



# IAMC Shades

Spring 2012

Volume 2, Issue 2

## Inside this issue:

<b>Welcome</b>	<b>1</b>
<b>Officers</b>	<b>1</b>
<b>Greeting</b>	<b>1</b>
<b>Events</b>	<b>2</b>
<b>Burnout</b>	<b>3</b>
<b>Burnout cont.</b>	<b>4</b>
<b>Were on the Web</b>	<b>4</b>

### We are thrilled to introduce you to the current leadership of IAMC (2011-2012)

- President, Cherie Barnes, cherie-barnes01@yahoo.com, 773-592-1716
- President-Elect, Annette Lonie, love3377@sbcglobal.net, 773-418-3275
- Past President, Linda Brown-Jackson, blinbrwn@aol.com, 773-928-0814
- Treasurer, Pat Merriweather, PMerri1053@aol.com, 773-264-3681

## Welcome to our Newsletter

### 2011-2012 President's Greeting

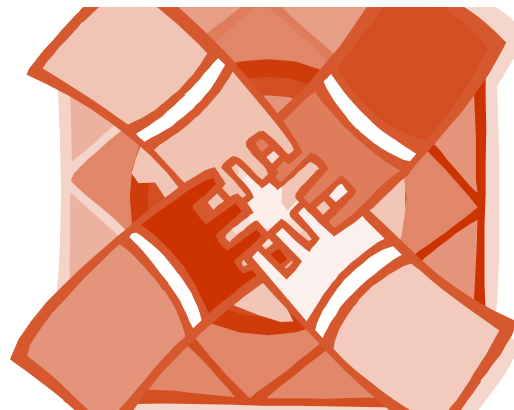
Wow, time has flown! IAMC has been involved in several events and activities geared toward bridging the gap between diversity and multiculturalism.

Didn't we learn many lessons as we hosted the burnout prevention workshop with Youth 1st Counseling Services, Inc., I sure had a great time catching up

with colleagues at our Annual Meet & Greet. The New Year has had the division planning for it's Joint Conference with IL-ALGBTIC, May 11, 2012 at Alder School for Professional Psychology. It will be a great treat, plan to

attend! Thank you all for participating in IAMC's Needs Assessment Survey, look for more info from IAMC via Email, Facebook, Twitter and LinkedIn.

In Peace,  
*Cherie L. Barnes*



Diversity in Numbers

### 2010-2011 Past President's Greeting

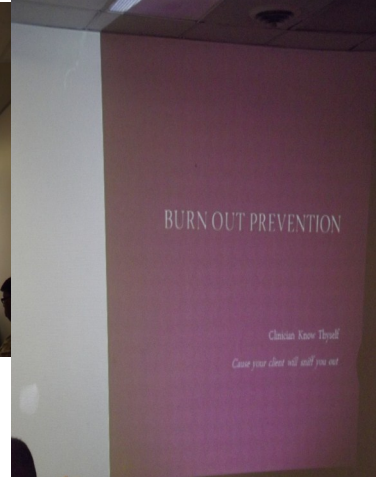
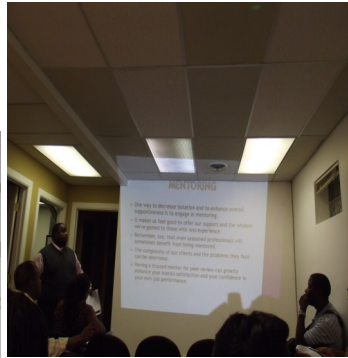
Thank you for your support during the year. Collectively, we did a lot of work that

also included several new venues. The Annual Conference received raving reviews. We had a good number of student represented with the first Student Poster

Completion. Greg Severin, Governor State Graduate Student, was our first winner and received annual dues to the Illinois Counseling Association (ICA) and Illi-

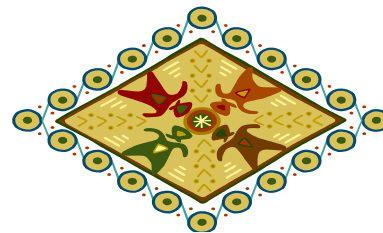
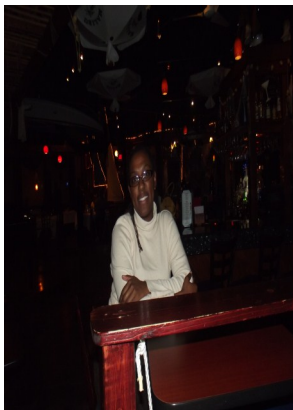
# Snapshot of Events

## Burn out Prevention Workshop



**"Diversity and Multiculturalism coming together!"**

## Meet and Greet



## 2010-2011 President Greeting

and Illinois Association for Multi-Counseling.

A special thanks co-partners,, vendors, and volunteers from Chicago State and Governor State at the 2011 Annual Conference. Dr. Julia Yang and the staff she provided to assist us with our conference on the beautiful Governors State University Campus. Key note Speak-

er, Dr. Roberto Clemente, Roosevelt University and The Middle School Folklore Dancers from Our Lady of Guadalupe Catholic School, and IAMC membership at large.

*Linda Brown-Jackson*



## Keeping Burnout at Bay

Counseling can be a rewarding experience, fostering pride in your ability to help client's overcome life's most difficult challenges. Indeed, the ethical obligations of the profession stip-

ulate that counselors put the needs of their clients ahead of the needs of others, including their own.

Of course, counseling has its downside. Listening to clients express feelings of dis-

stress can zap your ability to be empathetic. Understanding the importance of heeding your own needs will help you provide the best possible treatment to your clients, avoid liability

**"Counseling can be a rewarding experience, fostering pride in your ability to help client's overcome most difficult challenges."**

## Burnout cont.

and keep burnout at bay.

### **Be alert to signs of stress**

Most counselors realize stress is an inherent part of their work and manage it well the majority of the time. But any additional

stressor, such as an illness in the family or an extra volunteer commitment, can upset the balance. Whether the stress builds gradually or is an acute reaction to a sec-



**Stress**

ondary trauma, you could reach a state of emotional, mental and physical exhaustion. Failing to find a healthy form of release can lead to disrupted sleep, depression, overeating or

Without appropriate relief, you may become increasingly anxious and begin to alienate yourself from family and friends. Some counselors are even tempted to leave the profession.<sup>1</sup>

The impact of excessive stress on your work can also be severe. Counselors experiencing burnout can become so detached that they overlook signs and symptoms of serious mental illness in their clients, for example. That not only endangers clients, it puts the counselor at legal risk. Being aware of the pressures you face and vigilant in recognizing your own signs of stress is crucial. You may have a hard time concentrating on your work or develop unrealistic expectations, a hallmark of a type of burnout known as compassion fatigue.<sup>2</sup> That can lead to a dangerous tendency to push clients to resolve issues before they're ready.

Other common indicators of stress buildup are more personal. You may find yourself abandoning an established exercise regimen, avoiding col-leagues and neglecting family and friends. Some counselors have found, in fact, that the people closest to them are the first to notice a change in their attitude or behavior. If that happens to you, heed your loved one's words of caution and develop an outlet for stress.

### **Allow time for self-care**

That outlet could be something as simple as setting aside some time every day to recharge your batteries by taking a walk, meditating or reading something unrelated to your work. A restful getaway can be a great way to get started, even if all you can manage is a single night. Consider immersing yourself in a hobby or activity. Spend meaningful time with family and friends. Join a club or take a nonprofessional class. If you can't seem to find time for these activities, consider looking closely at your caseload to see whether you can adjust your schedule to relieve some of the burden.

### **Find a source of support**

Many counselors find a support system to be invaluable in avoiding burnout and the associated risks. That may be in the form of ongoing or intermittent counseling or a peer support group, organized through your professional organization or at your workplace. If you are new to the field, look for a mentor who can help you recognize and defuse stress and offer professional advice. But remember that counseling veterans also need support

from time to time and should not be shy about asking for help. Using the resources available to you can help you cope with the demands of your profession. Besides helping you keep your clients on track and lowering your liability risk, self-care and support could help you regain the deep sense of satisfaction that led you to choose a helping profession in the first place.

#### **REFERENCES:**

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2. Weiss, G. G. 2003. Do you care too much? *Medical Economics*, 80(10), 64.

Resources Association for Multicultural Counseling and Development:  
[www.amcdaca.org](http://www.amcdaca.org)

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