

GUIDELINES

A Publication of The Ohio Counseling Association

Winter, 2001

Vol. 28, No. 2



From the President's Desk

Carol R. Pohly, M.Ed., LPCC

Hello again. Much has happened since the publication the last **Guidelines** issue. The tragedy of September 11th has rocked our nation and taken away our innocence. Yet amidst the anger, sadness, and fear that resulted from that event has risen a sense of unity, patriotism, and hope. This year's theme for OCA and All Ohio Counselors Conference, "Professional Counselors:

Strengthening the Human Spirit", couldn't be more appropriate. Now more than ever, counselors are needed to reach out to people of all ages and in all settings to help strengthen the human spirit in the midst of unprecedented violence. Whether you work in a school or university, private practice, mental health agency, hospital, or elsewhere, you are needed. As counselors, we must work to dispel the hatred and discrimination that foster violence as well as help our clients process through their grief and fear. Let's work together to do our part to promote peace in our nation and the world.

As part of OCA's response to the September 11th events, I invited Amy Eiler, to talk with the Executive Council at the September 22nd meeting about both the American Red Cross disaster response training for counselors and Critical Incident Stress Management Training for counselors. The information was well received. ACA president Jan Goodman has also asked that all state branches offer disaster response training to the counselors in their state. Therefore, OCA is in the process of developing workshops to offer both the Red Cross training (which trains

counselors to work with victims of disaster) and the Critical Incident Stress Management Training (which trains counselors to work with first-responders to disaster situations, including police, firefighters, EMTs etc.). We will be discussing this further at our January meeting. The training will probably be offered sometime in the spring. More information will be forthcoming in the February issue of the **Guidelines**.

On a more positive note, the All Ohio Counselors Conference was a success. Peter Yarrow got us off to an inspirational beginning through words and song as he presented his "Don't Laugh At Me" program for schools and talked about the importance of unity and tolerance for others. John Friel, our keynote speaker, spoke next about fostering self-esteem through teaching children to be competent. Don Dinkmeyer, Jr., our luncheon speaker, followed up by talking about solving tomorrow's challenges through understanding the family of origin roots of problems. I also heard many positive comments about various break-out sessions throughout the conference.

Contents

From the President's Desk	p. 1
Legislative Update	p. 2
Government Relations	p. 3
School Counselor Alternative Licensure	p. 4
Awards Presented	p. 5
Call for Nominations	p. 6
What is SAD?	p. 6
Chapter and Division News	p. 7

From the President's Desk cont. .
 Congratulations to our awards recipients, Martin Ritchie, Ferguson Meadows, Jr., Randi Cohen, Tracy Leinbaugh, and Anita Jackson, and thank you for your contributions to the field of counseling. Thanks also to Carolyn Collins, Ed Whitfield, and Tim Luckhaupt. I enjoyed working with all of you in planning the AOCC. Finally, thank you to all who attended the conference and helped to make it a success. I hope your experience there was enjoyable and meaningful.

In October, I attended the Midwest Regional Leadership Conference in Fort Wayne, Indiana. A special emphasis of the conference this year was ACA's response to the terrorism of September 11th. Other

focuses included training in legislative lobbying, diversity training, ethics and legal issues, strategic planning, sharing ideas with other state presidents and president-elects, and much more. In addition, we received updates on ACA's legislative efforts, including improvement of insurance coverage of mental health services, securing Medicare coverage for counselors, and increasing funding and support for school counselors and school counseling programs.

The OCA Executive Council has voted to co-sponsor two up-coming workshops for OCA members. On April 26, 2002, we will co-sponsor a workshop on supervision with the Ohio Association for Counselor Education and Supervision (OACES) in cooperation with the Ohio Counselor and Social Worker Board. If you are interested in becoming one of the presenters for this workshop, please submit a proposal (INCLUDING VITAE) to Susan Huss at shuss@bgnet.bgsu.edu. On May 17, 2002, we will co-sponsor a workshop on e-therapy with the Ohio Counselor and Social Worker Board and Ohio branch of the National Association of Social Workers (NASW). More information on both of these workshops will be forthcoming.

Congratulations to all those who worked on the alternative path licensure for school counselors. The rules were approved on November 13th by JCARR and will now move to final filing. Other legislative concerns that continue to be addressed and monitored by OCA include equal treatment of mental health and addictions by insurance companies and licensure issues regarding marriage and family therapists and chemical dependency counselors, among others.

Guidelines

As you see, OCA has been quite busy in the past several months. In addition to activities conducted by the Executive Council, OCA chapters, divisions, and committees are also hard at work addressing issues, sponsoring workshops, etc.

As always, we welcome new members and value the comments and concerns of those of you who are already members. Your organization is here to serve you. Please let us know how we can best continue to do so.

May this holiday season and the new year bring peace to you, your loved ones, and the world.

Legislative Update

Cynthia Snyder, J.D.

The OCA government relations program is actively involved with a variety of state legislative and executive agency issues. Among those issues are the following.

House Bill 33

This legislation, sponsored by State Representative Lynn Olman (R-Maumee) would require equality of health insurance coverage for mental illness and addiction treatment. OCA is part of a large working group, the Coalition for Healthy Communities, which has actively promoted this legislation for the past several years. The current bill is pending in the House Insurance Committee.

Despite actuarial studies showing the enactment of this legislation would result in only nominal increases in the cost of health insurance, the business community and insurance industry remain vigorous opponents of the bill. OCA and other coalition members are encouraging grassroots contacts

with members of the House Insurance Committee. Committee rosters and contact information are available from the House of Representatives website: www.house.state.oh.us.

House Bill 374

This bill, sponsored by State Representative Jean Schmidt (R-Loveland), would require the Ohio Counselor and Social Worker Board to also license marriage and family therapists. The legislation would create two categories of marriage and family therapists, the higher of which would be authorized to independently diagnose and treat mental and emotional disorders. Attempts have been made in the current draft not to infringe on the scopes of practice of other licensed professionals, and to allow such professionals to continue to practice as they do under current licensure law. Questions do remain regarding educational requirements, advertising of marriage and family therapy services by those not holding a marriage and family therapy license, and the difference between marriage and family therapy and counseling services. House Bill 374 is pending in the House Commerce and Labor Committee where it has received two hearings. Additional activity on this bill is anticipated after the first of the year. OCA representatives have met with the bill's proponents and remain in discussion regarding concerns with the measure.

Senate Bill 9

This legislation would impose criminal penalties on therapists (including counselors) who engage in sexual relations with current patients if the therapist has represented to the patient that the sexual relations are necessary for the therapeutic relationship.

Sponsored by State Senator Robert Spada (R-Parma Heights), the legislation was driven in large part by a newspaper series run last year by the *Cleveland Plain Dealer*. This series detailed a number of complaints filed against Ohio psychologists and the actions taken by the State Board of Psychology to address issues of sexual contact between psychologists and patients. The current version of the bill reflects several changes that were made to address concerns of OCA. The bill is now poised for approval by the House of Representatives and will then proceed to the governor for his signature. It will become law 90 days after being signed by the governor.

School Counselor Alternative Licensure

On November 13th, the Joint Committee on Agency Rule Review (JCARR) approved proposed rules that will create an alternative track for licensure as a school counselor. With this change, individuals can become school counselors through the current route (masters degree, two years of teaching experience, and 600 hour internship in a school setting), or he/she may forego teaching experience in accordance with the provisions in the new rule. To be licensed as a school counselor without two years of teaching experience a person must have a masters degree, successfully complete an internship of 600 contact hours in a school setting, and complete a one year induction period under the supervision of a licensed school counselor. It is hoped that this change will serve to attract increased numbers of people to the school counseling profession, and that it will aid in promoting diversity within the school counseling community. The revised rule will take effect in January, 2003.

Guidelines

Licensure of CCDCs

OCA continues to anticipate the introduction of legislation that would create an independent state board to license and regulate Chemical Dependency Counselors (CCDCs). At present, the licensure and regulatory responsibility for CCDCs rests with the Ohio Department of Alcohol and Drug Addiction Services (ODADAS), where it was placed temporarily and by emergency administrative rule earlier this year. The intention has always been to seek legislative approval of a free standing board to license and regulate this profession. The administrative rules that gave the responsibility to ODADAS will expire in July, 2002. Accordingly, the CCDC community wants to enact legislation between now and next July. OCA has met with representatives of the CCDC movement to discuss concerns with the qualifications and scope of practice currently set forth in the administrative rules. It is anticipated that legislation will seek to codify the existing rules, and OCA expects to be active in the legislative debate on these issues.

Government Relations

Jean Underfer-Babalis, M.Ed.,
LPCC

Legislative Advocacy 101

Being a politician or being politically involved is not what comes to mind when you discuss the profession of school counseling/professional counseling. Or at least that is not what I had in mind when I came into the field of counseling. However, with the fast paced changing world we live in today, I have come to understand that being politically aware is imperative to my profession, clients, family, and many others affected by mental health concerns.

Entering the arena of politics is uncomfortable and foreign for many individuals. It is my desire to reduce these anxieties a bit by offering some "tidbits". First, contacting your legislator is fairly easy. You can go to the web pages to get any and all contact information needed about all legislators. For the national legislators, American Counseling Association (ACA) directs to the following site - <http://capwiz.com/counseling/home/>. To contact the state legislators, go to www.senate.state.oh.us for the state senators and to www.house.state.oh.us for the state representatives.

The most effective means of contacting your legislator, according to professional lobbyists and journalists, is by writing an old fashioned letter that contains your signature. However, ANY contact is better than no contact. When contacting your legislator, here are some helpful pointers to effectively address your concern.

- Present one concern per contact.
- Be brief and to the point (one-page letters).
- Be sure to include your address and telephone number (leave this information when calling the legislator as well).
- Directly reference the bill or issue (H.B. 33).
- Indicate the action desired (vote "yes" for H.B. 33).
- Invite the legislator to contact you if desired and offer assistance.
- Be prompt and timely.
- Be calm, fair, and reasonable in your request.
- Ask for a response from the legislator.
- Be polite and non-threatening.
- Let the legislator know that you are a professional (clinical) counselor/school

counselor, a member of Ohio Counseling Association.

- Indicate that you will follow up ("I will contact you again in two weeks).
- Sending form letters is discouraged.
- Follow up when you stated that you would follow up!
- Request to know the position that the legislator is taking.
- Thank the legislator for his or her time and consideration.

These are the ABCs, so to speak, of contacting a legislator. You might think that your one letter or call will mean nothing; this is not so! Every response is recorded and accounted for by the legislator and his or her staff. Your letter or call might be number one, then another call, another letter, and so forth. Each contact adds up and each ONE counts!

School Counselor Alternative Licensure

Martin Ritchie, Ed.D., LPC

November 13, the Joint Committee on Agency Rule Review (JCARR) of the Ohio Legislature approved a proposal for alternative licensure for school counselors in Ohio. The proposal will allow licensure as a school counselor without a teaching license or teaching experience provided the person has:

a) A master's degree in school counseling as approved by the State Department of Education

OR

b) The course equivalents to the approved master's degree in School counseling. (So if someone has completed a master's degree in community counseling they would have to make up any coursework required in the school counseling master's including taking a 600 clock hour internship in a school

Guidelines

under the supervision of a licensed school counselor),

AND

c) Pass the PRAXIS Specialty Examination for School Counselors;

AND

d) Serve an induction year under the supervision of a licensed school counselor (this would not be required of counselors with two years teaching experience).

There also are provisions for temporary licensure of school counselors which will allow holders of a current counseling license issued by the Ohio Counselor and Social Worker Board (Professional Counselor or Professional Clinical Counselor) to obtain temporary licensure and provisions for students with two years teaching experience to be hired on a temporary license prior to completing the master's degree, but the rules have not yet been worked out.

Actual rules and regulations for the new licensure law must be promulgated and posted for public hearings. Not of this will take effect before January 1, 2003. I will notify you when the rules are published.

I believe this will be a needed shot in the arm for Ohio school counseling and will help fill the acute shortage of counselors in the state. It will also allow us to enroll non-teachers in our school counseling programs. Ohio becomes the 39th state to pass this kind of legislation following Michigan's new law last year. Thank you to all who have helped us get this legislation passed!

**ACA World Conference
New Orleans, LA
March 23-27, 2002**

Guidelines



OCA Awards to Anita Jackson, Tracy Leinbaugh, Martin Ritchie, and Randi Cohen

Awards Presented

The Ohio Counseling Association is proud to announce the recipients of the 2001-2002 OCA Awards presented at the All Ohio Counselors Conference. They are:

Tracy Leinbaugh, professor at Ohio University - David K. Brooks Award for meritorious service promoting the counseling profession.

Martin H. Ritchie, professor at the University of Toledo - Herman J. Peters Award for exemplary leadership in the counseling profession.

Ferguson B. Meadows, Jr., professor at Kent State University - Charles "Chuck" Weaver Award for long and distinguished service to the counseling profession and exemplary caring for people.

Randi W. Cohen - Counselor of the Year Award for using OCA goals in provision of direct services, maintaining professional standards, and dedication to her job.

Anita P. Jackson - Past President's Award for her outstanding service as president of the Ohio Counseling Association in 2000-2001.

The Ohio School Counselor Association presented awards to:

Jama Roman - Outstanding Administrator Award

Connie Knopick - Joan Goodwin Award (Promoting school/community relations)

Matt Wiitala - George E. Hill Award (Meritorious service to counseling profession)

Carlotta Clink - John Odgers Award (Creating innovative counseling programs)

Karen Garn - Charles E. Weaver Award (Years of significant contributions to counseling)

Alice Morgan - Past President's Award

Nancy Eberhart, Associate Superintendent, Ohio Department of Education - Special Award (For long term, continued support of the school counseling profession)

Mary Claytor - For Meritorious Service to the Ohio School Counselor Association



OSCA Award Recipients

Call for Nominations for OCA President Elect and Treasurer

Nominations for president elect for OCA for the 2002-2003 term of office and for treasurer for a term of two years (2002-2004) are solicited from the membership until January 15, 2002. The nominees must be professional or retired members of OCA and ACA. A letter of nomination must be sent to OCA, P.O. Box 603, Tiffin, OH 44883. The nominating committee of the Executive Council will select the slate of officers at its January meeting. A final slate must be realized by February 1. Ballots will be spread in the spring **Guidelines** to all members of OCA for election. The finalists become president elect and treasurer on July 1, 2002.

What is Seasonal Affective Disorder (SAD)?

Patricia A. Schafer
NCOCA President

It is that time of year again when the fall and winter months mark the start of seasonal affective disorder (SAD). Some think it is just "winter blues" or "winter blahs", not knowing it is a real mood disorder.

Counselors/psychotherapists need to know how the seasons may impact some of their clients. Existing research has estimated that approximately 10 million Americans may be suffering from seasonal affective disorder (SAD).

SAD and symptoms

The "pure" SAD sufferer has no other signs of depression during the year except during the fall and winter months. January and February appear to be the toughest months. In the spring, the depression remits and returns again

in the fall. Some symptoms are: difficulty in concentrating, increased sleep, carbohydrate cravings, and cravings for sweets, weight gain, moodiness, and lethargy.

What causes SAD?

Various theories have emerged. One is the "melatonin theory", a hormone developed by the pineal gland at the base of the brain. Melatonin is secreted at night into the blood system, keeping the person asleep. During daytime hours, melatonin decreases. Sunlight, entering through the optic nerve, causes changes in hormone development by the pineal gland. Other theories include disturbances in circadian rhythm (sleep-wake cycle), and serotonin regulation. Serotonin levels are low in the winter and spring and high in the summer and fall. Bright light therapy is beneficial for treating these imbalances.

Phototherapy (light therapy)

Light therapy is an extremely effective treatment method. The client sits under a bright light unit of 10,000 lux (clinical standard) for 1/2 hour or more a day, preferably during the early morning hours. The client can be reading, writing, etc. and does not need to stare directly into the light. Relief of depressive symptoms is usually noted within two days to four days. Individual results vary.

Antidepressants and some alternative treatments

Along with light therapy, some individuals need antidepressants. The SSRIs such as: Prozac, Paxil, Luvox, etc., are commonly prescribed. Wellbutrin has also been found to be effective. Some research has shown the pros and cons of St. John's Wort. Other research suggests increasing the intake of Vitamin D during the

Guidelines

winter months. Frequently exercising and walking outside on sunny winter days is beneficial.

Counseling/Therapy

Psychoeducational therapy sessions for the client and the family are beneficial. The client may benefit from such therapy techniques as Cognitive Behavioral Therapy, Rational Emotive Behavioral, and narrative therapy for their feelings of guilt, low self-esteem, etc.

Assessment instruments

- Seasonal Pattern Assessment Questionnaire (SPAQ)
- Structured Clinical Interview Guide for the Hamilton Depression Rating Scale, SAD version (SIGH-SAD)
- Beck Depression Inventory, version II
- Personal Inventory for Depression (download at www.cet.org)

Books:

Lam, R. W. (1998). Seasonal affective disorder and beyond: light treatment for SAD and non-SAD conditions. American Psychiatric Press

Rosenthal, N.E. (1998). Winter blues. New York, NY: Guilford Press.

Smyth, A., (1991). Seasonal affective disorder. Hammersmith, London: Thorsons

Websites:

www.cet.org
www.apollolight.com
www.northernlight-tech.com

For the research lover:

American Psychiatric Association. (2000). Diagnostic and statistical manual of mental disorders (4th ed. - TR). Washington, DC: Author.

Bauer, M.S., Kurtz, J.W., Rubin, L.B., & Marcus, J.G. (1994). Mood and behavioral

effects of four-week light treatment in winter depressives and controls. Journal of Psychiatric Research, 28 (2), 135-145.

Rosenthal, N.E. (1993, December 8). Diagnosis and treatment of seasonal affective disorder. Jama, 270 (22). 2717-2719.

Sato, T., (1997). Seasonal affective disorder and phototherapy: A critical Review. Professional Psychology: Research and Practice, 28 (2), 164-169.

Patricia A. Shafer is president of NCOCA, is a Ph.D. student at Kent State and is in private practice. If your group is interested in having Patricia do a workshop, or for more information, contact her at: Resrch46@aol.com.

Chapter and Division News

Southeast Ohio Counseling Association

SEOCA continues to work to engage practitioners in southeastern Ohio in the organization. We sponsored a booth at the All Ohio Counselors Conference and provided opportunities for interested individuals to learn more about our organization. We are committed to professional and personal development. Unfortunately, the sign up roster for receiving the SEOCA newsletter was windswept off the booth and lost. If you are interested in receiving a copy of our next newsletter, please e-mail Nicole R. Hill at nh240291@ohiou.edu. We will certainly include you in our mailing.

The next SEOCA newsletter is geared toward promoting involvement in professional organizations and enhancing personal self-care of practitioners. We are dedicated to serving the

practitioners of southeastern Ohio. In order to get a better sense of who you are, the newsletter will include a brief survey of personal and professional items. Please complete this survey so we can better serve the southeastern community of counselors. We appreciate all feedback and suggestions for how we can better meet the needs of practitioners in our region. If you are interested in becoming a member of SEOCA, please contact Nicole R. Hill, President, at nh2400291@ohiou.edu.

--Nicole R. Hill

North Central Ohio Counseling Association

On October 15, 2001, NCOCA had a workshop presented by Tim Warneka entitled "Minding the Body in Psychotherapy" at the Holiday Inn in Independence. Tim gave an excellent program and received excellent evaluations. Also this workshop was for graduate students to introduce them to NCOCA and to meeting faculty from other Counseling programs. Attending were John West and Jason McGlothlin from Kent State, Ken McCurdy from Malone College, and Chris Faiver and Nancy Taylor from John Carroll University.

NCOCA co-sponsored a workshop on October 15, 2001. It was presented by Scott Miller entitled "Working with Impossible Cases: Pathways to Possibilities" and held at Cleveland State.

NCOCA's winter program will be on February 9 and will be presented by Carolyn Helmuth on the "Nuts and Bolts of Private Practice". It will be held in Bratenal, OH, at Gwinn Estates.

Guidelines

NCOCA is working on revising its by-laws, is presently undergoing an audit, putting its newsletter on the OCA website, and encouraging others to participate in many activities.

An in house list serve is being compiled at John Carroll with the goal of being able to communicate and get information out to all of its members.

--Pat Schafer

East Ohio Counseling Association

Our fall business dinner was held September 24th in Boardman. Cathy and Rick Gryzinski, a husband and wife team, discussed the topic anger management for the professional and the workplace. That evening we said good-bye to President Diane Nosal who moved to Florida to take a position as a school counselor. Our new president, Carrie Crawford, was introduced and discussed plans for the year. Denise Walters Dobson has moved into the position of president-elect, and Elizabeth Dattilio has taken the membership chair. The executive committee of EOCA has continued to meet regularly since then to discuss helpful ways to serve our local counseling membership.

The first issue of this year's edition of "Progress Notes" has been distributed. We plan to publish our newsletter every two months. Please let us know if you did not receive one.

Our organization has consistently held a well attended workshop each spring. This year we are especially gearing up for a workshop in March which features JoLynn Carney and Richard Hazler, who will discuss ways to stem peer bullying and violence in students. EOCA will join together with Youngstown

State University and other local organizations to promote this event.

We will hold a "Winter Mixer" in January. Look for a flyer with more specific information about this informal gathering. In April we will hold a seminar about "new technology for counselors."

We warmly invite you to join us for these events!

--Carrie L. Crawford
P.O. Box 81
Salem OH 44460
IHEARU@prodigy.net
330-332-1514 (W)

Northwest Ohio Counseling Association

Fall 2001 brought counselors and guests from all over northwest Ohio to NWOCA's fall event: "The Role of Counselors: Violence in the Family". The Honorable Judge James A. Ray, Lucas County Juvenile Justice, shared how the legal system and the counseling profession have grown together from a contentious past, to a better understanding and working reliance in the present, and speculation about the forged alliance in the future.

Winter, 2002, will find NWOCA meeting with state legislators at NWOCA's breakfast meeting on February 25, 2002, for: "The Role of the Counselor in Legislation". Join us for the excitement, contact Jean at JOSEPH4ME@aol.com or (419) 351-1761. The goal of this venture is to form a better alliance with our state legislators.

Spring, 2002, will bring NWOCA's annual spring workshop, an all day event, "The Role of the Counselor in Supervision" on May 3, 2002 (watch for the details).

Visit NWOCA on "the web". NWOCA continues to forge ahead with the advent of our web site, which was birthed this fall, www.ohiocounselingassoc.com/nwooca.htm. NWOCA welcomes all to join us on the web, at our functions, and to contact us at any time.

--Jean Underfer-Babalis

Ohio School Counselors Association

OSCA's board is beginning the work of designing position papers for membership to use within their school districts. It is hoped that the creation of these position papers will more clearly define the parameters of counselor skills and responsibilities.

- Proper credentialing for persons working in the role of school counselor
- Skills necessary for supervisors
- Scope of practice for high school counselors
- Scope of practice for middle school counselors
- Scope of practice for elementary school counselors
- Counselor/student ratio
- Need for elementary counselors

All position paper teams have a designated leader and a minimum of four members. Researching and dialoguing began during the All Ohio Conference for most of the teams. This project will be the focus of the January board sessions with the completion goal for these position papers being May of this year.

OSCA's board members are a dedicated, positive group of school counselors who want to strengthen their profession. I am sincerely grateful to have them as co-workers.

--Carolyn Collins

Guidelines

Ohio Association for Spiritual, Ethical, and Religious Values in Counseling

OASERVIC (Ohio Association for the Spiritual, Ethical, and Religious Values in Counseling) has added two people to the slate of officers: Fran Simon has agreed to be secretary, and a new position, membership chair, is held by Denise Pickering.

OASERVIC had a booth for the first time at AOCC, and many counselors were educated as to our existence. Past president and current officers were featured on a poster, and Elliott Ingersoll was honored with a lovely award for his service as past-president.

Also new this year, a drawing for prizes was held. Ron Hoch won a free membership to OASERVIC, and Nancy Miller won a free registration for the upcoming workshop, "Yoga with a Twist", to be held February 9, 2002. Attendance at the new Friday luncheon was excellent, and it will possibly become a tradition, replacing the breakfast meeting.

A reminder: to be listed on the website (www.csuohio.edu/oaservic), members should contact Elliott Ingersoll, at r.ingersoll@csuohio.edu or go to the website and post from there. If you do not have e-mail but want to be listed, send that information to Angela Nicolosi, LPCC, c/o Sawmill Family Counseling Services, 2690 Billingsley, Road, Columbus, OH 43235.

--Angela Nicolosi

Ohio Association for Specialists in Group Work

OASGW has accomplished the following:

- Published fall, 2001, newsletter in October, 2001. The next newsletter deadline is 1/25/02.
 - Initiated OASGW website in October, 2001. www.ohiocounselingassoc.com/oasgw.htm
 - Conducted a general membership meeting.
 - Co-sponsored a reception at AOCC.
 - Developed membership brochures.
 - Developed promotional bookmarks to be distributed for educational purposes.
 - Sent letter (outlining member benefits) and membership form to lapsed members in October, 2001.
 - Spring conference planning continues.
 - Presentations about OASGW and group work are being made to group classes.
 - Officer nominations (2002-2003) are due by 12/31/01.
 - Listserv and local area networks are being established.
 - ASGW conference is January 3-6, 2002.
 - Work on goals continues.
 - Next executive board meeting is 1/18/02
- Eileen Self

Ohio Career Development Association

This year, the executive board of OCDA would like to invite all OCA division members to contribute to the Spring, 2002, Career Conference on April 19th in Columbus, Ohio. Our conference will provide the opportunity for members of all OCA divisions, as well as OCDA members, to develop a proposal and lead a roundtable discussion. Content strands will include group work and career, school counseling and career, and spiritual, religious, and ethical values and career, work and

family, and organizational career development. We welcome contributions from counselor educators, students, professional counselors, school counselors, and career practitioners. Please assist OCDA in this first time effort to emphasize the whole person by integrating the totality of our clients many life roles and experiences.

Additional information, call for proposals, and registration form is available on the OCDA website at www.ohiocounselingassoc.com/ocda.htm. If you have any questions please contact program chair Louis Busacca at Lbusacca@kent.edu.

--Manzetta Jackson

Ohio Association for Multicultural Counseling and Development

On October 5, 2001, OAMCD hosted its annual symposium held at the Sheraton Four Points Hotel in Columbus. This year's symposium, entitled "Breaking the Barriers/Building the Bridge", was a wonderful success. Providing all attendees with a rich and resourceful description of the Asian, Mexican, Native American, and Somalian cultures were Cora Munoz, Lucito Benito, Lanna Samaniego, and Maryam Warsame. Our guests shared their personal and professional experiences as individuals within these particular cultures, their ideas on how counselors could be better competent in working with particular cultures, and a brief history and description of the general aspects of each culture. Our appreciation for building the bridge between cultures did not stop in the breakout sessions, however! It was a pleasure to award both Dr. Claytor and Marty Miller for their dedication and support to the field of multicultural counseling. Our tasty lunch was accompanied by some fitted and

Guidelines

talented dancers representing different cultures; what a treat! Overall, this year's symposium was an experience to be treasured as it provided an excellent learning experience, an opportunity to come together and meet new people, and best yet, an incredible way to "Bread the Barriers and Build the Bridge" for diversity!

--Jill D. Duba

Ohio Mental Health Counselors Association

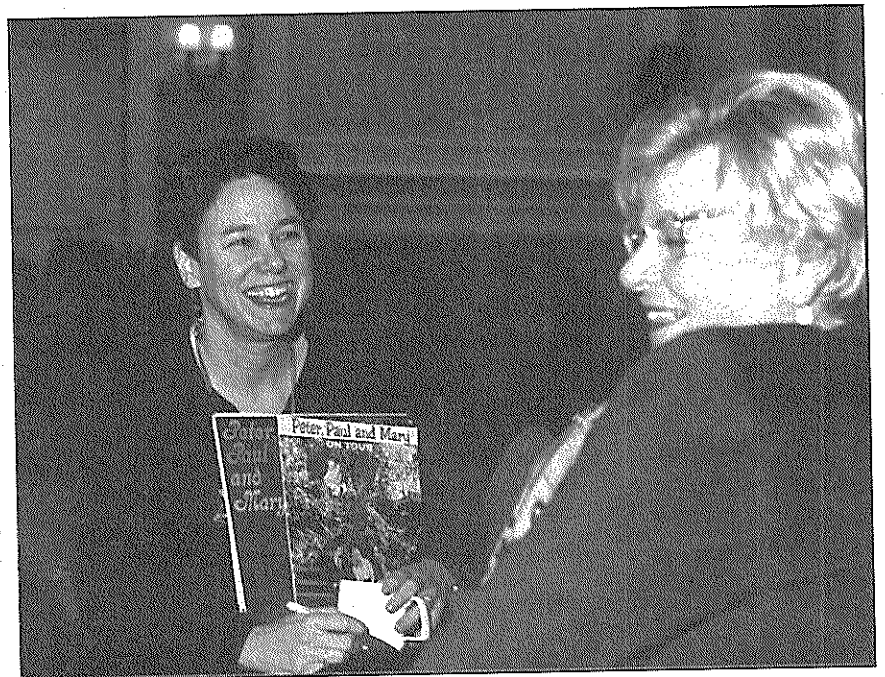
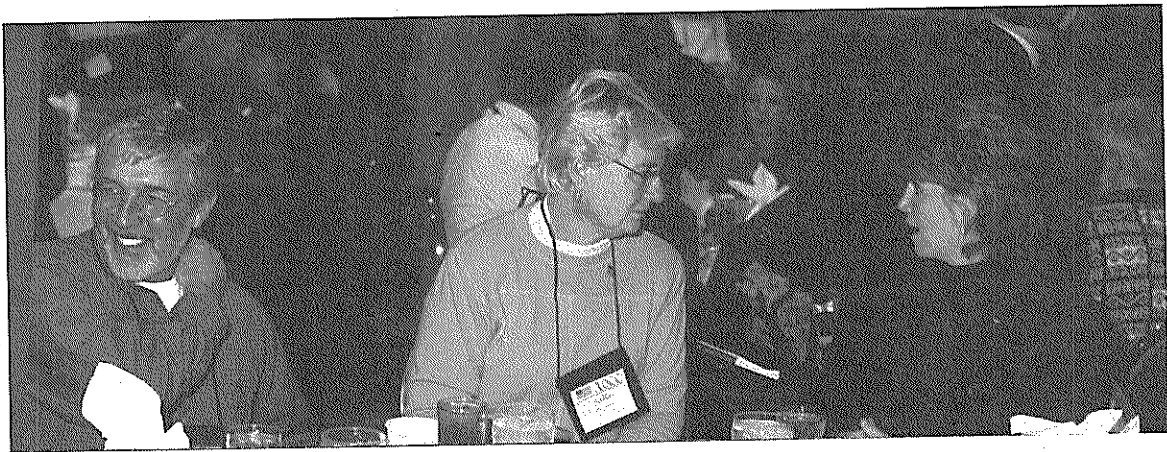
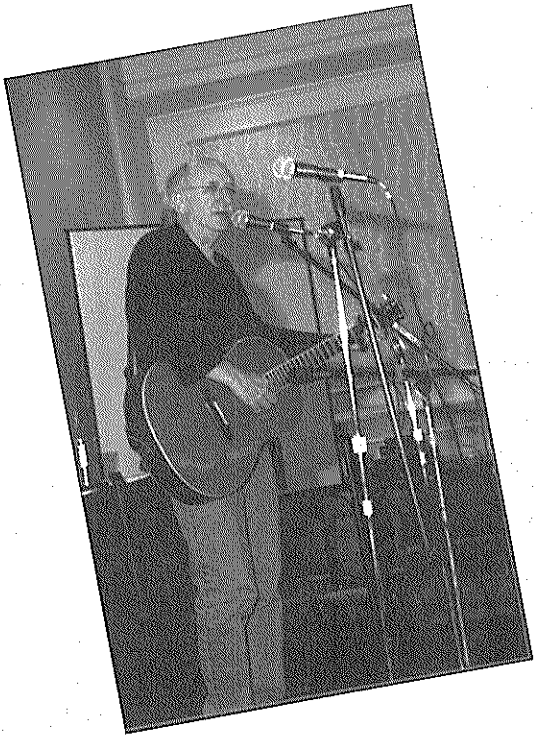
OMHCA is currently constructing a website at www.ohmhca.org. It should be up and running sometime between Thanksgiving and Christmas. We invite everyone to visit the site and send comments and suggests to president-elect, Tom Fine, at tfine@buckeye-express.com. OMHCA will be presenting a conference on March 16, 2002, at Owens Community College near Toledo. The title of the conference is "Clinical Supervision: Foundations and Current Issues". Featured speakers include Scott Hall, University of Dayton on "Foundations of Clinical Supervision" and Rose Quinones-DelValle, Ohio Counselor and Social Worker Board, on "Board Perspective on Clinical Supervision". This conference will fulfill the six-hour requirement for supervising counselors CEUs. Brochures will be available after January 1, 2002, as well as on the website.

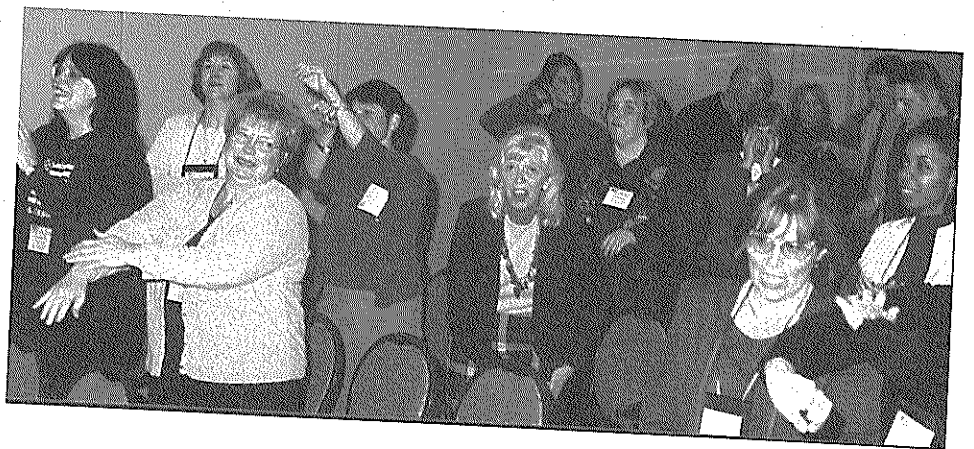
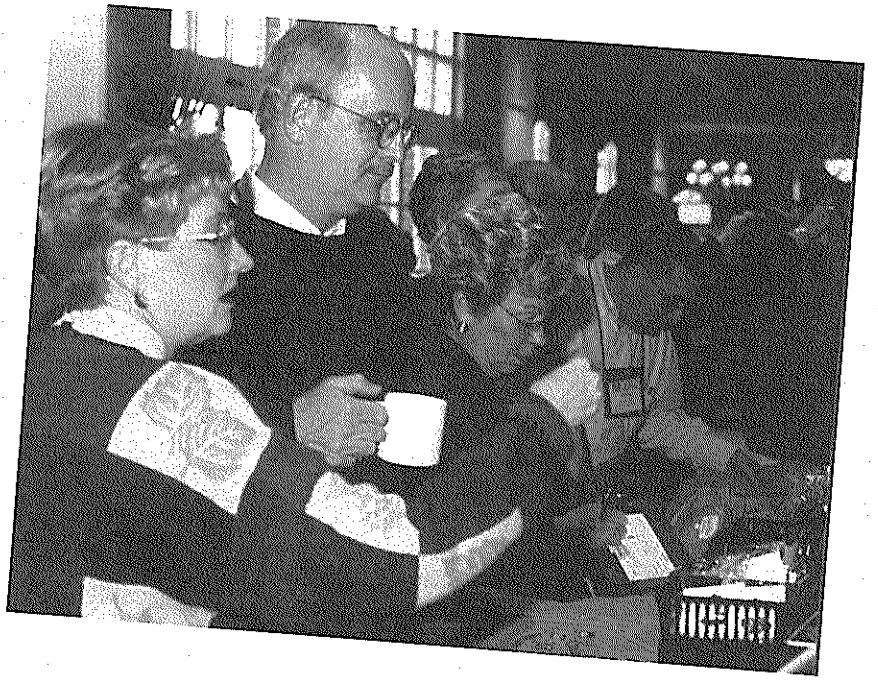
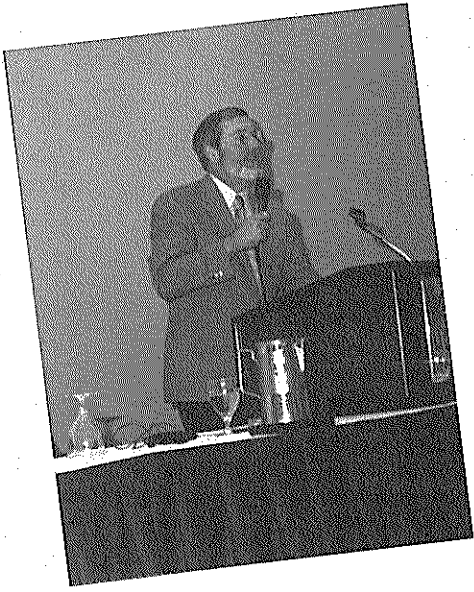
--Charles Campbell

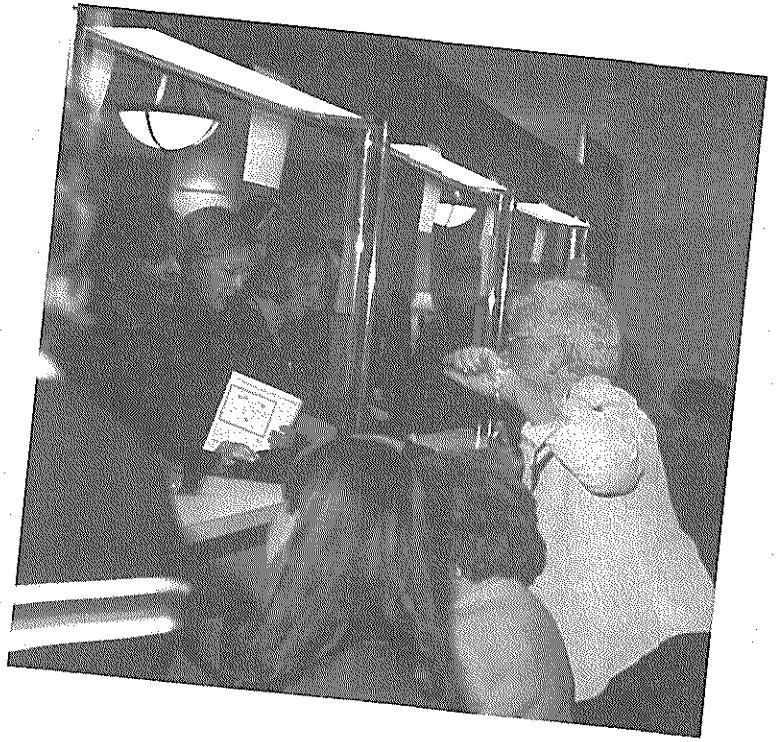
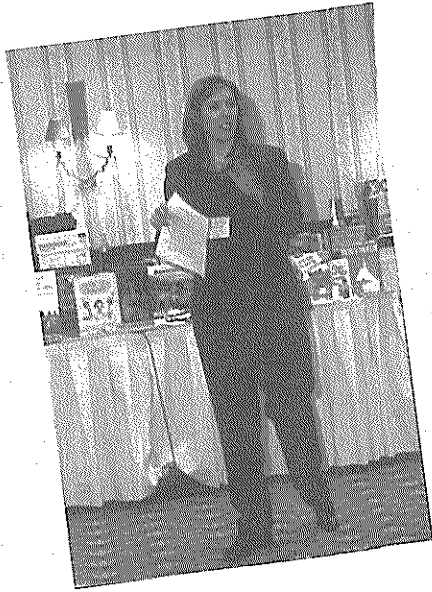
Guidelines Advertising Rates

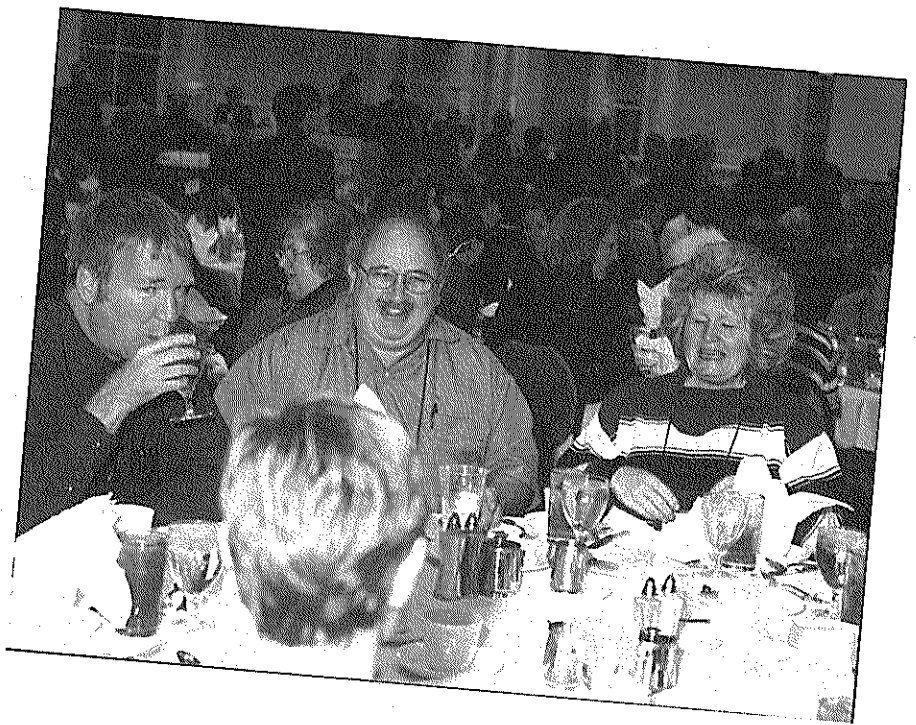
Full Page \$350
 Half Page \$175
 Quarter Page \$80
 Back Cover (1/2 page) or preferred placement: Add \$25. Discount 15% if ad runs 2+ issues.

Next deadline: Feb. 1, 2002









Religious Issues In Counseling

Kenneth Pargament, Ph.D.
Psychological Services Center
Bowling Green State University

8:30 to 12:30 on Thursday, January 31, 2002
Room 101, Olscamp Building

Dr. Pargament is a Professor of Psychology at BGSU and is nationally known for his work on the theoretical and clinical aspects of religious and spiritual beliefs in processes and outcomes of counseling. In this workshop, Dr. Pargament will address:

- Why it is important to know more about religion and counseling
- Models for addressing religious issues in counseling
- How to handle difficult religious issues in counseling

Applications for 4 hours of continuing education credit for psychologists, social workers and counselors are pending. Registration fee is \$50.00 for professionals, \$15 for students.

To register, please call (419) 372-2540



OHIO COUNSELING ASSOCIATION

2001-2002

MEMBERSHIP FORM

Last Name _____ First _____ Middle Init. _____
 Home Address _____ Street _____ City _____ State _____ Zip _____
 Home Phone _____ Work Phone _____
 Present Position _____ Employer _____
 E-mail Address _____
 License LPC LPCC SCHOOL COUNSELOR

For information on the American Counseling Association call (800) 347-6647.

Once you join OCA, you are awarded chapter membership at no additional charge. The chapter you designate will receive a percentage of your OCA membership dues. However, you **must** join OCA in order to join any chapter **OR OACES & OASERVIC.**

CHAPTERS

- Central Ohio Counseling Assn. (COCA)
- East Ohio Counseling Assn. (EOCA)
- Greater Cincinnati Counseling Assn. (GCCA)
- Miami Valley Counseling Assn. (MVCA)
- North Central Ohio Counseling Assn. (NCOCA)
- Northwest Ohio Counseling Assn. (NWOCA)
- Southeast Ohio Counseling Assn. (SEOCA)

ROLES IN WHICH WILLING TO SERVE:

- Public Relations Professional Development
- Membership Government Relations
- Newsletter OCA Officer
- Awards Chapter/Division Officer
- Finance Interprofessional Relations
- Other _____

MEMBERSHIP TYPE

- Professional \$80.00
- Associate (holds no counseling credential) \$80.00
- Retired \$40.00
- Student \$20.00
- Membership Certificate \$ 7.50

DIVISIONS

- OH Assn. for Counselor Education and Supervision (OACES) \$20.00
- Student and Retired Membership (OACES) \$10.00
- OH Assn. for Multicultural Counseling and Development (OAMCD) \$15.00
- Student Membership (OAMCD) \$ 7.50
- OH Mental Health Counselors Assn. (OMHCA) \$25.00
- Student Membership (OMHCA) \$12.50
- OH Career Development Assn. (OCDA) \$15.00
- Student and Retired Membership (OCDA) \$ 7.50
- OH Assn. for Specialists in Group Work (OASGW) \$15.00
- Student & Retired Membership (OASGW) \$ 7.50
- OH School Counselor Assn. (OSCA) \$35.00
- Student and Retired Membership (OSCA) \$10.00
- OH Assn. for Spiritual, Ethical, and Religious Values in Counseling (OASERVIC) \$10.00
- Student Membership (OASERVIC) \$ 5.00

TOTAL ENCLOSED \$ _____

(Only 75% IRS deductible)

MEMBERSHIP IS VALID FOR ONE YEAR FROM THE DATE OF PROCESSING BY OCA OFFICE.

OHIO LEGISLATIVE INFORMATION:

Senator _____ Representative _____ Bd. of Ed. Rep. _____

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

To contact OCA: Call (419) 448-7474 or e-mail saundersj@tiffin.edu
 Website: www.ohiocounselingassoc.com

**OCA EXECUTIVE COUNCIL
2001-2002**

Carol R. Pohly, President
5398 Oakbrooke Dr.
Kettering, OH 45440
(937) 434-6217

Richard J. Hazler, Pres/Elect
9460 St. Rt. 691
New Marshfield, OH 45766
(740) 593-4461

Anita P. Jackson, Past President
5655 Twin Hills Dr.
Zanesville, OH 43701
(740) 453-1157

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

Valenta Ward-Gravelly, Secretary
3419 Lawton Lane
Pepper Pike, OH 44124
(216) 382-9979

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

Susan Huss, OACES President 1442 Middleton Pike, Luckey 43443 (419) 372-7312
Tracy Leinbaugh, OACES Rep. 10855 Peach Ridge Road, Athens 45701 (740) 593-0846
Charles E. Campbell, OMHCA President 6630 Oak Brook Dr., Whitehouse 43571 (419) 661-7500
Tom Fine, OMHCA Rep. 26222 W. River Rd., Perrysburg 43551 (419) 383-5695
Carolyn Collins, OSCA President Ott Staff Dev. Center, 65 Steiner Ave., Akron 44301 (330) 761-3029
Katherine Ziff, OSCA Rep. 64 Morris Ave., Athens 45701 (740) 797-4516
Angela Nicolosi, OASERVIC President 405 Rosslyn Ave., Columbus 43214 (614) 766-0161
Cher Igelman, OASERVIC Rep. 327 E. Wheeling St., Lancaster 43130 (740) 687-4500
Gloria Cain, OAMCD President P.O. Box 871, Hilliard 43026 (614) 470-2717
Eileen F. Self, OASGW President M074 CAC Wright State University, Dayton 45435 (937) 775-3290
Manzetta L. Jackson, OCDA President 5204 Regency Drive-A, Toledo 43615 (419) 536-0766

Ron Kovacs, Jr., COCA President 1742 Brice Rd. #2, Reynoldsburg 43068 (614) 444-0800
Mike VanOfen, GCCA President 1500 Ebenezer Rd., Cincinnati 45233 (513) 367-1550
Mary Ann Jones, MVCA Co-Pres. 6490 Greenbrook Dr., Trotwood 45426 (937) 775-2075
Phyllis Henderson, MVCA Co-Pres. 1026 Bertram Ave., Dayton 45406 (937) 775-2584
Jean Underfer-Babalís, NWOCA Pres. 3900 Sunforest Ct. Ste. 200, Toledo 43623 (419) 475-7821
Nicole Hill, SEOCA Pres. P. O. Box 201, Stewart 45778 (740) 380-3957
Carrie Crawford, EOCA Pres. 4392 St. Rt. 164, Leetonia 44431 (330) 332-1514
Patricia Schafer, NCOCA Pres. 32300 Tracy Lane, Solon 44139 (440) 349-4469

Tracy Leinbaugh, Ethics Chair 10855 Peach Ridge Road, Athens 45701 (740) 593-0846
Barbara Bryndal, Membership Chair 14637 Russell Ln., Russell Twp. 44072 (440) 349-7437
JoLynn V. Carney, Finance Chair 105 Bryson Mill Rd., New Castle, PA 16102 (330) 742-7273
Jean Underfer-Babalís, Gov. Relations Chair 3900 Sunforest Ct. Ste. 200, Toledo 43623 (419) 475-7821
Jason McGlothlin, Public Relations Chair 5203 Hemlock Dr., Ravenna 44266 (330) 672-0695
Cynthia J. Osborn, Prof. Development Chair 1046 Roy Marsh Dr., Kent 44240 (330) 672-0695
Susan Huss, Archives Chair 1442 Middleton Pike, Luckey 43443 (419) 372-7312
Carolyn Helmuth, Newsletter Chair 3610 Gottschee Ct., Brunswick 44212 (330) 666-5004
Gail Blackshear, Bylaws Chair 3730 Erie St., Youngstown 44507 (330) 742-8657
Felicia Townsend, Awards Chair 2139 Pebble Creek Dr. 208-G, Twinsburg 44087 (330) 672-2662
Tom Davis, AASCB Liaison Box 99, Stewart 45776 (740) 593-4460
Cynthia Snyder, Gov. Relations Consultant 33 North Third St., Suite 315, Columbus 43215 (614) 341-9820

**93%
PASS RATE!**

See website for details.

The Institute for Personal Growth and Achievement, Inc. presents

PCLE EXAM

REVIEW COURSE WORKSHOPS



ATTEND OUR WORKSHOP AND RECEIVE

- Ohio-Specific Information
- Up-to-the-Minute Handouts
- Detailed Review of Statistics
- The Precise Study Plan that has produced our 93% pass rate

WORKSHOP SCHEDULE

Registration: 7:30 - 8 a.m.

Workshop: 8 a.m. - 6 p.m. (Lunch is "on your own")
(Breaks and Refreshments Included)

COST

- \$341.50 "Early Bird" Pre-Paid Registration
 - \$371.50 At the Door Payment/Registration*
 - Purchase Orders - Add \$20.00
- *At the Door registration as seating permits

REGISTRATION INCLUDES

1. The Diagnostic Pretest
2. The Study Manual
3. Six Audio Tapes
4. The Study Buddy
CD-ROM with over
1300 sample questions
5. The Review
Course Workshop
6. All Workshop
Handouts

TO REGISTER

- ◆ **ONLINE** www.ipganow.com
via secure server
- ◆ **PRINT** registration form at www.ipganow.com
and **MAIL TO** IPGA
241 Pine St. • Ste. 11 C
Abilene, TX 79601
- or **FAX TO** 915.676.8802
- ◆ **CALL** 1.877.474.2669 (toll free)

WORKSHOP LOCATIONS & DATES

COLUMBUS

Saturday, February 2, 2002
Friday, May 3, 2002

Signature Inn - Columbus
6767 Schrock Hill Court
1-270 & Cleveland Avenue, Exit #27
614-890-8111

Sleep Rooms Rate is @ \$60.00 plus taxes

CLEVELAND

Friday, February 1, 2002
Saturday, May 4, 2002

Radisson Hotel - Cleveland Southwest
7230 Engle Road • Middleburg Heights
440-243-4040

Sleep Rooms Rate is \$99.00 plus taxes

visit www.ipganow.com for more information

MOTEL RESERVATIONS MUST BE MADE 3 WEEKS
IN ADVANCE TO RECEIVE DISCOUNTED RATES.



OCA
P.O. Box 603
Tiffin, OH 44883

NON-PROFIT ORG.
U.S. POSTAGE
PAID
TIFFIN, OH
PERMIT #6

