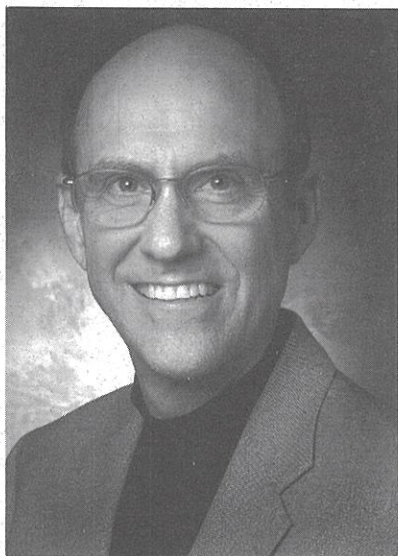


GUIDELINES

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From the President's Desk

Richard Hazler, Ph.D., LPCC

OCA is looking out for you and is in need of you.

September 11, crooked CEOs, a plunging stock market, and world affairs have made us all edgy about physical safety and financial stability. The uncertainty and fear created by those events have impacted OCA members not only related to our personal needs, but also to the clients we serve. We look out for the sense of security

for our clients, but who is looking out for us? One answer is that the role of OCA is to ease some of the multiple pressures on you by supporting you as a person and professional.

I want to make sure you know how your money and the personal efforts of many people go towards lessening your pressures. So let me start here, and I'll offer more as my presidential year moves along. I want you to know, as much as can be offered in this brief space, what those who choose to become involved as OCA leaders come to know. Perhaps it will give you more ways to use OCA, more appreciation of what your membership actually supports, raise questions for which you might seek answers, and perhaps get you more personally involved as well as by paying your dues. Your involvement is the most important single need of OCA so my greatest hope is that you will decide to act on it. Getting involved is as simple as sending an e-mail, dropping a letter in the mail, or making a call to me at the addresses or phone listed at the end of the article.

Professional Development Cost and Service

AOCC Fall Conference Budget - Did you know that costs for the AOCC Fall Conference with minimal frills are approaching \$90,000? There are no big OCA sponsored planning meetings, receptions, dinners, or cash bonuses to those in charge. The money goes into the continually rising costs of providing quality location, service, resource availability, and training. What's left over (roughly \$8,000) pays for a small portion of member services for the remainder of the year.

New Training at AOCC - All the traditional training opportunities at AOCC will be there this year, but we have added some key new pieces to hopefully strengthen the Ohio counseling community. For the first time, we will offer several six-hour pre-conference workshops on Wednesday in addition to the two-hour pre and post-conference workshops. This action was taken to meet requests for more in-depth opportunities to deal with issues surrounding ethics, prevention and intervention techniques, and supervision. Plans are also in the works by the OCA Professional

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From the President's Desk cont. Development Chair Cynthia Osborn to either put on or support others in developing new six-hour workshops during the year on key member needs. Look for more in the AOCC Registration Brochure, the newsletter, flyers, and on the OCA website.

Counselor Motivation, Wellness and Healing – Three new additions to AOCC have been added this year to promote a more well-rounded experience for members. We can't be all techniques all the time! To start with, Peter Yarrow is coming back to provide some personal and professional motivation with lots of music on Wednesday evening following the pre-conference workshops. He agreed to come at no profit for himself and needs to fly out for a Peter, Paul, and Mary concert the next day. Now, that is personal commitment to Ohio counselors!

The other new additions at AOCC will be in-state driven. Volunteers from OASERVIC have agreed to bring new wellness activities and a little more of a human touch to the conference. There will be a wellness room for activities related to promoting counselors' needs for health and wellness activities in addition to techniques for those we serve. Also, in an attempt to highlight the non-work side of our membership, some brief talent performances by OCA members will be highlighted between sessions in the exhibit area. Look for schedules of both when you get to conference registration.

Your Voice in the Legislative Process

Who among us is willing to keep daily personal contact with Ohio legislators and legislative issues? The answer is that most of us are

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already working overtime and don't have the knowledge and skills to understand and influence Ohio politics. A large portion of OCA's budget is targeted to keeping tabs on and having our knowledge, understanding, and needs attended to in the Ohio Legislature. OCA hires a portion of lobbyist Cynthia Snyder's time to make these things happen for our members. You will see her update in this newsletter, but what you will not see are all the potential legislative problems for school and community counselors that are headed off by her efforts. We have made visible gains, but we have not achieved all we would like with the legislature, largely because there are major forces with much greater funding and human support that are often on the other side of key issues. The visible success we have had has been overshadowed in many ways by the excellent success we have enjoyed through influencing the redesign of mental health legislation that would have had significant negative consequences for the people of Ohio and their professional counselors. As so often is the case, what is quietly influenced gets fewer headlines, but makes major differences.

Developing Leaders

OCA's executive director, Dr. Joe Saunders, is retiring and the process for selecting a new individual to replace Joe should be completed in September. Joe will be hard to replace, but the even harder positions to fill are the totally volunteer ones who hold offices, are members of committees, or who are simply willing to do a task needed to be done. How successful OCA is at serving members is largely dependent upon how many volunteer workers are found in the membership. This is where you come in because we never have enough people, and I want to

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encourage each of you to consider giving some of your time, effort, and expertise to helping OCA move forward.

I would like to share with you that committee members often report that their experiences not only help OCA and further the profession of counseling, but enrich their personal and professional lives as well. Here is a list of OCA Committees that you might match your interests:

- Ethics
- Membership
- Finance
- Government Relations
- Bylaws
- Professional Development
- Archives
- Newsletter
- Public Relations
- Awards

To match your interests with OCA's opportunities, just let me know of one or more of these committees on which you would be willing to work, and we'll find a task to meet your interests and time constraints. Contact me by e-mail hazler@ohio.edu, postal mail (201 McCracken Hall, Ohio University, Athens, OH 45701), or by phone (740)-593-4461, and we'll get you started.

Please offer just a little of your time.

If we could get as few as three people to volunteer for each committee and perform a couple of key tasks on each committee, it would make an enormous difference in the current and future success of OCA.

**ACA World Conference
Anaheim, CA
March 21-25, 2003**

Legislative Update

Cynthia Snyder, J.D.

The OCA government relations program has been actively engaged in a variety of legislative proposals. The legislature is currently in recess and is not expected to return until after the November election. At that time, a very busy lame duck session is expected prior to the end of the two year 124th General Assembly at the close of the calendar year.

Among the issues on which OCA has been involved is House Bill 33 sponsored by Rep. Lynn Olman (R-Maumee). This bill would require that insurance policies treat mental illness and addiction disorders in the same fashion as other physical illnesses. This would preclude them from applying different co-payment requirements, placing a restriction on the number of treatments covered, or establishing arbitrary maximum coverage limits unless these were also applicable to the coverage for physical illnesses. The bill has been championed by the Coalition for Healthy Communities, of which OCA has been a member for the past several years. Unfortunately, it appears unlikely that this legislation will move forward before the end of the year. The General Assembly is very friendly to the business community and insurance industry, both of which vigorously oppose House Bill 33. The measure is currently under consideration in the House Insurance Committee. The committee chair, Rep. Dennis Stapleton (R-Washington Courthouse), is not supportive of the legislation and has resisted efforts to bring the bill to a committee vote.

OCA has also been actively engaged with a bill that would expand the Counselor and Social Worker Board and require that it

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license marriage and family therapists. House Bill 374, sponsored by freshman Rep. Jean Schmidt (R-Loveland), would establish a two-tiered licensure structure for marriage and family therapists, similar to the licensure of professional counselors and professional clinical counselors. The upper level of practitioner would be authorized to independently diagnose and treat mental and emotional disorders and would require a master's degree, a practicum with at least 300 hours of client contact, and 1000 hours of post graduate documented client contact in marriage and family therapy. In a provision to be added to the legislation, certain counselors could be grandparented in to receive a marriage and family therapy license within a two-year period after the bill's effective date. However, counselors could continue to provide marriage and family counseling without obtaining a marriage and family therapy license. This legislation has passed the Ohio House of Representatives and is under consideration in the Senate Insurance, Commerce, and Labor Committee. It is expected to be approved by the full Senate during the post-election session.

A second licensure bill is also pending before the Ohio General Assembly. This bill, House Bill 496, sponsored by Rep. Jon Peterson (R-Delaware) would establish a new board to license chemical dependency counselors and addiction prevention specialists. This bill was introduced in February with very little prior discussion with OCA or other interested parties. The proponents attempted to move the bill quickly, citing a deadline of June 30, 2002, when the authority of the Department of Alcohol and Drug Addiction Services to certify such practitioners was statutorily set to

expire. The version of the bill originally introduced contained broad rulemaking authority for the proposed new agency to establish educational requirements for licensees, define the scope of practice for various levels of licensees, and other important issues which should be defined and established by the legislature in statute. OCA was actively opposed to the lack of standards in the legislation and worked diligently to slow the progress of the bill and convince the proponents and the legislature to address important aspects of this new licensed professional in the legislation itself. Accordingly, changes were made to establish statutory education requirements, scopes of practice, training requirements for existing practitioners seeking to be grandparented in to licensure, and other critical components of a licensure bill. As currently drafted, the top level of CCDC licensee would be authorized to independently diagnose and treat chemical dependency conditions. These individuals would not be permitted to diagnose and treat mental and emotional disorders. In its present form, the legislation is generally acceptable to OCA. Many of our suggested changes are included in the current version and most of our issues were addressed in legislative negotiations. The fate of the bill is uncertain. There is some feeling that leadership in the Senate is opposed to the creation of a new licensure board and may be unwilling to move the legislation forward. The bill has passed the Ohio House of Representatives and is currently assigned to the Senate Finance Committee for deliberation. The June 30, 2002, statutory deadline for the Department of Alcohol and Drug Addictions Services to certify chemical dependency counselors

has been extended until June 30, 2003.

Counseling Self-Injurious Clients: Ethical Considerations

Victoria E. White & Brandy L.
Kelly
Youngstown State University

Katelyn reveals to Counselor L that she has been self-injuring for five years. While Katelyn has no suicidal ideation, she has sustained severe injuries that have required emergency room visits. Katelyn discloses that she does not want to work on ceasing this behavior. However, Counselor L is aware that she has a strong desire to force Katelyn to stop self-injuring. Complicating the issue is the fact that Counselor L has never worked with anyone who self-injures and is concerned that Katelyn may kill herself.

1. Should the counselor's goals override the client's goals?
2. If counselor L proceeds to force Katelyn to stop self-injuring, will the client's right to autonomy be violated?
3. Is counselor L qualified to work with Katelyn?
4. Should Katelyn be assessed for suicide?

The primary responsibility of counselors is to respect the dignity and to promote the welfare of clients (ACA, 1995, Standard A.1; Welfel, 2002). One of the most critical client-welfare related considerations when working with self-injurious clients is the issue of counselors' countertransference to client self-injury. If counselors' countertransference reactions are not managed, counselors may pursue their personal agendas as opposed to client generated goals. (Welfel, 2002).

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Certain circumstances require counselors to balance the principles of autonomy and nonmaleficence in their decisions about clients' treatment. Ethical practice demands that interventions be based on doing no harm as a first requirement, and doing good as a second requirement (Welfel, 2002). Therefore, respecting clients' autonomy is binding in all situations except when in conflict with equal or greater duties, such as ensuring client safety (Welfel, 2002).

According to the ACA Code of Ethics and Standards of Practice, counselors are to practice only within the boundaries of their competence, based on their education, training, and experience (1995, Standards C.1 & C.2). Being a relatively new and potentially growing population, clients who self-injure require skilled counselors who are educated on the etiology and functions of self-injury, as well as appropriate interventions. If the counselor is not competent, then he or she is ethically obligated to ensure that referrals are given to persons needing additional services who are professionally competent (ACA, 1995, Standards A.11.b, D.2.a, & D.2.b).

Self-injurious behaviors should only be thought of as suicidal if the client indicates intent to die (Simeon & Favazza, 2001). However, the potential for accidental suicide, due to medical complications secondary to the self-injury, should be taken into consideration. Therefore, risk of suicide should always be assessed, but self-injurious clients generally need not be considered suicidal unless they express intent to die (Simeon & Favazza, 2001).

In summary, being prepared, and anticipating ethics related concerns may help prevent ethical problems when working with self-injurious clients. A strong therapeutic alliance in which the counselor and client agree on the goals of counseling in the context of a supportive relationship may be helpful in facilitating counselor effectiveness and client safety.

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- Welfel, E. R. (2002). *Ethics in counseling and psychotherapy: Standards, research, and emerging issues* (2nd ed.). Pacific Grove, CA: Brooks/Cole

Certification Offered for Working with Sex Offenders

Ed Nugent

Counselors who work with sex offenders can now participate in a week-long certification program that includes instruction and a follow-up practicum experience. Developed in 1998 by the Counselor Education Department at Ohio University, the Sexual Offender Treatment Specialist Certification (S.O.T.S.C.) program provides in-depth preparation and training for helping professionals working with sexual offenders. The program was developed to meet the growing need for the specialized

training needed to work with this challenging population in a wide range of settings, from correctional institutions and hospitals to community mental health agencies and private practice.

The S.O.T.S.C. program consists of two components: a weeklong residential program and a six-month practicum experience. To qualify for certification, participants must meet predetermined requirements and demonstrate established skills dealing in the area of sexual abuse and assault. The training is commensurate with national standards for treating sexual offenders.

Individuals from a wide variety of professional fields attend the program. To date, 147 candidates, including counselors, psychologists, psychiatrists, social workers, physicians, corrections/court personnel, and educators have completed the program. S.O.T.S.C. has welcomed candidates from as far away as Alaska and Puerto Rico. The response has been overwhelmingly positive. If you are interested in more information, contact Edward Nugent at nugemel@charter.net or write to him at SOTSC Program, George E. Hill Center, 348 McCracken Hall, Ohio University, Athens, OH 45701.

Cultural Competency: Knowing Your Limits

Brandy L. Kelly & Victoria E. White
Youngstown State University

Counselor K, a majority counselor, has minimal experience working with clients from different cultural backgrounds – she has never worked with an Asian client. Alan, an Asian client, has recently

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acquired services from Counselor K. Alan's presenting problem is unhappiness in his career. He feels that he was forced into a career that makes his family happy. Counselor K immediately engages in career counseling without any further assessment of Alan's concerns, culture, or family. She gave Alan the Self Directed Search (SDS) and encouraged Alan to go home and research his code.

1. Was Counselor K practicing outside her area of competence?
2. Were Alan's cultural beliefs and values respected?

There are a number of references to multicultural counseling in the ACA Code of Ethics and Professional Guidelines. In general, the Code of Ethics indicates that counselors are required to be multiculturally competent and sensitive when working with diverse clients. In ACA's Preamble there is a statement about the importance of implementing a "cross-cultural approach in support of worth, dignity, potential, and uniqueness of each individual."

Also, ACA states in section A.2.b., that counselors will work to understand the different cultural backgrounds of their clients. Counselor K failed to explore Alan's cultural background and how this may have affected his career choice and unhappiness. In Section C.2.a., boundaries of competence, it is stated that counselors are to practice within the bounds of their competence. Therefore, if the counselor in the above dilemma is not educated or trained to work with Asian clients, then she should refer the client to a counselor who is competent in that area. In Section E.5.b., cultural sensitivity, it is asserted that culture does affect the means in which a client's problem is identified.

Therefore, the client's culture must be considered in treatment.

Paniagua (1998) indicates that Asians are the third largest multicultural group in mental health services. Furthermore, Asian American students commonly experience a conflict between a career that interests them and one that their parents want them to pursue (Morrissey, 1997). Both concepts exemplify the importance of educating oneself in regard to the Asian culture.

The Code of Ethics and Professional Guidelines do not give an explicit answer and must be interpreted. They assert that a counselor must work within his or her limits of competence. Counselor K gave the client a homework assignment without taking the client's goals, family roles and hierarchies, beliefs or values into consideration. Additionally, the counselor had little to no experience counseling Asian clients. Therefore, it appears that Counselor K may not be competent to work with this client and that she failed to acknowledge the client's individualism. It is the counselors obligation to acknowledge and consider the cultural background of the client.

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An Introduction to Cardiac Counseling

Charles Lindsey, MA, PC
Ohio University doctoral student

A year ago when I began a graduate associateship as a counselor in a cardiac rehabilitation program, I had only a vague idea as to sort of issues an individual faces following a cardiac event. I also was unaware that coronary heart disease is the leading cause of death in the adult population in the western world. My interest in mind and body relationships drew me to this position and over the past year I have become increasingly convinced that it is a mistake to conceptualize mind and body as separate entities.

As a practicing cardiac counselor, I work with clients in a cardiac rehabilitation program, primarily in a group format. I teach relaxation skills and stress management techniques and work occasionally with clients on an individual basis who are experiencing anxiety, depression, and anger. Some clients experience such symptoms as a result of their cardiac event; in many cases, behavior patterns over the years have perpetuated such negative symptoms thus contributing to risk for poor heart health.

I have gained enormous respect for science and the wonder of modern surgical procedures that help to save and extend the lives of heart patients. With sensitive life-saving procedures performed on the heart, there are associated emotions and psychological issues. My experience in working with cardiac clients is that there is much room for improvement in helping them to recover in a psychological sense as well as a physical sense following a cardiac event.

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With coronary heart disease as the leading cause of death of adults in this country, it is apparent that many people are directly or indirectly affected by heart disease. The counseling profession has yet to formally address the counseling of cardiac clients. It is my opinion that our profession, which emphasizes a developmental and systemic approach to mental health, is also uniquely suited to address the large population of individuals affected by cardiac events. Certainly additional courses and training might be needed for counselors to understand the basic physiology and terminology within the field of cardiology.

As connections between heart and mind become increasingly apparent in medical treatment, the need for mental health interventions will also likely continue to increase. As individuals recovering from cardiac events face potential issues of trauma, depression, and learning to implement lifestyle changes, counselors seem well suited to assist them in facing these challenges.

If you are interested in learning more about cardiac counseling, Charles Lindsey (sorrell@earthlink.net) or Greg Janson, Ph.D., LPCC at (gregory@ohio.edu) will be presenting *Cardiac Counseling: The Role of the Counseling Profession in Collaboratively Treating the Leading Cause of Death of Adult Americans* at AOCC in November.

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Full Page \$350
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Next deadline: Nov. 16, 2002

Multicultural Counseling from a Post Modern Perspective

Aaron Kindsvatter, Jill D. Duba, &
Marty Jencius

Ms. Soaring Hawk was recently referred by her new employer for counseling. She is a fifty-year-old mother of two who was recently divorced. The divorce has caused serious financial troubles for Ms. Soaring Hawk. She has had to move off her reservation, and into the city where she recently took a job as a production line worker in an automobile factory.

Ms. Soaring Hawk was referred to counseling by her employer. Her employer states that she has seemed reluctant to interact with her peers, has had fainting spells, and seems fearful. The employer has also noticed that Ms. Soaring Hawk seems to have a preoccupation with death, which was the reason for the referral with which Ms. Soaring Hawk reluctantly complied. When asked about her symptoms, Ms. Soaring Hawk reported that she feels as if she is "suffocating" and that she is plagued by dreams of dead ancestors. She further states that upon conferring with an elder from her tribe, she has determined that she has "ghost sickness", and that she needs to make peace with "those who have come before me".

From a dominant Western perspective, Ms. Soaring Hawk's perceptions of her situation might be viewed as little more than a superstitious myth about her "illness" that could potentially harm the outcomes of therapy. Counselors trained in a positivist tradition might view Ms. Soaring Hawk's situation through lenses that would emphasize testing, diagnosis, and empirically validated treatments. Furthermore, Ms.

Soaring Hawk's own story and perceptions of her situation might be ignored or marginalized. In fact, Ms. Soaring Hawk might eventually become acculturated to the dominant views of the therapist. Unfortunately, her process in therapy may be so foreign to her own ideas about her situation and self that the potential for change could be negatively impacted.

The post-modern approaches to counseling avoid this potential conflict by honoring multiple perspectives of reality. From the post-modern point of view no one truth about the world is considered to be more valid than any other. Truths, including scientific and faith-based truths, are viewed as socially constructed ideas that are useful within given contexts. Truths are specific and may not be useful within other contexts.

Applying a post-modern approach to the case of Ms. Soaring Hawk might consider particular suggestions of Jencius and Duba (2002). Key to this approach would be the acceptance of the counselor's own multicultural limitations specific to this case. The counselor/healer would have to address the historic oppression in her culture including ethnic and racial discrimination. The family value system would be explored along with their particular history, language patterns, and cultural traditions. Creating a counseling environment that would be culturally sensitive for Ms. Soaring Hawk would also be attended. The assessment of her situation would include norms established in Native American culture. Assessment, diagnosis, and treatment might be co-mingled while embracing a process that includes the extended family and in some cases, the community. Finally, the post-modern counselor would look to

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traditional Native American healing methods as appropriate for Ms. Soaring Hawk.

The task of a post-modern counselor working Ms. Soaring Hawk and other diverse clients is to create a counseling experience where Ms. Soaring Hawk could establish her own direction for her work with the counselor. This might include allowing her the space to establish her view of the truths that have been socially constructed in her unique experience. No one truth that the counselor can provide is more valid in this case, than the truths that emerge from the client.

References

- Jencius, M. & Duba, J. D. (in press). Creating a multicultural family practice. *The Family Journal*.

Book Review

Greg Janson, Ph.D., LPCC

When Things Fall Apart: Heart Advice for Difficult Times by Pema Chodron, available from www.amazon.com in paperback, \$10.36, hardcover, audio cassette, audio CD (Abridged).

When we experience pain, suffering, and fear, most of us want to move through these difficult emotions as quickly as possible, and we want to help our clients do the same. Pema Chodron, writing with grace and simplicity, offers alternative ways to use these emotions to manage the chaos in our lives, improve our relationships with others, and understand the role of fear in leading us to greater intimacy, compassion, and courage. Her approach stems from a traditional Buddhist perspective, one that frames fear as "a natural reaction to moving closer to the

truth” and contains the kind of insights and suggestions that are a perfect match for counseling professionals. It is a book about living from the heart, rather than in fear, and harnessing our creativity in the present. This highly readable book will refresh your own spirit and serve as a wonderful resource for your clients. I give a copy to just about every client I see.

All Ohio Counselors Conference - Nov. 6-8, 2002

Make plans now to attend the annual All Ohio Counselors Conference November 6-8 at Hilton Columbus at Easton Town Center. Spacious areas, motivating speakers, knowledgeable workshop presenters, and YOU, promise to make this a memorable event. There is plenty of FREE parking. The theme for this year's conference is "Professional Counseling Community: A Place of Growth, Respect, and Support".

Mark your calendars now and plan to attend AOCC 2002.

All Ohio Counselors Conference Two Hour Post Conference Workshop

Jason M. McGlothlin, Assistant
Professor, Kent State University

"The Basics of Technology:
Learning How to Develop, Utilize,
& Incorporate Technology into
your Counseling Practice"

With the modern advent of high speed modem lines, computer networks, and computer software, thinking about technology can be overwhelming! Counselors around Ohio are attempting to diminish that feeling of being overwhelmed by conducting a two hour workshop at the All Ohio Counselors

Conference. This workshop will train counselors on basic web development, the use of counseling related computer software, and navigation of the Internet. This will be a fast-paced workshop that caters to the needs of counselors ranging from those who are proficient in various technologies to those who have never touched a computer before.

This workshop will provide demonstrations, handouts, and applicable tools to enhance and market your school or community practice. Please register for this workshop, and join us at the All Ohio Counselors Conference.

Professional Development

Cynthia Osborn, Ph.D.

What have you done for your
"professional development" lately?

I have a selfish reason for serving as OCA's Professional Development Chair: It gives me permission to ponder the meaning of "professional development" for counselors. The concept of "development" – and the implication that there are set or specific "stage processes" – has been criticized by some, particularly in the counselor supervision literature. Do we "develop professionally" according to pre-defined levels or stages, based on length of experience in the field?

Based on interviews with 100 counselors, Skovholt and Ronnestad (1995) proposed an eight-stage model of professional counselor development, beginning with pre-training (characterized by the role of the "sympathetic friend"), through graduate training (which includes the "imitation of experts" stage), and culminating in the "integrity" stage, realized after

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having practiced as a counselor for 25-35 years. Does this mean that professional development "just happens" so long as we continue to practice counseling? Is "professional development" determined by our length of stay in the field?

In a more recent book, Skovholt (2001) appears to answer "no" to these two questions. He observed that "The practitioner can have years of experience – rich, textured, illuminating, practice-changing professional experience...Or a person can have one year of experience repeated over and over" (p. 27). If it's not just staying or lasting in the field that does it, then, what is it, exactly, that contributes to one's professional development, avoiding the repetition of a given year (which reminds me of the movie, "Groundhog Day")? What is it that allows you to experience your work as "rich, textured, illuminating, [and] practice-changing"?

Based on my readings and ponderings, I prefer the term, "professional enrichment" to "professional development." "Enrichment" to me implies doing more than just remaining in the field for a certain length of time, enduring the challenges and hazards of our chosen work. It suggests, for me, a proactive stance, that I am intentionally pursuing opportunities for my work to be relevant, rewarding, and gratifying. So...what have you done lately to enrich yourself professionally? I'd be curious to know. Please e-mail me with your own thoughts and ponderings on this topic at cosborn@kent.edu. I look forward to hearing from you.

References:

Skovholt, T. M. (2001). *The resilient practitioner: Burnout*

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Release the Marketing Maven Hidden Within You

Public Relations Committee

Here's an opportunity to release your innermost desires to promote the profession of counseling and how counseling helps individuals and communities to live better lives. What we would like you to do is share your knowledge, experience, and enthusiasm about your work with the good people of Ohio. We want to tap into your creativity by having you contribute or help write or produce press releases, public service ads, radio trailers, newspaper columns, and more. We need to help educate our communities about key mental health issues like depression, anxiety, and trauma--and also provide ideas that help people improve their relationships, better communicate with their children, and manage the life transitions that we all face. Our hope is to enlist you in our mission to raise awareness of the counseling profession and OCA. If interested, please contact Dana Heller Levitt at levitt@ohio.edu or (740) 593-4163.

Chapter and Division News

North Central Ohio Counseling Association

NCOCA is starting off the year with a fall workshop on October 14th at the Holiday Inn on Rockside Road in Cleveland. Dr.

Susan Huss will be speaking on "Law and Ethical Issues in Counseling". All counselors are encouraged to attend this workshop. We will also be sponsoring workshops in the winter and spring, times and subjects to be announced.

We're looking forward to a great year. Our goals are to reach out to involve new members and all current members in new ways and to promote our connection with one another. This goal was begun last year under the leadership of Past President Pat Schafer, and we are beginning to see the benefits of her hard work as new members join and become involved in committee and board functions.

We are also pleased to welcome Nancy Taylor to our executive board. Dr. Taylor will be serving as advisor for the chapter. She is on staff at John Carroll University and is stepping into the role previously held by Chris Faiver.

There is strength in our connection, as counselors from different disciplines within the profession share with one another. This is another of our goals for the coming year. Those in agency work can learn from those in the school systems; someone in the world of academia can benefit from the particular insights of a counselor in private practice. We are gearing our workshops toward topics that will address issues faced by all counselors, whatever specialty they practice.

This will be a pivotal year for counselors, especially as new legislation is initiated, and part of the value of being involved in OCA and its branches is the ability to stay abreast of these changes. Through our newsletter and e-mail communications, we attempt to

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keep our membership informed of these developments and to encourage involvement in lobbying for changes that are beneficial to our profession and to our clients.

As President of NCOCA, I would invite any counselors interested in becoming involved with our chapter or those who would like to attend one of our workshops to contact me at NSCounsel@aol.com or via voice mail at (216) 462-0270, ext. 12. It's going to be an exciting year for us, and we need and want your presence with us.

--Martha Flemming

East Ohio Counseling Association

The East Ohio Counselors Association executive committee met recently to plan for the upcoming year. We welcome all new members, and we are also pleased to enlist the help of new officers: Marjorie Erwine as president elect, Kathy Enterline as recording secretary, Maureen Kennedy as treasurer, and new board member Scott Baker as Youngstown State University student representative. They join those who have agreed to remain serving our organization for the next year, including Beth Dattilio as corresponding secretary, JoLynn Carney as Youngstown State liaison, Jamie Miller as legislative chair, Janet Thornton as program chair, Toni Beard as past president, and Carrie Crawford as president. We invite all of you to join us for our fall dinner meeting (still in the planning stages). Please watch for a flyer closer to this event and check our next EOCA newsletter, Progress Notes, for more information.

UPCOMING WORKSHOP: We are offering a training opportunity entitled, "The Events of 9-11-01: Critical Incident Stress and its

Aftermath", to be presented on 9/11/02 by Eugene O'Brien, Ph.D., at the Ursuline Mother House, 4250 Shields Road, Youngstown, OH. We are pleased to offer this opportunity for professionals in the Eastern Ohio area to meet together on the anniversary of this fateful day to discuss ways to help our communities manage stress in the aftermath of extreme trauma. For more information, please e-mail me at IHEARU@prodigy.net or call me at (330) 332-1514. We thank the Mahoning County Mental Health Board for offering to assist with funding, allowing us to offer this workshop for \$50.00 (\$45.00 to current EOCA members). Seating is limited, so be sure to contact us soon!

--Carrie L. Crawford

Central Ohio Counseling Association

The Central Ohio Counseling Association was officially reinstated on July 13, 2002. For those OCA members that reside in the Central Ohio area and have checked COCA as their local chapter, you will be receiving information via mail. The COCA officers, Danette Conklin, Brian Patterson, and Pat Ahl, are looking forward to working with the members in order to fulfill their wants and needs for professional growth and development.

Northwest Ohio Counseling Association

Thanks to those of you who voted for me last year for president elect. I am honored to represent NWOCA as president and OCA as an executive council member. As I now take the reins as president of NWOCA, I will be standing on the shoulders of those who came before me and leaning on those who will share leadership roles with me.

After attending the Leadership Conference in Columbus, on July 13, 2002, I came back to Toledo excited to start working on our goals established in our last years strategic plan.

NWOCA's first meeting was held on Saturday, August 24, 2002 at 9:00 a.m. at the Holiday Inn - French Quarters - Perrysburg. Board members expressed being ready to get the year started. looking forward to a wonderful year serving NWOCA, and recruiting new members.

--Shirley Oliver

Ohio Association for Spiritual, Ethical, and Religious Values in Counseling

I am excited to report that I have accepted a position as an assistant professor at Seattle Pacific University. I am sad to share that I will be moving and have resigned as OASERVIC president. OASERVIC is fortunate to have Charles Lindsey, previous president-elect, assume the role of president a year earlier than expected; and Denise Pickering has agreed to serve as president-elect and OCA representative for OASERVIC. Both Charles and Denise are doctoral students at Ohio University and are licensed professional counselors in the state of Ohio. They will be a wonderful addition to both OASERVIC and OCA's leadership!

OASERVIC is excited to be a part of the All Ohio Counselors Conference and will be providing various opportunities for wellness for Ohio's counselors while at the conference including a relaxation room, complimentary massage, yoga, and other self-nurturing activities! OASERVIC will be sponsoring a number of activities

Guidelines

throughout the conference. Information will be included in your registration materials.

OASERVIC is encouraging new membership and leadership opportunities within our division. If you are interested in serving as membership chair, government relations chair, newsletter chair, or in any other aspect of executive board, please contact Charles Lindsey at sorrell@earthlink.net.

I want to thank OCA for allowing me to serve on executive board for the past four years. It has been a tremendous opportunity for personal and professional growth and development. I have treasured the opportunity to work with so many wonderful counselors in Ohio! I am grateful to Angela Nicolosi for her mentoring through my position as president elect of OASERVIC. Best wishes to OCA, chapters, and divisions for a wonderful 2002-2003!

--Cher Igelman

Ohio Mental Health Counselors Association

The election results are in, and OHMCA's new president-elect is Amy Eiler and new treasurer is Jean Whitney-Griffith. past president Charles Campbell has become the government relations committee chair for OCA. Amy attended the AMHCA leadership training and conference this July in Atlanta. The training was held at the prestigious Carter center. Amy experienced a day of training programs and lunch with Rosalynn Carter. The leadership training nurtures AMHCA members taking on leadership positions in their state chapter or within AMHCA. The two-day annual conference followed the leadership training.

OMHCA and OCA will be co-

sponsoring a pre-conference at the All Ohio Counselors Conference in Columbus this November entitled, "Clinical Supervision: Foundations and Current Issues". This program will focus on the basic foundations of clinical supervision, the issues of legal liability in mental health counseling and supervision, and a case study presentation/discussion on different supervisory approaches to helping counselors address impasses with clients.

OMHCA's annual business meeting, which is held on the morning of November 8, will include a vote on amendments to OMHCA's bylaws. The complete text of the amendments are available for viewing on OMHCA's website <http://www.ohmhca.org>. We encourage all OMHCA members who are coming to the All Ohio Counselors Conference to attend this meeting. Changes to the bylaws include the lengthening of terms of office and the addition of regional representatives to the OMHCA board.

--Tom Fine

Ohio Career Development Association

OCDA's Spring Conference "Career in Context: Partnering for a Changing Society" attracted a record attendance on April 19. Over 100 counselors and career development professionals gathered in Columbus. Keynote speaker Dr. Jack Rayman kicked off the day with a dynamic presentation on the Holland system. A buffet lunch was followed by an afternoon of nine roundtable topics. Our new format made for an enjoyable and personal education experience. In appreciation for Dr. Rayman's significant contribution to the membership and the field of career development, he was extended

honorary lifetime membership by the OCDA Executive Board.

With a successful past, we anticipate an exciting adventure as our newly elected leaders begin their service to the members of OCDA. The 2002-2003 Executive Board convened for their first meeting in August. Louis A. Busacca has accepted the position of president. The membership welcomes newly elected officers Dawn Wisniewski, president elect, Gail Michalski, secretary, Mark C. Rehfuss, treasurer, and Wendall C. Garth, Sr., member-at-large and all the committee chairs. We look forward to seeing you at the All Ohio Counselors Conference!

OCDA has two committee chair positions vacant and is waiting for creative people who want to serve the profession. These leadership roles provide great opportunities for both practitioners and students of counseling. For more information, please contact Louis A. Busacca at Lbusacca@kent.edu.

For information about OCDA membership, please contact Oula Majzoub, our new membership chair at omajzoub@kent.edu.

--Louis A. Busacca

Ohio School Counselor Association

Welcome to a new year with the Ohio School Counselor Association, your school counseling community. Membership in OSCA provides connections to a network of support for school counselors. Our newsletter, the OSCA Advocate, brings you updates and information on important topics. OSCA workshops are offered in each of the twelve OSCA districts across the state, and you now can earn CEUs for your participation. Our website, at

Guidelines

www.ohioschoolcounselors.org connects you with what is going on in your OSCA district, in Ohio, and at the national level. OSCA grants are available to support your work. Leadership development opportunities are available through participation on the OSCA Board, which seeks to identify and nurture new leaders. OSCA represents the voice of school counseling in the legislative environment, the Ohio Department of Education, and other organizations across the state.

In today's ever-shifting education environment, our work, skills, and training as counselors are more important than ever to student success, and OSCA seeks to spread that message. Participate in the Ohio School Counselor Association, a community of support and advocacy for your profession, school counseling.

--Katherine Ziff

Perks of OCA Membership

Your OCA membership provides:

- A Legislative Consultant
- A Professional Identity
- Public Relations Campaign
- Professional Network Contacts
- CEUs
- A Statewide Newsletter
- Local Chapter Membership
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 - Waldenbooks - 20% off any professional purchase
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 - AAA clubs will waive enrollment fees



**Ohio Counseling Association
(OCA)**

Award Nomination Form

Date _____

CHECK ONE

NOMINATOR

Name _____

Address _____

Phone _____

_____**CHARLES "CHUCK" WEAVER**
For long, consistent, and distinguished service to the counseling profession and exemplary caring for people.

_____**DAVE BROOKS AWARD**
To one who has demonstrated a willingness to serve and take responsibility, while creating new paths in the counseling profession.

NOMINEE

Name _____

Address _____

Phone _____

_____**HERMAN J. PETERS**
To one who promotes innovative ideas and theories in the counseling field and has a significant impact on future trends.

_____**COUNSELOR OF THE YEAR**
One who has gone beyond the call of duty by demonstrating exceptional service as a practitioner and/or counselor educator, through the application of OCA goals.

_____**RESEARCH & WRITING AWARD**
One who has demonstrated extraordinary research and writing ability, as evidenced by journal publications for the counseling profession.

_____**PUBLIC POLICY & LEGISLATION AWARD**
One who has demonstrated excellent advocacy by engaging in meaningful lobbying on behalf of the counseling profession.

NOMINATION PROCEDURE: Please submit this form with a supporting statement of 250 words or less. Letters of support are also encouraged. Attach a current vita and/or brief biographical sketch of nominee. Nominee must be a current OCA member.

PLEASE SUBMIT THE MATERIALS TO:

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