

Asheville-Area Counseling Professionals Association Summer-Fall 2019

We are an association of licensed mental health professionals in Western North Carolina. We believe that quality mental health services have the power to positively impact our community and to transform lives. We seek to live as we practice—intentionally, compassionately, and with dedication to furthering excellence in our field. We value the strength and professional satisfaction that comes from connection with others and recognize that when we support one another we are better able to serve our clients and community. We foster these values through networking, peer support, professional development, community education, and advocacy.

For more information:
Kerrie.fuenfhausen@lr.edu
or 828-407-4261

Meetings:

Last Friday of each month; 11am – 1pm
Speaker from 11:30-12:30,
with informal networking before and after.
Earn 1 FREE CEU. Bring your lunch!

Location:

Lenoir-Rhyne University, Asheville Campus
36 Montford Avenue
2nd floor Boardroom (above Visitors' Center)

***Search for us on facebook!** We have an active, private, facebook group (over 800 members) for AACPA members to connect and post information related to workshops/trainings, referrals, job postings, office space, consultation questions, etc.*

August 30: TALKyoga For The Ages

Presenter: Dr. Michelle Álvarez, Psy.D.

Michelle Álvarez decided she would be a psychologist when she was in the third grade. She's still really into psychology, so much so that she does it full-time. She's done it in a maximum security prison, the VA, large private hospitals, small clinics, community health centers, an advocacy center for abused children, nursing homes for the elderly, trainings for advocates for immigrants, backstage at a theatre production about bereavement, and in private practice. She also got it in her mind that she would become a certified bartender, an ordained minister, and a yoga instructor, with varying levels of usefulness. Next on her bucket list: tattoo artist, hairdresser, circus act.



Description: TALKyoga© is a powerful integration of talk therapy with yoga and mindfulness practices. Here we'll talk about the application of some of these techniques to different age groups. We'll talk about other populations as well, such as POC and individuals with special needs. We'll look into specific strategies for particular conditions, both "diagnosable" and not, as well as adapting them into different modalities, such as family or couples therapy.

**September 27: Soul Elixir for Therapists:
Tending to and nourishing our (sometimes
weary) hearts as we hold space for others**

Description: As helping professionals, we are well-versed in the concept of self-care (and likely even prescribe plenty of it to our clients). But so many of us have a deeply challenging time practicing what we preach in this regard, and looking at this through the powerful, intuitive lens of the Internal Family Systems (IFS) model can often bring clarity, insight, and freedom. If you're interested in feeling more alive, grounded, creative, present, compassionate, and connected to yourself and others, come and explore (with the help of IFS!) the idea of your unique personal soul elixir.

Presenter: Carolyn Brown, LCSW

After 15 years in the mental health field, including a decade of agency work as a psychotherapist to combat veterans, Carolyn is no stranger to compassion fatigue, secondary trauma, burnout, and the general challenges around self-care that many helpers struggle with. She now specializes in and is passionate about being a "therapist's therapist" and loves helping other helping professionals on their own path toward healing, rhythm, self-discovery, and deep fulfillment.



Carolyn also finds deep soul nourishment from time in her other roles as singer-songwriter, mama of two little humans (ages 3 and 6), partner, nature lover, mystic, hiker, poet, rollerblader, concert junkie, and IFS evangelist. Carolyn is the founder/owner of BraveSong Counseling & Consulting (www.bravesongcc.com).

**October 25: Do No Harm:
Compassionate Care for Every Body**

Description: This presentation will provide clinicians with education about the negative impact of implicit and explicit weight bias and how it can compromise our therapeutic work with clients. Clinicians will learn alternative, weight neutral approaches to that will allow for working compassionately and effectively with clients who have bodies of all shapes and sizes.

**Presenters: Breese Annable, PsyD and
Alison Cross, LPC, CEDS, CEDS-S**

Breese Annable is a clinical psychologist in private practice who has worked with people struggling with eating disorders, disordered eating/chronic dieting, and negative body image for 10 years. She also specializes in Dialectical Behavior Therapy and the treatment of anxiety disorders and OCD.



Alison Cross is a Licensed Professional Counselor and Certified Eating Disorder Specialist, as well as an Approved Supervisor for those earning their CEDS Certification. In addition to working with eating disorders, she also helps those with depression, anxiety, trauma, and life transitions.

