



# Houston LPC Association News

Fall 2007

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## President's Column By Patti Lawlor

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#### What can HLPCA do for you....and vice versa!

As Fall arrives with its' cooler weather, I find myself reflecting on where the year has gone. I've become my mother, because I now hear myself saying "I can't believe how fast this year has gone!" Time seems to be going faster and faster with less time to do anything.

One of the things I hope to bring to you during my tenure as President is a meeting/program that is a valuable use of your time. I already know our CEU's are a great value for your membership dues. If you were to attend every program, you would get 15 CEU's for \$2.00 each! That's a pretty good deal. What I really need to know from members is: *How can we make our programs more valuable to you, encourage your participation and attendance at meetings, and to persuade you to become active members in the organization?*

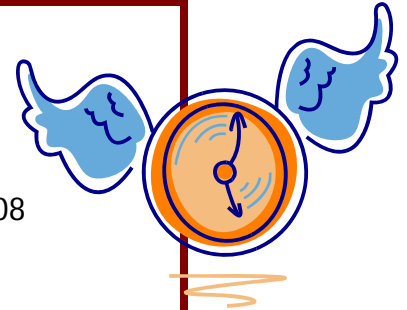
I would also like to see our membership grow, in order to bring new opinions and perspectives to our meetings. *Your HLPCA needs your help to do this.* Contact your coworkers, present and past, to let them know about our organization. When you go to other community meetings or trainings with other LPCs/LMFTs, bring some of our HLPCA business cards and invite people to attend our meetings. Talk to the faculty at local university counseling programs to let them know our organization is open for membership to counseling students as well.

My wish for the Houston LPC Association is that 2008 can be a year of growth and excitement. Please think about these 2 issues and let me know your thoughts. You can email me at [patricil@wcjc.edu](mailto:patricil@wcjc.edu) or feel free to call me at 1-800-561-9252. I value your input. After all, this is *YOUR HLPCA*.



*SAVE THE DATE: Your 2008 HLPCA Meeting Dates*

January 4, 2008	July 11, 2008
February 1, 2008	August 1, 2008
March 7, 2008	September 5, 2008
April 4, 2008	October 3, 2008
May 2, 2008	November 1 or 8, 2008
June 6, 2008	December: Holiday Party



2007-2008 HLPCA Board Members

- President:* Patti Lawlor
- President Elect:* Anne Kirkpatrick
- Past President:* Sherry Malcomb-Gill
- Secretary:* Christian Zela
- Treasurer:* Patricia Ugwu
- Communication Chair:* Kathy Kelley
- Media / Video:* Edward Wilson
- Membership Chair:* Ronda Graham
- Program Chair:* Amy Seals
- Social Chair:* Michael Farnell



## Book Review

Shuman, R. (1996). The Psychology of Chronic Illness: The Healing Work of Patients, Therapists, and Families. New York: Basic Books. (Author Info: [www.ziplink.net/users/shuman/](http://www.ziplink.net/users/shuman/))

While not among the most recent publications to hit the market, Robert Shuman's The Psychology of Chronic Illness: The Healing Work of Patients, Therapists, and Families is still a book worth reading. It informs counselors whose case load may now or at some time in the future include clients who are living with chronic illness of any sort. Yet, this book is not some formulaic presentation of steps to follow in order to successfully counsel this population, although a number of points are included. It is a thought-provoking overview of the issues faced by patients, families, and therapists, written by a practicing psychologist who is himself afflicted with multiple sclerosis.

Shuman draws on his own experience as a patient and care provider including his patients' experiences in order to explore the social and emotional impact of a chronic illness diagnosis -- as an illness and as an opportunity for self-exploration and even growth. As in life, so in illness, the author has observed, different people respond differently to seemingly similar events. Some individuals are defeated by their diagnosis, while others experience it as an opportunity for renewal. Through their response to illness, most can bring about "another way of being in the world" (p. 195).

Many of us, according to the author, take life for granted. They are focused on goals -- whether they are family, community, or business related. Until faced with challenging circumstances, many do not take much time to explore their experiences of life and its deeper meaning. As a result to a diagnosis of chronic illness, people's outlook and priorities are apt to change.

A review of some of the chapter titles and partial contents reveals some of the focus of the book. In the chapter entitled, "A Simple Twist of Fate", Shuman describes the onset of his own illness and defines chronic illness. In "*My Body is Always with Me*", he explores, among other things, "body as ground, body as figure" (p. 30) and the emotions which are likely to be experienced upon receiving a diagnosis. "A Catalog of Losses", both a chapter title and a phenomenon which any chronic illness initiates, includes a review of five archetypes of loss which describe individual responses to a diagnosis. In "Physicians, Patients, and Families", Shuman explores the interactions which necessarily take place among parties involved, changes brought about in the physician's role by the "arrival of the health care system" (p. 75), the wide variability of patients' willingness to comply with medical advice, and the effect of chronic illness on family members. A particularly useful part of this chapter is a section in which the author lists and comments on the characteristics of the "good enough" professional caregiver.

In two subsequent chapters, he discusses the ethical and moral issues of living with chronic illness, including the effects of wealth and cultural diversity. In the chapter entitled, "The Therapist Near and Far", Shuman discusses transference, difficulties involved in therapist-physician interaction, dilemmas of therapist self-disclosure, and challenges faced by therapists who themselves live with chronic illness. The book concludes with two chapters on healing, in which the uses of art, imagination, and computers by people living with chronic illness are addressed, as well as the effect values and, ultimately, reliance on God and religious practices can have on people's lives. Chronic illness, it should be remembered, suggests care, not cure.

This book is supportive of the value of counselors as an important part of the multi-disciplinary treatment team. In fact, in the modern health care delivery system, counselors may be in the one of the best positions to assist people living with chronic illness. Do not counselors already have experience treating chronic conditions? Are not many mental disorders and addictions chronic conditions? Counselors can and do make a difference in the lives of people living with chronic illness -- through active listening, respectful probing, sharing information about which they are qualified to comment, and by providing support for patients, who need encouragement, to assert themselves as active participants in the treatment process with physicians and other treatment providers -- patient-centered counseling techniques with which all "good enough" counselors are familiar.

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Reviewer: Craig P. Strohbach, MA, LPC, has been a member of HLPCA since 1993. Revised: 09/08/2007

Licensing Issues, Concerns, and Resources

**Jurisprudence Exam**

Effective January 1, 2007, every LPC is now required to take the Jurisprudence exam as part of their biennial license renewal process. There have been many questions and concerns about this exam, and I want to hear from anyone who has taken the exam.

***If you have taken the exam, would you please email me (patricil@wcjc.edu) your responses to the following questions:***

- A. How long did the exam take to complete?
- B. How did you prepare to take the exam?
- C. Do you feel you were prepared to take the exam?
- D. If not, what would you recommend to other LPC's who may be taking the test in the next few months?
- E. What other advice do you have for LPC's getting ready to take the exam

Any help we can give to each other about this additional step will be useful.

**"What to Expect from your Licensed Professional Counselor"**

Copies of the above titled brochure have been available at the HLPCA registration table the last few months. If you would like to order more copies, they are available free through the Texas Department of Health. You can send an email to [lpc@dshs.state.tx.us](mailto:lpc@dshs.state.tx.us) stating how many brochures you would like, including this info on the brochure- *The brochure titled "What to Expect from Your Licensed Professional C counselor" is published by the Texas Department of Health Publications number E75-11652. Date of publication 02/03. The heading on the brochure is Texas State Board of Examiners of Professional Counselors.*

**Carrying over "extra" CEU's to the next renewal period**

According to Title 22 Texas Administrative Code rule 681.142(g), LPC's are able to carryover to the next renewal period CEU's received in excess of the amount required for the current renewal period. For example, you obtained a total of 38 CEU's between Oct. 1, 2004 and Sept. 30, 2006. You submitted 24 for renewal leaving 14 extra CEU's you can now apply toward renewal period Oct. 1, 2006- Sept. 30, 2008. You would then only have an obligation to acquire an additional 10 hours CEU'S in the renewal period, including the need to fulfill the 3 hours of ethics AND the Jurisprudence exam. See chart below for more info.

Oct. 1, 2004- Sept. 30, 2006	Carryover to next year	Oct. 1, 2006- Sept. 30, 2008
38 hours CEU's (24 needed for renewal)	14 hours CEU	Need 10 hrs CEU's- to include 3 hours ethics <i>and</i> Jurisprudence Exam

As with all issues related to licensure and renewal, you are encouraged to contact the Licensing Board with further questions at 512-834-6658