



# HCA Newsletter

October/November, 2001

*HCA is a local chapter of the Texas Counseling Association*

## *From the President...*

On behalf of the Houston Counseling Association, I would like to express our condolences to those who lost family and friends on Tuesday, September 11, 2001. Our prayers go out to the families and the injured. Our thoughts are also with the police officers and firefighters who continue to do their jobs despite heavy losses within their ranks.

Our nation was dealt a devastating blow on that fateful day, bringing with it a diminished sense of security and unspeakable disbelief. We will all remember where we were on that day. I was in the Family Law courthouse when a young man with a cell phone told me that a plane had hit the World Trade Center. I immediately thought of a terrorist attack. Slowly, we were all expressing shock as more news trickled in. Afterwards, I went to my husband's office where they had the T.V. on. He mistakenly informed me that the schools were closing. I called the school and was told otherwise. Understandably, my husband did not want me to go, but I told him that, as a counselor, I had to go. Never before had that declaration of my profession meant more to me than on that day. I know that I am expressing a sentiment felt by many counselors and mental health providers.

As events unfold in the coming months in response to the attack, our sense of security will be further tested. Children are particularly vulnerable to feelings of helplessness and fear, often taking cues from the adults around them. Young people will likely be concerned with the military aspects of the re-

sponse. Relatives of armed forces personnel will be anxious about their loved ones. We will all be experiencing feelings and emotions that many of us have never experienced before as these events are unprecedented in the history of our country.



As counselors, whether in the public or private sector, we will be playing a significant role as we work with our clients, students, and parents in helping them deal with their concerns and fears. As we all know, events such as these can stir up issues in people that have not yet been resolved. School counselors need to be especially cognizant of those students who may not display outward signs of concern, but who need to talk to someone. Counselors need to solicit the help of teachers and school personnel in identifying students who need help and reassurance that they will be safe. I feel confident that all of us will rise to the occasion and use our training and expertise in helping those who are hurting.

America is not its tall buildings, retail malls, and advanced technology. America is the unified spirit of her people, and our resolve to keep it alive.

America has started the healing process through an outpouring of volunteerism, patriotism, and donations. We all have a job to do, and we will get the job done.

**God Bless America!**

*Yolanda Lewis, President*



## *Tentative Calendar 2001-2002*

- Oct. 29** Human Rights Workshop and HCA Meeting  
4:45 – 5:30 Dinner  
5:30 – 7:30 Workshop  
7:30 – 8:00 Holocaust Museum Tour  
*Resources available through Anti-Defamation League – LPC Credit*
- Nov. 1** Newsletter Deadline
- Nov. 5** Board Meeting – 5:30 P.M. Marlene Rubin's home
- Nov. 8** Newsletter Mailed
- Nov. 14-17** TCA Professional Growth Conference – Dallas, TX (*Betty Porter being honored*)
- Dec. 6** Silent Auction and Holiday Meeting  
6:15 Social Hour  
7:15 Dinner  
8:30 Entertainment
- Jan.** Nominations and Elections committee meeting
- Jan. 17** Board Meeting – 5:30 P.M. Gail Rosenthal's home  
Flyer mailed about spring workshop
- Feb. 7** Ethics workshop – 5:00 P.M.
- Feb. 15** Nomination ballots mailed for officers/awards (postmarked by 3/1, rec'd. by 3/10)
- March 15** Awards Committee meets
- March 21** Board meeting – 5:30 P.M. HISD Administration Bldg.  
Debra Rimmer-Mayorga, hostess  
Newsletter deadline
- March 28** Newsletter mailed
- April 1** Mail election ballot
- May 1** 50-year celebration and awards banquet/meeting

## *HCA 50th Anniversary Planning gets Rolling!*

Marilyn Balke has started the ball rolling on planning for the celebration of the 50<sup>th</sup> Anniversary of HCA. She welcomes ideas on how we can acknowledge the contributions of our predecessors while at the same time preparing for the future. Give her a call! We want this event to be extra special.

## *Texas Counseling Association (TCA) November Conference*

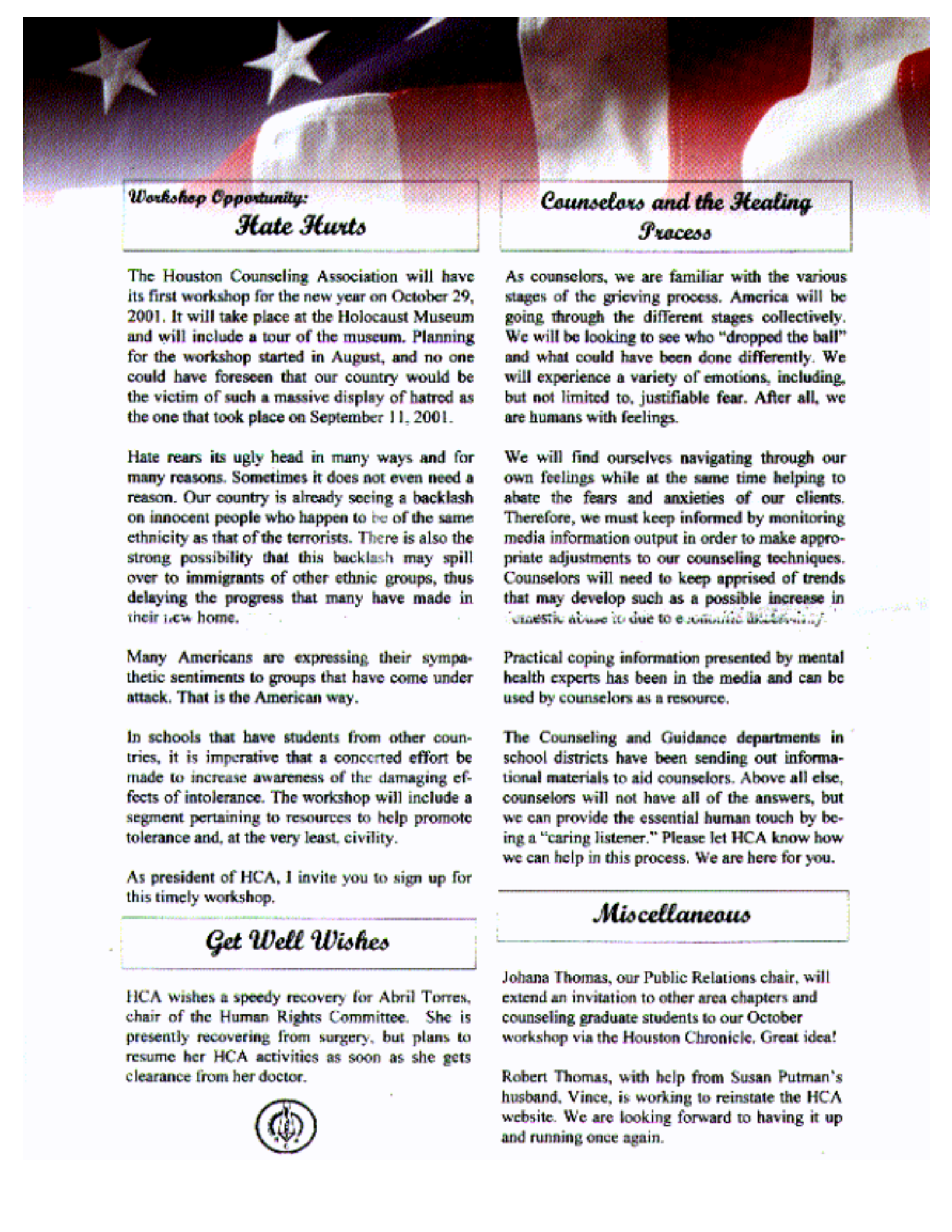
Join us in Dallas for the Professional Growth Conference, to be held on November 14-17, 2001. This year, HCA can relax and enjoy the conference while Dallas plays host.

We encourage our members to register for this event and attend the informative workshops. This is a part of our professional growth as well as a means of getting involved with our state organization. HCA is an affiliate of TCA, which is an affiliate of the American Counseling Association (ACA, which is our national professional organization.

HCA past president, Betty Porter, will be honored as the Outstanding Counselor for TCA for 2000-2001 at the Awards Banquet on Thursday evening.

## *HCA Winter Meeting*

Alas, Birraporetti's, the site of our winter meetings for the past several years, was flooded last summer courtesy of Tropical Storm Allison. Repair completion date is said to be the beginning of December. We will be looking at other options and will keep our members posted as to the new location.



*Workshop Opportunity:*

*Hate Hurts*

The Houston Counseling Association will have its first workshop for the new year on October 29, 2001. It will take place at the Holocaust Museum and will include a tour of the museum. Planning for the workshop started in August, and no one could have foreseen that our country would be the victim of such a massive display of hatred as the one that took place on September 11, 2001.

Hate rears its ugly head in many ways and for many reasons. Sometimes it does not even need a reason. Our country is already seeing a backlash on innocent people who happen to be of the same ethnicity as that of the terrorists. There is also the strong possibility that this backlash may spill over to immigrants of other ethnic groups, thus delaying the progress that many have made in their new home.

Many Americans are expressing their sympathetic sentiments to groups that have come under attack. That is the American way.

In schools that have students from other countries, it is imperative that a concerted effort be made to increase awareness of the damaging effects of intolerance. The workshop will include a segment pertaining to resources to help promote tolerance and, at the very least, civility.

As president of HCA, I invite you to sign up for this timely workshop.

*Get Well Wishes*

HCA wishes a speedy recovery for Abril Torres, chair of the Human Rights Committee. She is presently recovering from surgery, but plans to resume her HCA activities as soon as she gets clearance from her doctor.



*Counselors and the Healing Process*

As counselors, we are familiar with the various stages of the grieving process. America will be going through the different stages collectively. We will be looking to see who "dropped the ball" and what could have been done differently. We will experience a variety of emotions, including, but not limited to, justifiable fear. After all, we are humans with feelings.

We will find ourselves navigating through our own feelings while at the same time helping to abate the fears and anxieties of our clients. Therefore, we must keep informed by monitoring media information output in order to make appropriate adjustments to our counseling techniques. Counselors will need to keep apprised of trends that may develop such as a possible increase in domestic abuse due to economic uncertainty.

Practical coping information presented by mental health experts has been in the media and can be used by counselors as a resource.

The Counseling and Guidance departments in school districts have been sending out informational materials to aid counselors. Above all else, counselors will not have all of the answers, but we can provide the essential human touch by being a "caring listener." Please let HCA know how we can help in this process. We are here for you.

*Miscellaneous*

Johana Thomas, our Public Relations chair, will extend an invitation to other area chapters and counseling graduate students to our October workshop via the Houston Chronicle. Great idea!

Robert Thomas, with help from Susan Putman's husband, Vince, is working to reinstate the HCA website. We are looking forward to having it up and running once again.

## Officers / Board Members / Committee Chairs 2001-2002

### Executive Board Members

**President**  
Yolanda Lewis  
1407 Wrightwood  
Houston, TX  
77009  
713-861-7880

**President-Elect**  
Marlene Rubin  
5210 Wigton Dr.  
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713-721-6363

**Past President**  
**Membership**  
**Nominations/**  
**Elections**  
Susan Putman  
10006 Kirkdale  
Houston, TX  
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281-481-2772

**Secretary**  
Patsy Jackson  
8050 Trail Side Dr.  
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**Secretary-Elect**  
Sara Rodriguez  
4234 Maple Cross  
Pasadena, TX  
77505  
281-487-6804

**Treasurer**  
Gail Rosenthal  
2611 Cason  
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713-665-7143

**TCA Senator**  
Lisa Pearson  
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### Board Members

**Legislative**  
Camilla Chflon  
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### Committee Chairs

**Awards**  
Lauren Askew  
5438 Humming-  
bird  
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713-721-1808

**50<sup>th</sup> Anniv.**  
Marilyn Balke  
322 Southbrook  
Circle  
Houston, TX

**Historian**  
OPEN

**Human Rights**  
Abriel Torres  
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**Prof. Devel.**  
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