

TENNESSEE MENTAL HEALTH COUNSELING ASSOCIATION

A Division of the Tennessee Counseling Association

UPCOMING EVENTS

Tennessee Counseling Association Conference

"Many Voices: One Profession"

November 9-11, 2018
Nashville, TN

TMHCA Luncheon

TCA Conference
Saturday, November 10th
12:15-1:45

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Hello TMHCA Members!

Happy Fall! I always love this time of year, not just for the football, sweaters, and PSLs (I actually don't even like pumpkin spice lattes). I love this time of year because it offers the opportunity to take stock on how the summer was spent and what I want to accomplish before the end of the year.

This summer your TMHCA leadership was hard at work organizing the year. We have started some new initiatives, one of which is this regular newsletter to highlight events focused on mental health in our state, another is to showcase the incredible work and dedication of our members. We're also working on producing some continuing education events. We're partnering with other divisions and chapters of TCA, as well as organizations across the state that share our mission of increasing mental health awareness and promoting mental health in our communities.

This is an important time of year as we have entered into the mid-term elections and prepare for the Tennessee General Assembly to reconvene January 8, 2019. Early voting is open now through November 1st. Election Day is November 6th.



Make sure your voice is heard! TCA and TMHCA monitor and engage in legislation that impacts our ability to deliver counseling and mental health services in the state of Tennessee.

We are looking forward to the annual TCA conference November 9-11 in Nashville! If you haven't registered yet, there's still time. There are 61 educational sessions, and you can earn up to 19 continuing education credits, including ethics and suicide assessment and treatment trainings among many other excellent presentations and poster sessions. [Click Here to Register](#). Be sure to join us at the TMHCA luncheon Saturday. We have Dr. Siobhan Morse from Foundations Recovery Network delivering the keynote address. She is a dynamic speaker and I am really excited to hear her presentation on treating mental health and substance abuse.

We're also hard at work building our new website page. We now have social circles for more networking between events. We'll be adding new events to the calendar, so stay tuned. If you have any suggestions for partnering or requests for trainings, let us know! We are here to serve you and meet your professional needs. We aim to deliver.

See you all at conference!

Lisa Henderson

Interim TMHCA President

TMHCA Member Spotlight



What is your name?

Kevin Doyle

What TCA Chapter are you a member of?

I am a member of the Lookout Counselor Association down here in Chattanooga.

How has TMHCA influenced your career or practice?

Truthfully, It has just started influencing my career. My family and I recently moved to Tennessee from Virginia. While in Virginia, VCA had a large impact on who I am as a counselor and how I interacted with the community. I have found that state level counseling organizations have the flexibility and responsiveness to meet the needs of their members in a way that is not possible on a national level, whether it be advocacy, networking, or professional development. They both have a role, but state organizations have the ability to

focus on the unique needs of counselors in their state. State organizations have been a huge help to me get adjusted to different work settings, and the unique cultures of the communities in which I worked. I look forward to TCA/TMHCA providing similar opportunities as I make the transition to Tennessee.

How long have you been a member of TCA/TMHCA?

My family and I moved to Tennessee this summer, and I have been a member since then.

Can you share a little bit about your educational and career journey up to this point?**When did you know you wanted to be a counselor?**

I initially started in business school as an undergraduate, but quickly discovered it wasn't for me (a few 8:00am accounting classes put an end to that career really quickly). I quickly realized that I wanted to spend my time helping others, and needed a career that was focused on interaction.

What setting do you work in?

This year is my first year at the University of Tennessee at Chattanooga as an Assistant Professor of Counselor Education and Coordinator of the Clinical Mental Health Program.

Do you have a specialty?

Most of my experience has been in emergency and crisis services, and I have done a lot of work community based counseling providers (in home, school based, etc.). Lately, my focus has been on promoting counselor wellness and clinical supervision.

What does a typical day look like for you in your current position/practice?

These days I spend most of the morning/afternoon engaged in advisement, research, and service. I have really enjoyed these unstructured moments to get to know our students, and help provide some mentorship as they prepare to enter the field. Then a couple of evenings each week I spend in class teaching.

How do you hope to see your career/practice continue to unfold moving forward?

The next few years I am excited to get more involved in the local community and TCA/TMHCA. I am eager to mentor to our emerging counselors, advocate for the profession, and continue to build the Counselor Education program at UTC.

What advice or counsel might you give to someone in our career field?

Make sure you get involved, and stay involved. It is easy to join a professional organization as a student (and it usually costs less) when there is constant encouragement from faculty and friends, but it can be harder to maintain when you are out working full time. Professional organizations like TCA/TMHCA provide professional development, networking, and advocacy opportunities that provide a connection to the field to help you grow into the counselor you always hoped you would be.

Is there anything else that you'd like to share with your fellow TMHCA members?

I am excited to see you all in Nashville this November!

Thank you, Kevin, for being the first TMHCA Newsletter Member Spotlight!
If you would like to nominate yourself or another TMHCA member for our upcoming January newsletter, please email us at tn.mhca@gmail.com.

EVENT INFORMATION

Join us November 9-11, 2018 in Nashville, TN
for the 61st Annual Tennessee Counseling Association Conference.
Don't forget to attend the TMHCA Luncheon from 12:15-1:45!



DIVISION INFORMATION

The Tennessee Mental Health Counselor's Association's mission is to develop, strengthen, support, unify, and promote professional mental health counselors in Tennessee.

TMHCA strives to:

- facilitate meaningful and value-packed continuing education and networking opportunities
- clarify and promote licensure and licensure application
- coordinate, unify, and enhance advocacy efforts to promote the profession
- connect counselors with one another for support and self-care
- support and foster ethical practice and quality mental health care in TN.

TMHCA is a Charter Chapter of AMHCA and a division of TCA. TMHCA is in agreement with the Codes of Ethics of both AMHCA and ACA.

To learn more about our organization, visit our current website at:

<https://www.tcacounselors.org/tmhca>

CALLING ALL MEMBERS!

As we endeavor to start a quarterly newsletter to keep our division united and up-to-date across the state, we would like to hear from you as to what you'd like to see each time. As those in the field and involved in your areas, we will be relying on you to keep us updated regarding information related to TMHCA and other relevant events across the state. Additionally, what other content would be helpful for you as a member of our organization and mental health professional? We'd like to hear from you! Please email us with questions, comments, and suggestions at tn.mhca@gmail.com.

About the Editor

Sarah Beth Anderson Walker, NCC, MA

Hello, fellow TMHCA members! Allow me to introduce myself as the volunteer editor of the TMHCA newsletter. I am excited to be involved with TMHCA and strongly believe that in order to reduce feelings of isolation and overwhelm that can be so prevalent in our field, we must be intentional about creating and maintaining a sense of community and connection to increase empowerment and resiliency as mental health professionals. I hope that this newsletter will not only be informative to you, as a TMHCA member, but can speak to your needs as a person who has chosen to embark upon this incredible journey of being present to others' lives and struggles.

Just a bit about me: I earned my Master of Arts in Clinical Mental Health Counseling, with a certificate in Expressive Arts Therapy, and a concentration in Body-Centered Therapy from Appalachian State University in Boone, NC. My undergraduate background is in psychology and journalism from Tennessee Tech University. Additionally, I'm a registered yoga teacher 200-hour



and teach yoga at a local studio in Cookeville, TN, where I currently reside. My therapeutic interests are vast, but I am often drawn to complimentary and alternative therapies, such as mindfulness, expressive arts, body-centered, wilderness, and nature-based therapies, that assist in the effectiveness of traditional, evidence-based talk therapies. I am also passionate about the overall wellness and advocacy for mental health and other helping professionals, especially those in rural areas, where resources are limited.

I am a member of the newly reactivated Cumberland Chapter of TMHCA, currently work as a school-based therapist at Centerstone, a non-profit healthcare organization, and am in supervision for licensure as a Licensed Professional Counselor in TN. I look forward to connecting with you all more in the future!