

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



VOLUME 32, NUMBER 2

WINTER 2005/2006



A Message from Our President Dana Heller Levitt The Sum of Our Parts

“The secret to success is surrounding yourself with people who make you look good.” I am often reminded of these words when I look at the many collaborative efforts within our profession. We tend to seek out individuals who can share in the vision and work towards shared goals.

There is a sense of collaboration and commitment within OCA to work in the best interests of our profession, members, and the clients we serve. We have undertaken many efforts this year that are consistent with this spirit. From public testimony regarding licensure examination changes to the success of the All Ohio Counselors Conference, we are working together in the best interests of our constituents.

Too often, the growth of organizations are stifled when individual members advocate for specific interests rather than for the collective interests of the organization. Counselors, as a profession, do indeed share the same goals. We may approach them differently, work in different settings, or see different priorities regarding an issue. Nevertheless, the goals, in whatever language we choose to articulate them, are consistent and we each work towards them in our professional counselor capacities.

At the same time that we acknowledge that clients’ issues do not occur in isolation and that success in counseling must translate to success in daily life, so, too, must we as counselors stay connected to the profession and its goals. Our membership in OCA must be more than a credential. We must capitalize on the connections we make with our colleagues to enhance the lives of our clients. I experienced this most recently in discussions with several attendees at the annual All Ohio Counselors Conference in November. I spoke with a few first-time attendees who were surprised to discover that the very issues they faced in their work with clients were being addressed in multiple presentations throughout the conference. I also had the privilege to observe two counselors exchange contact information for future collaboration and consultation on a shared concern. These two counselors had never met, live in very different parts of the state, and work in different settings. Yet their shared interests and goals brought them together and, I firmly believe, will ultimately enhance the lives of their clients.

In a way, this collaboration and connection on shared goals is what our counseling profession is all about. We must work together towards these shared goals and consider their direct and indirect impact on the public we serve. We are counselors first no matter the setting. I am proud of my counselor identity and the profession. I have seen firsthand how individual goals can be achieved through the lens of the shared goal and vision of the profession and the organization. I can also see the value in connections with those who work in different settings and hold perspectives different from my own. A group of professionals with identical goals and ideas is not only rare but counterproductive to growth. We must challenge ourselves to look beyond what we know and where we work to enhance our own and our clients’ experiences, and foremost that we are working towards the same goal and vision.

INSIDE THIS ISSUE:	
Upcoming Events	2
AOCC Award Recipients	3
State House Report	4
Chapters and Divisions	7
Hurricane Response Stories	8
Donor Roll	10
Executive Council	11



Ohio Counseling Association 2005-2006

Dana Heller Levitt
President

Tim Luckhaupt
Executive Director

Thelma Greaser
President –Elect

Cynthia J. Osborn
Past-President

David Dilullo
Treasurer

Sarita Sankey
Secretary

Guidelines

WINTER 2005/2006: VOLUME 32, NUMBER 2

Guidelines is the Ohio Counseling Association's quarterly newsletter published for its members.

We welcome your comments, suggestions, and news.

Deadlines for submission are August 1; November 15; February 1; and May 2 of each year.

Advertisements and articles are subject to editorial approval and revision.

OCA reserves the right to reject any ad or article for any reason.

Please address correspondence and submissions to:

Lynne Guillot Miller,
OCA Guidelines Editor
lguillot@kent.edu

Contact information

OCA
8312 Willowbridge Place
Canal Winchester, OH 43110
(614) 833-6068
ocaohio@yahoo.com
www.ohiocounselingassoc.com

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

Upcoming Events

February 2006

10—Northwest Ohio Counseling Association, Winter Breakfast, "Solution Oriented, Strength-based Approaches in Supervision" featuring Dr. Jane Cox, Bowen Thompson Student Union, Toledo, Ohio, for more information contact Jean Underfer-Babalis at JeanUB@destinedformore.com

13—North Central Ohio Counseling Association, "Legislation 101: What Counselors Need to Know", John Carroll University, for more information contact Susan Paez at spaez@kent.edu

March 2006

10—North Central Ohio Counseling Association and Kappa Sigma Upsilon Chi Sigma Iota Chapter, Supervision Symposium, Kent State University, for more information contact Susan Paez at spaez@kent.edu

30—April 3—American Counseling Association Annual Conference, Montreal, Canada, for more information visit www.counseling.org/convention

April 2006

28—Ohio Association for Counselor Education and Supervision, Supervision Summit, Columbus Ohio, for more information contact Lynne Guillot Miller at lguillot@kent.edu

28—Ohio Career Development Association, Spring Conference, Shisler Center at ATI, Wooster Ohio, for more information visit Gail Michalski at gmichalski@aubruncc.org

May 2006

5—Northwest Ohio Counseling Association, Ohio Association for Specialist in Group Work, & the Department of Counseling and Mental Health Services at the University of Toledo "Creativity and Groups: Counseling Methods that Work" featuring Dr. Samuel Gladding, for more information contact Jean Underfer-Babalis at JeanUB@destinedformore.com

19—Miami Valley Counseling Association, Wright State University College of Education & Human Services and by the School of Professional Psychology, "Multicultural Counseling: Working with Diverse Populations" featuring Dr. Derald Wing Sue, Presidential Banquet Center, Kettering Ohio, for more information contact John Swank at swankcouns@aol.com

Join OCA for Life!

Effective July 2005, a **Lifetime Membership in OCA** is available. This new membership category was approved by the OCA Executive Council and voted on by OCA membership in the spring of this year. The OCA Finance Committee has set the Lifetime Membership fee at \$500.00 for 2005-06. This will provide members with the opportunity to be members of OCA for life, without ever needing to renew their membership! Please obtain the new OCA Membership Form by accessing the OCA website at www.ohiocounselingassoc.com

Another new OCA membership category is **Legacy Member** (what had previously been referred to as Lifetime Member). This is an honor extended only by the OCA Executive Council and reserved for those OCA members who have demonstrated outstanding service and leadership to OCA during their careers.



Ohio Counseling Association Award Recipients

Susan J. Sears Counselor of the Year
(Exceptional Service as a Practitioner)

Jean Underfer-Babalis

David Brooks Award
(Willingness to Serve, Teach Responsibility and Create New Paths in the Counseling Profession)

Jane A. Cox, Ph. D.

Research & Writing Award
(Extraordinary Research & Writing Ability)

Paula J. Britton, Ph.D.

Herman J. Peters Award
(Significant Impact on Counseling Profession)

Geoffrey Yager, Ph.D.

Charles "Chuck" Weaver Award
(Long Distinguished Service to the Counseling Profession)

Tom Davis, Ph.D.

Past President Award
Cynthia J. Osborn, Ph.D.



(L to R) Tom Davis, Cynthia Osborn, Robert F. Spada, Paula Britton, Jane Cox, Jean Underfer-Babalis, and Geoffrey Yager

Public Policy & Legislation Award
(Excellent Advocacy on Behalf of the Counseling Profession)

Robert F. Spada, Ohio Senate

(L to R) Penny Miller, OSCA President, Robert F. Spada and Dana Heller Levitt, OCA President





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

Senate Bill 213 – Mental Health Hold Introduced

State Senator Patricia Clancy has introduced OCA's Mental Health Hold legislation, Senate Bill 213. This legislation will allow a licensed professional clinical counselor (PCC) to take a person into custody and immediately transport the person to a hospital where the person may be held for a period of time as specified in Ohio law if the PCC has reason to believe the person is mentally ill and represents a substantial risk of physical harm to their self or others if allowed to remain at liberty pending examination.

The bill has been referred to the Senate Health, Human Services and Aging Committee; however, to date, no hearings have been held. OCA members are urged to contact their State Senator to urge support for Senate Bill 213. Counselors should explain why this bill is needed. Members can go to www.legislature.state.oh.us to determine who their State Senator is. Letters may be addressed as follows:

The Honorable _____
Ohio Senate
State House
Columbus, Ohio 43216

For a model message and a list of members of the Senate Health, Human Services and Aging Committee see page 6.

Senate Bill 222 Would Repeal Board Consolidation Language

Senator Kevin Coughlin (R – Cuyahoga Falls) has introduced Senate Bill 222 to eliminate the consolidation of specified health-related regulatory boards within the Department of Health, the Department of Commerce, and the Department of Public Safety and to make appropriations to these boards and commissions for fiscal year 2007. The bill is cosponsored by State Senators Randy Gardner, Kirk Schuring, Bob Schuler, Lynn Wachtmann, Teresa Fedor, Kim Zurz, Joy Padgett, and Bob Spada. As yet, the bill has not been referred to a committee in the Ohio Senate.

On September 14, 2005, Bill Nemeck, Ph. D., PCC, testified against the umbrella board concept on behalf of the Ohio Counseling Association before the Transition Team that was appointed to oversee the consolidation of the Boards. Bill told the Transition Team that "one of the primary responsibilities of the Ohio Counselor, Social Worker and Marriage and Family Therapist Board is to protect our clients from counselors, social workers, and marriage and family therapists that may not be practicing according to accepted standards of care. This is accomplished by responding to complaints, conducting investigations and holding disciplinary hearings that may result in the revocation or suspension of an individual's license to practice. The Ohio Counseling Association has always supported a strong board that effectively protects the public from substandard practitioners, which in turn preserves the integrity of the counseling profession. The Ohio Counselor, Social Worker and Marriage and Family Therapist Board has proven to be effective in protecting the public from substandard practitioners. The Ohio Counseling Association has consistently supported providing the Board with adequate resources to protect and enhance the health and welfare of Ohio's citizens through effective regulation.

The Ohio Counseling Association is very concerned that the consolidation of our Board with other regulatory entities will dilute the Board's proven effectiveness and will ultimately result in less resources being available to further the Board's mission."

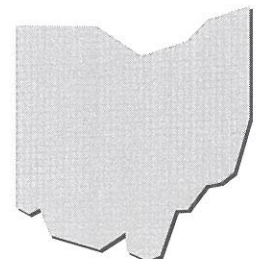
OCA members are urged to write their state legislators to support Senate Bill 222. Letters can be sent to:

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

The following are talking points, which may be used to help formulate your letter:

- There are 365,748 licensees in 20 regulatory boards and commissions impacted by this proposal. None of the affected boards support consolidation.
- These regulatory boards use no GRF funds. All of them are self-supported by licensure fees.

(continued on page 5)



(continued from page 4)

- Other states with consolidated licensure boards have experienced significant problems. For example, Oregon consolidated its boards and then returned to independent boards because of problems with lower levels of service being provided to consumers under the centralized regulatory agency. Licensees in Florida and Illinois have related countless problems with the administration under the consolidated boards in those states
- The consolidation plan is unnecessary and ill advised. Consolidated board structures in other states have resulted in a loss of efficiency and diminished public protection. The independent regulatory board structure in Ohio is efficient and effective. The boards function in a fiscally responsive manner and do not contribute to Ohio's current budget woes.
- These boards are already operating at efficient staffing levels; on average, among the twenty affected boards, every staff member currently serves 3,295 licensees.

Board investigators are already stretched thin. Among the twenty affected boards, there is currently an average of one investigator for every 5,627 licensees. Investigators with a specific knowledge and expertise in the field can be critical, especially when it comes to investigations of conduct with the potential to endanger public health.

Mental Health Parity Hearing in Ohio Senate Insurance, Commerce and Labor Committee

A proponent hearing was held on Senate Bill 116 on September 6, 2005, the mental health parity legislation, sponsored by State Senator Bob Spada (R – North Royalton). Senate Bill 116 would include as a basic health care service under Ohio insurance laws, the diagnosis and treatment services, other than prescription drug services, for biologically based mental illnesses. "Biologically based mental illnesses" mean schizophrenia, schizoaffective disorder, major depressive disorder, bipolar disorder, paranoia and other psychotic disorders, obsessive-compulsive disorder, and panic disorder, as these terms are defined in the most recent edition of the Diagnostic and Statistical Manual of Mental Disorders published by the American Psychiatric Association.

House Bill 180, the House version of the mental health parity legislation, sponsored by State Representative Jon Peterson (R – Delaware) had a sponsor hearing in the House Health Committee on September 14, 2005.

Counselors Urged to Write their State Representatives and State Senators in Support for Senate Bill 116 and House Bill 180.

Letters can be sent to:

The Honorable _____
Ohio Senate
State House
Columbus, Ohio 43215

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

The following are talking points, which may be used to help formulate your letter:

- Passage of Senate Bill 116/House Bill 180 will help many families access appropriate mental health needs in a timely manner, before crisis escalates.
- Basic health care is mandated in Ohio and should cover all the major organ systems in the human body; however, it does not. Ohio leaves major systems of the human brain uncovered, excluded or poorly covered.
- The treatment of mental illnesses is an essential component of basic health care.
- The lack of insurance coverage for the mentally ill is a form of discrimination. These individuals are Ohio's most vulnerable.
- Senate Bill 116/House Bill 180 seeks coverage for only the most severe of mentally ill individuals and does not seek to mandate coverage for treatment of individuals with substance abuse problems.
- Senate Bill 116/House 180 has an opt-out provision for Insurance Companies, if their premiums rise more than 1% in a period of one year.

The Ohio Mental Health Counselors Association: Increasing Benefits for Members

Amy Freadling, PCC, OMHCA President

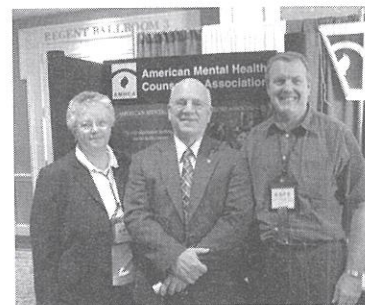
The Ohio Mental Health Counselors Association (OMHCA) held its reception at the All Ohio Counselors Conference in Columbus on November 3, 2005. Fourteen posters were on display from nine Ohio Chi Sigma Iota (CSI) chapters, and all presenters were awarded a one-year membership in OMHCA. Many of the presenters were also winners of educational materials raffled during the event. All students, counselors, and educators had the opportunity to hear Mr. Jim Blundo, Past President of the American Mental Health Counselors Association (AMHCA), speak to advocacy and legislative needs at national and local levels. Participants were further honored by a visit from Dr. Thomas Sweeney, the founder and Executive Director of Chi Sigma Iota.

In addition to initiating an annual reception at the All Ohio Counselors Conference, OMHCA has been working diligently on providing increased benefits for its members. OMHCA was a sponsor of a workshop conducted by Dr. David Santoro in November 2005, and it will be a co-sponsor of workshops featuring Dr. Barry Duncan and Dr. Scott Miller in early 2006. The upcoming workshops will outline methods for working with "difficult" clients, a topic relevant to all persons in the counseling profession.

For more information about OMHCA's reception, workshops, and other activities, please visit our website at www.ohmhca.org



Amy Freadling with Dr. Thomas Sweeney



(L to R) Linda Barclay, Jim Blundo, and Richard Wantz



OMHCA table at the AOCC

Model Advocacy Letter for Senate Bill 213 and Members of the Ohio Senate Health, Human Services and Aging Committee

(for additional information see Ohio Statehouse Report on page 4)

The Honorable (full name)
Ohio Senate
State House
Columbus, Ohio 43216

Dear Senator (last name),

I write in support of Senate Bill 213 submitted by Senator Clancy which would amend section 5122.10 of the Ohio Revised Code (ORC) to permit a licensed professional clinical counselor to take certain persons who present grave risk of harming others into custody and transport those persons to a hospital.

Licensed Professional Clinical Counselors (LPCCs) are licensed to assess, diagnose, develop a treatment plan, and implement treatment for individuals presenting with a wide variety of mental and emotional illnesses including those individuals who are at risk for suicide, at risk for violence against others, or at risk for neglect, abuse, or harm to children (as defined by ORC 4557.21). However, when a potentially violent client triggers the counselor's duty to protect (as defined by ORC 2305.51), the counselor is not currently empowered to sign a "Statement of Observation" to secure involuntary emergency admission to a hospital for the client, a power granted to physicians, clinical psychologists, other mental health professionals, and the police (as defined in ORC 5122.10).

Since involuntary emergency hospitalization is only implemented when a client represents a substantial risk of physical harm to self or others if allowed to remain at liberty pending examination, delay increases the threat to public safety. With clients who qualify for involuntary hospitalization, delay in taking action increases risk for escalation of the client's symptoms or even client flight. Further, since LPCCs cannot initiate emergency hospitalization, valuable time is wasted while other professionals, although not directly involved with the case, must re-assess the client before initiating involuntary hospitalization.

By law, LPCCs are responsible for clients who represent a substantial risk of physical harm to self or others, but are not empowered to sign a "Statement of Observation" to initiate involuntary hospitalization. Senator Clancy's bill, SB-213, will rectify this problem by including LPCCs in the list of professionals authorized under section 5122.10 to initiate involuntary hospitalization for clients who represent a substantial risk of physical harm to self or others if allowed to remain at liberty pending examination.

Name:
Street Address:
City:
State:
Zipcode:

(continued on page 7)

(continued from page 6)

Senate Health, Human Services and Aging Committee

CHAIR: Senator Kevin Coughlin
(R – Cuyahoga Falls)
kcoughli@mailr.sen.state.oh.us
(614)-466-4823

(614)-466-8068

Senator David Goodman (R – Columbus)
dgoodman@mailr.sen.state.oh.us
(614)-466-8046

Senator Ray Miller (D – Columbus)
Ranking Minority Member
rmiller@maild.sen.state.oh.us
(614)466-5131

VICE CHAIR: Senator Randy Gardner (R – Bowling Green)
ra_gard@mailr.sen.state.oh.us
(614)-466-8060

Senator Jeff Jacobson (R – Butler Township)
jjacobso@mailr.sen.state.oh.us
(614)-466-4538

Senator Eric Fingerhut (D – Cleveland)
senatorfingerhut@hotmail.com
(614)-466-4583

Senator Jeffery Armbruster (R – North Ridgeville)
SD13@mailr.sen.state.oh.us
(614)-644-7613

Senator Jim Jordan (R – Urbana)
jjordan@mailr.sen.state.oh.us
(614)-4667584

Senator Robert Hagan (D – Youngstown)
haganoffice@maild.sen.state.oh.us
(614)-466-8285

SPONSOR: Senator Patricia Clancy (R – Cincinnati) -- Introduced SB-213 for OCA and CMI-CA
sd08@mailr.sen.state.oh.us

Senator Larry Mumper (R – Marion)
SD26@mailr.sen.state.oh.us
(614)-466-8049

Senator Charlie Wilson (D – Bridgeport)
cwilson@maild.sen.state.oh.us
(614)-466-6508

Greater Cincinnati Counseling Association

Greater Cincinnati Counseling Association (GCCA) hosted the 30th annual Winter Workshop entitled *New Perspectives in Counseling* on the campus of Xavier University January 6-7, 2006. The program highlights included an ethics training for school and community counselors, a keynote address by Dr. Joseph Zins of the University of Cincinnati on social and emotional learning, and breakout sessions including use of the EQI to improve counselor functioning with Dr. Alan Mabry, Executive Director of Core Behavioral Health Centers.

Dr. Jacqueline Smith, President of GCCA and faculty member at Northern Kentucky University invited GCCA members to provide pro bono services to Katrina victims. Local members involved in schools and agencies have referred individuals and families to GCCA to take advantage of this initiative.

Finally GCCA honored the Center for Children and Families by donating \$500 to the organization's School-Based Services program to provide counseling related services at Rothenberg Preparatory Academy. Bill O'Connell, Xavier University assistant professor in graduate counseling services and recent past GCCA president helped make the donation possible. Earlier this year GCCA donated \$500 to Mercy Professional Services.



(L to R) Kelly Grubbs, LISW, Director of School Based Services, Dr. Bill O'Connell Xavier University assistant professor in graduate counseling services and recent past GCCA president, Regina McDonald, School Based Therapist, Christie Smith, School Based Therapist.

Ohio Career Development Association

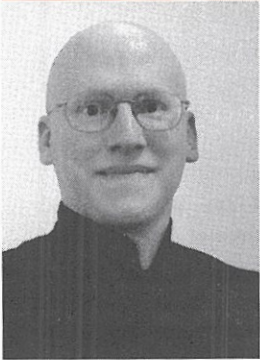


Gail Michalski, OCDA President with Dr. Sunny Hansen

On April 22, 2005 the Ohio Career Development Association hosted their annual spring conference at the Ashland University Conference Center in Ashland, Ohio. Fifty persons registered for the conference and represented a variety of employment sectors such as secondary and post-secondary training facilities, private practice groups and corporate consultants. Dr. Sunny Hansen, retired professor of the Counseling and Student Personnel department at the University of Minnesota, presented this year's topic, Holistic Life Planning. Dr. Hansen, who is the author of the Born Free program designed to expand career options for men and women of all backgrounds, provided awareness about the seven tenets of Holistic life Planning and a 21st century world view for career counseling and life planning. Several reflective and small group activities were integrated throughout the presentation, which served as a catalyst for participants to gain greater understanding of this life-planning model. During the lunch session OCDA presented the current executive board members and requested nominations and conducted voting for next year's executive board.

In conclusion, participants reported that Dr. Hansen's presentation broadened their perspective on career advising as well as provided new techniques to use with students including the circle of life and positive uncertainty. Participants further reported enjoying the opportunity to meet and network with new and familiar colleagues.

Ohio Counselors Provide a Helping Hand to Hurricane Katrina Survivors



Counseling Katrina, Blending with Disaster

Tim H. Warneka, M.Ed., LPCC

Nowhere have I experienced the importance of counseling more than in my two-week volunteer trip to southern Mississippi with the American Red Cross. The damage caused by Katrina was, in the words of one Red Cross staff member, "completely off everyone's charts." With the affected area being roughly the size of Great Britain, the Red Cross, along with every other American organization, has simply never been faced with a disaster of this magnitude. In my role as a mental health professional, I offered support to the residents of Mississippi, the Red Cross volunteers, police officers, National Guard from around the country and many others.

True to the flexible spirit of counseling, I spent my days in various roles: in community outreach which meant driving around the community in a van, distributing food and drinks, and attempting to discover, in the absence of power and phones, who needed what kind of help (think case management on steroids). On other days, I worked in the role of "Hotshot", basically a mobile crisis unit responding to wherever the need was greatest. On still other days, I worked exclusively with Red Cross staff, supporting, encouraging, debriefing and simply offering a listening, attentive presence.

My evenings were spent on a Naval Base in Gulfport, MS. The Red Cross volunteers were housed in a large naval warehouse. I got to sleep on a cot with 650 - 750 of my closest friends...not an easy task for an introvert. I'm quite sure that the first night I was there I walked around with that deer-in-the-headlights look in my eyes. Surprisingly, soon after, I became more used to the living conditions. It's amazing how flexible people are.

While I was there, I re-learned the importance of community. My support people were my colleagues, Teresa from Fairbanks, Alaska, and John, from outside of Chicago. Teresa, John and I drove down to Biloxi together from Montgomery, AL. We supported each other by sharing dinner every evening, and listening and debriefing as each of us needed.

In the face of such extensive damage, all of my experience as a holistic counselor, as executive coach and as a consultant was distilled to the essence of my training in the non-violent Japanese martial art of Aikido: blend, breathe, center, extend. *Blend* as I sought solutions and healing in the "what is" of the present moment. *Breathe* as I witnessed the incredible destruction firsthand and was shaken to my core. *Center* as I practiced unconditional positive regard listening to people's stories of surviving Katrina, a nightmare that came in the day. *Extend* as I worked 17-hour days, counseling, debriefing, listening, sharing, de-escalating, crying, laughing, and healing. Blending with disaster ■



Houses and yards in Lakeview (a New Orleans neighborhood). Water reached the attics of single floor homes. Many residents are still unable to return to homes as of December.

OCA Members

If you traveled to the Gulf Coast to assist with hurricane relief efforts, please contact Sharon Leonard, OCA Public Relations chair at sheribonyo@sbcglobal.net

Ohio Counselors Provide a Helping Hand to Hurricane Katrina Survivors

Hurricane Katrina: Reflections of a Volunteer Counselor

William E. Nemece, Ph.D. PCC-S

As a counselor educator for over thirty years, I have always been involved in counselor advocacy. However, most of my involvement has been in advocating for the counseling profession, and only indirectly advocating for the clients we serve. Once I retired, I wanted to give something back to the community in a more direct way. Volunteering as a Red Cross Mental Health Professional was a wonderful way to support and advocate for the survivors of Hurricane Katrina in their time of overwhelming need. After taking the Red Cross Disaster Mental Health course and a couple of other disaster related courses I was ready to help. My three week volunteer assignment began on September 16 and concluded on October 7.

The first week I served as a counselor/caseworker at our local Red Cross chapter in Akron for Hurricane Katrina victims who had traveled from the impacted areas to the Akron area and were in need of emergency funding for food, clothing and shelter. I recall two families in particular who were completely displaced, lost their homes, their livelihoods, and their sense of security. It was here that I began to understand the enormity of the disaster.

The second week, my assignment was in Montgomery Alabama which was the Red Cross Headquarters for Hurricane Katrina. At that time all Red Cross volunteers went through Montgomery to be processed and deployed to a specific disaster area. Likewise, all volunteers had to return to Montgomery to be debriefed before returning home. During that week I helped volunteers cope with the stress and anxiety of working in such extreme and trying circumstances. I was continually impressed with the compassion and dedication exhibited by the volunteers involved in the relief efforts. It was hard for them to take care of themselves when they were so focused on helping the evacuees.

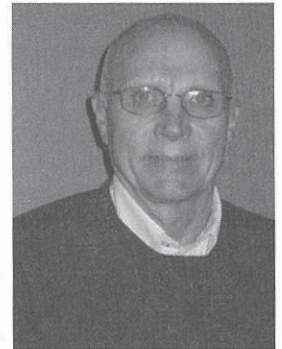
The third week I was in Natchez Mississippi, working in three shelters located in the city. I was privileged to have worked with two highly competent and dedicated mental health professionals. One was a psychologist and the other was a psychiatric nurse. With me being a clinical counselor we bonded in our collective purpose of providing counseling, case management and assessment services to the individuals and families in our shelters. One of our goals was to help them find resources to get beyond their temporary stay in the shelters. It was difficult to listen to the traumatic experiences the people went through and provide them encouragement to move forward with their lives.

The people in the shelters represented the broad range of society – from the impoverished and homeless to middle-class individuals. But, whatever their background, they all shared the fears, the uncertainties and the frustration of the unknown. What was particularly gratifying to me was that the folks we worked with were so appreciative of what was being done for them. They were not looking for a handout, charity or someone to do something for them. They just wanted some guidance, information, and help in making some plans so they could move forward to rebuild their lives.

I am so grateful for this experience. It was more gratifying than I ever expected. I felt our mental health team made a difference in the lives of the disaster victims we worked with and we also learned a lot from them, especially their resilience. After going through a significant loss in their lives, most of the people we assisted are hope-filled and remain positive and upbeat. I was proud to be associated with counselors and other people who showed how much they care about the physical, spiritual, and mental well-being of others.

Also, I gained a greater sensitivity to the enormity of the human disaster as well as the natural disaster. The depths of poverty that this tragedy made so obvious should be unacceptable in a country that has the resources to alleviate such conditions. As counselors and advocates for our clients, I believe we have some responsibility in raising these issues and holding our state and national leaders accountable for their responses before and after the storm.

There is so much more I could say, but in summary it was more than worth the time I gave. It was truly a life changing experience that I would do again in a heartbeat. Counselors that have an interest in learning more about volunteer opportunities in disaster mental health work may contact me at: wnemec@neo.rr.com



House in Lakeview (a New Orleans neighborhood).

Pictures of damage taken on by Lynne Guillot Miller on travel to New Orleans in December.

Why Join a Professional Organization?

by Melissa Matthews, M.Ed., PCC and Aneesa E. Bhimani, M.Ed.

Burgeoning counseling students and experienced professionals may be overwhelmed with the number of professional counseling organizations available to them. With so many choices, one might ponder the need to join at all. Alternatively, one could view the numerous organizations as the catalyst for opportunity. Some professionals, however, see only specific benefit in membership. For example, when asking a person why he or she joined a professional organization, one may often hear, "I joined to receive a discount on my liability insurance and conference fees." The reasons for joining professional organizations expand beyond these perquisites. First, counseling organizations provide a platform for emerging leaders. Second, membership in counseling organizations fosters the development of professional identity for counseling students as well as professional counselors. This is important because, as counselors, we have sought to establish ourselves as a profession in our own right. Finally, holding membership in professional counseling organizations strengthens our profession.

When joining a professional organization, a person has the choice between being a member, in name only, or taking an active leadership role. Professional counseling organizations allow promising professionals to step into leadership roles. Once members are in these roles, the organizations support their growth and development as change agents. Beyond supporting the emergence of their skills, professional counseling organizations are committed to the legacy of the counseling profession. They protect the boundaries of our profession through advocacy, role modeling, and legislative change. Advocacy benefits not only clients, but counselors and the profession in its entirety.

In addition to supporting the development of leaders, professional counseling organizations provide opportunities to develop professional identity. It is an essential component to the development of the neophyte counselor and the experienced counselor, as it establishes a sense of pride and community. This sense of belonging can often be felt at conferences. They provide counselors and students with opportunities to escape from their quotidian routine, reconnect with colleagues, and expand their knowledge base. Some organizations allow new professionals and students to volunteer at conferences and receive a free or discounted conference fee.

Professional identity is also strengthened through reading the publications authored by professional counselors. Upon joining professional organizations, members receive a subscription to a scholarly journal or newsletter, which allows them to keep abreast of the latest research and professional opportunities. Keeping current on research and networking with other professionals helps to prevent feelings of professional isolation. Also, many organizations have a listserv available that connect counselors to people who share their same professional identity, as well as increase the intellectual sharing of information.

Counseling associations connect professionals which adds to the strengthening of the profession. Networking opportunities permeate listservs, conferences, and social functions. Additionally, many organizations publish scholarly research in quarterly refereed journals, and recognition, advocacy, and tribute articles in their monthly publications. This expands the body of knowledge, legitimizing the counseling profession. Also, our financial commitments to professional counseling associations provide support for lobbyists to advocate for pertinent counseling issues.

Counseling organizations support leadership development, professional identity, and the fortitude of the counseling profession. Promoting membership in professional counseling organizations may take some creativity. The spirit of the counseling profession begins with graduate students. Automatic membership fees worked into counselor education programs may help defray initial concerns about costs for students. Counselor educators could incorporate current membership reading material as part of their curriculum, as well as encourage service projects that assist students in establishing working relationships with professional organizations. Counselor educators can invite leaders of various organizations to speak in their classes. Local chapters of the American Counseling Association can involve students and professionals in regular social activities, thus building the foundation of the parent organization.

As doctoral students at Ohio University, we are encouraged to actively participate in professional counseling organizations. Our professors model these active leadership commitments and responsibilities. We believe it is our duty to be more than a name on a membership roster. We believe it is imperative to join and actively participate in professional counseling organizations because the future of the counseling profession relies on the passion of emerging leaders.

The Underfer Leadership Scholarship seeks to support students and counselors who will strengthen the professional identity of counselors and promote valuable leadership to the profession. This article provided an opportunity for us to critically assess the importance of actively participating in professional organizations and the contributions memberships have to our professional identity. For more information on the Underfer Leadership Scholarship, you are encouraged to contact Jean Underfer-Babalais at JOSEPH4ME@aol.com. ■

The **Underfer Scholarship Fund** is the legacy left by OCA Past-President, Jean Underfer-Babalais to honor the ideals of leadership instilled in her by her parents, Jerry and Jane Underfer. The first applications will be determined by the Awards Committee in 2005. Scholarships and grants will be awarded to assist both students and professional members of OCA in education, training, research and other related activities that will advance client welfare, strengthen the professional identity of counselors, and promote effective leadership. Tax deductible donations can be mailed to OCA. Checks should be made payable to OCA or the Ohio Counseling Association.

THE OCA DONOR ROLL UNDERFER LEADERSHIP SCHOLARSHIP FUND

Jean Underfer-Babalais, 2004
EOCA Past -Presidents, 2004
Paul & Darcy Granello, 2005

President—Dana Heller Levitt
levitt@ohio.edu

Past-President—Cynthia Osborn
cosborn@kent.edu

Secretary—Sarita Sankey
keysan1@msn.com

President-Elect—Thelma Greaser
great@cgfs.org

Treasurer—David Dilullo
ddilullo@akron.k12.oh.us

Executive Director—Tim Luckhaupt
ocaohio@yahoo.com

DIVISIONS

OACES President—Lynne Guillot Miller
lguillot@kent.edu
OACES Pres-Elect—Steve Rainey
jraine@kent.edu
OAMCD Representative—Carmella Hill
carmonhill1@aol.com
OMHCA President—Amy Freadling
afreadling@marymount.crg
OHMCA Pres-Elect—Linda Barclay
lbarclay@walsh.edu
OCDA President—Gail Michalski
gmichalski@aubruncc.org
OASGW President—Jean Underfer-Babalis
JeanUB@destinedformore.com
OSCA President - Penny Miller
Crlhs_psm@ncocc-k12.org
OSCA Past President—Kathy Goins
dkgoins@earthlink.net
OASERVIC President—Donna Menigat
donnamenigat@columbus.rr.com

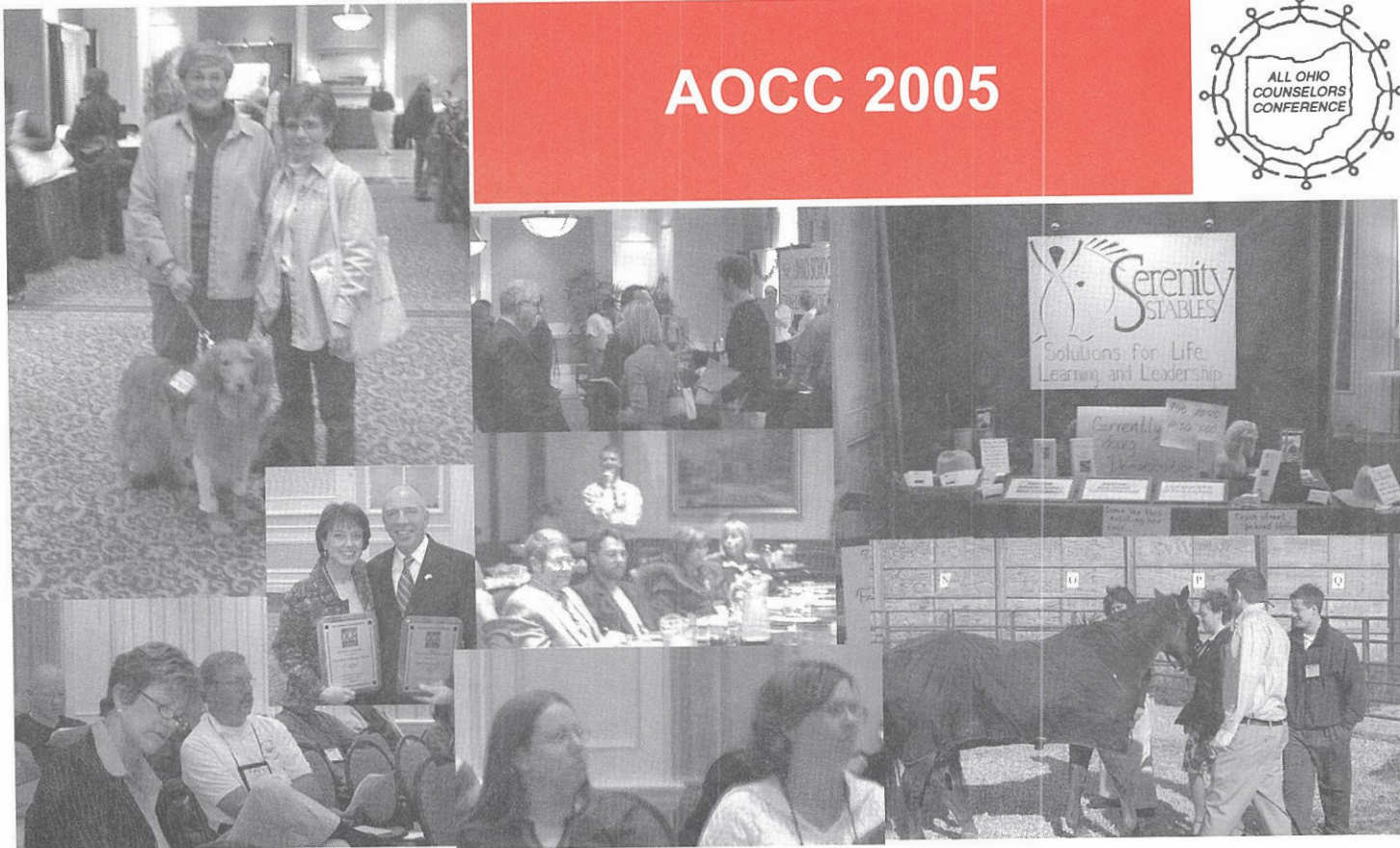
CHAPTERS

EOCA President—Jennifer Jones
jajones9@kent.edu
GCCA President—Jacqueline Smith*
smithjac@nku.edu
*MVCA President**
NCOCA President—Susan Paez
spaez@kent.edu
NWOCA President—Chris Roseman
cproseman@att.net
SEOCA President—Yegan Pillay
pillay@ohio.edu

STANDING COMMITTEES AND LIAISONS

Archives Chair—Vicki White Kress
vewwhite@ysu.edu
Awards Chair— Jake Protivnak
jprotivnak@yahoo.com
Bylaws Chair—Jane Cox
jane.cox@utoledo.edu
Ethics Chair—Holly Hartwig Moorhead
Moorhead@sssnet.com
Finance Chair—Martin Ritchie
martin.ritchie@utoledo.edu
Government Relations Chair—Carol Pohly
pccarol@earthlink.net
Membership—Jennifer Jordan
jcjordan@ysu.edu
Nominations & Elections Chair—Cynthia Osborn
cosborn@kent.edu
Parliamentarian—Kathy Goins
dkgoins@earthlink.net
Newsletter Editor—Lynne Guillot Miller
lguillot@kent.edu
Professional Development—Daniel Cruikshanks
dcruiksh@heidelberg.edu
Public Relations Chair—Sharon Leonard
sheribonyo@sbcglobal.net
Technology Chair—Geof Yager
geof.yager@uc.edu
Ohio Dept. of Education Liaison—Susan Sears
sears.1@osu.edu
*Ohio Counselor, Social Worker, and Marriage and Family
Therapist Board*—Jean Underfer-Babalis
JeanUB@destinedformore.com
Webmaster—Kevin Glavin
kglavin@kent.edu

AOCC 2005



A Branch of the
American Counseling Association

8312 Willowbridge Place
Canal Winchester, OH 43110

NON PROFIT ORG.
US POSTAGE
PAID
COLUMBUS, OH
PERMIT #692