

# Guidelines | Ohio Counseling Association

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

Volume 35, Number 1—Fall 2008



## Letter from the President

William O'Connell  
President, OCA

Greetings! It is a privilege to communicate with Ohio Counseling Association members in the fall edition of the OCA Guidelines. During an historic presidential election year as our country decided on a change in leadership, I think it is important to anticipate that changes also are on the horizon for professional counselors. OCA will be monitoring changes in rules and laws that impact our practice and communicate important information with members. Your membership is critical to these efforts.

I want to take this opportunity to thank **Dr. David Mann** for serving as Guidelines editor the past several years. David put a tremendous amount of volunteer effort and energy into producing a quality newsletter. As David assumes new responsibilities at Ashland University, he has helped to transition his responsibilities to a new editorial team. I want to acknowledge and express my gratitude to **Dr. Mark Newmeyer**, editor, and **Mr. Jonathan Lent**, technical editor, for assuming the responsibility for this publication. I also want to thank Dr. Kathleen Salyers for her tremendous work as past chair of the Government Relations Committee. Kathleen continues to be an invaluable resource to OCA. Gregg Pollock, M.Ed., PCC-S from the Cleveland Clinic Department of Psychiatry and Psychology has accepted the position of Government Relations Chair.

## Mission and Vision for OCA

Counselors work in a myriad of settings providing a variety of services to diverse populations. The core conditions for counseling promoted by Carl Rogers--genuineness, trust and empathic understanding--continue to form the foundation of counseling work. Still, it is not uncommon for counselors to report that they spend more time completing documentation, answering e-mails or engaging in non-counseling related tasks than in the work they were trained to do in their degree-granting programs.

When a counselor provides counseling services to a client, the ecology of the relationship includes multiple spheres of influence. In many cases, counselors are influenced by agency, school or other administrative policies and procedures. Beyond the place of employment, the counseling process is influenced by funding sources and regulatory agencies. Finally, the counseling process is influenced by societal attitudes and the political climate regarding the provision of mental health and counseling services in our schools and communities.

Contents	
Letter from the President	1
VA Information	4
Chapter Updates	7
AOCC	8
OCSWMFT Liaisons	9

The mission of the Ohio Counseling Association is to promote and advance the profession of counseling. It is my opinion, as president of the Ohio Counseling Association, that to fulfill the mission of OCA our organization must adopt an ecological perspective of the work of professional counselors. This perspective helps to bring focus and meaning to our efforts within OCA. Therefore, my vision of OCA during my presidential term is to examine the complex service delivery matrix in which counselors are embedded and identify issues of concern whereby OCA can help bring about changes that will ultimately benefit our members and the clients our members serve. The role of the OCA executive council is to prioritize issues based on time, resources and perceived value to the membership.

From this point, I will outline 5 guiding principles for our work this year and provide examples of how OCA is taking pragmatic steps to fulfill its mission.

Continued on Page 3

# Ohio Counseling Association 2008-2009

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## *Members*

The Ohio Counseling Association has reached a landmark **1,027 members!** Welcome to all new members and all members who have renewed. For more information on membership or opportunities to be involved, please contact Membership Chair, Marisa White, at [us3we3@yahoo.com](mailto:us3we3@yahoo.com). Opportunities currently exist for public relations, professional development, and ethics committees.

## *Join OCA for Life!*

A **Lifetime Membership** in OCA is 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 membership category is **Legacy Member**. This is an honor extended by the OCA Executive Council and is reserved for those who have demonstrated outstanding service and leadership during their careers.

## *Guidelines*

**Fall 2008: VOLUME 35, NUMBER 1**

**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.

Please address all correspondence and submissions to:

Jonathan Lent

OCA *Guidelines* Editor

[jl66@uakron.edu](mailto:jl66@uakron.edu)

## **Contact Information**

OCA

8312 Willowbridge Place

Canal Winchester, OH 43110

(614) 833-6068

[ocaohio@yahoo.com](mailto:ocaohio@yahoo.com) · [www.ohiocounseling.org](http://www.ohiocounseling.org)

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

*"Letter from the President" continued*

### 5 Guiding Principles

1. The Ohio Counseling Association will build on the goals of the **American Counseling Association** and the affiliate divisions to promote the counseling profession in multiple areas of interest.
2. The Ohio Counseling Association will **promote multicultural competence** among members of our organization and promote counselor practice that attends to the unique needs of a diverse population.
3. The Ohio Counseling Association will **educate members and the public** about issues related to mental health and social and emotional well-being; and advocate for change in systems that impact all potential consumers of services, in particular the poor, disabled, and oppressed members of our state.
4. The Ohio Counseling Association will **connect and cooperate with co-providers of service** to advocate for mental health, and social and emotional well-being for the people of Ohio.
5. The Ohio Counseling Association will **promote the integrity of the counselor and client relationship** as fundamental to our purpose and mission.

### Examples of OCA Working for Members

To conclude, I would like to offer examples of ways that OCA has already begun or continues to fulfill the mission and vision. The list is not meant to be exhaustive; rather to demonstrate OCA's interest in having a voice amidst multiple spheres of influence, while maintaining a commitment to the heart of professional counseling: the integrity of the counselor and client relationship.

- OCA and the Ohio Mental Health Counselors Association (OMHCA) are cooperating with the American Counseling Association to advocate for inclusion of professional counselors in a Medicare bill before Congress.
- OCA is lobbying to include professional counselors as providers of mental health services with the Veterans Administration.
- OCA supports the Ohio School Counselor Association in continued dialogue with the Ohio Department of Education to include school counselor representation at the administrative level.
- OCA will be present and have a voice at each scheduled OCSWMFT Board Counselor Professional Standards Committee Meeting.
- The Government Relations Committee will sponsor the 3<sup>rd</sup> Annual Legislative Advocacy Day on April 23, 2009 sponsored by the Ohio Mental Health Counselors Association and the Ohio School Counselor Association.
- The Ohio Counseling Association and Ohio School Counselor Association hosted the 25<sup>th</sup> Annual All Ohio Counseling Conference (AOCC) November 5-7, 2008 at the Hilton Easton in Columbus, Ohio. This conference is the culmination of a tremendous amount of work by many people. OCA is committed to assisting in providing excellent continuing education opportunities to the membership.
- The Ohio Association of Multicultural Counseling and Development (OAMCD) offered a certificate recognizing attendance at specific education sessions at the AOCC that promote multicultural competence in counselor practice.
- The Ohio Counseling Association is supporting the exploration of a state division of the Association for Lesbian, Gay, Bisexual and Transgender Issues in Counseling, a division of ACA.
- The OCA Professional Development Committee will lead a group to examine the possibility to introduce blind review into the AOCC call for proposals to increase the scholarly recognition of the annual conference.

*"Letter from the President" continued*

- The OCA website will provide easier access to register for the AOCC conference, join or renew membership and will remain up to date with division and chapter information.
- OCA will join other Ohio mental health service providers to promote Mental Health Awareness month in May 2009.
- OCA will continue to recognize the achievement and dedication of counselors through the tradition of giving annual awards at the AOCC.

Please contact me at [oconnell@xavier.edu](mailto:oconnell@xavier.edu) or (513) 745-1080 if you have an interest in promoting the profession of counseling to benefit the membership.

Sincerely,

William O'Connell  
OCA President

Veteran's Administration Law Implementation  
**Scott Barstow, Government Relations, ACA**

In late December of 2006, President Bush signed into law the **Veterans Benefits, Healthcare, and Information Technology Act**, now Public Law 109-461. The law included language establishing explicit recognition of mental health counselors as mental health care providers within health care programs operated by the **Department of Veterans Affairs (VA)**.

Enactment of this legislation followed years of collaboration between ACA and the American Mental Health Counselors Association (AMHCA) to advance recognition of mental health counselors within the system. Although the VA has long employed rehabilitation counselors to provide readjustment counseling services to veterans, it has not recognized counselors as mental health specialists. The new law will allow the VA to hire licensed mental health counselors on par with clinical social workers, and will allow counselors to apply for supervisory positions open to clinical social workers and others.

Members of ACA and AMHCA have contacted their respective organizations to inquire about why this process is such a lengthy one. Although the legislation was enacted more than eighteen months ago, the VA is still in the process of finalizing regulations to implement the law. Until this happens, VA facilities across the country will not be able to utilize counselors as full-fledged mental health specialists.

Unfortunately, **implementation of laws often takes nearly as long as getting them passed**. In addition, VA headquarters staff responsible for implementing the law are stretched thinner than usual, given the difficulty of meeting the increased need for mental health care on the part of veterans. However, it is clear that the VA needs more mental health professionals, and full recognition of counselors would significantly expand the pool of service providers.

**Continued on Page 5**

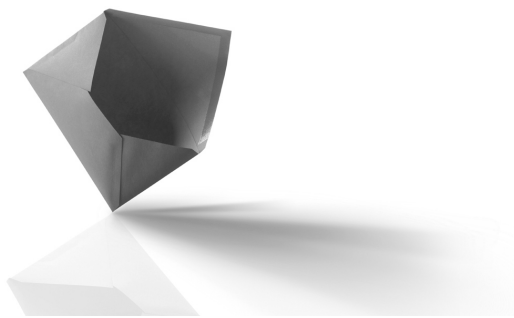
Some progress is being made. VA staff recently conducted a survey of VA health care facilities to determine their overall mental health professional staff needs, and is using this information to see how best to fit mental health counselors into their staff. Nevertheless, we believe the VA can and should be moving more aggressively to increase veterans' access to trained mental health professionals by recognizing licensed professional mental health counselors. ACA and AMHCA are working with key Congressional and VA staff to help move implementation forward more quickly.

One key issue to be resolved is whether or not a new federal job description for licensed professional counselors is needed. Federal job classifications are written by the federal Office of Personnel Management (OPM), pursuant to requests from federal agencies such as the VA. ACA and AMHCA are advocating for the creation of a new job classification, instead of trying to squeeze counselors into an existing classification, in order to establish appropriate recognition of mental health counselors as a distinct profession. We have provided VA staff with a wealth of information regarding counselors, their education and training, practice patterns, recognition under other health programs, and state licensure requirements. It is important that counselors are given responsibilities and a scope of practice corresponding to their extensive training and experience.

An important action step that counselors can take to advocate for implementation of the VA law (especially if you have been prevented from working with veterans as a result of the lack of recognition of professional counselors) is to **contact Congressional representatives and describe your experience**. Communicate your desire for prompt implementation of the law. Also share your anecdotes with us, as they are invaluable in illustrating why the VA needs to recognize licensed professional counselors as full-fledged mental health service providers.

### **OCA's Response to VA law implementation**

In July 2008, OCA president Bill O'Connell appointed **Chris Stack** and **Fred Lockard** to serve as Veteran's Affairs Task Force Chairs. Mr. Lockard recommends that Ohio Counseling Association members send a letter to their U.S. Representative in the House and Senate to request action toward implementing policies that include professional counselors. A sample letter and key persons to contact are listed on the next page.



See next page for Sample letter

## Sample VA Letter

Dear Senator (or Representative)\_\_\_\_\_

I am writing to request action to include professional counselors in the delivery of mental health services per the Veterans Benefits, Healthcare, and Information Technology Act, now Public Law 109-461. Unfortunately, the Veterans Administration (VA) has been slow in creating policies to permit licensed counselors the ability to apply and compete for mental health counseling jobs. It is not uncommon to hear and read stories in the media almost every day about the overwhelming mental health crisis our brave veterans are facing, yet an entire group of qualified and dedicated professionals are being excluded from rendering much-needed care.

The mental health needs of our veterans demand that they be provided the best possible care. Professional counselors in Ohio are clinicians with at least a masters-level degree as well as extensive practice and internship experiences that prepare them to provide quality mental health services to the public. There are over 6,000 licensed professional counselors in Ohio.

I ask you to please support our veterans by demanding that the VA *immediately* give licensed counselors full and equal access to all mental health counseling positions at all facilities. This step will help to ensure that our veterans have the opportunity to receive mental health care from highly qualified professionals with excellent skills in crisis intervention, personal and social counseling, couple and family counseling and group counseling.

Thank you for your attention to this letter.

## Key Individuals to Contact

### Senator George Voinovich

POC is Michael Dustman (VA rep for the senator)

202-224-3353

524 Hart Senate Office Building

Washington, D.C. 20510

<http://voinovich.senate.gov/public/index.cfm?FuseAction=Contact.ContactForm>

### Senator Sherrod Brown

POC is Diane Wilkinson or Caroline Wells

(202) 224-2315

455 Russell Senate

Office Bldg.

Washington, DC 20510

<http://brown.senate.gov/>

### Sen. Akaka – (Hawaii – chairman of the senate committee on veteran's affairs)

POC is Jennifer McCarthy

202-224-9126

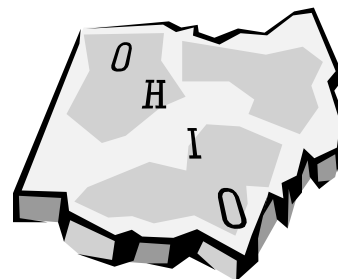
<http://akaka.senate.gov/public/index.cfm?FuseAction=Contact.Home>

### Scott Barstow – ACA rep for this issue

800-347-6647 ext.234

You can find your U.S. Representative by zip code at:

<http://www.house.gov/Welcome.shtml>



## Chapter Updates

### Northwest Ohio Counseling Association (NWOCA) Fall Workshop Review

The fall workshop was held on September 26, 2008 at the University of Toledo. Ross Chaban, M.Ed., LPCC-S presented "Dysfunction: Yours, Mine, and Ours: Chemical Dependency and Dysfunctional Systems." His presentation focused on elements of a dysfunctional family system and dysfunctional family members' roles. The impact of chemical dependency and dysfunctional systems was highlighted as both personally and professionally important for counselors to consider.

The NWOCA board would like to congratulate Mr. Chaban. He has been nominated and selected by a panel of his peers to receive the Ohio Counseling Association David Brooks Award. Thank you Ross for all your dedication and ongoing efforts to the counseling profession!

### Preview of NWOCA winter and spring workshops

The winter breakfast workshop will feature **Jill Draheim-Ducey**, MA, LPCC and **Claudia St. Clair**, ATR, BC who will be presenting "Sudden Loss: Complicated Grief Issues." This workshop will explore and discuss: the complicated psychosocial implications for persons who have experienced sudden loss; relevant coping strategies to support a persons' appropriate expression of grief and the reconciliation of their loss; and foster an understanding of the bereavement process associated with sudden loss through an experiential exercise. This workshop will be held at Bowling Green State University on February 6, 2009. 3 CEU's will be provided.



**Thelma Greaser** will present at the daylong spring workshop at the University of Toledo on May 1, 2009.

For more information on the Northwest Ohio Counseling Association please feel free to contact Megan Mahon at [mcrotte@aol.com](mailto:mcrotte@aol.com).

### Greater Cincinnati Counseling Association (GCCA) Winter Workshop

The Greater Cincinnati Counseling Association's (GCCA) 33rd Winter Workshop titled Advocacy in Counseling will be held January 9-10, 2009 at the Charles P. Gallagher Center, Xavier University in Cincinnati, Ohio. Download the brochure and registration form at: <http://www.cincycounseling.com/Events.html>.

Topics include the Psychology of a Healthy Spirituality with **Dr. Jim Esmail**, Treatment of Dual Diagnosis with **Dr. Nick Piazza** and ADHD issues with **Dr. Bill DeMeo**. Continuing education hours will also be offered for Ethics (3 hours) and Supervision (6 hours) licensure renewal. Contact Dr. Bill O'Connell at [connell@xavier.edu](mailto:connell@xavier.edu) with any questions.

## All-Ohio Counselor's Conference

The Ohio Counseling Association and the Ohio School Counseling Association sponsored the 25th Anniversary Celebration of the All Ohio Counselor Conference (AOCC) November 5-7, 2008. Dr. Bill O'Connell and Judy Maver, co-chairs, wish to thank all the committee members, division leaders and chapter leaders who helped make the AOCC a successful conference. In addition, OCA and OSCA express gratitude to all the members who provided educational sessions and participated in the conference proceedings. We also tip our hat to the AOCC Executive Director, **Tim Luckhaupt**, who orchestrated the event from start to finish for the 25th time! Thanks Tim!



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



The website includes:

- Membership information
- Ability to join or renew membership online
- Access to previous issues of *Guidelines*
- Links to chapters and divisions
- Legislative information
- Upcoming events
- Executive council member list and contacts



## OCSWMFT Liaisons Thelma Greaser and Sam Wolfe

### Meet your OCSWMFT Liaisons Thelma Greaser and Sam Wolfe.



**Thelma Greaser**, MEd. is a graduate of the University of Akron, Community Counseling graduate program. She is employed at Child Guidance & Family Solutions in Akron, Ohio as the Clinical Manager of an agency branch office. She coordinates the internship/training program for the organization. Thelma provides clinical training supervision for six counseling staff including PCs and interns. She also provides counseling for children and adolescents who have experienced traumatic events. Thelma is a past president of OCA and currently is the Chair Elect-Elect of ACA Midwest Region.



**Sam Wolfe** received his master's degree in community agency counseling from the University of Dayton. He is currently a Ph.D. doctoral candidate from The Ohio State University in Counselor Education. He has 9 years experience in community mental health and 9 years experience in private practice. He also has 5 year teaching experience in an undergraduate Human and Social Services program. He has 5 years experience supervising LPCs working toward their LPCC, and 3 years experience at OSU supervising both Practicum and Internship students in the MA program. Sam has presented at state, regional and national level conferences. He is currently on the Board of Directors at the mental health center where he used to work. He has been married to Nancy for 38 years and has three adult daughters.

Dr. Bill O'Connell appointed Thelma Greaser, PCC-S and Sam Wolfe, PCC-S to serve as liaisons to the OCSWMFT board for the 2008-2009 term.

Thelma and Sam began attending the Professional Standard Committee meetings from 9 a.m. to noon in July of 2008. There are 6 meetings per year. Two weeks prior to the meeting, the OCA president submits topics of discussion for board meetings that are included on the Professional Standards Committee agenda. This process helps OCA to be in continual dialogue with the Board. Likewise, the Board benefits from input from OCA members regarding issues impacting professional counselors.

Some issues that have been discussed at Professional Standard Committee Meetings are the criteria and processes for determining appropriate education programs for professional development, training supervision and standards for public information regarding the counseling specialties of licensed counselors.

OCA is grateful for the volunteer time that Thelma and Sam have offered to maintain a positive working relationship with the Board.

## Legislative Update House Bill 427 and 493

### HB 427

As expected, HB 427 was amended in Senate Health, Human Services, and Aging Committee on Wednesday, December 3, 2008. HB 427 is the legislation that will allow marriage and family therapist to diagnose and treat mental and emotional disorders.

The first amendment added was at the request of the Ohio Psychiatric Physicians Association in coordination with Jim Rough, the Executive Director of the Counselor, Social Worker and Marriage and Family Therapist Board. It states that independent marriage and family therapists may not diagnose, treat, or advise on conditions beyond their competency levels and must make appropriate and timely referrals when a client's needs exceed the MFTs competence level. The OPPA originally wanted this amendment to also apply to counselors and social workers. The Towner Policy Group was able to work with the Senate Health Committee and interested parties to narrow the scope of the amendment to only apply to MFTs.

The second amendment was added at the request of OCA. This specifically added training in diagnosis of mental and emotional disorders to the education requirement of MFTs. OCA believes that if MFT are going to be diagnosing mental and emotional disorders they should be required to receive relevant education and training.

The Towner Policy Group expects HB 427 to be voted out of committee. The Towner Policy Group will keep OCA members posted on the status of the legislation, as we do expect it will be passed into law before the end of the lame duck session.

### UPPL Legislation Amended Into HB 493

House Bill 493 sponsored by Representative David Daniels (R - Greenfield) a bill regarding billing for anatomic pathology services was amended in the Senate Health, Human Services and Aging Committee on December 10, 2008. Senator Bill Seitz (R Cincinnati) offered an amendment adding similar language originally included in Senate Bill 54, sponsored by former Senator Patricia Clancy. The language will remove language from the Ohio Revised Code that allows insurance plans to deny payment to the provider if the patient sustained injury while under the influence of drugs or alcohol. The section of the code being repealed is known as the Uniform Policy Provisional Law, or UPPL. This provision has been in Ohio law since 1953, after the National Association of Insurance Commissioners (NAIC) created the model for such laws.

**Information above provided by the Towner Policy Group**

# Ohio Counseling Association Executive Council 2008-2009

<p style="text-align: center;"><b>Officers</b></p> <p><b>President:</b> Bill O'Connell  <b>President-Elect:</b> Jake Protivnak  <b>Past President:</b> Daniel Cruikshanks  <b>Treasurer:</b> Tim Luckhaupt  <b>Secretary:</b> Jonathan Lent  <b>Parliamentarian</b> Kelley Schubert</p>	<p style="text-align: center;"><b>Standing Committees</b></p> <p><b>Newsletter Editor</b> Mark Newmeyer  <b>Newsletter Technical Editor</b> Jonathan Lent  <b>Finance</b> Jo-Ann Lipford-Sanders  <b>Government Relations</b> Gregg Pollock  <b>Prof. Development</b> Rosalyn Brown Beatty  <b>Public Relations</b> Stacy Ingraham  <b>Membership</b> Marisa White  <b>Nominations &amp; Elections</b> Daniel Cruikshanks  <b>Awards</b> Amber Lange  <b>Archives</b> Darcy Haag Granello  <b>Bylaws</b> Clarissa Matthews  <b>Ethics</b> Kerry Sebera  <b>Technology</b> Daniel Cruikshanks</p>
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<p style="text-align: center;"><b><u>Interested in Writing?</u></b></p> <p>If <b>you</b> 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 <i>Guidelines</i>!</p> <p>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 <i>Guidelines</i> editor, Jonathan Lent, at <a href="mailto:jl66@uakron.edu">jl66@uakron.edu</a> by the dates noted on page 2.</p>	