

Ohio Counseling Association

GUIDELINES

Fall, 2003

Vol. 30, No. 1



FROM THE PRESIDENT'S DESK

Jean Underfer-Babalis, M.Ed./PCC
OCA President

Leaders and Leadership in Counseling in Ohio

Leaders from all over Ohio, 18 in all, met for two days in July to train and plan for the year 2003-2004. Roscoe Village in Coshocton, Ohio was the sight in which these enthusiastic counselors convened the 2003-2004 Leadership Training Workshop for Ohio Counseling Association (OCA). Developing a plan that includes as many aspects of the counseling profession as is possible was the main objective of this meeting of the minds. Various chapters, divisions and committees assisted OCA in this task. OCA has attempted to consider all the diverse and unique aspects of the counseling profession in Ohio. What follows

is a portrait of what occurred during the events that led up to the training, the training itself and what has transpired since that time.

Government Relations

Government relations co-chairpersons, Carol Pohly and Louisa Foss educated the assembly about the legislative system and how, as counselors, we can effectively communicate with legislators to advocate for issues that are important to the counseling profession. Portions of Pohly and Foss's presentation will be (if it is not already) featured on the OCA website. Pohly and Foss offered many helpful suggestions and ideas about advocating for the various causes.

Along this line, a committee, spearheaded by Susan Sears, Ph.D./PC, has diligently explored the needs of the chapters and divisions of OCA as it pertains to hiring a legislative consultant to replace Cynthia Snyder, who retired earlier this year. This committee has met twice and begun the interview process. A recommendation for hiring a legislative consultant and a report is forthcoming at the September 20, 2003 OCA Board meeting.

Carolyn Towner and her associates have been providing OCA with legislative services since Snyder's departure as temporary legislative consultant services. Most of Towner and Associates' efforts and energies have been focused on legislation relating to equal payment for mental health services by insurers and monitoring the process of rules and regulations for the newly created boards that address the marriage and family therapists and chemical dependency counselors.

Themes and Aspects of Leadership in the Counseling Profession

Kerry Sebera, Denise Pickering and Jake Protivnak presented research that has been conducted at Ohio University, under the guidance of Tom Davis, Ph.D. regarding leadership in the counseling profession. The presentation was "Contemporary Leadership in Professional Counseling". The presentation focused on the research process and the findings. Watch for more about this research, as they will continue to present this material at workshops and in written form.

Great leaders are distinguished by their vision. Leaders have a clear vision and are able to communicate that vision clearly and effectively to others. Counselors often have a vision for their clients and share that vision with the client. Certainly, the client's goals and purpose for entering into the counseling relationship direct that vision. The vision that emerged with this leadership training was the need to improve OCA's service to their members. This vision commenced a few years ago, and is gaining momentum, as well as taking shape by current events.

Communication skills and interpersonal skills are qualities that make for good leaders and effective counselors as well. One of the important communications that these leaders indicated is that someone asked them to become involved in the professional associations. OCA invites you to become involved in one of the chapters or divisions. Share your talent and ideas with other counselors. Giving of your time is also important to being a leader and has benefits far beyond what you might ever see for yourself. I

TABLE OF CONTENTS

From the President’s Desk	1
Legislative Update	2
OCA Sponsored Supervision Workshop	2
New OCSWMTB Member	3
Call for Nominations—OCA President-Elect	3
New Law: Client’s Right to Mental Health Records	3
Chapter & Division News	4
OCA Mission Statement	5
OCA Board Meeting Dates	5
OCA Executive Council Roster	6

From the President’s Desk cont.

want to thank the Ohio University group and Tom Davis for their work and sharing that work with OCA.

All Ohio Counselors Conference

The planning committee was inundated with 211 proposals for programs for the All Ohio Counselors Conference (AOCC). This is the largest number of proposals that the planning committee has ever received. Due to the onslaught of interest in presenting at the AOCC, the planning committee (at the suggestion of conference consultant Tim Luckhaupt) discussed with the conference site the idea of adding more time slots for additional programs. At the time of this writing, AOCC will be able to offer two additional continuing education sessions than were originally designated for the conference. Please mark your calendars for November 5-7, 2003 and be watching for the program registration in your mailbox.

Insurance and Regulatory Issues

Issues that arise due to regulations brought about by government entities, the most recent phenomena HIPPA, and concerns that relate to the insurance in-

dustry also consumed significant discussions at the leadership training. This discussion has led to the search for speakers that may be able to assist OCA in clarifying matters for our members and possibly sharing OCA’s concerns as well. Please stay tuned as OCA seeks to address these concerns (HIPPA and PC(C)s being viable providers for mental health care). This is a massive task, and OCA is endeavoring to address these issues, even if it is a small piece at a time.

Strategic Planning Continues

OCA, along with its chapters and divisions, continue to implement and modify the strategic planning process that has been initiated by my predecessors, Carol Pohly and Richard Hazler. Hazler has been the mentor of this enterprise. The focus of OCA’s strategic plan is to improve the visible services that OCA offers its members and the community. One area where this is evident is adding workshops and learning opportunities for our members and professional counselors. OCA is expanding this effort by offering workshops at other times during the year, not just our annual conference in November. Exploration into online services has also caught OCA’s attention and being investigated. Keep an eye on the web page for further information.

The focus is on OCA members and our communities. In the end, all of OCA’s efforts are directed at improving the counseling profession and the services OCA offers to our communities. Serving you and our communities is the aim. Thanks goes to many volunteers across the state, too many to name here, but certainly not forgotten or taken for granted. Thank you to each of you for your service to the counseling profession and the leadership that each of you offers in your niche in Ohio.



LEGISLATIVE UPDATE

Carol Pohly and Louisa Foss

URGENT ACTION NEEDED !! We need as many people as possible to let their legislators know of our strong desire for HB 33 to pass. HB 33 is the Mental Health and Substance Abuse Par-

ity Bill, sponsored by Representative Lynn Olman. The bill would make it mandatory that insurance companies cover the diagnosis and treatment of mental health and substance abuse disorders on an equal basis with physical disorders. Mental Health Parity is an issue we have been working on for a long time. This bill, if passed, would accomplish what we have been striving for. It would help to provide needed services for clients and to improve the success of mental health counseling as a profession.

Please write or call your Representative as soon as possible to let him/her know of your interest in the passage of this bill. When writing, please be sure to include your name and address so that your Representative knows that you live in his/her district. A hand-written note can be especially effective, as can a telephone call to one of the Representative’s staffers.

If you do not know who your Representative is, you can obtain that information by logging on to www.legislature.state.oh.us and entering your zip code. Legislative districts in Ohio were changed as of January 1, 2003, but will now remain the same for the next ten years.

Let’s make sure our voices are heard!!



OCA-SPONSORED SUPERVISION WORKSHOP REPORT

Cynthia Osborn
2002-03 OCA Professional
Development Chair

Approximately 81 persons attended the day-long OCA-sponsored workshop on Saturday, May 31, 2003, “Managing Clinical Supervision: Strategies to Protect Clients, Prepare Professionals, and Provide Legal Risk Management” with Dr. Janet Elizabeth Falvey from the University of New Hampshire. The event was held at the beautiful Hilton Hotel at Easton in Columbus, the same location as the All Ohio Counselors Conference (AOCC). Of those who attended, more than half (N=44) were not members of OCA or the Ohio Mental Health Counselors Association (OMHCA), a co-sponsor of the event. In addition, 10 attendees joined OCA when they regis-

tered for the workshop (using the OCA membership form included in the workshop brochure), illustrating the outreach to all licensed counselors in Ohio that this event represented. Feedback obtained from attendees indicated interest in similar OCA-sponsored workshops in the future, at times other than the AOCC on topics such as ethics and supervision/mental health care, marriage and family counseling, setting up and maintaining a private practice, and treatment regimens for various diagnostic issues. The event proved to be a success in terms of attendance, new OCA members recruited, and the modest income received. Special thanks to Tim Luckhaupt, OCA Executive Director, for his oversight of the brochure, mailings, hotel arrangements, and registration; and to the three co-sponsors of the event: OMHCA, Ohio Association for Counselor Education and Supervision (OACES), and the Ohio Counselor and Social Worker Board.



CONGRATULATIONS SUSAN HUSS, NEW OCSWMFTB MEMBER

Tracy C. Leinbaugh
Newsletter Co-Chair

Susan Huss, Ph. D. was recently appointed to the Ohio Counselor, Social Worker, and Marriage and Family Therapist Board by Governor Taft. She replaces Hanna L. Dixon, who recently resigned.

Dr. Huss, an assistant professor of counselor education at Bowling Green State University, has worked diligently for the recognition of counselors as mental health professionals, both as licensed professional counselors and as licensed professional school counselors. She has been instrumental in lobbying for the passage of the professional counselor licensure bill and for the passage of the alternate school counselor licensure track. She has served the profession in leadership positions in the Ohio Counseling Association, the Ohio Association for Counselor Education and Supervision, and is currently the Ethics Committee chair of the Ohio School Counselor Association. She provides opportunities for counselors to receive continuing education hours across the state as well as preparing our future licensed profes-

sional counselors for the realities of practice which is governed by strict guidelines overseen by their peers.

Dr. Huss will be an objective, knowledgeable, and dedicated member of the Board. Jean Underfer-Babalis, Ohio Counseling Association president, stated, "I am certain Dr. Huss will be an asset to the board. Her contribution to the counseling profession has been outstanding."

Congratulations, Dr. Huss. We are fortunate to have such an experienced and dedicated professional as our newest Counselor member on the OCSWMFTB.



CALL FOR NOMINATIONS FOR OCA PRESIDENT-ELECT

Nominations for President Elect for OCA for the 2004-2005 term of office are solicited from the membership until January 15, 2004. The nominees must be professional or retired members of OCA and ACA. A letter of nomination must be sent to OCA, 8312 Willowbridge Place, Canal Winchester, OH 43110. The nominating committee will present the slate of candidates for approval at the OCA Executive Council meeting in January. Election ballots will be sent to all OCA members in the spring edition of *GUIDELINES*, the outcome will be confirmed at the April OCA Executive Council meeting, and the elected individual will take over the position of President Elect on July 1, 2004.



NEW LAW: CLIENT'S RIGHTS TO MENTAL HEALTH RECORDS

Brandy L. Kelly
Ethics Committee, Member

Case 1

Lynette, a 35-year-old client, was referred last May to a group home by a local hospital following a psychotic episode that led to a suicide attempt. Lynette is diagnosed as schizophrenic and suffers from periods of delusions and hallucinations. She is unable to care for

herself and is in need of supervision. Recently, Lynette began a new pharmacological treatment approach and has not had a bout of psychosis in five months. She is well adjusted to her new living arrangements, participates in a number of therapy and psychoeducational groups, and is reported by staff as "doing much better." Lynette has developed a working relationship with her counselor, Sally, who states, "Lynette is cooperative and motivated." However, recently Lynette has become concerned with Sally's note taking in session and has requested access to her psychotherapy notes to "make sure that Sally isn't saying bad things about her."

Does Sally have the legal right to deny Lynette access to her psychotherapy notes?

Is it ethical for Sally to give Lynette the notes?

Currently, ACA Code of Ethics and Standards of Practice indicate counseling records are to be provided when requested by competent clients unless the information in the record is misleading and detrimental to the client (B.4.d.). The ACA ethical codes concur with the law stating that clients have access to their records; however, they go a step further, advising that the counselor preserve client safety by assuring that information is not deceitful or harmful.

In the state of Ohio there has been ambiguity concerning clients' access to their mental health records, including psychotherapy notes. Recently, Governor Taft removed this uncertainty when new legislation was signed into law. Effective April 9, 2003, all Ohio counselors, social workers and psychologists are required to provide clients access to their records upon client request (G. Karr, personal communication, March 18, 2003).

Counselors must abide by the ethical rules and state laws. Therefore, in the aforementioned case, Sally is required to give Lynette access to her records. However, if ethical concerns arise measures can be taken to ease the process and abide by the law and ethical code. Sally is concerned about Lynette's competency to understand the notes and further questions Lynette's current mental state, hypothesizing that she may be paranoid or delusional. Therefore, in order to uphold ethical practice, Sally expresses her

concern to Lynette and suggests that they review the notes together. The client may agree or disagree and the notes must be released in both scenarios. However, the counselor has made reasonable attempts to preserve client welfare. As counselors, we are responsible for assuring client safety. This emphasizes the necessity to know and understand the state laws under which counselors are practicing, especially those that conflict with the ethical codes that are adhered to within the profession. When ethical concerns arise concerning the release of mental health records, counselors should take steps to comply with state laws while assuring ethical practice.

Case 2

Lola is a nine-year-old girl who has been seeing a counselor, Candice, concerning the distress she experiences as a result of her parents bitter divorce. After months of counseling, Lola finally trusts Candice and feels confident that what they discuss will remain a "secret." She talks openly about the sadness she endures and how "she wishes everyone would stop fighting." She also expresses anger toward both parents for "putting her through this mess." Lola is currently residing with her mother and has weekend visits with her father. However, her father believes that he is a more "fit and stable" parent and is filing for primary custody of Lola. Recently, Lola's father asked Candice for access to Lola's records "to build a strong case against Lola's mom," he knows "Lola has said bad things about her." Candice is concerned that turning over the records will be detrimental to the counseling process, destroying Lola's trust and confidence. Additionally, she fears that Lola's father will use material out of context.

Does Candice have a right to deny Lola's father access to her records?

The new law gives parents the same right to their children's records as they would have to their own. The only exception is a court order blocking the non-residential parent's access to the records in a divorce situation. Otherwise, each parent has access to all of their children's records (G. Karr, personal communication, March 18, 2003). Therefore, in the aforementioned case, Candice is required to give Lola's father access to her records. However, the

counselor can comply with the law and code of ethics by explaining the purpose of the psychotherapy notes to the parents, as well as the effect that access to them can have on the client and therapeutic process. The counselor can also take steps to assure that the notes are not misinterpreted in court. These procedures will aid in legal and ethical practice. Furthermore, counselors can use caution and take notes that are clear and omit misleading information that can be misinterpreted. Counselors must make every attempt to practice ethically, assure client safety and preserve the therapeutic relationship while abiding by the laws of the state. Familiarity with state laws and ethical codes within one's domain is a first step toward fulfillment of this requirement.



CHAPTER & DIVISION NEWS

Ohio Association of Spiritual, Ethical and Religious Values In Counseling

On behalf of the officers of OASERVIC, I would like to begin by thanking last year's officers and members for their participation in and support of OASERVIC. Past President, Charles Lindsey, effectively led the organization in many areas, especially by creating the quarterly online newsletter format for OASERVIC members and helping to shape the first Wellness Room at the 2002 All Ohio Counselors Conference (which was so graciously donated and supported by OCA). Fortunately, Charles has promised to be an active Past President!

Here are some ideas to which OASERVIC is committed in the year ahead. This year's officers want to find out just who our members are and what members want from OASERVIC. To accomplish this, our new Membership/Newsletter Chair, Jake Protivnak, will be sending out an email survey to members in order to determine what is important to you. It also came to our attention that not everyone received newsletters or announcements last year, and we are committed to ensuring in the year ahead that all members receive these materials. (Note: For those who wish to continue to receive a hard copy of the newsletter, just let us know; the e-newsletter, however, supports our efforts to be both cost-conscious and earth-friendly).

WE DO WELLNESS! This year's AOCC will again include a Wellness Room sponsored by OASERVIC that will feature members and non-members of OASERVIC providing wellness activities and services for conference attendees. Offerings will include such activities as guided imagery, gentle stretching, massage, and other forms of energy work. Please find a complete listing of activities in your AOCC registration packet upon arrival at the conference. We are excited about the opportunity to promote wellness within our profession and are grateful to OCA for again donating space.

For the last two years OASERVIC has opted for an alternative to the division meeting time held on the Friday morning of the AOCC. This was in response to low turnout in previous years as members were attending other divisional meetings at the same time. As a result, in 2001 OASERVIC began holding its annual lunchtime meeting at *The Cheesecake Factory* at Easton across the street from The Hilton. Unfortunately, news of this budding tradition did not get out to everyone the past two years and consequently, we are announcing that OASERVIC will continue this lunchtime tradition at this year's AOCC. This venue allows for the sharing of OASERVIC business information between members (and potential members) in a relaxed atmosphere, and attendees of past annual lunchtime meetings have given this format positive reviews. The exact time of the OASERVIC luncheon will be posted in The Wellness Room. Come and join us!

OASERVIC and SEOCA co-sponsored a workshop in May of 2003 with Mount Carmel's Crime and Trauma Assistance Program. We hope to continue to collaborate with OCA divisions and chapters (as well as community agencies) in offering high-caliber professional workshops.

Finally, I would like to take the opportunity to introduce the OASERVIC Officers for the upcoming year. I am very excited to work with such a wonderful group of people.

2003-2004 OASERVIC
Officers & Email Address:

President Elect - Kerry Sebera

ohiocounselor@hotmail.net

Past President - Charles Lindsey
sorrell@earthlink.net

Secretary - Paula Kauffman
angelstars15@hotmail.com

Treasurer - Tracy Leinbaugh
leinbaug@ohiou.edu

Membership/Newsletter Chair - Jake
Protivnak
jprotivnak@yahoo.com

Wellness Room Chair - Laurae (Herbi)
Wartinger
warti57568@aol.com

Please let me know personally if there is anything that I can do to assist you with OASERVIC or if you have any suggestions, concerns or ideas that you would like to share. I can be reached by email at: gwendolynnp@mindspring.com I am truly honored to have the opportunity to serve OASERVIC members.

Denise Pickering, PC
OASERVIC President

Eastern Ohio Counseling Association

The EOCA Spring Dinner was held on May 5 and featured a panel of counseling and medical professionals discussing "Networking for Professional Development". The EOCA Chapter awards were presented at the meeting. Dr. JoLynn Carney, our longtime YSU Faculty Representative, received the Dee Elias Award for Outstanding Contributions to EOCA and the Counseling Profession. JoLynn has accepted a position at Penn State University and will move this summer. The membership honored Dr. Carney for her long-term contributions to EOCA. JoLynn will be missed not only for her support and advice to the chapter but for her friendship and gracious giving of herself. Our two term President, Carrie Crawford received the President's Award for her valuable contributions to the chapter. Carrie's leadership and tireless contributions were invaluable to the recent increase in member involvement and progress in EOCA. Scott Baker, our President-Elect, received the Outstanding Student of the Year award. Scott graduates with a Masters in Counseling from Youngstown State University in August and will

begin the Counselor Education Doctoral Program at Kent State University this fall. Congratulations and best wishes to our honorees.

The 2003-2004 EOCA Board held their Annual Summer Board Brunch on July 26 in order to plan events for the upcoming year. It was decided that Professional Development will be the theme for 2003-2004. The annual Fall Dinner will be held in October and a Spring Workshop is being planned.

Marjorie W. Erwine, Ph.D., LPCC
President, EOCA

Southeast Ohio Counseling Association

Officers for the coming year for the Southeast Ohio Counseling Association (SEOCA) are Tracy Leinbaugh, President; Kerry Sebera, Treasurer; and Charles Lindsey, Secretary. All ran unopposed. Tim Stambaugh, past Treasurer, has moved to Virginia, where his wife will be attending William and Mary University as a doctoral student and Tim will be working in a private practice.

The spring conference co-sponsored by SEOCA, OASERVIC, and Mt. Carmel and featuring trauma experts Bessel van der Kolk and Pat Ogden as speakers was well attended. The information was very useful, since many of us serve clients exhibiting signs of the effects of trauma that they may have experienced years ago. Due to the excellent attendance and the high demand for additional information, we will be co-sponsoring a conference in the spring of 2004. John Briere, an expert in the assessment and diagnosis of trauma disorders has been scheduled as the speaker. We will keep everyone informed as to the exact time and place when it is decided.

SEOCA plans on continuing to offer information on opportunities for members to receive continuing education hours. Members are invited to contact one of the board members with suggestions or requests for information at the following e-mail addresses: Tracy Leinbaugh, President, leinbaug@ohio.edu; Kerry Sebera, Treasurer, ohiocounselor@charter.net; Charles Lindsey, Secretary, sorrell@earthlink.net. In addition, the office of President-elect remains unfilled. If you are interested,

please contact one of the board members. The current President will be available to help the president next year.

Tracy C. Leinbaugh, Ph. D., P.C.C.,
president



MISSION OF THE OHIO COUNSELING ASSOCIATION

- Enhance human development across the life span while assisting counselors and the counseling profession to develop higher levels of visibility and stature
- Become the counseling association of Ohio that represents all counselors
- Celebrate our unity and our diversity as counselors
- Provide a link to our national association (ACA)
- Effectively promote professional identity, recognition and development



2003-2004 OCA BOARD MEETING SCHEDULE

The following are dates and locations of Executive Council meetings for the upcoming year.

September 20, 2003
The Concourse Hotel in Columbus, Ohio

November 7, 2003
The Hilton Columbus at
Easton Town Center

January 24, 2004
The Concourse Hotel in Columbus, Ohio

April 24, 2004
The Concourse Hotel in Columbus, Ohio

Need to contact OCA?

**8312 Willowbridge Place
Canal Winchester, OH 43110
(614) 833-6068**

OCA EXECUTIVE COUNCIL

2003 – 2004

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OHIO COUNSELING ASSOCIATION

MEMBERSHIP FORM 2003 - 2004

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 you OCA membership dues. However, you **must** join OCA in order to join any chapter or OACES and OASERVIC.

MEMBERSHIP TYPE

- | | |
|---|---------|
| <input type="checkbox"/> Professional | \$80.00 |
| <input type="checkbox"/> Associate (holds no counseling credential) | \$80.00 |
| <input type="checkbox"/> Retired | \$40.00 |
| <input type="checkbox"/> Student | \$20.00 |
| <input type="checkbox"/> Membership Certificate | \$7.50 |

CHAPTERS

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

DIVISIONS

- | | |
|--|---------|
| <input type="checkbox"/> OACES – OH Assn. For Counselor Education and Supervision | \$20.00 |
| <input type="checkbox"/> OACES – Student & Retired Membership | \$10.00 |
| <input type="checkbox"/> OAMCD – OH Assn. For Multicultural Counseling and Development | \$15.00 |
| <input type="checkbox"/> OAMCD – Student Membership | \$7.50 |
| <input type="checkbox"/> OMHCA – OH Mental Health Counselors Assn. | \$25.00 |
| <input type="checkbox"/> OMHCA – Student Membership | \$12.50 |
| <input type="checkbox"/> OCDA – OH Career Development Assn. | \$20.00 |
| <input type="checkbox"/> OCDA – Student & Retired Membership | \$7.50 |
| <input type="checkbox"/> OASGW – OH Assn. For Specialists in Group Work | \$15.00 |
| <input type="checkbox"/> OASGW – Student & Retired Membership | \$7.50 |
| <input type="checkbox"/> OSCA – OH School Counselor Assn. | \$35.00 |
| <input type="checkbox"/> OSCA – Student & Retired Membership | \$10.00 |
| <input type="checkbox"/> OASERVIC – OH Assn. For Spiritual, Ethical and Religious Values in Counseling | \$10.00 |
| <input type="checkbox"/> OASERVIC – Student Membership | \$5.00 |

ROLES IN WHICH WILLING TO SERVE:

- | | |
|---|--|
| <input type="checkbox"/> Public Relations | <input type="checkbox"/> Professional Development |
| <input type="checkbox"/> Membership | <input type="checkbox"/> Government Relations |
| <input type="checkbox"/> Newsletter | <input type="checkbox"/> OCA Officer |
| <input type="checkbox"/> Awards | <input type="checkbox"/> Chapter/Division Officer |
| <input type="checkbox"/> Finance | <input type="checkbox"/> Interprofessional Relations |
| <input type="checkbox"/> Other: _____ | |

Make check payable to: OCA
Send to: OCA
8312 Willowbridge Place
Canal Winchester, OH 43110

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. _____

To contact OCA: Call (614) 833-6068 or 8312 Willowbridge Pl, Canal Winchester, OH 43110
Website: www.ohiocounselingassoc.com



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