and valued.

As I step into this role, I'm eager to connect with each of you. My goal is to amplify the incredible work you're already doing and ensure that our region continues to lead in fostering equity and inclusivity. I'm here to listen, support, and collaborate as we work toward creating meaningful change together.

I invite you to reach out, share your ideas, and let's find ways to build upon our shared vision of a counseling profession that truly embodies multiculturalism and justice for all. I look forward to learning from and growing with each of you.

In community and solidarity,
Dr. Anna Flores Locke

Introducing Our 2024 Midwestern Region Representative

CLAIRE MARTIN (She/Her/Hers)

PhD, LPC, NCC, BC-TMH



Dear Colleagues,

My name is Dr. Claire Martin. I have been serving as the AMCD Midwestern Regional Representative since July 2024. It is a privilege and honor to be part of this trailblazing division, and I look forward to contributing to its mission by promoting cultural competence and celebrating diversity.

As an Afro-Caribbean woman living in St. Louis, Missouri, raised in a working-class community in Haiti, and having spent much of my formative years in New York City, I bring a unique perspective that aligns with AMCD's mission of fostering diversity of intellectual thought, culture, and social and ethnic backgrounds.

Through various educational platforms, public discourse, community engagement, and research, I hope to deepen the understanding of the harmful effects of

racism and other forms of discrimination while promoting the healing and empowerment of marginalized communities.

This academic year, I'll be working closely with the African American Concerns group to bring a variety of workshops and webinars focusing on racial trauma and community healing (See page # for the detail of the events). Also, if you are in St. Louis, Missouri, on Saturday, October 26th, I invite you to join Webster University's Second Annual Community Convening for a full day of events centered on racial trauma, community violence, and healing. Here's the link to register:
www.webster.edu/convening

I look forward to connecting with you all this year!

Introducing Our 2024 Western Region Co-Representative



JORGE ROSALES LOPEZ

PhD, CRC, LPC, NCC

Doctoral Lecturer at Lehman College

As the Western Co-Representative of AMCD, I am pleased to report that we have finalized the schedule for the first three webinars of 2025. Below are the confirmed dates:

Idaho/Wyoming – January 17th, 2025

Nevada – February 21st, 2025

California – March 21st, 2025

All webinars will be held from 12:00 PM to 1:30 PM PST.

Titles and Topics TBA soon!

We are currently seeking additional presenters for April and May 2025 (and onward).

We encourage anyone interested to reach out, including professionals at all levels—students, faculty, clinicians, and supervisors. Additionally, please feel free to extend this invitation to colleagues in other Western states who may want to get involved.

Looking forward to securing more participants soon!

Introducing Our Latinx Concerns Group Representative

CAMILA A. PULGAR (She/Her/Ella)

PhD, LCMHC, NCC



¡Hola a todos!

My name is Dr. Camila A. Pulgar (she/her/Ella). I am your AMCD VP for the Latinx Concerns Committee. I am a proud Chilean immigrant. I work as a trauma-focused clinician (LMCHC), almost exclusively serving Spanish-speaking Latinx young adults, adults, and their families. I live in North Carolina with my partner and our 1-year-old daughter (!). I work as a research faculty (tenure track) at Wake Forest University School of Medicine, where my research focus is on mental health access, suicide prevention and risk, bilingual supervision, and trauma. I also own Salud Mental Health, which aims to increase awareness and access to mental health services in our local Latinx community in NC.

As you can see, I wear many hats, and I am very excited to serve in this role. I would like to get us back on track, together, and

in comunidad. To this end, please find me at ACA 2025 in March in Orlando; I would love to connect in person if you are there, meet you, and hear about how this group can be supportive and helpful! If you are not attending ACA in person, we will have a virtual meeting option. Look out for that as well.

So far, we have hosted the following webinars:

Margarita Martinez and Roberto Martinez presented on “Latinx Families In Animated Films: Understanding Family Dynamics And Generational Trauma” on September 17th 6-8pm. 27 folks attended.

Dr. Patricia Arredondo presented on “Latina Perspectives in Counseling: Drawing upon Mujerista Theory” on September 25th 6-8pm. 34 folks attended. have a Latine Concerns Facebook group.

Introducing Our Latinx Concerns Group Representative (CONTINUED)

Dr. Carlos Hipolito-Delgado will present on “Navigating the Job Market” on October 2nd 6-8pm. 19 folks attended.

Please Fill out this form so we can connect, and let me know what other topics you would like to see this group offer. We also have a Latine Concerns Facebook group.

My goals for the next three years are:

1. To create a virtual space for collaboration and support for Latinx graduate students.
2. Host two or more webinars per semester on topics related to Latinx in counseling.
3. Create spaces for Latinx clinicians and researchers to connect, collaborate, and increase their scholarly publications.
4. Celebrate and honor our ancestors, both personal and professional.

I wholeheartedly believe in the power of numbers, and I can't lift this group up myself. Therefore, if you are enthusiastic about Latinx concerns, please get involved. Your commitment, volunteerism, and time will make a world of difference in our group's success. How you can be involved: attend our meetings and webinars, host small group sessions (I will provide guidance on this), and spread the word about our group.

Thank you so much to those who attended these webinars.

Mil gracias.

African American Concerns Group Update

Hello, AMCD Family!

It's Dr. Roseina Britton here, and I can't tell you how excited I am to be your Vice President for African American Concerns. This role isn't just a title to me – it's a mission to amplify our voices and champion our incredible community of African American counselors.

Now, let me spill a little tea about myself (professionally, of course!). When I'm not advocating for us at AMCD, I'm wearing several other hats. I'm the proud CEO of not one, but two mental health businesses: Serenity Healing Counseling Center and Cultivating Minds, LLC. Y'all, running these businesses is like raising twins—challenging but oh so rewarding!

But wait, there's more! I'm also shaping future counselors as a Clinical Professor at Southern New Hampshire University. Teaching these bright minds keeps me on my toes and filled with hope for our profession's future.

And because sleep is overrated (just kidding!), I co-host the "Diagnosing Sitcoms and Movies" podcast. Ever wondered about the mental health of your favorite TV characters? We've got you covered! Check us out wherever you get your podcast fix – just search for "The DSM Podcast." Trust me, it's way more fun than it sounds!

Now, let's talk about the good stuff – our upcoming events for 2024-2025. We've got some powerful sessions lined up that'll knock your socks off:

October 30, 2024 | "Empowering Black Communities to Heal from the Effects of Racial Trauma" Yours truly will be teaming up with the amazing Dr. Claire Martin for this pre-recorded webinar. We're diving deep into the tough stuff – stigma, systemic barriers, and how we can fight back with healing, advocacy, and policy change. It's gonna be fire!

January 8, 2025 | "The Role of Family and Community in Addressing Racial Trauma and Mental Health in African American Youth" Dr. Taimyr Strachan-Loudior is bringing the heat in this pre-recorded session. We're talking family, community, and how we can rally around our youth to build resilience. You don't want to miss this!

March 20, 2025 | "Integrating Traditional African Healing Practices in Counseling" Hold onto your seats for this live event with the incredible Dr. Obari Cartman. We're going back to our roots, exploring how to weave traditional African healing into our modern practices. It's gonna be a mind-blowing fusion of old and new!

African American Concerns Group Update Continued

Now, let me get real with y'all for a minute. As your VP, I'm not just here to organize events – I'm here to stand with you, fight for you, and celebrate you. What we do as counselors, leaders, and healers in the African American community? It's nothing short of revolutionary.

Every time you challenge that mental health stigma, every client you support, every community you uplift – you're changing the game. You're rewriting our narrative. And let me tell you, you're doing an incredible job! Remember, success isn't just about what we achieve individually. It's about staying connected, keeping our eyes on the prize, and growing together. So lean into your passion, tap into your purpose, and know that we've got your back.

We're in this together, family. Supporting each other, learning from each other, and making waves that'll be felt for generations to come.

Thank you for being part of this movement.

Thank you for being you.

With love and solidarity,

Dr. Roseina Britton, PhD, LPC, NCC VP of African American Concerns, AMCD CEO of Serenity Healing Counseling Center & Cultivating Minds, LLC Clinical Professor, Southern New Hampshire University Podcast Co-Host, Diagnosing Sitcoms and Movies

Multiethnic, Multiracial, and Transracial Adoptee Concerns Group Update

UPDATE PROVIDED BY REGINA FINAN

Vice President of the Concern Group
Assistant Professor in Clinical Mental Health
Counseling at Agnes Scott College



Greetings AMCD members!

My name is Regina Finan and I am the Vice President for the Multiethnic, Multiracial, and Transracial Adoptee Concerns Group (MMTAG) for AMCD.

The purpose of the MMTAG is to provide information that will enable AMCD to promote education, engagement, research, community-building, and resources related to multiethnic, multiracial, and transracial adoptee individuals and communities within the counseling/counselor educator profession and the clients/students we serve. We strive to raise awareness of multiethnic, multiracial, and transracial adoptee concerns and to cultivate a network for all AMCD members, and especially those who identify with more than one ethnicity, race, and/or heritage.

We are currently seeking to build a community through group membership. If you would like to learn more about this group, please take a moment to complete

this Google Form: [Multiethnic & Multiracial Concerns Group Membership](#).

This is a great opportunity to hold space for a unique intersection of identities and experiences. In the past we have had discussions based on podcasts about these experiences, interviews with scholars doing research on these experiences, and other related webinars featuring experts and panelists. Our hope is to expand awareness, promote more research, and create more connections. We live in a world that is increasingly feeling more divided than united. We believe that AMCD has the infrastructure, leadership, and membership to bring us closer together.

Also, please consider joining our [Facebook group](#).

You can reach me at vpmulti@amcd.info.

Warmly, Regina Finan

Strategic Planning Committee Update



UPDATE PROVIDED BY

Co-Chair of the Strategic Planning Committee

CHANTRELLE D. VARNADO-JOHNSON

(She/Her/Hers)

PhD, LPC-S (LA), BC-TMH, RPT, NCC

Assistant Professor & School Counselor Specialization

Coordinator Nicholls State University

Greetings!

My name is Dr. Chantrelle D. Varnado-Johnson, and I am the newest AMCD Strategic Planning Committee Co-Chair. Since 2005, I have been a member of AMCD. In 2011, I was an AMCD Mentee.

In the state of Louisiana, I am a Licensed Professional Counselor (LA), a Licensed Professional Counselor Approved Supervisor (LA), a Registered Play Therapist, a Board Certified Tele Mental Health Provider, and a Nationally Certified Counselor, as well as having Louisiana Appraisal Privilege. Currently, I am an Assistant Professor of counseling & coordinator of the school counseling program in the Department of Psychology, Counseling, and Family Studies at Nicholls State University. I received my doctorate in Counselor Education and Supervision from the University of New Orleans. Plus, I earned a master's in Counseling and a master's in Sociology from The University of New Orleans. I possess over nineteen years of clinical experience in outpatient and inpatient behavioral health treatment centers, providing clinical mental health counseling to children, adolescents, and adults with a wide range of issues, crisis intervention, and collaborations in school and private practice. I have authored a peer-reviewed article and presented professional conferences to local, state, national, and regional audiences on career development in k-12 settings, culturally responsive practices in supervision, mentorship with BIPOC graduate students, anti-racism principles in school counselor preparation, and trans generational trauma among socially ascribed groups and communities. In addition to promoting critical pedagogies and infusing social justice and anti-racism principles across the core curriculum, my scholarly interests include strategies to increase CIT's social justice competence and values conflict navigation.

Strategic Planning Committee Update Continued

Since July 2024, the Strategic Planning Committee has been working diligently on updating the five-year strategic plan. The purpose of the 2021-2026 Strategic Plan Update is to provide continuity of AMCD's vision, mission, values, and goals from year to year.

AMCD is a division of ACA that seeks to develop programs to improve ethnic and racial empathy and understanding. In the spirit of empowering AMCD, an organization that values cultural inclusivity and equity within the field of professional counseling and counselor education, the Strategic Planning Co Chairs are recommending a needs assessment and focus group to report barriers, needs, and recommendations for facilitating the organization's initiatives and goals specific to diversity, social justice, advocacy, anti-racism, and current issues on diverse cultural groups. Other initiatives include recruiting graduate students and new professionals to lead workshops geared towards promoting antiracism, postcolonial theory, social justice, and equity to counselor educators, clinical supervisors, counselors, and counselors-in training. Additionally, we will develop and disseminate a counseling resource bank in collaboration with relevant professional organizations (e.g., NBCC) to address counselors and counselors-in-training to increase multicultural counselor identity, self-awareness, propensity for social justice, advocacy, and culturally responsiveness. Also, we will deliver continuing education concerning evidence based counseling theories, interventions, and practices in both advocacies, culturally responsive counseling, and trauma.

Moreover, the Strategic Plan Committee Co-Chairs believe that utilizing Mailchimp will be a cost-effective measure that will expand resources for graduate student engagement and promote a sense of belonging while ensuring active and full involvement. Mailchimp will promote visibility about AMCD, which will intentionally engage new professionals with the roles and responsibilities of AMCD as a professional counseling organization. Additionally, we invite cross-collaboration with the NBCC online seminar committee to fill gaps in support of continuing education and research in diversity, client outcomes, and social justice. Lastly, we would like to see the Elder Council continue to support emerging leaders and current officers.

As a result, we are soliciting input amongst our AMCD membership to reignite the Strategic Plan.

INTERNATIONAL CONCERNS GROUP UPDATE



Community Psychology Association of India through meticulous planning and determined efforts, are conducting their annual conference at the Buddha Postgraduate College, Kushinagar, UP, India.

Their journey was not without its obstacles, but it was their collective dedication and unwavering belief in the transformative power of education that propelled them forward. They demonstrated that with passion, commitment, and a collaborative spirit, it is possible to achieve remarkable outcomes even with limited resources.

This experience has not only strengthened their resolve to continue their mission for delivering professional development but also inspired all the participants to pursue their educational goals with the same fervour and dedication.



Dr. Sachin Jain, NCC will be presenting at the conference on: Resiliency and Well-being: Successful Aging.

Counselors are trained to utilize compassion and empathy in order for the therapy to be effective, so we are particularly vulnerable to emotional stress and compassion fatigue. Counselor burnout particularly in context of international adaptation is a significant issue in the mental health profession. Decades of research have mostly focused on risk factors for burnout while overlooking protective factors such as resilience that may help to address this universal dilemma. Research based strategies for cultivating resilience for successful aging will be shared in this workshop.

Virtual Winter Scholarship Symposium

Calling all students, educators, researchers, and clinicians! Please join AMCD for their 2024 AMCD Virtual Winter Scholarship Symposium on Monday, **December 9th from 9 am -3:30 pm EST.**

This symposium will consist of two parts. The first part being engaging content sessions and discussions focused on topics such as the publication process, promoting advocacy, anti-oppression and social justice through research and scholarship, and securing research funding and much more! The second part of the symposium will consist of peer consultation writing breakouts with AMCD's Writers' Consortium. We hope you will join us!"

Attendees can earn up to **10 NBCC CEs.**

Registration:

Students: \$20

General attendance: \$40

Link to Register: <https://www.eventbrite.com/e/1039129463197?aff=odtdtcreator>



Check out who will be hosting and speaking



Virtual Winter Scholarship Symposium



The Association for Multicultural
Counseling and Development
presents

VIRTUAL WINTER SCHOLARSHIP SYMPOSIUM

Earn up to
10 NBCC
CEUs!

Join AMCD's past and current leaders for an inspiring day of presentations, engaging discussions, and valuable networking opportunities! This symposium offers students, counselors, researchers, and educators a unique platform to collaborate and engage in meaningful conversations on multiculturalism and social justice in counseling research and scholarship. Dive into topics such as engaging in culturally responsive and anti-oppressive research, the publication process, and research funding. Attendees can earn up to 10 NBCC continuing education credits!



Monday, December 9th 2024

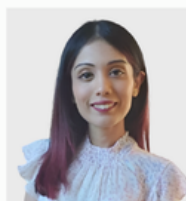


9:00 am - 3:30 pm EST

Hosted by



Ann Shillingford



Sravya Gummaluri



Scan the QR code
or, Register here!

<https://tinyurl.com/AMCDresearch>

Part 1: Engage With Our Scholars



Cirecie West-Olatunji

Emancipatory Research
Methods



Patricia Arredondo

Determining Your
Line of Inquiry



Carla Adkison-Johnson

JMCD is Right For You: The
Journal Publication Process



S. Kent Butler

Book Publications and
Chapter Writing



Jessica Martin

Securing Internal & External
External Grant Funding



Kim Hughes

Determining Your
Methodology



Sravya Gummaluri

Advancing Social Justice Using Critical
Methodologies in Qualitative Research



Christian Chan



Kristopher Hall

I Hate Research: Why Am I
Getting a PhD?

Part 2: Writers' Consortium Peer Consultation Writing Breakouts

Engage with AMCD's Writers' Consortium and scholars
for shared writing spaces and writing consultation.

Webinar Highlights

A huge thank you to our AMCD members and Concern Groups that have contributed to running and sharing their knowledge through these insightful and power webinars. Follow us on our socials so you're in the loop for the latest webinars and events our members continue to offer!

AMCD LATINX CONCERNS GROUP PRESENTS:

NAVIGATING THE JOB MARKET



Wednesday
October 2, 2024
6:00-8:00 P.M.
2 CEUs

CARLOS
HIPOLITO

THROUGH THIS SESSION, PARTICIPANTS WILL LEARN SKILLS FOR NAVIGATING THE COUNSELOR EDUCATION JOB SEARCH PROCESS. PARTICIPANTS WILL LEARN HOW TO PREPARE FOR ON-CAMPUS INTERVIEWS BY IDENTIFYING ONE'S PERSONAL AND PROFESSIONAL PRIORITIES, DEVELOPING QUESTIONS THAT WILL YIELD IMPORTANT INSIGHTS ABOUT THE INSTITUTIONS WHERE YOU ARE APPLYING, AND DISCERN WHETHER YOU WILL BE SUPPORTED. ADDITIONALLY, PARTICIPANTS WILL LEARN HOW TO NEGOTIATE SALARY AND CAMPUS BASED SUPPORTS TO PROVIDE A BASIS FOR CAREER SUCCESS. THIS SESSION INCLUDES INSIDER KNOWLEDGE NOT OFTEN SHARED WITH NEW FACULTY AND DOCTORAL STUDENTS FROM MARGINALIZED COMMUNITIES.

zoom

AMCD LATINX CONCERNS GROUP PRESENTS:

LATINA PERSPECTIVES IN COUNSELING: DRAWING UPON MUJERISTA THEORY



Wednesday, 25
September 2024
6:00-8:00 P.M.
2 CEUs

PATRICIA
ARREDONDO

THE PURPOSE OF THIS WEBINAR IS TO EXAMINE HISTORIC LATINA ICONS AS EXEMPLARS OF MUJERISMO AND PSYCHOLOGICAL EMPOWERMENT. CONTEMPORARY RESEARCH ABOUT THE STRENGTHS AND CONTRIBUTIONS OF LATINAS TO FAMILIES, COMMUNITIES, AND IN THEIR PROFESSIONAL ROLES WILL BE EXAMINED. MUJERISTA THEORY, AS A FEMINIST MODEL AND THE TEN COMMANDMENTS OF MARIANISO WILL BE EXAMINED FOR THEIR CULTURE-SPECIFIC MEANING FOR LATINAS AND WOMEN-IN-GENERAL.

zoom

AMCD Webinar

sponsored by Multiethnic, Multiracial, & Transracial Adoptee Concerns, African American Concerns, Asian American/Pacific Islander Concerns, and the Midwest Region

Understanding, Resisting, and Dismantling the Complex and Politicized Intersections of Gendered Racism, Monoracism, and Mono/Racial Microaggressions

Kamala Harris is the first biracial Black Jamaican and South Asian woman to become Vice President of the United States of America and to run for the office of President. She has been subjected to gendered racism, monoracism, and mono/racial microaggressions. It is important for us to (a) understand these terms, (b) examine how these experiences manifest and impact individuals and communities, (c) explore how to resist participation in these harmful forms of discrimination and oppression, (d) identify strategies to minimize the harmful impact of these forms of discrimination and oppression, and (e) work together to dismantle and unlearn these harmful forms of discrimination and oppression. It is also important to interrogate the ways in which these forms of discrimination are enacted within a sociopolitical context. In this 90 minute webinar panel discussion, we will learn, explore, and come away with specific strategies.

Learning Objectives

1. Understanding relevant terminology and the intersection of race and gender in current political contexts.
2. Exploring the personal and systemic impacts of intersectionality and politicized identities.
3. Identifying strategies for self-awareness, self-advocacy, resistance, and resilience in the face of these challenges.

1.5 CE
available



Dr. Mary Huffstead
Assistant Professor,
Agnes Scott College



Dr. Claire Martin
Assistant Professor,
Webster University



Dr. Shreya Vaishnav
Assistant Professor,
Palo Alto University

OCT. 16, 2024

2:00PM - 3:30PM EST

Register in advance for this meeting:

<https://agnesscott.zoom.us/j/90ceuuqjMuGNMCL4yCxZ3UJDLfwtADea>



AMCD LATINX CONCERNS GROUP PRESENTS:

LATINX FAMILIES IN ANIMATED FILMS: UNDERSTANDING FAMILY DYNAMICS AND GENERATIONAL TRAUMA

MARGARITA
MARIA
MARTINEZ

Managing
Director/Career &
School Counselor



ROBERTO
CARLOS
MARTINEZ

Co-Owner and
Supervising
Therapist



Tuesday, 17
September 2024
6:00-8:00 P.M.



IN THIS SESSION, MARGARITA AND ROBERTO WILL DISCUSS HOW THE LATINX FAMILIES WERE REPRESENTED IN DISNEY'S ENCANTO AND PIXAR'S COCO. WE WILL USE THE MADRIGAL FAMILY AND THE RIVERA FAMILY AS AN EXAMPLE TO HIGHLIGHT FAMILY DYNAMICS AND THE IMPACTS OF GENERATIONAL TRAUMA.

zoom

Webinar Highlights Continued



AAPI and Mental Health: Navigating Mental Health Among Communities

October 18, 2024
2:30-4:00 P.M.






Sheria Kwok,
LMHC, NCC

Kassandra
Pontilo, NBC-
HWC

Courtney Reiff

Christian D.
Chan, PhD, NCC

[REGISTER TODAY](#)

Several cultural factors underlie beliefs, values, and worldviews toward mental health among Asian American and Pacific Islander (AAPI) communities. Although many cultural factors, such as language and collectivism, can surface as strengths for AAPI communities, systemic barriers and gaps in research and counseling training discount the nuances needed to address mental health disparities among AAPIs. The presenters will discuss the mental health treatment gaps in research among the AAPI community to inform future research and action within the counseling profession while addressing the within group differences and unique identities (e.g., ethnicity, gender, generational status, acculturation).



AMCD PRESENTS...

**DEMYSTIFY THE
TENURE PROCESS AT
US UNIVERSITIES**

Sat, May 25, 2024
6-7pm EST

This webinar includes:

- An outline on the review process
- Tips about publications
- Strategic networking to cultivate a list of possible future referees
- Presenter experiences in securing the H1B visa, permanent residency and ultimately US citizenship.

To receive the link for the session please RSVP by May 23, 2024 at



**Leveraging Relationships to Grow
Counselor Professional Identity:
Getting the Most Out of Mentorship
Relationships**

Mentoring relationships are crucial to counselor training, focusing on personal and professional growth beyond academic advising. This workshop will explore current mentorship practices, how to set clear expectations, and ways to leverage mentorship networks to enhance professional counseling identity. Participants will gain insights into targeted mentorship across key areas such as research, teaching, and leadership.

Wednesday, October 16, 2024
7:00-8:30 PM EST



[REGISTER NOW](#)



Daniel
osal-Terminel, PhD, NCC

https://us06web.zoom.us/webinar/register/WN_GnelltiASwy-9mkU5IDROA

Keep up to date on webinars
and events!





Instagram
[amcd_profdevelopment](https://www.instagram.com/amcd_profdevelopment)

Facebook
[AMCD Facebook Page](#)

Website
[AMCD Website](#)

The American Counseling Association's Annual Conference held in New Orleans in April 2024



Making a Seat at the Table: Strategies for Breaking Down Barriers to Eating Disorder Treatment for Clients of Color

Sierah Campbell, Kari Slater, Lisa Ali, Leanne Campbell
School of Counselor Education, Adams State University



Historically, eating disorder (ED) research has focused on White, cisgender women, leading to the assumption that people of color (POC) are less likely to suffer from disordered eating (DE) (Goode et al., 2020). This misconception has left POC with EDs underdiagnosed and underserved in the mental health community (Sonnevile & Lipson, 2018).

Driven by the alarming lack of culturally responsive ED care for marginalized populations, we conducted a phenomenological research study, “Navigating Barriers: Exploring the Perceptions of Licensed Mental Health Providers Counseling People of Color Experiencing Disordered Eating.” We chose the term DE to be more inclusive in encompassing a range of eating behaviors within and outside the Diagnostic and Statistical Manual of Mental Disorders (DSM-5; American Psychiatric Association [APA], 2013). Our research highlights barriers faced by POC and explores practical solutions for mental health professionals.

Reengage

The belief that EDs only affect cisgender White women excludes marginalized populations in ED assessment, diagnoses, and research and leads to a treatment gap. To address the mental health needs of POC with DE, the counseling profession must reengage with how cultural norms, systemic barriers, and stigmas shape access to care. Engaging licensed mental health providers in this study highlighted how cultural norms and stereotypes lead to stigma, which affects beliefs about seeking help and contributes to community silence.

Ignite Change

Participants emphasized how cultural stigma discourages POC from seeking help. One participant explained, “Therapy is often seen as a last resort in many communities of color due to stigma and distrust of medical systems.” To ignite systemic change, counselors must adopt intersectional treatment approaches that consider race, socioeconomic status, and other factors influencing DE in POC (Biang, 2023).

Strategize Solutions

Improving treatment for POC with DE requires strategic implementation of solutions in education, training, and representation. A key gap identified was the lack of culturally informed education in graduate programs and continuing education. Incorporating cultural immersion through case studies, community engagement, and field experiences can support counselors in understanding the challenges POC face when accessing care. Culturally adapted tools, like the Cultural Formulation Interview (CFI; APA, 2013), offer structured approaches for counselors to integrate cultural factors into treatment planning.

Empowerment

Empowering counselors and clients is essential to dismantling systemic barriers to care. Many clients of color do not identify with the stereotypical representations of ED, which prevents them from seeking treatment (Cheng et al., 2018). Providing psychoeducation empowers clients to understand the broader spectrum of DE. As one participant remarked, "Education is crucial—clients may not even know they have a problem because their experience doesn't match the common portrayal of eating disorders" (Sonneville & Lipson, 2018). Empowering counselors through ongoing training in cultural humility enables them to provide empathetic care for POC (Soto et al., 2019). In conclusion, addressing the challenges faced by POC, sparking systemic change, and implementing culturally responsive strategies are critical to overcoming barriers to treatment and improving equity in DE care.

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The Power of Affirming Relationships in Learning Environments for LGBTQ+ Counseling Students' Wellness

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Lesbian, gay, bisexual, transgender, gender expansive, queer, intersex, asexual, and pansexual (LGBTGEQIAP+) counseling students face systemic stressors both inside and outside of their counseling programs. For instance, anti-LGBTGEQIAP+ legislation has tripled in the past two years, elevating systemic oppression against LGBTGEQIAP+ communities (CNN, 2023; Das & Drolet, 2023; Kline et al., 2022). Anti-LGBTGEQIAP+ legislature combined with disaffirming experiences that LGBTGEQIAP+ students face increases psychological distress and decreases longevity in the counseling field (Marasco & Astramovich, 2022; Moe et al., 2018, 2021). Furthermore, LGBTGEQIAP+ students of color are at an increased risk of experiencing a higher level of distress due to multiple forms of oppression (Enno et al., 2022; Sadika et al., 2022). Although researchers are calling for increased support for LGBTGEQIAP+ counseling students, programs still lack standardized training for the students' marginalized experiences (Degenstein et al., 2023;

Gess & Horn, 2018). Through the systemic lens of the Multicultural and Social Justice Counseling Competencies (Ratts et al., 2015), counselor educators are responsible for promoting affirming relationships with LGBTGEQIAP+ counseling students.

Creating affirming spaces is also aligned with the ACA Code of Ethics (2014), the SAIGE competencies (ALGBTIC LGBQQIA Competencies Taskforce, 2013; Singh et al., 2009), and CACREP standards (CACREP, 2023). We are advocating for increased awareness and tangible action steps for supporting LGBTGEQIAP+ counseling students and integrating LGBTGEQIAP+ affirming content into course curriculum (Bryan, 2018; Moe et al., 2021; Peters & Luke, 2022). These changes can enhance the wellness of our counseling students, leverage cultural strengths, and promote advocacy with clients. Relational Cultural Theory (RCT), a feminist paradigm that emphasizes relationality and mutual empowerment, is vital for cultivating affirming environments for LGBTGEQIAP+ students, experience unique isolation in higher education and

are still invisible in literature (Flores & Sheely-Moore, 2020; Singh & Moss, 2016).

Connection, empathy, and mutually fostering relationships are three core tenets that counselor educators must consider when practicing RCT to form affirming relationships (Flores & Sheely-Moore, 2020). Engaging in consistent broaching—explicit discussions on racial, ethnic, and cultural concerns (Day-Vines et al., 2020)—can enhance connection by affirming students in their experiences with culture and oppression. By enacting this approach, counselor educators can dispel the power differential in classrooms that can inhibit safety in light of chronic and systemic oppression. Because of the ongoing distress that students face, counselor educators must also meet students with empathy and curiosity to meet student needs by actively listening. Group processing opportunities during class allow for students to engage in active listening with each other.

Additionally, counselor educators can provide individual meetings outside of class times to enhance affirmation. Counselor educators can practice responsiveness across multiple levels through building mutually fostering relationships and through social justice advocacy. For example, counselor educators are encouraged to address microaggressions in the moment when they witness them. Counselor educators can leverage such moments to reflect on feelings that emerge in a microaggressive experience and enhance awareness of microaggressions outside the classroom.

To reflect systemic advocacy, counselor educators can also integrate education on the nature and harms of microaggressions throughout multiple courses to maintain consistency and ensure affirming relationships do not occur in silos (Nadal, 2018).

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NEWSLETTER CO-EDITORS NOTE



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Hello AMCD newsletter reader,

It's impossible to ignore the profound distress many are experiencing. We continue to witness the unimaginable impacts of genocide, the devastation of natural disasters, and the heightened tensions surrounding upcoming elections in the United States. For many, these global events weigh heavily, even as we continue with the demands of our everyday lives. As counselors and students, we are often holding space for others while grappling with our own emotions and lived experiences, leaving us searching for strength and resilience as we navigate our days.

May we lean in the power of our collective healing. The theme of RISE—Reengage, Ignite, Strategize, and Empower—reminds us that we can come together, support one another, and build a compassionate community. May we lean into our shared humanity, allowing ourselves to reengage with purpose, ignite the fires of hope and healing (as well as any anger and hurt that may be present), and strategize for a future where everyone (including ourselves) feel safe, seen, and heard.

-Melissa and Illiana
