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## Letter from the President, Judy Blaise

Dear Friends,

I am writing this from Denver, where I am participating in a process led by Rev. Dr. Gary Simmons, author of *The I of the Storm: Embracing Conflict, Creating Peace*. Dr. Simmons has formulated a new paradigm for organizational and leadership development that integrates quantum science and spiritual principles.

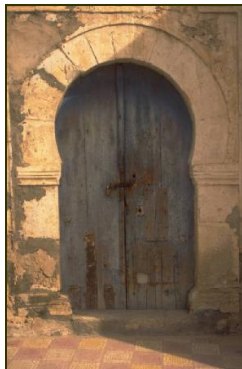
Ever since we decided on the theme for this year's NMA SERVIC conference, I've been noticing books, articles, seminars, and trainings dealing with the integration of neuroscience and spirituality. I love synchronicity – it always engenders a feeling of being in the right place at the right time.

A new book, *How God Changes Your Brain: Breakthrough Findings from a Leading Neuroscientist*, (Mark Robert Waldman & Andrew Newberg, M.D.) posits that our thoughts change our brain. Jill Bolte Taylor, in *My Stroke of Insight*, brilliantly describes how the two sides of the brain function separately and together, and the power one has to choose well-being and even to effect major healing. I was deeply touched by her love and reverence for her brain and body after her recovery from a stroke. And by how loving the body heals the body.

In the Sept. /Oct. issue of Ode magazine, religious scholar Karen Armstrong makes a *Case for God*, the title for her new book. She says the underlying thread of all religious teachings is compassion, even though many have strayed away from that as a fundamental principle. And now we hear that perhaps we are actually hard-wired for compassion.

I am proud of and grateful for all the presenters who have stepped up to bring a wide variety of workshops exploring the confluence of science and spirituality as it impacts our work as

## President's Letter (continued)



professional counselors. I am always looking for ways to transform my thoughts and beliefs to enhance my experience of spirituality, deepen my humanity, and be a positive influence in the world. I invite you all to come together in community to explore ways of doing this at our conference in March. May your days be filled with joy, your hearts full of infinite loving-kindness, your mind be at peace, and your life be fulfilling!

Blessings,

Judy

## Come to the NMASERVIC Conference!

### The He(art) and Science of Spirituality

12.5 CEC's

March 4, 5 and 6

Ghost Ranch in Santa Fe

Ann Marie McKelvy



Ann Marie McKelvy, LPCC, PCC, presents a 6-CEC **Pre-Conference Ethics Playshop** on Thursday, March 5, utilizing meditation and collaging to explore our ethical values.

Andrea Hollingsworth



Andrea Hollingsworth, MA, from Chicago, is our keynote speaker. Her address Thursday evening: **"Spirituality, Compassion and the Social Brain."**

Plus: Lorraine Freedle, Ph.D., presents a 3-CEC **Supervision Workshop** on Jung and the neuropsychology of sandplay, to be presented in two parts on Saturday.

**Hope to see you there! See Registration Form on Page 7, or email [eaebner@comcast.net](mailto:eaebner@comcast.net).**

## Letter from the President Elect, Elizabeth A. Ebner

We have a dynamite conference coming up this year. “The He(art) and Science of Spirituality” will offer 12.5 CECs. Together with our co-sponsor, the New Mexico Art Therapy Association, we have a mix of workshops with something for everyone.

On the science end, our keynote speaker, Andrea Hollingsworth, will speak on “Spirituality, Compassion and the Social Brain.” Along those lines, Maggie Barnett and Ilona Csapo will present on “Neuroanatomy and Neurotransmitters – A Primer.” Sally Severino and Nancy Morrison will talk about their book, “Sacred Desire: Growing in Compassionate Living,” which delves into neuroscientific and psychological research that supports spiritual practices.

On the art side, we will be have the opportunity to do Soul Collage with Catherine Hemenway, and Deborah Schroder will introduce us to the “self-box” in her workshop entitled “Sharing Myself With Clients: An Art-Based Exploration.”

Included in the program will be a 3-CEC Supervision workshop by Lorraine Freedle, called “With Open Eyes and Open Heart: Competency-Based Clinical Supervision.”

Other samplings of the workshops offered are: “Healing the Family Soul, Systemic Family Constellations, Healing the Past, in the Present, for the Future,” by Krista Jarrard; “Dying Consciously: The Soul’s Greatest Journey,” by Karen Milstein; and “Abandonment Issues are the Catalysts of our Behavior Patterns and Health Issues,” by Michael Brill. David Bedrick will introduce Dr. Arnold Mindell’s work on Earth Based Psychology in his workshop, “The Whole World’s Dreaming: Dreams, Body Symptoms and The Earth.”

In addition, there will be a 6-CEC Ethics Pre-Conference Playshop by Ann Marie McKelvy that will explore each participant’s ethical values in working with clients. Discussion of case studies will lead into meditation and tissue paper collaging, as developed by Jungian analyst Edith Wallace.

We’ve planned lots of free time to meet and mingle with our peers during dinner on Friday and Saturday nights, as well as an enjoyable evening of music on Saturday. Breakfast is included Friday and Saturday, as well as lunch on Friday.

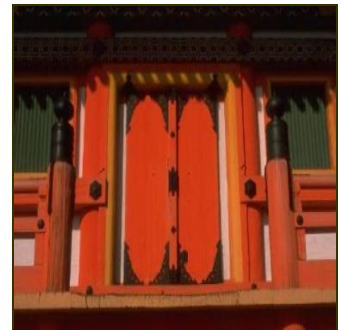
The venue this year is the Ghost Ranch Retreat Center in Santa Fe. We’ll have spaces for seminars, meditation spaces, an art studio, wholesome meals and accommodations for those traveling. We will be just two blocks from the Plaza, at 401 Old Taos Highway in Santa Fe. Please contact Gail Anderson for reservations, (505) 992-1099. Register for the conference using the form on page 7.

I look forward to seeing you there!

Elizabeth A. Ebner, (505) 603-4110, eaebner@comcast.net

"Everything is okay in the end; if it's not ok, then it's not the end."

- Unknown




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"If you do not change direction, you may end up where you are heading."

-Lao-tzu

## On The Field of Play

by Deborah Heikes, MA, LPCC

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“Life holds an invitation for us to rise each day, see the playfulness it holds, and embrace our capacity to engage it.”

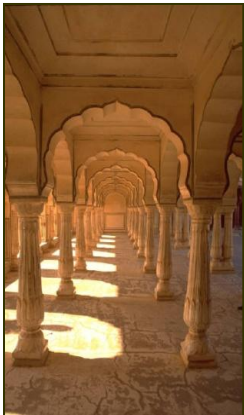
-Deborah Heikes

Life is an exciting opportunity to be on the edge of discovery with a fresh, updated image of who we are waiting behind every obstacle or challenge. To be conscious is to embrace our spirit of adventure and our ability to play, incorporating it into every aspect of our lives so there is no separation between work and play, or each other. As a person who is all about play, and a therapist who employs play as a vehicle for healing, I find play to be a powerful means for transformation.

In general, people tend to gravitate toward the concept that healing, change, sobriety, etc, is difficult work. If it isn't painful, then it isn't real. This way of being and thinking can hold a heaviness and a lack of vitality. Even if there is perceived pain, life's path can be a journey that presents a chance to step beyond that perception and approach healing with enthusiasm, joy and curiosity.

When I stopped drinking sixteen years ago and sobriety hit me square in the face, my sense of humor and ability to have fun was left behind in the bottle. People kept telling me to lighten up, but I didn't have a role model or teacher to support me in discovering that playful part of myself. It took me years to discover and develop my authentic, expressive, humorous self. One important lesson I learned during those years was that the more I could relax and allow myself to be silly and spontaneous, the more flexible and creative my life became. Whatever “obstacle” was in my way, if I approached it with an inquisitive, “I wonder if...” attitude, the easier and more exciting the outcome was. Through my own relationship with play, I have been able to see in others how an openness to play also gives them more ability to break old patterns and heal. Indeed, I discovered play to be a potent vehicle for transformation.

The ‘action’ of that knowledge is what I bring to my clients both in private sessions and in groups. Change happens right before me, through the action of consciousness, through the vehicle of play, as I facilitate Play Groups. Play enhances the sense of safety in a group. It never ceases to amaze me how quickly play allows people to try on new roles in front of their peers. With hats, costumes, and other props, each is invited to step out of their comfort zone and to be curious while exploring in a playful way parts of their self other than their addiction. Improvisation is a challenging way to be more in the present and learn how to trust. When reassured there is no judgment – just play – the trust is built to take small risks. And because play is great training for meeting the unexpected, it gives “hands on” experience in how to be more adept at handling whatever life brings.



## On the Field of Play (continued)

The transformations are thrilling. Clients often surprise themselves in their willingness to be in uncomfortable, scary situations – by volunteering for the unknown. They share how their anxiety level drops as they permit themselves to join in and have fun. In group, rival gang members will leave their hate and anger on the sidelines while they connect and work together through fun activities. Recently one client said to another, “You’ve opened up more and spoke up more in this group than in the whole time since you’ve been here.” Their joy is evident when sharing how they get less upset at changes, can think clearer, more quickly and creatively and they feel more connected to others.

It’s through these experiences and more that I have witnessed healing and greater wholeness, as countless people connected with parts of themselves that had long been suppressed. My work is to hold a space, open a way and guide others as they connect with the deepest parts of their truth. For this we meet on the field of play to engage the actions that lift and heal.

For each of us, stepping into wholeness is a conscious action on our part – a commitment to who we are and how we choose to live. I invite you to connect with this process through play. Life holds an invitation for us to rise each day, see the playfulness it holds, and embrace our capacity to engage it. We can explore, recognize edges, take risks – small and large; we can challenge ourselves, surprise ourselves and invite something new. We can see life as an adventure and we can be excited by its wonder.

Deborah Heikes has extensive training in residential trauma resolution and utilizes her experience to assist clients with issues of abuse, trauma, addictions, depression, anxiety, eating disorders and more. Her expertise includes the use of play to support transformation for her clients. She facilitates weekly Play Groups at the Santa Fe Recovery Center. Deborah is also a Nia Dance Teacher, is involved with a weekly improvisation group, and is currently working on a One Woman Show.

“Always be a first-rate version of yourself, instead of a second-rate version of somebody else.”

- Judy Garland




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“You can never get enough of what you don't need to make you happy.”

-Eric Hoffer

*Deborah Heikes, MA, LPCC, Certified Gestalt Therapist. Acorns to Oaks Counseling, 3309 Avenida Del Oro, Santa Fe, NM 87507, 505-690-2130.*

## Haiti: a message from the ACA President

In the aftermath of the recent earthquake, ACA wants to provide as much support as possible to both the citizens of Haiti and their friends and loved ones living in the US and around the world. Here are some resources for the Haitian community:

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“I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do.”

*-Edward Everett Hale*

“If you can't feed a hundred people, then feed just one.”

*-Mother Teresa*

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**ACA podcast:** For those who have family and loved ones in Haiti. Topics include: Acknowledgement that being in the U.S. with family in Haiti is very stressful, Key symptoms of distress, Ways to mitigate symptoms of distress, When to get help, Where to get help. To listen to Podcast, go to

[www.counseling.org/Counselors/TP/PodcastsHome/CT2.aspx#16](http://www.counseling.org/Counselors/TP/PodcastsHome/CT2.aspx#16)

**Red Cross Flyer:** Taking Care of Your Emotional Health after a Disaster. Available in both Haitian-Creole and English through the ACA website. To view flyers, go to [www.counseling.org/PressRoom/NewsReleases.aspx?AGuid=87d3abbf-fef8-444c-b1e0-0a37858fa23d](http://www.counseling.org/PressRoom/NewsReleases.aspx?AGuid=87d3abbf-fef8-444c-b1e0-0a37858fa23d)

**Red Cross Disaster Mental Health Volunteers** ACA is a Red Cross mental health partner. As such, we are monitoring the need for ACA members who are certified Red Cross Disaster Mental Health Volunteers. We will put out a call for deployment if requested to do so by the American Red Cross.

**ACA Foundation** The ACA Foundation, through its Counselors Care program, is accepting donations to assist counselors in providing services to family members of Haitians directly impacted by the earthquake in Haiti. This program was originally established during the aftermath of Hurricane Katrina to assist ACA members in the Gulf Coast region re-establish their practices following that disaster.

The fund has since been expanded to include ACA members who are addressing the needs of relatives of individuals directly impacted by disasters. Many of these family members live in the US and are extremely concerned about their family members in Haiti. As these clients seek help in dealing with their frustrations of not knowing about the condition or even survival of their relatives in Haiti, ACA members must reach out to them in creative ways. The ACA Foundation can be of assistance to those ACA members as they strive to increase their capacity to respond to the unique, disaster-related needs of these clients. This might be through developing materials and other contact resources. To contribute through the ACA Foundation select "Counselors Care Fund (Haiti Relief)" on our secure donation form when asked where you wish for your gift to be applied. To make a donation, go to [www.counseling.org/acaf/index\\_secure.htm](http://www.counseling.org/acaf/index_secure.htm).

**Additional ways to make a difference** If you wish to make a donation to the Red Cross to assist with relief efforts, you can text the word "Haiti" to 90999 from any cell phone. The Red Cross will automatically receive a donation of \$10, which will be charged to your cell phone bill. ABC News has compiled a listing of organizations accepting donations. To view it, go to <http://abcnews.go.com/print?id=9547030>

Sincerely,  
Lynn E. Linde  
ACA President

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## NMASERVIC 2010 CONFERENCE REGISTRATION FORM

The Association for Spiritual, Ethical and Religious Values in Counseling and  
The New Mexico Art Therapy Association present the NMASERVIC 2010 Conference  
"THE HE(ART) AND SCIENCE OF SPIRITUALITY"

March 4 - 6, 2010

Ghost Ranch Retreat Center, Old Taos Hwy and Paseo de Peralta, Santa Fe, NM

**NMASERVIC is a Division of the New Mexico Counseling Association**  
**REGISTRATION FORM**

NAME: \_\_\_\_\_ LICENSURE OR TITLE \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: (W) \_\_\_\_\_ (H) \_\_\_\_\_

(FAX) \_\_\_\_\_ E-MAIL \_\_\_\_\_

If you are not a member, you may attach a completed membership form and a separate check for the NMCA membership fee and choose NMASERVIC as your division in order to receive the member's rate. (Form found at [www.nmca-nm.org](http://www.nmca-nm.org)) NMCA Membership Fees: Regular Member - \$60, Student or Retired - \$30.

CATEGORY	BY FEBRUARY 19	AFTER FEBRUARY 19	AMOUNT
NMASERVIC/ASERVIC Members	\$185	\$205	\$
NMCA Members	\$205	\$225	\$
Non-Member	\$245	\$265	\$
Student or Retired Member	\$ 95	\$105	\$
Primary Presenter	\$145	\$165	\$
Pre-Conference Workshop Add	\$80	\$80	\$
Pre-Conference Workshop Only	\$95	\$95	\$
Thursday Evening Only	\$50	\$50	\$
		TOTAL	\$

### 12.5 CEC's, including 3 for Supervision

NMASERVIC, as a division of NMCA, is recognized by the National Board of Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines.

Purchase Order # \_\_\_\_\_ Purchase Order must be attached. If not paid within 30 days of the conference, a \$25 late fee will be charged.

**Make check payable to NMASERVIC. Send along with registration (and membership application) to: Ishwari Sollohub, 1222-D Senda Del Valle, Santa Fe, NM 87507.**

**CANCELLATION POLICY:** Cancellation deadline is February 19, 2009. Conference fees (minus \$35 administrative fee) are refundable if request is received in writing (letter or email) no later than 5 PM MST on February 19, 2010. Refund checks will be mailed after the conference.

**HOTEL:** Ghost Ranch Retreat Center in Santa Fe, NM. Contact Gail Anderson @ 505-992-1099 for accommodations and reservations.

## NMASERVIC 2010 Nomination for Outstanding Counselor

Please take a moment to nominate one of your colleagues to be recognized as Outstanding Counselor at the NMASERVIC 2010 Conference

### BALLOT

Nominee's name:

Nominee's phone number:

Nominee's email address:

Reasons you believe this person should be given the NMASERVIC

Outstanding Counselor award:

Respectfully submitted by (optional):

Return your ballot to Mary Stinson at [muzikhealz@gmail.com](mailto:muzikhealz@gmail.com).

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"Now and then it is good to give up the pursuit of happiness and just be happy."

*-fortune cookie*

## New Mexico Counseling Association Membership Reactivation Event

Brewing Up New Membership!

NMCA invites you to a casual dining experience. New events for the upcoming year will be announced. Please join us for a meet-and-greet to learn more about NMCA, the divisions, and how we can help meet your professional development needs. Saturday, February 27, 5 to 8 PM, at Chama River Brewing Company, 4939 Pan American Fwy. NE, in Albuquerque. For more information, contact Paige Dunlap, NMCA Ethics Chair (505) 891-6941.

"Some people are always grumbling because roses have thorns; I am thankful that thorns have roses."

*-Alphonse Karr*

## NMCA Newsletter

As members of NMASERVIC, you should be receiving emails from NMCA with their quarterly newsletter, Sunspots, attached. I hope you are taking the time to open and read through this document, as it contains a wealth of great information and articles. As with Counselor Connections, Sunspots is another venue for your articles, announcements or advertisements to be published and circulated. You can find details about submissions at [www.nmca-nm.org/pages/sunspots.php](http://www.nmca-nm.org/pages/sunspots.php).

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"Peace is not the absence of problems, but the presence of love."

*-unknown*

## Welcome to new and returning NMASERVIC Members

We would like to extend a warm WELCOME! to all our new or returning NMASERVIC members. Please let me know if you should be on this list but aren't ([ishwarisollohub@yahoo.com](mailto:ishwarisollohub@yahoo.com)).

Athena M. Gassoumis  
Elizabeth Bear  
Melissa Medina

Debbie Medina  
James Scott Fowler  
Sharon King

Joan Franklin  
Joanne Rossi  
Steven W Koch