

GUIDELINES

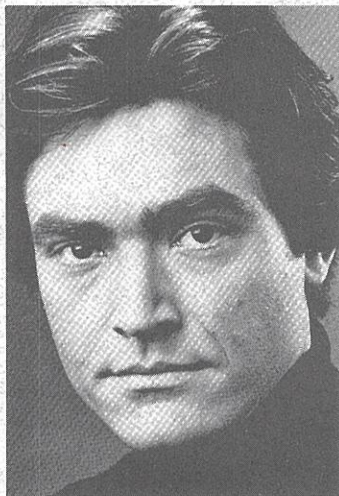
A Publication of The Ohio Counseling Association

Spring, 1997

Vol. 23, No. 3

From the President's Desk

Michael Maly



One of the duties of the OCA President is to orchestrate the mental and physical energy of our members toward an active appreciation for speaking out on behalf of their profession. The association is never at a loss for battles to wage. There are a host of factors in today's human service environment that can either provide us with opportunities to advance professional counseling, or threaten our clinical integrity or the needs of our clients. In fact, it isn't a question of whether there is a battle

to be waged, but one of the significance of the potential encounter.

Generalization about a group of people is always a risky proposition, especially in a medium as open as a professional association newsletter. I notice here that my ego is showing; that statement presupposes that people actually read this column. But my scientific conviction (both Myers and Briggs have promised to testify in my behalf in any class action libel suit) about counselors is that many, if not most, are not natural-born marketers and sellers. Now honestly, did you think that when you first aspired to a calling as noble as that of professional counselor that you would be exhorted to promote your profession, if not actively defend and justify your reason for being? Why would you have to advocate for your profession, your jobs, your livelihood? You're the givers and helpers.

Advocacy was the original focal point for this piece, but a ruling handed down on January 22, 1997, by the Ohio Supreme Court compelled me to a last-minute revision to consider the impact of this decision on professional

counselors and for its relevance to OCA. If you, as a member of OCA, regardless of your specialty, were ever wanting for an argument in favor of association membership, please read on.

In short, in the case of *Morgan v. Fairfield Family Counseling Center*, the court mandates that professional counselors, among others in the "psychotherapy field", be held liable for the violent acts of their clients. Previously from *Tarasoff*, psychotherapists had a duty to warn, and then only when a client made a threat to kill a specific individual. The Morgan decision extends that obligation to a duty to protect and a duty to control potentially dangerous patients. This will change the way you practice, regardless of your discipline. Counselor supervision, scope of practice, client rights, the economics of service delivery, costs of liability coverage, and obviously future legislation are all impacted. I strongly urge you to learn more about this case.

One of the items of *Morgan v. Fairfield Family Counseling Center* that should especially concern professional counselors is that an employee of the counseling

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From the President cont. . . .

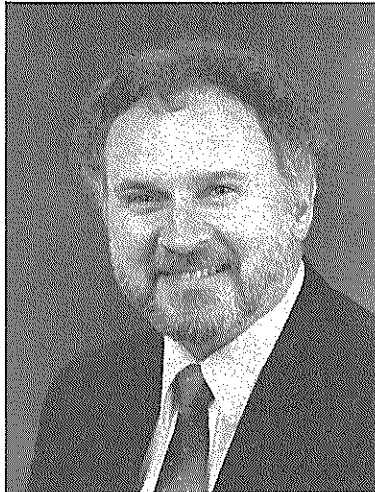
center who was found liable was an LPC who clearly failed to act appropriately by operating outside the scope of her practice. When professional counselors already experience an identity problem with our lawmakers, the tragic chain of events in this case create a great deal of public relations work for the profession. To add insult to injury,

one of the three justices dissenting from the majority referred to us in his opinion as "unspecified others in the psychotherapy field". Anonymity indeed, but not enough for cover!

You have rightly guessed that OCA is not the only group crafting a strategy to respond to this far-reaching decision. But among the many areas for us to address will always be to clearly establish for those outside the profession a clear understanding of who we are and what we do. Now more than ever before, we need the support of your membership and that of the more than 2,000 licensed counselors in the state who are not OCA members. Yes, you have to pay a price to advocate for yourself. Perhaps the question is better put: What price silence?

Consultant's Column

Joe Saunders



The OCA membership database reflects 1967 counselors, of which 1160 are current in their membership. Because we value the membership of the 807 who are not current, OCA will be sending to them a special letter citing the legislative gains which have accrued through our government relations efforts during the current

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year, with an application form enclosed to solicit their renewal.

In addition to providing a greater, more unified voice for counselors, membership growth is important because 87% of funding for OCA derives from dues. Membership is our financial lifeline.

A few lines about the recent court decision - the Ohio Supreme Court ruled in *Morgan v. Fairfield Family Counseling Center* that mental health providers have a **duty not only to warn, but to protect potential victims by insisting upon involuntary hospitalization** of persons thought to pose a threat to others. In the case, an unqualified practitioner had been asked by the client's parents to recommend involuntary commitment of the client. The practitioner, upon evaluation, declined to recommend commitment. The client subsequently killed both parents and wounded his sister. The sister brought the suit against the practitioner and the mental health center. She won in the local jurisdiction. Upon appeal, the appellate court ruled against the sister. The Ohio Supreme Court then ruled in her favor. This case has legal precedent.

In the Ninth U.S. Circuit Court of Appeals, *Jablonski v. United States* ruled that a therapist can be found liable in case s/he fails to pursue an involuntary commitment of a client who might harm self or others. However, Ohio Revised Code 5122.34 specifically holds harmless a therapist from harmful actions of a client. The conflict between the recent judicial ruling and the law in 5122.34 lends itself to doubt among professionals and their settings as to whether established commitment procedures are now adequate.

OCA representatives are considering carefully the implications of the ruling. They are collaborating with allied professionals in an effort to devise an appropriate plan of action consistent with values and ethics of OCA. More later!

Ethics

Susan Norris Huss

In the *Morgan v. Fairfield Family Counseling Center* case, the Ohio Supreme Court ruled that mental health providers have a duty not only to warn, but to protect potential victims by insisting upon involuntary hospitalization of persons thought to pose a threat. (See President's Message for details). This ruling has legal implications, professional implications, counselor training implications, and, of course, many ethical considerations.

In my opinion, the major ethical issue this case brings to the forefront of our profession once again is the issue of the conflict between the primary responsibility of counselors to respect the dignity and to promote the welfare of clients (A. 1. a. of the Code of Ethics and Standards of Practice of the American Counseling Association) and the responsibility to prevent clear and imminent harm to client and others...(B. 1. c.). Once again counselors are in a dilemma regarding where their primary responsibility lies. Not only is there question about primary responsibility, another issue comes forth in terms of liability.

Although a counselor needs to act in the best interests of the client, there is also need for prudence in terms of liability. Counselors want to protect themselves (and their work setting) from litigation wherever possible. Another ethical

consideration related to this case is the dilemma between doing what is in the best interests of the client and what will keep one from litigation. Counselors are often taught that if there is doubt it is best to "err on the side of cautions". In this case, that will probably result in more involuntary hospitalizations. Is that always in the best interests of the client?

As we look at the potential ethical dilemmas raised by this ruling, we encourage you to get as much information about this case as you can, hold discussions within your work setting about the ramifications to you as an individual counselor as well as to your work setting, and to develop a working model for how you will deal with this dilemma when it appears in your practice. And I guarantee that it will!

Most ethical dilemmas have no clear cut answers but if we approach them in a logical manner, we can respond in a professional, responsible, and ethical manner.

Solution-Focused Counseling

David Santoro

I'm not sure anything is really new. Don't you feel like we are just rediscovering old wisdom and giving it different names and explanations? At any rate, one of the "new" trends is called "solution-focused counseling". Prior to any formal training, my interest was aroused after having read a few articles and key books on the subject. I then decided to delve further into the subject with some of the "experts". I spent a day with John Walter and a week with Steve De Shazer and Insoo Kim Berg. Result? I really got turned on. The model is no panacea for me, but a very useful tool that can be added on to one's

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existing repertoire. What's different about solution-focused compared to the more traditional approaches?

Actually there are a number of important differences, but I'll just describe one that was striking to me. The more traditional models place considerable emphasis looking at what is not working, the so-called "problem" and its possible causes. The solution, therefore, is usually a recommendation to do something different. The doing of something different is often at the urging of the counselor vis-à-vis interpretations, advice, or recommendations. The counselor often assumes the role of the "expert".

The solution-focused counselor works differently. The emphasis is on helping the client find out what is working and then recommending that the client do more of it. Rather than look for a solution to depression, for example, the solution is viewed as the exception to depression. To get at "exceptions", the counselor asks many questions (the interventions). For example: "When have you been less depressed, even a little bit?" Or, "When are the times that you have not been depressed?" The "exception" questions are then followed up with: "How did you do that?" Since all problems have "exceptions", the counselor's role is less the expert and more one of "facilitator" to help the client discover their own "exceptions" (solutions) to their problems.

The reason that the solution-focused method is so powerful and empowering is that it is so user friendly. It helps clients notice and pay attention to their own strengths

Cont. next page . . .

Solution-focused Counseling cont. . . .

and resources and then recommends that the client do more of what is already working for them. In short, the solution-focused method is a very useful tool and one of the nice side benefits you will find is that you do not have to work as hard at trying to come up with solutions to client problems. Instead the solution is already inherent in the problem and you help the client discover it. Stay tuned. I'll try to share some specific tips in future issues.

Chapter and Division News

Greater Cincinnati Counseling Association

On January 3 and 4 of 1997, GCCA sponsored its annual winter workshop. This year's event, titled "Healing, Health & Humor, Focusing the Vision for Helping Professionals", addressed a wide variety of topics.

The use of breakout sessions at this year's workshop allowed participants to choose topics of greatest relevance to their work and/or of greatest personal interest. Selections included Mark Pruden's discussion of borderline personality disorder, Barbara Tonne's (a past GCCA President) lecture on career development issues, Roy Kiessling's presentation on EMDR, Nan Franks Richardson's talk on recovery from chemical addiction, Dr. Claudette McCarty's discourse on career development, Marie Hill and Barbara Doll's discussion on family mediation and conflict resolution, Dr. Janet Graden's lectures on children's self-competence and supporting families' efforts in raising healthy children, and Jean Whitney's roundtable discussion of current legislative issues.

In addition to the breakout sessions, participants enjoyed keynote presentations by noted author Vicki Lansky and by humorist and counselor John Wagner. Vicki spoke knowledgeably, from personal experience, about the challenges of divorce and shared techniques for overcoming them, while John kept participants in stitches as he discussed the use of humor in counseling.

An awards dinner on Friday evening offered a forum to Beech Acres in which to celebrate the fifteenth anniversary of Aring Institute's service to families experiencing separation, divorce, and remarriage.

The workshop also allowed us an opportunity to try to increase both membership and member involvement in the activities of GCCA. A short survey of participants and an announcement concerning the need for assistance with chapter activities were just two of the strategies we used to address these goals.

Overall, those who attended this year's workshop seemed to enjoy the variety of presentations and activities. Brainstorming for next year's winter workshop has already begun, but our immediate attention now turns to planning the GCCA annual spring meeting. Details about this event will be publicized as soon as arrangements are finalized.

Prior to the winter workshop, a vacancy occurred on the GCCA board when Rick Butts was forced to resign due to other commitments. Fortunately, Elie Herczeg Katal, Coordinator of the Health Alliance E. A. P. for Jewish Hospitals in Cincinnati, agreed to accept our invitation to become a trustee,

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thereby bringing our board membership back to full capacity.

Miami Valley Counseling Association

Miami Valley Counseling Association is sponsoring a workshop, "Spirituality in Counseling", April 11, 1997. The workshop will be presented by Joseph Emanuel, Ed.D., at Bergamo Center in Dayton, Ohio. Registration for the workshop will begin at 8:00 a.m., and the workshop will conclude at 4:30 p.m. Registration is \$35.00 for members and \$60.00 for non-members. Lunch is included in the registration price.

The program will provide participants with insight and awareness of the role of spirituality in the counseling process. The dynamics of spirituality in therapy and life will be presented. Identifying signs of a spiritual struggle in the counseling process will be addressed along with applicable techniques. An experiential component will be offered to participants.

Joseph Emanuel, Ed.D., is in private practice and has been a psychological consultant at the Miami Valley Hospital Care Unit since 1983. He is a retired faculty member of the Department of Human Services at Wright State University. He is a certified alcoholism counselor and a licensed psychologist in the state of Ohio.

A MVCA Executive Committee Meeting will be held during lunch at the workshop. Members are invited to attend the meeting. Additional information about the workshop and registration forms can be obtained by calling Amy Eiler at (937) 435-1662.

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Another workshop is planned for the morning of May 31, 1997, "Psychopharmacology for Counselors", presented by John Swank, MS, LPCC. John will offer information about psychopharmacology from a counselor's perspective. He is in private practice in Trcy, Ohio. He specializes in work with adult depression and anxiety, along with a strong focus on "difficult to handle" children.

North Central Ohio Counseling Association

NCOCA invites you to join your colleagues March 8, 1997, at a Saturday workshop on new methods to counter the effects of violence on our clients and their families. "Breaking the Cycle of Family Violence...Brief Intervention Strategies" is the second of NCOCA's three-part series of programs on violence. Starting with a continental breakfast at 9:00 a.m. at Kent State's Governance Chamber of the Student Center, our winter program starts with Dr. Jacqueline Y. Warren, Ph.D., LPCC, as the keynote speaker. Dr. Warren is a recognized authority in brief therapeutic intervention for delinquent juveniles and their parents. Following Dr. Warren, a panel including Timothy Boehnlein, MA; Margo James, LPC, LISW; and Sandra L. Straffen, RN, will share their own strategies to help perpetrators and victims of domestic violence. A fifteen minute question and answer session will conclude the three CEU credit program by 1:00 p.m. The cost of this informative morning is \$25.00 pre-registered; \$30.00 at the door. Students cost is \$20.00 pre-registered; \$25.00 at the door. NCOCA members get a \$5.00 discount. For reservations or information, contact Earbara

Bryndal, 14637 Russell Lane, Russell Twp., OH 44072 - phone (216) 338-8938.

The final NCOCA meeting will be just as interesting. The spring program begins at 5:30 p.m. at the Holiday Inn in Independence, Ohio, and includes election of new officers. "Violence Prevention: What Can Be Done?" will end our look at the issue of violence in our society. Presenters will be Orville Dean, MA, CCDCIII, President of Dean Training Services, Inc., and Michael Smeltzer, MOH, Injury and Violence Prevention Coordinator, Columbus Health Department.

Keeping with our goal of uniting the counseling profession, NCOCA's program committee has applied for CEUs through the State Department of Education. This will enable school counselors to earn CEUs for counselor certification renewal. Certification CEUs, however, include attendance at the March and May meetings. School counselors can earn five CEUs by attending both NCOCA programs.

Plan now to join NCOCA and expand your professional horizon.

Ohio Career Development Association

Planning for the OCDA spring conference, "Career as Story: Career Counseling Techniques for the 21st Century" is complete. The program will be held at the Nationwide Training Center from 9 a.m. to 4:15 p.m. April 18. The registration fee is \$60 which includes lunch and Ohio Counselor and Social Workers Board and NCC CEUs, if desired. Ohio Department of Education approval has been applied for. Space is limited, and we expect a large crowd; early registration is

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recommended. For more information contact Mindy Bigman, JCU - Student Career Development Center, 20700 N. Park Blvd., University Heights, OH 44118.

Northwest Ohio Counseling Association

The NWOCA board has voted to again offer two grant programs this year, one for special counseling-related projects sponsored by NWOCA members. The other grant will take the form of book scholarships available to promising graduate students. Two or three grants from up to \$200 will be awarded for programs which focus upon enhancing mental health or promoting the counseling profession.

Who is eligible? You must be a current regular member of NWOCA. Application process: In no more than two typewritten pages, include the following information: name, address, phone number, place of employment, description of the proposed project, other sources of funding, and budget of proposed expenditures. Mail your completed application to: Paul Trivette, Educational Foundations and Inquiry, Bowling Green State University, Bowling Green, OH 43403.

For additional information, please contact Paul Trivette at (419) 372-7302. Students may obtain book scholarship applications from their graduate program advisors or from Paul.

School counselors are reminded that project grants are also available through OSCA. For additional information, contact Helen Gilbert at Waite High School, (419) 691-4687.

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Chapter/Division News cont.

The Ohio Counseling Association and the Ohio School Counselor Association is sponsoring a training workshop titled "HIV: It's Effects on Our Teens and Families". The program is scheduled for Saturday, March 22, from 8:00 a.m. to 1:45 p.m. Registration is \$7 and enrollment is limited to 40 persons. Five CEUs will be offered for counselors through the Counselors and Social Workers Board and five CEUs for school counselors through the State Department of Education. Lunch will be provided. The training will be held at St. Vincent's Medical Center Outpatient Behavioral Services at Westgate Meadows in Toledo. Family dynamics, youth with HIV, women with HIV, caregivers, and death are areas that will be covered. Call Mike Linthicum at (419) 353-4406 for additional information on registration.

East Ohio Counseling Association

A multi-county wide Directory of Professional Counselors is being formulated for distribution by fall to managed care companies, EAPs, hospitals, doctors' offices, etc. It is guaranteed to be a state of the art professional resource for anyone needing to make a referral. Information on individual counselors will include education background, populations served, and specialty areas. The directory will be a useful marketing tool and an educational reference about counselors and our profession. If you are interested in obtaining a descriptive flyer, contact Carrie Crawford, LPCC, at (216) 332-1514 or Barb Denny, LPCC, at (330) 337-7759.

Mark your calendar for the EOCA/Chi Sig March 17 workshop at YSU. Diverse areas of concentration include: healing,

substance abuse, legislative news, school issues, and use of the sand tray in treatment. Watch for your brochure or call Judy Roth at (330) 783-7701 for details.

Ohio School Counselors Association

The first week of February, OSCA President Jean Howes received a letter from ASCA President Carolyn Sheldon. The leadership of ACA, ASCA, and AMHCA met and discussed plans for restructuring the membership options for ACA divisions. According to Carolyn, a task force to consider models which could create new relationships is presenting their findings in late January and February. The models suggested by ASCA and AMHCA are included in the findings. ASCA leadership is hopeful that the ACA governing council will accept the changes so that all counseling divisions will be able to continue sharing common goals. ACA has had to tap financial reserves this year. Formulating a new alliance with all counseling divisions could enhance ACA's financial status as well as provide a common meeting ground.

Terri Pregitzer continues to serve on the Ohio Learner Standards Panel. The State Board of Education will be working on a final draft of the new standards at their next meeting. It appears that they might have new graduation standards as one of their recommendations. Terri will continue to advocate for the role of the professional school counselor in the standards.

OSCA executive board members have been serving on the Secondary and Higher Education Remediation Advisory Commission, which has been studying how to reduce the

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number of first year college students who score below entry level competency in course work. The need for counselors to have more time for career and academic counseling has been articulated at these meetings.

OSCA's communication with school superintendents regarding the role school counselors have in student learning and development has resulted in encouraging responses.

OSCA is currently correcting and updating its database.

Election of OCA Officers

The following slate of officers for 1997-98 is presented to the members of OCA by the Nominating Committee:

President Elect

Rose Quinones-DelValle
Scott Hall

Each of the above candidates has filed all necessary materials with the chair of the Nominating Committee, Past President Proxy Susan Huss. A biographical sketch of each candidate follows.

Rose Quinones-DelValle, LPCC, NCC, LSW, is a doctoral candidate in counselor education at Kent State University, with graduation expected in August, 1997. She received her master's degree in community counseling and baccalaureate degree in history and social work from Youngstown State University. She practices at Total Care Psychological and Counseling Services in Youngstown, where she works with clients ranging from mood disorders to developmental, environmental, and issues of diversity. She works with the Spanish-speaking population of Mahoning County and is

recognized as providing culturally and language specific counseling to her clients as well as for the Mahoning County Mental Health Board.

Rose is a member of ACA, OCA, EOCA, Association for Counselor Education and Supervision, national and state divisions of Association for Multicultural Counseling and Development, Addictions and Corrections Counselors Association, Association for Gay, Lesbian & Bisexual Issues in Counseling, and a former member of AMHCA. She also works as a music minister for the Youngstown Diocese through the Society of St. Paul in Canfield.

Rose believes counselors need to present a unified front to consumers and legislators alike, and actively participate in promotion of the profession. She believes counselors must be proactive in attracting nonmembers into the association. As well, she believes counselors must become skilled in multicultural competencies, declaring that Multicultural Counseling Theory is as viable as other counselor theories.

Scott Hall, LPCC, is an assistant professor of counselor education at The University of Dayton. He received his Ph.D. in counselor education from Ohio State University in 1994. He received a M.Ed. in counselor education and student personnel services from Ohio University in 1991. His bachelor's degree is in business administration.

Scott is a member of ACA, OCA, ACPA, and ACCA. He is treasurer of OCA and serves on the OCA Executive Council.

He is experienced in provision of mental health services and has

served as consultant to the Ohio Counselor and Social Workers Board. Scott achieved the rank of captain in the United States Army Reserve.

Scott is presently cooperating with the Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC) to establish a new state division in Ohio. He, with President Elect Eileen Self, is currently developing a survey for LPC/LPCCs to determine how OCA might more effectively meet their professional needs.

Scott represented OCA at the Midwest Regional Conference at Fargo, where he participated in discussion of issues pertaining to the proposed disaffiliations of AMHCA and ASCA from ACA. He believes that every effort must be made by the associations involved to resolve the issues, so that counselors of all specialties might present a unified voice to those in position to determine policies which affect all professional counselors.

Candidates with the highest number of votes will assume office on July 1, 1997. Your ballot is important to OCA.

PLEASE VOTE!!



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Ballot

Please mark your choice for President Elect of OCA, cut this ballot off, and mail to :

OCA
Heidelberg College
14 Clinton Avenue
Tiffin, OH 44883

PRESIDENT ELECT

- Rose Quinones-DelValle**
- Scott Hall**

Your vote must be postmarked not later than March 31, 1997.



Humor in the Profession

My Top Ten Myths About the Counseling Profession Beth Britton

This March will mark the end of my second year in my first full-time position as a counselor. This time has been filled with what our mothers used to call "growing pains". While my graduate training prepared me well in some respects, there were some lessons that I had to unlearn before I could function effectively in my job and still maintain a shred of my own sanity. Without further ado, here is my top ten list of myths that died hard when I entered the real world (with the usual apologies to David Letterman, of course).

10. Myth: EVERYBODY DOESN'T LIKE SOMETHING, BUT NOBODY DOESN'T LIKE COUNSELORS! (Sung to the tune of "Nobody doesn't like Sarah Lee").

Reality: I quickly found out that among the population with which I work, counselors rank right up there with judges, lawyers, and narcotics detectives.

9. Myth: ACCORDING TO THE TEXTBOOK, HERE'S WHAT SHOULD HAPPEN NEXT.

Reality: If anyone out there has ever seen a "textbook case" of anything, please submit it to **Guidelines**. I would love to read about it, not that I'll believe you.

8. Myth: WOULD YOU LIKE TO KISS MY MASTER'S DEGREE?

Reality: My M.A. in counseling was almost as helpful in my job search as my B.A. in psychology. (Note: In the job market, a bachelor's degree in psychology is about as useful as a prison record!)

7. Myth: Y.A.V.I.S., ANYONE?

Reality: Guess what! Anyone who is that Young, Attractive, Verbal, Intelligent, and Sociable *probably doesn't need therapy!*

6. Myth: MULTICULTURAL ISSUES? HOW HARD CAN THAT BE?

Reality: I keep finding out that I'm whiter than a mayonnaise sandwich on Wonder Bread with a vanilla shake on the side. My culturally different clients have no qualms about reminding me of this. (Hopefully, they will continue to do so until I get the message!)

5. Myth: WEALTH BEYOND MY WILDEST DREAMS!

Reality: If you have spent any time at all working for an agency, you need no explanation on this one. If you are student, let's just say that early retirement to an exotic location probably is not in your future.

4. Myth: I WORK FOR A GOVERNMENT-SUPPORTED AGENCY; MANAGED CARE WON'T AFFECT ME.

Reality: It's everywhere! Aaaaarrggghhh!

3. Myth: HOT PROPERTY.

Reality: Who *wouldn't* want to hire an unlicensed, female, master's-level counselor in her twenties? I would read you the whole list, but you might not live that long.

2. Myth: WITH ALL THIS PERSONAL FULFILLMENT FROM MY WORK, WHO NEEDS TANGIBLE REWARDS?

Reality: Some days, the paid training, free uniforms, and half-price meals at McDonald's seem pretty enticing!

1. Myth: QUICK, LONG-LASTING RESULTS.

Reality: If you need to be able to see, touch, taste, and smell the

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fruits of your labors, *become a pastry chef!*

Book Review

Beth Britton

Schiller, L. and Bennett, A. The Quiet Room: A Journey out of the Torment of Madness.

You are bright and talented, the oldest child and only daughter of an affluent family in Scarsdale, New York. Your future is full of limitless possibilities. Then one night when you are seventeen years old, terrifying, sinister voices that only you can hear begin crying out in the night, robbing you of your future, piece by piece. This is how Lori Schiller's ordeal with the ravages of mental illness began. Ms. Schiller (with co-author Amanda Bennett) details her fifteen-year battle to overcome schizophrenia in **The Quiet Room: A Journey out of the Torment of Madness**.

The Quiet Room should be required reading for every counseling student and professional, especially those who work in mental health. Ms. Schiller writes with frankness and honesty about what it was like for her to lose control of her life and her own mind. The excerpts she shares from her experience will give therapists an "insider's" view of what it is like to be caught in the revolving door of the mental health system, (although her experience may not be completely representative of the clients with which many of us work, as her family could afford private hospitalization). Passages from Ms. Schiller's diaries, which she kept even during her psychotic episodes, provide chilling insight into the sound of the angry, frightening voices that screamed in her head for years. Clinical notes from her hospital stays confirm the

severity of the author's illness. Ms. Schiller also describes her frustration at years of psychotropic medications that caused horrible side effects and did not alleviate her symptoms, self-medication with street drugs, and finally, success with clozapine, an antipsychotic drug that has given hope in what were previously considered hopeless cases.

Ms. Schiller's father, mother, and two brothers contribute chapters to this book as well. I felt an uncomfortable pang of recognition as Ms. Schiller's mother described her interactions with the well-intentioned therapy staff who encouraged her family to face reality and accept their loved one's illness. What we therapists often label as hostility or resistance was in this case an expression of the grief and despair the family experienced as they watched their daughter deteriorate from a bright, vivacious young woman to a chronic mental patient. It was also helpful to be reminded that the family's hope, which many therapists would label as unrealistic, was eventually rewarded to a large extent.

Ms. Schiller's psychiatrist also contributes a chapter describing her interactions with the author. While she does offer some theoretical/philosophical perspectives on the treatment of schizophrenia and a general summary of her involvement in Ms. Schiller's case, this is not a treatment manual or case study. What this chapter, and indeed the whole book, offers the reader is a lesson in compassion as well as a lesson in hope for those coping with chronic mental illness. I strongly recommend **The Quiet Room** to all mental health professionals.

Counseling Awareness Month

April is Counseling Awareness Month, a time when professional counselors can gain exposure in communities and share information about the benefits of counseling and the work that professional counselors do. There are a number of activities that you can do, from writing a letter to the editor explaining the work that counselors do, sponsoring a parenting workshop with your local PTA, or even participating in a local health fair. If you would like to explore this idea in more depth, please call Susan Freimark at (216) 368-4297 or at home at (216) 382-8826. I have suggested formats for you to follow to make counseling awareness month in your community a visible and positive campaign.

Guidelines Advertising Rates

Full Page	\$250
Half Page	\$125
Quarter Page	\$ 65
Back Cover (1/2 page) or preferred placement:	Add \$25. Discount 15% if add runs 2+ issues.

Legislative News

The amendments to the counselor licensure law take effect on March 18, 1997. The Ohio Counselor and Social Workers Board (OCSWB) is currently involved in writing rules, which defines how the law will be interpreted. Rules for implementation must be completed prior to the effective date. Other rules are written in a more leisurely manner.

At the request of the board, OACES personnel is giving input

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as to the most feasible interpretation of the law from the counselor education perspective. Rules hearings will be announced prior to the formal acceptance of the new rules.

DON'T

FORGET

TO

VOTE!!

Ohio Counseling Association (OCA)

Award Nomination Form

Date _____

CHECK ONE

NOMINATOR

Name _____

Address _____

Phone () _____

NOMINEE

Name _____

Address _____

Phone () _____

CHARLES "CHUCK" WEAVER

Long and distinguished service to the counseling profession and exemplary caring for people.

MERITORIOUS SERVICE

Promoting the counseling profession.

HERMAN J. PETERS

Exemplary leadership to the counseling profession.

COUNSELOR OF THE YEAR

Using OCA goals in provision of direct services, maintaining professional standards, and dedication to one's job.

NOMINATION PROCEDURE: Please submit this form with a supporting statement of 250 words or less. Letters of support are also encouraged. Attach a current vita and/or brief biographical sketch of nominee. Nominee must be a current OCA member.

PLEASE SUBMIT THE MATERIALS TO:

REBECCA B. JENKINS, OCA Awards Chair
1398 Meadow Wood Dr.
Fairborn OH 45324
H (513) 878-2255
W (513) 328-2041

DEADLINE IS APRIL 30, 1997

Finding Time: Managing Your Most Precious Resource

a professional development program for counselors

presented by Ronald L. Partin

April 18 - 8:30 - 4:30

Driscoll Continuing Education Center, University of Toledo

Sponsored by the Ohio Counseling Association and the Northwest Ohio Counseling Association
O.C.S.W.B. and Ohio Dept. of Education CEU's available

- **TIME: YOUR MOST PRECIOUS RESOURCE**

- The myths of time usage
- Identifying your time robbers
- Keeping a time log
- Working smarter, not harder
- Time as an investment

- **DISCOVERING WHAT YOU WANT**

- Goal setting for success
- The power of mental imagery
- Wishes vs. goals
- Overcoming obstacles to your objectives

- **PLANNING**

- First things first: Setting priorities
- PERT: Planning the big projects
- Scheduling your time
- Discovering your prime time
- Effective delegation

- **GETTING ORGANIZED**

- Using lists effectively
- Coping with the paper blizzard
- Effective record-keeping
- Cutting reading time
- Minimizing interruptions
- Coping with the drop in visitors
- Decreasing telephone distractions

- **MORE PRODUCTIVE MEETINGS**

- When not to meet
- Effective committee leadership
- Six cardinal rules for successful meetings
- Delphi Technique: Meetings with nobody there

- **ATTACKING TIME TRAPS**

- Combatting procrastination
- The pitfalls of perfectionism
- Handling worry and fear
- Enhancing your communication
- Contracting for self change
- Just say "no" (tactfully)
- Getting the most out of travel time



For more information contact Mary Igoe-Meyers at 1532 Bernath Pky, Toledo, OH 43615. Phone: 419 867-9727

OCA's Banner Year

Spring 1997

Dear Counseling Colleague:

This has been a banner year for the Ohio Counseling Association's legislative efforts. Thanks to an increase in member dues, the work of the Government Relations Committee and consultant Cynthia Snyder has paid off.

➤ Students, immediately upon completion of the academic requirements for a master's degree and passing the state licensure examination *will become LPCs*. They will be eligible for LPCC status upon completing the 3000 hours of post-master's supervision experience. If the LPCC is not their goal, they may practice as an LPC. This helps counseling students to compete on a par with other licensed helping profession graduates.

➤ *The amended law removes the requirement for LPCC candidates to show that they would be admittable to a doctoral program as evidenced by GRE or Miller Analogy scores.*

➤ *The amended law grants individual autonomy to the Counselor Professional Standards Committee and the Social Worker Professional Standards Committee to deal exclusively with their licensees. This will greatly speed efforts to grant licenses to counseling candidates.*

➤ *The tort reform provides a time limit to malpractice suits. Counselors now may not be sued for malpractice beyond a one year period after the aggrieved party discovers a grievance. Previously, no limitation existed.*

Critical advocacy efforts that continue are:

- Creating a job classification for LPC and LPCCs in the *Ohio Department of Rehabilitation and Corrections* so counselors are recognized as service providers.
- Effort to be included as a *provider in managed care agreements* by the National Committee on Quality Assurance (NCQA).

These are significant gains. However, support for this legislative initiative is costly. If your membership has lapsed, please rejoin. OCA is 1160 counselors strong. There are many more LPC, LPCCs in Ohio that do not belong.

Membership Also Provides:

- A Professional Identity
- A Strategic Public Relations Campaign
- Professional Network Contacts
- Professional Development Opportunities –CEUs
- A Statewide Newsletter
- Chapter Membership
- An Executive Director

OCA NEEDS YOU

Joining and being actively involved in your counseling profession is an important commitment -- one I know you will gain by making. We invite you to renew or become a new member of OCA!

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CAREER AS STORY: CAREER COUNSELING TECHNIQUES FOR THE 21ST CENTURY

1997 SPRING CONFERENCE

Co-sponsored by the:

OHIO CAREER DEVELOPMENT ASSOCIATION
GUIDANCE & COUNSELING SECTION, OHIO DEPT. OF EDUCATION

Guest Speaker:

DR. MARK SAVICKAS

Dr. Savickas, an international leader in the career development field, is Chair of the Behavioral Science Department at the Northeastern Ohio Universities College of Medicine in Rootstown, Ohio. Dr. Savickas is also the present editor of the Career Development Quarterly and the 1996 recipient of the NCDA Eminent Career Award. He is recognized for his leadership in the field including hundreds of presentations, extensive research and writing as well as serving as co-organizer of three landmark conferences featuring career theorists and researchers. Mark is the leading proponent of an Adlerian approach to career counseling. His presentation will offer new and helpful ways to look at career development and choice, and suggest creative ways of working with your students and/or clients.

FRIDAY, APRIL 18th, 1997

*** NATIONWIDE TRAINING CENTER - COLUMBUS, OHIO ***

8:30-9:00am Registration & Refreshments
9:00-10:15 Career Counseling in a Post-Industrial Society
10:30-12:00 Life Themes in Career Choice and Planning
12:00-1:00 Lunch on site
1:00-2:30 Life Theme Assessment
2:45-4:00 Life Theme Counseling
4:00-4:15 Evaluation

\$60.00 Registration fee- 6 CEU contact hours for LPCC, LPC, NCC & ODE

* Limited space available - seats filled on a "first received" registration basis * *

* Registration deadline: April 1, 1997. 48 hr. cancellation notice required for refund.

* Nationwide Training Center has a block of rooms on-site reserved for 4/17 at special rates for conference attendees - please indicate on registration form if need room (\$36/person dbl, \$50/ person single). Map & additional motel info to follow with receipt of registration.

* Please send registration form, and \$60 check (payable to: OCDA Spring Program), to:
Mindy Bigman, Registration Coordinator; JCU - Student Career Development Center
20700 N. Park Boulevard, University Heights, OH 44118

OCDA SPRING PROGRAM REGISTRATION FORM Registration deadline is April 1st.

Name _____ Address _____

Organization _____

Phone# Day () _____ Evening () _____ Room needed for 4/17? single ___ dbl ___

Please indicate CEUs needed: _____ NCCC _____ NCC _____ ODE _____ LPC _____ LPCC

License # _____ Social Security # (for CEUs) _____

OCDA use only - date rec'd- _____ paid _____



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