

STUDENT AFFILIATES OF DIVISION SEVENTEEN NEWSLETTER

SPRING 2013 SAS NEWSLETTER

Greetings from your Newsletter Editor!

Lauren Berger, M.S.

The current issue includes several pieces on advocacy, be it social justice advocacy in general, classism, advocacy for care-giver self-care, or for the advancement of women. It is important to keep in mind that regardless our area of work, the field of counseling psychology highlights the criticality of advocacy. I am once again grateful to those willing to contribute such worthwhile pieces for our readers. As I approach my final newsletter (Summer 2013) I again welcome any SAS member interested in contributing to the newsletter to contact me. Best of luck for everyone's spring semesters! - LB

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SPRING 2013

Special points of interest:

- * Social Justice Advocacy
- * Classism
- * Caregiver Self-Care
- * Advancement of Women

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SAS MEMBERSHIP!

Interested in becoming a SAS Member?

To become a member of SAS, you first need to be a student member of APA. You can then join Division 17 as a student affiliate, and will automatically become a member of SAS at that point. If you are a member of APA but would like to join Division 17, you can do so [online](#) by or sending in an application via snail mail.



Do you need to renew your membership?

APA renewal reminders were sent in the mail at the beginning of October, but don't forget to renew your Division 17 membership as well! You can do this online by logging onto MyAPA and entering your username and password. You can then click on "Pay Your Dues" in the grey box at the top left corner of your MyAPA homepage.

Did you graduate in 2012 with your doctoral degree? Upgrade to free ECP membership!

If so, your 2013 SCP membership is free! It is SCP's way of congratulating you and welcoming you to Division 17 as an Early Career Professional (ECP). Note that this offer begins for 2012 graduates and is only available for your first year as an ECP.

Already a member, and want to stay in the loop?

Like us on [Facebook](#) and join our [LinkedIn](#) group to keep up with SAS events and announcements. You can also join our [listserv](#).

Additional Questions?

Please don't hesitate to contact [Erin Ring](#), your membership coordinator, and she will be happy to answer your questions or find someone who can (sas.membership.coordinator@gmail.com).

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UPDATE FROM OUR DIVISION 17 PRESIDENT, ANDY HORNE, PH.D.

The year is speeding by as we reflect on all of the exciting events that have occurred and look forward to the exciting future for us. Looking back at some of the events:

- The APA conference in Orlando was a great success and was well attended, with excellent presentations at the convention and engaging section, special interest group, and skills building activities through the hospitality arrangements. Thanks to all who participated and who provided such wonderful contributions.
- Our new website has been launched, and great feedback on all aspects of the new offering has been provided. Thanks to all who facilitated the process, particularly Aaron Rocklin and Joe Hammer. Please go to the website and visit, and add the address to your email signature. Also, look over the activities being conducted by our members.
- Our committees have been active and accomplished wonderful successes in their tasks. The program committee oversaw record numbers of proposals and work as a most efficient and professional team to select the program for our next convention. The awards committee reviewed nominee files and identified those to be recognized in the coming year. The fellows committee completed their efforts to encourage and identify candidates for the recognition of fellow.
- Our APA Council representatives continue to represent us well and carry forth the priorities of counseling psychology to our larger organization



- The *Counseling Psychologist* has a new editor selected to begin in 2014, Lydia Buki, and we are in the process of seeing a new editor for the Newsletter. Both publications continue to be excellent services to our membership and others.
- Our Student Affiliate (SAS) team conducted a review of candidates for serving as the official host institution of SAS for the next three years and that exchange will occur at the APA convention.
- We selected and engaged the second class of the Leadership Academy and conducted the first round of training and preparation for that group. The Executive Board of SCP has agreed to support the academy again next year, and then follow through with groups every other year in the future.

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A LETTER FROM OUR DIVISION 17 PRESIDENT, ARTHUR HORNE, PH.D.

- The National Multicultural Conference and Summit occurred in Houston with a record number of attendees and truly engaging and exciting presentations and round tables.
- Our team submitting the specialty designation materials finished an extensive review of our materials and got them submitted to CRSPPP for review, a major undertaking.

And looking forward to upcoming events:

- The elections committee has drafted an exceptional offering of candidates for office within SCP and the elections will be underway soon.
- The hospitality suite committee is busy planning events for the APA convention in Hawaii and they have some exciting events planned for the conference.
- APA has approved the prevention guidelines for psychologists, and they final version will be presented at the Hawaii conference – thanks to all, and especially John Romano, for the great work on pulling this together.
- The presidential initiatives related to prevention and early impact to improve the quality of mental health and human development will be well represented at the Hawaii convention, and there will be exciting presentations on the prevention and education theme.

Obviously there are many more events underway and there is exceptional leadership being shown by our members. We can be very proud of our organization, the values we advocate and embody, and the people who make it the wonderful group it is. We appreciate and honor the leadership we have had and we look forward with hope and enthusiasm to leadership coming our way through students, early career members, and others who are committed to the field and the people impacted by our work. Thanks to all who have made this happen. I hope to see many at our annual convention in Hawaii; if that cannot happen for you this year, then I look forward to connecting in other ways.

Warm regards,

Andy

Arthur (Andy) M. Horne

President, SCP, 2012 – 2013

The University of Georgia

The Start of a New Chapter

It is hard to believe that there are only seven months left in our term as Host Institution. This has been such a wonderfully rewarding experience, and although we are sad to see SAS move on, we are looking forward to its future, as well as closing out our term in Honolulu, Hawaii! We know that this particular convention is a difficult one for students to attend; please watch our social media accounts and listserv for cost-saving tips and available scholarships to help students get to this year's convention. Also, remember to watch out for our last newsletter, the summer and convention edition.

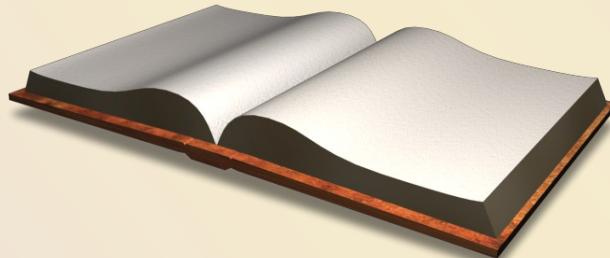
We have had a very busy year! Just recently, we attended the National Multicultural Conference and Summit, which had a host of wonderful student-oriented programs. For instance, SCP professionals Dr. Tania Israel, Dr. Helen Neville, and Dr. Rosie Phillips Bingham were kind enough to meet with students during APAGS' Breakfast with the Stars! NMCS is great conference, and NMCS 2013 in Houston, Texas was no exception. We were fortunate enough to meet many SAS members who attended, which is always a pleasure! If you attended, we hope you enjoyed it; if you have any feedback about programming you would like to see at NMCS 2015, please let us know!

In November, SAS, in collaboration with UAlbany's Division of Counseling Psychology and the Sexual Orientation and Gender Identity (SOGI) project hosted the 21st Annual

Diversity Conference. The theme this year was "Building Bridges, Removing Barriers: Expanding Our Roles." We were delighted to have Dr. Isaac Prilleltensky join us from University of Miami as our keynote, and we also welcomed SCP professionals, Dr. Britney Brinkman of Chatham University and Dr. Arpana Inman of Lehigh University! This conference could not have been the successful event it was without the support of Division 17 and in particular, President Dr. Andy Horne. Andy, thank you so much for all that you do; your support for student-run events like the Diversity Conference means so much to us!

Planning is already underway for this year's APA Annual Convention. We look forward to offering opportunities such as an encore of last year's SAS Networking and Award Recognition Social, where SAS members can network and establish relationships with SCP professionals! Of course, we recognize that getting to Hawaii is going to be a difficult undertaking for many students. As mentioned, we will do our best to provide students with cost-saving tips and information regarding funding opportunities. If you have any questions, always feel free to e-mail us – and we hope to see you in Honolulu!

Finally, much of this year has been geared toward selecting the new Host Institution for the 2013-2016 term, and preparing for the upcoming transition. We spent the summer and fall soliciting applications, and the winter reviewing them.



A WORD FROM YOUR SAS CO-CHAIRS (CONTINUED):

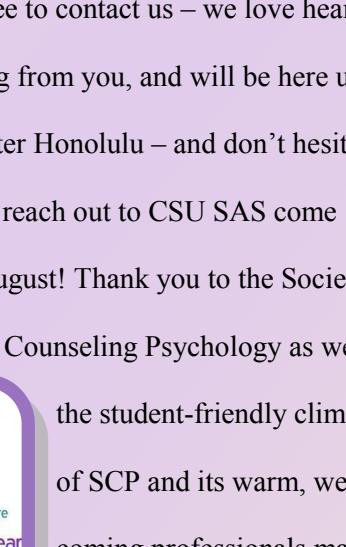
We received outstanding applications, from students in counseling psychology doctoral programs all over the country, all of whom were clearly dedicated, knowledgeable, and fit to carry the mission and tradition of the Student Affiliates of Seventeen. Our executive board standardized the process as much as possible, defining every application and using a detailed rubric to

score each component included in applications. It was difficult for us to rank each application, and to choose one program from among many qualified programs; however, in the end, the decision was unanimous. It is our honor to announce that the counseling psychology doctoral program at Cleveland State University (CSU)

will be hosting SAS for the 2013-2016 term! Congratulations to the students and faculty at CSU! We look forward to working with the new student executive board, and we know that they will have great things in store for SAS members!



and about you. As always, feel free to contact us – we love hearing from you, and will be here until after Honolulu – and don't hesitate to reach out to CSU SAS come August! Thank you to the Society of Counseling Psychology as well; the student-friendly climate of SCP and its warm, welcoming professionals makes the work we do possible.



Even though this is the end of a chapter for us, it is the beginning of a new chapter for SAS and the students of CSU. It has been a pleasure and a privilege to serve the students of SAS and work with the SCP executive board. We are grateful to all of our members for working with us, meeting with us, and allowing us to learn from you.

Hope to see you in Honolulu!

Warmly,

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SAS Co-Chairs

Beyond Awareness: Exploring the Movement Towards Social Justice Advocacy

Michael C. Cadaret, M.A.
The University of Akron

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When framing social justice and advocacy in a historical light, much of the literature begins with the work of Parsons and the Vocational Bureau out of Boston. Parsons, who like any good agent for social change recognized a social need, an injustice. Addressing the needs of young men living in poverty and without opportunity, Parsons worked to bring vocational training and employment to an underserved population within society.

In the 1930s, the nation was experiencing the Great Depression, and a group of psychologists pressured APA to respond to the psychological needs of impoverished and unemployed members of the American populous. This campaign brought about the founding of the Society for the Psychological Study of Social Issues (SPSSI), still in existence today. SPSSI may be most famously known its role drafting policy in the 1954 Supreme Court decision in Brown vs Board of Education. SPSSI members testified as expert witnesses on the side of desegregation.

They also prepared an appendix to a legal brief - the Social Science Statement - that summarized social science evidence in favor of desegregation. Psychology as a whole worked throughout the following decades with Veterans of World War II during the 1940s and 50s, in campaigns to address

homeless and disenfranchised in 1960s, advocating for feminist causes and civil rights in 1960s and 70s, as well as working for prevention of institutional racism.

Yet, in the period spanning the last 30 years beginning in the 1980s and through the 1990s the emergence of the medical model and managed care environments along with accreditation and credentialing requirements has changed our practice as psychologists and some would say served to constrict the role of social justice in counseling. This is reflected in George Albee's comments in 1982: "Too many vested interests depend heavily on an ideology that finds mental illnesses *inside* each affected individual and that advocates one-to-one therapy," Albee continues his statement opining the need for prevention efforts "aimed at alleviating the environmental stressors that are responsible for the higher rates of emotional disturbance among the poor, the powerless, the disenfranchised, and the exploited" (p. 1043).

Currently we seem to be standing with our feet placed in both sides of this history. Intellectually we may pursue the ideas of social justice, but in practice have had difficulties translating this into action. Our field has seen the emergence of the long-fought multicultural competency

movement and certainly we pay homage to our social justice predecessors. Still, critics of the translation and implementation of multiculturalism in the counseling pedagogy state the natural progression is transformation of practices and the role of psychologists beyond that of the status quo. Baluch, Pieterse, and Bolden, writing after the 2004 National Counseling Psychology Conference suggest that:

For counseling psychology to move beyond the status quo to becoming a vibrant, powerful force, it must assess in an honest, forthright manner its commitment to social change...Sue (1995) contends that our work as psychologists "will be an endless and losing venture unless the true sources of the problem (unequal access to resources, stereotypes, prejudice, discrimination, and oppression) are changed" (p. 476).

Criticisms of "social change" movements believe such a role is outside of our professional boundaries, that it is unrealistic, or even inappropriate. Much of this hinges on the concern that to advocate on behalf of clients is to engage in a political environment in which as professionals we are meant to be objective, or value-neutral concerning such matters. Jesuit priest and El Salvadorian psychologist, Ignacio Martin-Baro argues the work of

Social Justice Advocacy Continued...

the psychologist as follows:

"If the foundation for a people's mental health lies in the existence of humanizing relationships, or collective ties within which and through which the personal humanity of each individual is acknowledged and in which no one's reality is denied, then the building of a new society, or at least a better and more just society, is not only an economic and political problem; it is also essentially a mental health problem. By the very nature of the object of our professional work, we cannot separate mental health from the social order" (p. 120)

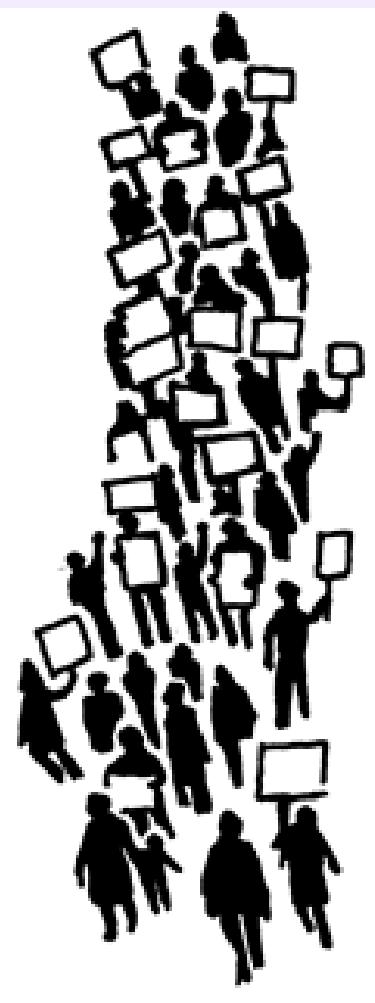
We may then ask the question, why is it difficult for us to translate our social justice concerns into practice? Again, Baluch, Pieterse, and Bolden, commenting on counseling psychology's commitment, state that social justice work requires personal sacrifice, as a concept it is ambiguous, and is such a new aspect of the field and therefore requires patience, consequently leaving many students and faculty overwhelmed with its implementation. Anecdotally, I think we can add that often advocacy is unclear, and while one wants to become engaged, the "how to" of such engagement becomes lost in the demands of the academy, the workplace, peers, family, etc.

But it is possible that here in lies the problem. Part of our goal as counseling psychologists is to work towards the Friarian concept of concientizacion, or critical consciousness. That is to recognize, in the words of Dr. Martin Luther King, Jr. "We are all bound together in a single garment of destiny." Or as the Aboriginal activists group of Australia is collectively quoted "If you have come here to help me, you are wasting your time. But if you have come because your liberation is bound up with mine, then let us work together." The sociopolitical dynamics that undergird the dominant ideologies, so often referred to as the status quo, the power structures that uphold forces of oppression, discrimination, hatred and the most insidious forms of structural violence are the same forces that uphold our privileged positions, are the same forces that serve to separate us from a more humanizing presence in our work with our clients. In examining and working for social justice, we must become aware of the symbolic chains by which we are also bound. Thereby recognizing that social justice work is not just liberation for "others" but also part of our own liberation.

As Freire would argue, we "might treat the society under study as though [we] are not

participants in it. In [our] celebrated impartiality, [we] might approach this real world as if [we] were wearing 'gloves and masks' in order not to contaminate or be contaminated by it" (p. 132).

The invitation for all of us is to remove our masks, remove our gloves and find ways to collectively explore the ideas of advocacy and social justice in our lives and the lives of those who we aim to serve.



Class Dismissed: The Classism That is Now Built Into Psychology Training Programs

By Kipp Pietrantonio, M.A.

The University of North Dakota

One of the primary concerns for students today is the incredible burden debt and finances create both in graduate school and in the years following completion of education. Student financial aid debt has now become the largest debt in our country even outpacing credit card debt. The Budget Control Act of 2011 quietly eliminated subsidized loans for all graduate students as of July 1st, 2012. Graduate students are not eligible for Pell Grants and many

of the other government subsidized forms of aid. This change only exacerbates the barrier for low-income individuals. Those from financially disadvantaged backgrounds as well as racial and ethnic minorities are already underrepresented in higher education and these policy changes will only accelerate this inequality. The loans that students are eligible for (unsubsidized loans) carry inter-

est rates that begin while the student is still enrolled, forcing students to take on economic hardship while managing the stress of graduate school. This also increases the long term

almost impossible for the student to obtain additional outside employment without experiencing ramifications in their professional development and academic status. As a result we

have essentially made it impossible for students to obtain a higher-level degree in psychology without outside help such as additional loans or family support. This is even more unbearable for stu-



debt the student must pay back because they may now have to take on an additional 4-5 years of interest on their loans. This is especially relevant for students engaging in clinical work, as all must engage in practicum and supervision experiences (generally 20+ hours per week) in addition to teaching, course work, research, and exams. Most often, these experiences are unpaid and therefore it is

dents who are the primary breadwinners within their family, parents, and non-traditional students.

When placements are paid, such as on pre-doctoral internship, students are often asked to live on \$10- \$15 dollars an hour despite providing doctoral level work comparable to any other staff member at the facility. For students in states such as California, New York,

Classism Continued...

Florida, and Texas this is nearly impossible with the high cost of living. Almost all students are required to pay for “internship credits” while performing these duties and many must continue to pay for dissertation credits. The cost of moving can sometimes be \$2000 to \$3000, with the bulk of these costs coming from securing an apartment (first/last month rent + deposit) as well as renting moving equipment. In addition, the student salary is often demoralizing for students who know they take on more than other staff, are subjected to constant evaluation, and are expected to engage in other professional development activities such as conferences, dissertation work, and training. In combination with increased expenses as a result of the internship application process and current internship crisis we are now creating nearly insurmountable odds for students from low-income backgrounds in attaining higher education in the field of psychology. This cannot continue if we truly believe in cultural competence and diversity as a value of Division 17.

One of the primary reasons that diversity is valued in clinical/counseling psychology is the importance of various perspectives and the ability to empathize and relate to students from various backgrounds. Since 2007, the U.S. has lost upwards of six millions jobs. Even the jobs that have returned resulted in lower wages and less benefits. As a result, a huge amount of the population has experienced a social class shift, which has resulted in higher stress, anxiety, and depression. Yet we are systematically eliminating the counselors who have the cultural perspectives to relate to these

individuals. In addition, most students receive very little training related to working with and studying individuals from various SES backgrounds. This stands in the face of clear evidence throughout the literature that classism is prevalent throughout psychological research and is not adequately represented compared to other forms of diversity.

This is why I believe it is crucial that we in Division 17 move toward political advocacy for the return of subsidized loans, increases in internship stipends, and demand paid practicum placements for our students. Economic oppression is often invisible and not discussed. The time of low-income students victimization through systemic classism must come to an end. Long term indentured servitude through student loans and unpaid labor is neither morally acceptable nor congruent with the APA’s commitment to training, cultural competency, or equality.



A Caregiver's Tale: Reflections on the Importance of Self-Care

Ciera V. Scott, M.S.

University of Georgia

Care-giv-er (noun): a person who provides direct care (as for children, elderly people, or the chronically ill). Merriam-Webster can always be depended upon to provide us with the most precise definitions for our countless terms within the English language.

In the words that follow, I aspire to craft a vibrant and intimate voice that embodies my experiences with one particular caregiver and the profound impact that this caregiver's story had on my development as a professional helper. This voice can attest to the humanity related to our personal triumphs and struggles that are inherent in the role of caregiver both behind our office doors and beyond. It is with a great sense of respect and appreciation that I introduce to you one remarkable caregiver who inspired me through her valiant commitment to self-care.

Prior to beginning my doctoral journey in the Counseling Psychology program at the

University of Georgia in August 2012, fate spun an intricate web of experiences that introduced me to unforgettable people leading extraordinary lives. August 2008 marked the beginning of my master's level studies in Clinical Mental Health Counseling. In December 2008, I also embarked up-

diseases and their families initiated a counselor-client relationship that provided me with a personal glimpse into the everyday challenges and treasures of caregiving. I met "Evelyn"*, a Caucasian woman in her early 60s, after attending my first support group meeting. Evelyn was the primary caregiver for her husband who was in the late stages of his neurodegenerative disease. Evelyn's husband suffered from severe cognitive impairment, problems with his speech and motor activity, and required assistance with all of his daily activities as a result of his condition.

Evelyn and I would go on to forge an authentic and open alliance over a three-year period. During this time, Evelyn confided in me about her feelings of helplessness, sadness, and impending grief that she often experienced as she provided unwavering care for her ailing husband. Somewhere amongst the constant doctor's appointments, medication



on a fresh start along my career journey. My new role as Research Coordinator to a Geriatric Neuropsychologist would prove to positively shape my perception of what encompasses the promotion of self-care with our caregivers in the psychotherapeutic setting.

My involvement with a support group for patients diagnosed with neurodegenerative

Caregiver Self-Care Continued...

pickups, and family visits, the vivacious, funny, energetic, and outgoing Evelyn had become buried underneath the arduous duties of caregiving and her unrelenting fears surrounding her husband's imminent passing.

One day Evelyn approached me with a desire to cultivate a greater commitment to her own self-care in order to more positively cope with the feelings of depression and burnout that she experienced as her husband's primary caregiver. My work with Evelyn involved an alleviation of Evelyn's perception of caregiver

notions of what were key elements to her identity sans the title of *caregiver*. Evelyn decided to recapture her love of reading by indulging in more frequent visits to her local library and she also committed to a monthly lunch date with some of her closest friends. Evelyn's dedication to these new activities served as the first steps towards improved self-care and helped provide a balance to the stressors that she experienced as a caregiver.

Evelyn's rededication to self-care inspired me to take a look in the mirror and reflect upon how well I was personally exemplifying the commitment to self-care that I so

burden by targeting her depression through encouraging social support and productive self-care (Martire et al., 2010; Merluzzi et al., 2011). Evelyn's self-care journey involved immense introspection regarding what people, places, and activities brought her the greatest sense of joy and self-fulfillment. This introspection prompted Evelyn to reevaluate her values and



strongly advocated for amongst my clients. Needless to say, my self-care plan was in desperate need of an overhaul. Self-care had become this foreign and estranged idea obscured by the patient assessments, therapy groups, and piles of research manuscripts at my workplace and the class presentations, exit examination preparations, and taped counseling sessions that

Caregiver Self-Care Continued...

were required of me for my master's program. All of my obligations left me feeling stretched thin and overwhelmed. I asked myself one significant question that helped reinvigorate my eternal journey towards evoking self-care—what people, places, and activities brought me the most joy when I was not busy fulfilling the various roles of daughter, sister, student, and counselor that life had ascribed to my identity? I am now committed to making the time to watch a new movie, read an entertaining book, attend my favorite fitness class, or try my hand at being Paula Deen whenever my spirit needs to be renewed.

As psychologists and mental health advocates, Evelyn's story can be discovered discreetly interwoven within our clients' identities as mothers, fathers, daughters, sons, husbands, wives, partners, confidantes, and friends. *Caregivers* share common struggles and triumphs that have the power to transcend differences in age, gender, socioeconomic status, religion, sexual orientation, and beyond. It is our job as professional helpers to uncover caregiver burden and promote exceptional self-care both within the lives of our clients and ourselves. I encourage you to be brave

and examine the ways in which you could improve the exemplification of self-care in your own life. As professional helpers we must remember to pour back into ourselves the unconditional positive regard and authentic sense of caring that we so selflessly pour into others each and every day.

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*Note: Information was fictionalized in order to maintain anonymity.

A Brief Overview of the Division 17 *Section for the Advancement of Women*

Lisa De La Rue, M.A. and Nicole Lozano, M.A.

We are excited to share with the SAS community the incredible work that is being done by Division 17's Section for the Advancement of Women (SAW). SAW brings together academics, practitioners, and students who are motivated to work together to address issues pertinent to women. As the student representatives for this academic year, we would like to share with you some of the ways that SAW exhibits dedication to both the scholarship of the members, and to nurturing the development of up and coming scholars.

The scholars of SAW are committed to examining concerns that impact women. One way that this is accomplished is through exploring how social systems exacerbate conditions of marginalization and example, within system women areized for various a result their met which often outcomes. As established a tled: "Women Justice System."



oppression. For the justice sys-often marginal-reasons, and as needs are not leads to poorer such, SAW has task force anti- and Girls in the This project is

coordinated by Drs. Corinne Datchi, Meghan Davidson, and Julie Ancis and focuses on addressing the concerns around women's experiences in the family court system. This work arises from recognition that there is a significant impact of the legal system on individuals, families, and communities, and yet these concerns have not been sufficiently addressed within the field of counseling psychology.

Though SAW is devoted to taking on issues of social justice and oppression for women and girls, they are equally as committed to nurturing the development of graduate students and up-and-coming scholars in the field. In the most recent edition of the SAW newsletter, there

Information on The Section for the Advancement of Women

were articles about both the experience of early career psychologists as well as the experience of being a woman, being in graduate school, and being in a down economy. These are the voices that you hear within SAW, voices and experiences that may not be heard in other places. Further, SAW recently solicited applications for a Dissertation and Thesis Award to support original research that focuses on issues that pertain to the lives of women and girls. Above all, though, SAW is a welcoming group who are open to new ideas on how to increase the opportunities and involvement of graduate students.



We would highly encourage you to get connected with the Section for the Advancement of Women by becoming a member. Membership is open to all categories of SCP members, and only \$5 for students. If you would like more information on membership, contact Riddhi Sandil at sandil@tc.columbia.edu.

You can also find more information at

<https://sites.google.com/site/div17saw/>.

We hope you will join us!



Inside the Division 17

Leadership Academy

Zoeann Finzi-Smith, M.S.

Howard University

The Society of Counseling Psychology (SCP) has demonstrated considerable investment in the future leadership of counseling psychology, as shown by their creation of the Leadership Academy. The 2nd SCP Leadership Academy has recently taken place in Houston, Texas and I am unbelievably grateful for the opportunity to once again be associated with this amazing program. The enthusiasm and fervor of the Leadership Academy participants left me energized to continue my work in SCP and optimistic for the future of counseling psychology.

During the fall of 2011, a colleague notified me of an exciting presidential initiative by then current SCP President Barry Y. Chung, as part of his presidential theme "The Future of Counseling Psychology Campaign".

His goal was to create a leadership academy for doctoral students and early career professionals that would "inspire, recruit, and train future leaders in counseling psychology". Having a strong interest in leadership, I was excited and thrilled to apply. I was beyond ecstatic once notified that I was one of the ten individuals chosen to participate in the inaugural SCP Leadership Academy. Although I had high expectations for the leadership academy, I would later find out that they would be far exceeded. The inaugural leadership academy was made possible by the hard work and dedication of the planning committee comprised of Rosie Bingham, Linda Forrest, Candice Crowell, Katharine Hahn Oh, Sandy Shullman, and John Westefeld. This inspiring group

of individuals led academy participants through a variety of activities that encouraged our leadership development and inspired us to pursue leadership roles in SCP.

Activities took place at the weekend long leadership academy that happened concurrent with the SCP Executive Board midyear meeting in Fort Lauderdale, Florida. Training activities included strategic planning, observation of portions of the SCP Executive Board (EB) midyear meeting, and development of participants' understanding of leadership. In addition to the training activities we were charged with the task of creating a program that would benefit SCP. Each project was assigned a mentor who assisted in their development. Results and updates from each project were

LEADERHSIP ACADEMY CONTINUED...

Then presented at the American Psychological Association (APA) 2012 Annual Convention in Orlando, Florida. In addition to the instrumental training activities, the relationships built with my fellow leadership academy participants, mentors, and the planning committee truly made this experience life changing.

I was extremely pleased to hear that the current SCP president Arthur M. Horne, saw the significance of the first Leadership Academy and decided to support a second. During the 2nd Leadership Academy I had the esteemed pleasure of serving on the planning committee with an astounding group of individuals who consisted of Julia Phillips, Katharine Hahn Oh, Sandy Shullman, Barry Y. Chung, and Melba Vasquez. Following the footsteps of the inaugural Leadership Academy, the planning committee selected ten diverse SAS/SCP ECP members to participate in leadership training in January, that was held in conjunction with the 2013 National Multicultural Conference and Summit (NMCS). The 2012- 2013 SCP Leadership Academy focused on developing leadership potential within a multicultural context. Activities included discussions regarding leadership, multicultural leadership

development, and the history of SCP. Participants will also receive mentoring, and complete a project related to current SCP initiatives. Results of their leadership projects will be presented at the American Psychological Association (APA) 2013 Annual Convention in Honolulu, Hawai'i. We anticipate that graduates of the Academy will serve on committees and run for elected offices in SCP, and possibly take on future leadership roles in APA, their places of employment, and society at large.

As I reflect on both of my Leadership Academy experiences, first as a participant then as a committee member, I am overwhelmed with appreciation for the remarkable experiences, valuable knowledge imparted, relationships built, and the investment in my role as a leader. My commitment and passion for counseling psychology has been further cemented by experiences and individuals affiliated with both Leadership Academies. The tremendous support offered and wonderful group of individuals I've met have provided a feeling of home in SCP.

Zoeann Finzi-Smith

Howard University

The content and views expressed in this newsletter do not necessarily represent those of the APA or Division 17 of the APA.