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Houston LPC Association News

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President's Column

By Sherry Malcomb Gill

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Each year the new president of our organization is asked to write at least one letter to all of you ("alyaawl" if you are from Oklahoma or Texas) for our newsletter.

Even though I have been in this position twice now, I am initially always at a loss as to what to say. But once again, I will attempt to share information, humor, and insight or hope if I am lucky.

I find it interesting that after over ten years with this organization I continue to struggle in some ways with the same concerns for our organization that I have had for many years.

My primary concern has always been the number of LPCs and the number of students who are members of HLPCA. In the "early days" the number was approximately 100. Obviously, there are quite a few less these days.

Given the number of professionals and the number of students in the Houston Metro area, why then does the HLPCA fail to attract more than we do?

When I ask this question, I always first want to wonder what we are "doing wrong" as an organization. I wonder about marketing, meeting the needs of the group, time of meetings, programming, and diversity. The HLPCA routinely conducts focus groups to identify needs and our Board continually tries to anticipate and meet the needs of our group.

This leads me then to broader issues in our society. So often these days many of us go through life focused on just getting through the day. We are overworked, over stimulated, over stretched to provide a quality life for our children or our partners, and over tired.

We seem to possess only enough energy to meet the basic Maslow needs. This often leads to a preoccupation with the narrow world of our own life, our children's lives and occasionally our friend's lives. Little appears left to give to others outside our circle.



President's Column continued

These thoughts paint a rather bleak picture, but I want to challenge these thoughts. I would like to challenge us to a call for action. I challenge us to step out of the narrow world of our self-absorption and to become involved with those outside our circle. We live in a world where it is sometimes not "cool" to show ourselves. But I encourage us to show ourselves, to get involved in something, to become passionate about something in our lives. This may be many things, politics, spirituality, teaching others, changing the world, meeting the mental health needs of others or volunteering in your community. Find a piece of Houston and change it.

Also challenge the HLPCA to meet your needs and the needs of the community. Bring people to HLPCA. Call the HLPCA to action. You as members control the direction of this organization. Make sure you hold us accountable. Make sure the HLPCA continues to be viable.

Thanks,
Sherry Malcomb Gill, President

*Living outside the circle
of ourselves allows us to
get involved*

2006-2007 HLPCA Board Members

| | |
|-----------------------------|----------------------|
| <i>President:</i> | Sherry Malcomb-Gill |
| <i>President Elect:</i> | Patti Lawlor |
| <i>Past President:</i> | Raymond Johnson, Jr. |
| <i>Secretary:</i> | Michael Farnell |
| <i>Treasurer:</i> | Patricia Ugwu |
| <i>Membership Chair:</i> | Christian Zela |
| <i>Program Chair:</i> | Edward Wilson |
| <i>Communication Chair:</i> | Kathy Kelley |
| <i>Social Chair:</i> | Anne Kirkpatrick |



HLPCA Holiday Party

Date: Saturday, December 9, 2006
Where: SIMPOSIO RESTAURANT
Time: 6:30PM until
Cost: \$25 per member and \$25 for one guest
Address: 5591 Richmond Av @ Chimney Rock
www.simposiorestaurant.com

Gift Exchange Game

Bring one \$15 gift and STEAL IT for another

AND

Bring a gift, new clothing or grooming aids for the Women's Shelter
Contribute an old cell phone to be converted to dial 911 for emergencies

RSVP by 11/28/06 to
houston_lpc_association@yahoo.com
with number attending

Mail checks to: HLPCA, PO Box 729, Stafford, TX 77497-0729
Mapquest: www.mapquest.com for specific directions

Community College Counseling

By Kathy Kelley M.Ed., LPC, Communication Chair

This November marks the beginning of my 19th year as a community college counselor. I completed my internship at Houston Community College in the summer of 1988 and began my career as a counselor that fall.

Counseling in a college provides ample opportunities. Of course there is registration. It is as stressful for the counselors as it is for the students. It is not uncommon for us in the Southwest part of town to counsel 600+ students per month during the heavy registration periods. Needless to say, it is impossible with the volume of students we serve to sit down with a student to discuss their life goals.

An important aspect of college counseling is career identification. We offer workshops to students to aid them in this process. Some of the instruments I have used include the Myers Briggs Type Indicator, Halls, the Self-Directed Search, and Texas Oscar. There are many on-line tools that I suggest to students. *See some of my links at the end of the article.*

Occasionally students do not perform as well as they should. We have a program at the college called Early

Alert. Instructors are able to make a referral to a counselor for the student. Counselors work with the students to determine the problem then aid them in finding a solution. This can include providing information about career identification, time management skills, study techniques, math anxiety, and counseling for depression just to name a few. We also do the same for students who have been suspended.

Recruitment also plays a role in college counseling. We visit high schools in our service areas and provide critical information about how to submit an application, complete financial aid, testing, etc. Along with this we also schedule university visits for students, aid with student activities, act as liaisons to academic departments, provide support to instruction, teach workshops and seminars, and occasionally teach a class.

Personally, I have been a supervisor of counselors and advisors for nine of my nineteen years. There is always something new to do and usually more than one can possible fit into an eight hour day. I left teaching in a public school system to find a career with greater autonomy. I found it. Community college counseling is varied, hectic, and exciting.

College Information: www.collegesource.org

Texas Health Careers:
www.texashealthcareers.org

Texas Oscar: www.ioscar.org/tx/

Small Business Center (Try the Reality Check):
www.texasworkforce.org

Advising for Health Careers
www.honors.tamu.edu/opsa/default.aspx

Click on Professional School

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HLPCA Website:
<http://www.houstonlpcassociation.org/meetings.html>

Texas State LPC Website:
<http://www.dshs.state.tx.us/counselor/default.shtm>