

# Guidelines | Ohio Counseling Association

The mission of OCA is to promote and advance the profession of counseling.



VOLUME 34, NUMBER 4  
SUMMER 2008



## A Position on Life Coaching

Daniel R. Cruikshanks, Ph.D., PCC, NCC  
President, OCA

Not long ago, a story to do with life coaching aired on NPR's All Things Considered. This caught my attention because over the past couple of years I have been hearing more and more about this and have been becoming increasingly concerned about just what, exactly, is this new service. Indeed, during my terms of President-Elect and President of OCA, several folks voiced similar concerns to me, and we have had a number of conversations about life coaching at recent OCA Executive Council meetings. So I have decided that the last words you will see from me as OCA President will be a brief discussion outlining my current understanding of life coaching and why I believe that we should be paying close attention to this emerging group of human services folks.

I have heard life coaching described in a number of ways, and depending on what service actually is being performed, my level of interest and concern ranges from "could care less" to "Hey, that's counseling!" If you hire someone to come to your home and help you go through your cluttered closets and get your life organized, that seems to fall under the purview of life coaching—my life is cluttered, and I need a coach to help me straighten up (personally, I kind of like my clutter!). The problem is that I have also heard life coaching described in ways that sound like counseling, and if that's the case, then we have a problem. During the aforementioned piece on NPR, Robert Seigal asked the life coach he was interviewing what was the difference between life coaching and counseling. Her response: "Counselors try to help people by focusing on their past, childhood events; life coaches help people by focusing on their problems *now* and what they can do differently."

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# Ohio Counseling Association 2007-2008



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## ***Guidelines***

**SUMMER 2008: VOLUME 34, NUMBER 4**

*Guidelines* is the Ohio Counseling Association's quarterly newsletter published for its members. We welcome your comments, suggestions, and news.

**Deadlines for submission are August 1; November 15; February 1; and May 2 of each year.**

Advertisements and articles are subject to editorial approval and revision. OCA reserves the right to reject any ad or article for any reason.

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**The Ohio Counseling Association is a branch of the American Counseling Association**

## ***Join OCA for Life!***

A **Lifetime Membership in OCA** is now available for a one time membership fee of \$500. This will allow individuals to become members of OCA for life without ever needing to renew their membership! Please obtain the new OCA Membership Form by accessing the OCA website at [www.ohiocounseling.org](http://www.ohiocounseling.org).

Another new membership category is **Legacy Member** (what had previously been referred to as Lifetime Member). This is an honor extended only by the OCA Executive Council and reserved for those OCA members who have demonstrated outstanding service and leadership during their careers.



## Second Annual Legislative Advocacy Day a Success!

Kathleen M. Salyers, Ph.D., PCC-S  
Chair, Government Relations Committee

The **Ohio Counseling Association 2nd Annual Legislative Advocacy Day** was held on April 15, 2008 at the Atrium at the Ohio Statehouse in Columbus, Ohio. The special guest and speaker was **Dr. Frances Strickland**, First Lady of Ohio. This event was once more a huge success thanks to all of those who put their advocacy into action! The day was very well attended with the majority of those attending being students from various universities such as The Ohio State University, Wright State University, Ohio University, University of Toledo, and Kent State University. This provided a wonderful opportunity for these emerging counseling leaders to hear first hand from **Dr. Susan Sears**, one of the founders of the counseling profession in the State of Ohio, about the history of the counseling profession in Ohio.



The day began with **Amber Lange**, doctoral candidate from The University of Toledo, presenting on “Tips for Meeting with your Legislator.” This was followed by Dr. Susan Sears’ presentation on the history of counseling in Ohio which provided the foundation for understanding the legislative process. OCA President **Daniel Cruikshanks**, OMCHA President **Donna Tromski-Klingshirn**, and OSCA President **Kris Owen** held a panel discussion of current issues from the perspective of these counseling associations. This was followed by the **Towner Policy Group**, lobbyist group for OCA, providing an update of legislative issues now in process that have either a direct or indirect impact upon counselor education and the ability to practice counseling in the State of Ohio.



*“Advocacy Day” continued on page 4*

### University of Toledo Students Attend the OCA Legislative Advocacy Day

Realizing the importance of legislative advocacy, five doctoral students from the University of Toledo (UT) attended the OCA Legislative Advocacy Day. This was an excellent opportunity for counselors throughout the state to learn information about the process of advocating for the counseling profession on a state and national level. In addition, the First Lady, Francis Strickland, was present and gave a moving speech about the importance of taking care of the youth in Ohio. “This was an important event and it was exciting to have seen so many counselors interested in learning more about the topic of legislative advocacy,” said Christie Jenkins, a doctoral candidate at UT. This was the second year for the OCA Legislative Advocacy Day.



(from L to R) Megan Mahon, Christie Jankins, Melanie Long, Amber Lange, Frances Strickland, Kathleen Salyers, and Victoria Sepulveda



## 2008-2009 OCA PRESIDENT-ELECT



Congratulations to **Dr. Jake J. Protivnak** on his election to President-Elect of the Ohio Counseling Association for the 2008-2009 term. Dr. Protivnak serves as an Assistant Professor in the Department of Counseling and Special Education at Youngstown State University in Youngstown, OH. He is a licensed professional clinical counselor with supervisory status (PCC-S), a licensed school counselor (LSC), and a nationally certified counselor (NCC). He completed his Ph.D. in Counselor Education and Supervision at Ohio University and his master's degree in Community Counseling at Kent State University.

*Please join us in congratulating our new President-Elect!*

### *“Advocacy Day” continued*

Those attending then had lunch with Dr. Frances Strickland, First Lady of Ohio, and her personal assistant, **Judy Newman**. The First Lady then spoke to the group about her experience as a teacher, school counselor, and educational psychologist. She also shared about her experience as First Lady followed by questions from the floor on various topics. Two of the main goals for the day were for the First Lady to get to know us as counselors and for us to get to know the First Lady. I do believe that we accomplished these goals! One of the highlights of our time with the First Lady was when all who attended had the opportunity to have pictures taken as a memento of the day's event.

Later in the afternoon, **Kathy Goins** presented on her journey to becoming politically active which has resulted in her being appointed to the Governor's Institute for Creativity and Innovation in Education. Counselor education doctoral candidates from The University of Toledo, **Amber Lange** and **Vicki Sepulveda**, in collaboration with **Renee Kolecki**, from the City of Lakewood, Division of Youth, presented on their national legislative experiences. During the afternoon, those who attended had a chance to go on a guided tour of the Statehouse. Finally, the day ended with **Dr. F. Robert Wilson** sharing his “Top 10 tips for Advocacy!”

I would like to thank all of those who made this very special day possible. I would like to give a special thanks and acknowledgement for all of her assistance to The University of Toledo doctoral candidate, **Christie Jenkins**, who has served as my graduate assistant this year. And with our thanks to all who participated this year came a challenge to all who attended to bring at least one person next year. So, if you were unable to attend this year, why not make that one person you? One of the ways in which we are striving to maintain the momentum that we gained from our exciting and fulfilling day at the Ohio Statehouse, is that we have begun to plan for next year's **OCA Third Annual Legislative Advocacy Day**. Another way that we hope to build on this is to continue to develop the relationship that we have begun with the First Lady as she invited us to the governor's residence with a promise that she would not ask us to weed the garden!



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## *“Position” continued*

While it is true that some counselors ascribe to a psychodynamic model in which past events are important in understanding present problems, the majority of counselors today utilize one of the many forms of present-focused, goal-driven models that represent the recent thinking in the field. Thus, the life coach interviewed on National Public Radio described herself as a counselor with a different title.

The implications here are significant. As licensed professionals recognized as members of the Allied Health Profession, counselors receive extensive graduate training in order to be considered at least minimally competent to practice their work. There have always been those who believe that because they are naturally good listeners, etc., they should be able to do the work of counseling without any special training. It was largely because of such attitudes, beliefs and practices, that our field developed standards and pursued licensure more than 25 years ago. Prior to that time, anyone could hang out a sign and claim to be a counselor. Now, under the guise of life coaching, we have a new generation of folks who appear to essentially want to be counselors without doing the hard work of graduate training.

So, what exactly *is* life coaching? According to LifeCoaching.com, “Life Coaching is a new and rapidly growing profession that is profoundly different from consulting, mentoring, advice, therapy, or counseling. The coaching process addresses specific personal projects, business successes, **general conditions** and **transitions in the client’s personal life, relationships or profession** by examining what is going on right now, discovering what your obstacles or challenges might be, and choosing a course of action to make your life be what you want it to be” (emphasis mine). Although the language is slightly different, much of this sounds like counseling to me. Lifecoaching.com continues: “*Life Coaching is a designed alliance between coach and client where the coaching relationship continually gives all the power back to you, the client. We believe that you know the answers to every question or challenge you may have in your life, even if those answers appear to be obscured, concealed or hidden inside.*” This is simply Rogers’ Person Centered approach to counseling. “*Every day we make choices to do or not do many things. These choices may range from profound to trivial and each one has an effect that makes our lives more fulfilling or less fulfilling, more balanced or less balanced, that make our process of living more effective or less effective. Life coaching helps you learn how to make choices that create an effective, balanced and fulfilling life.*” Here, we have a virtual textbook description of Glasser’s choice theory. Finally, Lifecoaches.com provides the following list of services one might expect from their life coach:

- Relationships and Intimacy
- Stress Management and Balance
- Spirituality and Personal Growth
- Entrepreneurial and Small Business Development
- Career Planning and Development
- Motivation and Time Management
- Creativity for Artists, Writers, Musicians and Performers
- Finances and Budgeting
- Health, Aging, Lifestyle and Self-Care
- Family and Parenting
- And much more

With only a couple of exceptions, these all fall into the realm of the kind of work that most of us do as professional counselors.

*“Position” continues on page 14*

## Chapters and Divisions

### Greater Cincinnati Counseling Association (GCCA)

John Burik, President

GCCA joined the American Counseling Association and the Ohio Counseling Association in celebrating **Counselor Awareness Month** by recognizing counselors working in different sectors for their contribution toward the advancement of the counseling profession. The event occurred April 24, 2008 at the Health Foundation of Greater Cincinnati.



*Pictured standing from left to right are* **Susan Warm**, School Counselor at Sycamore High School; **Roger Zellars**, Counselor and Director at Prospect House; **Brent Richardson**, Counselor Educator at Xavier University; **Shannon Gantzer**, Counselor Intern at St. Joseph Orphanage; *Seated from left to right are* **Brenda Fisher**, Private Practice Counselor; and **Jennifer Brinkdopke**, Professional Clinical Counselor and Supervisor at Child Focus, Inc. **Sue Koehler** (not pictured), School Counselor at Sycamore High School was also recognized for her 30 years of service to the community.

John Burik, President of GCCA and Board Members Al Lewis, Melissa Fischer and Jan Danner presented the recognition awards that included a one year paid OCA/GCCA membership. OCA/ GCCA memberships were also distributed as door prizes to six counselors attending the event.

### Miami Valley Counseling Association (MVCA)

Christine Ferens, President

Greetings from the Miami Valley! Counselor Awareness Month was a busy time for MVCA!

We received two Proclamations: one from the city of Dayton and the other from the city of Kettering. Many thanks to Dayton Mayor Rhine McLin and Kettering Mayor Don Patterson for these special honors and acknowledgement to the profession of counseling!

A few of our members volunteered at the local National Public Radio Station during the Spring Fund Drive that was greatly appreciated.

**Off the Clock**, our annual social event created as an opportunity for area counselors, supervisors, students and counselor educators to meet mingle and network, was also held in April. This event is typically held much earlier in the year and by scheduling it to coincide with celebrating Counselor Awareness Month we had a much larger turnout—the event was a huge success!

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During our Off the Clock event we had the pleasure of witnessing the induction ceremony for the Wright State University chapter of Chi Sigma Iota. It was wonderful to have the group hold their ceremony amongst so many other members of their chosen profession! Area supervisors were also honored for their contribution to practicum and internship students that enables these students to explore and engage in real life work experiences under seasoned and compassionate professionals.

Perhaps the greatest Counselor Awareness Month activity that took place during the Off the Clock was awarding two outstanding graduate students the **Wray Reiger Memorial Scholarship**. Each of the following students was awarded \$1,000 after meeting stringent criteria and completing a comprehensive application, which was thoroughly reviewed by a committee of professional counselors:

**Stacy Ingraham**, a University of Dayton community counseling student, values advocating and relationship building and likes that counselors play an active role in advocating for their clients. Her professional goals include truly problem solving rather than just venting and her scholarly project is how counselor education students can work toward becoming advocacy-oriented counselors for their clients and the counseling profession. She plans on becoming licensed, earn supervisory status, and furthering her education to contribute to the next generation of counselors.

**Alicia Cormier**, a Wright State University community counseling student, has a passion for helping others and is thrilled to see someone accomplish their goal. Her professional goals include to become licensed, go on to supervisory endorsement, and help people to obtain the skills to manage their mental health symptoms and reach their own personal goals. She also hopes to improve the community through her work and strengthen a positive perspective on counseling based on effective work, and contribute to our profession by helping other counselors.

Congratulations Stacy and Alicia! Your passion, hard work, and dedication will serve you well and carry you far.

**Northwest Ohio Counseling Association (NWOCA)**  
Amber Lange, President

### Northwest Ohio Counseling Association Hosts All Day Ethics Workshop

Northwest Ohio Counseling Association members were proud and excited to have **Dr. David Kaplan**, American Counseling Association's Chief Executive Officer and Past-President, speak at the spring workshop. Dr. Kaplan's presentation was titled, "**The Revised ACA Code of Ethics: What Counselors Need to Know.**" During the presentation, Dr. Kaplan discussed various revisions to the ACA Code of Ethics and how these revisions impact a counselor's work. Many small group discussions and feedback from participants lead to intellectually stimulating conversations about the profession and practice of counseling. A good time was had by all and the NWOCA Board thanks Dr. Kaplan for his enthusiasm and commitment to the counseling profession.



(from L to R) Amber Lange, Tara Hill, Dr. Kaplan, Megan Mahon, and Christie Jenkins

*Chapters & Divisions continued on page 13*



## Ohio Statehouse Report Towner Policy Group



OCA Lobbyists (L to R) Amanda Sines,  
Carolyn Towner, and Kristy Smith

### **Legislative Advocacy Day Huge Success**

On April 15, 2008, approximately 100 professional counselors, professional clinical counselors, and professional school counselors and students came to the Ohio Statehouse to learn about the governmental process and how it affects counselors and their profession. The highlight of the day was our guest speaker, Ohio's First Lady Frances Strickland.

Many thanks to Dr. Kathleen Salyers and her planning committee and all who contributed to this event: Amber Lange, Dr. Susan Sears, Dr. Daniel Cruikshanks, Kris Owen, Dr. Donna Tromski-Klingshirn, Kathy Goins, the counselor education doctoral students, and Dr. Robert Wilson.

### **Marriage and Family Therapy Bill Reported Out of House Committee**

Representatives Shawn Webster (R – Hamilton) and Tom Letson (D – Warren) have cosponsored House Bill 427, which revises the laws governing the practice of marriage and family therapists. This legislation was reported out of the House Health Committee on April 23, 2008. The bill will now go to the House of Representatives for a floor vote.

This legislation would expand the scope of practice of marriage and family therapists to allow for the diagnosis and treatment of mental and emotional disorders. Independent marriage and family therapists would be permitted to diagnose and treat mental and emotional disorders without supervision. The bill, as introduced, does not add the requirement that MFTs complete course work in diagnosis and treatment in order to become licensed. The bill also amends the law to add independent marriage and family therapists to the list of professionals that can supervise professional counselors in the diagnosis and treatment of mental and emotional disorders. Currently the list includes: psychologists, psychiatrists, professional clinical counselors, and independent social workers. The bill also expands the list of the providers that can supervise social workers to include independent marriage and family therapists.

The Ohio Counseling Association sought an amendment to the bill in the House Committee to require a marriage and family therapist to have “diagnosis” in their educational requirements. The cosponsors of the bill, Representative Webster and Representative Letson, would not agree to the amendment in the House Committee. The Ohio Counseling Association will seek the amendment in the Senate Committee, when the bill is referred to a committee in the Ohio Senate.

### **Hearings on Comprehensive Mental Health Parity**

Representatives Ted Celeste (D – Grandview Heights) and Jon Peterson (R – Delaware) introduced House Bill 384. The bill is the comprehensive parity bill that expands on the mental health parity bill passed during the last General Assembly. The previous legislation only mandated coverage for the diagnosis and treatment of biologically based mental illness. House Bill 384 would expand mandated coverage for all “mental illnesses and substance abuse or addiction conditions.”

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The bill has been referred to the House Insurance Committee. A sponsor hearing was held on February 5, 2008. Proponent testimony was given on April 8, 2008 by Steve Hedge, Executive Director of Delaware-Morrow Mental Health and Recovery Services Board, on behalf of the Ohio Association of County Behavioral Health Authorities; Marion Sherman, the Immediate Past President of the Ohio Psychiatric Physicians Association; Gregory Brigham, representing the Ohio Psychological Association; and Donna Conley, CEO of Ohio Citizen Advocates. A third hearing was held on April 15, 2008, and Kellie Kirksey, a counseling professor at Malone College, testified in favor of the bill.

Senator Dale Miller (D – Cleveland) has introduced companion legislation to Celeste and Peterson’s mental health parity bill. Miller’s bill would require insurance plans to cover treatment of all mental illnesses and substance abuse. Senate Bill 298 has been referred to the Senate Insurance, Commerce and Labor Committee.

### **Bills to Mandate Posttraumatic Stress Disorder Introduced**

Representative Ted Celeste (D – Grandview Heights) has introduced House Bill 294. House Bill 294 would mandate that health insurance provide coverage for the diagnosis and treatment of posttraumatic stress disorder as defined by the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, published by the American Psychiatric Association. The provisions of this bill would not apply to plans that cover specific diseases or accidents only.

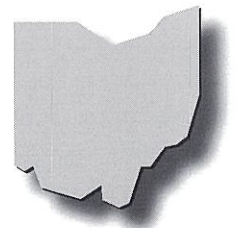
This legislation has been referred to the House Insurance Committee. The bill had sponsor hearing on January 22, 2008. In the testimony Representative Celeste told the committee that if comprehensive parity were to pass (HB 384), PTSD would be covered under that plan as well. Senator Dale Miller (D – Cleveland) introduced companion legislation, Senate Bill 297. The bill was referred to Senate Insurance, Commerce and Labor Committee and was given a sponsor hearing on April 2, 2008.

### **Bill Requires Suicide Prevention Services for Students**

State Representative Bob Hagan (D – Youngstown) has introduced House Bill 439, which would require each school district and community school to provide suicide prevention services for students in grades five through twelve. The bill was referred to the House Education Committee and had sponsor testimony on April 8, 2008.

House Bill 439 establishes that the board of education of each city, local exempted village, and joint vocational school district is to provide suicide prevention services for all students enrolled in the schools of the district in grades five through twelve. These services may include, but need not be limited to, any of the following:

- Mental health services in school-based health centers;
- Evidence-based suicide prevention programs;
- Awareness training for all district employees;
- Suicide prevention education to students;
- A written policy and procedures for responding to suicidal warning signs, threats, attempts, and completions;
- Mental health risk assessments and referral to mental health providers;
- Referral systems



*“Statehouse Report” continues on pages 10 & 11*



### **Healthcare Simplification Act – Effective June 25, 2008**

Nearly a year after the bill was introduced and after many interested party meetings and committee hearings, House Bill 125, the Healthcare Simplification Act sponsored by State Representative Matt Huffman (R - Lima), has been signed into law by Governor Strickland. Most provisions of the bill will be effective on June 28, 2008; some provisions will not be effective until September 23, 2008. The Ohio House of Representatives passed the bill by a vote of 91 – 5 on October 9, 2007. The Ohio Senate passed the bill on March 11, 2008 by a vote of 32-0. Then the House of Representatives concurred with the Senate changes by a vote of 93-1 on March 12, 2008.

House Bill 125 remedies many of the administrative demands providers face in their interactions with insurers. The bill makes the contracting process more transparent by requiring a summary disclosure form in contracts along with full disclosure of fee schedules, categories of coverage, and terms under which the contract can be amended. The bill also restricts how “all products” clauses are used and restricts the leasing or renting of a contract from one payor to another. The bill also requires the Ohio Department of Insurance to create one, single credentialing form for providers and limits the credentialing review process to 90 days.

The bill creates the Advisory Committee on Eligibility and Real Time Claim Adjudication to study and recommend mechanisms or standards that will enable providers to send to and receive from payers sufficient information to enable a provider to determine at the time of the enrollee’s visit the enrollee’s eligibility for services covered by the payer as well as real time adjudication of provider claims for services and requires the Committee to submit a report of its findings and recommendations for legislative action to the General Assembly.

As passed, House Bill 125 precludes any health care contract that includes a most favored nation clause from being entered into, and precludes any health care contract from being amended or renewed at the instance of a contracting entity to include a most favored nation clause, for a two-year period after the bill’s effective date, subject to extension but provides that this prohibition does not apply to and does not prohibit the continued use of a most favored nation clause in a health care contract that is between a contracting entity and a hospital and that is in existence on the effective date of the bill under certain specified circumstances.

The bill also creates a 17-member Joint Legislative Study Commission on Most Favored Nation Clauses in Health Care Contracts, chaired by the Superintendent of Insurance, and charged with studying specified areas pertaining to most favored nation clauses in health care contracts, and requires the Commission to submit a final report of its findings and recommendations to the General Assembly.

### **Background Checks for Licensure - Effective March 28, 2008**

House Bill 104, sponsored by State Representative Tony Core (R – Rushsylvania), requires licensure boards to conduct criminal background checks on applicants for initial licensure. Whether or not the results affect the applicant’s ability to be licensed in Ohio would be at the discretion of each independent Board. The bill does contain a confidentiality section, so the results of the background check would not be public records. Only the Board and the applicant would be privy to what the background check turned up. According to the sponsor, only licensure boards that requested inclusion in the bill were included. The Counselor, Social Worker and Marriage and Family Therapist Board is included under this new requirement.



## **Cruelty to Animal Bill Introduced**

House Bill 418, introduced by Representatives Courtney Combs (R – Hamilton) and Brian Williams (D – Akron), would revise the penalties and sentencing provisions regarding violations of the cruelty to animals laws and expand the scope of temporary protection orders, domestic violence protection orders, anti-stalking protection orders, and other related protection orders to include the protection of any companion animal that is in the complainant’s or alleged victim’s residence.

Under the bill if a child under the age of 18, who is adjudicated a delinquent child, is convicted of cruelty to animal charges the child shall be ordered by the court to undergo psychological evaluation and counseling for at least 6 months. The court is permitted to order the cost of the evaluation, the counseling, or both to be paid by the parent, guardian, or other person having care of the child.

In order for a counselor to qualify to provide the counseling under this bill, they would have to complete a course of study with regard to the counseling of individuals who abuse animals as part of their continuing education requirements for licensure. The course would be approved by the Professional Standards Committees of the Counselor, Social Worker and Marriage and Family Therapist Board. Those licensees not intending to provide services under this bill would not be required to take the course regarding animal abuse. Also licensees of the Counselor, Social Worker and Marriage and Family Therapist Board, the State Board of Psychology, and the State Medical Board, who complete the required continuing education, qualify to provide the services mandated under this legislation.

The bill has been referred to the House Criminal Justice Committee. The bill had sponsor testimony on March 13, 2008. A second hearing was held on April 10, 2008. Testifying on the bill was Dean Vickers, of the Humane Society of the United States; Jed Mignano, Chief Investigator of the Cleveland Animal Protective League; Jodi Lytle Buckman, Executive Director of the Capital Area Humane Society; James Prueter, a veterinarian; Lesley Ashworth, former Director of the Domestic Violence Unit in the Columbus City Prosecutor’s Office; and Phyllis Carlson-Riehm, Executive Director of ACTION OHIO Coalition for Battered Women. A third hearing for the bill was scheduled for April 17, 2008.

*The Ohio Counseling Association supports the general concept of this bill, but opposes mandating continuing education courses since counselors have initial and ongoing training in this and have the ability to provide the appropriate services.*

Check out OCA’s website at [www.ohiocounseling.org](http://www.ohiocounseling.org)



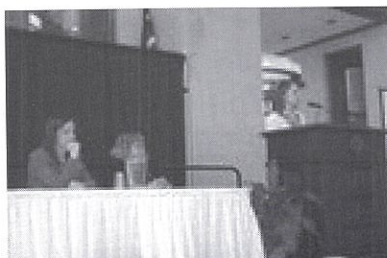
- Membership information
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- Upcoming events
- Executive Council members & their contact information



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Pictures from the

*2nd Annual  
Legislative  
Advocacy Day*





## OASGW and The University of Toledo Explore Batterer Treatment Programs

On April 18, 2008, **Dr. Carol Smith** presented **Evidence Based Approaches to Domestic Violence Offenders and Batterer Interventions Systems**. Dr. Smith is the current director of Family Service of Northwest Ohio in Toledo, Ohio. Dr. Smith has a long history of working with batterers in the community. Dr. Smith currently works with males who batter females. She is in the planning stages for another group providing services to females who batter males. Dr. Smith presented for two hours on the topic of **Batterer Intervention Programs** which elicited many questions and an informative open-discussion.

Dr. Smith spoke about how Batterer Intervention Programs (BIPs) differ from the Anger Management groups typically introduced as a treatment modality for batterers. BIPs are much longer (1.5-3 hours for 10-52 weeks). These groups are co-facilitated by a male-female team. These groups have promising results, with 2 out of 3 victims reporting that they are better off after their partner attends BIPs. At 48 months, 84% of victims report that they are very unlikely to be battered and 85% feel very safe.

Dr. Smith reported that 50% of batterers do not complete treatment and court referred batterers are just as likely to not complete BIPs as those who voluntarily seek out treatment. Some of this stems from batterers receiving few consequences (if any) for non-completion. Probation officers are thought of as the most critical component in the effectiveness of batterer programs.

Finally, Dr. Smith provided the criteria for successful completion of a BIP:

- 1) Participates actively in group.
- 2) Demonstrates an understanding of the benefits of an egalitarian relationship.
- 3) Takes responsibility for his abusive behavior and its consequences.
- 4) Demonstrates knowledge about and understanding of abuse.
- 5) Uses skills and techniques learned in group, both within group and by self-report about conduct outside the group.
- 6) Completes all program requirements.
- 7) Demonstrates use of respectful language regarding his partner and all women.
- 8) No non-confidential reports of any recent violent or abusive behaviors.
- 9) Has followed through on necessary mental health and/or substance abuse assessment and treatment.

*Provided with expressed permission from Dr. Carol Smith*



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## *“Position” continued*

In Ohio there are several groups of professional practitioners who are recognized by the state (licensed) to provide these kinds of services. In addition to professional counselors, marriage and family therapists, licensed independent social workers, psychologists, and psychiatrists are trained to provide these services. In the state of Ohio, it is unlawful for anyone who is not appropriately licensed by the state to provide counseling services or services that fit the description of counseling, regardless of education, training or title. Life coaching is not a regulated, licensed discipline. Anyone who wants to can set up shop as a life coach. However, in our state, anyone who identifies as a life coach, but who is not already a licensed mental health professional, is practicing outside of the law.

So what can we do? First, let me be clear on this point. The Ohio Counseling Association does not support or endorse the practice of life coaching when it is obviously counseling under another name and being performed by individuals who are not properly credentialed. Second, we believe that it is our responsibility to monitor the field and advocate on behalf of the field. As professional counselors, part of our charge is to protect the public from unscrupulous and incompetent practitioners and to protect the integrity of the field. In a recent conversation with Ohio Counselor, Social Worker and Marriage and Family Therapy Board Executive Director, Jim Rough, I expressed our concerns about life coaches and asked what we can do about this problem. Mr. Rough was very clear on a couple of points. First, the Board is aware of this issue and also is concerned. Second, if the Board becomes aware of individuals practicing in counseling equivalent work without a license, it will order such individuals to cease and desist. Thus, if you are or become aware of individuals practicing as life coaches, especially if they have documentation (such as a brochure or website) which demonstrates that they are effectively practicing counseling, then the Board would like to hear from you.

Life coaching is neither an escape from licensure law nor a backdoor into the mental health field. The burden to protect our license, however, falls on our shoulders. If you see questionable practice, and you are uncertain about how to proceed, contact OCA.

**The mission of OCA is to promote and advance the profession of counseling.**

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## *Interested in Writing?*

If you are interested in professional writing that will be of benefit to other counselors, supervisors, educators, and counseling students, please consider submitting articles for future issues of the *Guidelines*!

We're looking for brief articles (approximately 150-300 words) that address issues of interest to our readership. Submissions should be sent in electronic format to the *Guidelines* editor, David Mann, at [dmann@ashland.edu](mailto:dmann@ashland.edu) by the dates noted on page 2.



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