

# THE QUEST

## Presidential Address

By: President Nakpangi Thomas, MS, LPC, NCC, BCC, CT, ACS



Greeting Michigan Counseling Association Members:

To begin, I first thank you all for entrusting me with carrying out the mission of Michigan Counseling Association “to enhance human development throughout the lifespan and to promote the counseling profession.” It is both a great honor and privilege to serve as your 2018-2019 Michigan Counseling Association Chapter President and to follow in the footsteps of Past President, Melanie Popiolek. During this term you can expect some exciting changes. My plan is to increase overall member involvement, revamp the Chapter website, and utilize various social media platforms to promote member involvement. I would also like to hold a state conference in June.

Over the last year, the 2017-2018 Executive Board was instrumental in developing a foundation to carry our Chapter into the future. At this time I would like to thank the Past Executive Board members Melanie Popiolek, Nicole Griffith, Michael Joy, Veronica Visgar, and Dr. Allison Arnekra for their contributions. I would be remised if I did not acknowledge the divisions for all their hard work and dedication.

As we move forward, I would like to increase overall membership involvement by offering free webinars to Chapter members, increasing community engagement, and encouraging members to submit article to the newsletter. This year I would like to encourage members to submit proposals for webinar presentations. My goal is to offer webinars at least once a quarter on topics salient to membership. Revamping the Chapter website will draw more members to the site and provide free resources to members. Utilizing various social media platforms will allow members to access MCA from any location and keep members informed. Over the next year, I would like to continue the great work of Melanie Popiolek and make the upcoming year a great success. Let’s forge on and create greater success in the months to come!

As I close, I would like to thank you for your support. I encourage all members to reach out to me with any ideas to build on the success of our great Chapter. Thank you very much; it is with great humility and passion that I accept the Presidency. It is truly an honor to serve as your 2018-2019 Michigan Counseling Association President.

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## An Interview with Dr. Jane Goodman:

By: President Nakpangi Thomas, MS, LPC, NCC, BCC, CT, ACS

Dr. Jane Goodman is Professor Emerita of Counseling at Oakland University in Rochester, Michigan. Her leadership roles include past president of the American Counseling Association, the Michigan Counseling Association, the National Career Development Association, and the Michigan Career Development Association. She is the immediate past president of the Counselors for Social Justice. She also serves on the board of the International Association for Educational and Vocational Guidance. In addition to her leadership roles, Dr. Goodman has written several books and monographs and many articles and book chapters. When asked to define the role of professional legislative advocacy in the counseling field, Dr. Goodman suggested that a counselor's roles include being a voice for those who are silenced.



Dr. Goodman credited her involvement in legislative advocacy to her mentor Dr. Judy Lewis. She recalled the summer of 2001 when she was the president of the American Counseling Association (ACA). "Judy Lewis, then immediate past president of ACA, and I had an informal lobby meeting with several people during a conference to discuss the need for counselors to be better advocates for social justice." During her presidency, a task force (Judy Lewis, Mary Smith Arnold, Reese House, and Rebecca Toporek) was established to develop a set of advocacy competencies that could be used by practitioners as well as by counselor educators and students to become better advocates. These competencies have been used as the basis for a book, a special issue of the JCD and many other projects and articles. They are available on the ACA website.

Dr. Goodman's training in legislative advocacy is comprised of attending the ACA's legislative training and the Carter Institute where she met Rosalyn Carter. When asked what types of professional legislative advocacy have you been involved in throughout your career; she stated, "I went to the Hill to lobby for not cutting welfare and had the opportunity to go to the Carter Center and speak up for including counseling in the array of mental health services that they were promoting." She believes that a desire to help those who need our help and developing advocacy skills are two key elements of becoming a professional legislative advocate. Her advice to students and to counselors who are new to professional legislative advocacy is to "pay attention to the welfare of our clients as well as of ourselves, in other words, social justice issues."

In conclusion, Dr. Goodman expressed that counselors are often considered to be introverted individuals, more comfortable one-on-one or in small groups. To be fair to our students and clients, if we truly want to see a better world for them, then we must be advocates.

Check out our website  
[www.michigancounseling  
 association.com](http://www.michigancounselingassociation.com)



## Getting to know the Executive Leadership of the Michigan Counseling Association

### Nakpangi Thomas, President

Nakpangi Thomas is a Board Certified Counselor, Licensed Professional Counselor for the State of Michigan, Approved Clinical Supervisor, the CEO of a small private practice, a doctoral candidate at Walden University majoring in Counseling Education and Supervision with a specialty in Trauma and Crisis, Clinical Traumatologist, and was a candidate for Wayne County Commissioner. She holds a master's degree in Community Mental Health from the University of Phoenix (2011) and Bachelors of Social Work from Florida Atlantic University (2000) as well as an Associate's of Arts in Psychology. Nakpangi has over 21 years of experience in the behavioral/mental health field working with youth and adults. She is an active member of the American Counseling Association (ACA), Association for Counseling Education and Supervision (ACES), Chi Sigma Iota (CSI-counseling honor society), and the Association for Humanistic Counselors (AHC), and Counselors for Social Justice. As a member of ACA, Nakpangi has advocated on Capitol Hill for the rights of counselors, mental health access for veterans, seniors, K-12 grade students, rural and urban communities. Nakpangi has held various leadership positions in Chi Sigma Iota (Omega Zeta Chapter) International Counseling Honor Society. She has conducted workshops and training at the local, state, and national level on topics ranging from "Differential Childhood Disorders" to "Tele-counseling". In her spare time, Nakpangi volunteers for various local organizations.



### Dr. Tezonia Morgan, Treasurer

Dr. Tezonia Morgan is passionate about the mental health field and the African American community. She is an Assistant Professor at Spring Arbor University and has dedicated her life to research and education. She completed her academic journey at Walden University with a Ph.D. in Counselor Education and Supervision with a specialization in Leadership and Program Development. Currently, she is an active member of Chi Sigma Iota – Omega Zeta Chapter. While being a member of Omega Zeta she has held several executive board positions and is currently serving as the President of the chapter. With the encouragement of friends and family, Tezonia started her mental health private practice, *Wings of Virtue, Inc.* in 2010. Wings of Virtue is her passion and she thrives to assist clients and supervisees grow in the field. She does counseling, clinical supervision, consultation and research outside of teaching. Her research interests include microaggression, the breakdown of the African American home, and the deaf and hard of hearing culture in the mental health field. She presents her research at



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conferences, symposiums, and webinars. Dr. Morgan is a strong believer that education can put you in a position of influence, so you can make societal change.

## Michelle Norman, Secretary

Michelle Norman is a clinical therapist at Genesee Health System in Flint, Michigan. She specializes in working with young children and their families. She is currently finishing up her second master's degree with Spring Arbor University. Ms. Norman earned her BS and first MA through Liberty University. When she isn't at work or completing homework assignments, Ms. Norman spends as much time as she can with her two-year-old son. She is currently working toward her Infant Mental Health Endorsement and is also the secretary of the Genesee County Michigan Association for Infant Mental Health. Ms. Norman is also member of the ACA, MI-AIMH, Chi Sigma Iota, and is currently the secretary of Michigan Counseling Association. She resides in the Flint area. Ms. Norman can be reached at [Michelle.Norman@arbor.edu](mailto:Michelle.Norman@arbor.edu).



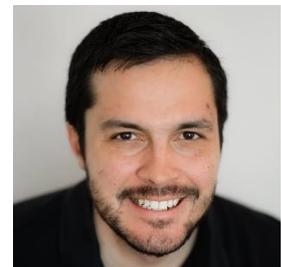
## Melanie Popiolek, Past President

Melanie A. Popiolek, MA, LPC, NCC is a Licensed Professional Counselor practicing at Triad Counseling Center in Clarkston, MI. She specializes in working with teens and adults, and has specialized training in working with military populations, as well as training in Eye Movement Desensitization and Reprocessing (EMDR). Additionally, Melanie teaches a graduate level course in Addictions at Oakland University and has served in many leadership roles within her field, including a national leadership position as the Midwest Region Chair of the American Counseling Association. Currently, she is the Immediate Past-President of the Michigan Counseling Association.



## Michael Joy, Past Treasurer

Michael is a licensed professional counselor, who focuses on treating various mental health conditions. He currently works at Perspectives of Troy in Troy, MI, where he sees adults, teens, and children. Michael runs the "Stressbusters" workshop at Perspectives, where he works with kids 8-12 on positive coping skills to deal with every day distress. He previously worked in the juvenile justice system at the Detroit Behavioral Institute, as well as worked at New Oakland Family Centers as an outpatient therapist. With this experience, he has extensive knowledge of issues related to things such as



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engaging clients, documentation, dealing with courts, handling parents, ethics, as well as many others.

Michael engages in different professional activities outside the therapy office, from radio shows to public speaking engagements, where he has spoken about issues such as anxiety, competitiveness, sexual harassment, and sexual assault.

Michael is the past treasurer for MCA, as well as he is President-Elect. His goal to be instrumental in creating an organization that fully advocates for license professional counselors around the state of Michigan. Michael has a passion for building a professional network around him that builds on advocacy, professional consultation, and emotional support. Michael is committed to addressing the needs of the members of MCA, which includes hearing about the experiences of the day to day lives of the counselors that he meets. Michael is a proud son of Tim and Pat Joy, as well as proud brother to Scott Joy.

## Dr. Scott Branson, Chief Editor

Dr. Scott Branson, LPC, NCC is an assistant professor of Counseling Education at Wayne State University, where he teaches masters and doctoral level courses including addictions, career counseling, consultation, and doctoral internship. Dr. Branson's research interests include counselor preparation and training as well as client needs and outcomes. As Dr. Branson values free access to education and information, he has collaborated with his wife in developing the <https://Counseling.Education> website.



## Dr. Hakeem Lumumba, Professional Development Chair

Dr. Hakeem Lumumba, Ph.D. received his Doctoral degree in Counseling and Psychology from Wayne State University. He received his Master of Science degree in Rehabilitation Counseling from Bowling Green State University. He is currently employed at Black Family Development, Inc. as an Independent Contractor as an administrator in their Substance Use Disorder program. Prior to this position, he was employed by the Southeast Michigan Community Alliance (SEMCA) as the Substance Use Disorder Treatment Service Manager. He is the former Behavioral Health Director at the Arab Community Center for Economic and Social Services (ACCESS), Mental Health Department.



Dr. Lumumba has taught both graduate and undergraduate courses at several universities dating back to 1994: Wayne State University, Oakland University, Eastern Michigan University, and the University of Detroit Mercy. At present, he is an instructor at the University of Phoenix-Detroit Campus (Dissertation

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Chair-School of Advanced Studies) and at Siena Heights University (Psychology Department). He has presented papers at local, state, and national conferences. He is currently a member of the American Counseling Association and Chi Sigma Iota.

Dr. Lumumba currently is a Michigan Licensed Professional Counselor, Michigan Certified Clinical Supervisor, Michigan Certified Advanced Addictions Counselor, National Certified Counselor, Michigan Licensed Master Social Worker, Internationally Certified Advanced Alcohol & Drug Counselor, Master Addiction Counselor, and an Approved Clinical Supervisor. Dr. Lumumba has published several papers in referred professional journals.

Finally, he is the proud owner of H.L Counseling Enterprise, Inc. Please visit his website at:

<http://www.counselingenterprise.com>

### Shelby Fey, Publication Chair

Mrs. Shelby Fey, MA received her master's in Counseling from Oakland University. She also received her master's in Applied Behavior Analysis from Ball State University. She currently is employed as the Clinical Supervisor for an Applied Behavior Analysis (ABA) program through Community Mental Health.



While attending Oakland University, Mrs. Fey held the Secretary position for Chi Sigma Iota (CSI)- Theta Chapter. She was the Editor for the Encounter newsletter and helped coordinate all events for CSI during her term.

At Community Mental Health, Mrs. Fey has held a variety of positions and in a variety of departments at the agency. She currently is supervising staff and services in the ABA program. She provides behavior analytic services to individuals, along with sitting on the behavioral treatment committee. Mrs. Fey also is a member of the critical incident stress debriefing (CISD) team. Outside of Community Mental Health, Mrs. Fey is active in her community as a Firefighter/EMT on the local Fire Department.

The Michigan Journal of Counseling website is now LIVE!

All articles are freely available.

In addition, they are looking for submissions.

Please check out the Journal at:

<https://digitalcommons.wayne.edu/mijoc/>



Greetings MCA Members,

In an effort to increase professional development of our members, we will be offering Leadership and Development training to our members. We are requesting your input regarding specific trainings you would like to see. Please submit your request to the chapter website c/o **insert name**. We are also looking for member to conduct training and information workshops. In the subject line put Training and Development. Thank you in advance for your time and consideration.

Best Wishes,

**Insert name**

Professional Development Chair

### **Executive Leadership of the Michigan Counseling Association**

**President-**

Nakpangi Thomas

**Treasurer-**

Dr. Tezonia Morgan

**Secretary-**

Michelle Norman

**Past President-**

Melanie Popiolek

**Past Treasurer-**

Michael Joy

**Chief Editor-**

Dr. Scott Branson

**Professional Development Chair-**

Dr. Hakeem Lumumba

**Publication Chair-**

Shelby Fey

Are you interested in being more involved in publications, community events, journal, or professional development committees through the Michigan Counseling Association?

Do you have ideas, questions, or comments for any of the Executive Leadership of the Michigan Counseling Association?

Please email [michigancounselingasociation@gmail.com](mailto:michigancounselingasociation@gmail.com)