

Guidelines | Ohio Counseling Association

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



VOLUME 33, NUMBER 4
SUMMER 2007



Message from the President

Thelma Greaser
President, OCA

When my presidential term began, I wrote several goals for us to work toward during this time period. As I look back over the past year I am realizing that we have made progress toward each of our goals including a commitment toward spreading the word about the profession of counseling. Professional counselors from across our state have served in many capacities to promote our scope of practice as well as to inform other mental health professionals about our excellent counseling skills. We have built bridges with others by having professional counselors train mental health practitioners from other disciplines, interacting with other professionals on the state level by serving on committees and task forces, and by writing articles for various print media. We have also worked toward enhancing the relationships among the divisions within the counseling organizations. The more consumers who become informed about the services we can provide, the better for us as a profession.

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Another goal was to promote legislation which would be beneficial to professional counselors as well as for our clients and students. The cooperative work of the Government Relations Committees of OCA, OMCHA and OSCA have exemplified what working together can accomplish. We have testified on bills in both the House and the Senate and our voices have been heard. We have had a positive influence on the legislative process.

Moving into our next year we, as an organization, will continue to work toward moving forward with our goals of professional identity, cooperation within counseling organizations, and involvement in legislative concerns. I encourage each of you to get involved and spread the word...professional counselors are well qualified school counselors and mental health practitioners and that we are trained to offer excellent counseling interventions.

Ohio Counseling Association 2006-2007



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Guidelines

SUMMER 2007: VOLUME 33, 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.

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.

Meet Your OCA President-Elect for 2007-2008



Greetings! My name is Bill O'Connell. I am the President-elect of OCA for the 2007-2008 term. First, I want to express my gratitude to all members who voted in this past election. I was honored to be nominated for the position of President-elect by counselors in the membership and feel privileged to have the opportunity to serve in this capacity. Moreover, I want to acknowledge my colleague, Jake Protivnak, for his dedication to OCA and his willingness to be a candidate in the election. Jake is a tremendous asset to OCA through his work with OSERVIC, his participation in OACES, and his experience as both a counselor and counselor educator.

I am looking forward to learning the ropes from the current President Daniel Cruikshanks and Past-President Thelma Greaser. I believe we all share a similar vision to focus on keeping the current OCA membership informed about critical legislative issues, while continuing to advocate for the profession in many different spheres of influence. In turn, we believe it is critical to expand the membership and invite all Ohio counselors to participate in this great organization.

As a counselor educator at Xavier University, I teach a course in Counseling Practicum. At the end of each semester, the students inevitably remark that counseling involves a lot more work than they ever imagined. At the same time, many students feel a tremendous satisfaction knowing that they have developed or improved upon a unique set of skills as a professional helper. Professional counseling demands a tremendous amount of energy from the helper! Over the course of the summer, I hope you have an opportunity to take a break, unwind and relax. We have a lot of important work ahead of us.

Best wishes,
Bill

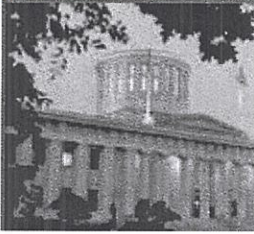
Looking Ahead ... 2007 All Ohio Counselors Conference!



To be successful as professional counselors we need to work collaboratively with individuals, families, colleagues and community contacts. Working together enhances our professional success. With these thoughts in mind the planners of this year's conference have chosen **"Counseling: Celebrating a Profession of Excellence"** as the theme.

The dates of the conference are **October 31, November 1 & 2** at the Hilton at Easton Town Center.

Please be sure to mark the dates down in your calendar and be checking your mailbox for more information.

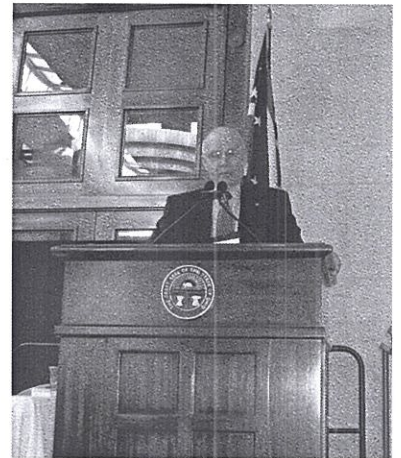


Legislative Advocacy Day Prepares Counselors to Push for Favorable Policies

Bill Nemeč
OCA Government Relations Committee

The Ohio Counseling Association in conjunction with the Ohio Mental Health Counselors Association, the Ohio School Counselors Association and the Ohio Association of Counselor Education and Supervision held its first Legislative Advocacy Day at the Statehouse in Columbus on April 20. One hundred twenty-five counselors from school, mental health and counselor education settings attended presentations on various aspects of legislative advocacy and public policy at the state and national levels.

During the morning session OCA lobbyists Carolyn Towner, Amanda Sines and Christie Smith presented the basics of the policymaking process, the major state issues affecting counselors, and how to engage in state level advocacy. The luncheon speaker was State Representative Jon Peterson from Delaware who was one of the prime sponsors of the Mental Health Parity legislation that became law on March 30 after years of effort by mental health advocates. Representative Peterson was an excellent speaker who stressed the need for respect, dialogue, patience and compromise in accomplishing legislative goals.



A tour of the Statehouse took place after lunch and was well received by the participants. Many participants commented that they appreciated having the Advocacy Day at the Statehouse and learning some of the history associated with Ohio state government. After the tour, the attendees met in small groups to compile a list of issues and concerns to counselors that were then forwarded to the OCA leadership for their consideration as they continue to develop the association's legislative agenda. Also during the afternoon, Dr. Susan Sears helped participants understand how political action committees work and the importance of contributions to those supporting legislation that counseling associations are trying to pass. Dr. Bill Nemeč and Amy Freadling capped off the afternoon presentations with information on federal legislative initiatives impacting counselors and how to engage in federal advocacy.

Throughout the afternoon, many of the participants were able to schedule individual meetings with the aides of their state senator or representative. They all commented that these meetings were interesting and very important in helping them relate to the legislative process.



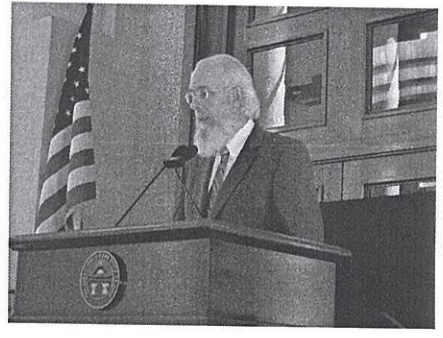
“Legislative Advocacy Day” continues on next page

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Of the 125 Legislative Advocacy Day attendees, 72 were masters and doctoral level students from eleven counselor education programs in the state. ~~Of the 125 Legislative Advocacy Day attendees, 72 were masters and doctoral level students from eleven counselor education programs in the state.~~ Two programs brought an entire class to the event. Dr. Holly Hartwig Moorhead from Walsh University brought her "Ethics and Issues in Counseling" class and Dr. Tom Davis from Ohio University brought his doctoral "Professional Seminar" class. Clearly, students are our future and we need them to be involved in advocating for the profession.

By all accounts the "First Annual Legislative Advocacy Day" was a big success. The feedback on the quality of the program was very positive from both the students and the professionals in attendance. Many commented that the Legislative Advocacy Day gave them the tools and the confidence to lobby on behalf of counseling related issues in Ohio and nationally. The event was a testimony to what can be done when we collectively get behind a worthwhile cause. Counselor advocacy and legislative training are clearly worthwhile causes!

Legislative Advocacy Day at the Statehouse



Chapters and Divisions

Greater Cincinnati Counseling Association (GCCA)

Al Lewis, President-Elect

The Greater Cincinnati Counseling Association held the **First Annual Counselor Recognition Awards** reception at the Rookwood Towers in Norwood on Wednesday, May 2, 2007. The event coincided with Counselor Awareness month in April. The emcee of the program was Steve Durkee, Past President. Steve gave a rousing keynote address promoting the counseling profession and the variety of services provided by counselors, including GCCA members. Supervisors of counselors were asked to nominate an outstanding counselor in a variety of areas, such as private practice, agency, and school counseling.

The **2007 GCCA Counselor Recognition Awardees** are:

Leslie Clark , Withrow High School; Marva Duvall, Talbert House, Inc.; Paula Klusman, Mercy Professional Services; Carrie Kunzleman, Talbert House, Inc.; Sandra Mosley, School for the Creative and Performing Arts; Marsha Skaggs, Child Focus, Inc.; Shantel Thomas, A Sound Mind Counseling Inc.

The award recipients, their nominating supervisors, and colleagues enjoyed friendly banter and networking over complimentary hors d' oeuvres and refreshments. Each award recipient received complimentary registration or renewal of their OCA/GCCA membership. GCCA looks forward to the Second Annual Counselor Recognition Awards reception in 2008.

Avoiding Burnout in Clinical Practice

David P. Mann, Ph.D., LPCC-S

Helping people deal successfully with all kinds of life issues is a very rewarding part of being a professional counselor. I recall when I began my career as a counselor the mixture of anxiety and excitement I experienced with those first clients. After gaining supervised experience with a variety of clients and client issues, the anxiety lessened and confidence seemed to increase. But that wasn't the only thing that increased during those early years...so did my stress level as I worked hour after hour, day after day with the "real life" of the counseling profession. At that time I came to realize what it feels like to be getting "crispy around the edges" from stress and is what I see now as an early warning sign of too much stress and too little self-care which can lead to burnout if left unchecked.

Burnout has been defined as "exhaustion of physical or emotional strength or motivation usually as a result of prolonged stress or frustration" (*Merriam-Webster Dictionary*). Kottler adds, "Burnout is the single most common personal consequence of practicing therapy. No matter how skilled a practitioner is at avoiding other occupational hazards (including boredom), there will be some period of time—a day, a week, a month, or all eternity—in which serious consideration will be given to leaving the field" (1993, p. 157).

"Avoiding Burnout" continued on page 14

Lorain



A Professional Counseling Experience in Honduras Thelma Greaser, LPCC-S

In early December of 2006, I was asked by Kathy Tschiegg, the director of Central American Medical Outreach (CAMO) to provide a week of classroom training for volunteers and staff of a domestic violence shelter in the city of Santa Rosa de Copan, Honduras. I agreed to provide this training after consulting with the staff of the Domestic Violence Shelter programs in both Summit and Lorain Counties in Ohio. I wrote the lecture outlines, planned the interactive activities and gathered materials in Spanish to give to the participants. I packed a suitcase full of materials to use and boarded a plane for the hot climate of Central America. I was ready for a counseling adventure.

When I arrived at the Centro de la mujer for the first class session of "Impacto Traumatico en los Ninos Victimas de Violencia," I was introduced to my translator, who was fluent in English. I now knew that I would be able to communicate with the class participants. As the "students" began to arrive, dressed in suits and heels or police uniforms, I realized that I would not be teaching the volunteers who will be working in the shelter, but the women who are in leadership positions in the city, members of the Board of Directors or ones who are making decisions daily about the interventions and services for victims of domestic violence. I had to quickly adjust to accommodate their expectations which were somewhat different than what I had planned.

Domestic violence is the leading cause of death among women in Honduras. CAMO and government leaders are very interested in providing services for these victims and in training individuals who will be identified as leaders in this project. Culturally it is not acceptable for a woman to leave her husband, even if he abuses her severely or harms their children. Therefore, any interventions must be designed with this cultural reality in mind. The judges, attorneys, police detectives, police officers, teachers and psychologists in this first training class were eager to learn about statistics, interventions, counseling procedures, and judicial considerations which could be applied to their various interactions with victims.

The themes of the training days were the cycle of violence, traumatic response of children who witness violence, safety planning for both the women and the children, counseling and supportive procedures to use with victims both individually and in groups, creation of support groups for victims and discussion of specific situations presented by the class members.

Though all these women were spending time at their jobs, they all made the time daily to attend the 7 hours of training offered. Judges had to leave to go to court to hear testimony, an attorney had to leave for her clients' sentencing, another attorney had to handle a crisis involving a victim of a violent act and a police officer had to provide testimony in court about a domestic violence case. In each instance, the woman returned to class and then talked about how they used something from the training in their situation.



"Honduras" continued on page 11

Ohio Statehouse Report Towner Policy Group



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

Bill Would Require Background Checks for Licensure

Representative Tony Core (R – Rushsylvania) introduced House Bill 104 that would require 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 record. 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 one of the many who will have this new licensure requirement if House Bill 104 becomes law.

The bill had 5 hearings in the House Judiciary Committee. The bill was substituted and amended to include Boards that were left out of the as introduced version. The bill was reported out of committee on May 24, 2007 and is awaiting a floor vote in the Ohio House of Representatives.

Senate Bill 53 Undergoing Hearings in the Ohio House Health Committee

Senator Patty Clancy (R – Cincinnati) has reintroduced the Ohio Counseling Association’s mental health hold legislation. The bill is titled Senate Bill 53. SB 53 would amend the current mental health hold law that applies to psychiatrists, psychologists, physicians, health officers, parole officers, police officers, and sheriffs to allow a licensed professional clinical counselor (LPCC) to have a person taken into custody and transport the person to a hospital where the person may be held if the LPCC has reason to believe the person is mentally ill and represents a substantial risk of physical harm to their self or others if allowed to remain at liberty pending examination. The LPCC would be required to give the hospital a written statement stating the circumstances under which such person was taken into custody and the reasons for the LPCC’s belief.

The bill has passed the Ohio Senate and is now being considered by the Ohio House of Representative in the House Health Committee. A sponsor hearing was held on March 28, 2007. At the hearing on May 30, 2007, the Committee accepted a substitute bill. The substitute bill brought the bill back to the original introduced language. Interested parties to the legislation and members of the Committee expressed concern over the one hour time frame, so the current version of the bill does not have the time limit. Present at the hearing to offer proponent testimony was James Rough, Executive Director of the Counselor, Social Worker and Marriage and Family Therapists Board, and Dr. Robert Wilson, representing the Ohio Counseling Association and the Ohio Mental Health Counselors Association. Both gentlemen gave testimony similar to that given in the Senate Health Committee and explained why the bill was needed. Dr. Robert Wilson told the Committee that this bill will allow LPCCs to better perform their professional responsibilities to their patients. LPCCs have the statutory “duty to protect” third parties from harm threatened by one of their clients. By passing this legislation, LPCCs will have an important tool in fulfilling this duty.

Continued next page

A third hearing on the bill was held on June 6, 2007. This was the opponent hearing for the bill. Paul VanderSchie testified in opposition on behalf of the Ohio Association of County Behavioral Health Authorities Governance Committee. VanderSchie is the Director of the Mental Health and Recovery Board of Clark, Greene, and Madison Counties. The Ohio Psychiatric Physicians Association did not testify in person, but they did submit a letter to the Committee expressing their concerns.

Towner Policy Group has been meeting with members of the House Health Committee to answer any questions and clarify the purpose of the SB 53. Counselors are urged to do their part and contact their State Representatives and members of the House Health Committee to ask them to support Senate Bill 53. Counselors should explain why this bill is needed and the problems counselors have had in the past having someone sign the mental health hold form for them. If you do not know who your legislators are you may find out using your zip code at www.legislature.state.oh.us. Letters may be addressed as follows:

The Honorable _____
Ohio House of Representatives
77 South High Street
Columbus, Ohio 43215

Dear Representative _____:

House Bill 53 Signed by Governor

Representative Jon Peterson (R – Delaware) and Senator Robert Spada (R – North Royalton) introduced companion bills, House Bill 53 and Senate Bill 41 respectively, to remove outdated and offensive language from the Ohio Revised Code. Terms such as “lunatic,” “idiot,” “imbecile,” “drunkard,” “deaf and dumb,” and “insane” have been in the Ohio Revised Code since the 1950’s. In 2007 these terms are offensive and further are not even defined in the Code, so there is no way for courts to judge who these terms apply to. Both bills replace these terms with “incompetent person” and defines “incompetent person” as “any person who is so mentally impaired as a result of a mental or physical illness or disability, or mental retardation, or as a result of chronic substance abuse, that the person is incapable of taking proper care of the person’s self or property or fails to provide for the person’s family or other persons for whom the person is charged by law to provide, or any person confined to a correctional institution within this state.”

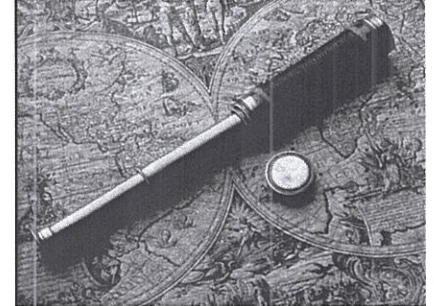
House Bill 53 passed the Ohio House of Representatives by a vote of 98-0 on March 27, 2007 and passed the Ohio Senate by a vote of 32 – 0 on April 24, 2007. The bill was signed by the Governor and will become effective on August 7, 2007. Senate Bil. 41 passed the Ohio Senate by a vote of 33 – 0 on March 27, 2007 and has been referred to the House Health Committee; however, since House Bill 53 has passed both houses and been signed by the Governor, there will be no more hearings on Senate Bill 41.



The Path to Quality Practice: Be a Supervision Consumer

Sanda Gibson, Graduate Student in Counseling
Ashland Theological Seminary

When I started a graduate program in counselor education, I had no particular expectations of what the clinical training involved. Neither did I grasp the importance of the 3,700 total hours of supervised experience from practicum, internship, and post-degree clinical work I would perform on the path to becoming an independently licensed clinical counselor. I signed up for a two credit supervision class for two initial reasons; it fit my schedule and I was curious. This turned out to be a beneficial career move because I became a better consumer of supervision.



In this class I learned that the supervisor performs many roles—teacher, mentor, consultant, counselor, sounding board, adviser, administrator, evaluator, recorder and documenter, and empowerer. (Haynes, Corey, & Moulton, 2003). One of my colleagues with 23 years of combined experience in non-profit work, corporate sales, and the military also took the course. He was markedly impressed with the tremendous responsibility and detail that goes into counseling supervision—far beyond the scope of any other supervision he had experienced.

As a result of taking the supervision course I learned a number of things:

Know your supervisor. Inquire about his or her training and experience, preferred approach to supervision, theoretical orientation, specialties, and methods of training and evaluation. You are seeking a good professional fit with your interests and personality.

Know yourself. Do you want to work with a special population, improve your multicultural competencies, become more skilled at particular techniques, or do group work? The internship experience is a safe place to not only gain experience and maturity, but to be intentional about exploring particular professional niches.

Determine to be a highly conscientious supervisee. Unlike supervisors in other professions, the counseling supervisor is ethically and legally responsible for your actions. Conscientiousness would be evidenced by promptness, attention to detail on documentation and reports, following through on your supervisor's instructions, always checking with your supervisor if you are unsure about a particular technique, and keeping your supervisor informed about any unusual or risky situations.

Take a supervision course. A course will give you insight into the special nature of counselor supervision. This is well worth your investment of time and energy because your supervision experience will be the most formative factor in your clinical education.

References

Haynes, R. Corey, G. & Moulton, P. (2003). *Clinical supervision in the helping professions: A practical guide*. Pacific Grove, CA: Brooks/Thomson Learning.

“Honduras” continued

In the Spanish culture, titles are very important. However, while in the classroom these participants chose to put titles aside and related to one another as equals, even though in their normal daily life, they would probably never have social contact. Observing this process helped me to understand the level of commitment each woman had to this experience.



Television film crews and reporters visited the class three different times and interviewed participants about the topic and the importance of this training.

The participants were very pleased that others in their community were interested in the subject and that the message that domestic violence is not acceptable was being broadcast throughout the city and surrounding area.

During the final session the participants committed to meeting regularly to continue to dialogue about the topic, support one another in their work and to “make sure we are using telma’s training”. They also asked that I return in 2008 for additional training for this group of women as well as to provide training for other professionals. They began discussing who should be invited to participate in the next class. As Abog. Adela Mejia, the head juvenile judge for the region stated, we want all the defense attorneys and judges to have the opportunity to learn about this topic.

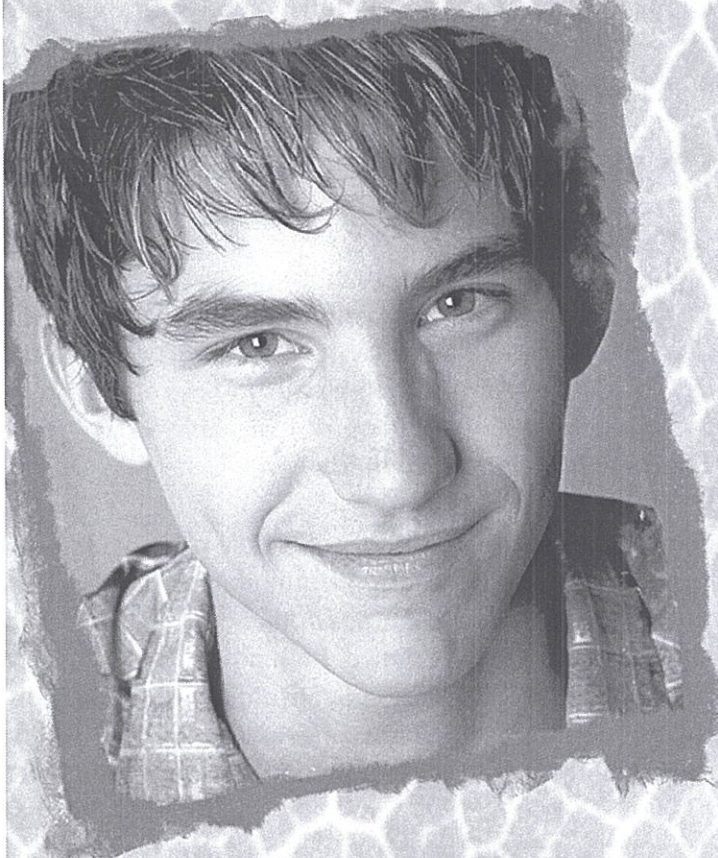
While in Santa Rosa de Copan, I was also asked to complete a trauma assessment for a little girl who had been sexually abused and was to appear in court the next week. After meeting with this girl, I wrote a report that was given to her attorney to be used as evidence in the trial (I learned later that the abuser was convicted of sexual assault). During the assessment, I was informed by the mother that the girl was to be seen in counseling. I was able to consult with the psychologist who will be working with the little girl. I was able to provide the psychologist with materials and interventions which may be helpful for the child.

This adventure was a very exhausting one, but also very satisfying as a professional and a personal experience. In all my training as a counselor, I never thought I would use my skills and/or training in this kind of a setting. Having practiced as a trauma specialist for the past fifteen years, I was prepared for the technical aspect of the training but nothing had prepared me for the emotional aspect of the experience. I am now looking forward to returning to Santa Rosa de Copan with CAMO for another week of training and consultation in 2008 with the influential, dedicated and forward thinking women, and hopefully men, who have accepted the challenge of addressing the needs of women and children in their communities who are experiencing domestic violence.



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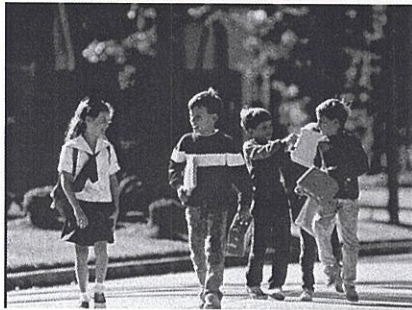
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Taking the Initiative

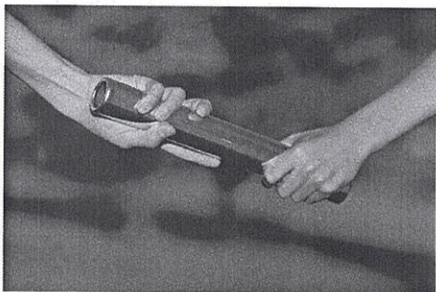
Jeannine M. Hunter, Graduate Student in School Counseling
Youngstown State University

In the spring of 2006, I was enrolled in a career counseling class towards earning my masters in school counseling. My professor, Dr. Jake Protivnak, told the class about the need for volunteers to work at the National Youth Sports Program (NYSP) on the Youngstown State University Campus. This camp has been held at YSU for twelve years and offers minority and low income children exposure to sports and higher education.

I volunteered for this month-long camp. When meeting with the NYSP director I was offered to be paid for my work at the camp. I enjoyed working with the campers; running large educational groups on topics like career planning and family diversity, small groups on friendship and self-esteem, and one-on-one interventions to address behavioral needs.

The monetary payment that I received was nothing compared to the interactions and experiences working with these spectacular children and camp staff. In addition to gaining valuable hands-on experience, I was able to advocate for funding from a local businesswoman, Denise DeBartolo-York, to provide the campers with the end of the summer field trip. The money donated paid for over 200 children and staff to have a day at Geauga Lake Amusement/Water Park.

This experience was so positive that it inspired me to volunteer at P.A.N.D.A Jr. (drug prevention) camp. I feel that taking the initiative to gain experience working with children in the community will only increase my ability to be a successful school counselor when I complete my program at Youngstown State University. I would encourage all counseling graduate students to look at the needs in their community and volunteer. You will be glad you did.



Interested in helping other counselors, educators, and students grow personally and professionally? 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 by the dates noted on page 2.

EMPLOYMENT OPPORTUNITY

Multidisciplinary private practice is seeking an independently licensed (LPCC/LISW) therapist, preferably with clinical experience with children and membership in managed care plans to join an established group in Southwest Ohio (Milford).

Contact: David Katkin at 513-831-9408 or dkatkin_8950@fuse.net



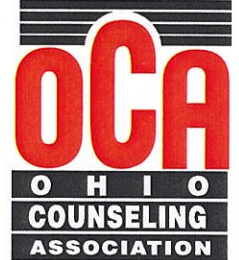
Some of the telltale signs of excessive job stress and burnout include: discouragement and indifference, feeling tired and exhausted all day, inability to concentrate on what clients are saying, frequent illnesses, marital and family conflict, loss of creativity and increasingly “going by the book,” and complaints regarding lack of appreciation by others, having too much paperwork, working too many hours, and making too little money to name a few (James & Gilliland, 2005).

But is burnout inevitable for counselors? I don’t believe that it has to be if we take a proactive approach to this particular occupational hazard. Our first step toward avoiding burnout is to humbly recognize that any of us could become susceptible to the experience if we are not careful and to commit ourselves to lifestyles of health and wellness. *Health* is defined as “the condition of being sound in body, mind, or spirit” as well as a “flourishing condition” and *wellness* being “the quality or state of being in good health especially as an actively sought goal” (*Merriam-Webster Online Dictionary*). Notice from these definitions that health and wellness encompass all aspects of our lives and involve intentionality to bring them about. Someone once said that “untended gardens produce weeds, not flowers” and without being intentional about leading healthy lives, we are only wishing.

Healthy lives are evidenced by attending to the six major domains of our lives: intellectual, physical, emotional, social, spiritual, and occupational. *Intellectually* we need to be ever challenging ourselves with new ideas and things that stretch our minds. A colleague of mine picked something new to learn each year that stretched him. One year he chose to learn how to play a violin. The *physical* domain includes those things that involve care for our bodies such as exercise, diet, and proper rest. *Emotional* health involves paying attention to our feelings and processing what happens in our lives, developing a positive outlook on life, and learning to accept ourselves, others, and life as it is (as opposed to how it *should be*). Journaling is not only a great homework assignment for clients, it is also a wonderful way of processing life. *Socially* we need to be intentional about nurturing our relationships with friends and family members. This also involves developing the ability to be fully present with these important people in our lives by placing mental boundaries on our work. The *spiritual* domain involves creating space wherein we are renewed inwardly. Some of these practices include times alone in personal reflection and meditation, developing a positive perception of meaning and purpose in life, and participating in spiritual and religious practices. Attention to the *occupational* domain will help us develop a positive attitude toward our work environment. Finding satisfaction in what we do on a day-to-day basis is one way of lessening stress and can be accomplished through developing positive relationships with others in the workplace, pacing oneself to be able to accomplish the tasks of the day in a timely manner, arranging one’s office so that it is not only comfortable for clients but also for the counselor. All six domains interact with one another and are systemic in that addressing one area may in fact impact others. For example, exercising with friends involves both the physical and social domains; attending conferences with colleagues connects the social, occupational, and intellectual domains.

Becoming aware of our vulnerability to stress and proactively seeking to establish healthy living practices are good ways to manage stress and avoid burnout as a result. There are other practical things we can do as well. I encourage you to check with colleagues to see what works for them. The following are a few examples of things I have discovered over time and found to be helpful.

“Avoiding Burnout” continued on back cover



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“Avoiding Burnout” continued

- ☞ Take short breaks during the day that get you away from your desk/office (e.g., a brief walk outside is good).
- ☞ Eat lunch with others rather than balancing a sandwich with catching up on paperwork.
- ☞ Plan & take mini vacations of a day or two regularly (this gives regular breaks and gives you something to look forward to during those especially stressful days & weeks).
- ☞ Develop a hobby. Find something that interests you that has nothing to do with your profession and have some fun with it!
- ☞ Challenge yourself to try something new.
- ☞ Mentor someone. This could take the form of becoming a clinical supervisor, becoming a coach, or volunteering time within the community.

References

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