

Guidelines | Ohio Counseling Association

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



VOLUME 33, NUMBER 3
SPRING 2007



Counselor Awareness Month
Thelma Greaser
President, OCA

April is designated as Counselor Awareness Month so your OCA leaders discussed ways to spread the word about our profession. We decided to send public service announcements to radio stations, to write articles for local newspapers, send information about our work as professional counselors to our alumni news bulletins, and to share the good news about counseling and counselors with other professionals. This discussion caused me to think about the counseling mentors who have had a significant influence in my own professional development. I have been nurtured, challenged, and encouraged by some gifted and exceptional counselors. I believe it is important to acknowledge the influence of our mentors. It was difficult for me to limit the list of mentors who have impacted my life, but I have chosen to acknowledge four whom I believe have had the most significant impact on multiple areas of my career.

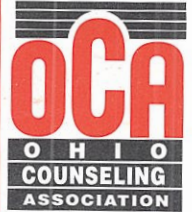
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Dr. Bill Nemec, the OCA Government Relations chair, was the first counselor to have an influence on my career choice. I met with Bill in 1988 to discuss the possibility of enrolling in the community counseling program at the University of Akron. During that meeting he made the comment, "We need people like you in our profession." His encouragement was what I needed to make a life changing decision. He is also the person who would call me periodically and say, "Thelma, I have an opportunity for you...." I always agreed to accept the opportunities he presented and have met interesting people and learned many new things about our profession as well as about myself as a person because I was willing to say, "Yes."

"Counselor Awareness Month" continued on page 14

Ohio Counseling Association 2006-2007



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Guidelines

SPRING 2007: VOLUME 33, NUMBER 3

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.

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

Join OCA for Life!

A Lifetime Membership in OCA is now available for a one time membership fee of \$500. This will allow individuals to become members of OCA for life without ever needing to renew their membership! Please obtain the new OCA Membership Form by accessing the OCA website at www.ohiocounseling.org.

Another new 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 during their careers.

Candidates for OCA President-Elect Provide Vision and Goals for OCA



Bill O'Connell

I currently work as an associate professor in the Department of School and Community Counseling at Xavier University in Cincinnati, Ohio. I hold licenses as a professional clinical counselor and school counselor in Ohio. In addition, I hold the national certified counselor and approved supervisor credentials. My professional memberships include the American

Counseling Association and the ACES and AGLBIC divisions. I am a member of the Ohio Counseling Association, Ohio School Counselor Association, the Ohio Association for Counselor Education and Supervision, and the Ohio Association for Multicultural Counseling and Development.

I have worked as a direct service provider in community mental health settings, in hospitals and in private practice for twenty years. While employed as a crisis intervention specialist, I provided counseling and prevention services to students in Cincinnati Public Schools as well as suburban and private schools. At the Clermont Counseling Center, I directed the domestic violence intervention program serving both offenders and victims of domestic violence. The last position I held prior to accepting the full time appointment at Xavier University was assistant clinical director for Talbert House, Inc., one of the largest behavioral health care providers in Ohio.

From 2003-2004, I was President of the Greater Cincinnati Counseling Association (GCCA). For the last five years I have chaired the annual GCCA Winter Workshop committee. The GCCA Winter Workshop attracts approximately 180 school and community counselors each year and provides an avenue for local counselors to join the Ohio Counseling Association. Also, I have participated in Ohio Counseling Association executive council as co-membership chair and volunteer coordinator for the All Ohio Counselors Conference.

As OCA president-elect I would dedicate time and energy to assisting the president in fulfilling the mission of the organization to represent licensed counselors in Ohio through government and public relations activities. As president of OCA, I would utilize my leadership, organizational and communication skills to further the tremendous progress made by our past leaders in advancing the professional identity of counselors.

In service as president I have three particular goals. First, I believe it is imperative to continue to increase membership in OCA. Chapters and divisions play a significant role in attracting new members based on counseling specialty areas.

"O'Connell" continued on page 10



Jake J. Protivnak

I am a second year Assistant Professor in the Department of Counseling and Special Education at Youngstown State University. I am a licensed professional counselor (LPC), licensed school counselor (LSC), and a nationally certified counselor (NCC). I completed my Ph.D. in Counselor Education and Supervision at Ohio University and my masters in Counseling at Kent State

University. I have been an active member in many professional organizations that support the work of counselors such as the American Counseling Association (ACA), American School Counselor Association (ASCA), and the Ohio Counseling Association (OCA). I have served OCA as a member of the finance committee, chair of the awards committee, and as both membership chair and president of the Ohio Association for Spiritual, Ethical, and Religious Values in Counseling (OASERVIC). I value the development of students as future community and school counselors by serving as the co-advisor of the Chi Sigma Iota national counseling honor society chapter at Youngstown State University.

In addition to my full time academic responsibilities, I work several hours a week as a counselor for children and adults at Coleman Professional Services in northeast Ohio. I have had the opportunity to provide counseling services in the community, school, and college environments. Continuing to provide counseling services to clients in the community sharpens my counseling skills, informs my teaching, and stimulates my curiosity for future research. My current teaching and research interests include empirically based counseling interventions for children and adults, school counselor accountability, counselor identity and development, and career counseling. I have had the opportunity to present my research extensively at national, regional, and state levels.

My goal for OCA is to advance the professional privileges, recognition and respect of licensed professional counselors (LPC), licensed professional clinical counselors (LPCC), licensed school counselors (LSC), and certified rehabilitation counselors (CRC) in Ohio. I will continue the exemplary work of previous OCA executive boards who have worked diligently to support the desires of membership. I will continue to support and promote the work of the OCA Legislative Consultants to advance mental health hold legislation, classification titles that accurately reflect the identity of counselors, and a statewide model for school counseling.

"Protivnak" continued on page 10

**Be sure to cast your ballot for President-Elect by May 15.
The ballot is inserted between pages 2 & 3.**



Animal Assisted Therapy
Amber Lange, Doctoral Student
University of Toledo

Adding an animal to your counseling practice can be a fun and innovative way to increase rapport and strengthen the therapeutic relationship. I recently incorporated a dog in an adolescent anger management program and was both touched and impressed by the findings. Tucker, an AKC registered golden retriever and therapy dog participated in counseling sessions by sitting quietly, learning new tricks, being brushed, taking walks and by receiving many pets and hugs. At the end of the 13-week group, members reported they enjoyed having Tucker in the group and that he had a calming effect on their mood. Members also felt like Tucker knew when they were upset or angry because he would walk over and sit quietly next to them.

Since this was an anger management group, I was personally pleased to hear that the adolescents thought Tucker provided a calming atmosphere. In addition, Tucker “knowing” when a member was angry or upset helped me discuss anger cues with the adolescents. I am now working on incorporating Tucker into a junior-high group to find out what aspects of having a dog in a younger-aged group are beneficial.

If you have an interest in incorporating a dog into your counseling sessions, it is important to consider the following:

Type of Dog: It is not the breed of dog, but the temperament of the animal that is important when considering utilizing a dog in counseling. Any dog can be utilized in counseling, AS LONG AS it has the right temperament and/or training. There are many organizations that train dogs to be used in volunteer and/or paid work. Three organizations worth checking out include the Delta Society, Therapy Dogs International, and Assistance Dogs of America.

Type of Treatment: Dogs can be successful adjuncts to many types of counseling treatment, but using a dog in counseling is not a reimbursable activity. A dog must be utilized in tandem with an already recognized treatment modality.

Type of Client: Some clients are better suited toward working with a dog. It is important to consider a client’s diagnosis and/or reason for referral. Individuals who have had negative past experiences with animals or who have a history of harming animals might be two populations not suitable for animal assisted therapy.

Type of Facility: Not all facilities allow dogs. Counselors will need to find out if their place of work will allow a dog on the premises.

Type of Counselor Training: Any counselor interested in incorporating a dog into counseling should become familiar with current research, treatment interventions, legal liabilities, animal limitations, and criteria set forth by the Delta Society as standards for practice in animal assisted therapy before adding an animal into their counseling practice.

“Animal Assisted Therapy” continued on back cover



**OCA Legislative Advocacy Day
“A Day at the Statehouse”
Friday, April 20, 2007
Columbus, Ohio**

The Ohio Counseling Association in conjunction with the Ohio Mental Health Counselors Association, the Ohio School Counselor Association and the Ohio Association of Counselor Education and Supervision is pleased to announce that it is holding a Legislative Advocacy Day in the Statehouse Atrium on Friday, April 20 from 10:00 a.m. - 4:30 p.m.

This one-day intensive training - offered exclusively to members of OCA and its chapters and divisions – will prepare attendees to become effective legislative advocates for the counseling profession and its clients at the state and federal levels. Topics to be covered include:

- the importance of legislative advocacy;
- major state and federal policy issues impacting the counseling profession;
- how a bill becomes a law; what a bill looks like; how to read a bill;
- how laws are implemented and the rulemaking process;
- methods of communicating and establishing relationships with state and federal legislators;
- the OCA Political Action Committee and the importance of contributions;
- the Towner Policy Group as OCA’s lobbyist: what they do and how they do it;
- organization of state-level advocacy efforts.

Attendees will hear from a range of experts on state and federal policymaking including the Towner Policy Group, state legislators, and professional counselors with experience and success in the legislative process. The training day will culminate in attendees visiting the offices of their state senators and representatives and a tour of the Statehouse.

Registration Fees: \$45.00 Members of OCA and its Chapters and Divisions
\$20.00 Graduate Students in Counseling
Fees include a box lunch, break refreshments and CEUs

CEUs - Six (6) CEUs will be available for PCs and PCCs. The CEUs awarded for this training cannot be used to satisfy the CSWMFT Board’s requirement of six hour of ethics training every two years. School Counselors should seek approval through their LPDC.

Registration Deadline is April 11, 2007—Registration Form available on page 12

Chapters and Divisions

Ohio Mental Health Counselors Association (OMHCA)
Linda Barclay, President

OMHCA has been reaching out to practicing counselors around the state with co-sponsored regional workshops. Two workshops with Dr. Clifton Mitchell have been co-sponsored with other organizations: one in southwestern Ohio in Cincinnati on March 8th; and another in northeastern Ohio in the Canton area on March 9th. These day-long CEU workshops focus on practical strategies for clinical counselors. The title is: **Effective Techniques for Dealing with Highly Resistant Clients**. Dr. Mitchell is well known for his work in this topic area and presents a lively training experience. All OMHCA members receive a discount on registration fees for co-sponsored workshops. Other regional CEU workshops are in the planning stages. OMHCA is also seeking to arrange All-Hazards training in one or more locations around the state. This training is part of a larger effort by the Ohio Department of Mental Health to assure that trained mental health providers are available to respond to emergencies in Ohio.

OMHCA has also committed to re-engage the battle for Mental Health Hold rights for LPCCs in Ohio in conjunction with OCA. Our Legislative Chair, Dr. Bob Wilson, has already begun this work with Bill Nemecek (OCA) and Carolyn Towner (OCA's lobbyist). OMHCA has identified specific areas we need to work on to strengthen our lobbying efforts through our membership. We are also working with OCA and OSCA on the Legislative Advocacy workshop which is being planned for April 20th in Columbus. OMHCA will be sponsoring some members' attendance at this workshop. We are working with other OCA Divisions so that all together we can strengthen our support for this legislation, become more effective in our letter writing and other lobbying efforts with key legislators, and broaden our pool of those who can testify at legislative hearings.

Lastly, at our next Board conference call, we will be organizing our Spring Board retreat. At this meeting, we will evaluate this year's efforts and look to next year's OMHCA agenda under Dr. Donna Tromski-Klingshirn, our incoming 2007-08 President.

Greater Cincinnati Counseling Association (GCCA)
Jacqueline Smith, President

The Greater Cincinnati Counseling Association held its 31st annual Winter Workshop January 12-13, 2007 on the campus of Xavier University. The theme for this year's conference was entitled **The Colorful Mosaic of the Human Spirit**, sponsored by Xavier University and co-sponsored by Child Focus, Inc. and OSCA District 10. This event continues to be one of the most anticipated professional development and networking events for counselors in the Greater Cincinnati area. Approximately one hundred seventy attendees, representing the diverse specialties within the counseling profession, counselor educators and students from six universities in the Southwest Ohio and Northern Kentucky area, as well as local social workers and psychologists attended. The conference commenced Friday afternoon with Dr. Mark Gooden of the University of Cincinnati whose session was entitled, **Ethical Issues in School and Community Counseling**. Following Dr. Gooden's session, Thelma Greaser, OCA president, shared her experiences of professional involvement and activity. Dr. Phillip Johnson, a counselor educator from Western Michigan University, delivered the keynote address. His narrative, interactive presentation entitled, **Seeing Human Beings: The Challenge**, invited the audience to consider ways to nurture and defend their own humanity as well as the humanity of their clients. Saturday afternoon registrants had a choice of either attending the OSCA Workshop with sessions on mental health and psychiatry issues in schools or attending small group discussion sessions applying the principles of humanism presented by Dr. Johnson followed by a choice of additional sessions. Attendees were able to earn CEU credit while students were able to earn class credit.

continued next page

Chapters and Divisions

The Marvin Rammelsberg School Counselor Award recipient was John Beischel and the Mary Corre Foster Outstanding Community Counselor Award winner was Dottie Crosby. GCCA also acknowledged the passing of Peggy Parsons, an outstanding counselor remembered for her work in the community and teaching at both Xavier University and Northern Kentucky University.

The workshop was organized by the Executive Director, Dr. Bill O'Connell, the Executive Board: Dr. Jacqueline Smith, GCCA president, Steve Durkee, past-president, Dr. Mary Ann Davis, treasurer, Dr. Kay Russ, secretary, Lynda Barbiea, and Board Members: Butch Losey and Jan Danner.

Dr. Rhonda Norman and Dr. Bill O'Connell will hold the 3rd annual advanced workshop on multicultural and ethical issues in counseling supervision at Xavier University Friday, June 15, 2007 between 8:45 a.m. and 4:15 p.m. Six contact hours are available to counselors, social workers and chemical dependency counselors. For a brochure and information regarding registration, contact Dr. O'Connell at connell@xavier.edu or (513) 745-1080.

Ohio School Counselor Association (OSCA)
Kelley Schubert, President

As the OSCA Board advocates for the profession, we continue to strengthen our relationships with the Ohio Department of Education and legislators. Many of you have contacted us and asked what you can do to support our ongoing efforts. I have an answer...DATA. We are in need of concrete (outcome/results) data that demonstrates the difference you make in the lives of your students. Such information outlines the capacity we have for supporting Ohio's students and the overall academic mission of our schools. The Results Report described in ASCA's National Model, is an excellent and concise instrument for sharing this important information. If you have any results reports that you are willing to share, please send them to me at the following e-mail address schubek1@yahoo.com.

I'd also like to remind you of the Board's commitment to supporting your work with students. Each year, we offer small grants to fund school-based interventions. Information about our grant application process can be located on our web page (www.ohioschoolcounselor.org). Simply open the Grant & Award Information menu, and then click on the Grant Application link. (You will need Adobe Acrobat Reader to open the application.)

Ohio Association for Spiritual, Ethical and Religious Values in Counseling (OASERVIC)
Jake J. Protivnak, President

Dr. Elliot Ingersoll will present a three hour workshop entitled **The Ethics of Spiritual Practice: Development, Divinity, and Spiritual Work with Clients**. He will discuss the ethical implications of one's spiritual practice. This workshop will be co-sponsored by OASERVIC and OAMCD and will be free for its members. It will provide an opportunity for those members to accrue three hours of CEU's approved ethics training in the context of a topic of interest to these divisions.



The seminar will be held Friday, May 11th, at Capital University in Columbus, OH (Troutman Hall, Room 112) from 1:00 p.m.—4:15 p.m. (3 CEUs). To register (OASERVIC/OAMCD members) or to obtain a registration brochure, contact Dr. Jake Protivnak at 330-941-1936 or via e-mail at jjprotivnak@ysu.edu Registration deadline is April 27th and the seminar will be limited to 50 individuals. Cost: \$50.00. Fee waived for OASERVIC and OAMCD members.

Additional information regarding OASERVIC can be found at www.oaservic.org

Ohio Statehouse Report

Towner Policy Group



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

Mental Health Parity Becomes Law March 30, 2007

After years of effort by mental health advocates, mental health parity was signed into law by former Governor Bob Taft at the end of December before he left office. Senate Bill 116, sponsored by Senator Robert Spada's (R – North Royalton), mandates that insurance plans cover biologically-based mental illness in the same matter and at the same levels that they cover other illnesses. The bill defines "biologically-based mental illness as 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." Professional Counselors and Professional Clinical Counselors are both included on the list of providers able to diagnose and treat the biologically-based mental illnesses as defined by Senate Bill 116.

The bill does include an opt-out provision for companies that can prove that their premiums increased more than 1% as a result of the mental health coverage. The bill also does not cover drug and alcohol addiction recovery services. These provisions were a result of compromises made during the last Ohio General Assembly. Instrumental in the passage of this legislation was also State Representative Jon Peterson (R – Delaware) who introduced a companion bill in the Ohio House.

Ohio Core Passes During Lame Duck Session and Became Effective January 3, 2007

Senate Bill 311, sponsored by State Senator Randy Gardner (R – Bowling Green), was introduced to restructure graduation requirements at Ohio's high schools. The bill had several hearings in the Ohio Senate and in the House of Representatives. Most of the testimony given was by proponents, including members of the Ohio School Counselor Association. There was a lame duck scramble to get the votes necessary to pass the House and send the bill to the Governor for signature. In the end Senate Bill 311 passed the Ohio Senate by a vote of 20 – 11 on December 6, 2006 and passed the Ohio House of Representatives by a 54-40 vote on December 19, 2006 with only minor changes.

Prior to signing the bill, Governor Taft vetoed one provision of the bill that would have required the minimum school year to be calculated based upon hours, rather than days, of instruction. Concerns were expressed that this language would have unintended, and perhaps harmful, consequences for Ohio students. It is expected that legislation will be crafted in the next session of the General Assembly that will provide flexibility to schools while also safeguarding instructional time for students. Many thanks to OSCA President Kelley Schubert, OSCA Government Affairs Chair Beth Beal, and OSCA board member Gretchen Turner, who testified on Senate Bill 311 and the House companion bill, House Bill 565.

The language that OSCA requested was included in the final language of the bill and stated that the Partnership for Continued Learning is required to study the "expansion of school counseling, career and educational

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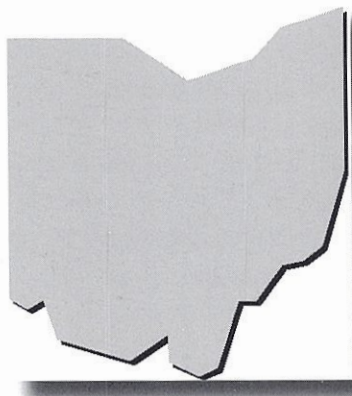
programs, access programs, and other strategies to overcome financial, cultural, and organizational barriers that interfere with students' planning for postsecondary education and that prevent students from obtaining a postsecondary education."

As signed by the Governor, Senate Bill 311 will, starting with students entering the ninth grade for the first time on or after July 1, 2010, increase the requirements for graduation from every public and chartered nonpublic high school. The new requirements for graduation must include twenty units of coursework that are designed to prepare students for the workforce and college. The units shall be distributed as follows: four units of English language arts; 1/2 unit of health; four units of mathematics, which must include one unit of algebra II or the equivalent of algebra II; 1/2 unit of physical education; three units of science, with inquiry-based laboratory experience that engages students in asking valid scientific questions and gathering and analyzing information, which must include the following, or their equivalent: (a) physical sciences, one unit; (b) biology, one unit; (c) advanced study in one or more of the following sciences, one unit: (i) chemistry, physics, or other physical science; (ii) advanced biology or other life science; (iii) astronomy, physical geology, or other earth or space science; three units of social studies, which shall include both of the following: (a) American history, one-half unit; (b) American government, one-half unit; and five units consisting of one or any combination of foreign language, fine arts, business, career-technical education, family and consumer sciences, technology, agricultural education, or English language arts, mathematics, science, or social studies courses not otherwise required.

Mental Health Hold Reported Out of Committee

Senate Bill 53, our mental health hold legislation sponsored by Senator Patricia Clancy (R – Cincinnati), was reported out of the Senate Health, Human Services, and Aging Committee on March 14, 2007. Senator Steve Buehrer offered an amendment that requires the patient to be transported within one hour of signing the mental health hold. The amendment was agreed to by the Committee. The bill was favorably reported out of the Committee. Senator Shirley Smith (D – Cleveland) and Senator Capri Cafaro (D – Warren) voted against the bill.

Many thanks to F. Robert Wilson and Connie Wilson for their testimony in favor of the bill on March 7, 2007 and to Daniel Cruikshanks for his testimony on March 14, 2007. S.B.53 was approved by the Ohio Senate on March 20, 2007. The bill now moves to the House of Representatives for consideration by the lower chamber.



“O’Connell” continued

Increased membership translates into increased resources for counselor advocacy. In my opinion, it makes sense for counselors to collaborate under one umbrella and work together to promote the profession. Laws, rules and polices will always be amended; however, counselor identity is rooted in the stability of the professional helping relationship. The professional helping relationship is the heart of our practice as counselors.

Second, the Ohio Counseling Association is the most visible representative of professional counselors to the public and government. OCA, and in particular the Ohio Mental Health Counselors Association, are working hard to pass SB 213. It is imperative that OCA continue to recruit members to advocate for professional counselor interests whether members are writing letters to their representatives, informing colleagues about legislation or testifying in hearings. OCA also plays a critical role in forming dialogue with the Ohio Counselor, Social Worker and Marriage and Family Therapist Board and the Ohio Department of Education. OCSWMFT and ODE are primarily concerned with protecting the interests of the public. OCA is primarily concerned with promoting the benefits of counseling to the public and protecting the right of counselors to practice. As president I will work to identify qualified individuals to represent counselors with respective government organizations that regulate the practice of our profession.

Finally, the Ohio Counseling Association has a solid record of educating counselors about trends and changes in the practice of counseling. The All Ohio Counselors Conference is an excellent example of this endeavor to provide up-to-date training and information. I will continue to support ideas that help prepare Ohio counselors to provide the best professional counseling services to their students and clients.

“Protivnak” continued

As OCA President, I will discover innovative ways to educate the public on the benefits licensed counselors provide to Ohio citizens and the benefits to organizations who hire licensed counselors as service providers.

One of my favorite activities is the fall All Ohio Counselors Conference in Columbus, OH. This is a great way to connect with new and old friends and also receive continuing education. I will seek to continue and improve the conference by the quality of the workshops and services to members. As President of OCA, I will also find ways to increase the benefits to members. This will include investigating the ability to obtain professional liability insurance, product discounts, as well as other services. I will seek to help OCA increase its efficiency as an association. I will look for ways to collaborate with leaders of counseling divisions to effectively bring together our resources to increase benefits to membership and leadership. As OCA President, I will work closely with the Ohio Counselor, Social Worker, and Marriage and Family Therapist board to ensure that the rules and laws written guard the profession of counseling and protect the public in Ohio.

We are fortunate to live in a state that has such a strong counseling identity, scope of practice, and quality professional counseling associations. As OCA President, I will work with the leadership and its divisions to continue to understand and embrace the changing role of professional associations in the 21st century. I will look for opportunities to adapt organization structure, resources, and procedures to more effectively represent the needs of all professional counselors who work in community, school, rehabilitation or other settings in Ohio.

It has been an honor to have the opportunity to serve in OCA. It would be a privilege to continue my service as President-Elect.



Following the Path from Internship
to Employment
Jen Overcasher, PC

Internship can be more than training for the career that you plan for while in graduate school; it can also be a pathway into that career. I recently graduated from Walsh University in North Canton, OH, after interning for eight months with Child Guidance & Family Solutions, a local child-serving agency. My goal was always to work with children as a mental health professional so I chose to do my internship in that specialty area. Like most graduate students, I knew that it was important to do well in my internship so that I had a good knowledge base and positive recommendations when applying for post graduation jobs. Near the end of my internship, I found that internship performance was even more important than I had previously anticipated.

During the last month of my internship, I received a call from a clinical manager at another branch of Child Guidance & Family Solutions. To my surprise, she wanted to interview me and later offered me a full-time position with the agency upon the completion of my degree. I eagerly, yet nervously, accepted the position. I found that my internship had given me an advantage by teaching me some basics about the agency where I was beginning my career.

“Path” continued on page 14

Ohio Counseling Association Political Action Committee



To: Ohio Counseling Association Members
From: Susan Jones Sears, President, OCA-PAC
Re: Advocating for the Counseling Profession
Date: March 15, 2007

Now is the time to advocate for the growth and influence of our profession. You can advocate for counseling in several ways: being as competent and as ethical as possible in your job, becoming an informed citizen and voter, and communicating with legislators and public officials regarding legislation that is important to mental health and school counseling and to the clients we serve.

In its quest to advocate for counselors in all work settings, the Ohio Counseling Association has recently announced the creation of the OCA-PAC, a political action committee designed to help counselors become more influential in the state legislature. Contributing to the newly formed Ohio Counseling Association Political Action Committee is another way to advocate for counseling. The OCA-PAC makes financial contributions to and distributes campaign literature for legislators and elected officials who support our profession and who are responsible to the needs of our clients. As you know, elected officials hold fund-raisers regularly and the counseling associations' lobbyists need to attend the fund-raisers to show support for those legislators and public officials who have been responsive to us. The OCA-PAC does not promote a particular political party but, rather, the PAC supports elected officials or those seeking office, Republican and Democrat, who support school and mental health/clinical counseling.

The purpose of this letter is to ask you to step up and become more active in advocating for counseling by making a contribution to the OCA-PAC. OCA's legislative initiatives can be successful only with the dedication and contributions of its members. **PLEASE JOIN THE PAC BY GIVING TODAY!**

Information on how to join the OCA-PAC follows on page 12

PLEASE COMPLETE THE FORM BELOW TO CONTRIBUTE
TO THE FUTURE OF COUNSELING IN OHIO

Note: Donating by check is recommended. Personal checks and checks from a partnership or a limited liability company are allowed. However, corporate checks cannot be accepted according to Ohio law.

Join OCA's PAC Today!

Name of PAC Contributor: _____

Address of Contributor: _____

Employer of Contributor: _____

Telephone Number: _____ Contribution Amount: _____

Send your check, payable to the OCA PAC, to: Ohio Counseling Association PAC
Lynne Guillot-Miller, Secretary/Treasurer
33 North Third Street, Suite 320
Columbus, OH 43215

OCA PAC is formed in accordance with Ohio Law. It is a voluntary, non-profit political organization and not affiliated with any political party. Ohio Law prohibits a political action committee from accepting donations from corporations. Donations made to the OCA PAC are not tax deductible.

OCA Legislative Advocacy Day Registration Form

Last Name _____ First _____ Middle Init. _____

Home Address _____
Street City State Zip (9 digit)

Home Phone _____ Work Phone _____

Present Position _____ Employer _____

Graduate Student: Yes _____ No _____ University _____

E-mail Address _____

License (circle): PC PCC School Counselor

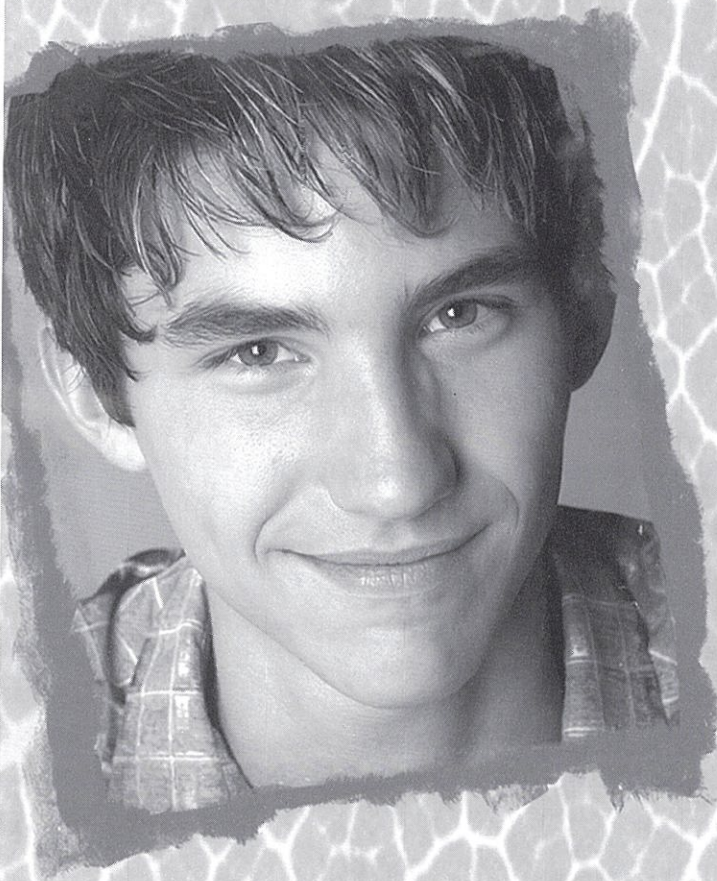
OHIO LEGISLATIVE INFORMATION:

State Senator _____ State Representative _____

Make check payable to: OCA
Send to: OCA c/o 8312 Willowbridge Place, Canal Winchester, OH 43110
Or Fax to: 614-833-5894 Questions? Email at ocaohio@yahoo.com

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“Counselor Awareness Month” continued

Janet Gannon, LPCC-S, my first counseling supervisor, encouraged me to counsel a diverse population of clients to help develop my skills and clinical interests. Janet is the person who arranged for me to begin my training as a trauma counselor, which has become the focus of my professional work for the last fifteen years. I also learned much of what I know about supervision from her. She told me once that it is more important to be respected than to be liked by my supervisees. This has proven to be good advice.

Dr. Cynthia Reynolds introduced me to play therapy interventions and sand tray therapy. I recall being asked to create with clay in one of her classes. When I told her that I dislike the feel of clay, she challenged me to participate in the activity, to stretch my tolerance. Though I continue to dislike working with clay, I do use modeling compounds in my counseling sessions and every time I do, I think of Cynthia’s encouragement and challenge to push myself to try something new. She has certainly helped me to be more effective as a counselor with children.

In my role as a professional clinical counselor and as a supervisor, I have always tried to practice in an ethical manner. I even taught a graduate course in ethics at Walsh University. However, in the past several years, I have become even more conscious of what being ethical really means from Dr. Holly Moorhead, OCA Ethics committee chair. Holly has high expectations of all of us in our profession and has nurtured me in my continuing development. I admire her commitment to training current counselors as well as the next generation of professional counselors to be well grounded in ethics.

Who are the counselors who have influenced you as a professional counselor? Have you told them that you appreciate the encouragement, challenges, nurturing and training they have given you? Do not forget to say, “I appreciate what you have done for me.” The comments will be much appreciated.



“Path” continued

The guiding principles and the mission of the agency had been well learned during my internship experience. I also had a relatively firm handle on many of the everyday procedures that are involved in working for this mental health agency; including the processes for completing paperwork, how clients become involved in our system, the supervision process, and many others. This foundation of knowledge alleviated some of my anxiety during my first week on the job, but also cut my orientation time in half and enabled me to focus on the job at hand.

It is clear that not everyone can be hired by their internship site even if they are exceptional students, simply because timing may not be right or there may not be room in the budget for a new hire. Regardless, my experience moving from intern to employee has taught me that there are several important factors in having a smooth transition into a new position anywhere. First, know the agency you are applying at as fully as possible. Familiarize yourself with their procedures and expectations. Second, find out about the atmosphere of the agency you are interested in being employed by. Talk to employees, note their attitude, and find an agency where the employees seem satisfied by the work they do everyday. Finally, once you are hired take full advantage of any orientation period given. The tasks you are asked to complete and the training you receive are immensely important. Some may seem mundane or tedious, but it is amazing how valuable you will find those lessons later on, when you no longer have the time to investigate how to set up your voicemail or change your passwords.

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Animal Assisted Therapy continued

I have found utilizing Tucker in counseling to be enjoyable and exciting for me and my clients. It is amazing how easily people accept a dog and find acceptance from a dog in a very short period of time. When Tucker is around, we always have something fun to talk about!

If you are interested in finding out more about the human-animal connection, check out the Delta Society's web site at: <http://deltasociety.org/>

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