


[ACPA Home](#)
[Home](#) [Newsletter](#) [Membership](#) [Directorate](#) [Convention](#) [Activities](#) [Resources](#)
[About ACPA](#)
[Standing Committees](#)
[Commissions](#)
[State/Int'l Divisions](#)
[Membership](#)
[Professional Development](#)
[Annual Conventions](#)
[Publications](#)
[Career Advancement](#)
[Research](#)
[ACPA Foundation](#)
[Ethics](#)
[Partnerships](#)

## Diamonds in Our Backyard: Collective Wisdom

*CCAPS Newsletter  
May 2006*

Too often I think we overlook the “diamonds” in our own backyard. At the recent ACPA conference in Indianapolis, I was really struck with the amount of brainpower and talent in the CCAPS meetings, and I began to think about ways to “tap” that treasure in ways that respected the busy lives that we all lead. This gave birth to an experiment that was endorsed by my fellow CCAPS newsletter colleagues, so we tossed out an invitation to the CCAPS listserve to submit bits of life’s wisdom for inclusion in the next newsletter. The response was really cool---both from CCAPS members and from non- CCAPS counseling center colleagues (maybe another way to entice folks into ACPA?)

So, I hope that you enjoy the following submissions...a suggestion: you might want to pick one to “chew on” for a day or so since there’s a lot to digest in a few words.

Cheers to collective wisdom! **Jane Bost, CCAPS Directorate/Newsletter Committee, The University of Texas at Austin**

- 1) I came across this piece of advice from Benjamin Disraeli while reading one day and it stuck: “The greatest good you can do for another is not just to share your riches but to reveal to him his own.” For me, it sets a nice tone in framing my work with clients.

**Ryan McKelley, University of Texas at Austin**

- 2) “This too shall pass”.

**Sarah Sloan, University of Texas at Austin**

- 3) “And what is as important as knowledge?” asked the mind. “Caring and seeing with the heart,” answered the soul.

The best down-to-earth advice I’ve received from a professional, regarding our work with clients is: “You can give ‘em the tools but you can’t make ‘em build the house.”

**Mollie Robbins, University of Texas at Austin**

- 4) When I was doing my first year internship in the social work graduate program, I was at Candlelighter’s Childhood Cancer Foundation. I wondered what I could say to any parent who had a child who had been diagnosed with cancer or a parent who had a child that had died from cancer. I was so concerned about this issue, that I met with one of the social workers there whose own child had died of cancer and I asked her this question. She shared that when her child died that it was helpful if someone was “just present with me to witness my suffering/my grief and if any words were said, it was only ‘I am sorry’ that was helpful.”

[What is this?](#)

**Cary Tucker, University of Texas at Austin**

- 5) I don't know if this is the BEST piece of advice... But it certainly ranks up near the top for me. Following are a couple of other related quotes:

"Confusion is the state of promise, the fertile void where surprise is possible again. Confusion is in fact the state we are in, and we should be wise to cultivate it." Paul Goodman

"In an environment with much pressure to avoid all mistakes, one ends up doing everything wrong.' O. Ivar Lovaas, 1989

"There is always a risk in being alive, and if you are more alive there is more risk." Ibsen

**David Gilles-Thomas, University at Buffalo**

- 6) The quote I have is from Albert Camus, and I have it written on a little note card that I wrote in 2001 when I was an intern and it says, "In the midst of winter I finally learned there is in me an invincible summer." It really helped me during a very difficult period in my life/internship just survive it all.

**Allen Lambert, The University of Texas at Austin**

- 7) I had a cartoon on my desk the entire time I was in grad school that said: "Slow and steady wins the race." As a recovering procrastinator, I found it a helpful reminder!

I also periodically remind myself of a quote attributed to Eleanor Roosevelt: "I gain strength, courage, and confidence by every experience in which I must stop and look fear in the face...I say to myself, 'I've lived through this and can take the next thing that comes along.'"

**Laura Ebady, University of Texas at Austin**

- 8) "Sometimes you have to become a little oblivious to others around you.": a response by a psychologist when asked how she manages to balance professional work and personal life while remaining so active and productive in both areas.

**Sandra P. Piedrahita Palacio, The University of Texas at Austin**

- 9) "Be your best friend"

**Carlos A. Hernandez, The University of Florida**

- 10) The advice that has been the most helpful to me is a quote that is a part of my email signature: "Our lives begin to end the day we are silent about things that matter" - Martin Luther King, Jr. Whenever I feel silenced by oppression, I remember this and find my voice.

**Claudia A. Clark, Bowling Green State University**

- 11) "Should've, could've, would've but didn't, so move on Chanda Corbett! Live your life today to the fullest!"

**Chanda Corbett, The University of New Hampshire**

- 12) I'm not sure if the following is THE MOST important quote to me, but it sure underscores what keeps me going. "One doesn't discover new lands without consenting to lose sight of the shore..." Andre Gide

I must constantly reassess myself, my world and the people and systems in it, and I must not be afraid to question the status quo. For me this means that I strive to EMBRACE diverse ideas, the wisdom of the past, and needed change for the future with creativity, patience, thoughtfulness, courage, and, above all, with optimism, laughter, and a balanced lifestyle! I work to live...I do NOT live to work!

**Kerry Hope, Texas A&M University**

- 13) "To laugh often and much, to win the respect of intelligent people and the affection of children, to earn the appreciation of honest critics and endure the betrayal of false friends, to appreciate beauty, to find the best in others, to leave the world a better place, whether by a healthy child, a garden patch, or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded." Emerson

**Toti Perez, Georgia Institute of Technology**

- 14) I'm not sure of the author, but "She who laughs, lasts" has long been my personal motto. :)

**Susan R. Stock, The University of Illinois at Chicago**

- 15) Here is a quote that one of my professors in undergraduate gave me and I have carried it around for a few years: "Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love." Lao Tzu

**Vivian Barnette, The University of North Carolina at Greensboro**

- 16) The best wisdom received was "worship life and moments" a magnetic poem from my then 7 year old daughter. She's 18 years old now, but I always remember that quote and try to practice that kind of childlike mindfulness.

**Annecy Baez, Lehman College/CUNY**

- 17) I have learned two pieces of advice that are particularly valuable to me. First, always go to the bathroom the moment you think you can and never pass up an opportunity to try even if you think you can't.

Second, it's never too late to say the right thing. How often we look back and say "I could/should have said/asked...." You CAN! Go back 3 minutes, three days or three years. Say "Can we back up a moment?" or you can say "Remember in 3rd grade when you said..." doesn't matter, it's never too late.

So that's my best piece of advice. My favorite saying is printed on my private practice cards: "Out of the mud the lotus blooms."

**Kitty Brougham, Creighton University**

- 18) "Get an education!"

**Michele Ribiero, Oregon State University**

- 19) A good leader doesn't get too invested in particular outcomes. Rather, a good leader trusts the process of thoughtful collective decision-making and allows the wisdom of all involved to determine the outcome.

**Ellen Taylor, Oregon State University**

- 20) My father was my greatest mentor and I find myself quoting him often. One of his quotes which I frequently use is "You can't go back where you ain't never been." It is a reminder for me to be patient with myself and/or others, and that the important thing is to be open to and seek out learning, not to already "know it all."

**Jane Bost, The University of Texas at Austin**

- 21) For those of us who are perfectionists: Don't fear mistakes in counseling others...mistakes create the best opportunity for learning and interpersonal intimacy.

When you're upset about something professional or personal, ask yourself "will this really matter 5 years from now?" Try it...the answer is very rarely "yes."

Both of these are advice passed to me.

**Vivian Yamada, The University of Central Florida**

22) Mottos I have lived by: "Seek truth (with love) and the truth shall set you free." –Aristotle

"Seek love with truth and truth with love." – me

"Seek first to understand before seeking to be understood." -?

"Upper administration is not just a job change, it is a lifestyle change."

**Karen Hofmann, University of Central Florida**

23) The following is wisdom that my first clinical supervisor shared with me and wisdom that I have tried to continue to share with others, as it has served me well. In the context of supervision as I lamented about the struggle I was having with a client's difficulty understanding what I was trying to tell her, my supervisor suggested the following: she told me that I needed to "sit on a swing" with my client. As metaphor was a powerful tool she often used, I sat with her suggestion and before my next session I really reflected on what she meant. I realized that "sitting on a swing" with my client would accomplish many things, first it would enable (force?) me to see the world from where she was sitting - her view, not mine; secondly, when I "sit on the swing" with a client, we are next to each other - there is an intimacy that occurs, one that I believe makes for a much more productive counseling relationship. So often, when I am struggling with "making a client understand what I'm trying to say," I recall that metaphor and try to move my position, from where I am stuck to "sitting on the swing" with my client. Though I may not have the same grace and skill my supervisor Diane Greenaway did when she gave me this powerful image, I do wish for all of you "many moments on the swing."

**Liz Snider, University at Buffalo**