

Counseling Excellence: Celebrating the Unbreakable Profession

Dr. Michele Kerulis

Michigan Counseling Association

May 14, 2021

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Your Keynote

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Midwest Region Governing Council Rep

Past President, Illinois Counseling Association

Fellow, Association for Applied Sport Psychology

Ethics Committee, Association for Applied Sport Psychology

Yoga Alliance Registered Yoga Teacher (200)

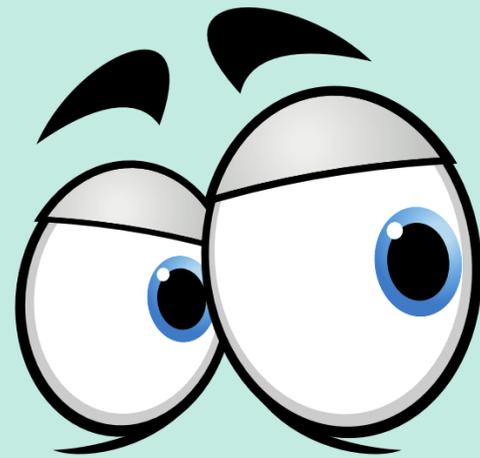


Interactive Presentation :)

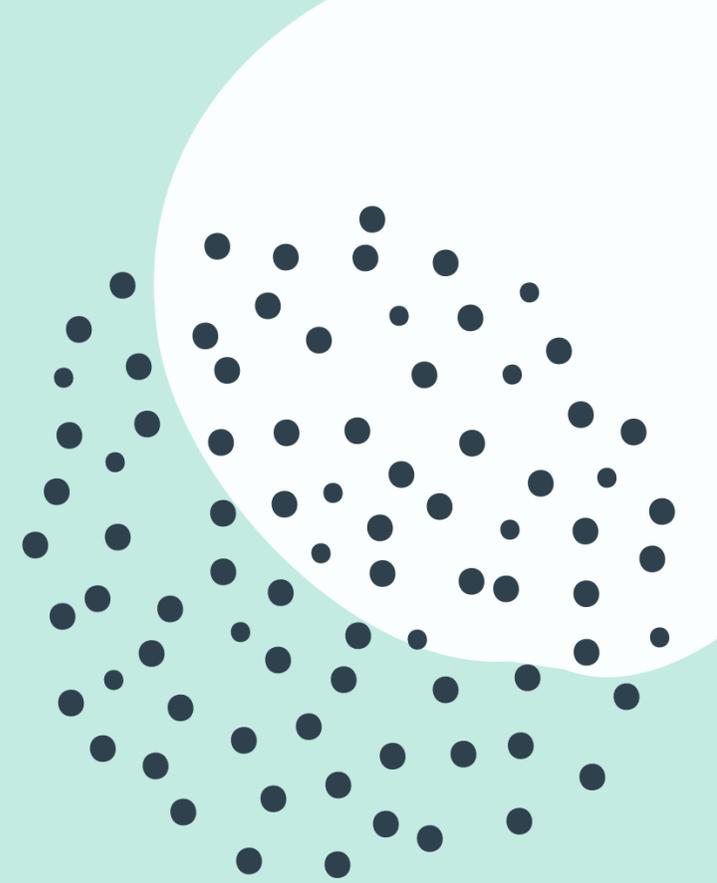
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WORKSHEETS](#)

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Agenda

Counseling in a New Decade

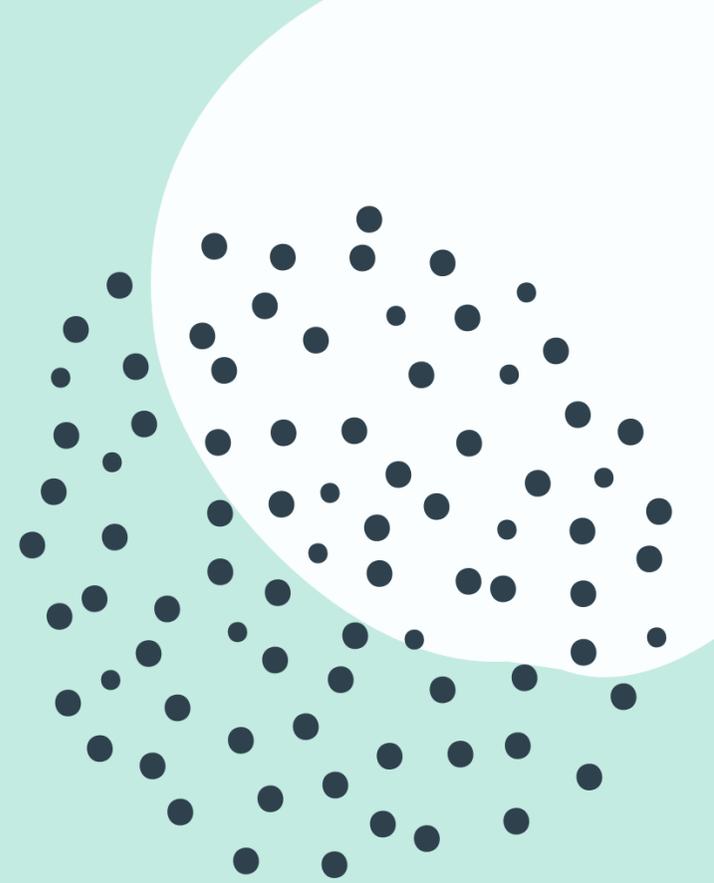
Elite Counselors

Burnout and Compassion Fatigue

The Zone

Wellness

Q&A



Learning Objectives

- 1. Counselors will be able to identify ethics codes related to counselor wellness (ACA, 2014; AMHCA; 2020)**
- 2. Counselors will be able to explain the zone of optimal functioning (Hanin, 2000)**
- 3. Counselors will be able to identify ingredients for wellness (Kerulis, 2011)**

Three Steps to Get In The Zone. On Demand™

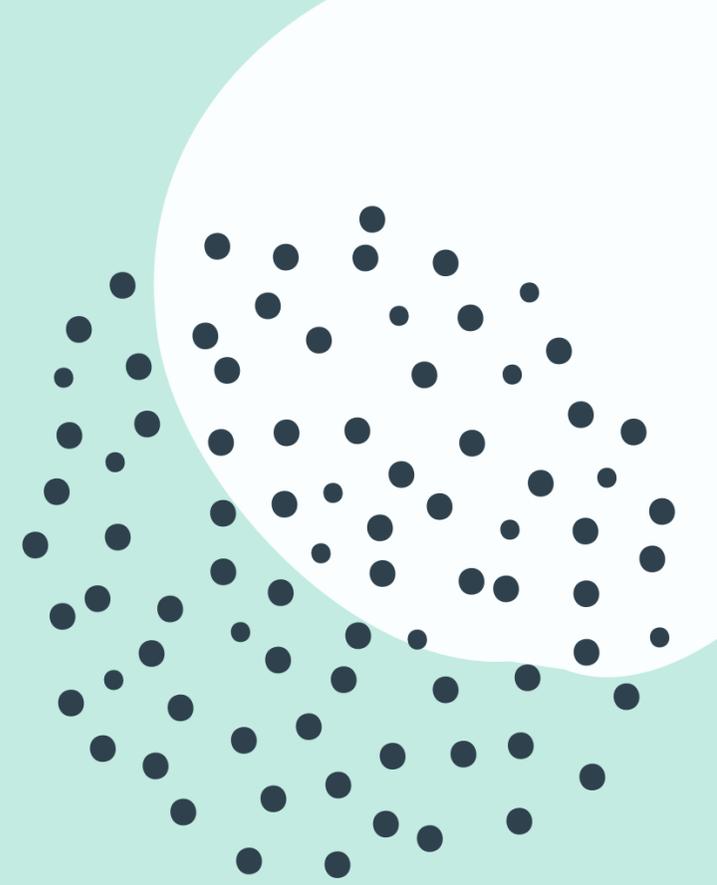
Identify individualized ingredients for Wellness

Learn ways to overcome existing and unanticipated roadblocks.

**Your
Individualized
Plan for
Wellness**

Counseling

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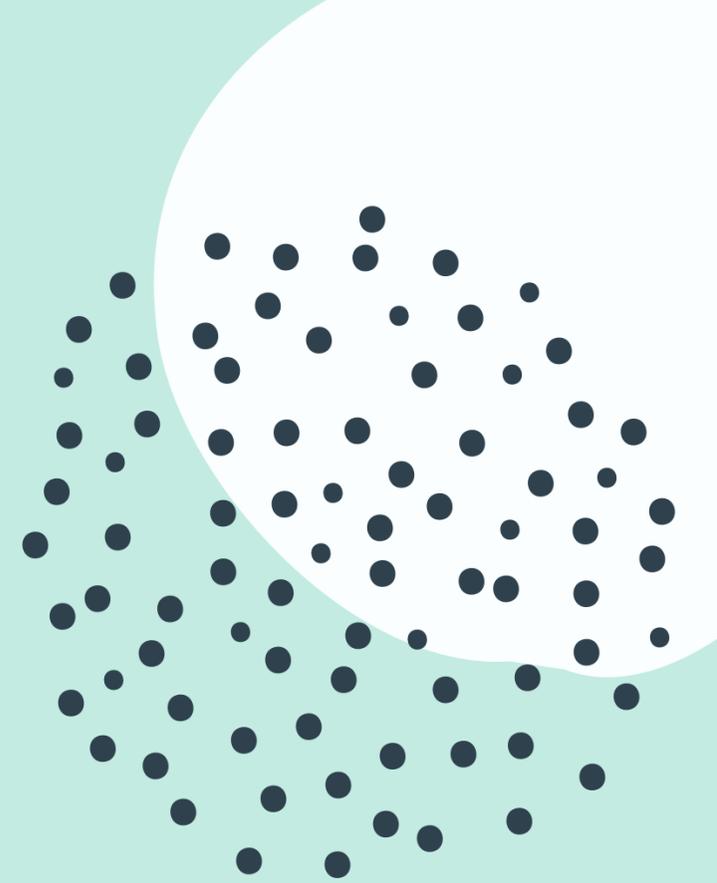
"Professional counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals" (Kaplin et al., 2014, p. 368).

MCA Purpose Statement

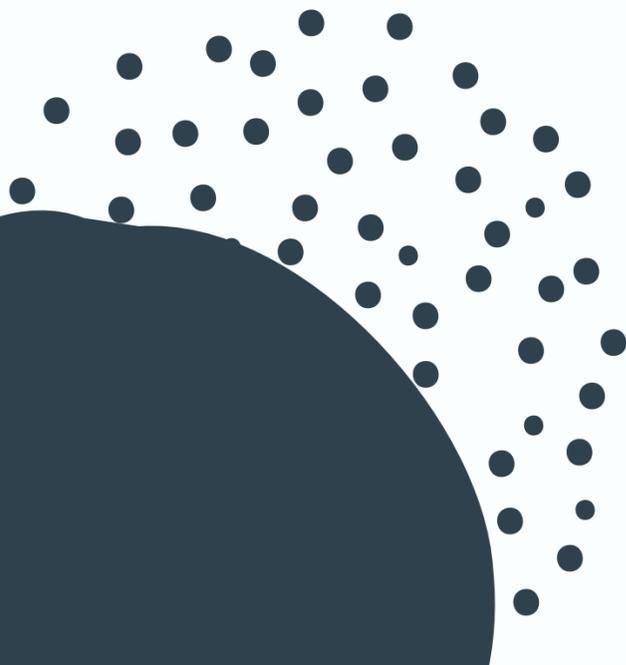
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Point #2

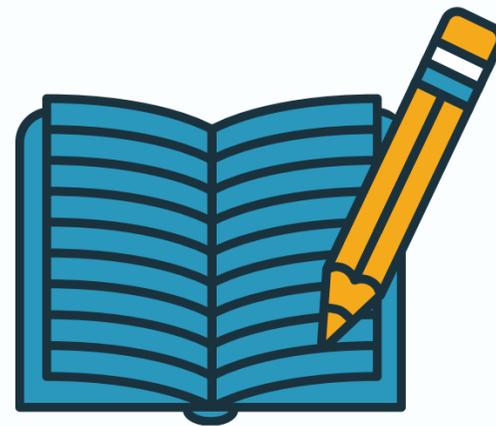
"To provide an organization through which those engaged in counseling services can exchange ideas, seek solutions to common problems, and stimulate their professional growth."



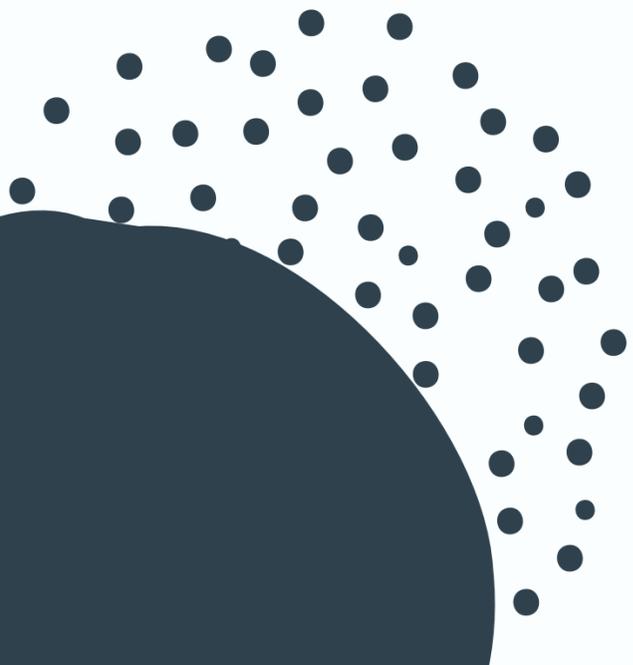
Why are you a counselor?



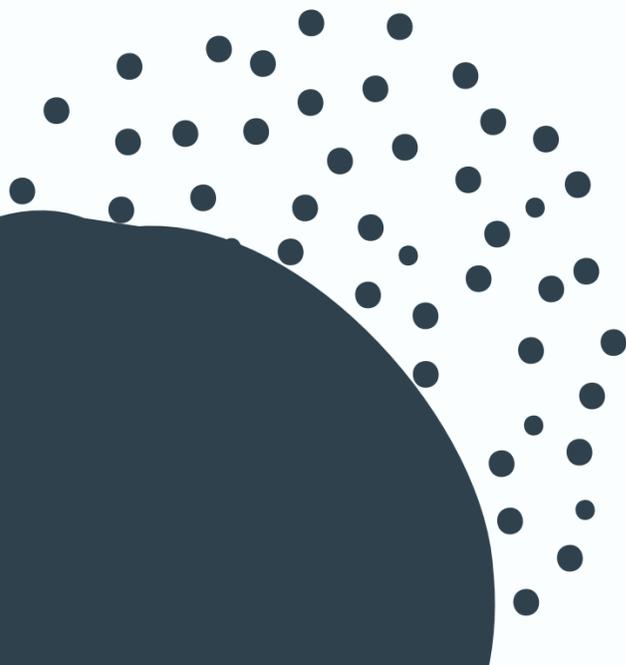
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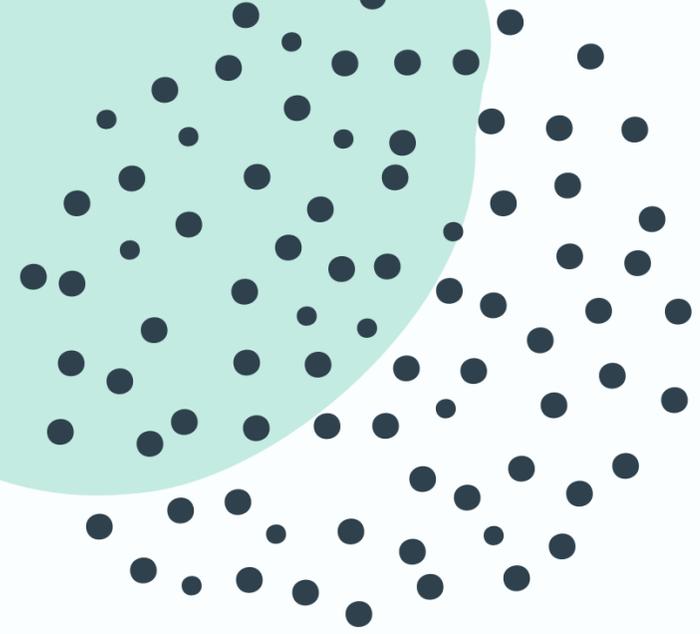


**How do counselors
fulfill the
responsibilities and
obligations of our
profession?**



With THOUSANDS
of hours of ...





**Counselors
remind me of
champion
athletes!**

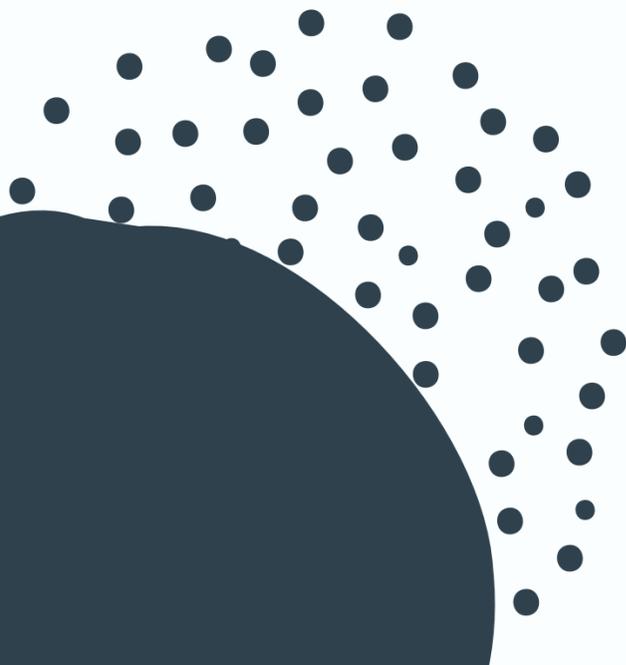




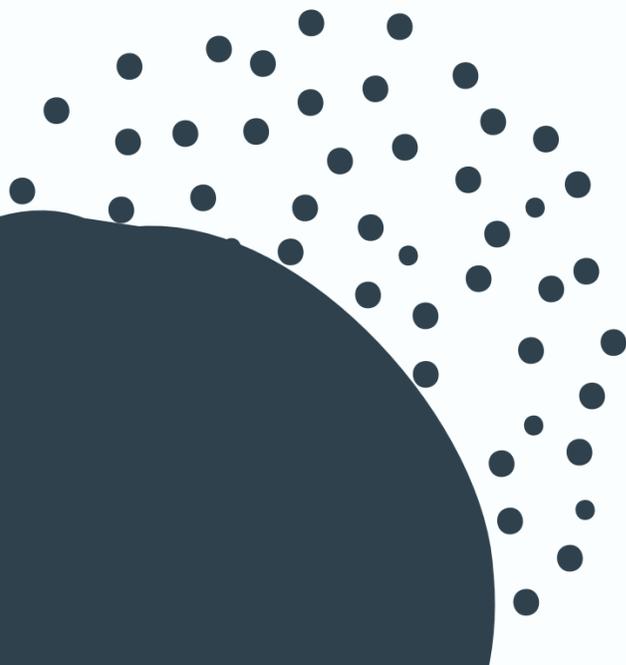
Time commitment
Time management
Outstanding analysis
Mentorship
Perform under stress
Expect the unexpected
Remain calm
Outstanding analysis ability
Seem mysterious
Continue to amaze others
Commit to being their best self

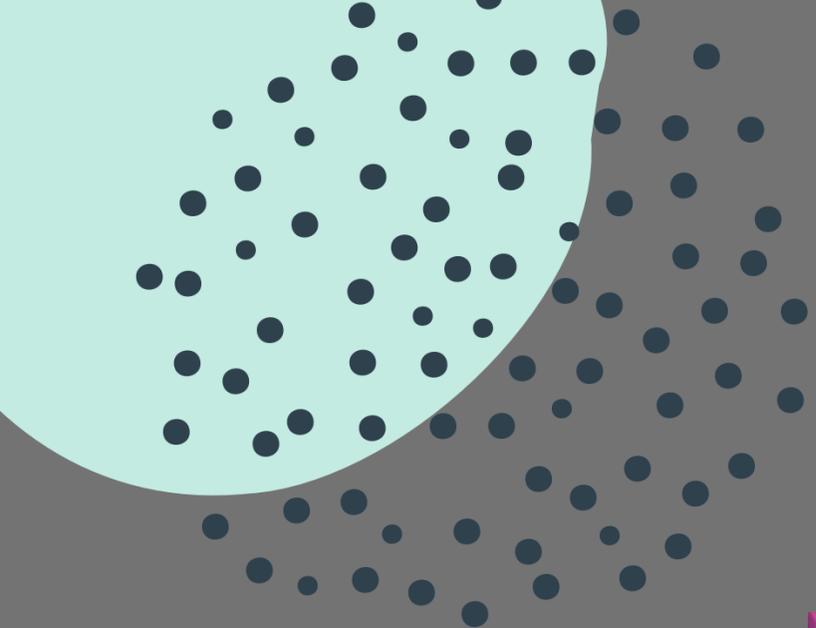


**Both look positively
to the future**



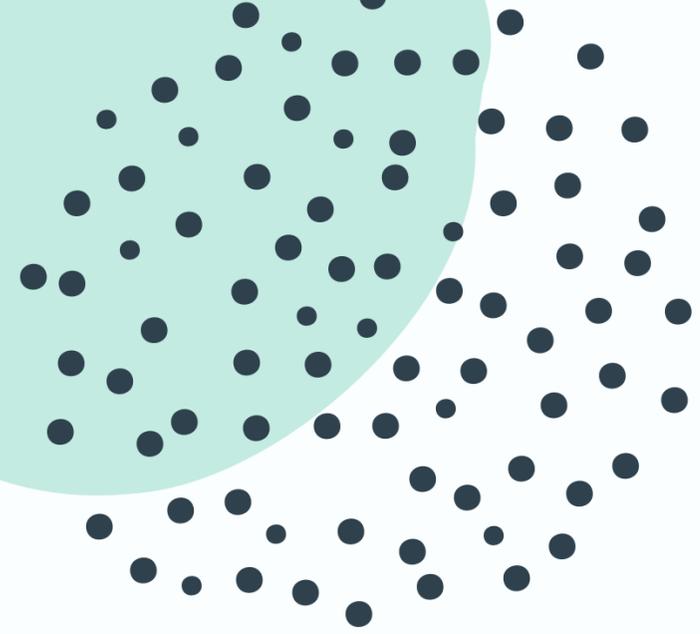
2020





2020

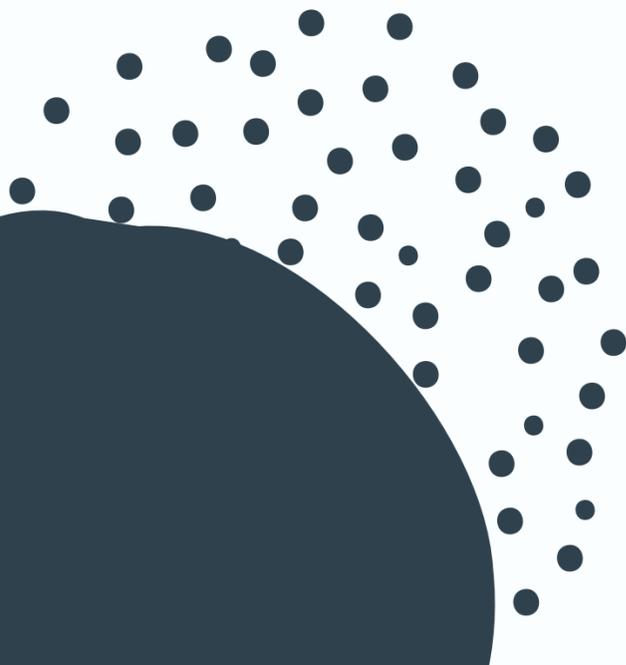


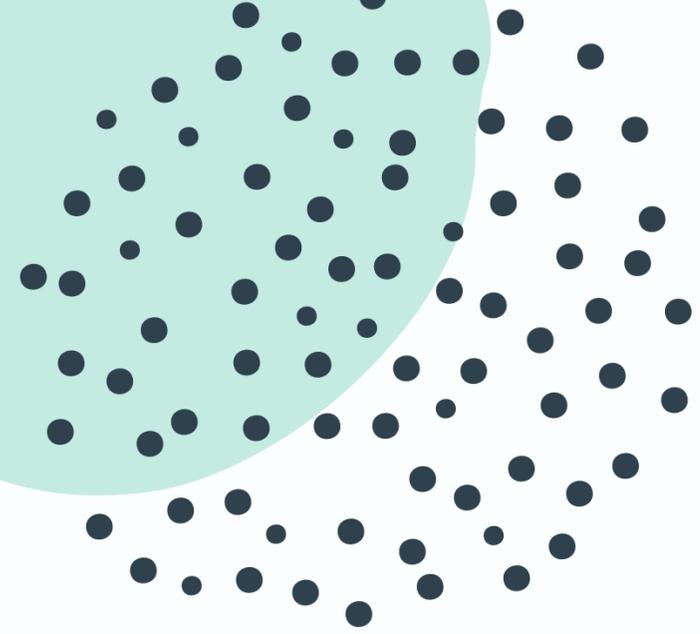


**Yet we
continued to
persevere and
provide services
to our clients.**



We used creativity to quickly adapt.





MI Executive Orders - Pandemic

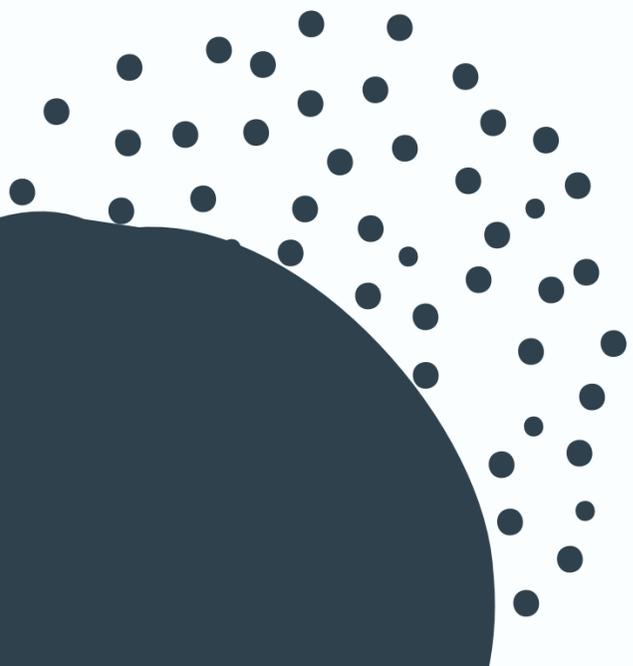
March 10, 2020 - Executive Order 2020-4
State of Emergency

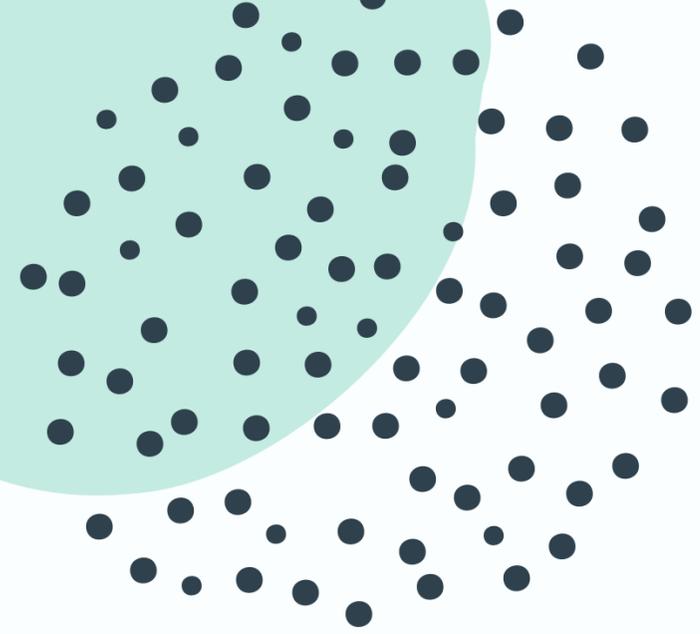
April 1, 2020 - Executive Order 2020-33
State of Disaster
April 30, 2020 -



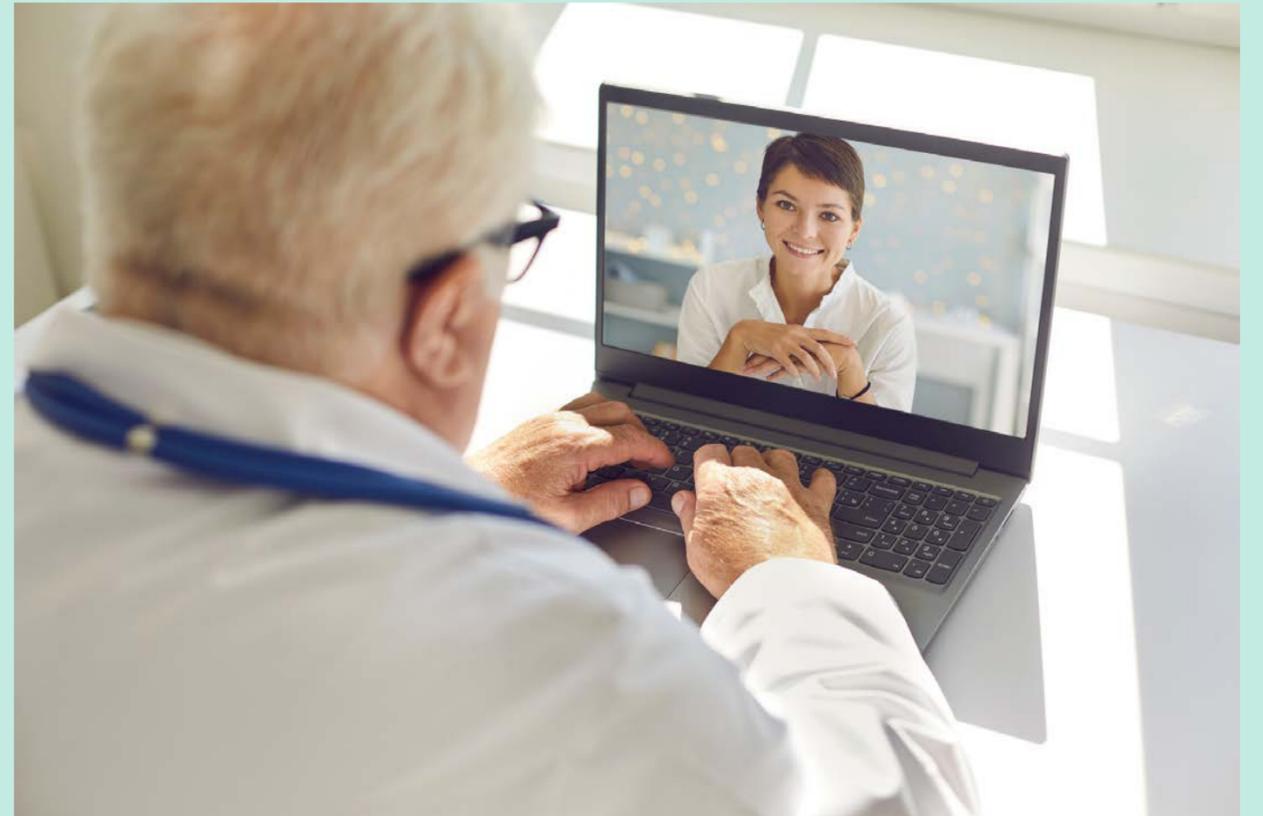
Updates from MI Blue Cross

Short term became . . .

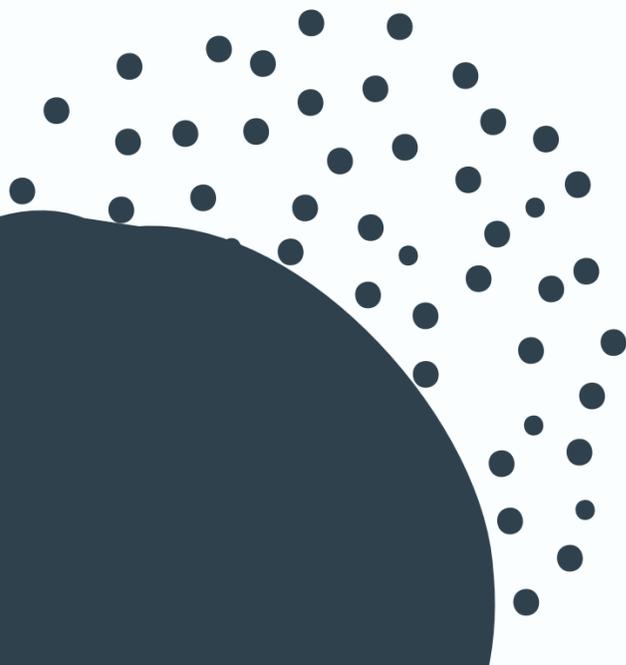
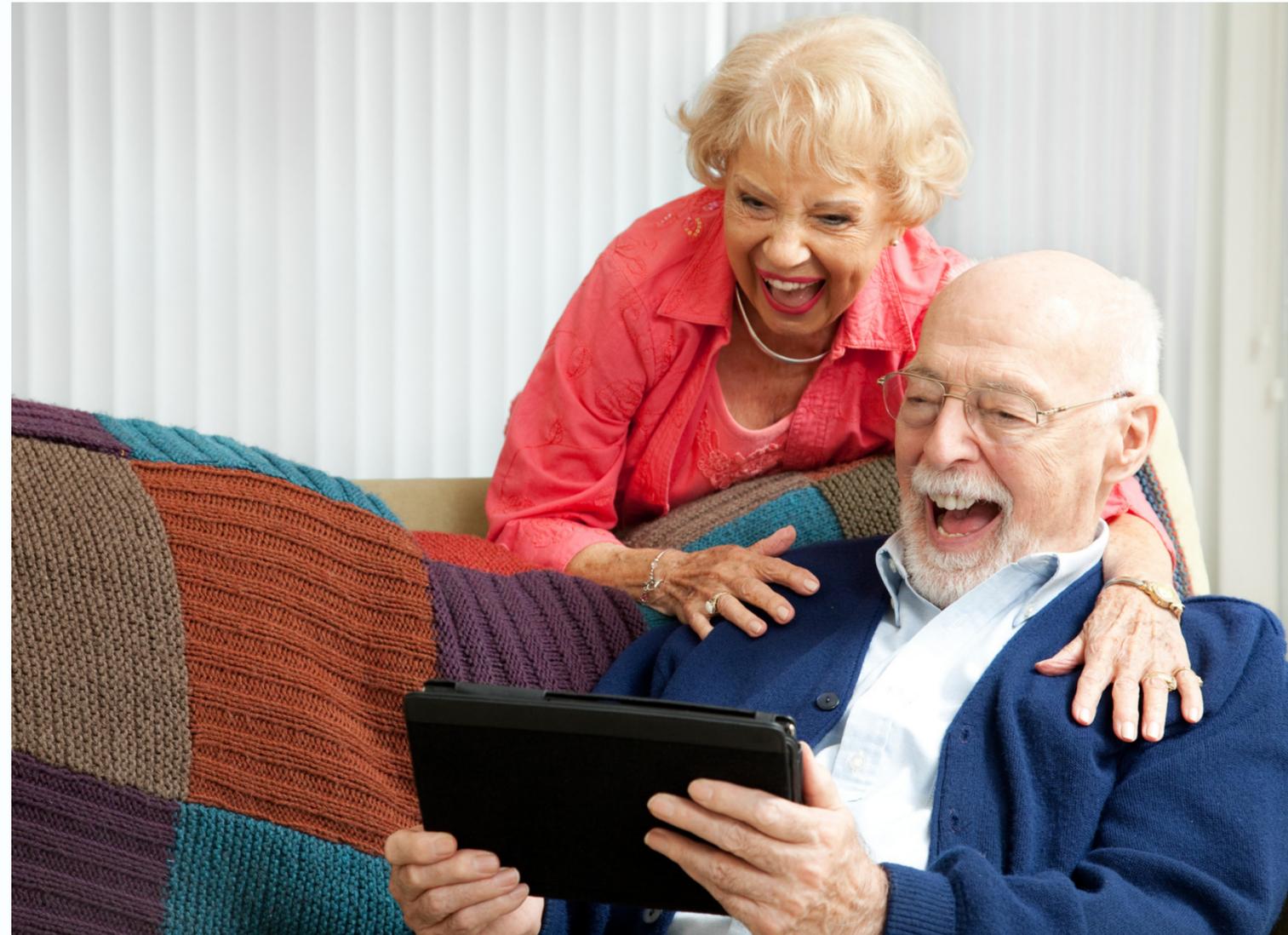




**Yet we
continued. . .**



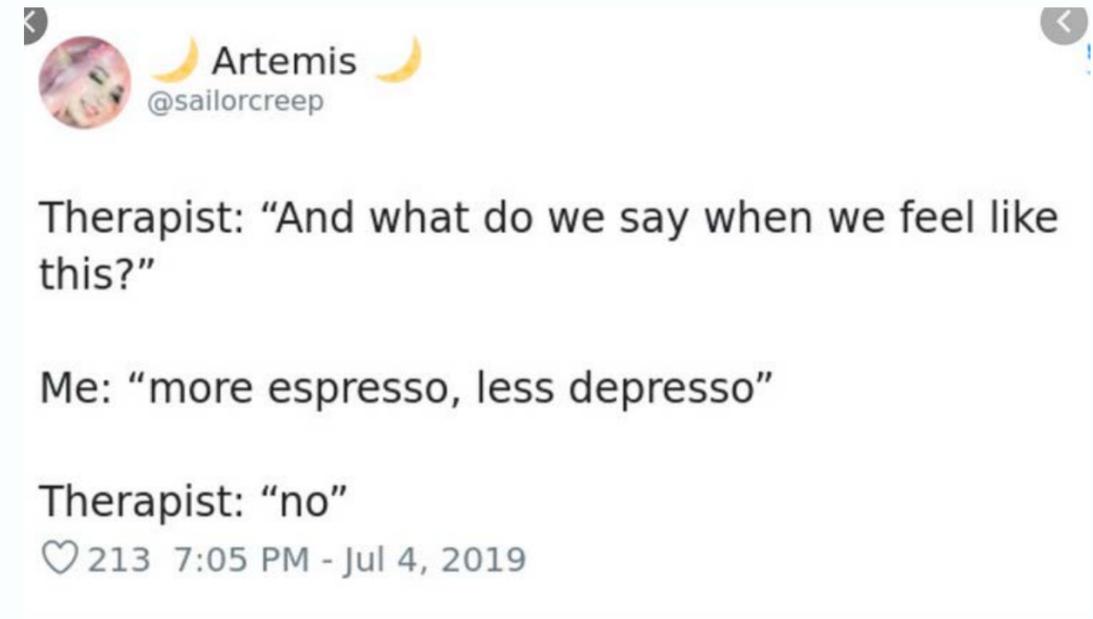
What does pop culture say about counselors?



What does pop culture say about counselors?



**When you need self care
but still have notes to do**



What does pop culture say about counselors?

We Need To Talk About Another Pandemic Mental Health Crisis: Therapist Burnout

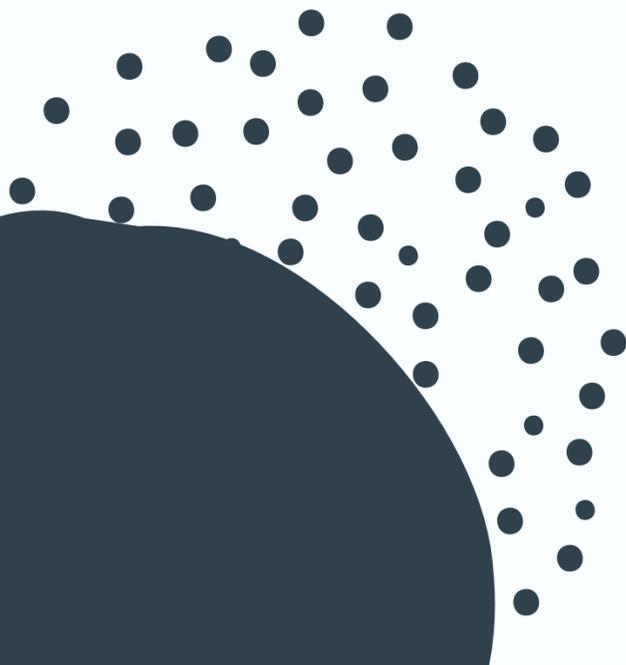
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Jessica Gold Contributor ⓘ

Health

I write about mental health, the media, and everything in between.



More Ways Counselors and Champion Athletes are Alike...



More Ways Counselors and Champion Athletes are Alike...



More Ways Counselors and Champion Athletes are Alike...



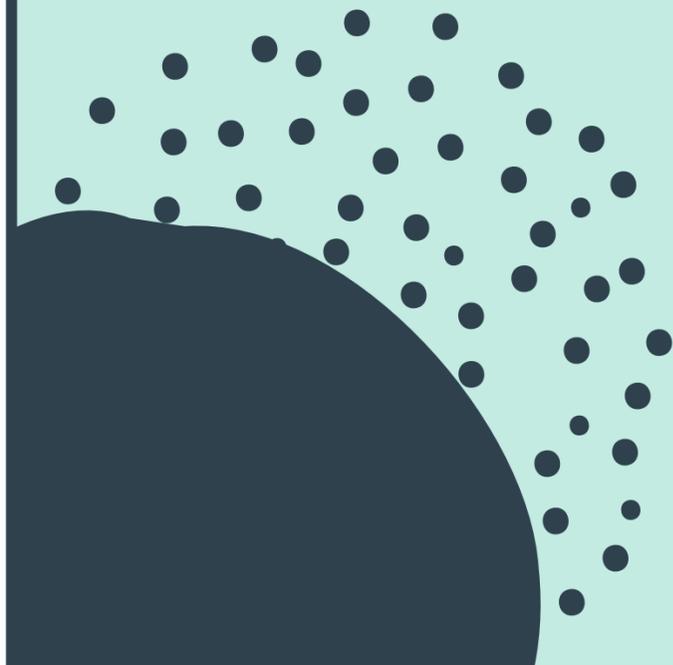
BURNOUT AND COMPASSION FATIGUE



(Yang & Hayes, 2020)

**BURNOUT AND
COMPASSION FATIGUE**

HOW MANY ROLES DO YOU PLAY?



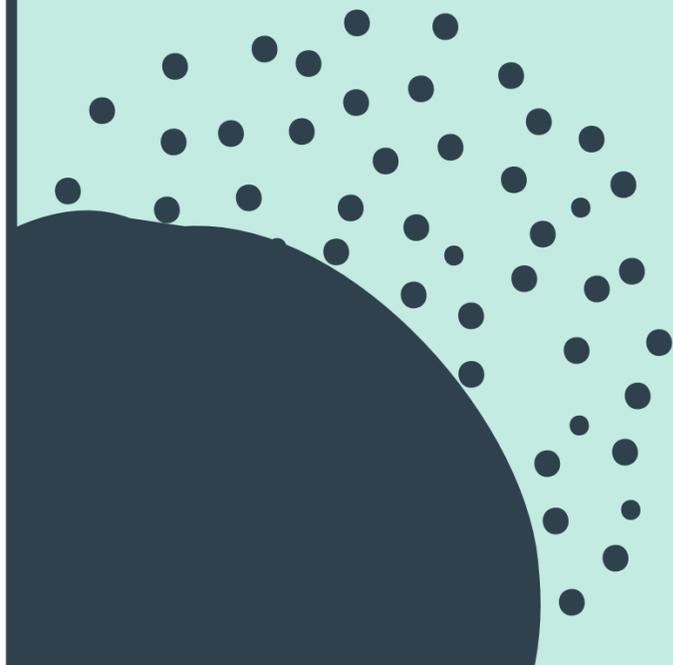
2



**BURNOUT AND
COMPASSION FATIGUE**

HOW MANY ROLES DO YOU PLAY?

COUNSELOR
STUDENT
CARETAKER
PARTNER
SPOUCE
SUPERVISEE
SUPERVISOR
PARENT
SIBLING
FRIEND



BURNOUT



EMOTIONAL
EXHAUSTION



DEPERSONALIZATION
OF CLIENTS

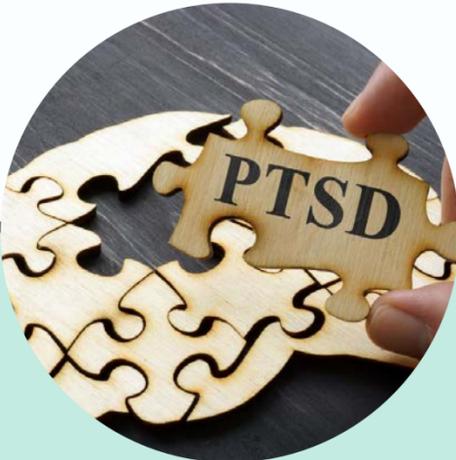


FEELING
INEFFECTIVE

COMPASSION FATIGUE



OVER
IDENTIFYING



VICARIOUS TRAUMA



QUESTIONS OF
WORLDVIEW/SAFETY

(Figley, 1995)



WHAT



CAN WE

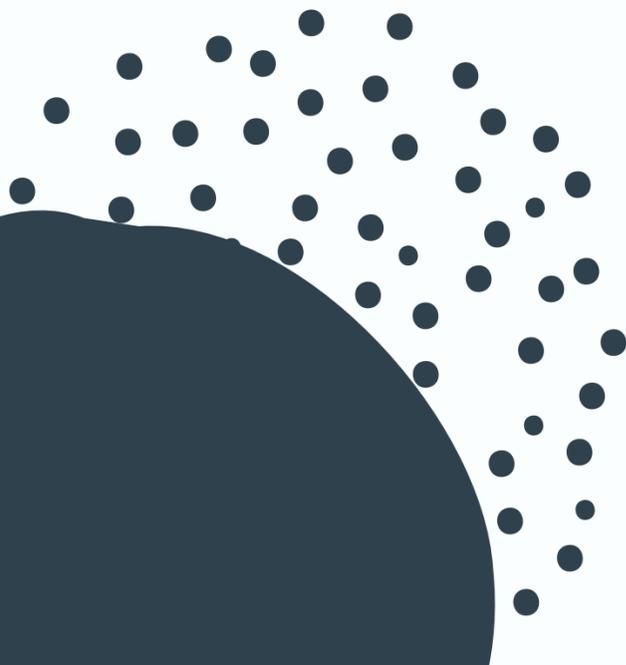


DO?

More Ways Counselors and Champion Athletes are Alike...



ZONE

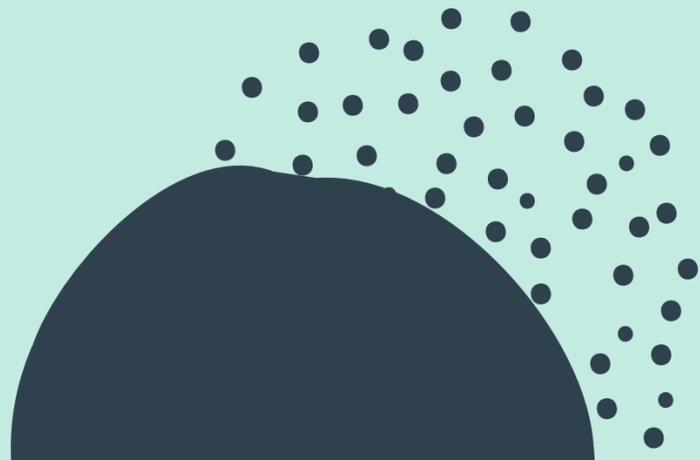


Hanin's Individual Zone of Optimal Functioning – THE ZONE

Individuals have a preference regarding the level of pressure (anxiety) which results in an ideal performance (Hanin, 2000; Robazza, et al, 2004).

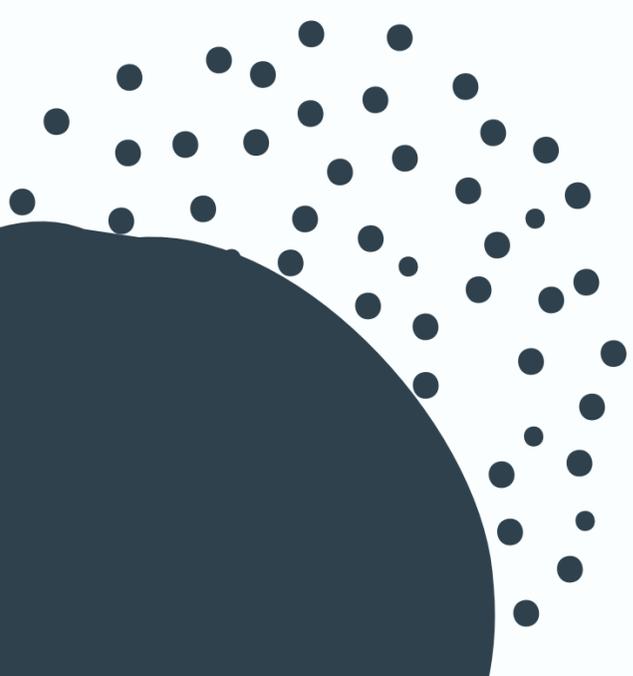
HOW DO WE GET INTO THE ZONE?

Being in the zone is a subjective emotional experience
(Hanin, 2000)



What it feels like to be in the zone

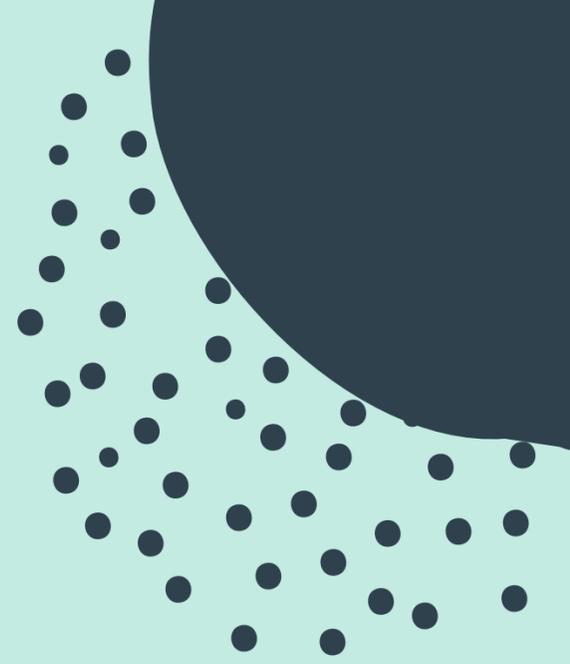
"Being in the zone is when your mind and body work together in what feels like effortless perfection" (Kerulis, 2020, p. 9).



[CLICK HERE](#)



Harmison's Tips: Learning Your Zone



Awareness
(zone)

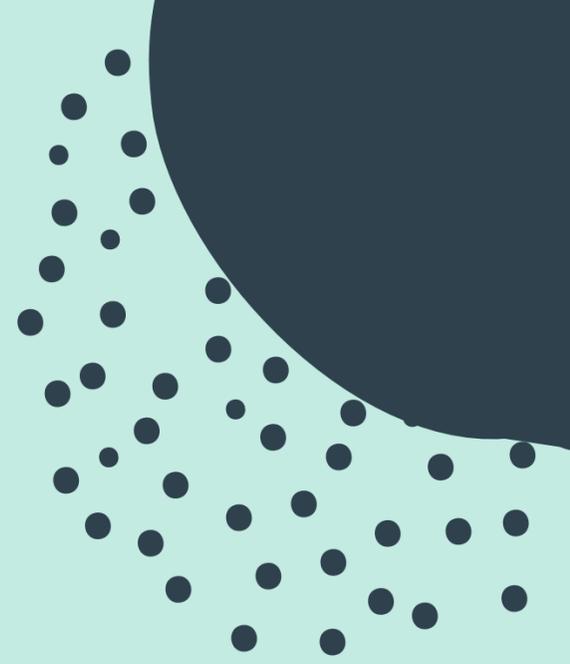


Self-Monitor
(in and out)



Self-Regulation
(practice!)

Why do counselors want to be in the Zone?



Clinical Mindset



Be Fully Present



Decompress

Why do counselors want to be in the Zone?

3



Clinical Mindset
Shift into a clinical space



Be Fully Present
Therapeutic relationship
and appropriate
interventions



Decompress
Unwind, transition to
personal time, leave work

WHAT KEEPS US FROM GETTING INTO THE ZONE?



Personal
&

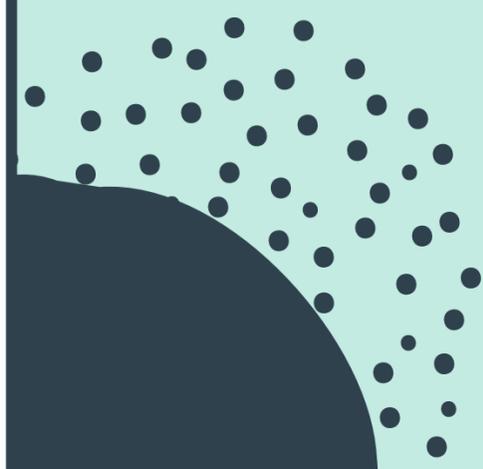
Professional

WHAT KEEPS US FROM GETTING INTO THE ZONE?

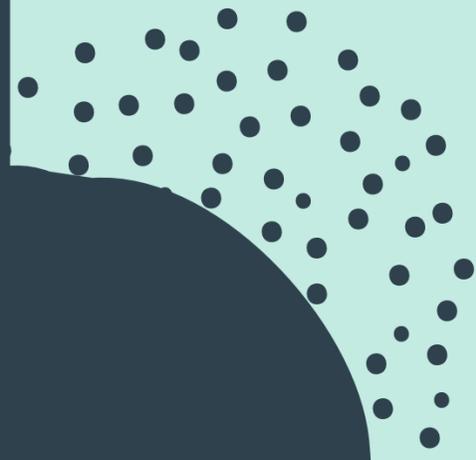
Counselor



Everything else



**IF WE FEEL OUT OF
BALANCE, WE DON'T
FEEL WELL.**



WELLNESS AS AN ETHICAL OBLIGATION



We have an ethical obligation to take time for self care.

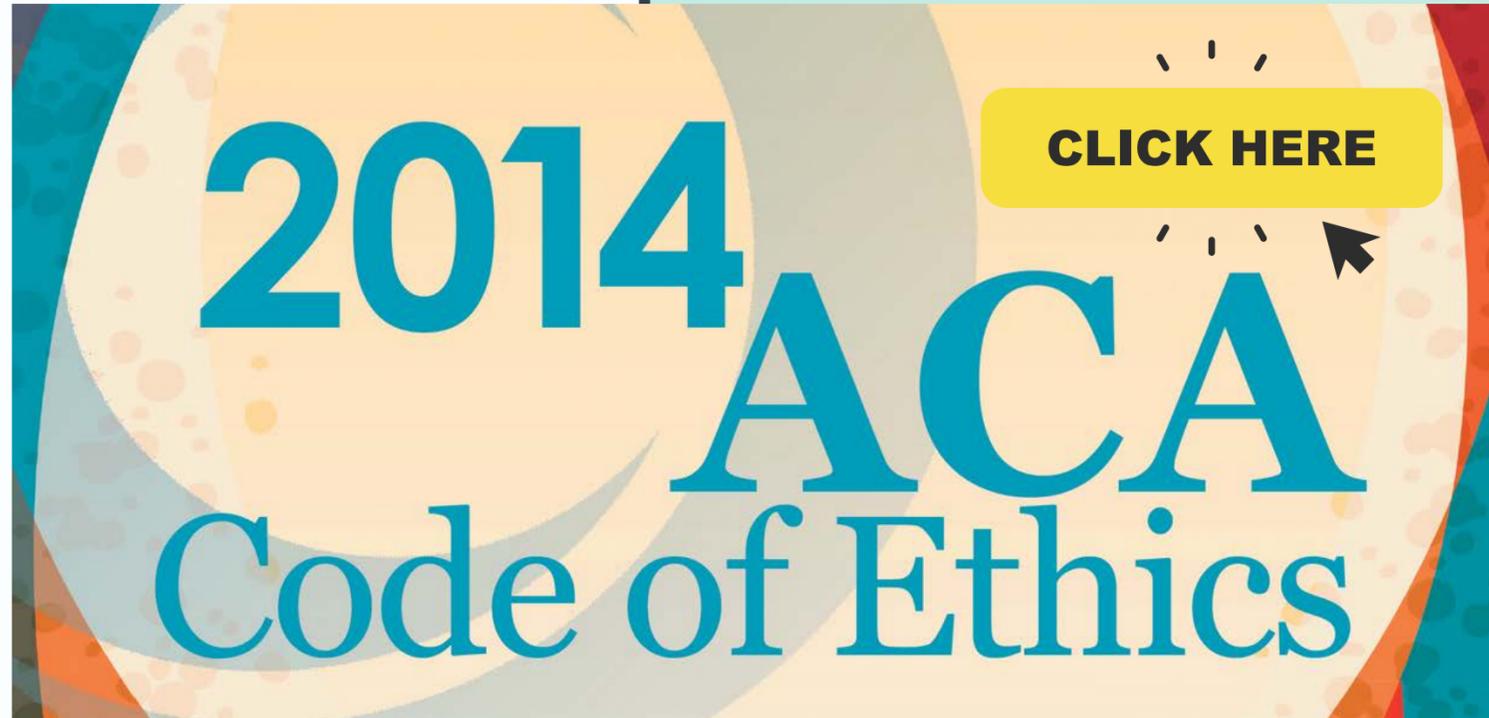
Our wellbeing (or lack thereof) can have a direct impact on people's lives. This is a privilege and a burden.

Due to our work hours, we might put our health at the bottom of our priority list. This is not sustainable.

The content of our cases is a lot to handle. Decompression is needed and normal. Do not become desensitized - hold onto your humanity.



CODES OF ETHICS



ACA (2014)

C.2.d. Monitor Effectiveness

Counselors continually monitor their effectiveness as professionals and take steps to improve when necessary. Counselors take reasonable steps to seek peer supervision to evaluate their efficacy as counselors. p 8

C.2.g. Impairment

Counselors monitor themselves for signs of impairment from their own physical, mental, or emotional problems and refrain from offering or providing professional services when impaired. . . Counselors assist colleagues or supervisors in recognizing their own professional impairment and provide consultation and assistance when warranted with colleagues or supervisors showing signs of impairment and intervene as appropriate to prevent imminent harm to clients. p. 9

F.5.b. Impairment

Students and supervisees monitor themselves for signs of impairment from their own physical, mental, or emotional problems and refrain from offering or providing professional services when such impairment is likely to harm a client or others. p. 13

AMHCA (2020)

A. Relationship with Colleagues

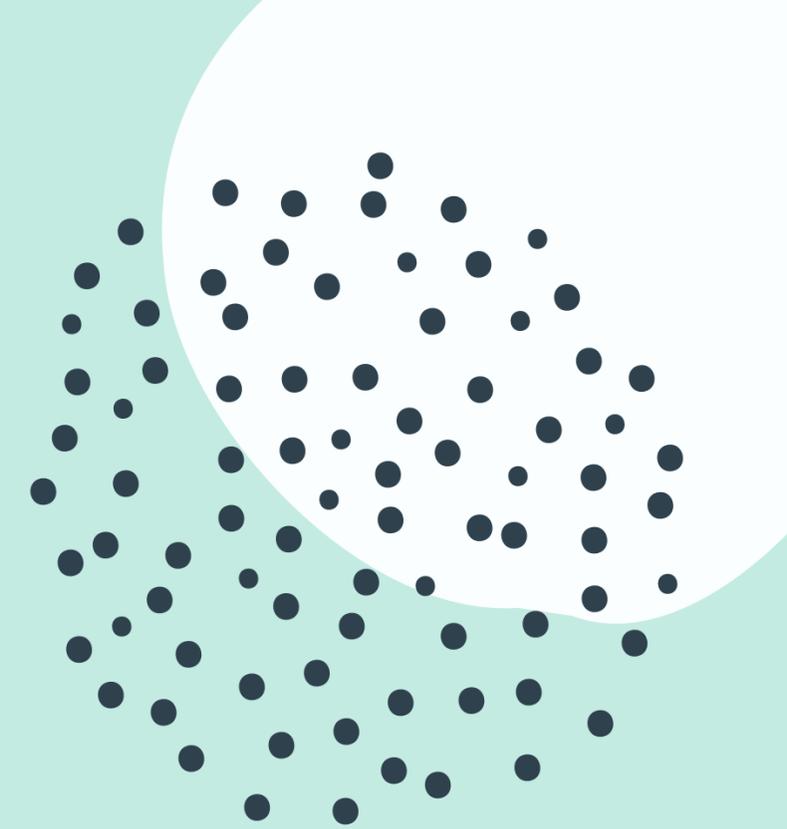
1. CMHCs treat colleagues and other professionals with respect.

7. When CMHCs have knowledge of the impairment, incompetence, or unethical conduct of a mental health professional, they are expected to attempt to rectify the situation. Failing an informal resolution, CMHCs should bring such unethical activities to the attention of the appropriate state licensing board and/or the ethics committee of the professional association.

p. 13

Self-Care

What people think we do

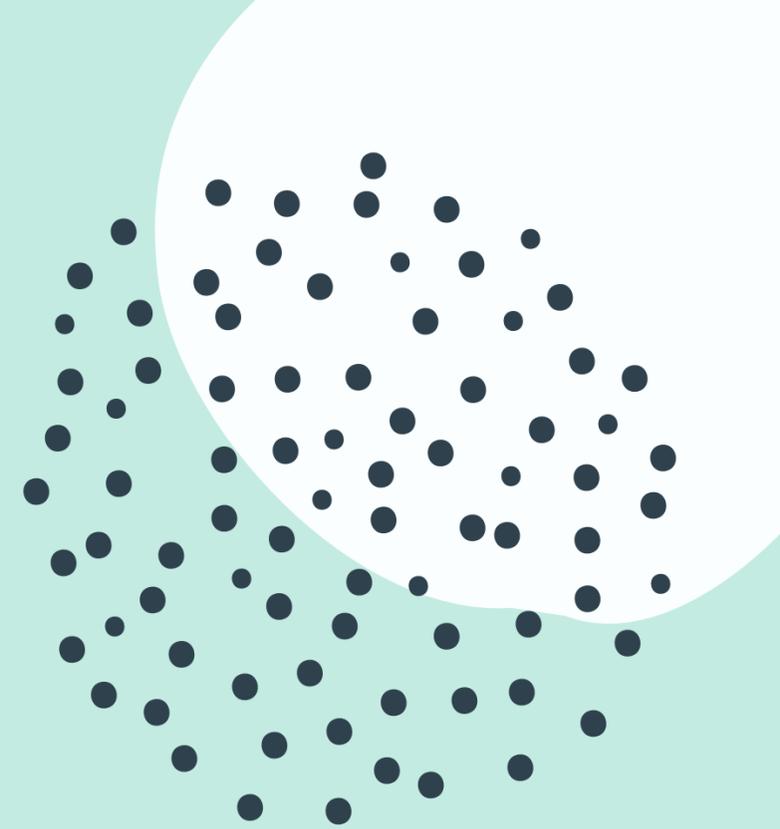


Self-Care

What we actually do



4



HEALTHY MEDICAL MAINTENANCE WELLBEING LIFESTYLE ATHLETE ACTIVITY MOTION HAPPINESS ENVIRONMENT TRAINING RELAXATION DIET MIND FITNESS DIETING GYM MAINTENANCE MENTAL SELF-CARE FIT HAPPY INFORMATION MUSCLE CARE WELLNESS ENJOYMENT SCIENCE

WELLNESS

ENJOYMENT MEDICAL SCIENCE LIFESTYLE NUTRITION HYGIENE CARE MENTAL FITNESS RELAXATION



Wellness is “a way of life oriented toward optimal health and well-being in which body, mind, and spirit are integrated by the individual to live more fully within the human and natural community. Ideally, it is the optimal state of health and well-being that each individual is capable of achieving” (Myers, Sweeney, & Witmer, p. 252).

My definition of wellness



“Wellness as a recipe for individual peace with ingredients such as physical health, psychological calm, spiritual awareness, and social connection. The amount of each ingredient will be determined by individuals and can change depending on life circumstances” (Kerulis, 2011).



Ingredients for Wellness

- Work-Life Balance
 - Physical Health
 - Psychological Calm
 - Social Connectedness
 - Spiritual Awareness
- (Kerulis, 2011)



5



Ingredients for Wellness

Work-Life Balance



Ingredients for Wellness

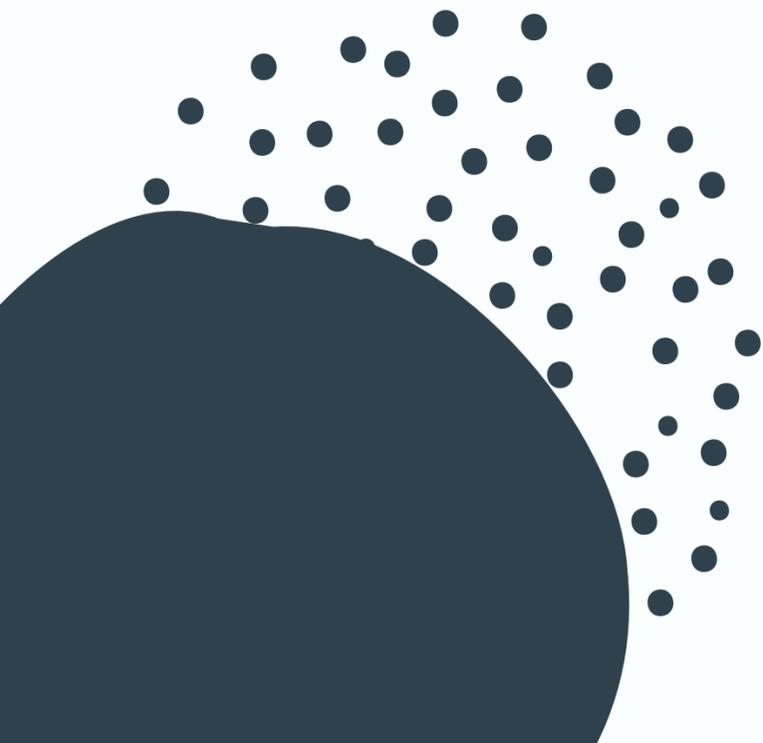
Physical Health



Ingredients for Wellness

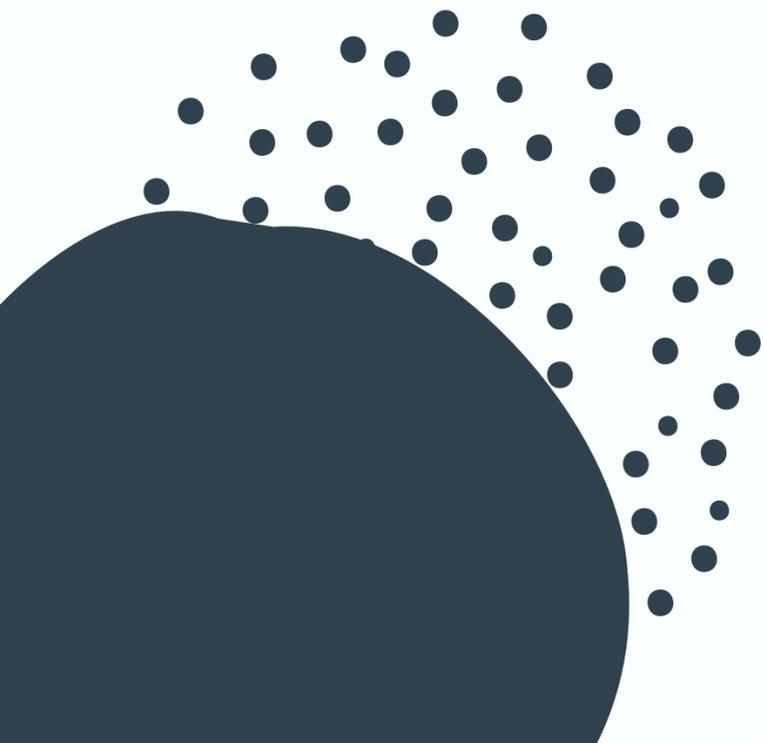
Ingredients for Wellness

Psychological Calm



Ingredients for Wellness

Spiritual Wellness



Ingredients for Wellness

Social Connectedness



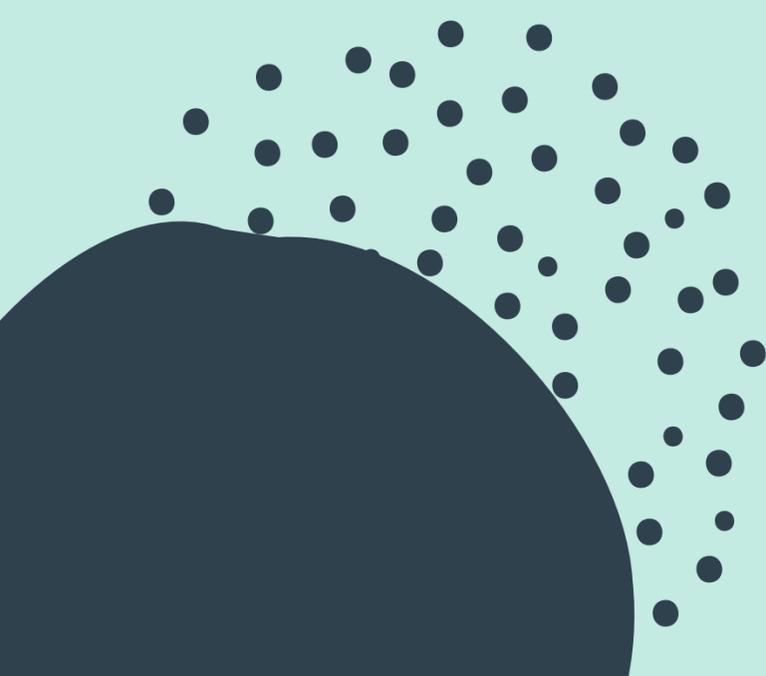
Ingredients for Wellness

- What are your current ingredients?
- What are your ideal ingredients?
- Do you notice a difference between your current and ideal ingredients?
- What steps can you take to create your ideal wellness recipe?

6



Your Commitment to Wellness



“Taking time to examine your own commitment to wellness can benefit you as an individual and can also benefit those around you. After all, if our own worlds are unbalanced, how can we facilitate balance in the lives of others?”

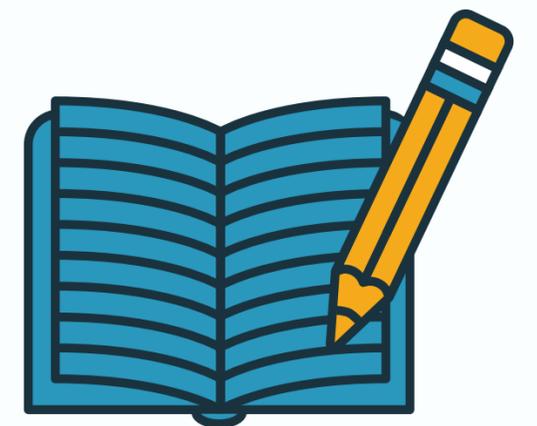
(Kerulis, 2013, p.2)

Your Commitment to Wellness

Take a moment to reflect on your current levels of wellness:

- Is your current self-care right for you?
- What is the strongest aspect of your current wellness?
- What is your most challenging barrier to wellness?

7

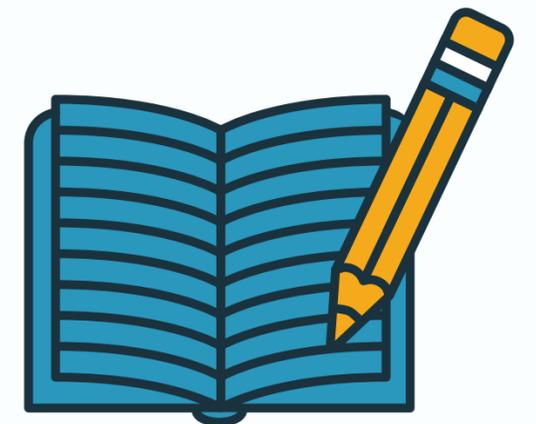


Your Commitment to Wellness

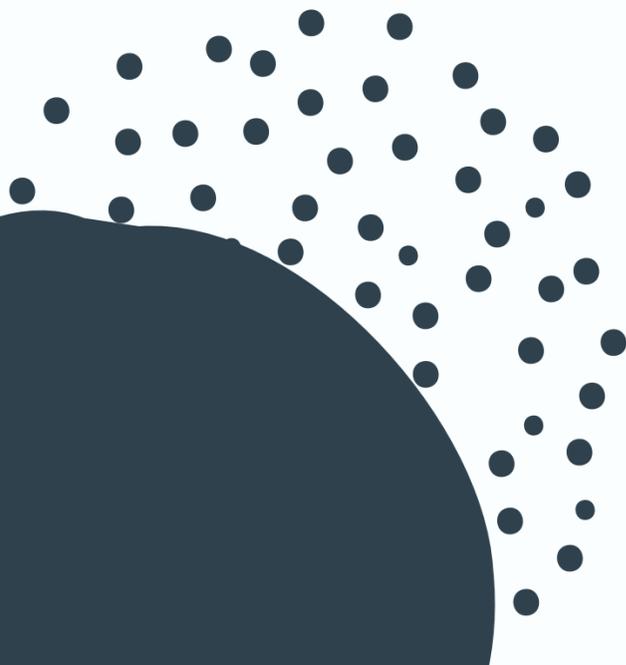
What do you want to be different?

- How will you work to balance your ingredients for wellness?
- What is one thing you can do today to move towards your wellness goals?

7



Let's continue to look
positively to the future





**What is one
wellness promise
to yourself today?**

Questions?



Feedback

CLICK HERE

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