



IAMC Shades

Fall 2018

Volume 1, Issue 1

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We are thrilled to announce to you the current leadership of IAMC (2018/19)

- ⇒ **Cherie Barnes**
President,
- ⇒ **Jahaan Abdullah**
President-Elect
- ⇒ **Maricurz Ramos**
Treasurer
- ⇒ **Shunda McGriff**
Secretary
- ⇒ **Tracy Theard**
Past President

Please feel free to contact us with your suggestions, ideas or multicultural resources.

Welcome to our Newsletter

2018-2019

President's Greeting

Welcome Members and Future Leaders of the Illinois Association for Multicultural Counseling!

My name is Cherie Barnes and I am your president for the 2018-19 year. I hope that you find the information in this newsletter helpful. IAMC would like to thank our immediate past-president, Tracy Theard, for her outstanding leadership; and, dedication to helping this division remain a beacon of light for multiculturalism.

We've reached many of our goals over the last year. Though there continues to be much work to do; I am confident that with your help and commitment, we will continue this great work. The goals for this year are simple: (1) Increase our membership, (2) Bring to the forefront the benefit and impact of multicultural awareness and response, to issues that affect all races, colors and creeds, (3) Provide educational and collaborative opportunities to our members, and (4) Provide support to counselors and future counselors.

As we work together, I am confident that we will reach our goals. Your support, membership, dedication and commitment is needed; and we look forward to your help this year. If you have questions, concerns or suggestions, please email me at cheriebarnes01@yahoo.com. I look forward to this being a great year!

In Service,

Cherie Barnes, NCC, LPC, CAMS-II, CLC



IAMC Member Benefits

We are excited to be able to offer benefits to our members such as:

- ◆ Be featured in our Kudos to Counselors section of our newsletter
- ◆ Attend our annual spring conference
- ◆ Networking opportunities
- ◆ Become a member of our Executive Board

EVENTS

- ⇒ The Illinois Association for Multicultural Counseling (IAMC) and Governors State University's Counseling Program presented the Annual Spring Conference on May 4, 2018 at Governors State University from 9a-3pm. Theme: Intersections of Multicultural Competence, Social Justice and Advocacy in Today's World.
- ⇒ We had a wonderful time at the conference as we learned more about multiculturalism and how it affects our society. We were awarded the Merlin W. Schultz Professional Development Grant to assist us with the Speaker Honorarium for IAMC Annual Spring Conference.
- ⇒ Argosy University, Chicago, Asian Human Services, Illinois Association for Multicultural Counseling (IAMC) and the Illinois Association for Assessment and Research in Counseling (IAARC) sponsored "Remaining humane in difficult times: Supporting refugees and immigrant Families" on September 21, 2018 from 9:30a-2:30pm at Argosy University, Chicago.
- ⇒ Past President, Kasia Wereszczynska and President Elect, Jahaan Abdullah, were on the panel discussing this poignant and timely topic. Thank you for sharing your insight and experiences in this multicultural event.

Kudos to Counselors at Work in the Community

- ◇ Cherie Barnes, President, was awarded the Merlin W. Schultz Professional Development Award for the award period 2017 to attend the Level 1 Clinical Gottman Method Couples Training in Chicago on June 8-9, 2018. This training focused on research based assessments and effective interventions to relate to couples. The Gottman knowledge base will afford the opportunity to talk with African American couples to see what barriers are hindering communication and how the Gottman Method can help them be better communicators.
- ◇ Cherie wrote [12 Lessons of Healing Through Grief and Conversations with God: The Devotional](#) after losing her significant other in 2017 and this set her on a journey to help others in healing from grief, trauma and loss. Cherie founded The Healing Group Community, LLC to assist individuals through coaching, counseling, mentoring and consulting as they move toward positive actions in life after a loss. Cherie presented at the Summer Workshop Retreat of the Schultz Foundation for Advancing Counseling on The 12 Lessons she has learned along the way which included theories related to grief and how other cultures observe death.
- ◇ As a result of the work Cherie has done, she will be starting a Woman's Trauma Circle to assist woman in beginning the healing process from loss. Cherie's journey to finding healing became a passage to help others with coping skills, encouragement, inspiration and motivation to see better days.



The Illinois Counseling Association's 70th Annual Conference is fast approaching. It will be held November 8-10, 2018 at the Westin Chicago Northwest in Itasca, Illinois. The theme is Counseling For and In a Changing World. Our very own Past President, Kasia Wereszczynska and President Elect, Jahaan Abdullah will be presenting. Please be sure to show your support by attending their presentations.

IAMC will be having our annual business meeting on November 9, 2018 at 5:40pm. Please join us to learn more about our division and to help us plan for future events. We are looking forward to hearing your ideas, input and comments as it relates to building and moving the division to higher heights! See you there!

Were on the web: www.illinoismulticulturalcounseling.weebly.com

What IAMC Is All About?



Membership in the Illinois Counseling Association is a requirement for any of its divisions including Illinois Association for Multicultural Counseling.

IAMC is a branch of the Association of the for Multicultural Counseling (AAMC)

You can become a member of IAMC in one of the following categories: Professional, Retired, Student .

Please visit our website to learn more about our division

Do you have news to share with us? Are you involved in making the community a better place? Are there any multicultural events going on in your community?

Send us your accomplishments so that we can celebrate with you!. We will feature you in our newsletter!!

Email the President at: cheriebarnes01@yahoo.com