



# MAINE COUNSELING ASSOCIATION

## NEWS & VIEWS

WWW.MAINECA.ORG

FALL 2009

*Sketch by Martin Gallant - MeCA Historian*

## From the President

**By Bernadette Willette, President MeCA**

As the incoming president of the Maine Counseling Association (MeCA), I would like to take a moment to thank the executive board and members of MeCA for entrusting this responsibility to me. It was not without a bit of trepidation that I accepted this honor, but taking some time to reflect on the role, I decided that I would give it a whirl.

The role, more or less, is to be a conscientious facilitator and advocate for and of the wonderful work that is being done throughout the state by all of you. As I sit on the board I absolutely marvel at the commitment we have there, and as they say, let's give a shout out to: Past-president Beth Doane from Yarmouth High School, President-elect Jim Davis from Belfast High School, treasurer and temporary membership - Dean Collins - from Madison High School, secretary Jennifer Meader from Maranacook, legislative liaison Ben Milster from Mt Blue, public relations Brian Manter from the University of Maine at Orono, newsletter - Lisa Manter - from Maine Central Institute, ACA and NAR representative John Parkman from Camden Hills Regional High School, webmaster Jeff Wright from Maine Maritime Academy, historian Marty Gallant from Caribou High School, counselor educator and professional development - Deb Drew from Husson University, counselor educator Dorothy Breen from the University of Maine at Orono, Admissions - Carlena Bean from Husson University, student representative Laurie Farley from Husson, Hollie McPartland, President of NMCA, John Yasenchak, President of EMCA, Eric Rutberg, President of CMCA, Marianne Tozier, President of SMCA and Tracey Nute, President of DownEast CA. With these people at the helm of multiple meetings every year, the board wrestles with issues pertinent to all who counsel, whether you do elementary, high school or college school counseling, career and development counseling, group work, or clinical counseling, this MeCA board does its best to represent you.

My own road to the board came through the education system. Teaching fifth graders was my first job and first love, but needing to be part of the social work arena, I moved into working in migrant education where I made many trips between the cabins of migrants to the central location for educating their children; later choosing to stay home to raise five daughters, I taught at night in the adult education

system for a number of years, learning to appreciate the homes and lives of so many wonderful people; from there I took up the gauntlet of gifted education and became the gifted education teacher and then K-12 G/T coordinator for a district, working simultaneously for the University of Maine as I traveled throughout Aroostook and Penobscot County teaching teachers the "writing process"; completing my masters in counselor education at the same time that a job opened up in guidance in Hodgdon was fortunate and it is there that I still work. Additionally I became an adjunct faculty member for Northern Maine Community College and then secured my LCPC . At this time I am a guidance director for RSU 70 and maintain a private practice. It is with these multiple hats that I have worn that I come to MeCA as its new president. I know that I will do my best, I trust that it is enough.

At the leadership meeting in July, hosted by Maine Maritime Academy, presidents from MeSGW, MeCDA, MeSCA, MeCCA were invited to join us to share their issues, stories and hopes and dreams for their groups. It is through meetings such as these that we come to understand our commonalities of purpose. The energy that was exuded from that event was amazing as we worked together discussing ethics and issues - always an interesting combination.

As I end, I would like to inform you all about our upcoming exciting conference at the Samoset in April this year. Thanks to the hard work of the conference committee we are presenting a conference dedicated to counseling in the digital age. I think you will all agree that this medium can be used for both good and evil, and no matter what, it is impacting everyone of us in the counseling business. Mark your calendars and reserve your room early, it promises to be an exciting, totally relevant, packed event!

To all of us who lead busy lives, I leave you with a quote from the German philosopher, Friedrich Nietzsche, "When one has much to put into them, a day has a hundred pockets."

Bernadette Willette  
President, MeCA

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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, 295 Main Street, Pittsfield, ME 04967. If you have any ideas, articles or questions you can email Lisa at: lmanter@mci-school.org.

**David Ward** LCSW  
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# North Atlantic Region Report

By Terry Mitchell

Last July, ACA hosted a first-ever Institute for Leadership Training (ACA-ILT), sponsored by the four regions of ACA. More than 130 counseling professionals representing 40 states and U.S. territories came to Alexandria, Va. for three days of training, networking and advocacy work. Attendees heard keynote speeches on leadership, social media, and what it takes to succeed, along with 12 very interesting content sessions, which will help them as leaders in the counseling profession. This ACA-ILT ran concurrently with the annual summer session Council of Presidents and Regional Chairs (COPARC), which gave an added benefit of including the thoughts, interests and opinions of those who serve as division presidents and regional chairs of ACA.

On Friday, we packed up three busses and headed to Capital Hill where the interests of counseling professionals and those whom we serve were effectively shared with public policymakers in both the House and Senate. The visits were not about politicking as much as they were about advocating for the needs of those, who for one reason or another do not have a voice. It represented the essence of why many of you have responded to the call to serve as a professional counselor. As our government deals with how to address and overhaul the U.S. health care system, we must continue to ensure that behavioral health is included.

The NAR was well represented with members from nearly every active branch present. Because of the proximity, many branches near DC had the opportunity to send several leaders. I was especially pleased with the generous grants that ACA provided, virtually every branch that submitted a request received assistance. The NAR business meetings under the leadership of Bob Schmidt were well attended, productive and fun. This year we made a new effort to start reactivating the branches of Massachusetts and Rhode Island. We have new emerging leaders working those areas and they are looking to gain momentum. This year the NAR has a candidate for ACA president on the Dec./Jan. ballot, Mike Lazarchik from New Jersey, and yours truly, Terry Mitchell running for NAR Governing Council. If you're an ACA member, please don't forget to vote and send in your ballot during the next election.

Thanks for all you do,  
Terry Mitchell,  
NAR Past Chair

## Admissions

By Carlena Bean

I hope everyone had a wonderful, relaxing summer and didn't turn too moldy with all the rain. It is hard to believe that it is time to be back on the road again!

The Admissions group meets twice a year—once at the Samoset to decide what they would like for a topic, and then a summer meeting. This year Jon Henry hosted us on the UMA campus June 9th. We appreciated Jon's hospitality and I expect he will attend the meeting at the Samoset in the spring so he doesn't get volunteered to host again.

There was concern expressed about the impact that standard-based transcripts could have on the admissions process so we invited Commissioner Gendron to our meeting to discuss the initiative for 2016 and how it would impact colleges. She assured us that the current format for transcripts would be used for the foreseeable future. We also had a presentation on LD students and their transition to college. It helped all of us to be more aware of this growing segment of our population.

Safe travels!  
Carlena Bean



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## Maine Clinical Counselors Association - Fall, 2009

By **Tori Kugell**

MCCA Announces their Annual Conference, [Attachment Across the Lifespan](#), taking place on Friday October 16, 2009 at the Clarion Hotel in Portland. Key Note Speaker will be Daniel Hughes, PhD who will present on his treatment modality, Dyadic Developmental Psychotherapy. There are four afternoon workshops to choose from as well. Cost of the conference includes lunch and a certificate for seven contact hours. For more detailed information and registration see the MCCA website at [www.mcca-info.org](http://www.mcca-info.org).

MCCA has also been working hard with current legislative issues, in particular those relating to Medicare reimbursement for Mental Health Counselors. There are currently two bills in Congress (HR 1693, S. 671) that will establish Medicare reimbursement for Mental Health Counselors. In the past our leaders in Congress have supported such legislation. We are requesting that all LCPCs and any other concerned parties please contact their senators and representatives to Congress and ask that they co-sponsor and/or support these bills. Tools are available on the MCCA website on the Legislation page that will help with either letter-writing or telephone calls to Legislative offices.

MCCA has 4 positions open on their board for student representatives from each of the four Masters' level Counselor Education programs in the state. The Board is very interested in working on development of a closer link with these educational programs so that students are more prepared to navigate licensure and employment once they graduate. We ask that interested students be nominated by their institution's advisors. Interested parties can contact MCCA Secretary and MeCA Liaison Tori Kugell, LCPC at 207-944-5333 or [torikugellcpc@gmail.com](mailto:torikugellcpc@gmail.com).

## Legislative Update - Fall, 2009

By **Ben Milster, Executive Board Legislative Representative**

### ***New law catches college admissions counselors and educators by surprise.***

A new law passed in the most recent legislative session, [An Act To Prevent Predatory Marketing Practices Against Minors](#), took everyone involved in the recruitment of potential college students by surprise, and was of great concern regarding the impact it would have on college admission recruiting. The law, resulting from LD 1183 out of the Department of Health and Human Services and sponsored by Maine's Attorney General Janet Mills, was intended to protect minor's health information, but was passed with some definition changes that created unintended results. Consequently, as of September 12 this year, this law restricted the collection of data from persons in the state of Maine who are 17 or younger; students needed parental permission to have any information about them given to anyone or any organization. This, of course, includes colleges and universities. No checking the box on PSAT registration forms to be sent information by colleges, no students response cards filled out at college fairs, no completing the ACT or SAT data information online to be sent to interested schools, and no college website requests without explicit parental permission.

Fortunately, the concerns were brought to the attention of legislators and the Attorney General by admissions people here in Maine, and particularly by Alloy Education and Royall & Company, student data collection and management companies who were understandably very concerned about the implications of this law. As a result, Attorney General Janet Mills has indicated that they will not enforce the law this year. Additionally, the Maine legislature does plan to revise/repeal the law when it next convenes.

Special thanks to MeCA Executive Board Members Carlena Bean from Husson University, Dean Collins, Guidance Director at Madison High School, and MeCA President Beth Doane for keeping tabs on the development and resolution of this issue.

## Downeast Counselor Association

By **Tori Kugell**

The Downeast Counselor Association will hold their opening meeting for the 2009/2010 academic year, Thursday, October 22nd at 11am at the Wickachee Restaurant, Calais Maine.

Host is Washington County Community College. All Guidance Counselors in Washington County are encouraged to attend. Please RSVP to Leah McLean Shead High School- [lmclean@shead.org](mailto:lmclean@shead.org) or 853-6254.

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# College Admissions: Let's Listen to the Students!

By Deb Pluck

As part of the coursework for my doctoral program, in which I am researching higher education and Maine first-generation college seekers, I have spent the past three summers interning in the University of Maine Farmington's Upward Bound program. I met with the rising- seniors to discuss their college choice/ process and provide an opportunity for practice interviews. Even though I have now completed my internship requirements, I view it more as a beginning. I have been greatly affected by the students and I am humbled by the situations they seek to overcome. I felt that I could add to their positive beliefs about themselves through meetings with a college admission professional who could identify, articulate, and support their goals. Removing the barrier around the fears of contact with the college admissions culture helped them to move forward in a more positive way. When they came in to meet with me, my approach was for them to experience the "of course you are going to go to college" attitude.

I also had the opportunity to interview students and counselors involved with the University of Maine Farmington's Upward Bound pre-college program. In the student interviews I asked them the following questions: 1. What is the college decision-making process like for you? 2. What things affect your thinking about going to college? 3. How has your pre-college outreach program helped you? What is the best part of the program and how has it helped you? 4. How will you go through the college search process, the application process, the financial aid process, and making the final college decision? 5. What five pieces of advice would you give to other first-generation college seekers?

The students were outspoken that the pre-college program was life-changing for them. They talked about how they learned of the numerous college options available and by having mentors who cared about them made an incredible difference in their thinking about going to college. One was surprised the first day participating in the pre-college outreach program that, "These people are being so nice to me and full of positive energy!" Another one stated, "It is the best thing that ever happened to me." Certain experiences meant a great deal to them, such as: college campus visits, living on a college campus, being tutored by a college student, learning that college is an option, seminars, field trips, social activities, being in a college class, working with college student mentors, meetings with their Upward Bound counselors, and attending financial aid information sessions. "We were exposed to more about college." "We would spend the summer at UMF where there were college students and

graduates teaching us. It was really interesting, I remember just playing around thinking that I was in a college classroom" Even more important than the activities offered these students, the counselors made the biggest difference in these students' lives and college aspirations. It is clear the counselors provided what students needed and possibly craved. The students talked about how the counselors came to their schools and talked about school, grades, and "real life stuff." They appreciated having so many adults cheering for them, which made them try harder. The students felt that their questions were being answered about the college process, and that they had received strong support. The extra push helped them through the process successfully. The students said that the college process is not easy, but Upward Bound had given them an advantage and helped them decide to go to college.

I asked the students what pieces of advice they would give other first-generation college seekers during the college process. Their advice was sound and well-thought out. They advised other students to trust their gut instincts. When visiting colleges students should continually ask themselves questions about the academics, the size, location, and cost. How does this college match with how I see myself as a student? Is there a major that matches what I want to study? How does the college atmosphere feel? Does it feel OK to be here? Can I picture myself here? Are there activities here that I would enjoy? Do I want to be far away or near home? How often do I want to visit home? How big do I want the campus and classes to be? They also advised college-seekers to be disciplined and motivated, to work hard, be prepared, be real and realistic, and to follow their dreams. They encouraged students that the better their preparation in high school the better they will be prepared for college. Take an enthusiastic approach to being involved in Upward Bound activities offered, was another suggestion. They even said it was important to talk to their parent(s). "That's hard, but it can help sometimes." The students' advice reflects sound advising by the pre-college outreach counselors and excellent learning by the students I interviewed.

When I asked pre-college counselors what were some of the experiences that left an impression on them, all of them mentioned their students. They each told stories of a particular student who overcame a major hurdle. These stories were told with caring, enthusiasm and pride. Some of the obstacles the students faced and that the counselors discussed were: low socioeconomic status, being a first-generation college seeker, lack of parental support, poor living conditions, lack

of college knowledge, lack of exposure and visits to college campuses, and low college aspiration levels. Another issue cited by counselors is that fear plays a significant part in the college process. Fear of different expectations than one's parents had, fear of moving away from home, fear of the financial obligations, and fear of college as a transforming experience.

It is clear that many students are listening to what pre-college counselors and high school guidance counselors are saying to them during the college process. Now we need to listen to them!

I realize that from the many conversations I had with Upward Bound students that my perspective of the college search process has evolved into one that is now more student-centered. This has led me to a new way of being/thinking as a college admission professional. Having the opportunity to work one-on-one with high school students who are first-generation college seekers of low socioeconomic backgrounds, while they are in the midst of the college process, opened my view to their ideas, fears, and misconceptions, along with their need for a process that is clear and manageable. I now frame the college admissions process as one that requires purposeful organizational skills versus using the stressed/disorganized approach. This is accomplished by laying out the college process as a meaningful, clear, and manageable series of steps. This approach makes the process become more doable and less of a "mystery." They also exhibited how the college process has led to increased stress in their lives. From my experiences as an admission professional, I see this high stress level as a common trait among the majority of college-bound students that I encounter. I believe that this high stress level is detrimental to the well-being of our high school students.

It is clear to me that the college admissions process is broken and needs to be reevaluated to allow for equal access and to provide a reasonable/understandable method for high school students interested in furthering their education the opportunity to do so. The roadblocks of myths, "information overload" landmines, and "over-the-top-hype" marketing, leave aspiring college students very little time for the most important step of all, self-reflection. When did the process of learning get left behind in the college process? Why and when did the "college name-recognition" with its prestige, standardized testing along with test coaching opportunities, the creation of the notion of how to "beat the admissions game," college rankings and their questionable relevance, and helicopter parents' over-stepping in their student's involvement, become the norm? The highly profitable

"college admission industry" has become the standard and I find it unacceptable and incompatible with the mission of higher education.

I work with many high school students who are lost and bewildered, wondering if it is worth going through the hassle to try to navigate through this complicated process for going to college. It is clearly time to de-stress the process and help high school students recognize the importance of making the first step in the college search an "inward" one to identify what they need as a learner from higher education. It is important for parent(s)/guardians to offer appropriate support to their student throughout the college search. Parents, by being role models, can then take on the part of guiding their student to use an organized approach. Let's remove the stress around college admissions, and encourage the practices of self-reflection and asking questions such as "at which colleges will I be happy and successful?"

Many of the 2,000 books written about college admissions reinforce the myth that it is a game and having stress is an acceptable reaction, even expected, during the college process. Getting in Without Freaking Out: The Official College Admissions Guide for the Overwhelmed Parent, Panicked Parents Guide to College Admissions, and the Kindergarten Wars: The Battle to Get into America's Best Private Schools are a few of the guide book titles for parents.....just imagine the one for students....need I say more?

Fairtest is an organization that is promoting change concerning the requirement of pre-college tests. They provide an updated database of colleges and universities that do not use standardized testing in the admission decisions, or are test-optional. Another organization is The Education Conservancy, which promotes that "Education is a process, not a commodity," and "Students are learners, not customers", is also leading the charge in college admission reform.

I look forward to being a part of the reform and encourage all of us to do so, for the sake of our high school students. All of us must break down the barriers they face so that they are able to skillfully maneuver the college process using a positive educational approach. We can also facilitate the opening up the doors of equal access to higher education for our best resource, our students.

Deb Kalikow-Pluck (dpluck@maine.edu) is Assistant Director of Admission at the University of Maine Farmington.

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## Central Maine Counselors Association

By Eric Rutberg

The results are in! Many of our members, from all regions, responded to our survey regarding the 504 rules. We will be posting the results on the MeCA website. A quick read of the results shows that MeCA members would like a position statement drawn up by MeCA, clarifying specific roles pertaining to guidance counselors. I am recommending to the President's of all the regions that we choose a single authority to do a series of workshops in each region, with the goal of assisting each region in developing a single vision. I will then propose to the executive committee that we endeavor to integrate each region's vision into a position statement.

Thanks to everyone who took the survey. We will be in touch regarding the next step in this process.

Eric Rutberg, MeCA CR - President, Jim Collins, MeCA CR - Vice President, Martina Arnold, MeCA CR - Secretary

## Eastern Maine Counseling Association

By John Yasenchack

Eastern Maine Counseling Association held two meetings in the last several months. Beth Woodson at Brewer High School graciously hosted the first meeting in June. Terry Mitchell was the invited speaker. Although attendance was small (just three of us), Terry informed us of his activity at the ACA national level. We discussed the 20-20 Vision Project. And we had a lively discussion regarding cross-cultural counseling.

A second meeting was held on Sept 22 at the annual College Board Update, hosted by Husson University. John Yasenchak reviewed the general minutes of the meeting that was held at the Samoset, where those present volunteered to serve as mentors to counselor education students. Additionally, the Sept. 22 group voted to extend the offer of sponsoring rooms at the Samoset for graduate students from the University of Maine at Orono and Husson University. We will be able to sponsor a maximum of four rooms and a minimum of two for graduate students.

Possibilities for future gatherings included a student-member meeting at the University of Maine, and a meeting either at the school or Health Center on Indian Island, with a traditional native presentation and opportunity to discuss cross-cultural counseling issues and the Native American curriculum in the schools. Terry updated the group regarding the National Conference, and Carlena Bean updated folks regarding the Samoset Conference in the spring. John also provided the group with information regarding ACA legislative lobbying efforts regarding the legislation that would allow clinical counselors to be reimbursed by Medicare.

John Yasenchak, Ed.D., LCPC, LADC, CCS  
Clinical Supervisor and Program Director, Penobscot Nation  
Adjunct Professor of Counselor Education, University of Maine

## Membership Updates - The Passing of a Dear Friend

By Jeff Wright

MeCA extends its heartfelt condolences to the family of Bruce Stewart, former admissions representative at Elmira University, NY and Norwich University, VT, who passed away Friday, August 28 at his home in Pine City, NY.

Bruce had affection for Maine, its people, education professionals, and students. He attended Maine college fairs and presented at regional post-secondary workshops. He was a faithful supporter of MeCA and a regular participant and exhibitor at our annual conferences. Though in failing health, Bruce and his wife attended the March 2009 conference at the Samoset.

Bruce was known for his extraordinary sense of humor. He always greeted friends and acquaintances with a firm handshake, a quick joke and that ever-present smile.

Anyone who wishes to express their condolences and/or share a Bruce memory with his family, please visit <http://www.legacy.com/Star-Gazette/Obituaries.asp?Page=Lifestory&PersonId=132095831>

Thank you.

MeCA Executive Committee

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## **Mirror, Mirror on the Wall . . . Am I a Group Leader, After All?**

**By Marj Burgess, LPC - President, MASGW**

Journalists regularly report that they return to earlier entries, reread them in amazement, and reach the conclusion that they didn't know that they knew what they knew at the time of the writing. I didn't know what I was thinking until I wrote it. The act of writing gives voice to a writer in much the same way as speaking in a group gives voice to the speaker. Writing can help a person increase self trust just as participating in a group helps a person reclaim a silenced voice or strengthen the one s/he has, try new behaviors, and observe and relate to others in what may be new, more socially-adept ways. School-based groups provide a student with a caring person(s), most often a guidance counselor, consistency, long considered an important attribute in achievement. And this is only the beginning of a long list of benefits that group membership can provide.

We're born into a group and from there we increase or decrease our group leadership skills. On a scale that measures individual intro- and extroversion, we fall somewhere along a continuum. The fact that there are scales used in this way suggests that somewhere, some time, in the halls of academia, there was a person interested enough in an individual's preference to create a way to measure behaviors associated with a particular way of relating to and leading a group. But, the research is clear: effective group leadership does not depend on a person's seeing him/herself as an extrovert. There is ample room for counselors with a range of leadership styles.

Think for a moment about the groups you've been a member of in the past. Was it a play- group, sports team, Boy or Girl Scouts, sorority or fraternity, a union, men or women's group, partnership, a family, advisee group, a minority, a focus group? You were probably a member of more than one group concomitantly and moved freely and willingly among the groups. Or maybe it wasn't so freely or willingly, but you did it anyway. Think about what you may have learned about yourself as a group member.

Do you, as a guidance counselor, a private practitioner, or member of an organization providing mental health services, see yourself as a group leader? For those of you who do, do you believe that you have something to share with others who are interested in group-leadership? It's been my experience that most of us are modest about the talents that we have to bring to a group. Are we particularly endowed with common sense, a sense of humor, empathy, trustworthiness, or sincere caring?

If you don't see yourself as a group leader, I encourage you to invite a shift in your thinking and incorporate that descriptor into your self- image. A therapeutic writing group member once said to me, I don't really see myself as a writer. The reality was that she had managed to reach middle age without having heard anyone describe her as such without having developed a view of her writing as truly remarkable. I was reminded that one doesn't have to have been a Pulitzer Prize winner in order to consider him/herself a writer. One doesn't need to have done pioneering research in order to lead a group. One only needs to "do it" as Nike has so often reminded us. And from "doing it", you'll discover that each group has something to teach about being a group leader. There will be insight and wisdom, gifts for leading your next group.

And now, please join another group, MeCA's affiliate, the Maine Association for Specialists in Group Work, an organization that supports group leaders professional development. If you join now, instead of waiting until you register for the MeCA conference, you'll enjoy the privilege of membership for almost the whole year, instead of just a few months, as membership is from July 1st until June 30th. By being in our secretary's e-dress file, you'll receive all our mailings, not just the ones from April until June. And, you'll receive prompt info from our executive board's meeting on October 9th.



# Welcome to the Online Courses of the American Counseling Association!

By John Parkman

*This is a fantastic opportunity for ACA Members only. There are also free courses offered, 1 per month that I am doing and you can even print out the 1 Hour Certificate of Completion off your own computer. Contact "Debbie Beales" at:*

DBEALES@counseling.org

Deborah L. Beales

Manager, Professional Learning, American Counseling Association

ph 703-823-9800 x306 | 800-347-6647 x306 • fx 703-823-0252 • www.counseling.org

ACA wants to be a part of the solution for busy professional counselors who need continuing education (CE) credit. You can take any course at your convenience; 24 hours/day, seven days/week. You can do as much or as little as you want in each sitting. Squeeze in a half-hour before work or an hour after the kids have gone to bed. Spend a Saturday afternoon at home with a course if that is the most convenient time for you.

The process is completely automated. You register, pay, view the course, take the test, obtain a score, and print the certificate from your own computer without the need for a person to be involved. Everything happens in real time - no waiting for three weeks for an envelope in the mail.

ACA always strives to provide you with more than your money's worth. Our online courses are no exception. Each course includes an assessment that asks for feedback on your experience and we take each comment very seriously. Please also let me know about your experience directly at [mailto:dkaplan@counseling.org]dkaplan@counseling.org.

Enjoy!

David Kaplan, PhD

Chief Professional Officer, American Counseling Association

## 20/20: A Vision for the Future of Counseling

By John Parkman

Since 2005, 30 organizations have been collaborating to determine where the counseling profession should be in the year 2020 and to identify the best means of arriving at that point. The initiative, known as **20/20: A Vision for the Future of Counseling**, is co-sponsored by the American Counseling Association and the American Association of State Counseling Boards and includes representatives from all ACA divisions and regions, as well as the National Board for Certified Counselors, the Council for Accreditation of Counseling and Related Educational Programs, the Council on Rehabilitation Education, the Commission on Rehabilitation Counselor Certification and Chi Sigma Iota.

The delegates have identified seven principles as being critical to the mission of continuing to move the counseling profession forward:

- Sharing a common professional identity is critical for counselors.
- Presenting ourselves as a unified profession has multiple benefits.
- Working together to improve the public perception of counseling and to advocate for professional issues will strengthen the profession.
- Creating a portability system for licensure will benefit counselors and strengthen the counseling profession.
- Expanding and promoting our research base is essential to the efficacy of professional counselors and to the public perception of the profession.
- Focusing on students and prospective students is necessary to ensure the ongoing health of the counseling profession.
- Promoting client welfare and advocating for the populations we serve is a primary focus of the counseling profession.

For more information:

Comments and questions may be directed to David Kaplan, the 20/20 Administrative Coordinator, at

[mailto:dkaplan@counseling.org]dkaplan@counseling.org. or to John Parkman, 20/20 Delegate for the North Atlantic Region (NAR) at: jfparkman@gmail.com

# Counseling in the Digital World . . . keeping our students safe!

By Beth M. Doane, Past President/2010 Conference Chair

Okay, so I have a *Facebook* and started to investigate all of its capabilities this summer. Actually, my daughter gave it to me as a “present” for Christmas last year. She thought it would be cool to stay in touch with family and friends. I will admit, for the first few months I had her monitor my Home page and keep me posted on who was requesting to be my “friend.” I don’t keep track of the number of “friends” I have, nor do I choose to chat on my Facebook page, but I am getting more comfortable going on this site alone, from updating my Profile if something interesting or exciting is happening, to reading amusing stories about family and friends. However, I don’t feel posting on my wall that I’m “tired,” “finished bike ride,” “eating,” or “going to work,” is the best use of my time. I am inconsistent with logging in, don’t use it at school (the site is blocked) and I still ask for support from my tech-savvy teenager. I’ll admit, it’s scary accessing information or importing information on a site with which I am not entirely familiar or comfortable.

Is this how our students feel when they decide to chat with “friends” online...scared and unsure? They may only know this friend from the one-way information being shared. Or what about a comment that is made online that was intended to only be an away message, for example “Going to the mall with friends!” Someone who is not “*at the mall with friends*,” reads it and becomes very upset that they weren’t invited to go...hey she was on her list of her friends! There could be on-line consequences.

The list goes on, but you get my point. How does the use of technology impact the overall health (academic, emotional, and physical) of our students? How do we keep them safe?

Our conference theme this year is “*Counseling in the Digital World...keeping our students safe.*” We are so fortunate to be able to hear from our keynote, Alice Barr, who will give us tools to work with our students and clients in making them good digital citizens. Alice Barr has lived, taught and traveled on five continents. She now lives in Maine where she is the high school Instructional Technology Coordinator in a 1:1 laptop environment. Alice is a *Google* Certified Teacher and also teaches in the summer at *The University of Southern Maine* providing professional development sessions during the year. Alice was a Technology Learning Leader with SEED, *Spreading Educator to Educator Developments* and worked with teachers during the beginnings of MLTI, the *Maine Learning Technology Initiative*. Alice is excited to bring her vast knowledge and experience to Maine Counselors, addressing the issues facing our young people who are growing up online.

We simply want to keep them safe and out of danger. Sort of like when I thought I was being cool this summer, when I made a comment on my Facebook page. I so proudly said to my daughter, “I just updated my status on Facebook.” She wisely said, “MOM, updating your status means you just changed from being married to something else.” Well, I’m pretty sure I’m still married and want to stay that way, but I also know I have a lot to learn about being safe (and accurate) online.

I look forward to seeing you at the conference in April. Until then, don’t hesitate to send me a message on Facebook. I’ll make sure my daughter is right by my side when I login. ☐ Logging off for now...tired.

## Call to Program

**The MeCA Conference Committee announces Call to Program  
for the MeCA conference being held  
April 12th and April 13th, 2010 at the Samoset in Rockport, Maine.**

If you are interested in being a presenter at this year’s conference, please fill out the Call to Program (see [http://www.maineeca.org/conference\\_docs/MeCACtoP2010.pdf](http://www.maineeca.org/conference_docs/MeCACtoP2010.pdf)) and send to: Martin Gallant, Caribou High School, 308 Sweden Street, Caribou, ME, 04736. Telephone: 207-493-4260 FAX: 207-493-4244 email: [mgallant@rsu39.org](mailto:mgallant@rsu39.org)

This year’s Keynote Address: “**Counseling in the Digital World? Keeping Our Students Safe**”. Alice Barr will be addressing the issues facing our young people who are growing up in a world of technology. Alice has lived, taught and traveled on five continents. She was a Technology Learning Leader with SEED, Spreading Educator to Educator Developments and worked with teachers during the beginning of the Maine Learning Technology Initiative (MLTI).

*There are no results from the annual Fun Run/Walk from the conference as there were lightening storms in the area and we did not dare risk exposing people to the fury of Mother Nature. We will plan it again for next year. With the 2010 conference a couple of weeks later we are expecting wonderful, warm weather for the Fun Run/Walk! I hope everyone will be able to come and enjoy the conference this year!*

## Maine Counseling Association 2009-2010 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 dcollins@mhs.sad59.k12.me.us.)

### 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 (STD)  
 ( ) 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.**

#### MeCA Membership

- \_\_\_ \$40 Regular Membership\*\*  
 \_\_\_ No Fee Student Membership  
 \_\_\_ No Fee Emeritus Membership

#### Divisional Membership

- \_\_\_ \$10 Maine Career Development  
 \_\_\_ \$10 MeASGW

#### Regional Council Membership

- \_\_\_ \$5 Central Maine Counseling  
 \_\_\_ \$5 Downeast Maine Counseling  
 \_\_\_ \$10 Eastern Maine Counseling  
 \_\_\_ \$10 Northern Maine Counseling  
 \_\_\_ \$10 Southern Maine Counseling

\_\_\_ **TOTAL** (Check payable to MeCA)

\*\*Membership dues are included in the Annual Conference Registration.

Mail to: Dean Collins  
 P.O. Box 322  
 Temple, ME 04984-0322

Email: dacollins@mhs.sad59.k12.me.us

*ADMINISTRATIVE USE ONLY:*

*Date received:* \_\_\_\_\_

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

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

## Types of Membership



### Members

**\$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.



### Emeritus Members

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.



### Student Members

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.

The MeCA Membership Application can also be found on the MeCA Web Site at [www.mainecca.org](http://www.mainecca.org).

Check out [www.counseling.org](http://www.counseling.org) to see the benefits to joining the American Counseling Association.

## FAQs about Membership

*How do I tell what the last membership year was that I paid my dues?* Your address label indicates the most current year that you paid your dues, i.e. "07-08".

*What if I believe I have paid my dues for this year but my label does not indicate this?* Contact the Membership Chair by e-mail at [lemarin@orono.u87.k12.me.us](mailto:lemarin@orono.u87.k12.me.us) and you will receive a response ASAP.

*How do I get a membership card?* Membership cards are mailed to individuals after the membership fee has been received.

*Note: All members admitted are required to 1) subscribe to the purposes of the Association, 2) reside or work in the State of Maine, 3) maintain ethical standards of professional conduct and 4) 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.*