

# MAINE COUNSELING ASSOCIATION NEWS & VIEWS

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SPRING 2012



Sketch by Martin Gallant - MeCA Historian

## From the President - President's Speech - MeCA's Annual Conference - April 3rd, 2012

By Traci Small, MeCA President

"Good afternoon! We know it is difficult to take time away from work or your personal life, so we thank you all so much for choosing to be here with all of us at our conference.

For those of you that don't know me, I am Traci Small. Currently I serve as the Counseling Director at Camden Hills Regional High School that isn't too far from here, just down the road in fact. I came to Maine in 2001 from MA, and haven't looked back. We live in a great state, unique in so many ways. Everyday I take a moment to appreciate this great place and the people I have met.

First off, I want to thank you, MeCA's members, for the opportunity to serve as your president this year. The personal and professional growth that being involved in MeCA has allowed for me has been a very rewarding and memorable experience. From attending the regular Executive Board and Conference Committee meetings hosted by Husson University to the amazing opportunities to travel to the American Counseling Association National conferences in New Orleans last year and this year to San Francisco.

A very big thank you goes out to my mentor and colleague, John Parkman. Many of you already know him; he has been around for almost 40 years in this profession! Without his encouragement, I may have never embarked on this journey of joining MeCA. His true passion for this profession, coupled with his sincerity and kind heart, has helped me to take the plunge into this leadership opportunity. I also want to thank my fellow school counselors, Cindy Vohringer and Judy Ottmann with all of their years of mentoring and support. In addition, they "held down the fort" at the office while I attended our meetings and conferences. This opportunity has truly been a memorable experience and I would encourage all of you who are in this profession, to either be a mentor or become a mentor to someone in our field.

I also want to extend a huge thank you to my principal, Dr. Nick Ithomitis (who was actually here yesterday) and my Superintendent, William Shuttleworth, for, without their support for this opportunity, I would not have been able to join our Board. For those of you with bosses, I can only hope that you would receive similar support as you take on different roles and leadership responsibilities within our profession.

And one more thank you goes out to everyone on the Executive Board for allowing me the chance to work with you. Each and every one of you are amazing and offer so much to our Board. Your passion for your work and the experience you bring is priceless. At this time I'd like to ask the Executive Board to please stand and say hello to the group. Thank you everyone. Now if the Conference Committee could please rise. These folks have worked hard throughout the year to organize this conference, so let's please thank them. Also let's give a big thanks to our conference co-chairs, John Yasenachak and Jim Davis.

If anyone here is interested in learning more about the potential for professional development opportunities within MeCA, please feel free to approach me or another Board member anytime to ask questions. We are always looking for emerging leaders. Our branch and profession depends on this.

As I mentioned earlier, I was in San Francisco just this past week at the ACA annual conference. There were over 4500 counselors from across the US in attendance. For those of you who haven't been to the ACA conference, I would highly recommend the adventure. The opportunity to travel to exciting places and meet counselors from all over the nation, who work in such varied fields within the Counseling profession is awe inspiring. I always knew that I loved being a professional certified school counselor, but after the



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## FROM YOUR NEWSLETTER EDITOR

**Lisa Manter**

Please do not hesitate to send articles for our next newsletter. As a counseling organization we believe it would also be exciting to hear from some of our students of any age. Additionally, if you would like to submit an advertisement, send or email a camera-ready ad. Your advertisement will run in 3 consecutive issues of News and Views. Please send your check for \$100.00 (made payable to MeCA) to:

Lisa Manter, John Bapst. Memorial High School, 100 Broadway, Bangor, ME 04401. If you have any ideas, articles or questions you can email Lisa at: [lmanter@johnbapst.org](mailto:lmanter@johnbapst.org).

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## From the President - con't.

opportunity to meet counselors all over the US that work in our field, I know even more how fortunate I am to be involved in this very satisfying career.

The Keynote speaker this year at the conference was Dr. Irvin D. Yalom, one of the most influential psychiatrists and authors of popular "teaching novels". In his keynote, he shared moving recounts, which were written in story format, about his sessions with his clients. It was difficult to keep back the tears as he shared very intimate details about these interactions. One client dealing with their impending death due to ovarian cancer and another client dealing with the death of a close friend. The overall theme was how therapy helps and how counselors can know that therapy helps. He is a strong proponent, as evidenced by his writing in *The Gift of Therapy*, that each client should receive a unique therapy experience because each patient has his or her own unique story.

A few of the Education sessions I had the opportunity to attend included:

- 1) The Counselor and the Law: Avoiding the Dirty Dozen Legal and Ethical traps,
- 2) Enhancing Counselor Community Engagement in Bullying Prevention Efforts: and
- 3) New Perspectives on Comprehensive School Guidance and Counseling Programs.

John Yasenchak (our current Presidentelect) and I also had the fortunate opportunity to attend the ACA Branch Awards ceremony. Maine was awarded a Best Innovative Practices Award due to the submission from John. We were awarded this based on the annual four hours of professional ethics trainings that are conducted by Dr. Jeri Stevens and Dr. Deb Drew at the MeCA conference. These counselor educators have expertise in professional ethics and standards of practice. (Deb and Jeri, can you please stand?)

Jeri has been presenting since 1988 and Deb for over a decade. Deb has also served on the Board since 1984 and twice as the President of MeCA. We are so fortunate to have these veteran counselors as part of our annual conference. We received this plaque, a free conference registration for next year's annual conference and \$250 for expenses. A big thank you goes out to Deb and Jeri for your preparation, and the personal time and effort you put forth for these wonderful trainings.

While I enjoy all types of professional development opportunities, what really brings it home for me is the reality of the work we do each and every day. It's the student or client that we look forward to seeing in our classroom or office. (Or even those we don't enjoy seeing!) These clients challenge us personally and professionally. They make this work real and allow for us to become even better professionals and better people.

So what do we all do? I know folks who are not in this field often wonder and what can we tell them?

Taken from the ACA's definition, "Counseling is a professional relationship that empowers diverse individuals, families and groups to accomplish mental health, wellness, education and career goals. "While I agree that this statement is true, I also believe we all entered(or about to enter that goes out to our grad students!) this profession because we care about others and we want to help.

I thank you all for caring and helping; these are some of life's simplest yet the most meaningful gifts that we as human beings can give to one another.

Again, thank you all for being here today! We are delighted with such a wonderful group this year. Thank you! Thank you!"

## MeASGW: "Regrouping"

**By Marj Bugess, LPC The Center for Creativity in Counseling, LLC**

If you have an interest in the use of groups as part of your work as a counselor, please consider a membership in MeASGW. Through membership you'll find avenues for networking with other professionals, professional development in group process, including contact hours for licensure renewal, and the opportunity for group advocacy in Maine.

During our MeASGW meeting at breakfast on April 3rd during MeCA's annual conference, we discussed renewing energy and interest in MeASGW. Eric Rutberg has reiterated his interest in the presidency; Annette Nelligan volunteered for the position of secretary; and Eric will talk with various people about their willingness to step in as president-elect. When this last piece is finalized, then we will ask for a vote for this slate of officers. Thanks to both Eric and Annette for your fine support.

Terry Mitchell and Marj Burgess will be in touch with the University of Maine, USM, and Husson in order to talk with graduate students about MeASGW. We decided that to offer free membership for graduate students would be helpful.

John Yasenchak and Marj Burgess will make plans for a couple of professional development workshops pertaining to groups to be held during the year.

We hope you'll consider joining MeASGW.

# Greetings from Northern Maine!

**By Jill Cairns, NoMECA President**

I would like to begin by saying that the Northern Maine Counseling Association is a wonderfully supportive, fun and hard working group of people that have been a pleasure to work and collaborate with over the last two years. This past year has been filled with productive meetings – the first being held at the University of Maine at Presque Isle, then the University of Maine at Fort Kent and Northern Maine Community College. We also had a training session from the College Board at the Houlton Education Center. It was great to have the opportunity to see firsthand what the colleges in Northern Maine are accomplishing! We ended the year with our traditional dinner to honor all of our Administrative Assistants. Dinner was hosted by Husson University and is always an event that the entire group looks forward to....many thanks to Carlena Bean for this fantastic event.

The Association is also partnering with the three Northern Maine colleges to host a Career Fair for all of our Aroostook County sophomores next spring. We hope to bring in a wide array of people who can showcase their professions to our sophomores. Our goal is to expose our students to as many career fields as possible using a fun and interactive environment. We are looking forward to the event.

As I leave my position as Northern Maine Counseling Association President, I would like to take a moment to thank all of my County friends for your support and encouragement as your President. It has been an incredible experience getting to know each and every one of you and I look forward to many more years of working together ahead! A special thanks to Mary Warren (Presque Isle High School) who served as our Treasurer as well as Sadie Shaw (Central Aroostook High School) and Andrea Hallett (Van Buren District High School) who both served as our Secretary. I wish the best of luck to Mary Warren as she takes over the reigns as President next year and Sadie Shaw who will continue as Secretary as well as Treasurer.

Wishing you all a great summer!

Jill Cairns, Northern Maine Counseling Association President  
Director of Admissions, University of Maine at Fort Kent

## DECA News

Down East Counseling Association continues to make progress planning the Fall Post-Secondary Forum at UMM. Officers from DECA will be attending the Down East Principals Association meeting this Friday, March 9 to update area principals on the status of the project. We are continuing our search for an exciting and motivating guest speaker for the Forum. Invitations have been sent out to over 60 colleges and RSVPs are beginning to come in. DECA members are also soliciting area businesses for donations for the event. Machias Savings Bank has made a very generous donation and Whitney's Tool Shed has committed to donating a tent to house the luncheon.

## MeCA-CR News

**By Dr. Eric Rutberg, MeCA-CR President**

Dear Colleagues,

The Central Region of MeCA is proud to report that our Imago Therapy workshop, in January, was well attended. We enjoyed the terrific insights of Joel Lavenson, LCPC, great food and terrific company. We even added a few new memberships!

At the CEU workshop, Julie Libby (our president-elect), workshop attendees and I discussed and decided that the focus of our regional leadership needs to be on creating affiliation among current members of the Central Region and recruiting new members. To that end, we hope to host an informal meet and greet one time before the annual conference.

At the upcoming conference, I will rather unceremoniously pass the Presidency Torch to Julie. We will be looking to elect a Vice President and Secretary at that time as well. If you would like to nominate someone (or yourself) please feel free to contact me ahead of time or at least raise your voice at the regional meeting at the Conference.

I have found the last three years as regional president to be very rewarding. The summer leadership institute is an award-winning process and one which has been professionally rewarding. Indeed. Getting to know our association leaders has been personally rewarding as well. Speaking of professional development, please consider attending my workshop on "The Psychobiology of PTSD" at our upcoming conference.

All my best !

# A Note from Maine Career Development Association

By Deborah Walsh, President, Maine Career Development Association

Dear Colleagues,

Your Executive Board continues to work hard to represent career counselors in Maine and bring you valuable professional development opportunities. We have also focused this past year on representing career counselors working in as many settings as possible. In that effort we moved the annual conference to July to make it more accessible to high school counselors. Unfortunately we heard from so many of you that this date interferes with standing vacation plans and you will not be able to attend. As a result we have **cancelled the 2012 Annual Conference**. Since we also received feedback that the topic, *Advocating for Career Development: Making a Difference for Your Clients and Your Profession*, is of interest, we will look at bringing it at a later date.

### **Membership Renewal:**

MCCA's fiscal and membership years run from July 1 – June 30. Be sure to renew your membership to receive all the benefits of membership, including voting rights, discounted conferences and workshops, and access to the CareerWell webinars. We are also contemplating an increase in dues. Renew now for the current rate of \$10 a year!

**Renew now at :** <http://www.maine-cda.org/membership/>

### **Announcing the Fall Workshop!**

We are also already looking ahead to the 2012 Fall Workshop. Board members Barbara Michaud and Celia Vistica will be co-chairing this event as MCCA presents

**Post-Secondary & Career Issues Faced by  
Individuals with Autism Spectrum Disorders  
Presented by Jane Thierfield Brown & Laura H. DiGalbo  
November 1, 2012  
The Calumet Club in Augusta**

We are all seeing many more clients diagnosed with Autism Spectrum Disorders (ASD). This workshop is geared toward developing skills and tools to help those individuals successfully transition from secondary to post-secondary education, and then navigating post-secondary education and entering employment. You won't want to miss this powerful, hands-on workshop. We will also conduct our Annual Meeting at the workshop.

**Register now at:** <http://www.maine-cda.org>

### **What about the Annual Meeting?**

As I wrote in the March newsletter, we have some exciting business to address in the annual meeting, including revisions to the bylaws and a change in our membership dues. The Annual Meeting will be a part of the Annual Workshop, described above, and we address these issues then. Be sure to attend and participate in the governance of your organization!

I look forward to seeing you at the 2012 Fall Workshop and Annual Meeting! All are welcome, even if you are not an MCCA member (yet)!

Sincerely,

**Deborah Walsh**

President Maine Career Development Association  
M.S. Counseling, NCC

# Vision and Action *(with a shout-out to our students!)*

By John Yasenchak, President-Elect

Greetings to All MeCA Members!

I've decided to write this article as a letter in order to share some thoughts I've had over the last few months regarding our professional identity and professional associations. Traci (our president) and I both had the opportunity to attend the ACA national conference in San Francisco in March. Immediately following that wonderful experience was MeCA's annual conference at the Samoset. The experience of attending both of these events back-to-back turned out to be a wonderful opportunity for reflection on our mission and the mission of the profession in general. I am a firm believer in the need for "clear intent" and also "identification with an ideal". Intentionality and Identification guide our actions, whether we know it or not. The more conscious we are of both, the more directed are our actions. When we imagine our Ideal and when we intentionally direct ourselves toward it, we have an opportunity to give expression to our deepest values through our work and our relationships. This obviously takes practice. Both conferences provided, for me, an opportunity to reflect on vision, intention and practice. The following are just a few of my thoughts that I would like to share with you.

The more personal connection with ACA in San Francisco was a gift. Yes, it was wonderful to hear Yalom's moving keynote and it was great to meet the folks of the North Atlantic Region. But what emerged for me throughout those few days was a real strong identification with the mission of the American Counseling Association. ACA states:

*The mission of the American Counseling Association is to enhance the quality of life in society by promoting the development of professional counselors, advancing the counseling profession, and using the profession and practice of counseling to promote respect for human dignity and diversity.*

What professional ideal could be nobler? Despite the diversity of practice and philosophy represented at the conference, the energy around this vision was palpable. I felt very proud to be a Professional Counselor (who is both a mental health counselor and a counselor educator). I was a member of ACA when it was APGA and then ACDA. This current experience of ACA was refreshing

I thought of the folks back home. Especially when Traci and I accepted the North East Region Best Practice Award for the ethics workshop contribution that Dr. Deb Drew and Dr. Jeri Stevens make to the MeCA conference each year. A week later, I attended the MeCA Conference in a way that I have not before (over the last twenty years!). First of all, this year, I was a member of the Conference Committee. I had the opportunity to see all of the incredibly dedicated (and volunteer) work that goes into producing the conference. Secondly, I walked around and dropped in on several workshops. In addition to being impressed by our keynote, Dr. Lynne Mikal Brown, I was also struck by the array of talent represented and the diversity of practice right here in Maine! Thirdly, I had the opportunity to talk with all of you (my colleagues) in the workshops, during the meals, and at the social. After the conference, I pulled out our ByLaws and re-read Section One that describes MeCA's purpose. Take a moment to read:

Section 1: The purposes of the association are to enhance individual human development and to advance the discipline of counseling by:

- a. Conducting educational and professional meetings and conferences
- b. Stimulating, promoting, and conducting research
- c. Publishing educational and professional literature
- d. Advancing high standards of professional ethics
- e. Informing and educating the general public about the counseling profession
- f. Establishing contacts with various organizations with common purposes
- g. Examining conditions which create barriers to personal growth and working to remove them
- h. Support the development of state divisions corresponding to those existing in the ACA structure
- i. Encouraging state divisions to cooperate with related state governments in the promotion of common objectives

Think about Section 1(a-i), in light of the national ideal articulated by ACA. Each of the stated purposes represent an action step. Each of the steps are tied to professional identity and represent needs in our community. Take, for example, Section 1 (e). I don't think I have ever known a time when the need for advocacy regarding the role of the professional counselor was greater! The vision of ASCA for the professional school counselor often conflicts with the older views of "guidance". Mental health agencies sometimes do not fully understand the role or training of the professional mental health counselor. Issues emerge ranging from curriculum to reimbursement, some of it driven by emerging national standards. Advocacy in these areas represents just a few of the "actions" addressed by MeCA in light of the ACA Ideal.

Another area I thought about, one that I personally feel to be very important, is our mentoring of students, both graduate and undergraduate, who aspire to be professional counselors. What a responsibility for us! I was thrilled to see so many students at the MeCA Conference this year and grateful to MeCA for providing the scholarships to the graduate programs. In talking with some of the students, I became aware of how important attendance was to them. Here is what some of them had to say:

*"The conference was great, in that, I found myself really draw to all kinds of people who work with kids with special needs.....I really did enjoy the conference tremendously and will say that as a young up and coming counselor, I felt truly embraced and encouraged by the veteran counselors in the field. What a tremendous boost to my self-esteem and a nice push toward the future. If there is any way to pass that feedback along to those running the conference, I can honestly say it was one of the most invaluable experiences of my career"*

*"The conference was such a valuable experience for a student like myself aspiring to be a counselor. It helped me to connect to other professionals and to see all the issues in the State of Maine"*

*"It was so great to meet new friends and make connections with other counselors. I loved the comradery with the other counselors and confirmed where I want to be for my second career!"*

*"Great experience, regret not signing up for the second day. I really enjoyed the presentation and group discussion on technology and how it applies to counseling, records and the direction things are moving, and the Key Note speakers presentation on sexualization of girls in the media, very eye opening. Next year will definitely be staying over and attending the full conference."*

Several graduate students presented either poster sessions or workshops. All very impressive. Equally impressive were the students from Unity College who attended with Dr. Don Lynch as part of the adventure therapy program at Unity.

MeCA and ACA provide a "home" for us, a context in which we can express our deepest humanitarian values and identify with a larger vision – a vision that is dedicated to upholding the quality of life in a world that is sometimes much challenged. I've grown to appreciate each and every contribution made: attendance at the conference, participation in some form of leadership, involvement in any of the "actions" stated above – but most importantly, you're day to day contact with children, adolescents, elders, families, people of every culture and way of life, where you have an opportunity to represent the values that our associations stand for.....all those stories! Thank you!

John Yasenchak  
President-elect

# ACA/NAR Report

By John Parkman, ACA/NAR Representative

The latest news from the  
**20/20 Committee---A Vision for the Future of Counseling.**

For the first time in our history the counseling profession has agreed on a common definition of counseling.

*“Counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education and career goals.”*

At the 20/20 Committee Meeting in San Francisco on March 22nd the following was addressed:

1. Counselor Licensure Title (see below for the status report for the Workgroup on *Licensure Title*)
2. Counselor License Scope of Practice (Criteria/Standards/Ethics/etc.)
3. Counselor License Education Requirements Consensus for Portability

Oversight Committee, 20/20 A Vision for the Future of Counseling

Kurt Krause, Facilitator

Licensure Title Workgroup (Burt Bertram, Chair)

Edward Cannon, ALGBTIC

Joseph Dear, ACA

Shane Haberstroh, ACC

Adriana McEachern, Southern Region

**John Parkman, North Atlantic Region**

Tom Schofield, ACES

Laura Veach, IAAOC

Rosie Woodruff, Western Region

Subject: Status Report / Recommendation and Vote on Title

## Workgroup Charge

The Licensure Title Workgroup was charged with the following responsibilities;

- Review and contemplate the outcome data from the Fall 2011 Delphi process results,
- Develop a consensus-driven Counselor Licensure Title, and
- Craft a Statement in Support of the recommended title.

## Workgroup Product

### **Licensed Professional Counselor (LPC)**

*The Portability Licensure Title workgroup endorses the title of Licensed Professional Counselor (LPC) for licensure portability. This title clearly communicates to the public that it is inclusive of all counselors, and is the most consistent with terms used by most states and jurisdictions. Placing the term “licensed” prior to the word “counselor” designates that there is a clear pathway of specific requirements that must be met by applicants to hold the title. The term “professional” indicates that the counselor is a trained and skilled professional who develops a specialized relationship with clients. This title reflects the scope of practice of counselors and is one that state licensure boards might more easily adopt.*

*The workgroup also recommends that specialty titles/designations (e.g. Mental Health Counselor, Substance Abuse Counselor, School Counselor, etc.) be developed and standardized. With time the LPC will become as commonly understood as the MD and counselor specialties will become as well known/understood as medical specialties (Orthopedic Surgeon, Internist, Family Physician, Pediatrician, OBGYN, etc.)*

Note: ***There was a vote to accept this title, “LCP” as the common title used by all Counselors-Passed 22 yes. 2 no***

## Workgroup Review & Contemplation of Delphi Data

Members of the workgroup reviewed Licensure Title data from results of the Delphi process. Ten items seemed to have the most support.

1. Communicating clearly to the public what license the person holds
  - Simple and clear is what we want so that the general public “gets it.” Licensed Psychologist and Medical Doctor are two examples of license titles that are clear, simple, and unambiguous.
2. That we are “Licensed” or otherwise approved by the state
  - Given all the effort we have expended in the past 40 years to achieve licensing in all 50 states, including the word “licensed” is essential.
3. There can be a clear pathway for all counselors to meet the requirements
  - A title for independent practice (LPC) and a title for post-degree / pre-licensed counselors (e.g., Registered Intern



or Associate Professional Counselor or Associate Intern) who are working under supervision for the prescribed amount of time can become standardized across the country. Individuals who are considering entering the counseling profession can then obtain a clear understanding of the pathway to independent practice.

4. Have a license title such as Registered Intern or Associate Counselor for candidates working toward fulfilling licensure post degree supervision requirements
  - See rationale above (#3)
5. That we are “Professional Counselors”
  - See rationale above (#1)
6. The public should grasp from the 20/20 consensus title the consensus definition of counseling
  - The definition of counseling (***Counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals.***) was intentionally created to be a “big tent big” definition - broad enough to include every type of professional counselor. The Licensed Professional Counselor title is consistent with the spirit of the definition of counseling.
7. Licensed Professional Counselor
  - This item said it all
8. Use terminology most consistent with the terms used by states and jurisdictions
  - Thirty-two (32) states have adopted the LPC as the title for independent practice of licensed professional counselors. It just makes sense to build upon this solid foundation.
9. Only one tier of licensure
  - Multiple tiers of professional licensing for counselors can contribute to confusion not clarity. The most important item that surfaced through the Delphi process was a license title that “communicated clearly to the public.”
  - See rationale in #1
10. The title should not be overly restrictive, narrow, or specific
  - Modifying words can too easily become restrictive words. While it is tempting to consider including words like “Clinical” or “Mental Health” the result is that such terms restrict or narrow the title.

## New Member Benefit

### Maine Counseling Association Ethics Committee

The Maine Counseling Association has formed a new Ethics Committee as a service to its members.

The goals of the committee are to:

1. Respond to questions about Ethics from members of the Maine Counseling Association
2. Publish an article on Ethics in each MeCA newsletter
3. Present a workshop on Ethics at the MeCA annual conference

Procedures for responding to ethics questions will be developed at the Summer Leadership Conference and announced to members in the fall newsletter.

Members of the committee include:

Chair: Deborah Drew, Ed. D., LCPC, Associate Professor and Director of the Counseling and Human Relations Graduate programs at Husson University and Maine Counseling Association Professional Standards and Ethics Chair

Mikal Crawford, Ed. D., Licensed Psychologist, Associate Professor of Counseling and Human Relations, Husson University

Lisa Erhardt, School Counselor, Asa Adams Elementary School

Susan Jones, Ph. D, Licensed Psychologist, Lecturer in Counselor Education, University of Southern Maine

Julie Libby, graduate student in Pastoral Counseling, Husson University

Annette Nelligan, Ed. D., Lecturer in Counselor Education, University of Maine

Colleen Owens, LCPC, Mayo Psychiatry and Counseling

Jeri W. Stevens, Ph. D., LCPC, private practice counselor and Approved Clinical Supervisor

James Westhoff, Career Counselor, Husson University

John Yasenckak, Ed. D., LCPC, Assistant Professor in Counseling and Human Relations, Husson University

If anyone is interested in being a part of this committee, contact Deb Drew at [drewd@husson.edu](mailto:drewd@husson.edu).

**Check the Fall MeCA Newsletter for more information!**

# News from our Historian

By Martin Gallant, MECA Historian

The following counselors have announced their retirements:

Bob Blanchard is retiring as the Middle School Counselor at Caribou. Bob is retiring after 35 years in education. He began his career in Ashland as a middle school history teacher from 1977 to 1985. He received his Master Degree in 1985 and has worked as a middle school counselor (mostly at Caribou Middle School) for over 27 years. During this time Bob was an active official in soccer, basketball and baseball. In retirement Bob plans on devoting most of his energy to becoming a full-time grampie to his granddaughter in Pennsylvania. Bob has been a loyal friend and I will miss his goofy humor and much improved golf game!

Linda Caron retired this year after 34 years in education. 26 of those years of teaching were in Ashland teaching English and French and the last 8 years were spent as a guidance counselor in Fort Kent. On the very last day of work Linda's 87-year-old mother broke her leg so the first 5 months of retirement were spent caring for mom. Mom is in Florida doing just fine. Linda has time to walk her dog, travel with her husband and prepare for her son's upcoming marriage.

Jim Willey is retiring after having spent over 20 years in education. Education became a second career for him as he retired from the Navy after a 24-year stint. He taught at Maine Maritime for five years, was assistant principal at Houlton for three and then spent the last 15 years as a school counselor at MDI. In retirement Jim is still contemplating his future, which will certainly include travel. I suspect he might work a bit on lowering his golf handicap!

At this time I will read to you the names of six colleagues who have recently passed away.

- 1 Frank Antonucci passed away on April 17<sup>th</sup> at the age of 72. He worked in various jobs, including being a consultant for truancy and drop out and alternative education for the Maine Department of Education, an assistant to the President of the University of Maine at Augusta, and director of the Office of Career Planning and Counseling. Frank also served as president of our organization back when MeCA was known as the Maine Personal and Guidance Association. Frank loved woodworking, gardening, and playing with his grandchildren.
- 2 Dr. Paul Goss passed away on June 13<sup>th</sup> at the age of 78. Paul worked as an educator and counselor at Winslow, Carrabec, and Foxcroft Academy before working at Eastern Maine Vocational Technical and Husson College.
- 3 Sydney Carroll Thomas passed away on December 12, 2011 at the age of 57. She obtained her Phd and became a professor at the University of Maine. She loved animals. She was a member of ASPCA, PETA and often volunteered at Avian Haven, helping rehabilitate injured birds. Sydney enjoyed bird watching, photography and she was a ballet dancer.
- 4 Phil Dugas passed away on October 4<sup>th</sup> at the age of 82. He received his Masters Degree in education and worked in Gardner as a guidance counselor and guidance director from 1958 to 1966 and as principal from 1966 to 1972. From 1972 till his retirement, Phil worked as a guidance counselor at Yarmouth Junior High School. Phil was an excellent baseball player in his younger days and went on to coach in junior and secondary schools.
- 5 Dr. Vaughn LaCombe passed away on January 3<sup>rd</sup> at the age of 80. Vaughn had been a teacher, Director of Guidance at Greely, a Superintendent, and an Educational Consultant. He carved ducks, was a fine cook and had a great sense of humor.
- 6 Gary Sullivan passed away January 8, 2012 at the age of 66. He taught history at Kennebunk High School before becoming a guidance counselor at Noble High School. He went on to serve as Guidance Director of Biddeford High school. During the last 10 years of his career he directed the Sanford and Saco centers of the University of Maine system. He was an inspiration to others with the courage and positive way in which he battled ALS.
- 7 Rena Thorndike passed away in August at age 86. She taught physical education and was a guidance counselor at Windham High School and at Thornton Academy in Saco. Her niece said, "She was someone that we could go to for anything. She was so understanding and was there for anyone". Her church remembered her as being "a terrific pie cutter" at church bean suppers.

# MeCA 2012 Conference



Thanking Jim Davis - Past President, for his time served the past 3 years



Traci Small (current President) receives a gift from MeCA for her time served as President



Dean Collins announces his retirement from MeCA as Treasurer



Jim Davis (current Past President), Traci Small (current President), and John Yasenck (current President-Elect)



Traci Small (incoming Past President), John Yasenck (incoming President), and Jill Cairns (incoming President-Elect)

## 5K Roadrace Results

### Female Walkers:

- 3rd Place: Jeannie McKenney 46:26
- 2nd Place: Christie Robinson 42:51
- 1st Place: Beth Doane 39:14

### Male Walkers:

- 3rd Place: James Ippolito 55:01
- 2nd Place: Eric Steeves 48:42
- 1st Place: Dean Collins 46:27



### Female Runners:

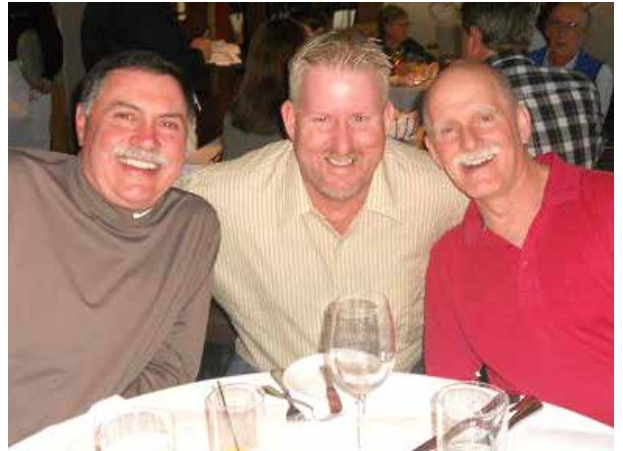
- 3rd Place: Rena Lalar 25:36
- 2nd Place: Abby More 24:34
- 1st Place: Merrily Welch 20:41

### Male Runners:

- 3rd Place: Stan Pelletier 22:01
- 2nd Place: Dale Lalar 21:41
- 1st Place: Andre Anderson 20:36



# MeCA 2012 Conference



# MeCA 2012 Conference



# MeCA 2012 Conference - Karaoke



### Maine Counseling Association 2012-2013 Unified Membership Application

This unified membership form enables you to make dues payments to not only MeCA, but also other related divisions and councils with one payment. Please complete the form, make your check payable to "MeCA" and mail to the address below. Membership covers ONE year (July 1 to June 30) per MeCA bylaws. (I am available to answer your questions at beth\_doane@yarmouthschools.org)

#### Membership Information

Name: \_\_\_\_\_  
Address you want mailings sent to:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Work Phone: \_\_\_\_\_  
Home Phone: \_\_\_\_\_  
e-mail Address: \_\_\_\_\_  
Place of Employment (please include address if different from mailing address):  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Educational Background:  
Degree: \_\_\_\_\_ Major: \_\_\_\_\_  
University/College: \_\_\_\_\_  
# Years in Professional Field: \_\_\_\_\_  
Occupation (check primary one):  
( ) Career Counselor (CAR)  
( ) College Admissions Counselor (ADM)  
( ) College Counselor (PSC)  
( ) Counselor Educator (CED)  
( ) Emeritus Member (EMS)  
( ) Employment Counselor (EMP)  
( ) Marriage and Family Therapist (MFT)  
( ) Mental Health Counselor (MHC)  
( ) Pastoral Counselor (PAS)  
( ) School Counselor (SC) Check level:  
    \_\_\_ K-5 (A)  
    \_\_\_ 6-8 (B)  
    \_\_\_ 9-12 (C)  
    \_\_\_ K-9 (D)  
    \_\_\_ K-12 (E)  
( ) Student (STU)  
( ) Substance Abuse Counselor (SAC)  
( ) Vocational Counselor (VOC)  
( ) Other (OTH) Please specify:

Be sure to check below the dues covered by your check or purchase order. **If paying by purchase order, please be sure to indicate the name(s) of the member(s) on the PO.**

<b>MeCA Membership</b>		
___	\$40	Regular Membership
___	No Fee	Student Membership
___	No Fee	Emeritus Membership
<b>Divisional Membership</b>		
___	\$15	Maine Association for Specialists in Group Work
<b>Regional Council Membership</b>		
___	\$5	Central Maine Counseling
___	\$5	Downeast Maine Counseling
___	\$10	Eastern Maine Counseling
___	\$10	Northern Maine Counseling
___	\$10	Southern Maine Counseling
___	<b>TOTAL (Check payable to MeCA)</b>	

Mail to: Beth M. Doane  
Yarmouth High School  
286 West Elm St.  
Yarmouth, ME 04096

Email: beth\_doane@yarmouthschools.org

*ADMINISTRATIVE USE ONLY:*  
Date received: \_\_\_\_\_

Check or PO #: \_\_\_\_\_

Amount: \_\_\_\_\_

## About MeCA Membership

### Member - \$40.00

To be eligible, an individual's primary responsibilities must be in the area of counseling and his/her preparation or position is such to qualify him/her for membership in one of the Divisions of the American Counseling Association.

### Student Member - Dues Waived

Students Members shall be, at the time of application, students who are currently matriculated in a graduate program of study leading to an advanced degree in the field of counseling.

### Emeritus Member - Dues Waived

Upon retirement from participation in the professional activity that enabled regular membership in the Association, any member who has been in good standing in the Association for 5 years shall be transferred to emeritus status with the full rights and privileges of membership status, and shall thereupon be exempt from further dues and special assessments. Emeritus members are encouraged to notify the Membership Chair of address changes.

### Membership FAQ

**Q:** What if I believe I have paid my dues for this year?

**A:** Contact Beth Doane, Membership Chair, at [Beth\\_Doane@yarmouth.k12.me.us](mailto:Beth_Doane@yarmouth.k12.me.us) and you will receive a prompt response.

**Q:** How do I get a membership card?

**A:** Membership cards are mailed to individuals after the membership fee has been received.

**Note:** All members admitted are required to:

- subscribe to the [purposes of MeCA](#),
- reside or work in the state of Maine,
- maintain ethical standards of professional conduct and
- be approved by the Executive Board by recommendation of the Membership Chair. In exceptional cases, the status of member associate may be granted by a two-thirds majority vote of the Executive Board to persons not possessing the above qualifications but seeming significantly qualified in other respects.

**For questions on becoming a MeCA member, contact Beth Doane, MeCA Membership Chair, Guidance Department, Yarmouth High School, [beth\\_doane@yarmouthschools.org](mailto:beth_doane@yarmouthschools.org).**