



Association for Humanistic
Counseling
2015 National Conference



June 5-6, 2015
Cleveland, Ohio
Website: www.humanisticcounselor.com
Early Bird Registration until March 1

INFO CHANGE

Association of Humanistic Counseling

February Issue

by Hannah Bowers &
Jennifer Rogers

Conference season is swiftly approaching! In creating the February issue of the InfoChange, we find ourselves reflecting on the theme of community. Our AHC community has a presence within the counseling profession from advances in technology to upcoming conference connections and regular publications within our newsletter and peer reviewed journal. It is through these modalities that members can seek connection to one another, to share our thoughts, and share in experiences.

Through membership at AHC, we all have an opportunity to engage in a community within an educational capacity, professional development, and experiential experiences. Given such, we

encourage all members to reach out: attend national conferences, submit articles for InfoChange and the Journal of Humanistic Counseling, build relationships with your peers.

Within this February issue of the AHC InfoChange, we have made an effort to include all the information you need to connect. For the first time ever, AHC will be hosting online webinars beginning in March. Each webinar will be broadcasted LIVE and all members that have a chance to watch are able to earn one continuing education unit (CEU). Keep a look out for more information.

Earning CEU's through AHC isn't limited to online webinars (although it is very exciting). Upcoming conferences provide ample opportunity for AHC members to connect with one another while learning new and innovative transformations

within the counseling community. A schedule of AHC events being held during the ACA conference in Orlando, Florida can be found on **page 5** while a breakdown of how AHC will be represented at the conference is discussed within conference news on **page 2**. In addition to AHC's presence at ACA, the AHC conference held in Cleveland, Ohio is quickly approaching. Information about registration and the benefits of attending are outlined further by conference associate chair, Stacey Diane Aranez Litam, on **page 2**.

This edition of Infochange includes: graduate student perspective, a way of being, and poetic expressions. We hope through this issue you, AHC members, are able to find ways in which you can connect to our humanistic community. Enjoy!

Conference News: ACA and AHC

by Stacey Diane Aranez Litam



AHC Conference: June 5th and 6th 2015 Cleveland, Ohio

Dear Members of the Association
for Humanistic Counseling,

We are officially less than two months away from the 2015 American Counseling Association Conference & Expo in Orlando, Florida! Our wonderful president, Dr. Brande Flamez, has been instrumental in advocating for the continued development of our humanistic division by successfully acquiring funds from the board to have a booth at ACA and establish a strong presence. The AHC booth at ACA is an essential location where conference attendees can:

- Acquire a schedule of AHC sponsored ACA presentations
- Explore textbooks written by leaders within our division
- Learn more about membership benefits
- Discover new changes such as the addition of online webinars
- Learn more about our upcoming annual AHC conference
- Get to know our 2015 Emerging Leaders, all of whom are already contributing greatness within their respective communities, universities, and clinical settings.

On June 5th and 6th 2015, the Annual Association for

Humanistic Counseling Conference will be held Cleveland, Ohio. Our Ohio Chapter of AHC has been working tirelessly to plan a conference experience that will be both professionally rewarding and personally fulfilling. We were very excited to note that many of you took advantage of the conference proposal extension! In order to facilitate plenty of time for preparation and planning, members will be notified of their proposal acceptance by the end of February.

Accessibility to professional development opportunities and the continued involvement within professional associations is important to the Ohio AHC Board Members. We were intentional in designing conference registration fees that are affordable for both students and professionals. We encourage everyone to take advantage of the early bird registration fee (\$150 for professionals and \$80 for students) before the deadline on **March 1, 2015**. The conference registration fee includes lunch on both days including a catered sit-down meal. Conference

attendees can earn up to 12 CEUs and with a wide selection of presentation topics to choose from, we are confident that attendees will find an abundance of stimulating, valuable, and relevant learning sessions. This is a fabulous bargain for a memorable conference experience you will not want to miss!

Should you have any questions or comments, you may contact me at assoc.human.counseling@gmail.com.

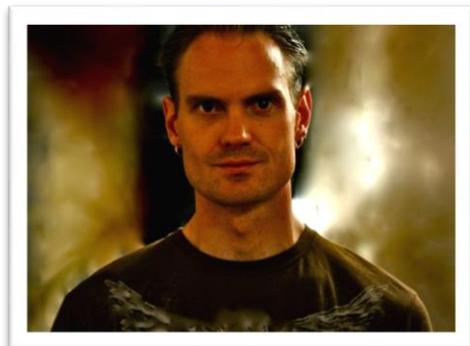
I look forward to connecting with many of you soon,

Stacey Diane Aranez Litam, MA,
LPC-CR

AHC National Associate
Conference Planner

A Way of Being

by Matthew E. Lemberger



The primary question of the humanist is “is one’s way of being dictated by one’s being or the way in which one must be?”

Ours are lives situated in the world, often riddled by complex beliefs and obligations. Is our beingness therefore necessarily tied to all of these complexities or is there something yet clandestine about one’s being that persists?

Gergen (1972; 2000) was reasonable when he suggested that we wear many masks to interface with the environment and with the uncertainty of absolute understanding. But what lies beneath the many masks must at some point include the eyes and mind of a stable self that exceeds the environmental circumstances that we are thrust into at birth. If true, might there be a new alternative way of being for the humanist, one that includes flexibility across the masks while revering the essential being.

That tension between what we have to be (in the world) versus what we can be affects who we are.

My friend, and fellow humanist, Joel Givens said it best, “So the possibility of a coherent self, even if a myth or unattainable goal, still provides a coherent vision and structure that more or less unifies the various identities we may take up.” (personal communication January 29, 2015).

Unlike past theorists of humanism, I do not see the aperture between *the way of being* and *the being* as inauthentic or pathological. Instead, these are necessary modes of beingness. We navigate the dialectic between these modes such that we can be both people-of-the-world and yet maintain our personal perspective and teleonomy.

There are no small consequences of this suggestion for the humanist. For example, the being is compelled to strive for authenticity (of self) and justice (for others). At the same time, the uncertainty in one’s authenticity and justice demands deep acceptance as we slowly creep towards our inevitability of being. The friction between our ways and being makes us human, much as we are artists, warriors, citizens, and the myriad other roles we occupy.

The dialectic tension is what provides us creativity and the

opportunity to impart meaning to our days; to live out the bewildering poetic of existence.

Therefrom, given the unimaginable enormity of the universe, coupled with the inimitable likelihood that any energy in that vast cosmos would organize in such a way to animate self-reflection & personal agency (as a human being), it is curious that we humans are preoccupied with strife, jealousy, war, oppression, waste, judgment, and the numberless other inhumane expressions that dominate our ways of being and time. One would think that the improbability of our existence would compel each of us to live for joy and solidarity.

A way of being, then, is obliged towards our own beingness, however elusive, but equally so the beingness of others. This is all that exists beneath the many masks.

Gergen, K. J. (1972). Multiple identity: The healthy, happy human being wears many masks. *Psychology Today*, 5(31-35), 64-66.

Gergen, K. J. (2000). *The saturated self: Dilemmas of identity in contemporary life*. New York: Basic books



http://www.oregonlive.com/travel/index.ssf2/011/ox/albuquerque_high_desert_becko.html

Graduate Perspective

by April Seay Brown

As my graduate experience comes to a close, I find myself reflecting on all that I've learned on this journey; both personally and professionally. When I began the program to become a counselor, my aim was to learn as much as I could about the nature of human mentality and gain the skills that would allow me to alleviate the mental suffering of others without thinking of my own. Inspired by Rogers, I wanted to provide the empathy, congruence and unconditional positive regard with which I resonated. Looking back on the course of my education, I find that I have learned as much about caring for myself as I have about helping others. As natural caregivers, it is easy to pour ourselves into the care of our clients, often to our own mental detriment. Through practicum and internship, I have learned that this can be helped by applying the very same therapeutic principles that we use with our clients to ourselves. Self trust, self love and self care are essential elements of being a helping professional. In the truest sense of person-centered therapy, be as kind and understanding with yourself as you are with your clients.



Creativity And Madness In van Gogh's Bedroom

by Robert Fink, Ph.D.
Oakland University



I sit on my bed smoking my pipe
and reading Theo's letters.
Vicarious atonement for what?
(dead Vincent? Father? shameful me?)
Soft pillows for protection against what?
(Mother? tormenting loneliness? rage? lust?)

The bed is the sanctuary
from which I conjure the most beautiful pictures,
landscapes of the soul,
the ones I never paint.
Spirits of other artists float across the room--
Rembrandt, Millet, Delacroix.
Oily reputations linger on the sheets.
I am a martyr to art for the ages
and you, Gauguin, are the wrestling champion
who breaks my balls, my bed, my spirit.
Be my companion in fate, my brother Theo,
do not leave me so alone.
I gnaw the bed in my sleep.
I have stressed this painting of soft blue for calm--
The noise in my head terrifies me.
Who will smooth out this thick impasto?
Who will venture into the intimacy with God and
heaven?
Who else would neglect everything
for a painted world?
I slice off my ear, a colorful sacrifice,
an arbitrary offering to the accusatory demons of
delusion.

AHC at ACA: Conference Schedule

PLEASE NOTE: ALL DATES, TIMES, AND MEETINGS ROOMS ARE SUBJECT TO CHANGE WITHOUT NOTICE. Check the ACA Program Guide & Addendum for Final Locations

Division	Title	Room	Day	Date	Start Time	End Time
AHC						
AHC	AHC Board Meeting	Challenger 41	Wednesday	March 11	2:00 pm	5:00 pm
AHC	AHC Board Meeting	Challenger 41	Thursday	March 12	9:00 am	1:00 pm
AHC	AHC Editorial Board Meeting	Discovery 46	Thursday	March 12	2:00 pm	4:00 pm
AHC	AHC, AARC, AADA, ACAC, ASERVIC & IAAOC Joint Reception	Barrel Springs 2	Friday	March 13	6:00 pm	8:00 pm
AHC	AHC Town Hall Meeting	Bayhill 33	Saturday	March 14	10:00 am	11:30 am

Editor's Note

by Hannah Bowers

Hello fellow AHC members!

It is with excitement that I formally introduce myself as the new co-editor of the AHC InfoChange! Currently, I am a doctoral candidate at the University of New Mexico. My path towards humanism has been one of profound experiences. Coming from a heavily cognitive and behavioral based master's program, my experience as a doctoral student has encouraged the development of critical thinking, promoting my own identification of self and my own process of being. AHC has provided a connection to likeminded individuals, all on their own paths. Is it from such positive connections that I eagerly jumped at the opportunity to contribute.



I have often considered the motives of others to join the counseling profession. Beyond what has been shown in developmental research, there is an organic process within our beings that seeks connection to others. Perhaps as counselors we seek this connection more thoroughly due to our holistic selves. However, we often times neglect our basic needs in an attempt to connect to others.

Jennifer and I look forward to our continued connections with you all as we engage in our humanistic community!

**Have questions? Want to submit an article?
Contact us!
infochangeahc@gmail.com**