VCCA
VIRGINIA CLINICAL COUNSELORS ALLIANCE

QUARTERLY NEWSLETTER | 2026-2027



VIRGINIA CLINICAL COUNSELOR ALLIANCE

PROMOTE. SUPPORT. COLLABORATE.

CONNECTING VIRGINIA'S COUNSELING PROFESSIONALS THROUGH SHARED KNOWLEDGE, MEANINGFUL COLLABORATION, AND A COMMITMENT TO THE COUNSELING PROFESSION.



A MESSAGE FROM VCCA LEADERSHIP

GROWING TOGETHER. MOVING FORWARD

Greetings, VCCA Members!

As we conclude the first quarter of the 2026–2027 year, I am excited to share the progress and initiatives taking shape within the Virginia Clinical Counselors Alliance. Our Executive Board is working to strengthen VCCA as a vibrant, collaborative community where clinical counselors can connect, share expertise, and support one another in advancing our profession. In this issue, we are celebrating the accomplishments of our members, sharing opportunities for professional connection and continuing education, and introducing initiatives designed to strengthen our collective impact.

Thank you for being part of VCCA. Your participation, expertise, and enthusiasm help shape the future of our Alliance. We look forward to building an engaging, supportive, and productive year together!

WARMLY,

ELIZABETH O'NEILL HUNTER

VCCA DIVISION PRESIDENT

MEMBER SPOTLIGHT

Celebrating the Work of Our VCCA Community

Our members bring a wealth of experience, creativity, and dedication to the counseling profession. We are pleased to highlight colleagues who are sharing their expertise through professional training, scholarship, writing, and other meaningful endeavors

Dr. Lakesha roney Heart and practice inc.

Explore her work: wwww.heartandpractice.com | www.youtube.com/@HeartandPracticeInc

Heart and Practice, Inc.

is pleased to offer

A CONTINUING EDUCATION TRAINING

Building Your Private Practice

This introductory training will provide foundational information on the steps to legally establish a private practice. The training will also provide additional information to help participants understand the structure and planning involved in establishing a private practice. The presenter will employ lectures, visual diagrams, and guided discussions to effectively achieve the learning objectives and enhance participant understanding.

Upon completion, the participant will be able to:

1. Identify the core administrative steps to legally establish a private practice.
2. Describe the insurance credentialing and paneling process, including key organizations.
3. Select appropriate EHR and billing systems for a solo or group practice.
4. Explain the differences between individual and group practice structures.
5. Outline a realistic timeline and action plan for launching a sustainable practice.

EVENT DETAILS

PRESENTER
Dr. Lakesha Roney, Ed.D., LPC

DATE & TIME
September 22, 2026
6:00 PM – 7:10 PM ET

LOCATION
Virtual
Google Meet

CE CREDIT
1 NBCC Credit Hour

REGISTRATION FEE
$25

REGISTRATION CLOSES
September 18, 2026

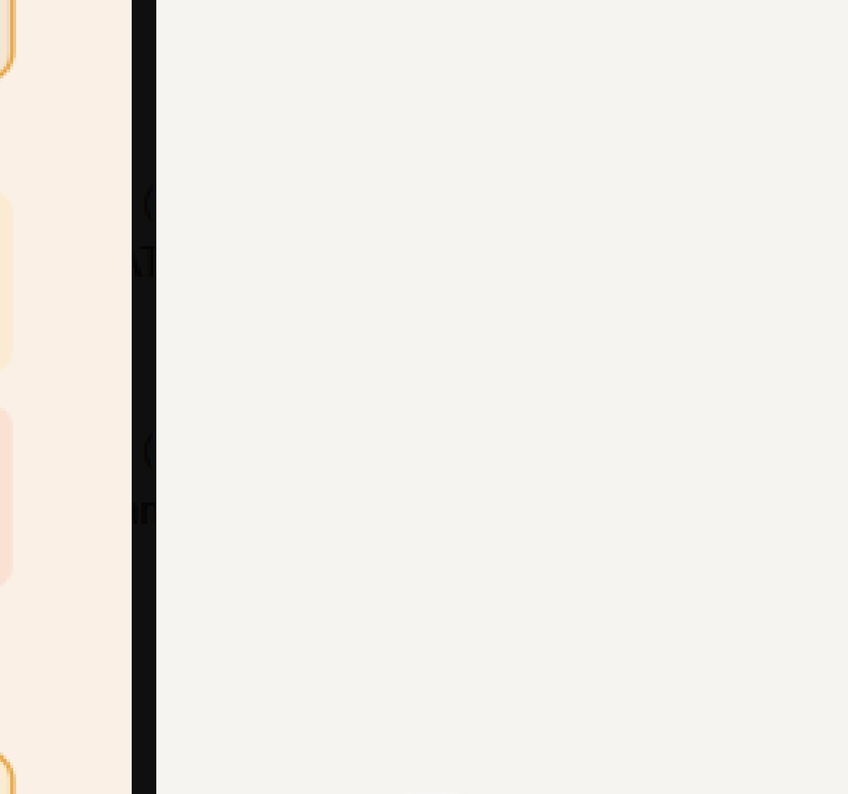
CLICK HERE TO REGISTER

Continuing Education Credit Available: 1 NBCC Credit Hour

Building Your Private Practice has been approved by NBCC for NBCC credit. Heart and Practice, Inc. is solely responsible for all aspects of the program. NBCC Approval No. SP-5371.

If you need special accommodations or have questions, please contact us at **info@heartandpractice.com**

Heart & Practice, PLLC | 2002 Bremo Rd., Suite 204, Richmond, VA 23226 | 804-919-0902 | info@heartandpractice.com | heartandpractice

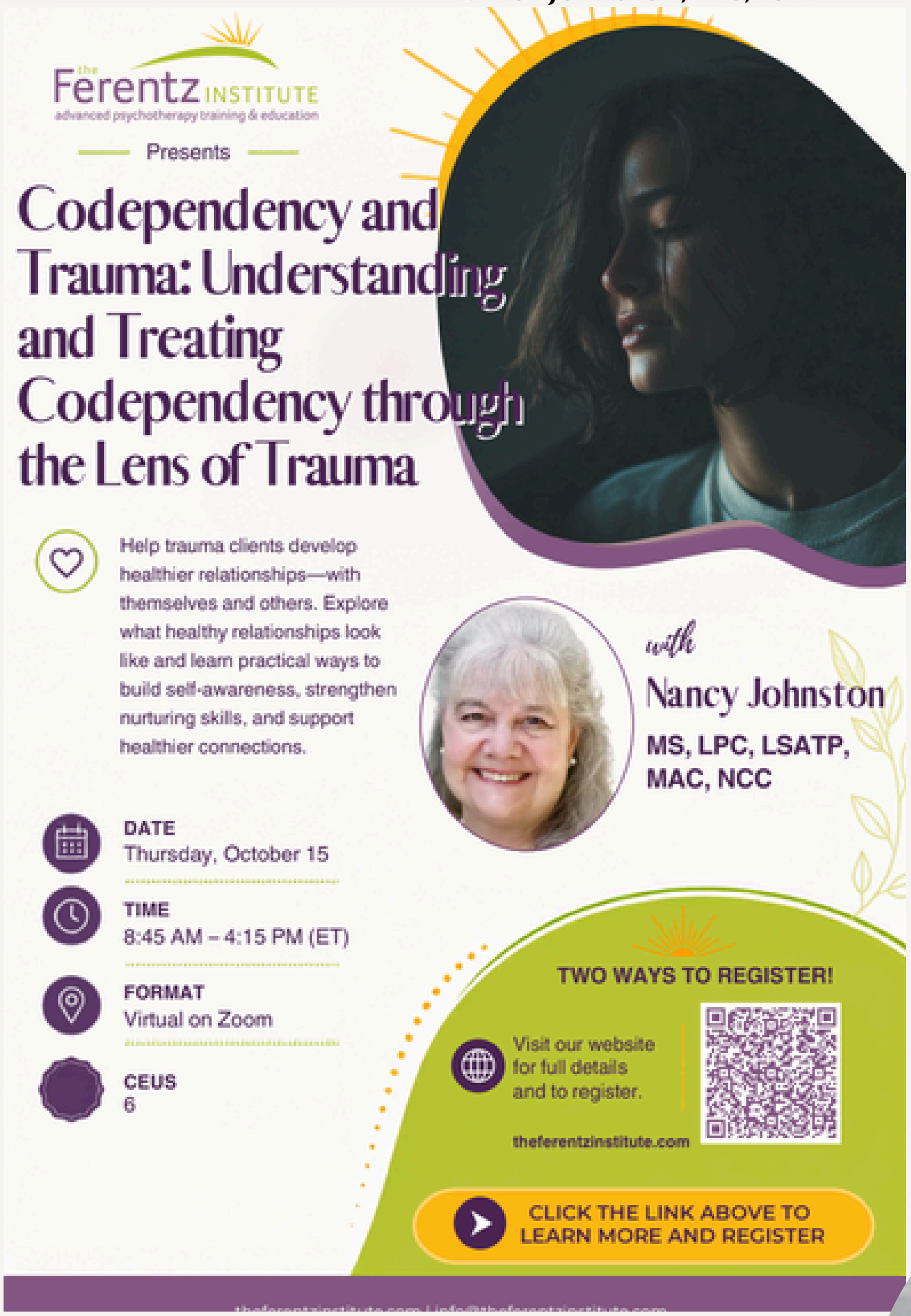


Dr. Lakesha roney Heart and practice inc.

Dr. Lakesha Roney recently launched a podcast and developed her first single-program training approved by the National Board for Certified Counselors (NBCC).

MEMBER SPOTLIGHT

Nancy Johnston, LPC, LSATP



Nancy Johnston, LPC, LSATP

Nancy Johnston brings 48 years of experience as a mental health therapist in private practice. She continues to teach and write for PESI and Psychotherapy Networker, with a clinical focus on codependency and its implications for therapeutic practice.Nancy also teaches for the Ferentz Institute. Her six-hour workshop, “Codependency and Trauma,” offers continuing education credits.



MEMBER SPOTLIGHT

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OOSAKAYODE I. SAH ARA SANU-T

ARTICLE

IN THE MOOD PART I

BIPOLAR MANIA, HYPOMANIA, HYPERSEXUALITY & RISKY SEX

THIS ARTICLE EXPLORES THE RELATIONSHIP BETWEEN BIPOLAR MOOD EPISODES AND SEXUALITY THROUGH A SEX-POSITIVE, STIGMA-REDUCING, AND RESEARCH-INFORMED LENS. THE ARTICLE DISTINGUISHES HEALTHY SEXUAL DESIRE AND EXPLORATION FROM MOOD-RELATED CHANGES IN JUDGMENT, IMPULSE CONTROL, AND RISK-TAKING, ENCOURAGING A MORE NUANCED UNDERSTANDING OF SEXUALITY, MENTAL HEALTH, AND PERSONAL WELL-BEING.

LINK



IN THE MOOD PART I - Bipolar Mania, Hypomania, Hypersexuality & Risky Sex

When the Brain Turns Up the Volume on Desire

Medium / Oct 9



Òòṣàkáyọ̀dé Ìṣọ̀lá Sah Ara Sanu-t

Featured Writer This empirically informed article takes a sex-positive, stigma-reducing approach to understanding the relationship between bipolar mood states and sexuality. It explores how sexual desire, high libido, and consensual sexual exploration are not inherently pathological, while also examining how mania or hypomania may affect judgment, impulse control, and risk-taking.

MEDIUM.COM/@OOSAKAYODE/

MEMBER REFERRAL NETWORK



CONNECTING COUNSELORS ACROSS VIRGINIA

One of our goals is to strengthen connections among VCCA members and make it easier to share professional resources and referral opportunities.
Our VCCA Internal Referral Network brings together members who have expressed interest in participating in this member-focused resource. Explore the accompanying directory to learn more about participating colleagues and their professional offerings. Interested in being included in the next edition?

Complete the VCCA Referral Network Interest Form
We look forward to continuing to grow this network and supporting meaningful connections among our members.

VCCA AT THE VCA CONVENTION



VCA ANNUAL CONVENTION

NOVEMBER 12–14, 2026

NORFOLK WATERSIDE MARRIOTT

FINDING JOY IN THE WORK WE DO



Join us at VCA- this is an opportunity for members to connect, celebrate our professional community and engage with colleagues.

VCCA Information Table: Thursday, November 12 – Friday, November 13, 2026

VCCA Reception: Thursday, November 12, 2026, 7:00 - 8:30 PM

VCCA Annual Board Meeting: Friday, November 13, 2026, 5:00 - 6:00 PM

Convention Quick Links

Schedule & Sessions

VCA Convention Schedule (PDF)

Session Descriptions (PDF)

Featured Keynote

Thursday Keynote Speaker: Dr. John Sommers-Flanagan

Registration & Volunteering

Convention Registration Form (PDF)

Convention Registration Form (Word)

Volunteer Registration

Hotel Reservations

Reserve a room at the Norfolk Waterside Marriott

We encourage members to review the convention resources and make plans to join us. We look forward to connecting with you in November!

PROFESSIONAL DEVELOPMENT

CONTINUING EDUCATION & LEARNING OPPORTUNITIES

VCCA Is committed to supporting ongoing professional growth through opportunities for continuing education, clinical learning, and the exchange of expertise



JOURNAL INITIATIVE
INTRODUCING THE VCCA JOURNAL

ADVANCING KNOWLEDGE. ELEVATING OUR PROFESSION.

VCCA IS DEVELOPING ITS INAUGURAL JOURNAL TO SHARE TIMELY, RELEVANT, AND MEANINGFUL SCHOLARSHIP THAT CONTRIBUTES TO THE CONTINUED GROWTH OF THE COUNSELING PROFESSION.

TO HELP BRING THIS VISION TO LIFE, WE ARE ESTABLISHING AN EDITORIAL BOARD AND INVITE INTERESTED MEMBERS TO CONSIDER PARTICIPATING IN THIS IMPORTANT ENDEAVOR.

EDITORIAL BOARD MEMBERS WILL HAVE AN OPPORTUNITY TO CONTRIBUTE THEIR TIME, EXPERTISE, AND VISION TO HELP SHAPE THE JOURNAL AND ITS ROLE WITHIN OUR PROFESSIONAL COMMUNITY.

INTERESTED IN GETTING INVOLVED? REVIEW THE ACCOMPANYING VCCA JOURNAL EDITORIAL BOARD POSITION DESCRIPTION AND CONTACT US TO EXPRESS YOUR INTEREST.

EMAIL **VCCA AT VCCALLIANCE1980@GMAIL.COM**

WE WELCOME MEMBERS WHO ARE INTERESTED IN HELPING BUILD THIS NEW RESOURCE FOR OUR PROFESSION.

PROMOTE. SUPPORT. COLLABORATE.

STAY CONNECTED

YOUR COMMUNITY. YOUR PROFESSION. YOUR VOICE.

VCCA IS STRONGEST WHEN MEMBERS ACTIVELY PARTICIPATE, SHARE THEIR EXPERTISE, AND CREATE OPPORTUNITIES TO LEARN FROM ONE ANOTHER.

WHETHER YOU HAVE A PROFESSIONAL ACCOMPLISHMENT TO CELEBRATE, AN EDUCATIONAL OPPORTUNITY TO SHARE, AN INTEREST IN JOINING A COMMITTEE, OR AN IDEA FOR STRENGTHENING OUR COMMUNITY, WE WANT TO HEAR FROM YOU.

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