

GUIDELINES

A Publication of The Ohio Counseling Association

A Branch of the American Counseling Association Summer, 1999

Vol. 25, No. 4



From the President's Desk

Scott E. Hall, Ph.D., LPCC

Challenging Others - Challenging Ourselves: A Reflection of Bosnia

Challenging others and challenging ourselves is not meant to represent two ends of a continuum, but efforts that are intertwined, complimentary, frustrating, rewarding--an approach to life that continuously reminds us that we are on a journey of discovery. Through our efforts to challenge others, we too become challenged.

As president of OCA, I have immersed myself in the challenges of the office. I have challenged members to become active, nonmembers to join, division and chapter presidents to advance their respective groups, and colleagues to become unified. As a counselor educator, I challenge students on a daily basis to critically reflect, get involved, and build. As a practitioner. well, challenging others to better themselves seems to reflect much of our work.

I recently had the opportunity to take my challenges to a new level. In February, I traveled to Sarajevo, Bosnia-Herzegovina, where worked with colleagues at the University of Sarajevo to explore, design, and implement mental health services in the schools and communities throughout Bosnia-Herzegovina. The 1995 signing of the Dayton Peace Accords, which officially halted the destruction of Sarajevo, preceded my visit. An agreement of collaboration was recently signed between University of Dayton (where I am an assistant professor) and the University of Sarajevo. Dayton and Sarajevo will officially become "sister cities" this summer. Therein lies the groundwork for my involvement.

Personally, I wanted to test myself, see how I would react to visible devastation, personal stories of coping and resiliency, and spiritual and ethnic diversity, all wrapped in my driving need to be connected on a global scale. Local community involvement is important as therapists. Also critical is an awareness of local issues impacting the population in the community. However, as we move into the new millennium, I think it is important to broaden our horizons and understand worldly struggles-struggles that may provide insights on how we view and work within our own communities.

My visit was, therefore, to both give and receive, which I found to be a welcomed arrangement. As my plane descended to the small Sarajevo airport, I immediately understood how the city had been under siege for three and one-half years. Menacing mountain ranges and hilltops surround Sarajevo. I visualized being in the bottom of a bowl large mixing where destruction had poured in daily, overturning all semblance of peaceful living. Buildings and homes seemed to all be marked by gunfire ranging from gaping holes to surface chips.

One of the people who met us at the airport was the former Minister of Education. During the war, he designed a system of shuffling children to various parts of the city for school thus avoiding groupings that were too large and routine in their location. Despite his efforts, 10.000 children were killed. I could only imagine my own children attempting to run through a maze of back alleys, not knowing if they would reach "school" that day or return home.

On my daily treks around town the visible reminders of life disrupted were everywhere. For me, the most shocking were "Sarajevo Roses." The exact spots where a person, or persons, had been shelled were filled in with a red acrylic, which hardened to a permanent reminder.

The people of Sarajevo were friendly, determined, and concerned. They understand hardship and ache to move forward in their lives and community. Questions of "Why?" and "What now?" are evident, to some degree, on all their faces. In 1984. Winter hosted the Saraievo Olympics. The town went from the pinnacle of world recognition to the depths of despair in eight short years.

Clearly, there remains much work economically do and emotionally. Jobs are needed. living conditions require improvements, and trust needs to be reestablished. As you might post-traumatic stress imagine, disorder is one of a myriad of mental and emotional struggles. Bosnia-Herzegovina is far, far away (as I tell my daughter) and a different language (Croatian) is the norm. However, I experienced a diverse people who care deeply for families, and children, their

communities. They want to be safe, healthy, and happy and are struggling to get there. I want to help. The reason for their struggle is nothing like I have previously experienced. I have been tested for the better.

Sometimes we need to jump in with both feet and remain flexible enough to flow with the experience. However, engaging in an opportunity is only half the effort. We must also critically reflect on the experience and ask the tough questions of ourselves, "How does this experience impact me personally and professionally?" "How will I view others and myself differently, if at all?" "How has my individual journey been enriched?"

So, as I move closer to becoming the past president of OCA, I would like to challenge you once more. Look for experiences that can enhance your journey (remember we are all on one). This may be workshops, travels, different clientele, books, etc. (Oh, but don't forget coffee shops!)

Ask yourself the tough questions and don't fear the struggle. This is a sure sign you are being challenged!

-- Peace, Scott

From the Executive Director

Joe Saunders, Ph.D., LPCC

As of June 1, 1999, OCA has a new address:

OCA PO Box 603 Tiffin, OH 44883

Please correct your records to reflect this change.

Guidelines

I regret the lateness of this edition of **Guidelines**. The delay was occasioned by the sudden passing of my mother on May 2. Your kind expressions of sympathy and caring are much appreciated.

Membership Certificates

You are active in the state's largest and most respected professional counseling association . . . you support the high professional standard set by the Ohio Counseling Association . . . and now you can display your professional pride to your clients and peers with this professional certificate embossed with a gold foil OCA logo!

Order Your Certificate Today!!

Certificate OCA)	-	\$7.50	(payable	to
Name				
ID#				
Address				
City		State	Zip	

PLEASE PRINT EXACTLY AS YOU WISH YOUR NAME TO APPEAR ON THE CERTIFICATE (maximum 25 characters).

Legislative Update

Cynthia Snyder, J.D.

The following bills of interest to counselors are being monitored:

HB 71 Would define by statute a therapist's duty to warn third parties about threats of violence from patients being treated on an outpatient basis. Passed the House.

HB 53 Would require insurance policies to eliminate artificial coverage restrictions for mental health services, as compared with physical health services. Hearings are being held, but appears to be an uphill battle.

HB 212 Would require State Board of Psychology to license persons with a masters' level psychology degree as "psychological associates", and define the practice of associate psychology. Intent of sponsor is to make psychological associates equal in scope of practice to LPCCs and LISWs. In the House Commerce and Labor Committee.

HB 238 Excludes school counselors from being hired under administrative contracts. Passed the House.

SB 75 Would license marriage and family therapists and expand the Ohio Counselor and Social Workers Board (OCSWB) to include marriage and family therapists. Defines marriage and family therapy as including the diagnosis and treatment of mental and emotional disorders. somewhat problematic provision given the extent to which marriage and family therapists are clinically trained. Pending in the Senate Health Committee.

The OCSWB is attempting to deal with the effect of 1997 changes in the law which licenses counselors. For those who were engaged in their three years of experience that was formerly required prior to issuance of the LPCC license, the board adopted a rule stating that it would accept experience which was duly registered up until January 1. 1998. Some individuals who were unaware of the change did not take the licensure exam, but continued through 1998 to accrue prelicensure hours of experience. only to be told that the hours gained after January 1, 1998, could not be credited toward their total experience. A meeting was scheduled May 14 to discuss ways of resolving this dilemma.

A colleague in the Youngstown area reports that some companies who are self-insured are seeking to gain possession of casenotes on insured employees from mental health providers. claiming ownership by virtue of being selfinsured. Apparently, the courts are sympathetic to such an attack on the confidentiality standards which mental health providers cherish. It behooves counselors to confront such attacks at every opportunity. Awareness is the key! OCA will keep you informed of such threats, as well as coalesce with other organizations to combat them.

Most Asked of OCSWB

Beth Farnsworth, OCSWB Executive Director

Question 1: Can an LPC supervise a masters' level counseling intern in an agency for the internship requirement for the masters' degree in counseling?

Answer: An LPC can supervise a masters' level counseling intern in an agency setting provided that the intern is not diagnosing and treating mental and emotional disorders at the site.

Question 2: Do interns have to file or register a training agreement at the beginning of their internship?

Answer: Interns are not required to file a counselor training agreement with the board. The Counselor Professional Standards Committee recommends that students register practicum and internship experience. The form has not changed at this time but will be updated very shortly. Students are

Guidelines

required to file a "Verification and Evaluation of Supervised Experience" form within 30 days of completion of each experience.

Question 3: Do people who are completing the 3000 hours of supervised experience have to file or register a training agreement at the beginning of the 3000 hours?

Answer: Individuals who are working towards the 3000 hours of supervised experience for the LPCC must complete a "clinical resident" form prior to beginning the supervision. This will also be a new form. The form may be submitted once the individual has been licensed as a LPC or has received a provisional license. If it is not filed timely, the board may not accept the supervision.

Reflections of a Therapist

Carolyn Helmuth, LPCC

Recently a client wrote a thank you note saying, "I feel blessed to have you participate in this 'new beginning' in my life. Your love and common sense have been invaluable in my healing."

Another client e-mailed this comment, "I know you can't take all the feelings of hurt and frustrations away from my life. But for the way you are teaching me to cope with and handle the problems and troubles that come my way, I can't thank you enough. One other thing I have not mentioned is you are teaching me to like myself."

A young man attending counseling with his girlfriend remarked, "Before coming for counseling, I never would have believed how much it would change my life. I am more sensitive to really listening to what others have to say and my responses back to them."

While planning activities for April's Counseling Awareness Month, I took a few minutes to reflect on why I became a therapist and what I enjoy about it. My first thought was that people fascinate me. I enjoy working with, listening to, and sharing ideas with people. I recall as a teen teaching Sunday School and Bible School classes, working with youth groups, and participating in clubs during high After graduating from school. college, I was employed as a high school teacher and then worked several years in a county welfare department. For the past twenty years I have been involved in some capacity in the area of counseling. While I worked as an office manager for a psychology practice, I enjoyed the daily contact with clients as well as the therapists working in the office.

Finding myself facing a transition from a married woman to a single woman, I decided a career change was needed so I went back to college. I began to earn a masters' degree in counseling because of my enjoyment with people and my experience in the counseling office. I have never doubted nor regretted that decision.

One of the greatest rewards in counseling is to see a client's face when they up have experienced an "aha insight moment." A client's behavior and facial expression will often reflect the painful thoughts and feelings they are experiencing. When that breakthrough moment comes, their whole demeanor changes. body relaxes and their facial expression softens. It is a joyous time for both the client and myself as we experience together their new beginning.

Virginia Satir, a family therapist, stated, "People need to see themselves as basic miracles and worthy of love." People have the right to fulfill their dreams and strive toward their full potential. It is rewarding to see clients become proactive for themselves and to start taking steps in becoming the person they want to be. I enjoy offering support, insight, guidance, and encouragement as clients journey toward lives of peace and harmony. I am awed and humbled by clients that allow me to be part of their healing and growing.

Learning from my clients is another benefit I receive from counseling. I have learned the value of patience, silence, and not rushing the healing process. Just as the caterpillar in the cocoon needs time and patience to become a beautiful butterfly so do people need time to uncover and understand life choices that are not working. Just as only the butterfly knows when its wings are strong enough to emerge from the cocoon, I have learned to trust the client's inner wisdom in knowing when they are ready to fly.

have taught me Clients appreciate and value diversity. My life experiences clients' and thought patterns are all different, but all add to the richness of my From my clients I have learned about different religious beliefs, cultural traditions, and occupations. Clients have broadened my knowledge of leisure time activities and hobbies. I have shared wonderful experiences with my clients talking, listening, crying, and laughing that have made a difference in my life. I am grateful to all my clients for allowing me to be part of their "new beginnings."

(Carolyn I. Helmuth is a Licensed Professional Clinical Counselor and owner of New Beginnings:

Guidelines

Counseling for Change and Growth located in Fairlawn, Ohio. She can be reached at (330) 869-5279 or chelmuth@msn.com.

Reflections on Counseling Awareness Month

Beth Britton, LPCC

In years past, ACA'S Counseling Awareness Month has come and gone mostly outside my awareness. I was quietly glad that ACA was working for me, earning the small fortune I pay in membership dues each year. Occasionally, I wondered what ACA was actually doing.

How things change when one enters private practice! Since hanging out a shingle last fall, I have become more keenly aware of the public's misconceptions. misinformation. and often, plain ignorance about our profession. Who can blame them? After all, where does the public get most of its information about helping professionals? From the likes of "Frasier," "The Prince of Tides," and the recent hit movie, "Analyze This." While I have been entertained by all of these, I certainly do not consider them accurate representations of my work as a mental health counselor! (Not to mention that all of the above are about psychiatrists, not counselors.)

This year, I decided to be part of the solution and make Counseling Awareness Month an opportunity to educate consumers and maybe even dispel some of the mysterious image that counseling still has. Fortunately, I was not in this alone. I was lucky to have two friends and colleagues in this process, Cathleen Barrett and Carolyn Helmuth, both LPCCs. Together, we made it our mission to put the "Awareness" in

Counseling Awareness Month! We would like to share our successes, OCA, in hopes that other counselors may undertake their own counseling awareness projects, and perhaps even share some success stories with us.

I would never have believed how easy it is to get attention from the local media. All one has to do is ask for it! We were most successful with local weekly newspapers. I published an article about what counselors do and how to find one, while Carolyn published an article on the personal rewards of being a counselor.

I found it surprisingly easy to book a radio interview on a ocal adult/contemporary rock station. All it took was one phone call to the host of the public affairs program. Although I was a bit nervous doing my first radio interview, it was a great opportunity to talk about counseling and normalize the process. One listener even called a few days later to tell me how grateful she was to hear that you don't have to be "crazy" to see a counselor!

Finally, Cathleen spearheaded our effort to host an open house at our offices for physicians and other referral sources in our community. Although attendance was light, those that came were treated to an informal meal, as well as counseling brochures, fact sheets, business cards, small gifts, and interesting discussion about the counseling process.

Not all of our efforts were an overwhelming success, but in the interest of brevity, I will save those for another time. I have two p eces of advice for any counselor who wants to undertake his or her own Counseling Awareness Month campaign next year:

- Start early! December is not too early to begin planning events for April's Counseling Awareness Month.
- Believe that you have something important to say! There are people out there who need to hear our message, and they will listen. It is our responsibility as a profession to find them where they are, not to make them search for us.

If you would like to share ideas on promoting next year's Counseling Awareness Month, please call me at (330) 762-4566 or e-mail BTBritt@aol.com.

Chapter and Division News

North Central Ohio Counseling Association

NCOCA has had a successful and exciting year. We continue to grow as an organization not only in numbers, but in involvement and support in the counseling community. Fellow members continue to contact and inform the board on various issues and concerns that they would like us to address. In other words, I see counselors joining forces to meet the needs of their clients while responding to all the changes in health care, insurance, and MCOs.

We have been very pleased with the four program meetings we've sponsored/co-sponsored this year. We thank Christine Lang, a therapist with Mosaics Integrated Health, for a beautiful presentation on "Writing as a Therapeutic Activity for Clients and a Reflecting Tool for Therapists" this past February. Our spring program meeting was held Monday, May 17, 1999, at the Holiday Inn, Rockside Road in Independence. The topic:

Guidelines

"The Counselor's Role in Working with Gay and Lesbian Clients" presented by Debra Dunkle, LISW, Our spring meeting generally is our busiest one. From 4:30 - 5:15 p.m. we held a graduate student panel presentation discussing various career opportunities in counseling. From 5:15 - 6:00 p.m. we held a new member reception welcoming all and new memberships to NCOCA. We explained our mission and goals, duties of the board members and committees, and various ways to get involved. We had dinner and elected the 1999-2000 officers. Debra Dunkle spoke from 7:00 -9:00 p.m. Everyone seemed to have an enjoyable evening meeting new people, networking, and learning about a very important

Additionally, we continue to strive to new heights in our legislative efforts: writing to our congress people in support or opposition of various house bills, writing to insurance companies and MCOs for approval on their panels, and informing as well as brainstorming creative ways to advocate for the counseling profession.

I personally want to thank our executive board and committee chairpersons for all their hard work, dedication, and support for the 1998-1999 academic year!

I look forward to our continued growth and commitment next year!
--Ronna G. Posta

Ohio School Counselor Association

The 1998-99 school year has been an extraordinary year for me as president of the Ohio School Counselor Association. It has been a year of growth, both professionally and personally, and it has been a challenging and rewarding learning experience.

The mission of the Ohio School Counselor Association is to promote school counseling through working with parents, teachers, administrators, and other interested personnel. The primary focus is students. In addition, we offer a professional organization which member provides services, promotes counseling legislation, and fosters public awareness of the role of the school counselor.

The OSCA executive board has been very busy this year. My year as president will come to a close on June 30, 1999. I would like to recap for you some of our accomplishments for 1998-99. These achievements reflect the nine areas of our Strategic Plan.

1) ADVOCACY

- * Received a resolution on the floor of the Ohio Senate and on the floor of the Ohio House of Representative recognizing National School Counseling Week
- Exhibited at conferences promoting the role of the school counselor and school counseling programs
- Submitted articles about each board member to their local newspapers
- Established an updated list of professional organizations in Ohio sharing a common interest with OSCA
- *• Developed materials which advocate for school counseling
- Mailed out pertinent materials to 1700 members to use for National School Counseling Week
- Promoted the theme of ASCA "School Counselors: Lighting the Way" through articles, bumper stickers, letters to superintendents

- * Distributed ASCA Ethical Standards
- * Developed and printed OSCA membership brochures

2) GOVERNMENT RELATIONS

- Informed school counselors of new education and training opportunities in the federal budget
- * Attended ASCA Advocacy and Public Policy Institute March 6-9, 1999
- * Attended State Board of Education meetings
- Inclusion of "Legislative Tips" in agenda booklet distributed to members at annual conference
- Spoke to various counselor groups updating them on latest legislation and activities of OSCA
- * Monitored federal and state legislation
- * Increased legislators' and others' awareness of counseling issues
- Presented Legislator Award at annual conference

3) MEMBERSHIP

- * Utilized counselor educators in recruiting new membership
- * Developed a plan to increase membership each year
- * Sent notes inviting potential members to join OSCA
- consultant Executive sent several notifications counselors whose memberships have expired, obtained access to an e-mail address which will reach all superintendents, secondary school counselors, and elementary school in Ohio. counselors and acquired the ability to print membership complete membership by districts

4) LEADER DEVELOPMENT

- Held two-day Leadership Development Institute for board members
- * Obtained services of professional leadership trainer,

Guidelines

- Luvern C. Cunningham of Leadership Development Associates, Gahanna, Ohio, as feature of LDI
- Provided ASCA Governing Board list to board members and encouraged them to communicate with counterpart
- Presented six awards at the annual conference, three to school counselors, one each to an administrator, counselor educator, and legislator
- * Reinstituted elections by ballot

5) NEWSLETTER

- Solicited and sold numerous advertisements to help defray cost of quarterly newsletter
- * Submitted articles to "OSCA Advocate," **Guidelines**, and "ASCA Counselor"
- * Encouraged regular submission of articles by Executive Board
- * Sent copies of "Back-To-School" issue of the "OSCA Advocate" to all 3000+ counselors in the state
- * Published four issues of the "OSCA Advocate"

6) PROFESSIONAL LEADERSHIP OPPORTUNITIES

- Received ASCA Innovative Grant and Susan Huss, Ethics Chair, conducted a School Supervision Workshop for counselors who have/anticipate having interns
- Executive Consultant attended monthly meetings of the State Advisory Council for the Gifted
- * Co-planned annual conference November 4-6, 1998
- * Various district workshops
- Held annual Elementary/Middle School Conference featuring nationally acclaimed speaker, Alan Wolfelt speaking on "Helping Children Grow Through Grief and Loss"
- OSCA Past-President Jeannine Studer and President served on a state committee on School-

To-Work through an Ohio State University grant.

- Provided CEUs for workshops
- Participated in ASCA professional development opportunities
- * Invited leadership from other professional organizations to attend OSCA activities
- 7) SCHOOL COUNSELING PROGRAM MODEL
- Past-President Jeannine Studer attended the ASCA "Train the Trainers" workshop in Orlando
- * Promoted the National Standards in newsletters
- * Completed work on State Standards

8) STRATEGIC PLAN

- * Revised OSCA Strategic Plan
- * Strengthened and maintained the vitality of the Association:

 a) Membership increased by 150 members, and b) Attendance record at annual conference was broken with 964 counselors attending

9) CONSULTANT

- Reviewed/evaluated Executive Consultant
- * Offered one-year renewal contract to Executive Consultant
- Reviewed equipment/office needs

In addition to the above, the following activities were completed:

- Conducted an extensive review and revision of the by-laws
- * Obtained Directors and Officers Liability Insurance for the Board/Board Members
- * Expanded job opportunities page on web site
- E-mailed all superintendents in Ohio soliciting job openings
 --Judy Howard

Ohio Career Development Association

The Ohio Career Development Association held its spring

conference at the University Ramada Inn in Columbus on April 16. There were two distinguished speakers. Ralph Hundley of Consulting Psychologists Press, Inc. (CPP) presented the 1998 Revision to the Myer-Briggs Type Indicator, and James Schuerger of Cleveland State University discussed the 16 PF Inventory and application to career development.

Seventy-three participants attended the conference and their evaluations indicated that the conference was a great success. Attendees gave high ratings to all aspects of the conference.

Elections for the 1999-2000 year were conducted and the new officers are:

President - Wendy Smith Miller President Elect - Beth Britton Treasurer- Cynthia Marco Secretary - Joseph Malone Member-at-large - Susan Friemark

OCDA's board presented Larry Gulick with a commemorative plaque for his work as president this part year. "I could not have performed this service without the help of all the board members. They were critical to the success of the organization during 1998-99," said Gulick.

OCDA is an association of career professionals and others interested in career development, career education, and career counseling.

OCDA is the Ohio division of the Development National Career Association (NCDA) which is a division of the American Counseling Association (ACA). OCDA is also a division of the Ohio Counseling Association (OCA).

Guidelines

OCDA is dedicated to promoting career development as a lifelong learning process. OCDA seeks to provide a personal and professional support system for those who are involved or interested in career education and development in Ohio. Membership is open to all who wish to improve the standards of professional service in the field of career development and career counseling. E-mail Mimi Patterson at mpatterson@cuyahoga.lib.oh.us for additional information about joining OCDA.

The new board will meet June 7 in Akron, Ohio, for their next meeting.

-- Larry Gulick

Ohio Association for Counselor Education and Supervision

Over 60 OACES members turned out for the winter meeting and training session. Nancy Perry, Executive Director of ASCA, presented in the morning on the role of counselors in School-to-Work and career counseling. Materials, provided by a grant from the Ohio STW office, were given to all participants. The afternoon session turned to a rather lengthy (and heated!) discussion of the new supervision requirements that will go into effect spring of 2000. Sheila Williams and Beth Farnsworth responded to many of the concerns raised, and many concerns are still outstanding. Looks like we will have an interesting year of transition ahead of us.

Leading that transition year will be Cynthia Osborn, a counselor educator at Kent State University. Cynthia will take the OACES reins on July 1st. Gary Lacy, a counselor educator at Heidelberg College, was elected as president-elect-elect at the winter meeting, and he will take office on July 1st, 2000. Best of luck to both Cynthia and Gary as they make plans and preparations for the year ahead.

The graduate student committee has determined that money from the winter meeting will be spent on scholarships to assist graduate students who are OACES members in attending the ACES conference in New Orleans next autumn. Look for details in the upcoming OACES newsletter on how to apply for one of these scholarships.

In closing, I would like to thank individuals who worked on the various tasks that OACES undertook this year. We had a very

productive year, and it would not have been possible without: Richard Hazler (Ohio University, OACES representative to OCA); Cynthia Reynolds (University of Akron, OACES treasurer); Cynthia Osborn (Kent State University, OACES President-elect); McCurdy (Ohio University, student OACES graduate O'Connell committee): Bill (University of Cincinnati) and Pat Polanski (University of Dayton) as Supervision Committee Co-Chairs; and JoLynn Carney (Youngstown State University, New Faculty Support Group Liaison).

-- Darcy Haag Granello

Guidelines Advertising Rates

Guidelines

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

Next deadline: August 1, 1999

NEW ADDRESS

OCA PO Box 603 Tiffin, OH 44883

Have you read this book yet?

BREAKING THE CHAIN OF LOW SELF-ESTEEM

by Marilyn J. Sorensen, Ph.D., Clinical Psychologist

Help your clients STOP THE SELF-SABOTAGE Due to Low Self-Esteem

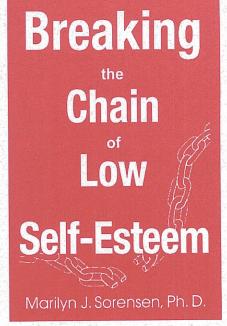
Finally, a book that fully illuminates the **experience** of low self-esteem:

- clear suggestions/strategies for recovery
- effective exercises
- · wonderful examples

"Startling new insights into the experience of low self-esteem. . ." S. Pinches, Ph.D., PSYCHOLOGIST

"Her open, clear approach and plain language cut to the heart of things. This is a wise and valuable volume..." Dan Hays, THE STATESMAN JOURNAL

"Dr. Sorensen's words on developing healthy selfesteem are as wise as they are practical..." Ed Johnson, OREGON PUBLIC BROADCASTING



Teenagers to the elderly love this upbeat book and have this to say about it:

"Well-written and engrossing! Her examples are wonderful!"

> "I feel you wrote this book for me!"

"Amazing journey into the inner experience of people who struggle with the challenges of self-doubt!"

"One of the best books I've ever read. Everyone should read it."

"Awesome!"

Available at bookstores nationwide and online at Amazon.com or barnesandnoble.com

OVERCOME SELF-DOUBT, ANGER, ANXIETY, DEPRESSION
 IMPROVE RELATIONSHIPS

JOIN US!

We encourage you to consider joining your fellow professionals by becoming a member of the Ohio Counseling Association. OCA is committed to advocating for school, mental health, career, and rehabilitation counselors throughout the state. With ever increasing changes and challenges for all of us in counseling careers, it continues to be critically important to support each other through our professional organizations. OCA needs your support to remain strong and vital.

YOUR MEMBERSHIP PROVIDES:

A Legislative Consultant to the Ohio Legislature

A Professional Identity

A Strategic Public Relations Campaign

Professional Network Contacts

Professional Development Opportunities - CEUs

A Statewide Newsletter Local Chapter Membership An Executive Director

Opportunity to Purchase Liability Insurance

Discounts for Members

MEMBERSHIP DISCOUNTS:

By showing your membership card, OCA members are entitled to receive a discount at:

- Adams Mark Fotel Columbus location
- Waldenbooks 20% off any professional purchase
- Hertz car rental use our CDP # 177946 (Additional bonus coupons will be provided with new and renewed memberships or by contacting Joe Saunders.)
- AAA clubs will waive enrollment fees by calling the following contact people:

Akron		
	Gerry Bartlebaugh	330-762-0631
Cleveland	Diana Robinson	216-606-6453
Cincinnati	Bill Cummings	513-762-3100
Miami Valley	Christy Schelton	937-224-2857
Northwest (Toledo)	Shannon Shock	419-843-1200
Worthington (Columbus)	Virginia Cummins	614-431-7800
그 보이 하나 있다. 그 전 3대로 전 경기를 보지 않아 하지만 그렇지 않아 하게 되고 있다고 있다.		

(Areas not covered by clubs listed, please contact Diane Robinson who will facilitate making the appropriate contacts for you.)

For more information about OCA, check our web site: www.ohiocounselingassoc.com

INVEST IN YOUR PROFESSIONAL FUTURE. JOIN US NOW!

Barbara Bryndal, LPCC, CCDCIII Membership Chair 440-349-7437

Joe Saunders, Ph.D., LPCC Executive Director 419-448-7474 phone and fax jsaunder@nike.heidelberg.edu



OHIO COUNSELING ASSOCIATION

1998-99

Middle Init.

MEMBERSHIP FORM

sociation call (800) 347-6647. RSHIP TYPE ional \$70.00 tte (holds no counseling credential) \$770.00 \$27.50 \$18.75 DIVISIONS sn. for Counselor Education pervision (OACES) \$12.00 t Membership (OACES) \$ 3.00
sociation call (800) 347-6647. RSHIP TYPE ional \$70.00 ste (holds no counseling credential) \$70.00 \$27.50 \$18.75 DIVISIONS sn. for Counselor Education pervision (OACES) \$12.00
RSHIP TYPE ional \$70.00 ite (holds no counseling credential) \$70.00 \$27.50 \$18.75 DIVISIONS sn. for Counselor Education pervision (OACES) \$12.00
RSHIP TYPE ional \$70.00 ite (holds no counseling credential) \$70.00 \$27.50 \$18.75 DIVISIONS sn. for Counselor Education pervision (OACES) \$12.00
RSHIP TYPE ional \$70.00 ite (holds no counseling credential) \$70.00 \$27.50 \$18.75 DIVISIONS sn. for Counselor Education pervision (OACES) \$12.00
RSHIP TYPE ional \$70.00 ite (holds no counseling credential) \$70.00 \$27.50 \$18.75 DIVISIONS sn. for Counselor Education pervision (OACES) \$12.00
RSHIP TYPE ional \$70.00 ite (holds no counseling credential) \$70.00 \$27.50 \$18.75 DIVISIONS sn. for Counselor Education pervision (OACES) \$12.00
RSHIP TYPE ional \$70.00 ite (holds no counseling credential) \$70.00 \$27.50 \$18.75 DIVISIONS sn. for Counselor Education pervision (OACES) \$12.00
ional \$70.00 the (holds no counseling credential) \$70.00 \$27.50 \$18.75 DIVISIONS sn. for Counselor Education pervision (OACES) \$12.00
tite (holds no counseling credential) \$70.00 \$27.50 \$18.75 DIVISIONS sn. for Counselor Education pervision (OACES) \$12.00
\$27.50 \$18.75 DIVISIONS sn. for Counselor Education pervision (OACES) \$12.00
DIVISIONS sn. for Counselor Education pervision (OACES) \$12.00
DIVISIONS sn. for Counselor Education pervision (OACES) \$12.00
sn. for Counselor Education pervision (OACES) \$12.00
pervision (OACES) \$12.00
pervision (OACES) \$12.00
sn. for Multicultural
eling and Development (OAMCD) \$15.00
t Membership (OAMCD) \$ 7.50
ental Health Counselors
30.1일 (1) 10 10 10 10 10 10 12 12 10 10 12 10 10 12 10 10 10 10 10 10 10 10 10 10 10 10 10
sn. for Specialists in
Work (OASGW) \$ 5.00
hool Counselor Assn. (OSCA) \$30.00
t and Retired Membership (OSCA) \$10.00
sn. for Spiritual, Ethical, and Religious
s in Counseling (OASERVIC) \$10.00
t Membership (OASERVIC) \$ 5.00
TAL ENCLOSED \$

Make check payable to OCA; send to: OCA, PO Box 603, Tiffin OH, 44883

OCA EXECUTIVE COUNCIL

1998-99

Scott Hall, *President* 401 Corona Ave. Dayton, OH 45419 (937) 229-3607

Eileen Self, Past President 2430 Bentree Court Miamisburg, OH 45342 (937) 775-3290

Terry W. Southwick, Secretary 993 Marland Drive S. Columbus, OH 43224 (614) 222-3264

Don Bubenzer, *Pres/Elect* 7761 West Blvd. Kent, OH 44240 (330) 672-2662

David Di Lullo, *Treasurer* 283 S. Alling Road Tallmadge, OH 44278 (330) 762-7908

Joe Saunders, Executive Director PO Box 603 Tiffin, OH 44883 (419) 448-7474

* Darcy Granello, OACES President 7825 Stanburn Rd., Columbus 43235 (614) 688-4605 Richard Hazler, OACES Rep. 201 McCracken Hall - OU, Athens 45701 (740) 593-4461

Lucinda Boright, *OMHCA President* 2317 Co. Rd. 15, South Point 45680 (740) 894-3765 **Terri Little,** *OMHCA Rep.* 12605 Rainbow Lake Rd., Athens 45701 (740) 596-4089

Cher Igelman, OAMCD Interim Pres. 463 Richland Ave., Athens 45701 (740) 594-7282

Cynthia Osborn, OASERVIC Pres. 1046 Roy Marsh Dr., Kent 44240 (330) 672-2662 Tom Rueth, OASERVIC Rep. 4825 Shadyhill Lane, Kettering 45429 (513) 229-3688

*Tom Meiring, OASGW President 3858 N. Beverly Hills Dr., Toledo 43614 (419) 872-0619

Larry Gulick, OCDA President 1578 Chippewa Court, Grove City 43123 (614) 292-4353

Judy Howard, OSCA President 1812 Pickering Drive, Reynoldsburg OH 43068 (614) 837-3910 Terri Pregitzer, OSCA Rep. 5512 Old Farm Road, Mason 45040 (513) 831-9170

Vacant, COCA President

- Kathleen Addison, GCCA President 801 Rosemont Ave., Cincinnati 45205 (513) 921-5302
- Ronna Posta, NCOCA President 3595 Glencairn Road, Shaker Hts. 44122 (216) 524-7772
- *Tom Kupec, EOCA President 45 S. Hartford Ave., Youngstown 44509 (330) 743-4716
- -Mary Ann Jones, MVCA President 6490 Greenbrook Dr., Dayton 45426 (937) 775-2075
- Mary Iiames, NWOCA President 201 W. Main St., Cairo 45820 (419) 221-2803

 Jason McGlothlin, SEOCA President 691 Parkbluff Way, Lewis Center 43035 (614) 617-1264

Amy Suttman, Awards 6665 Tifton Green Trail, Centerville 45459 (937) 229-3644

Susan Huss, Ethics 1442 Middleton Pike, Luckey 43443 (419) 837-6231

Paul Granello, Government Relations 7825 Starburn Road, Columbus 43235 (614) 688-4931

JoLynn Carney, Professional Development 105 Bryson Mill Rd., New Castle PA 16102 (330) 742-7273

Jason McGlothlin, Public Relations 691 Parkbluff Way, Lewis Center 43035 (614) 617-1264

Barbara Bryndal, Membership 14637 Russell Lane, Russell Twp 44072 (216) 349-6220

Tom Davis, Finance 8276 St. Rt. 329, Box 99, Stewart 45778 (740) 593-4460

Ron Partin, Archives 173 Winfield Ave., Bowling Green 43402 (419) 352-4417

Beth Britton, Newsletter 326 Asbury Rd., Fairlawn 44333 (330) 864-6983

Rose Quinones-Del Valle, Bylaws 3730 Erie St., Youngstown 44507 (330) 782-8554

PCLE/LPCC EXAM REVIEW COURSE WORKSHOPS

presented by

The Institute for Personal Growth and Achievement, Inc.

PASS RATE

Cincinnati

July 9, 1999 November 7, 1999 March 2000

Signature Inn-Cincinnati North 11385 Chester Road I-75 & Sharon Road Cincinnati, Ohio 513-772-7877

Columbus

July 11, 1999 November 6, 1999 March 2000

Signature Inn-Columbus 6767 Schrock Hill Court I-270 & Cleveland Ave, Exit #27 Columbus, Ohio 614-890-8111

Cleveland

July 10, 1999 November 5, 1999 March 2000

> Radisson Hotel-Cleveland Southwest 7230 Engle Road Middleburg Heights, Ohio 440-243-4040

Make sleeping room reservations by 3 weeks in advance. Ask for the "IPGA Special"

STUDY PLAN INCLUDES

- 1. Diagnostic Pretest
- 2. Study Manual
- Manual
- 3. 6 Cassette Tapes
- 4. 1100+ Questions on IBM Disk
- 5. Test-Taking Tips & Strategies
- 6. The Review Course Workshop

COST

\$249.00 for ALL materials AND a workshop (including S & H)

TO REGISTER

Call **1-800-840-IPGA** (4742) VISA, Mastercard, Discover, Check, Purchase Money Order

WORKSHOP SCHEDULE

Registration: 7:30 - 8:00 a.m.

Workshop: 8:00 a.m. - Noon; 1:00 - 6:00 p.m. (Breaks as needed)

GUARANTEE

Pass on the first endeavor (after attending an entire workshop & implementing our study plan). If you don't: Step 1 – Re-attend entire workshop for FREE and Re-test within one year of purchase; Step 2 – If you don't pass, you'll receive a 100% registration refund (less cost of materials). Over 4000 PC/LPC candidates in Ohio and Texas have relied on IPGA for their test preparation and have not been disappointed.

800.840.4742 • 674 E. Hwy. 80 #301 • Abilene, TX 79601 • FAX: 915.676.4742 • www.ipga-online.com



OCA P.O. Box 603 Tiffin, OH 44883 NON-PROFIT ORG.
U.S. POSTAGE
PAID
TIFFIN, OH
PERMIT #6