

Alabama Association for Specialists in Group Work Newsletter



PRESIDENT'S MESSAGE

Greetings,

I am Denise Whittle-Smith and honored to serve as the 2015-2016 ALASGW President. I have been passionately working to implement goals for this term that were discussed during our summer Executive Board meeting which convened at Auburn University Montgomery. During this productive meeting the vision and goals for ALASGW were shared. Members also discussed various topics such as potential workshops related to group work, the ALCA Fall Conference, submission of workshop proposals by ALASGW members for the conference and nominations for awards. We further discussed highlighting college students in our newsletters, and ALASGW representation at the 2016 ACA Conference in Montreal. Some of our goals for this year include the following:

- Increasing membership
- Stimulating current membership involvement
- Conducting Workshops
- Publishing newsletters

We are excited about our ALASGW roles and the work we have planned to advance this division. There is strength in numbers, consider joining us. Our success depends on your involvement in ALASGW and ALCA. The ALCA Annual Conference this year is in Montgomery, Alabama at the Montgomery Renaissance Hotel and Convention Center, November 18-20, 2015. Remember to register before November 1, 2015 to avoid a late registration fee.

Warmest Regards,

Denise Whittle-Smith, LPC



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SPECIAL POINTS OF INTEREST

- Join Us...Membership Info

- Visit ALASGW website:

<http://www.alabamacounseling.org/>

Select ---> Committees, Chapters &

Divisions ---> Select ALASGW

Meet the Elected Officers that are working to advance the ALASGW Division

SHIRLEY JOHNSON, Ed.S., LPC - Immediate Past President



Mrs. Johnson is a School Counselor with the Montgomery Public School System. Her interests include group work, the use of creative arts, bibliocounseling with children, and working with older persons. Mrs. Johnson has a long history of leadership in ALCA. She is past president of the Alabama Association for Specialists in Group Work. During her leadership as president, she was instrumental in reactivating the division and disseminated group work skills through workshops and presentations. She also served on the national level-ASGW, Branches Committee, Co-Chair. Mrs. Johnson has previously served as president of ALAADA, ALAMCD, and Historian of ALAMCD and Chapter VII. She is active in ALSCA, ALAMCD, ALAADA, ALASGW, Chapter VII and a member of the Alabama Association of Play Therapy (AAPT). Mrs. Johnson has also been recognized as the 2013 ALCA Emerging Leader.

COURTNEY MINOR, Ed.S., ALC - Secretary



Mrs. Minor is a School Counselor with the Montgomery Public School System. She is an active member of ACA, ALCA—Chapter VII, ALAMCD, and ALASGW. One of her roles as counselor is to conduct group career development sessions with adolescents as they prepare to transition to the next phase in their lives. She is interested in helping counseling professionals with evidence-based and innovative group work models.

DR. CAROLYN THOMAS, LPC, -Treasurer



Dr. Thomas helped charter the Alabama Association for Specialists in Group Work serving as treasurer since the emergence of the organization and is currently serving in that role. Her involvement with the organization is to sustain the vitality of group work. Carolyn has been a counselor educator at Alabama State University and Auburn University-Montgomery for 39 years, and is a Licensed Professional Counselor, Licensed Social Worker and Licensed Marriage and Family Therapist.

ALASGW

2015-16

ELECTED OFFICERS

- President—Denise Whittle-Smith
- Past President—Shirley Johnson
- Secretary—Courtney Minor
- Treasurer—Carolyn Thomas
- Member At Large—Cathy Hemmings
- Member At Large—JoAnne Rowe
- Historian— Dr. Vera McKethan

Dr. VERA MCKETHEN, Historian



Dr. McKeathan works as a Technical Course Developer/ Instructor with Maxwell AFB. She is currently working on an Ed.S. in Community Counseling at Troy State University, Montgomery, AL. She is an active member of ALCA and ALASGW. Her goal is to integrate her educational experience with counseling principles to counsel, train, and advocate. Dr. McKethan has served in various capacities with the United States Air force such as an Education Advisor, Resource Analyst, Instructional Systems Specialist, and Education Specialist for the Reserve Officer Training Corps (AFJROTC). She retired from the Pentagon in June 2014. Dr. McKethan is currently working toward becoming a licensed professional counselor.



CATHY HEMMINGS, M.A., M.Ed., Member at Large

Mrs. Hemmings is a second year doctoral student in Counselor Education and Supervision at Auburn University. She is dedicated to multicultural issues and advocacy efforts in counselor education and supervision. She incorporates these topics in the courses she

teaches and within her supervision of counselors in training. Her research interests include: the efficacy of professionals in regard to race-based trauma among African Americans, and promoting efficacy among professionals when working within the culture of poverty. She has presented on issues related to multicultural competency among counselors, educators and supervisors at national, regional and state conferences.

JOANNE ROWE, M.S.,

Member at Large

Mrs. Rowe is a Youth & Family Director at the Cahaba Mental Health Center in Selma, Alabama. She also serves as the Court liaison and has over 25 years of professional counseling experience. She has taught DUI classes and Domestic Violence classes for many years. She is currently working on an Education Specialist degree in Community Mental Health at Troy University Montgomery. She is a

member of ALCA and ALASGW and other divisions. She has a wealth of experience in conducting groups and would like to give back to the counseling profession on a larger scale.

MISSION OF ALASGW

The purpose of the Association is to establish standards for professional and ethical practice; to support research and the dissemination of knowledge; and to provide professional leadership in the field of group work.

The Association is committed to preventing social problems, maximizing positive human growth and development, and helping individuals to replace self-defeating behaviors with self-enhancing behaviors.

ADVANTAGES OF GROUP COUNSELING

- Support
- Acceptance
- Safe risk opportunities
- Promote peer interactions
- Develop Group Norms
- Play a variety of roles



SUGGESTED ARTICLE

Journal of Groups in Addiction & Recovery
Volume 2, Issue 1, 2007

Using the Orchestration Group Process of the Gerwe-Orchestration Method in
Group Therapy for Addiction and Recovery

DOI:10.1300/J384v02n01_03

[Corinne F. Gerwe](#) PhD, LCAS, CAS^a & [Douglas Ziedonis](#) MD, MPH^b
pages 41-66

Publishing models and article dates explained

Received: 15 Jul 2006

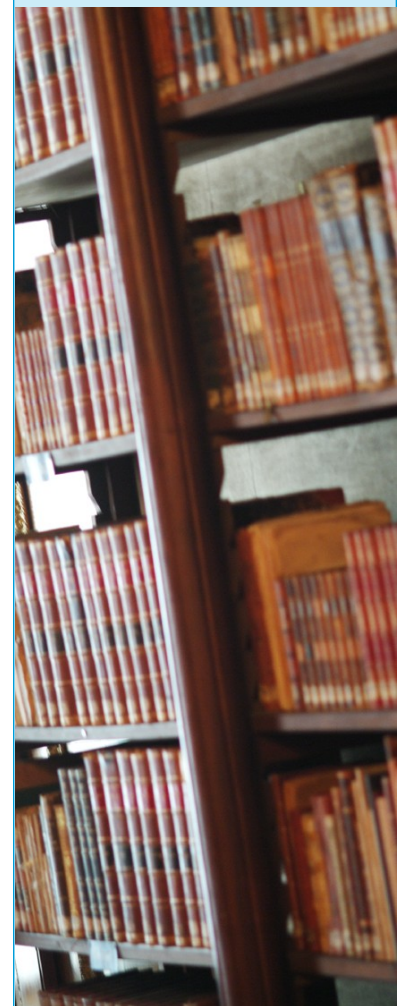
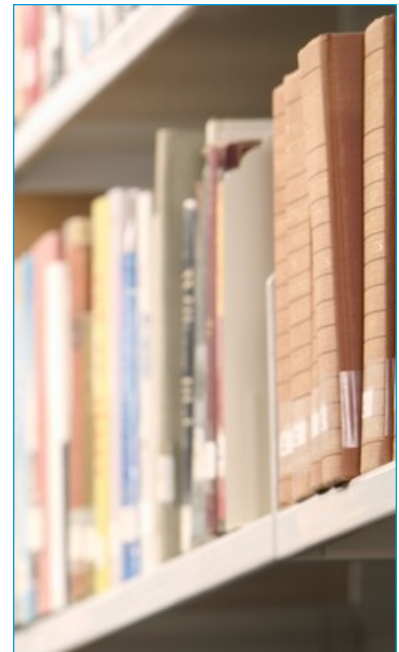
Accepted: 11 Aug 2006

Published online: 04 Oct 2008

Abstract

The Gerwe-Orchestration Method (G-OM) group therapy approach blends cognitive-behavioral therapy and psychodynamic approaches to target dysfunctional addictive behaviors that originated during pivotal developmental experiences and continued to evolve through repetition and linkage with the addiction. The Orchestration Group Process (OGP) is the cornerstone of G-OM and provides a method to better understand the relationship of current behaviors and previous pivotal life experiences. The OGP approach has been successfully integrated into the addiction group therapy in a variety of settings with or without the full use of the other components of the G-OM method, including intensive outpatient, military, and criminal justice settings. This article describes and illustrates the OGP method and its historical roots.

Resources:



FEATURED SPOTLIGHT ON GRADUATE STUDENTS

VIRGINIA H. MAJORS, ALC



Mrs. Majors is an Associate Licensed Counselor of Martha B. Ellis with a M.S. from Troy University Montgomery in Community Counseling. Retiring after 27 years from teaching psychology and mathematics to high school students. Mrs. Major opened a private practice, Counseling Center for Women, LLC, located in Montgomery. She believes that through individual counseling, women can find strength in who they are and develop new skills to reach their full potential. She works with women experiencing many of life's transitions such as depression, anxiety, grief/loss, and those having difficulties in their personal relationships. As a wife, mother of four, and grandmother of six. Mrs. Major has been blessed with the joys of family and friends. Combining her passion for learning and enjoyment of traveling. She has been able to use her life experiences in working with others. She is a volunteer mental health counselor at Medical Outreach Ministries, a member of First United Methodist Church, Board Member of National Alliance on Mental Illness (NAMI), member of American Counseling Association, Alabama Counseling Association, and ALASGW. Currently, she is working on her Education Specialist Degree in Community Counseling. "I get a great deal of satisfaction by helping others. Assisting women in realizing their special uniqueness and intrinsic value is a rewarding experience."

KRISHULA EDWARDS, M.P.A.. M.S.



Ms. Edward is a masters' student at Troy University, Montgomery in the Clinical Mental Health program. Her goal is to acquire a PhD in Industrial & Organizational Psychology or Counseling & Psychology. This is Ms. Edward's second masters' degree, her first masters was in Public Administration (M.P.A.). She wants the best of both worlds, the Counseling side & Psychology side. Ms. Edwards has an insatiable desire to continue her education and serve the community. Over the past years, she has focused on gaining knowledge, skills, experience and expertise that would be valuable in any path; more specifically one in which she would have the opportunity to mentor and educate others on their paths of greatness. She is truly committed to excellence in all that she does and she is continuously striving for experiences that will add to her becoming a more well rounded person. Ms. Edwards describes herself as, "An unfinished masterpiece," because she is ready to be sculpted and molded into a rare and authentic showpiece at this stage in life.

Dates to Remember:

ALCA Fall Conference - November 18-20, 2015
Renaissance Hotel and Conference Center
Montgomery, AL

ALCA Awards Breakfast
Wednesday, November 18, 2015; 8:00 a.m.-9:30

ALASGW Meeting
Wednesday, November 18, 2015; 1:45 p.m.-2:30

2016 ASGW National Conference
Washington, D.C. February 18-20, 2016

Theme: *Group Work for A Better World*

Next ALASGW meeting date:

Saturday, November 7, 2015—10:00 a.m.

Location: AUM Education Building, Room 203



JOIN TODAY!

Membership in the Alabama Counseling Association is required before becoming a member of ALASGW.

Visit the ALCA website's membership page and complete the form:

<http://alabamacounseling.org/meminfo.htm1>



2015 Installation of ALASGW President Whittle-Smith



ALASGW Executive Board at June 6th, 2015 — first meeting.



ALASGW Executive Board on September 26th, 2015 — Hard at work!



