

# GUIDELINES

*A Publication of The Ohio Counseling Association*

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## From the President's Desk

Maude Ann Robinson



Greetings to each of you. And a special greeting to each of our new members. We welcome you to the Ohio Counseling Association (OCA) and we encourage you to become an active part of our organization. We are only as strong as our membership and only as effective as we work toward common goals.

The Ohio Counseling Association has several goals for this year. One of the major goals is to promote membership. I encourage each of you to bring in one new member

thereby doubling our membership. We have committee chairs who could use your help to carry out their assignments. It is rewarding to work at becoming a professional both at your place of employment and in your state or local organization.

Today I received a call from a potential counseling consumer. He'd gotten my name from the American Counseling Association. I was happy to be able to let him know who counselors are and what they can do. I gave him referral information for his area and let him know that OCA is here to help him.

We need you. There will be more consumers, more counselors who need our help. A big thanks to each of you who have called to volunteer your services or just to say "hello". Please keep in touch . . . by letter or by phone. We look forward to working for you AND with you!

## Consultant's Column

Joe Saunders

What an exciting year we anticipate! At press time, OCA membership exceeds 1400. September and October have

historically been months when membership efforts have been rewarded. Already a number of **new** student memberships have been received. We have learned that increases in student membership are directly correlated with future increases in professional membership. Additionally, the profession is enhanced by increased awareness of counseling issues which student members gain through OCA.

OCA is financially solvent owing to fiscal policies of Past President Martin Ritchie. Under Jeannine Studer's guidance, membership increased in excess of 50%, thereby increasing revenues. The OCA state office was equipped with a computer for maintaining the membership database, eliminating the need to farm it out. Printing services were relocated to the Nelsonville area, resulting in quality printing at less cost than when located in Columbus. Many dollars were saved as a result of this centralization. Overall, OCA has experienced an excellent year.

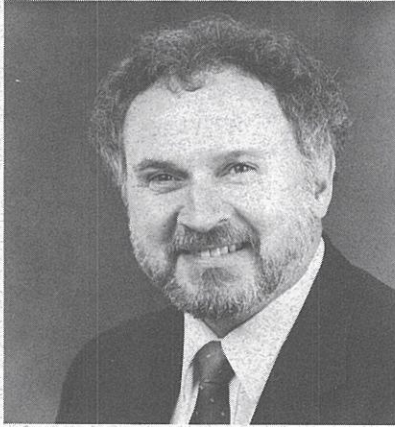
**ALL OHIO  
COUNSELORS  
CONFERENCE  
NOV. 8 - 10**



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### Consultant's Column cont. . .



I returned last night from my first experience as mental health coordinator for a disaster. I received a call late the night before I was to be on site at Piqua, OH, to assist with mental health concerns of victims and Red Cross staff in the aftermath of the flooding. I found that mental health needs had been accumulating due to the belief on the part of some disaster administrators that mental health was inconsequential in a minor disaster. Accordingly, no mental health personnel were on site.

My friends, to paraphrase Pogo, a part of the problem IS US! **The list of mental health professionals in the state of Ohio who have qualified themselves to be called in time of disaster numbers 18!!** I urge you to contact your local Red Cross chapter and receive the training necessary to posture yourself for future state and national disasters. Had there been counselors in Miami, Champaign, and Scioto counties available during the past week and a half, mental health needs could have been met from the first day. And what better way is there to raise the

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visibility level of counseling as a profession? Retta Trautman submitted a letter for publication in this edition of **Guidelines** in regard to her participation in disaster response. Please read it, then follow her lead!

### One Profession?

Bill King

The ACA Convention in Denver in late April brought some surprises! The delegates to the ASCA assembly passed a resolution to disaffiliate from ACA. Remember last year when AMHCA asked its members to vote on disaffiliation? Now we are faced with another counseling specialty wanting to do the same. The question is: Is it too late to save the profession of counseling?

I believe we have to grow to the awareness that all counselors share the same foundation and, therefore, we are one profession. Our common heritage says that people need to be approached from a growth and development model. We all look to see what is right with our clients, instead of trying to diagnose them. Of course, some of us learn how to do diagnosis, but this is not our primary focus. We seek to help our clients find their strengths and build on them. We look for ways to help our clients bring out their best, whether our clients are five, fifteen, or fifty years old.

For us to fragment ourselves into separate organizations is to jeopardize the entire profession of counseling. All of us are stronger if we operate as a whole:

1) Mental health counselors who are state certified can market their



services to school counselors and can get reimbursed for their work.

2) State certification/licensure efforts are more effective when the entire profession of counseling is behind the push.

3) School counseling is seen as part of a larger profession and thus is less likely to be encroached upon by social work, psychology, nursing, etc.

4) College counseling programs will thrive because educators will continue to teach core counseling issues, no matter what track students pursue.

In other words, what's good for a mental health counselor in Maryland is good for a school counselor in Idaho and a counselor educator in Arizona.

I believe we need to come together, recognize and celebrate our commonality as well as our diversity! We also need to begin to call ourselves "specialties" instead of "divisions". Neurolinguistic programming says that the words we use are very important. The word "division" divides us; the word "specialty" keeps us one. Each specialty should bring its needs to the entire body so that, together, we can help one another. *E pluribus unum* is an idea whose time has come to the counseling profession.

*Bill King, Ph.D., is past president of the Indiana Counseling Association.*

#### Guidelines Advertising Rates

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

### Licensure Bill Amendments

Ohio Revised Code 4757 contains language which provides for the regulation of the profession of counseling. We call it the "licensure bill". The Ohio Counselor and Social Workers Board (OCSWB) has drafted amendments to the bill to be proposed to the legislature. Much of the amending was for purposes of removing obsolete language, such as that which pertained to grandparenting. There are, however, other changes in which counselors will be interested.

The OCSWB is composed of a Counselor Professional Standards Committee (CPSC) and a Social Worker Professional Standards Committee (SWPSC). At present, matters pertaining only to counselors or only to social workers are subject to approval by the entire OCSWB. This is unwieldy. Amendments will establish the two committees' independence in setting policy for their respective constituents, *i.e.*, the CPSC will make decisions regarding counselors, and the SWPSC will make decisions regarding social workers. The OCSWB will continue to meet as a whole to discuss personnel, budgetary, administration, and any other matter pertaining to the operation of the entire board.

Education standards for both LPC and LPCC will be the same, under new amendments. An LPC candidate will complete a graduate degree in counseling, with a minimum of ninety quarter hours of graduate credit, **including** a minimum of thirty quarter hours of clinical instruction. The LPC candidate may then take the examination, and upon passing, will be granted the LPC credential

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without further supervision, permitting the new graduate to compete on an equal field with licensed graduates of related professions.

The LPCC candidate will complete the same academic requirement as the LPC, pass the examination, then complete two years of post master's supervised experience (or one year post doctoral supervised experience) and must pass a field evaluation by those in position to evaluate the candidate's professional competence.

An amendment permits the CPSC to issue a provisional license for a candidate who meets all requirements for licensure except passing the licensing examination. It may also waive continuing education requirements for persons who are victims of extreme circumstances such as military service or illness.

Other amendments of lesser import are included in the proposed legislation. Upon introduction, a bill number will be assigned, and interested people may acquire a copy from legislative services.

The OCSWB intends to provide electronic testing by January, 1996. It is possible the machinery will be in place to be demonstrated at the All Ohio Counselors Conference in November. This would permit candidates to take the examination by appointment, rather than during the months of April and October.

The OCSWB is seeking counselor educators who will attend an item writing workshop on October 28 at the Riffe Office Tower, 9:30 - 5:00. Call Pat Sposito at (614) 466-6462. The board invites you to become involved in item writing for the state examination.



## Disaster Response

Retta Trautman

I was pleased to read about OCA's involvement in the Volunteer Organizations Active in Disasters (VOAD). A disaster can happen to anyone - in any place, as we learned in Miami, Champaign, and Scioto counties - at any time. It is only recently that professionals have really recognized the need to help individuals, victims, and workers deal with traumatic events. As was stated in the Consultant's Column, it is imperative that members become trained and prepared to participate in a state disaster response.

This is being written after the explosion in Oklahoma City--normal people had their lives disrupted in the most traumatic way! What would we/you do if it happened in your city--in your state? The entire country was asking what could be done to help our fellowman. I was interviewed by radio and television stations about this need "to do something".

We need to educate ourselves on how we may become involved. Is there an active Critical Incident Stress Management Team in your area? These teams are for the prevention of traumatic stress among emergency services and disaster workers using the Jeffrey Mitchell model. They certainly were needed in Oklahoma City!

During the past few years the American Red Cross (ARC) Disaster Services has had a mental health component. In fact, in December, 1991, the American Psychological Association and the ARC signed a memorandum of understanding and mutual support in recognizing the mental health needs of victims and workers that

have been impacted by disaster. The American Counseling Association (ACA) in 1993 signed a similar statement with the ARC. Requirements for serving on a national disaster exceed those for local participation. In addition to the need for licensure and the three hour initial course needed for a local disaster response, a national worker must complete a two day ARC course entitled "Disaster Mental Health". This latter, by the way, is quite good. CEUs are available for Red Cross disaster training through OCA. In addition to preparing to serve locally, I would urge counselors to learn about national disaster services at their local ARC or phone ACA or OCA. The time is now!!

I have served in four national disasters during the past year. They have been tremendous experiences. I have observed that counselors are particularly valued and productive members of the mental health team. As counselors we are taught to look at the wholeness of a person. This is particularly important in dealing with trauma as most of the individuals involved were "well" before the incident. I hope that more counselors will decide to become involved.

*Retta Trautman, LPCC, is a retired counselor from the Toledo area. She sits on the newly organized Ohio Statewide Disaster Mental Health Committee. She saw service in the Miami County flooding in August.*

## Calendar of Events

**Sept. 7 - April 18**  
School Psychology Seminar Series  
Kent State University  
(800) 672-KSU2

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**Sept. 16, 23, 30**  
Gangs, Guns, Drugs, and Violence  
Cleveland  
Kent State Univ. (800) 672-KSU2

**Sept. 30**  
OCA Executive Council  
Radisson North at Columbus

**Oct. 5 - 7**  
Interdisciplinary Conf. on Male  
Sexual Victimization  
Columbus  
(212) 225-7171

**Oct. 12 - 15**  
Midwest ACA Conference  
Chicago

**Oct. 12 - 15**  
North Central ACES Conference  
Cleveland

**Oct. 14, 21, 28**  
Gangs, Guns, Drugs, and Violence  
Kent  
Kent State Univ. (800) 672-KSU2

**Nov. 11**  
**Guidelines** deadline

## ACA Call for Programs

The deadline for submission of program proposals for the ACA World Conference in Pittsburgh is September 30. The dates of the conference are April 20 - 23, 1996. All ACA members will receive a Call for Programs brochure. Others may request a brochure from ACA at (800) 347-6647.

## ACA President Breasure

Joyce M. Breasure became the 44th president of ACA on July 1. She holds a master's degree in counseling from the University of Delaware.





ACA Past President Doris Rhea Coy and OCA President Maude Ann Robinson at ACA Conference in Denver

When asked about her priorities for her term, Breasure said, "We need to emphasize public awareness and care for the client, as well as enhancing membership programs to help professional counselors better serve their clients. The client is the most important thing."

### Improving America's Schools Guide

ACA has released its guide "Opportunities for Counseling in the Improving America's Schools Act Public Law 103-382". It is designed to help counselors understand the provisions of the law that relate to counseling, pupil services, social services, and other areas that may involve counselors. To receive a copy, contact Jennifer Sacks at (703) 823-9800, ext. 359.

### Continuing Education

Members and nonmembers of ACA may now get NBCC approved continuing education credit for reading **Counseling**

**Today**, ACA's monthly newspaper. A counselor may read certain articles in the periodical and answer quiz questions contained therein to receive one hour of NBCC continuing education credit.

### Chapter and Division News

#### MVCA

The MVCA Executive Board met during the summer to plan quality and viable workshops for the year. Counselors are encouraged to join MVCA and take advantage of the low cost workshops and other membership benefits:

- Informative newsletters on counseling issues
- Local, pre-approved CEUs workshops for counselors and other professionals, if applicable (no extra charge for CEUs)
- Updates on local, state, and national legislation affecting the counseling professional
- Networking opportunities and peer support

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- Local representation at bi-monthly OCA meetings, presenting local concerns and suggestions

For additional information about MVCA and workshops, please contact Doris Wilkinson at (513) 222-2223.

### NCOCA

The 1995-96 NCOCA leadership came together for the first time on Sunday, August 28, at a kickoff barbecue. It is a strong team, and we are looking forward to many creative accomplishments in the year ahead. A new committee was established this year, called Bridging Our Professional Identities. The goal of the committee is to develop and nurture ties among our local counseling specialties. We will keep you posted on our progress!

### OCA Treasurer Boright

Lucinda Boright has accepted an appointment by the OCA Executive Council as treasurer to complete the term of former treasurer Gary Echt. Gary found it necessary to resign the position in June.

Lucinda has served in similar capacity previously. Chapters and divisions will receive their rebate and dues checks from her the first week of each month.

Thanks, Gary, for your dependable service to OCA. Your willingness to serve at a crisis time is much appreciated.

Welcome aboard, Cindy!





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THANKS FOR ATTENDING THE LEADERSHIP CONFERENCE!!



## MEMBERSHIP PROVIDES PROFESSIONAL RECOGNITION

By Alice Morgan and Mimi Patterson  
OCA Membership Co-Chairs

*"United we stand, divided we fall"* is G.P. Morris's often evoked cry for unity. Special interests capture the attention of legislators, the public and media. Only a strong counseling organization, willing to act, will achieve widely accepted professional status.

Because we counselors, though an individualistic lot -- mental health, school, career, group, multicultural and counselor educators -- have joined forces to take action, the name PROFESSIONAL COUNSELOR is beginning to have impact. We have only just begun. There are well over 3000 LPC's and LPCC's registered in the State of Ohio. OCA's current membership totals 1,386. The challenge THIS YEAR is for each member to recruit one new member.

OCA Membership provides:

- **Professional Identity**
- **Professional Development Opportunities -- CEU's, State Conferences**
- **Legislative Clout**
- **An Executive Director**
- **A Statewide Newsletter**
- **Strategic Public Relations Campaign**
- **Opportunity for Local Chapter Membership**

Membership growth is critical. Joining forces for united action is vital. Dwight D. Eisenhower captures best the importance of united action with his reflection *"Our real problem, then, is not our strength today: it is rather the vital necessity of action today to ensure our strength tomorrow."* Act now and join OCA.

**Dr. Joe Sanders, Executive Director:**

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