

Ohio Counseling Association

GUIDELINES

Spring, 2004

Vol. 30, No. 3



A Branch of the
American Counseling Association



FROM THE PRESIDENT'S DESK

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

*"I am Responsible..." Rudolph
Giuliani, former mayor of New York
City.*

"I am responsible" is the motto that Rudy Giuliani uses to guide his life and his governance as Mayor of New York City, during the 9-11 tragedy. This is a phrase that I have thought of frequently during my tenure leading the Ohio Counseling Association (OCA). Each OCA member is responsible for the functioning of the organization and what can be accomplished. If each person contributes one piece, the puzzle can be profitable for the clients and the professional identity of counselors.

When additional members are involved in OCA's functioning, the more accomplishments can be added to OCA's re-

sume. I challenge each OCA member to consider being a committee member. If each member does one task that effort multiplies what can be realized for the betterment of client welfare and the counseling profession. Consider volunteering for the following committees: ethics, membership, finance, government relationships, bylaws, professional development, newsletter, public relations, and awards. Contact OCA or myself at JOSEPH4ME@aol.com. You are invited to join the fun.

Veto Requested

The executive committee unanimously voted to send a letter to Governor Bob Taft imploring him to veto House Bill 272, the Defense of Marriage Legislation.

Dr. Darcy Granello and Carolyn Towner assisted in drafting a letter to the governor. OCA emphasized to the governor that counselors have an ethical responsibility to "not condone or engage in discrimination based on... sexual orientation." Additionally, "counselors do not discriminate against clients, students or supervisees in a manner that has a negative impact based on ...sexual orientation," according to the American Counseling Association (ACA), 1995 ethical codes, section A. 2. E.B.272 (enacted Feb. 6, 2004) will be discriminatory and have a negative impact on gay/lesbian individuals.

As professional counselors we are charged with the responsibility to assure that each person has the opportunity to strive for a lifestyle of their desire without encumbrance. Professional counselors are ethically bound to respect the dignity of all individuals and affirm the individual freedoms of all persons. OCA

will not support any legislation that actively works to discriminate against "any" group of persons. OCA believes that this legislation is not advantageous to the worth and dignity of Ohioians.

Moving into Spring

OCA is responsible...or at least we try!

In response to the ever-changing environment, OCA is meeting the needs of future professional counselors. As of January the Counselor, Social Worker, and Marriage and Family Therapy Board (CSWMFTB) has instituted a new test administered in conjunction with the National Board of Clinical Counselors (NBCC). OCA is making the attempt to provide licensure preparation for individuals taking the exam. Stay tuned for further details by checking the OCA web site. Also, OCA members can obtain online continuing education units with an organization with whom OCA has agreed to collaborate. Watch for further marketing, and again keep an eye on the website.

Many of the chapters and divisions are offering workshops and educational opportunities on a variety of subject matters that OCA members can take advantage of at a discounted rate. Pick one and come and join the fun.

The chapter presidents, division presidents and committee chairpersons have been working diligently to contribute to the welfare of clients and advancement of the counseling profession. The hours upon hours of service these individuals offer on behalf the counseling profession is spectacular. Personally, I am indebted to these volunteers for making my tenure in office productive and favorable. Each person has contributed greatly to the whole, and I am grateful. When given

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From the President's Desk, cont.

the opportunity, share your gratitude with them as well. Thank you to all of you.

Reflect upon the idea of "I am responsible" and consider what you can do to better the counseling profession.



OHIO HOUSE OF REPRESENTATIVES PASSES MENTAL HEALTH PARITY LEGISLATION

Carolyn Towner and Kristy Smith

House Bill 225, sponsored by State Representative Lynn Olman (R – Maumee), was passed by the Ohio House of Representatives on Wednesday, February 4, 2004 by a vote of 52-40. The bill provides for parity for mental health illnesses under insurance policies and was supported by the Ohio Counseling Association. The bill will now head to the Ohio Senate where it will be referred to a Senate Committee and begin the hearing process.

Several amendments were offered on the House floor; however, only one amendment was accepted. State Representative Tim Grendell (R – Chesterland) offered an amendment, supported by

Representative Olman, which allows companies to opt-out if the cost of the coverage causes premiums to exceed an increase of 1%. The amendment passed by a vote of 59-31 and became part of the bill as passed by the Ohio House of Representatives.

As passed by the Ohio House of Representatives, House Bill 225 also establishes the following:

- Prohibits discrimination in the coverage provided for the diagnosis, care, and treatment of biologically based mental illnesses in sickness and accident insurance policies and in private and public employer self-insurance plans.
- Includes biologically based mental illnesses as part of the definition of "basic health care services" for purposes of the health insuring corporation law, thereby requiring all health insuring corporations that offer coverage for basic health care services to offer like coverage for these services.
- Permits mental health services that must be provided by a licensed physician or psychologist in order to be included in certain health insurance coverage requirements to be provided by a clinical nurse specialist whose nursing specialty is mental health or by a professional clinical counselor, professional counselor, or independent social worker.

How to Contact Your Lobbyists
You may contact your lobbyists at the following address:

Carolyn Towner and Kristy Smith
Towner Policy Group, Ltd.
33 North Third Street, Suite 320
Columbus, Ohio 43215
614-221-7157 (telephone)
614-221-0756 (fax)

carolyntowner@sbcglobal.net
kristysmith@sbcglobal.net



ELECTIONS FOR OCA PRESIDENT-ELECT

The time is again at hand to vote for President-Elect for OCA for the 2004-

2005 term. The candidates are Dana Heller-Levitt and Daniel Cruikshanks. Please take a few minutes to read about their experience and goals for our organization. Then, vote for your choice by completing the ballot on page 4.

DANA HELLER LEVITT



Dana Heller Levitt is in her third year as Assistant Professor of Counselor Education in the Department of Counseling and Higher Education at Ohio University. Dana came to Ohio in 2001 upon completion of her PhD at the University of Virginia, and has been an active member of OCA and its executive board since her arrival. She is currently serving her second year as Public Relations Chair for OCA and the second of a three-year term as Treasurer for the Ohio Association of Counselor Education and Supervision (OACES). Nationally, Dana co-founded and co-chairs the ACA Jewish Interests Network, is an editorial board member for the *Journal of College Counseling*, and has presented extensively at national, regional, and state levels. Dana is the Alpha chapter advisor to Chi Sigma Iota national honor society at Ohio University. She is a licensed professional counselor (PC) in Ohio and a Nationally Certified Counselor (NCC). The majority of Dana's counseling experience is with young adults with eating disorders and body image concerns. Dana's teaching and research interests include ethics, eating disorders and body image, counselor development, cultural and gender issues, and professional identity.

Vision and Goals for OCA: Positioning Ourselves Professionally

My vision for OCA is to position our-

selves professionally. I propose that this responsibility and need may be accomplished along three major goals: professional identity, professional unity, and highlighting counseling among the helping professions.

Who are we as counselors? A mission of OCA has been to provide professional development opportunities to enhance our counseling practice. Articulating who we are as professional counselors can be an added dimension. Every counselor, regardless of practice setting or longevity in the profession, should be able to answer the pivotal question posed. We must look to our practices within the organization as well as our relationships with external agencies such as the Ohio Counselor, Social Worker, and Marriage and Family Therapist Board to ensure that we communicate our objectives as professionals and accurately represent our needs. It is my intention to continue internal and external relations and partnerships to enhance the morale of OCA's constituency.

Unity within the profession is a related issue in Ohio and nationally. I would like to see OCA members embrace and communicate a common factors philosophy: we are counselors first, our settings second. We can promote unity within OCA by fostering networking and joint sponsorships among divisions and chapters. Our professional identity is one that cannot be guided strictly by practice setting or the populations we serve. Collectively, we must look to the needs represented within each division or chapter, and consider how they relate to the overarching goals of OCA and the profession. OCA is greater than the sum of its parts. I propose that we look to our chapters and divisions to build unity while celebrating the unique perspectives and emphases that lie therein.

I am engaged in many discussions and activities to highlight the work of OCA members and the counseling profession during my tenure as public relations chair. OCA's visibility and cooperation with outside agencies is necessary to continue to promote our practices. We cannot achieve the OCA mission to increase membership unless there is reason for counselors to join. Ideas to highlight our work and advocate for Ohio's counselors and clients include: launching a Counseling Awareness Month campaign

consistent with the national campaign in April; lobbying, through our consultants, for issues relevant for counselors and clients; training counselors for lobbying, government relations, and providing testimony on behalf of all counselors; partnering with the Ohio licensure board and the American Association of State Counseling Boards; developing an OCA speakers' bureau, drawing on the expertise within our organization; and enhancing our presence through increased development and use of our website.

My own membership in professional organizations has been a critical part of my counselor identity. I have a responsibility to serve the profession by promoting professional identity and unity and highlighting the visibility and contributions of counselors. To do so as President-Elect of OCA, with its history and phenomenal talent, would be my honor and privilege.

DANIEL CRUIKSHANKS



Daniel R. Cruikshanks is in his fourth year as an Assistant Professor in the Graduate Studies in Counseling Program at Heidelberg College. He joined the faculty in August of 2000 following completion of his Ph.D. in Counseling and Family Therapy at Saint Louis University in February of 2000. He earned his M.Ed. in Counseling from the University of Missouri, St. Louis. He is a Supervising Professional Clinical Counselor (PCC/S) in Ohio as well as a National Certified Counselor (NCC). In addition to his work at Heidelberg, Daniel maintains a small private practice in Tiffin, and he serves as the Clinical Supervisor for Christian Counseling Center of Tiffin. He is an Editorial

Board Member of the Family Journal, and he serves on the Advisory Board of the Seneca County AIDS Commission.

Daniel has been active in his memberships with ACA, ACES, OCA, OACES, and Chi Sigma Iota. He has served on the ACES task force for professional advocacy as well as the OACES task force for needs assessment. He is Co-chair of the OCA By-Laws Committee and a member of the CSI Advocacy Committee.

Daniel's clinical work includes over four years of work in hospice counseling the terminally ill and bereaved, four years in a psychiatric setting, and nearly four years in general private practice specializing in work with mood, psychotic, and personality disorders. His research interests include boundary issues in clinical supervision, end of life development and quality of life in terminal illness, and suicide.

Daniel's teaching areas include clinical supervision, ethics, diagnosis, assessment, dying, death & loss, psychopharmacology, and history and philosophy of counseling.

Vision and Goals for OCA

Entering the 21st Century, counselors in Ohio find themselves facing many changes that may challenge the traditional view of the counselor identity. Recent changes in certification and licensure law are reshaping the identity and role of counselors in every setting.

School counseling has shifted to a licensed profession, and there is a national effort to redefine members of the field from Guidance Counselors to Professional School Counselors. With recent changes in the licensure law for Professional School Counselors, it is no longer a requirement for these folks to have been teachers, thus, resulting in an influx of new school counselors entering from outside the education system.

At the same time, clinical and mental health counselors need continually to remain abreast of changes in requirements for licensure and often struggle with dissemination of information from the Counselor, Social Worker, and Marriage and Family Therapist Board of Ohio (CS&MFT). Additionally, with the addition of the MFT, many counsel-

ors are faced with reevaluating and redefining the work that they have been doing.

The Ohio Counseling Association plays a critical role disseminating information, describing a vision, and providing a voice to counselors. With the changes facing counselors as our profession continues to grow, the OCA provides a community of support, nurturance, and enrichment that facilitates ongoing professional development and facilitates communication between its members and the state.

Given all of the changes we are facing as we enter this new century, how do we define ourselves as professionals and how do we, as members of the profession, ensure that this identity is uniquely ours? Moreover, as the CS&MFT Board places increasing emphasis on the need for counselors to remain current in the areas of supervision and ethics, how can the OCA more effectively reach the greater community of counselors in Ohio?

As a recent immigrant to Ohio, I can speak directly to the effectiveness of OCA in supporting its members, providing community, and disseminating knowledge. The OCA truly is impressive. I feel fortunate to have moved to a state that has such a strong counselor presence and professional organization. If elected, I would work to maintain that which the association already does extremely well. In addition, I would seek ways of reaching more affectively the

many counselors in Ohio who are not currently part of the OCA community. I would focus on efforts to clarify counselor identity in the 21st Century with particular focus on ethics and supervision – two areas currently of great concern to members in our field.



NATIONAL COUNSELING AWARENESS MONTH

Did you know that April is National Counseling Awareness Month? The American Counseling Association has chosen this month of the year to highlight the many contributions and services of the counseling profession. What better way to spread the word about all the wonderful work being done in your area!

Your OCA Public Relations committee would like to encourage you to help promote awareness of counseling in your area throughout the month of April. Below are a few suggestions:

- Contact your local newspapers and ask them to carry "The Counseling Corner," a consumer-oriented column that appears in more than 290 newspapers across the United States. This service is offered through ACA. All materials are available on the OCA website.
- Send press releases to newspapers, radio stations, and television stations in your area announcing your professional accomplishments.
- Develop public service announce-

ments (PSAs) about counseling-related issues (depression, suicide, eating disorders, for example) and how people can seek assistance and treatment.

- Ask to speak at local agencies and schools about counseling as a preventive measure.
- Disseminate OCA brochures (or chapter/division brochures) at area businesses to promote counseling as a preventive and treatment option.

Have some other ideas? Please feel free to share them with us or with OCA through the listserv (oca_ex_council@ouvaxa.cats.ohiou.edu). We would love to hear your successes and experiences so that we can pass along information each time we promote the profession and organization. Most importantly, let's all do our part to make April in Ohio a tremendous Counseling Awareness Month.



CHAPTER & DIVISION NEWS

Eastern Ohio Counseling Association

The Annual Fall Dinner was held in October at the Holiday Inn, Boardman, Ohio. "Current Issues in Multicultural Counseling" was presented by Dr. John Queener, a Professor in the Counseling Department at The University of Akron.

In October, Marjorie Erwine, EOCA President, and Scott Baker, President-Elect, participated in the Cross System Training for the Family and Children First Council with a Networking Table focusing on information about OCA and EOCA membership. The Family and Children First Council is a coalition of social service, educational, and legal organizations that advocate and promote positive services for children and families. Plans are being made to have another Networking Table at the next Cross System Training event being held in March.

EOCA sponsored an Ethics Workshop in January for area Counselors, Social Workers and Psychologists to fulfill licensure ethics requirements. Ninety professionals attended the workshop. Dr. Jan Gill-Wigal, a Professor from the Counseling Department at Youngstown State University, was the speaker. The

BALLOT

Please select your choice for OCA President-Elect for 2004-2005

- Dana Heller Levitt**
- Daniel Cruikshanks**

Cut out this ballot and return to: OCA
8312 Willowbridge Place
Canal Winchester, OH 43110

Ballots must be postmarked no later than April 1, 2004

successful event was co-sponsored by Forum Health.

Currently, the Board is making plans for a Spring Dinner in May honoring Past Presidents of EOCA. In addition Scott Baker, the President-Elect, is developing a web site for EOCA. Also, the Board is developing a slate of officers for 2004-2005 to be voted upon by the membership.

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

Ohio Mental Health Counselors Association

The Ohio Mental Health Counselors Association will hold its annual conference at Wright State University (Dayton, Ohio) on Friday, May 14, 2004 from 6:00 pm to 9:00 pm and Saturday May 15, 2004 from 9:00 am to 6:00 pm. The theme of the conference is "Effective, Efficient, and Ethical Practice Management." Attendees will be able to earn CEU credit in counseling ethics as well as attend presentations geared to improving effectiveness and efficiency in mental health practice. Michael A. Hochwalt, Ed.D., J.D., L.P.C.C. is this year's keynote speaker.

OMHCA conference planners are seeking proposals for conference presentations. Presentation proposal applications can be obtained at the OMHCA website OHMHCA.org. Presentation proposals and curriculum vitae of all presenters can be mailed to Amy L. Eiler, 155 S. Main Street, Centerville, OH 45458. Questions may be addressed to Conference Co-Chairs, Amy Freadling, afreadling@marymount.org or Kriss Haren, harenk@womanlinedayton.org.

Amy L. Eiler, MS, LPCC, President

Ohio Association for Spiritual, Ethical and Religious Values In Counseling

I hope that this finds everyone warm and well. The cold of this winter has me wishing for Spring and the warmth and hope it represents for me.

Along with Mount Carmel Health System's Crime and Trauma Assistance Program and SEOCA, OASERVIC will be co-sponsoring a Spring workshop on Friday, April 30, 2004 in Columbus, OH

at the Mount Carmel West campus. The conference brings internationally renowned trauma specialist, John Briere who will present: **Treating Trauma: The Lasting Effects of Child Abuse and Adult Interpersonal Violence.** A significant discount will be offered to OASERVIC members if at least 25 plan on attending. If interested or for more information, please contact me at: gwendolynnp@mindspring.com.

OASERVIC members have been advised of current legislative issues that affect the counseling profession and the people we serve in the most recent e-newsletter. Contact information was provided for members to contact their legislators as well as specific actions that could be requested. This information was provided at the last OCA Executive Meeting by Jean Underfer-Babalis, OCA President from ACA's Midwest Region Report and Concerns.

A member needs survey has been distributed as part of the most recent e-newsletter and members are highly encouraged to respond in order for OASERVIC to be aware of interests and concerns and to better serve their members. Surveys can be completed and sent back to Jake Protivnak, Membership Chair or by mail. For further information about this or OASERVIC membership, please contact Jake at: jprotivnak@yahoo.com

Denise Pickering, OASERVIC President

Ohio Association for Counselor Education and Supervision

The Ohio Association for Counselor Education and Supervision, in conjunction with the Ohio Counseling Association and the Ohio School Counselor Association, will hold its annual Supervision Summit at the Fawcett Center at The Ohio State University on April 23, 2004.

The theme: "What is the Ethical Essence of the Supervision Experience?" What is supervision like for you? How do ethics play into this? Please join with a buddy and offer to present!

If you are interested in presenting your ideas about *the ethical essence of the supervision experience*, and you are not certain about *how to present these ideas*, *we have volunteers who are willing to*

work a bit with you to help you set up your 50 minute program. Please email or call:

Tracy Leinbaugh:
leinbaug@ohio.edu - (740)593-0846
Randi Cohen:
randicohen@columbus.rr.com
(614)267-1993
Pat Polanski:
patricia.polanski@notes.udayton.edu
(937)229-4709
Darcy Haag-Granello:
granello.1@osu.edu - (614)688-4605
Jean Underfer-Babalis:
joseph4me@aol.com - (419)475-7821

We welcome programs that address supervision of counseling students, professional counselors, professional clinical counselors and school counselors, as well as programs that emphasize diversity issues and ethical issues in supervision.

General Instructions: Submit program proposals and curriculum vitae of all presenters to:

Tracy Leinbaugh, Ph.D., PCC-S, NCC
Assistant Professor, Counselor Ed.
384 McCracken Hall
Ohio University
Athens, OH 45701
Office: (740) 593-0846
Fax: (740) 593-0799
leinbaug@ohio.edu by March 1, 2004

Program Proposal Format:

Chairperson (Contact Person): Provide complete contact information for the program chairperson including: name, institutional affiliation, primary mailing address, day and evening phone numbers, fax number and primary email address.

Co-presenters: Provide complete contact information for each co-presenter including: name, institutional affiliation, primary mailing address, day and evening phone numbers, fax number and primary email address.

Program Title: Your title should clearly and accurately describe the focus of your presentation.

Program Summary: In 50 words or less describe your presentation. This will be the description that will be used in the conference program.

Program Description: Provide a 200-word (maximum) synopsis of your program. This should include: (a) a summary of the information, technique, theory or research to be presented; (b) the

Ohio Counseling Association Award Nomination Form

NOMINATOR

NOMINEE

Name: _____

Name: _____

Address: _____

Address: _____

Phone: _____

Phone: _____

CHARLES "CHUCK" WEAVER

For long, consistent, and distinguished service to the counseling profession and exemplary caring for people.

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.

DAVE BROOKS AWARD

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

RESEARCH & WRITING AWARD

One who has demonstrated extraordinary research and writing ability, as evidenced by journal publications for the counseling profession.

HERMAN J. PETERS

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

PUBLIC POLICY & LEGISLATION AWARD

One who has demonstrated excellent advocacy by engaging in meaningful lobbying on behalf of the counseling profession.

CHECK ONE

NOMINATION PROCEDURE: Please submit this form with a supporting statement of 250 words or less. Letters of support are also encouraged. Attach a brief biographical sketch or current vitae of nominee. Selection preference will first be given to Nominees who are current OCA members.

PLEASE SUBMIT THE MATERIALS TO:

Tim Luckhaupt

Ohio Counseling Association

8312 Willowbridge Place • Canal Winchester, OH. 43110

614-833-6068 (Phone) • 614-833-5894 (Fax)

DEADLINE IS JULY 16, 2004

type of presentation (lecture, discussion, cooperative learning groups, etc.); and (c) a description of any accompanying audiovisual materials, including handouts, if any.

Northwest Ohio Counseling Association

The past several months have been very eventful for the Northwest chapter of OCA. Two of our distinguished Board members were recognized at the AOCC. Our Past President, Shirley Oliver received OCA's Counselor of the Year Award, and our Secretary, Mary Steiner-Iames received OSCA's Research Award. The Board congratulates both of our esteemed members.

Furthermore, we would like to thank Adam Brickner. Adam joined the Board as the OSCA Representative. However, he has taken a very proactive role as our Website

Manager. Now, members may log on to find out about our bylaws, mission, and goals, and upcoming workshops.

Professional growth for our membership has always been a top priority for NWOCA. Every year we hold a Fall Luncheon, Winter Breakfast, and Spring Workshop. Last October, we were honored to have Jean Underfer-Babilis, President of OCA speak on Important Legislative Updates.

Our Spring Workshop presenter will be Dr. Susan Huss. Dr. Huss serves on the Ohio Counselor, Social Worker, and Marriage and Family Therapist Board. She will speak on "Legal and Ethical Issues in the Counseling Profession". This workshop will take place on April 30, 2004 at the University of Toledo. The workshop will be open to all counselors and provide 6 CEUs to attendees. It also will be meeting

the Ethics requirement for the Licensure Board. Please contact the Northwest Chapter's President, Ercell Somerville by phone or e-mail if you would like to attend. Her phone number is 419-352-4287, and her email address is e.somerville@juno.com.



POSITION OPENING

P.C.C.—to provide counseling in a well established, Christian, private group practice. Experience with children a plus. Prime location—Hudson, Ohio is one of the fastest growing communities in the nation. Schools have received national recognition for academic excellence; modern suburbs; 30 minute commute to Cleveland. P.C.C. also needed to counsel adults in private Christian practice in Mansfield. Call Dr. McMorrow at (330) 655-2674, M-Th, 9:00 am-5:00 pm.

OCA EXECUTIVE COUNCIL

2003 – 2004

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Reduce Your Anxiety

New Material for a New Exam

A new PCLE/NBCC Exam has been introduced. It is based on the NCE (National Counselor Exam). You can pass the NEW Ohio Exam with the most comprehensive materials available. Order IPGA's "Comprehensive PCLE/NBCC Study Materials" and you'll receive:

IPGA's Diagnostic Pre-Test - A 200 item exam assesses your strengths and weaknesses over the body of knowledge so that you can design a study plan to meet your needs.

IPGA's Study Manual - More than 550 pages of material, divided into thirteen chapters, covering the core areas of the exam and emerging areas of interest in the field of counseling.

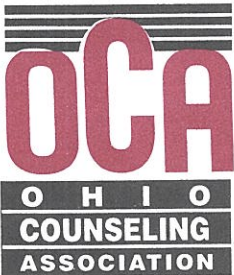
IPGA's Study Buddy - For a simulated testing experience - The full color *Study Buddy* randomly selects questions from a database of over 1800 questions to allow you to take an unlimited number of Simulated Exams and Chapter Tests. The *Study Buddy* is an IBM, Windows Compatible CD.

Register Online or Visit Us on the Internet

www.ipganow.com

1.877.474.2669

All this for only \$219.00



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Canal Winchester, OH 43110

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