

Guidelines | Ohio Counseling Association

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

Volume 36, Issue 2—February 2010

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4th Annual Legislative Advocacy Day — 4/22/10



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OCA Executive Council

OCA Officers

President: Jake Protivnak
jjprotivnak@ysu.edu

President-Elect: Kelley Schubert
kschubert@new-albany.k12.oh.us

Past President: Bill O'Connell
oconnell@xavier.edu

Treasurer: Tim Luckhaupt
ocaohio@yahoo.com

Secretary: Jessica McRoberts
mcroberts.jessica@yahoo.com

Parliamentarian Kelley Schubert
kschubert@new-albany.k12.oh.us

OCA Chapters

COCA Denise Lewis, President
centralohiocounseling@yahoo.com

EOCA Julie Lenyk, President
juliemiranda311@yahoo.com

GCCA Melissa Fisher, President
melfisch10680@yahoo.com

MVCA Beverly Garrett, President
bivroyg@earthlink.net

NCOCA Marisa White, President
us3we3@yahoo.com

NWOCA Christie Jenkins, President
jenkinschristie@aol.com

SEOCA Mary-Anne Joseph, President
mj210407@ohio.edu

OCA State Divisions

OACES David Mann, President
dmann@ashland.edu

OAMCD Ameena S. Mumin, President
ohioamcd@gmail.com

OMHCA Renee Kolecki, President
rtkole@yahoo.com

OCDA
Cynthia Marco-Scanlon, President
cmarco@jcu.edu

OASGW Chad Yates, President
cyates6@kent.edu

OSCA Susie Boggs, President
sboggs@tolles.k12.oh.us

OASERVIC
Claudia Sadler-Gerhardt, President
cgerhard@ashland.edu

OAGLBTIC
Tara Meckley-Hill, Representative
tmhm7@aol.com

OCA Standing Committees & Liaisons

Awards Jane Cox
jcox8@kent.edu

Archives Connie Patterson
connieapatterson@gmail.com

Bylaws Rachel Hoffman
rhoffman15@yahoo.com

Newsletter Editor Jonathan Lent
jl66@zips.uakron.edu

Ethics & Prof. Identity
Brandy Kelly
blkelly10@yahoo.com

Finance Meghan Brown
mjfortner05@hotmail.com

Government Relations
Gregg Pollock
pollogc@ccf.org

Membership Marisa White
us3we3@yahoo.com

Nominations/Elections

Bill O'Connell
oconnell@xavier.edu

OCSWMFT Board Liaison
Thelma Greaser
great@cgfs.org

Prof. Development Chris Bhat
bhatc@ohio.edu

Public Relations Kerry Sebera
sebera@uc.edu

Public Services Holly Harper
holly.harper2@utoledo.edu

Technology Daniel Cruikshanks
dcruiksh@heidelberg.edu

Towner Policy Group
Carolyn Towner, Kristy Smith,
Amanda Sines
carolyntowner@sbcglobal.net
kristysmith@sbcglobal.net
amandasines@sbcglobal.net

Webmaster & Listserv
Stephanie Burns

From the President | Jake J. Protivnak



Decade of Development: Looking Back/Moving Forward

As 2009 comes to an end, it is an appropriate time to briefly look back some of the developments within the Counseling Profession over the past 10 years. On a national level, Professional Counselors obtained licensure in five states. The final and 50th state, California, received licensure in 2009. The Council for Accreditation of Counseling and Related Educational Programs (CACREP) standards provide accreditation to Counselor Education programs. The CACREP standards went through a significant revision and include a greater focus on crisis intervention, accountability for counselor education programs to demonstrate data regarding training of students, an emphasis on programs hiring faculty with doctorates in Counselor Education as core faculty, and a reorganization of Counseling Program emphasis areas (e.g., combining Community & Mental Health Counseling; combining Student Affairs & College Counseling; and adding Addiction Counseling).



The American Counseling Association (ACA) revised the Code of Ethics in 2005, chartered a new ACA division (Association for Creativity in Counseling), and established the 20/20 Vision for the Profession of Counseling which presents a vision for the Counseling Profession by the year 2020. A national credential registry was created by the American Association of State Counseling Boards to facilitate the movement of licensed professional counselors between states. On the national level, Professional Counselors were finally recognized as providers of mental health care with the Department of Veterans Affairs (VA) through inclusion in the Veterans Benefits, Healthcare, and Information Technology Act, and counselors benefited from national parity of insurance coverage for mental health and substance abuse treatment when the bill was passed.

There have also been some significant developments in Ohio during the past decade:

- Individuals with non-teaching backgrounds received the ability to become School Counselors in Ohio.
- Mental Health Parity was passed. This required insurance plans in Ohio to cover biologically-based mental illnesses in the same manner and at the same levels that other illnesses are covered.
- Offensive and outdated mental health language was removed from the Ohio Revised Code (e.g., imbecile, idiot, drunkard, dumb) - House Bill 53.
- The Ohio Counselor, Social Worker, and Marriage and Family Therapist Board made changes impacting Counseling Profession in Ohio (e.g., utilizing licensure exam from NBCC, Supervision / Ethics Requirements, Background Checks, etc.)
- A 1:250 funding ratio for middle/high school counselors was passed in Ohio.
- Movement from certification to licensure for professional counselors who work with clients with chemical dependency.
- The OCA PAC was established. The OCA PAC is a political action committee for OCA that raises money from members and stakeholders to be used for lobbying efforts with Ohio legislators.
- The Ohio Association of Lesbian, Gay, Bisexual & Transgender Issues in Counseling Individuals in Counseling division of OCA was chartered to support the support and advance the delivery of counseling services to GLBT clients.
- Counselor Legislative Advocacy Day at the statehouse was established.
- OCA hired a new Executive Director, Tim Luckhaupt replacing Joe Saunders; and Towner Policy Group replaced Cynthia Snyder as the OCA lobbyist.
- Hundreds of OCA division and chapter sponsored local CEU workshops delivered by state and national experts to advance the knowledge and skills of Professional Counselors in Ohio.

There is some unfinished business which counselors will work on in the next year. This includes: 1) the lack of coverage of counselors under Medicare. As the national population ages, it is critical that counselors in Ohio obtain this privilege; 2) the ability to provide a mental health hold for a client who is a danger to self or others. Mental health hold is a safety issue for the public, and an issue of professional privilege that should be under the scope of practice of a Professional Clinical Counselor (PCC). OCA will provide an opportunity for members to become involved working on these issues at the 4th Annual Legislative Advocacy Day on April 22, 2010 at the State Capital in Columbus. Practicing counselors, counselor educators, and students will strategize ways to advocate for these issues. The Ohio Counseling Association will continue to monitor bills presented in the Ohio legislature to support bills that advance and promote the profession of counseling and provide opposition to bills that do not. OCA will work on projects that meets the needs of our members.

(Continued on Pg. 4)

From the President | Continued from Page 2

Here are a few of the many projects that volunteer committee leaders and members are working on:

- By-Laws Committee: Working on the 1st OCA by-laws revision since 2006.
- Professional Development Committee: Developing on-demand CEU opportunities through Time Warner Cable
- Ethics & Professional Identity Committee: Gathering information on unlicensed individuals who misrepresent themselves as Professional Counselors in Ohio.
- Government Relations Committee: Developing and delivering testimony in Columbus (e.g., Mental Health Hold Bill)
- Membership Committee: Sending invitations to all ACA members and all newly licensed counselors in Ohio to become members of OCA.
- OCSWMFT Board Representation: Working with the state licensure board to advance counselors interests. Will work to include language in counselor licensure law to more appropriately protect the title of Counselor Trainee.
- OCA Journal Taskforce: Revitalizing the OCA sponsored journal, *Ohio Journal of Counselor Practice*, to publish and advance research that supports and affirms the work of Professional Counselors in Ohio.
- Public Service Taskforce: Collaborating with leaders from other mental health provider associations (e.g., Ohio Psychological Association, Ohio Chapter—NASW, etc.) on common ground issues to better serve consumers in Ohio.
- Public Relations Committee: Planning reception at the AOCC and planning a reception at ACA in Pittsburgh. The committee also developed and posted the new OCA Facebook page www.facebook.com.

If you are interested in being more involved, send an e-mail to the committee chairs found on pg. 2. It is truly an exciting time to be both a Professional Counselor in Ohio and an OCA member. The Ohio Counseling Association (OCA) finished the decade very successfully with membership in OCA and all of the divisions and chapter affiliates (OSCA, OMHCA, etc.) exceeding 3000 members. A count of individuals who hold membership in OCA was at the highest numbers of the decade. Finally, the All Ohio Counselors Conference was also very successful with a number of highly rated workshops by attendees and a remarkable 1,637 individuals at the conference. While we have much to be pleased with, we must continue to look forward to develop new goals for our association and the profession of counseling over the next decade. Encourage colleagues within your office, school, residential center, university, private-practice and/or classroom to apply for membership in the Ohio Counseling Association. As a united and large professional association we can accomplish much more for Professional Counselors in Ohio.

- Jake J. Protivnak, Ph.D., PCC-S, LSC is an Assistant Professor and Counseling Program Coordinator at Youngstown State University. Contact him at jjprotivnak@ysu.edu

AOCC Volunteers | by Christine Suniti Bhat

Volunteers at the AOCC: A special thank you to the 101 student volunteers who donned red aprons and did such a stellar job helping out at the AOCC in November 2009. We want you to know that we appreciate your hard work and cheerful spirit! Student volunteers worked four hour shifts and in return had their conference registration fees waived. Before and after their work, they were free to attend their choice of sessions.

Student volunteers were drawn from 15 universities: Xavier U, Cleveland State U, Heidelberg U, Ashland Seminary, Bowling Green State U, Youngstown State U, U. Akron, U. Cincinnati, Ohio U, Walsh U, OSU, Malone U, John Carroll U, Kent State U, and U of Dayton. We would like to thank faculty at each of these universities for helping recruit student volunteers.

A big thank you to Leah Griffeth, a student in the master's program in counseling at Ohio University for her work in helping coordinate the recruitment and assignment of volunteers! Counseling students who wish to volunteer at the AOCC in 2010 should contact the OCA Professional Development Chair in September 2010.

OMHCA-CSI Poster Presentations: On another note, the OMHCA-CSI Poster Presentation session at the AOCC was a resounding success. Congratulations to all the counselor education students who participated in this event and contributed to their own and to our professional development. The future of the counseling profession is bright with such accomplished counselors-in-training! This year for the first time we were able to offer 0.5 CEUs to attendees at the poster presentations. Thank you to the President of OMHCA Renee Kolecki and to the Alpha Chapter of Chi Sigma Iota (Ohio University) for joining hands to work on organizing this event.



- Christine Suniti Bhat, Ph.D., LPC is an Assistant Professor at Ohio University. Contact her at bhatc@ohio.edu

Welcome New OCA Members | by Tim Luckhaupt

The following individuals joined OCA between Sept. 1, 2009 and Dec 30, 2009. New members are grouped by their OCA region of the state:

Central Ohio Counseling Association (COCA): Gail Ahern, Lea Ardovino, Emily Arlotta, Stacy Ballam, Samra Bojanowski, Christina Bournique, Tara Cavo, Corrie Cole, Mary Costello, Abby Dalenberg, Lisa Davies, Sarah Dronen, Amy Eagle, Jill Foster, Shannon Fox, Laura Freidner, Memiko Fujiwara, Kerry Gasson, Todd Gibbs, Hope Gray, Elaine Grubb, Linda Hecker, Susanne Hillier, Crystal Hofacker, Stephanie Kern, Lisa Kliner, Michael Lewis, Diego Lopez-Calleja, Bowen Marshall, Erica Miller, Douglas Missman, Shannon Morris, Susan O'Brien, Elaine Preston, Alexis Rae, Tamera Reichelderfer-Frazier, Anne Robbins, Cynthia Ruberg, Sarah Sparhawk, Jessica Sparks, Jennifer Stovall, Junhao Su, Rachael Thompson, Calvin Timbrook, Jessica Wade, Danielle Weatherholtz, Tracy Whiteside, Simon Woliver, Matthew Wood, Abigail Wood, Jacqueline Young, & Tracey Zink.



Eastern Ohio Counselors Association (EOCA): Christine Alam, Camille Allen, Thomas Appel, Stacy Armstrong, Lauren Bailey, Kristin Bruns, Mary Kay Conkey, Linda Crawford, Todd Curtis, Courtney Davidson, Salina DuBose, Denise Flint, April Garfoli, Maureve Goldhamer, Elizabeth Goodwin, Almanda Gregg, Emily Herman, Tiffany Hill, Jamie Johnson, Patricia Johnston, Amy Kalasunas, Karen Katz, Kristin Kmetz, Julie Kusnir, Jessica Kynion, Rachel Lantz, Adam Leidtke, Sara Lombardi, Melissa Mack, Valerie McKnight, Pamela Milliken-Ebert, Rachael Muster, Dorothy Norton, Alicia Pascoe, Druana Perren, Beth Pilous, Nancy Reali, Debbie Reed, Melinda Rulli, Kristin Saffici, Miranda Santos, Carolyn Serri, Anne Shick, Azra Karajic Siwec, Julie Smith, Tiffany Snyder, Rose Stacy, Kimberly Staton, Stephen Swigert, Janet Thornton, Katherine Vance-Righetti, Legenia Walker-Guindo, & Jessica Wallbrown.

Greater Cincinnati Counseling Association (GCCA): Holli Abrinica, Warren Ashley, Jr., Ruth Barsoum, Shelly Baxter, Daniel Bielecki, Mona Breitbeil, Joan Brunsmann, Kelly Burgei, Nick Carpenter, Elizabeth Daniels, Kevin Edwards, Sara Faison, Jill Fowee, Peter Fox, Robin Hater, Jean Horn, April Kandil, Janno Kanno, KakRose Kelly, Andrea Kirk, Lonnie Lewis, Lynn Love, Christina Mayhaus, Claudette McCarty, Rachel Mercer, Rebecca Monroe, Jo Morgan, Gerri Mosley-Howard, Peg Niehaus, Rashida Pearson, Sarah Quinones, Jennifer Riehle, Kristopher Riffe, Paula Shaw, Chelsea Signore, Jacqueline Smith, Missi Urban, John Wagner, Joleene Watabe, Vinton Weech, Patricia Willeke, & Jason Wright.

Miami Valley Counseling Association (MVCA): Brenda Abels, Amy Binkley-Dils, Kevin Boblitt, Kailey Brinley, Sandra Brubaker, Glenna Darnell-Baughman, Tina Donovan, William Dreger, Carol Eifert, Marsha Flannery, Kent Freeland, Brittani Hall, Diana Haman, Joy Harvey, Harry Idol, Natalie Imhoff, Stacie McKee, Marianne Niese, Thomas Payton, David Riley, Mary Ross, Lisa Schauer, Luke Tse, Andrea Whitacre, Sarah Whitley, & Tracy Wilson.

North Central Ohio Counseling Association (NCOCA): Muma Alsheikh, Sarah Auger, Rebecca Babin, William Baker II, Roy Berko, Meghan Chitwood, Dawn Clayton, Amanda Cole, Penelope Culver, Rodney Delaney, Anne Devine, Martha Flemming, Bridget Gray, Jessica Headley, Erin Houser, Charity Humm, Laura Imely, Tiffany Ingersoll, Elizabeth Irwin, Daniela Isayev, Christine Jones, Valerie Kreider, Julia Kreuz, Barbara Kudravi, Kevin Kuntz, Tilisha Lancaster, Leah Lindenbaum, Micheal Matthews, Courtney Mazey, Kaolene Metzger, Carmela Micallef, Tiffany Msafiri, Allison Myers, Darlene Ormston, Keelan Quinn, Carl Rak, Wendi Rankin, Heather Roberts, Jessica Rotondo, Christina Schnyders, Jennifer Segula, Patricia Shumay, Shristy Swain, Laura Tejada, Jessica Venditti, LaVina Miller Weaver, Courtney Wenzel, Vanessa Womack, Jennifer Yensel, & Judy Zellner.

Northwest Ohio Counseling Association (NWOCA): Gary Baas, Jon Borland, Larry Branan-Poling, Veronica Casper, Aaron Cromly, Judi Fischer, Gregory Garske, Larry Harris, Cynthia Hendrickson, Emily Huth, Amy Iannantuono, Derek Lee, Kaitlyn McGilvery, Erin Mitchell, Jennifer Nuce, Erin Perry, Michael Remole, Erin Shaw, Sue Shew, Erin Singer, L. Brook Smith, Paul Standing, Laura Stocksdale, & Olga Zaporozhets.

Southeastern Ohio Counseling Association (SEOCA): Monna Born, Carey Busch, Franchon Franceses, Jennifer Gooch, Leah Griffith, Jennifer Hoyt, Amber Koester, James Morman, James Reed, Angel Shafer, William Soto, Robert Stevens, & Lori Thomas

• Tim Luckhaupt is the Executive Director of the Ohio Counseling Association. Contact him at ocaohio@yahoo.com

Ohio Counseling Association 2009 Award Winners | by Jane Cox



Charles “Chuck” Weaver Award
(Long Distinguished Service to the
Counseling Profession)
Mr. Jim Evans

David Brooks Award
(Willingness to Serve, Teach Responsibility and
Create New Paths in the Counseling Profession)
Dr. Linda L. Barclay



Herman J. Peters Award
(Significant Impact on Counseling Profession)
Dr. Tom Davis
and
Dr. Jo-Ann Lipford Sanders



Susan J. Sears Counselor of the Year Award
(Exceptional Service as a Practitioner)
Mr. Aaron J. Cromly



Research & Writing Award
(Extraordinary Research & Writing Ability)
Dr. Colette T. Dollarhide



Public Policy & Legislation Award
(Excellent Advocacy on Behalf of the
Counseling Profession)
Dr. Angel R. Rhodes

Past President Award
(Outstanding Leadership Provided to OCA)
Dr. Bill O'Connell



Ohio Statehouse Report | by Towner Policy Group



Counselors Need to Contact Their State Representatives

House Bill 281, sponsored by State Representative Ken Yuko (D – Richmond Heights), will amend the current mental health hold law to allow a licensed professional clinical counselor (LPCC), licensed independent social worker (LISW), licensed independent marriage and family therapist (LIMFT), and certified nurse practitioner or clinical nurse specialist to have a person taken into custody and immediately transported to a hospital where the person may be examined by a physician if the LPCC has reason to believe the person is mentally ill and represents a substantial risk of physical harm to himself/herself or others. The current law only allows psychiatrists, psychologists, physicians, health officers, parole officers, police officers, and sheriffs to sign a mental health hold. The LPCC would be required to give the hospital a written statement describing the circumstances under which such person was taken into custody and the reasons for the LPCC's belief a mental health hold was necessary.



House Bill 281 has been referred to the House Judiciary Committee and Representative Yuko gave sponsor testimony on November 18, 2009. Co-sponsors of the bill with State Representative Ken Yuko (D – Richmond Heights) are: State Representative Mike Foley. (D – Cleveland), State Representative Peter Ujvagi (D—Toledo), State Representative Bob Hagan (D – Youngstown), State Representative Lorraine Fende (D – Willowick), State Representative Kathleen Chandler (D – Kent) and State Representative Dennis Murray (D – Sandusky).

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Ohio Counseling Association members are encouraged to write a letter to your State Representative or House Judiciary Committee member asking them to support the enactment of House Bill 281. Tell your legislators why this legislation is needed and any problems you have had in the past with an individual needing a mental health hold. Explain what your educational background is and why this prepares you to sign a mental health hold. If your state legislator is a cosponsor of the bill, please thank him/her for cosponsoring the bill. If you do not know who your State Representative is, please go to www.legislature.state.oh.us and enter your zip code.

Members of the House Judiciary Committee include:

- ◆ Sandra Harwood, Chair (D – Niles)
- ◆ Mark Schneider, Vice Chair (D – Mentor)
- ◆ Barbara Boyd (D – Cleveland)
- ◆ Ted Celeste (D – Columbus)
- ◆ Mark Okey (D – Carrollton)
- ◆ Michael Skindell (D – Lakewood)

- ◆ Matt Dolan, Ranking (R – Novelty)
- ◆ Kevin Bacon (R – Columbus)
- ◆ Lou Blessing (R – Cincinnati)
- ◆ Danny Bulp (R – West Union)
- ◆ William Coley (R – Middletown)

Letters may be addressed as follows:

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

Dear Representative _____:



House Bill 185 Passes House of Representatives; Moves to Ohio Senate

House Bill 185, sponsored by State Representative Tim DeGeeter (D – Parma), requires material amendments to a health care contract to be agreed upon by both parties in order to become part of the contract. The bill provides that if a participating provider objects to a material amendment to a health care contract in the manner described in the law, and there is no resolution, and neither party terminates the health care contract, the material amendment does not become part of the existing health care contract.

House Bill 185 provides that if the participating provider objects to the material amendment in the manner provided, and there is no resolution, and neither party terminates the health care contract, the material amendment will not become part of the existing health care contract.

The bill was debated on the House floor on October 21, 2009, and passed by a vote of 85-14. The bill has been referred to the Ohio Senate Insurance, Commerce, and Labor Committee. Members should write their Senators urging their support for House Bill 185.

The following are the members of the Ohio Senate Insurance, Commerce, and Labor Committee:

- ◆ Senator Steve Buehrer, Chair (R – Delta)
- ◆ Senator Keith Faber, Vice Chair (R – Celina)
- ◆ Senator Karen Gillmor (R – Tiffin)
- ◆ Senator Jim Hughes (R – Columbus)
- ◆ Senator Shannon Jones (R – Mason)
- ◆ Senator Tim Schaffer (R – Lancaster)

- ◆ Senator Joe Schiavani, Ranking (D—Youngstown)
- ◆ Senator Eric Kearney (D – Cincinnati)
- ◆ Senator Fred Strahorn (D – Dayton)
- ◆ Senator Nina Turner (D – Cleveland)

Letters may be addressed as follows:

The Honorable _____
Ohio Senate
One Columbus Square
Columbus, Ohio 43215

Dear Senator _____:

OCA Member Spotlight | by Michelle Gimenez Hinkle



A Conversation with Al Lewis, PCC-S

In November, just a few days after Veteran's Day, I was fortunate to have a phone interview with OCA member Al Lewis, PCC-S of the Department of Veteran Affairs Medical Center (VAMC) in Cincinnati, Ohio. Mr. Lewis may have been the first, and so far possibly the only, professional counselor that has been hired to work in the Ohio VA system. As Mr. Lewis is immersed in uncharted territory for counselors, I believe his professional journey and his thoughts on counseling are noteworthy and should be shared with other OCA members. In just a few short minutes of talking with Mr. Lewis, I realized that his story would be interesting and full of passion for counseling veterans. I knew that he had much to offer, and I would learn a great deal from him. His words were full of emotion as he painted a picture of how he shaped his career in order to work with veterans, shared the importance of counseling advocacy (particularly with the Ohio VA), and offered recommendations for other counselors.



Counseling Veterans

Quickly during our interview, I realized Mr. Lewis was a goal-oriented man who worked hard to get what he desired. A veteran himself, Mr. Lewis knew he wanted to work with veterans in a mental health capacity, even before he earned his master's degree in counseling. He described to me a scene in which he was at the VA hospital in Cincinnati and saw a group of veterans with a mental health worker and thought to himself, "that is what I want to do." He quickly planned his immediate future in order to achieve this goal, and in 2004 Mr. Lewis graduated with his counseling degree from Xavier University and was hired by the Joseph House in Cincinnati to work with veterans. With the ultimate goal of working for the VAMC Cincinnati, he knew he would have to do more planning, as the administration only hired psychologists and social workers. Mr. Lewis bought training books, studied hard, and eventually earned his credentials as a Licensed Independent Chemical Dependency Counselor (LICDC). In August 2009 he was hired to work as an Addictions Therapist for the Ft. Thomas Nursing Home/Domiciliary at the VAMC. When I asked Mr. Lewis if he would have been hired without his LICDC credentials, he quickly said "No, I know I wouldn't have been hired without it; they only hired psychologists and social workers."

As Mr. Lewis described the work he does as an Addictions Counselor, I realized immediately that he was not only giving me a job description, but was also portraying his enthusiasm for what he does and the people he serves. On a daily basis, Mr. Lewis provides group counseling, psycho-education, and at times individual counseling to veterans who are homeless and have substance addiction. Mr. Lewis is part of a team of four professionals who offer housing, counseling, and job training to help veterans who are struggling with addictions to get back on their feet. Aside from the on-site counseling (at three separate sites), he also described outreach as an important responsibility in his position, in which he travels to homeless shelters looking for veterans.

As Mr. Lewis described his work, the veterans he serves, and the process of addiction, I could tell that Mr. Lewis truly enjoys his job and has a lot of care and empathy for the veterans. He shared why outreach is so important and described to me the process of substance addiction that "drives away the veterans" from wanting, or allowing themselves to be helped. Perhaps my favorite quote from Mr. Lewis was when he described his "desire to help people who are stuck get out of that stuck position and stand up straight." To me this quote, exemplifies the passion that Mr. Lewis has for the work that he does and the veterans he serves.

Counseling Advocacy

Counseling Advocacy was a large topic of the conversation I shared with Mr. Lewis, as the VA of Ohio has not previously recognized counselors as viable candidates for their mental health positions. Over the past five years, counselors in Ohio have been fighting for the VA of Ohio to hire counselors. This advocacy work came to fruition two years ago when the state passed a bill that informed the VA that they must write a job description for counselors, and thus in the future change their hiring process.

When I asked him how counseling advocacy impacted the legislative change for the VA in Ohio, Mr. Lewis enthusiastically responded that it had *everything* to do with the change. He described OCA-PAC (Political Action Committee) and the Towner Policy Group as being integral parts of why there will ultimately be a change in the relationship between the VA of Ohio and counselors. He described these groups as being the "big boys that get in the ring and fight for us." Mr. Lewis inferred that OCA-PAC does for the counseling profession, what counselors cannot do alone – they represent us and tell the public what we are capable of and why can be stronger.

Michelle S. Hinkle, M.A., PC, is a professional counselor in Northeast Ohio and a doctoral candidate at Kent State University. Contact her at mhinkle2@kent.edu

Member Spotlight | Continued from Page 8

He described their long fight to inform legislators what we do, provide money for their campaigns, and lobby for votes that ensure counseling is recognized as a vital branch of the mental health profession. Mr. Lewis stated that before OCA-PAC, counselors had a difficult time articulating their professional identity, but now with their representation our professional identity. Mr. Lewis described how he became involved in advocacy to support OCA-PAC in their mission to have counselors be recognized as potential employees of the VA in Ohio. He shared that he wrote letters to his legislators, answered email surveys, and donated his Monday night football pizza money to OCA-PAC. He seemed to infer that he was one of many that did this, and that this is an important responsibility that counselors have in order to advocate for our profession. He described the importance of supporting OCA-PAC in what they do so that we “can enjoy our jobs” as they are fighting for us.

Although the advocacy work by counselors, OCA-PAC, and the Towner Policy influenced the state to pass a bill forcing the VA of Ohio to create a job description for counselors, Mr. Lewis informed me that the job description has still not been made. He said he is happy to wait until they make a job description that does not threaten the jobs of psychologist and social workers, because that will mean that there will be no chance for turf wars among the professions and then everyone can enjoy their jobs. He shared that right now he is the only PCC (that he knows of), among the VA health care system of Ohio, which includes Cincinnati, Columbus, Dayton, Cleveland, and Chillicothe. When I asked him what it was like being the lone counselor for the VA in Ohio, he replied that it was difficult because he has “no control.” Social workers can advocate for themselves through the VA board of social workers, however there is no counseling board at the VA to advocate for Mr. Lewis. This may speak to the importance of being surrounded by other counselors, something many of us may take for granted in our places of employment.

Words of Wisdom

Toward the end of our conversation, I sensed that Mr. Lewis began to give recommendations to other counselors. I asked him what ideas he might have for other counselors who want to work with veterans, of which he responded that training in post-traumatic stress disorder and in substance abuse would be essential. He continued by sharing that counselor educator programs provide students with foundational knowledge of counseling for entry level jobs and that it’s the responsibility of counselors to further their education through continuing education to become specialized in their areas of interest (e.g., counseling children, gambling addictions, family counseling). When I asked him whether he believed his experience of being a veteran helps him to counsel veterans. He responded by saying that he is able to empathize with some things, however all counselors should be able to empathize with their clients no matter who they serve. This appeared to speak to the importance for counselors to remember the basics in their education and balance it with their specialized training. Above all, it (as well as the whole interview) gave me the message that counselors should enjoy the work they do, care about the clients they serve, and work hard to provide the best care that they can.

Social Networking | By the OCA Ethics Committee

Ethical Considerations with Social Networking Sites

The technological era upon us is forcing counselors to stay current with new-age communication trends. This not only includes learning the latest software and database programs, but also how to communicate with the upcoming generation of counselors. Although social networking sites may seem to be a secondary method of communication in comparison to Bluetooth and texting, a group of university students was polled and 93% of them owned a Facebook account (Sheldon, 2008). As interest and use of new-age communication methods grows, it may be necessary for counselors to begin to explore the possible clinical opportunities hidden within social networking sites (e.g., Facebook, Myspace, Twitter, LinkedIn, etc). As with any new form of technology, it is important for counselors to invest the appropriate amount of time and energy into understanding the operation and usefulness of social networking sites. Before implementing the use of these sites in the professional arena, all ethical aspects of social networking must also be considered. Additionally, it is important to weigh the benefits provided by social networking sites against foreseeable setbacks in order to make appropriate adjustments.

OCA Ethics Committee :
Nicole Adamson
Nicole Bradley
Jessica Eaton
Brandy Kelly
Michelle Edenfield
Jen Yensel
Jonathan Lent
Rachel Hoffman

Consequences of Social Networking

The need to communicate and have social connectedness is a human condition (Coyle & Vaughn, 2008). The medium for these relationships has expanded beyond face-to-face communications due to online social networking capabilities. Increased opportunity to communicate and establish social connectedness has been brought about and the introduction of social networking has had numerous impacts on society and the way that relationships are formed and established. The ease and comfort of accessing friends, professionals, and others around the clock has led to the need to examine the implications of these technological relationships. Users of social networking sites who typically suffered from interpersonal anxiety and fear reported that social networking online helped them pass time and feel less lonely (Sheldon, 2008).

Social Networking | Continued from Page 9

Accordingly, social networking sites may help counselors who feel anxious in real-life settings interact with ease online. Professionals might have a newfound ability to foster existing connections or make new connections online that would not have otherwise been possible. Social networking sites allow individuals to be expressive and creative (Coyle & Vaughn, 2008). It may be beneficial for a creative profession, such as counseling, to allow members of a professional counseling association to express their uniqueness and creativity through social networking sites. Graham, Faix, and Hartman (2009) found that social networking sites foster the development of professional relationships and are effective in encouraging social networking site users to utilize available services.

Negative consequences from the use of social networking sites may arise over time as well. It is possible for users of social networking sites, as well as any other World Wide Web sites, to form an internet addiction (Chou, Condrón, & Belland, 2005). Additionally, sexual solicitation, pornography, and cyberbullying are also associated with social networking sites (Rosen, Cheever, Carrier, 2009). Social Networking Sites for Professional Counselors would have to exercise extreme caution to avoid anything of this nature. Many online social networking sites have no way to verify the identity of the user and it has been found that people who are able to remain anonymous online tend to act out negative and socially-unacceptable desires (Zhao, Grasmuck, & Martin, 2008). The American Counseling Association (ACA) Facebook page (which has over 1500 members) makes it evident that it is imperative to have someone monitor the page. Although Facebook and Myspace have policies in place for the general functioning of the site, professional organizations should take steps to ensure that their policies and acceptable practices are clearly displayed and easily located on their networking page. Additionally, it is important for counseling associations using social networking sites to clearly state that it is a public forum and that they are in no way responsible for the content of the page.

Ohio Counselor, Social Worker & Marriage and Family Therapist Board (OSWMTB) revised code 4757-5-13 addresses electronic therapeutic service delivery through the internet and states that issues of confidentiality, licensure, and identification verification should be considered when providing counseling services. Although a social networking site could possibly be used for administration of counseling services, this is not likely to be the intended purpose of such sites. Social networking sites allow members to see each other, which would inherently break confidentiality. Even if users were instructed to use code names, it is possible that the information they disclosed would allow others to identify them in real life. The administration of professional counseling services is likely to be more controllable on a secure site that does not involve social networking. A social networking site developed by a counseling organization, such as the Ohio Counseling Association (OCA), would be used to allow members of OCA to join together and collaborate. Many people use social networking sites to stay connected with people they already know and to develop new relationships with others (Sheldon, 2008). The ACA code of ethics A.12.h. states that an internet site maintained by counselors must regularly be checked for proper functioning and professional appropriateness.

One area of concern that has surfaced in response to online social networking is determining the difference and defining the boundaries between private and public information. Thompson, Dawson, Ferdig, Black, Boyer, Coutts, and Black (2008) discussed the overlap and blurring of the personal and professional identities that occurred when professionals posted personal information on public social networking sites. Certain personal information regarding the counselor would not typically be shared by a professional with a client. However, if a client accessed the information through a social networking site, it would then have to be addressed in a professional capacity. This could potentially affect the therapeutic relationship and instances such as this should be avoided by limiting the amount of information disclosed on social networking sites and assuring that profile pictures are not revealing or unprofessional (Kennedy, 2008). Timm and Duven (2008) discussed the importance of professional organizations recognizing the ethical issues regarding privacy that are raised with the increased use of online social networking. Although some personal information may be inappropriate only for clients, some may be inappropriate in all professional contexts. Personal disclosure of certain information through social networking could negatively impact careers, including the inability to gain employment or the possibility of termination due to the content included on the online social network.

Social Networking in the Counseling Profession

Social networking appears to be expanding from its initial stages to a comprehensive forum that allows members to communicate and express ideas quickly and easily. When Facebook opened its registration to organizations in 2006, 4,000 organizations joined within two weeks (Facebook, 2008; Waters, Burnett, Lamm & Lucas, 2009). The vast quantity of counseling and professional social networking sites found through a simple internet search is evidence of the continued advancement of technology. More than 700,000 hits were found through Google under the keywords "social networks for professional counselors."

Technology is ever-evolving and changing how counselors have the ability to communicate and utilize resources. Social networking opportunities to connect with other counselors with similar interests for almost every topic in the counseling field can be found online. A counselor can join groups ranging from support for eating disorders to specialization in cognitive behavioral therapy. These groups not only allow counselors to chat and post to one another, but they also allow links to be provided for information regarding articles and websites. Discussion sections and forums also allow counselors to communicate and post thoughts on new ideas or arising problems in the field. Links to the most current information on counseling bills passed through congress can even be found on social networking sites.

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Counselor Career Stories | by Jen Yensel



Dr. Tiffany Peets

Dr. Tiffany Peets is an independent contractor as a private practitioner and clinical supervisor for PC's on staff at Avenues of Counseling and Mediation in Medina, Ohio. She earned her PhD in Counselor Education from Kent State University in 2004. Dr. Peets is also an adjunct instructor at Kent State University and University of Akron



Dr. Peets has worked at this agency, which services diverse clientele, for 7 years. Tiffany's clientele typically involves couples and family therapy. Dr. Peets reported her "specialty" being couples in crisis, but didn't intentionally declare a specialty, rather found it metamorphosed out of desire to work with couples. She found herself often dialoging with clients about how crisis can be a symptom of an unhealthy relationship and using a systemic lens when counseling seemed beneficial to couples. Dr. Peets encouraged future counselors to first begin with an open minded to diverse clientele and issues. Through experience, pay attention to your feelings, genuineness, and excitement when working with different populations. Having a specialty can be beneficial as you find that through your experience with similar issues you become confident and effective based on a history of therapeutic experiences. Yet, maintaining a diversity in clientele helps to encourage growth, reduce burn out, and prevents premature crystallization in counseling practices.

Dr. Peets shared positives of working at an agency as having the opportunity to hear each client's individual journey, being able to advocate and empower client strengths and ability to change. Dr. Peets says "every day is unique as each client is unique, it keeps your practical and clinical knowledge refined." Negatives included feeling bombarded by outside factors that hinder the counseling process, and trying to maintain personal self-care. Tiffany encourages counselors to pay attention to personal balance she says "how can we truly advocate and facilitate for client or student self care if we ourselves have lost sight?"

Valuable skills for working in clinical setting, according to Tiffany, involve being able to connect and consult with other professionals effectively. Once one graduates a program, she encourages everyone to remain in learning and continuously want to know more and grow in our profession. In addition to maintaining constant learning it is important to be working to maintain both genuineness and professionalism. Finally, she recommends that counselors be savvy and knowledgeable about extraneous factors such as scheduling and insurance that are often frustrating or concerning to clients.

Jen Yensel M.Ed., LPC, NCC is a doctoral student at Kent State University and a doctoral intern at Youngstown State University.

Chapter & Division News: | Continued from Page 12

The Executive Board of the Ohio Career Development Association is excited to announce the Spring Conference Keynote Speaker: Richard Knowdell, MS, NCC, NCCC, CCMF, who will present on The Changing Dynamics of Career Counseling: From Vocational Choice to Career Management and Transition. During the last 40 years Mr. Knowdell's roles as a career counselor have changed and his view of "career counseling" has evolved. As he traces his evolution through these many roles, Knowdell will share a number things he has learned that he believes make him a better career counselor for the 21st Century. Mr. Knowdell will alternate his presentation between lecture, demonstration, discussion and experiential exercises.

More details about the conference, including registration information, will become available. For now, please mark your calendars, tell your colleagues, and plan to attend the Ohio Career Development Spring Conference, featuring Richard Knowdell, on Friday, May 21, 2010.

OCA members may have noticed strong presence from our dedicated and committed state Chapters and Divisions at the All Ohio Counselors Conference (AOCC). The AOCC is hosted annually in Columbus, Ohio. Chapter and Division representatives often work to provide receptions and other complementary services to conference goers! This past year the OASERVIC provided the Wellness Room at the All Ohio Counselors' Conference. OASERVIC also presented a workshop on the ethical application of the ASERVIC Spiritual Competencies in counseling clients. Both the reception and presentation carried great attendance!

Be on the look out next year for Chapter and Division receptions or workshops. Contact Allison by March 1st to announce any division or chapter sponsored news in the next issue of Guidelines. Individuals may also pay to advertise in Guidelines by contacting Allison at aehall@kent.edu

Allison Bruce is a PCC at the Cleveland Clinic. Contact her at aehall@kent.edu.

By the Numbers | By Matthew Paylo



Poor and Low-Income Children in Ohio

The National Center for Children in Poverty (NCCP) conducted a national survey in 2008 exploring the characteristics of children in poor and low-income families. The researchers defined the term *poor* as children living in families with an income below the federal poverty level (i.e., \$22,050). The researchers further defined the term *low-income* as children living in families with an income between the federal poverty level (i.e., \$22,050) and twice the poverty level (i.e., \$44,100).

Here are the findings for Ohio:

General Information

- There are 1,525,164 families in Ohio, with 2,749,422 children.

Family Income

- 20 % of children (537,999) in Ohio live in poor families (National average: 19%).
- 39% of children (1,077,366) in Ohio live in low-income families (National average: 41%)

Parental Employment

- 40 % of children (214,701) in poor families do not have an employed parent.
- 25 % of children (264,287) in low-income families do not have an employed parent.

Parent Education

- 59 % of the children's parents in poor families (130,297) do not have a high school degree.
- 88% of children's parents in low-income families (192,688) do not have a high school degree.

Parent Marital Status

- 80% of children (432,855) in poor families live with a single parent.
- 63% of children (677,163) in low-income families live with a single parent.

Children's race/ethnicity

- 11% of white children (235,590) live in poor families. 51% of black children (205,867) live in poor families.
- 33 % of Hispanic children (46,379) live in poor families.
- 30% of white children (614,920) live in low-income families.
- 72% of black children (293,152) live in low-income families.
- 64% of Hispanic children (89,945) live in low-income families.

Children's age

- 24% of children (230,273) living in poor families are under the age of 6.
- 46% of children (436,833) living in low-incomes are under the age of 6.

Type of residential Area

- 42% of children (254,112) in urban areas live in poor families.
- 13% of children (196,440) in suburban areas live in poor families. 12% of children (70,243) in rural areas live in poor families.
- 63% of children (377,489) in urban areas live in low-income families. 31% of children (462,340) in suburban areas live in low-income families.
- 37% of children (206,605) in rural areas live in low-income families.

The National Center for Children in Poverty is affiliated with Mailman School of Public Health, Columbia University. The complete study with every state's demographic information can be viewed on <http://nccp.org/profiles/.demographics.html>.

Matthew Paylo, Ph.D., is an Assistant Professor at Youngstown State University. Contact him at mpaylo@my.yosu.edu



Chapter & Division News: In & Out Around Ohio |

By Alison Bruce

With the beginning of 2010 it is a great time to look forward to Chapter and Division news and announcements from around the state. The Greater Cincinnati Counseling Association hosted *Professional Counseling: Strategies for Effective Intervention in Our Schools and Community*, on January 8th and 9th of 2010. This workshop featured Dr. Barbra McFarland as the keynote speaker on January 8th. Dr. McFarland presented *Solution Focused Brief Counseling: The Essential Ingredients for Change* On January 9th Dr. Clifton Mitchell from East Tennessee University presented *Strategies for Managing Resistance in Counseling*. Please visit GCCA's website for additional information at www.cincycounseling.com.

OASERVIC would also like to remind Ohio Counseling Association member of their upcoming spring workshop on Ethics, to be presented by Dr. Elizabeth Welfel, on 4/2/10, 8:30 am-12:15 pm, at Ashland Seminary. At that workshop, we will award the annual OASERVIC Humanitarian and Leadership Award. Please access the OASERVIC website link to the Fall Newsletter for details about nominating an individual for this award.

The Ohio Counseling Association (OCA), the Ohio School Counseling Association (OSCA), the Ohio Association for Counselor Education and Supervision (OACES) and the Ohio Mental Health Counselors Association (OMHCA) will host the 4th Annual Legislative Advocacy Day-A Day at the Statehouse in Columbus on April 22, 2010. Don't miss an exciting opportunity to discuss state/federal legislative issues with your peers. Attendees will hear from a legislative guest speaker and make small group visits with their legislators. Lunch is provided. Please visit the OCA website at www.ohiocounseling.org for registration info.

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Legislative Update | By Gregg Pollock



New Developments



There have been some very promising points of progress in relation to Federal issues since the last issue of *Guidelines*. There has been a commitment from the Department of Defense to have job descriptions for counselors within the VA system within one year. It was also decided that Counselors would have separate job descriptions than Marriage and Family Therapists.

It seems like we are half way home at this point in relation to Medicare legislation. The House of Representatives has voted language into their health care reform bill to include the coverage of Clinical Counselors (H.R. 3962). The Senate on the other hand did not include language that covers Counselors fearing that there would not be enough support the inclusion of Counselors.

At the present time the Senate is debating their version of healthcare reform. After this is completed the Congress will be voting on the total healthcare package. That is the point of the process that we need to encourage the Senate and House of Representatives to adopt the language that is contained in H.R. 3962 for inclusion in the final comprehensive bill.

All of us need to continue to remain in contact with our legislators and inform them again and again of the need for this legislation. Don't forget the importance of the need to Follow up, follow up, follow up.

At the present time the only support for the inclusion of counselors in the Medicare legislation is Senator Sherrod Brown. I encourage all of you to send a note of thanks to his office. This also expresses the need to continue getting the message to all of the other legislators in the State and asking them to support this legislation. We need all of their support for the inclusion of H.R. 3692 in the final draft of healthcare reform to be voted on by the entire Congress.

I want to thank all of you for the efforts you have put in to this point. I have been amazed at the response that I have received from members in person as well via email communication. We all need to continue taking the time to communicate with our legislators.

Testimony

I had the opportunity to provide testimony in front of the State of Ohio House Judiciary Committee in Columbus in reference to House Bill 281. House Bill 281 is the mental health hold legislation that was introduced by State Senator Kenny Yuko. This legislation is very important to Counselors as it will expand our ability to provide services, as well as allow us to provide services that some PCC's are already providing if they are assigned as Public Health Officers in some agencies. In addition to my giving testimony to the committee there also was a group from the National Association of Social Workers who further shared the benefits of the passage of this piece of legislation.

This was a anxious and exciting experience and allowed me to see the workings of state government close up. It was exciting to stand in front of the committee and offer my testimony. It was similar to what is seen on C-Span with Senate or House hearings, just not on that grand of a scale.

There were a number of valuable lessons that were learned through this experience including ways to develop and write testimony. Carolyn, and Amanda from the Towner Policy Group were invaluable in this process, as well as our President Jake Protivnak.

The testimony given was met with thoughtful questions related to the issue. I truly feel that the testimony helped to clarify facts about the mental health hold legislation and reasons that it is needed. The responses given to questions posed during the process seemed to help positively educate the legislators as to the benefits of this legislation.

I was able to see the power of personal communication during this process. I got a strong feeling that the committee members in attendance were all listening and hearing what we all had to say. I hate to think of the outcome had there not been a representative present from the Counseling profession to advocate for this legislation.

Gregg Pollock, PCC-S is a Clinical Counselor at the Cleveland Clinic. Contact him at pollocg@ccf.org

OCA President-Elect Statement | Christine Suniti Bhat

I work as a Counselor Educator at Ohio University in Athens, Ohio. I call three countries home: India where I was born, Australia where I immigrated, and the USA where I have lived and worked for the past ten years. In Australia, I worked as a counselor and psychologist in agency settings and the Australian military. Counseling licensure did not exist in Australia until recently. It now does, thanks in part to the work of Australians who studied at Ohioan universities. Counselors in Ohio may not be aware of just how fortunate we are to work in a state where counseling is a separate and respected profession with strong licensure laws. This was one of the main reasons I chose Ohio to further my education in counseling and why I chose to return to Ohio for employment. I feel I have found my professional home here and am proud to call myself a counselor and counselor educator.



As you know the role of a counselor educator involves teaching, scholarship, and service. I truly enjoy training and mentoring students. I have presented at numerous state, national, and international counseling conferences. In recent years my research and publications have been on the topics of supervision, cyberbullying, and alcohol and drug abuse. I currently serve on the OCA Executive Council and on the editorial board of the Journal of Counselor Practice. Nationally, I am active in the Association for Specialists in Group Work.

Service is a big part of who I am! Currently, I am involved in my community through volunteering one day a week in clinical practice, through work with the Athens Suicide Prevention Coalition, through collaborating with school counselors to implement and evaluate programs such as the Responsive Classroom Approach in schools, and through partnering with our local 317 Board to provide counseling and evaluation services to clients with opioid addictions.

I am proud to belong to the dynamic and vibrant Ohio Counseling Association. It would be an honor to serve OCA as President-Elect in 2010-2011 and I thank the Nomination Committee for the nomination. I have been a member of OCA for six years and I know that our members are a talented and altruistic group of counselors and counselors-in-training. As a counselor educator, with training and experience in clinical mental health counseling and school counseling, I understand and relate to the concerns of professional counselors working in clinical, school, and other settings.

As President, I would continue to promote and expand the professional status of ALL counselors. My vision for OCA is that we will continue to grow our association as the premier professional body of counselors in the state of Ohio. In order to do this we must reach out to ALL counselors and counselors-in-training. We need to communicate clearly with our potential members so that they understand the benefits of belonging to OCA and acknowledge that with a unified voice we are empowered. This also means that we need to listen closely to our members and try and serve their needs. Counselors do exemplary work! But I believe we can do a better job of letting the world know what we do. I would continue to support legislative advocacy – this is one way that we can expand our sphere of influence and allow our contributions to be made known. At the same time, we must pay attention to social justice issues and identify creative ways in which counselors can address some of the challenges people face today.

OCA President-Elect Statement | David Mann

I work as Professor of Counseling in the Counseling Department of Ashland Theological Seminary, a graduate division of Ashland University. I joined the fulltime counseling faculty after spending 15 years in outpatient counseling practice as a counselor and clinical supervisor of interns (masters and doctoral level) and Clinical Residents. I also taught counseling coursework as an adjunct professor, coordinated practicum and internship experiences, and directed a counselor education program before moving to Ashland. I currently am Director of the Midwest graduate counseling program (Ashland campus) and serve as Chair of the Counseling Department. I earned a Ph.D. in Counselor Education & Supervision from Kent State University and am a Licensed Professional Clinical Counselor with supervisory status in Ohio.



I am an active member in the American Counseling Association (ACA), Association for Counselor Education and Supervision (ACES), Ohio Counseling Association (OCA), and Ohio Association for Counselor Education and Supervision (OACES). On a state level I served for two years as editor for the OCA quarterly publication *Guidelines*. I served a year as President-Elect and currently am President of OACES for 2009-2010. I contributed to the work of several OACES task force committees as well. The positions of President of OACES and Chair of our Counseling Department have afforded me numerous opportunities for direct interaction, conversation, and feedback to and from the Executive Director and members of the Counselor, Social Worker, and Marriage and Family Therapist Board.

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President-Elect | Continued from Page 14

As one who has experience as a Licensed Professional Clinical Counselor, clinical supervisor, counselor educator, program director and department chairperson, I believe I have something to bring to the office of President of OCA. As a counselor educator and director of a graduate counseling program, I have kept current on what best prepares people to become professional counselors and supervisors as well as the trends within the field of counseling. My experiences as a clinical counselor and supervisor have given me opportunity to provide counseling to clients, guidance to those I supervise, and a challenge to continued growth professionally. As a department chairperson, I have experience working within an organization to advocate and advance our profession.

As president of OACES, I have chosen *Promoting Counselor Excellence through Professional Collaboration* for as this year's theme. I believe the theme encapsulates what our ongoing mandate to the profession of counseling to be. My vision for OCA would be to expand upon this emphasis by continued promotion of professional counseling by intentionality and action. As we approach each of our tasks I believe we need to move beyond aspirations to mapping out and acting upon plans for advancing our field. I think we should also be assessing what it is that we are currently doing to see that it continues to accomplish our intended goals.

If achieving counselor excellence is our intention, we need to identify new and innovative ways of achieving our objective so that we continue to improve our profession. I am convinced that the means of bringing this about is through professional collaboration. The All Ohio Counselors Conference (AOCC) is an excellent example of professional collaboration as it affords counselors, counselor educators, supervisors, doctoral and masters students a forum for sharing new ideas.

As President-Elect and then President of the Ohio Counseling Association, I would use my training, experience, and passion for the field of counseling to build upon the tremendous work already accomplished by our past leaders in promoting and advancing professional counseling in Ohio.

Social Networking | Continued from Page 10

Future Communication

Although many ethical considerations accompany the use of social networking sites within the counseling profession, there are not many standardized guidelines at this time. No current handbook exists on helping organizations manage social networking presence or how to encourage professional relationship growth. It was recommended that organizations be as transparent and professional as possible, utilizing professional logos, links to organizations website, and clear explanations (Waters et al, 2009). HPSO currently has no guidelines or policies regarding the use of social networking sites and there are no ACA code of ethics' guidelines to aid professionals. A careful balance must be achieved through the counselor's efforts to maintain a professional presence in the online arena while taking advantage of the many benefits online social networking has to offer.

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Guidelines

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Deadline for submission are Sept. 1; Dec. 1; March 1; June 1 of each year.

Please address correspondence and submissions to:

Jonathan Lent
jl66@zips.uakron.edu

Contact Information

OCA
8312 Willowbridge Place
Canal Winchester, OH 43110
(614)833-6068
ocahio@yahoo.com—www.ohiocounseling.org

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

