



GUIDELINES

Vol.13, No. 4

OHIO ASSOCIATION FOR COUNSELING AND DEVELOPMENT

June 1986

SPRING CONFERENCE BRINGS CRIES OF "MORE-MORE"!!



Joan DiRosario's Columbus Session on "Loneliness".



Dr. Nancy Taylor Presenting the "White Person Inventory".

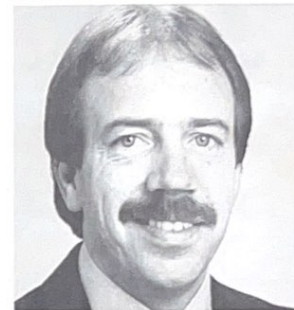


Orville Dean from Glenbeigh Hospital (Cleveland) Presenting "Group Techniques".

OACD's Spring Conference was evaluated by participants as "just what I needed", "better than sessions I've attended at the national level", "a shot in the arm", "the kind of conference in which you really learn something" and "what we need more of".

One hundred OACD members attended the May 2nd and 3rd conference at the Fawcett Center in Columbus. Focusing on mental health concerns, the conference included presentations on role movement integration, AIDS, DSM-III, imagery, family counseling, sexual abuse, eating disorders, and supervision.

CONGRATULATIONS TOM DAVIS, PRESIDENT ELECT



Tom Davis

In the recent election Tom Davis was chosen by our membership to guide us in the 1987-88 year. Congratulations and good luck, Tom!

BY-LAWS PASS OVERWHELMINGLY!

OACD members approved By-Laws changes that will make the organization more democratic, more accountable to the membership, and more representative of grass-root counselors. Among the major changes are these:

1. The Secretary and Treasurer will be elected, not appointed, offices.
2. State Divisions of OACD shall be eligible for one, two, or three votes on the Executive Council depending on the number of unified OACD individual members the division has.
3. Local counseling organizations who want to attain chapter status will (a) have to have at least 30 unified members, and (b) must require OACD membership as part of the chapter membership.
4. A "retired" category for membership was established. Dues will be one-half of the regular OACD dues.

"The Executive Council and the By-Laws Committee unanimously supported the changes sent to the membership for approval. Therefore I am very pleased they passed", said Susan Sears as she reported the vote to the Newsletter Editor. (135 for and 15 against was the final vote).

TOM SWEENEY WINS AACD AWARD



Sweeney

Tom Sweeney, counselor educator from Ohio University, Athens, won the AACD/Carl D. Perkins Legislative Award. This award honors individuals for outstanding state or national legislative achievements that significantly contribute to counselors and their clients. Tom is a former President of AACD and ACES. Congratulations, Tom!

OHIO WELL REPRESENTED AT AACD IN LOS ANGELES.

Susan Sears represented OACD at the American Association for Counseling and Development Convention in Los Angeles in April. Susan participated in the Midwest Business Meetings held on Sunday, April 20th and Tuesday, April 22nd. Strategies for encouraging the participation of "new blood" was one of the main items on the agenda. Frank Burnett, AACD staff member, urged current leaders to reach out to other counselors with new ideas if they really want to continue to grow.

Other Ohioans in attendance at the national convention included



Susan Sears and Bill Nemeck at AASGW Meeting in Los Angeles.

Retta Trautman (OMHCA), Bill Nemeck (Counselor Licensure Board), Jim Wigtil, (President of AASGW), Tom Davis, (OACES), Susan Huss, (Past-President of OACD), Connie Mate, (OSCA), Sandy Weller, (OACD President-Elect), Daisy Tackas, (Toledo), Doris Coy, (OSCA), Judy Morgan, (OSCA), Maryedna Fox, (OACD Newsletter Editor), Jack Cochran, (Akron), Mel Witmer, Martin Ritchie, Jane Myers, Tom Sweeney, (Ohio University), Marlene Purdy, (Bowling Green), Bruce Duke, (Miami Valley Chapter), and Wanda Harewood, (OANWC).



Mel Witmer Receiving Clinical Counselor License No. 3.

FIRST ANNUAL T-SHIRT AWARDS GIVEN AT SPRING CONVENTION

Susan Sears presented the first annual T-Shirt Awards to Doris Coy, OACD Treasurer, Susan Byer, OACD Secretary, Maryedna Fox, OACD Newsletter Editor and Robin Spencer, a staff lawyer at the Joint Committee on Agency Rule Review in the Ohio Legislature. Each person was lauded for the commitment demonstrated and the contributions each has made to the counseling profession in Ohio. Doris is a high school counselor at Whitehall High School in Whitehall, Ohio; Susan Byer is a middle school counselor in the Dublin schools and Maryedna Fox is a high school counselor at Worthington High School.



Doris Coy and Susan Byer

from the President



Susan Sears

Dear Colleagues,

As the 1985-86 OACD year comes to a close, I would like to recognize the contributions of the OACD Executive Council and other supporters of counseling in Ohio. The few sentences that appear here will never capture the extent of their efforts, but I want you to know how hard these individuals are working for the counseling profession in Ohio.

Susan Byer has served as Secretary for OACD. Minutes of our meetings have been the most complete ever assembled! Susan's thoroughness and her command of the English language is exemplary. Susan also contributed as a member of the By-Laws Committee, which was one of the most diligent committees this year.

Doris Coy, as Treasurer, has organized an accounting system for OACD and, in addition, has computerized our budget. The position of Treasurer takes a person that is honest, accurate and independent. Doris possesses all three characteristics plus is willing to help wherever needed in the organization from stuffing envelopes to organizing conferences.

Maryedna Fox has edited the newsletter with dedication and zeal. No one knows the hours this position requires. The fact that it is a volunteer position makes it all the more amazing that we find people who give so unselfishly of their time and skills. I am very proud of the format and direction the newsletter has taken this year and commend Maryedna for her work!

Retta Trautman, President of the Ohio Mental Health Counselor's Association, has supplied the Board with wisdom and humor. Retta analyzes issues thoroughly and expresses her ideas forcefully. Her knowledge about legislative concerns is a help to all of us.

Lorean Roberts, President of the Ohio Association of Specialists in Group Work, is an unending source of ideas. Her creativity and quiet strength has permeated each meeting. Lorean's ideas were the stimulus for the new logo of OACD and her professionalism is a model for us all.

Bruce Duke, representative of the Miami Valley Chapter of OACD, brought lots of energy and commitment to our meetings. Bruce's obvious concerns for counselors in all work settings and his willingness to speak out on issues was appreciated by all of the Council.

Continued on page 5.

LEGISLATIVE UPDATE

The original version of House Bill 593 has changed drastically over the last several months. Early last fall, the first version of H.B. 593 mandated equal coverage for the treatment of alcoholism, drug abuse, and mental illness in all health insurance and health-care delivery plans in Ohio. Facing opposition from insurance companies and questions about costs in implementing such coverage from Ohio Representatives, the coalition of counselors, social workers, psychiatrists, and psychologists supporting the bill were forced to revise their original goals. The current version of H.B. 593 calls for the enactment of a temporary law to create the Task Force on Mental Health, Alcoholism, and Chemical Dependency Treatment Financing to study the need for increasing coverage in health care and health insurance plans, contracts, and policies for mental or emotional disorders and alcoholism and chemical dependency. This version has currently passed the House and is in Senate Committee. Since the Ohio Legislature will only meet sporadically until January, the chances for passage of any legislation in this area are not high.

OACD and OMHCA are planning to survey legislators to determine their views regarding this bill and other mental health issues. Members will be informed of the results of this survey prior to the November election. (Contact Susan Sears for further information).

Maine Needs Elementary School Guidance Counselors.

It is predicted that by this fall there will be a shortage of qualified elementary school guidance counselors in Maine. If a trained counselor is looking for employment, Maine will have some good opportunities.

The recently enacted Maine Educational Reform Act contains a section on guidance which requires all school systems to provide guidance services for all students in grade K-12. Many school systems have been without elementary counselors up to this point. There is a potential for a great number of elementary counselor openings.

The Maine Association of Counseling and Development is bringing this to national attention and assisting Maine school systems in filling their elementary school counselor positions.

Interested candidates should contact:

Cliff McHatten,
Placement Officer
Maine Department of Educational and Cultural Services,
State House Station #23,
Augusta, Maine 04333
(Telephone 207-289-5949)

East Ohio Counselor's Association Elects Marie Paulliko President.

On April 29th the East Ohio Counselor's Association held its Spring Meeting at Youngstown State University. Election of new officers and a presentation on counselor licensure were two main items on the agenda. Marie Paulliko from the Mahoning County Joint Vocational School was elected President for the 1986-87 year. Included in the meeting was a presentation entitled "Counselor Licensure, Where Are We Now?", by Susan Sears, OACD President and member of the Ohio Counselor and Social Worker Board.

Ms. Paulliko has announced plans for EOCA's Fall Meeting to be held on Oct. 21 and 22 in Youngstown. The topic of the fall conference will be "Neurolinguistic Programming."

For information about EOCA's fall conference on Neurolinguistic Programming, please contact:

Office of Continuing Education
Youngstown State University
Youngstown, OH 44555

COUNSELORS AND HIGH TECH

There are several promising applications of computer-assisted counseling: selection and retrieval of career information, selection and retrieval of educational information, career guidance; educational guidance; aptitude and achievement testing; interest assessment; test practice/preparation (e.g., SAT); skill building (e.g., decision making); and self-assessment. Three significant advantages of computer-assisted counseling objectivity, availability, and the capacity to store and retrieve large amounts of information. Computers can be counted on to treat all clients objectively and are not biased by gender or racial/social characteristics. Also, where the client-to-counselor ratio is very high, as it is in most work settings, computer-assisted counseling can be available when the counselor isn't. Of course, clients must be adequately prepared to use computers and follow-up help in interpreting the results of the computer instructions is necessary. Paraprofessionals can assist in these activities freeing the counselor to work with more serious problems. Finally, the enormous capacity to store and retrieve information is one of the most useful characteristics of the computer. With the computer's ability to select, sort, and even combine information, it can provide clients with information beyond the capability of even the finest counselors. Computer-assisted counseling can improve the services you offer to clients. If you haven't already done so, you should become familiar with computer hardware and software. You will be surprised at the options from which you can choose!

from the Editor



Maryedna Fox

It is with mixed emotions that I write this last letter. It has been an exciting and interesting year for me. It has been a pleasure to meet and work with many new colleagues. I have truly come to appreciate

many professional counselors in the state of Ohio. Attending the Board meetings and working on the By-Laws Committee were outstanding opportunities for professional growth.

Thanks to all of you who sent articles over the past year. Special thanks to Youngstown State — I could always count on you. A very special thanks to Susan Sears for her guidance and direction with "Guidelines".

Thank you one and all. It has been an experience that I will never forget.

OMHCA PRESENTS LEADERSHIP EXCELLENCE AWARD

The Ohio Mental Health Counselor's Association presented its 1986 "Leadership Excellence" Awards to Susan Sears and Bill Nemecek for their contributions to the counseling profession and their work on the Counselor Licensure Board. The presentation was made at the OACD Spring Convention



Bill Nemecek and Susan Sears Receiving the "Leadership Excellence" Awards.

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Maryedna Fox Editor	

COUNSELOR LICENSURE UPDATE

The Counselor Licensure Board continues to process applications for licensure. The Counselor Professional Standards Committee was pleased to present a Licensed Professional Clinical Counselor (#3 license) to Mel Witmer in recognition of his years of support and hard work for counselor licensure in Ohio. The presentation was made at the OACD Spring Convention on May 2nd in Columbus, Ohio.

Summary of recent licensure rules filed with JCARR

The Counselor and Social Worker Board filed rules with the Joint Committee on Agency Rule Review in early spring. These rules were promulgated for the purpose of implementing the requirements of Chapter 4757 of the Ohio Revised Code (The Counselor and Social Worker Law). These rules, now in effect, deal with several subjects: requirements for registration as a counselor assistant, requirements for admission to the examination for Licensed Professional Counselors and for Licensed Professional Clinical Counselors, the scope of practice for a Counselor Assistant, counseling areas of competence, counseling supervision requirements for license renewal, continuing education, enforcement and discipline and code of ethics. Copies of these rules will be sent to individuals along with their license. A few of the more important rules are summarized below:

Scope of practice for a Counselor Assistant.

The Counselor Assistant may assist a qualified professional in the practice of professional counseling as defined in Division A of Section 4757.01 of the Revised Code. In assisting qualified professionals, counselor assistants shall not function in their own private practice or collect fees in their own names, shall not use any title other than "counselor assistant" or describe their duties or services in any terms that imply expertise in counseling, shall not diagnose or treat mental and emotional disorders or develop treatment plans, and shall not supervise others in the practice of counseling. (A counselor assistant may be supervised by a licensed professional counselor, a licensed professional clinical counselor, a licensed social worker with at least a bachelor's degree in social work, a licensed independent social worker, a licensed psychologist, or a psychiatrist or other licensed physician.)

Counseling Supervision

Training Supervision is defined as supervision applied to all individuals who are gaining the

experience required for a license or certificate of registration. This type of supervision requires extensive time and involvement on the part of the supervisor in order to help supervisees improve their skills and/or learn new skills. Training supervision shall include one hour of face-to-face contact between the supervisor and supervisee for every twenty-four hours of work by the supervisee.

The purposes of Training Supervision are to provide for the protection of the client, to ensure that an unlicensed person functions within the limits of his/her competence, and to improve the skills of the counselor trainee.

The requirements of Training Supervision are as follows:

1. No licensed professional counselor, counselor assistant, or trainee shall enter into any business relationship for profit with his/her supervisor except as an employee of said supervisor.
2. The supervisee shall not pay a fee or make any other form of remuneration to the supervisor.
3. There shall be no direct family relationship between the supervisor and supervisee.
4. All supervisee reports dealing with client welfare shall be co-signed by the supervisor.
5. Individuals in the process of completing the supervised experience required for licensure may be employed on a paid basis as long as they are practicing with the scope of practice of the license for which they are applying, and are properly registered with the Board.
6. A training supervisee should choose a training supervisor who is licensed or licensable by the Board who has the academic training, experience, and areas of competence to supervise trainees. If the supervisee chooses a training supervisor licensed in a profession other than counseling, the trainee must choose someone with the academic training and experience to supervise the services being provided by the trainee.

To register for Training Supervision, a training supervisee and training supervisor must sign a written training supervision agreement on a form prescribed by the Board and file it with the Board prior to beginning the training experience. The filing of this form is the sole responsibility of the trainee. Upon proper filing of a training supervision agreement with the Board, an unlicensed individual working toward meeting the experience requirements for licensure shall use the title "Counselor Trainee".

Work Supervision is defined as supervision applied to counselor assistants and to licensed profes-

sional counselors who do not have the clinical endorsement but who are involved in the diagnosis or treatment of mental and emotional disorders. (Remember, a licensed professional counselor may engage in the diagnosis of mental and emotional disorders if under the supervision of a licensed professional clinical counselor, a licensed psychologist, or a psychiatrist. The closeness of work supervision shall be structured in accordance with the supervisee's education, training, and experience.)

CONTINUING EDUCATION

Continuing Education requirements for renewal of a license as a licensed professional counselor or a licensed professional clinical counselor are thirty clock hours of approved continuing professional education in the following program areas of counselor training listed in Section 4757.07 of the Ohio Revised Code: human growth and development, counseling theory, counseling techniques, group dynamics, processing and counseling, appraisal of individuals, research and evaluation, professional, legal and ethical responsibilities, social and cultural foundations, and lifestyle and career development.

Profession Disclosure for Counselors

Licensed professional counselors, licensed professional clinical counselors, and register counselor assistants are required to display a professional disclosure statement at a place where services are performed and to make a copy of the statement available to clients upon request. The information that must be included in the professional disclosure statement is as follows:

1. The name, title, business address, and business phone number of the licensee or registrant performing the services.
2. The formal professional education (the academic training related to counseling which meets the educational requirements for licensure or registration as a counselor) of the licensee or registrant, including his/her academic degrees, the institutions awarding those degrees and the dates they were received.
3. The licensee's areas of competence in counseling and the services that he/she provides.
 - a. A Counselor Assistant shall list the following as his/her areas of competence and services provided: "Counseling under the supervision of a licensed professional counselor, licensed professional clinical counselor, licensed social worker with a bachelor's degree in social work, licensed independent social worker, licensed psychologist, or licensed physician."

b. A Licensed Professional Counselor may list any of the following as his/her areas of competence and services provided: career counseling, child and adolescent counseling, personal and social counseling, educational counseling, marriage counseling, family counseling, pastoral counseling, gerontological counseling, rehabilitation counseling, human resources counseling, employee assistance counseling, mental health counseling, consultation, and supervision.

c. A Licensed Professional Clinical Counselor may list any of the following areas as his/her areas of competence and services provided: diagnosis and treatment of mental and emotional disorders, career counseling, child and adolescent counseling, personal and social counseling, educational counseling, marriage counseling, family counseling, pastoral counseling, gerontological counseling, rehabilitation counseling, human resources counseling, employee assistance counseling, mental health counseling, consultation, and supervision.

4. A licensee employed in a private practice, partnership, or group practice must list his/her fee schedule.
5. At the bottom of the first page of the professional disclosure statement, the following words must appear: "This information is required by the Counselor and Social Worker Board, which regulates all licensed and registered counselors and social workers". Immediately beneath this statement, the name, address, and telephone number of the Counselor Board must appear.

Areas of competence and services provided.

When deciding what areas of competence and services provided to list on the professional disclosure statement, the licensee and/or registrant should keep this legal and ethical principles in mind:

1. A copy of the professional disclosure statement must be submitted to the Board upon request.
2. The purpose of the professional disclosure statement is to assist the consumer in making informed judgements and choices.
3. Counselors should be guided by Section A, Number 4 of the Counselor Code of Ethics (adopted as Appendix A of Rule 4757-21-01 of the Ohio Administrative Code): "The Counselor neither claims nor implies professional qualifications exceeding those possessed".

over

4. Licensees and registrants should adhere to the scope of practice of professional counseling and the delivery of services as defined in Divisions A and B of Section 4757.01 of the Ohio Revised Code and in Rules adopted by the Counselor and Social Worker Board.

The above paragraphs summarize the recent rules adopted by the Counselor and Social Worker Board. Complete sets of these rules will be sent to you when you receive your license.

DIVISION & CHAPTER NEWS

THE YEAR IS BRIEF(S)

OACES

OACES had an active, productive year. Some of the items discussed this year included issues dealing with curriculum considerations as a result of Ohio's new licensure law, discussion of new certification standards for school counselors, and supervision issues in counseling. As of July 1, 1986, OACES will require unified membership with OACD. Also a seed grant research program was established for OACES members.

OMHCA

OMHCA — Retta Trautman

It has been an exciting and rewarding year for us. We became the second largest division in OACD and our newsletter "ACCESS" was introduced and became a successful vehicle for communicating with members and friends.

We sponsored several workshops among them licensure and third-party payments. We worked actively to support the All-Ohio and Spring Conferences. We have become more politically active and will remain so. We awarded the Excellence in Leadership Award to Susan Sears and Bill Nemecek for their outstanding work and effort on the Counselor and Social Worker Licensure Bill and as members of the first Licensure Board.

OANWC

Special Announcement

The Ohio Association of Non-White Concerns elected officers at their June 20th meeting. The following persons will serve in leadership positions:

- 1986-87 President:
Anita Jackson (Zanesville, O.)
President-Elect:
Chikako Cox, (Columbus, O.)
Secretary-Treasurer:
Sohrab Dadfar

COACD

Central Ohio Association for Counseling and Development Meets

COACD held its second meeting of the year June 11th in Columbus. The program featured demonstrations of computer software that can improve and complement counseling services. After the program and refreshments, election of 1986-87 officers was held. Terry Wilson, Director of Guidance for Worthington Schools was elected President; Doris Coy, Whitehall Yearling Counselor, was elected President-Elect. MARK YOUR CALENDAR NOW for COACD's fall meeting on October 17th.

Miami Valley Chapter has formed an Ethics Committee to formulate a policy and statement coordinated with OACD and AACD.

A program is planned for October 15th, WOEFA Day. The topic will be "Children Having Children", a cross section presentation by physicians, physical counselors and a panel of teen-age fathers. CEUs are offered and college credits will be given. It will be held at Sinclair Community College. A \$5 fee is required, which includes lunch.

Sonia Sniderman,
Big Brothers-Big Sisters of
Greater Dayton
184 Salem Avenue
Dayton, OH 45406
Phone (513) 220-6850

OACD

Program Development — Hannah Dixon

412 Certificates were issued to Counselors for Continuing Education Units with NBCC receiving copies of the CEUs approved by Ohio. As of June 5th, seven programs had been approved for Continuing Education Units.

Public Relations — Terry Wilson

The committee worked to put OACD out in front and on the minds of counselors by selecting and selling promotional items at the All-Ohio Conference. We assisted with the development of the OACD logo and promotional literature for the OACD Spring Conference. We also developed a script for use with a video promoting the counseling profession in Ohio.

Past-President

Charlotte A. Huddle,
Chairwoman of Nominations Committee

Slates were prepared for the positions of President and Treasurer of OACD and presented the nomination for a one-year term for Secretary. Election was held for these offices and the winners presented to the OACD Board.

MENTAL HEALTH CLOSE-UP

Women opposed to classifying PMS as a mental illness

Paula Caplan, a psychologist from the Ontario Institute for the Study of Education, the Association of Women Psychiatrists, and the Coalition Against Misdiagnosis are seeking to stop the American Psychiatric Association from adding "premenstrual dysphoric disorder" to the Diagnostic and Statistical Manual of Mental Disorders (DSM-III), a guide used widely for diagnosis, treatment, and insurance reimbursement for mental illness. Groups opposed to the idea believe the label will be used to discriminate against women who are not in any way ill. Dr. Caplan pointed out that men with hormonally based mood changes are not classified as mentally ill. "You don't see them proposing a new category of illness for post-vasectomy depression", she stated. A committee of the American Psychiatric Association is studying two other controversial proposed additions to the DSM-III:

- Masochistic personality disorder: described primarily in women and characterized by remaining in an abusive relationship. Caplan says this perpetuates the misconception that women bring problems on themselves, and

- Raraphillic rapism: a sexual perversity in men who are sexually aroused only when forcing others into sex. Opponents believe such a category might be used by lawyers to keep rapists out of prison.

A final vote on these proposed additions will take place in November.

Helpful resources for those who counsel teens

Have you updated your mailing list lately? The organizations listed below may have resources to assist you as you work with adolescents and young adults:

- **Foundation for Children with Learning Disabilities**, a national institution devoted to public awareness of learning disabilities.

The foundation offers two resource publications: *Their World*, an annual publication with stories about families who have coped with learning disabilities, and *FCLD Learning Disabilities Resource Guide*, which features state-by-state listings of schools, colleges and diagnostic centers.

For a copy of *Their World*, send a check or money order for \$4 for postage and handling to FCLD, Box 2929, Grand Central Station, New York, N.Y. 10163. For the guide, send \$10 to the same address.

- **Association for Children and Adults with Learning Disabilities**, a non-profit group of parents and volunteers.

For a package of information on learning disabilities, write 4156 Library Rd., Pittsburgh, PA 15234, or call (412) 341-1515. Specify an interest in information for children or adults. Send \$1 for postage and handling.

- **Orton Dyslexia Society**, a non-profit organization dedicated to children and adults with dyslexia (reversing letters or words—such as not being able to tell "b" from "d" or "on" from "no"), offers a packet of materials. Send \$1 to Dept. USAT, 724 York Rd., Baltimore, MD 21204.

- **The Council for Exceptional Children** will send you information on learning disabled and gifted children. The address: 1920 Association Drive, Reston, VA 22091. Please send a self-addressed, stamped envelope.

- **The American Academy of Child Psychiatry** offers numerous free fact sheets including *Children and Divorce*, *Children Who Steal*, *Teen-agers With Eating Disorders*, *Teen Suicide*, *Bedwetting*, *Making Day Care a Good Experience*, *Children Who Can't Pay Attention*, *Children and Grief*, *Child Sexual Abuse*, *The Autistic Child*, *Children and TV Violence*,

A Comprehensive Two-Day Workshop

SEX THERAPY STRATEGIES FOR PROFESSIONALS

To Be Led By Robert W. Birch, Ph.D.

May 3-4, 1986—Pittsburgh, PA
June 21-22, 1986—Cleveland, OH
August 16-17, 1986—Indianapolis, IN
September 27-28, 1986—Louisville, KY



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Columbus, Ohio 43221-2154
(614) 457-3979

Children and Family Moves, The Adopted Child, Children of Alcoholics.

Specify which brochures you want when you write AACCP public Information, 3615 Wisconsin Ave. NW, Washington, DC 20016. Please enclose a self-addressed, stamped envelope (1-2 copies, 22 cents postage; 3-8 copies, 39 cents postage; 9-10 copies, 56 cents; 11-16 copies, send large envelope, 73 cents postage.

- **The National Clearing House for Alcohol Information** has numerous free alcohol-related brochures. Write the clearinghouse for a publications list at: P.O. Box 2345, Rockville, MD 20852.

- For a copy of **Planned Parenthood's Teen Sex? It's Okay to Say No Way**, contact your local Planned Parenthood or send 50 cents to Planned Parenthood Federation of America, 810 Seventh Ave., New York, NY 10019.

PRESIDENT'S LETTER

Continued from page 2

Jim Glendening, chair of Government Relations, also chaired the By-Laws Committee. Both of these positions are critical ones in an association such as ours. Jim's willingness to do both and do them both extremely well comes as no surprise to those of us who know him. Jim always gives extra effort to any challenge. Thanks, Jim!

Terry Wilson, while serving as Public Relations Chair this year, has defined public relations a bit differently. Terry has become involved in many different aspects of the association to assist us in organizing a clearer image for OACD and, in some cases, just let people know we exist. T-shirts, note pads, lapel pins, and decals are strategies that have been used throughout the year to publicize the association. Terry's major project has been the development of a video tape about counselors for use as a public service announcement by television stations. Terry's image of public relations has enhanced the image of OACD!

Laura Keller, President of the Northwestern Association for Counseling and Development, contributed through her objectivity and careful attention to detail. Her leadership in the Northwest Chapter was outstanding! It's good to know that Laura will be serving as OACD Secretary next year.

Hannah Dixon, Professional Development Chair, has monitored Continuing Education Hours this year. She has organized the CEU information by utilizing computers. Again, this position is very time-consuming and Hannah is to be commended for the time and cool efficiency she has brought to it.

Barbara Dzur, President of the Ohio Career Development Association, also served on the Nomina-

tions Committee. Barbara's historical perspective of OACD was most helpful as we drafted a revision of the by-laws. In addition, her work on the Nominations Committee was important to the successful conduct of the election.

Anita Jackson, representing Southeastern Ohio and co-chairing the Conferences Committee, was, with Chikako Cox, responsible for a successful series of Winter Workshops. These workshops were the first efforts of OACD to provide more in-depth skill-building opportunities for its members. In addition, Anita has provided leadership in increasing membership and in encouraging involvement in the Southeast Ohio area.

Chikako Cox, Co-chair of the Conferences Committee, contributed to the successful series of Winter Workshops mentioned above. Further, Chikako's assistance at the Spring Convention was instrumental in the outstanding evaluations it received. From organizing programs to securing equipment, Chikako kept us all on task!

Sandy Foster provided the stimulus to revitalize the East Ohio Counselor's Association. Thanks, Sandy. You do good work whatever you do!

Connie Mate, President of The Ohio School Counselor's Association, worked hard to make the 1985 All-Ohio one of the best conventions ever.

Susan Huss, Chair of the Committee to Revise the Policy Manual, spearheaded the revision of an out-dated policy manual—a task that is really no fun at all. However, Susan tackled it in her usual efficient manner, and we now have a published policy manual to give to new Executive Council members.

Daisy Tackas and **Susan Huss** deserve my thanks for attending the Midwest Regional Assembly last fall and the Midwest Business Meetings in Los Angeles. Their knowledge of the structure of that governing body was a great help to me as I represented Ohio. (Susan Huss is chairing the OACD Midwest Planning Committee to get ready for the 1987 Midwest Regional Assembly which will be held in Toledo).

Sonny Ward's continued interest in legislative matters has enabled him to serve as a valuable resource to OACD and to OMHCA.

Charlotte Huddle, chair of the Nominations and Election Committee, has just conducted an efficient election for Secretary and Treasurer. Thanks, Charlotte!

Tom Davis, President of OACES, (also President-Elect of OACD) worked on the By-Laws Committee and was active in planning for the Spring Convention. Tom's clear thinking, his congenial manner and cooperative spirit contributed to the open discussion of issues on the Council this year and I'm sure they will also in the future.

Marcia Fear-Fenn, Chair of Archives, is very progressive in her thinking. Her knowledge of the association and her insight has been a plus at Council meetings.

Jim Wigtil, Chair of the Awards Committee, with his national experience in associations, has suggested more efficient ways to handle the award process in OACD. Thanks, Jim. We needed that!

Rick Kelsey and **Wanda Harewood** have recruited new leadership for The Ohio Association for Non-White Concerns. An election of officers has occurred for the first time in several years. They have laid the groundwork for a vital division to exist in this state.

Carol Morgan contributed her leadership skills to the Greater Cincinnati Association for Counseling and Development. Thanks, Carol!

As president of OACD, I wanted to build a community of counselors committed to continued development of professional counselors. To achieve that goal, I have encouraged involvement of counselors never before active in association work. Those individuals, working with seasoned veterans, created a stimulating, productive, and progressive year. Not only has the association improved, but so have they. Say, it is not too late for you! You can get involved, too! OACD is us—you and I. WE NEED YOU!

Best wishes to Sandy Weller for 1986-87.

Susan Sears

OACD NEWS FLASH

JIM WIGTIL ELECTED

OSU Professor of Counseling James Wigtil has taken office as President of the American Association of Specialists in Group Work. It is quite an honor for an Ohioan to serve on the national level. Congratulations Jim! We are proud of you!

AND

Martin Ritchie was elected as Treasurer of OACD and will serve a two year term. He is a counselor-educator at Ohio University.



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Before It Hits: COUNSELOR BURNOUT!

By Jan Gill-Wigal
Assistant Professor
Youngstown State University

Although much has been written about what burnout is and how it affects those in the helping professions, little seems to be done on preparing graduate students for recognizing the signs of burnout and learning more adaptive ways of caring for themselves. Therefore, many new counseling graduates start their first counseling job with unrealistic expectations, undending energy, and a sense of "no one else can work with this client as I can". These expectations get reinforced by many very tired staff members who look to and pull from the energy of the beginner. It doesn't take long for the beginning counselor to become exhausted and for that exhaustion to take its toll personally and professionally. This article is an attempt to have counselor educators look at burnout while students are still preparing to be counselors and to help students address their own needs in an attempt to ward off burnout before it occurs.

According to Edelwich and Brodsky, burnout refers "to a progressive loss of idealism, energy and purpose experienced by people in the helping professions as a result of the conditions of their work." (p.14). As one looks at this definition, many important words and phrases surface in terms of the work/experiences of the counselor and those educating counselors. First of all, it is important to look at the progressive nature of burnout. Those of us teaching in counselor education programs may find ourselves unwittingly contributing to the burnout process. We expect from our students excellent work and mastery of the written work and practical experience. We ask students to read the journals and so supplemental reading to enhance understanding on specific topics. Our counselor education programs require fieldwork and long internships. In addition, most of our students are working, many of them full time. I'm not advocating that we discard our high expectation for quality work and strong ethics from our students. What I am suggesting, however, is that we start looking at our students as whole human beings whose needs extend beyond the classroom. We need to start educating our students in taking care of themselves so that the burnout process doesn't start in graduate school, progress through the first few years of counseling experience and end in another good counselor leaving the field. Counselors-in-training need to be encouraged to not abandon sources of entertainment and stress reduction in their own lives. Educators should encourage their

students to have more to their lives than the counseling profession. Individual counseling departments can bring in speakers on nutrition, exercise, spirituality, kicking habits and relaxation to encourage students to learn more about and take care of their personal selves. Counselors-in-training can be encouraged to use each other for support in developing more healthy, well-rounded lifestyles. Support groups can be established to reinforce maintenance of a healthy life style.

Beginning counselors need to be clear personally as to how idealistic they are and whether or not their expectations are realistic and attainable. They need to work on using their energy effectively and efficiently. They need to look internally for reinforcement and not depend on their clients, supervisors or peers.

With all of the above in mind, some beginning counselors may need personal counseling so that problem areas in their own lives don't block their personal and professional competence. Counselor educators should not be expected to provide counseling services for their students, since they not only need to consider the ethical ramifications, but need to also protect themselves against burnout. Most institutions of high education have counseling centers where students can receive personal counseling while balancing their many responsibilities.

Counselor educators need to expose students to what burnout is, what the symptoms are, and ways to cope with burnout. This can be done a number of ways — speakers, lectures, encouragement. Even with budgetary limitations, counselor educators can challenge their students to look beyond professional competence to personal gratification and renewal.

WHEN YOU FINISH READING
THIS COPY OF GUIDELINES—
Share it
with a colleague
who is not a member
of OACD!
Encourage others to join!

OACD CLOSE—UP

Tom Davis,
Counselor-Education at Ohio University
President-Elect

When I get depressed I usually go: *for a run.*

Working on: Professionally and personally: *My professional plan is establishing a career as a counselor-educator. My personal plan is finding the right balance in life.*

My most rewarding experience: *Being a father.*

Pet peeve: *Aid to the contras.*

The best advice I ever got: *Join the counselor-education staff at O.U.*

When I was in high school counselors were: *Non-existent.*

Favorite counseling task: *running groups with problem youths.*

Life has taught me that: *There is some good in everything.*

The last good book I read was: *Pathways to Personal Growth.*

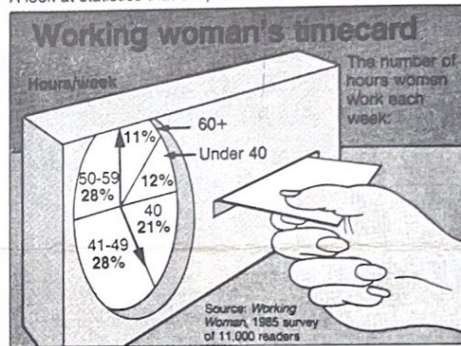
My parents always told me: *"Tom, you really don't want to be a barber, do you?"*

The worst thing about OACD: *Losing Susan Sears as President.*

The best thing about OACD: *Gaining Sandy Weller as President.*

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By Marcy Eckroth Mullins, USA TODAY

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