

# MAINE COUNSELING ASSOCIATION

## NEWS & VIEWS

WWW.MAINECA.ORG

WINTER 2007

## Invitation from our MECA President

By Kay Richmond

What are you doing April 1, 2, & 3? Why not join us at the MeCA Conference at the Samoset to hear some thought-provoking speakers and attend workshops on timely topics.

This year we are following the American Counseling Association's lead in not having a specific theme but allowing a free flow of ideas and topics to run reign. Our keynote speaker this spring will be John Haney speaking on Teen Sexuality in the 21<sup>st</sup> Century. His contributions at last year's national ACA conference were very well received and hit home with a great many in the audience. With all that our kids are exposed to on the Internet and all they add to what's out there with "My Space," we are dealing with a whole new dimension of influence.

As we strengthen our organization and conference by addressing the needs of a greater number of our constituency, we are highlighting speakers who are experts in their fields. Some of the topics that will be addressed are dealing with children and families who have someone in

Iraq, dealing with gender issues, ethics for counselors, self-care for counselors, and more.

On the lighter side, we will continue to have the run, the walk, the yoga, and the general good camaraderie on the beautiful coast of Maine at the Samoset Resort that makes these few days so rich for all of us. Monday's evening entertainment will deviate from the most recent past ... we're moving away from karaoke and instead featuring the Dave Rowe Trio.

Keep checking the MeCA website as more information about this year's exciting conference is added and don't wait! Register now before budgets get questioned and/or you forget to do it. This is another positive, reachable opportunity to work on recertification and rejuvenation!

April 1, 2, and 3 - stimulating speakers and workshops, animated conversations, revitalizing laughter, renewing old and making new connections ... what could be better. Hope to see you there.

## Assisting the Families of Deployed Soldiers

By Gene Oakes

The families of soldiers (whether active duty, national guard or reserves) also "serve" in their own way when a parent or spouse is activated. The Military Child Education Coalition states that deployment "can be a difficult time, for both the adults being the deployed and the families they are leaving behind. The deployment cycle is best thought of as three separate phases: (1) predeployment, (2) deployment, and (3) reunion. When parents and educators keep each other informed and discuss concerns as they arise, children are *always* better for it." The National Guard Child and Youth Program adds: "When military parents are mobilized, their kids are in need of and deserve special support from local schools and communities. During the emotional cycle of deployment, their lives are literally turned upside down! A significant portion of stability in their family system has temporarily been disrupted resulting in increased levels of stress and potential separation anxiety. As a result, these military kids are in need of heightened understanding and support from professionals in local school buildings where they spend a large portion of their day."

School counselors need to inform parents that we want to do all we can to assist families as they try to cope with these disruptions in their lives. This is a not a question of whether you support the military efforts presently in

existence. It is about reaching out to those possibly in need. We want to encourage parents to contact the guidance counselors in their children's schools whenever deployment is occurring. The Military Child Education Coalition points out that the school can be alert for warning signs of stress such as changes in grades, increased absences, changes in participation, discipline issues, difficulty concentrating, regressive behavior, etc. The school and the parents want the same thing - happy, well adjusted, well-educated children. By maintaining lines of communication during these times, children are able to cope much better as they "serve" along with their parent. There are resources to help with ways to help these families. You can call the Family Assistance Center at 1-888-365-9287 or go to [www.me.ngb.army.mil/family](http://www.me.ngb.army.mil/family) for further information.

If you have any programs or efforts you have made in your school or through your agency to help families of deployed soldiers, please share those with other counselors in our next newsletter. Also, the Center for Grieving Children will be presenting a pre-conference workshop that will include suggestions on how to assist these families on Sunday, April 1, prior to the Maine Counseling Association Conference on April 2-3. Be sure to sign up for this workshop!

## EXECUTIVE BOARD

Kay Richmond  
President  
Washington Academy  
krichmond@msln.net

Ben Milster  
Past President  
Mt. Blue High School  
bmilster@msad9.org

Kevin O'Reilly  
President Elect  
Telstar High School  
oreilly@sad44.org

Phyllis Worthley  
Secretary  
Messalonskee High School  
pworthley@msad47.org

Dean Collins  
Treasurer  
Madison Area High School  
dacollins@msln.net

Terry Mitchell  
MeASGW Rep.  
Central High School  
terrymitchell56@hotmail.com

John Parkman  
ACA & NAR Rep.  
Camden Hills Reg. H.S.  
John\_Parkman@fivetowns.net

Carlena Bean  
College Admissions/Newsletter Ed.  
Husson College  
beanc@husson.edu

Martin Gallant  
Historian  
Caribou High School  
mgallant@mail.caribouschools.org

Jeri Stevens  
Legislation  
downhill@qwi.net

Gene Oakes  
Membership/Newsletter Ed.  
Bangor H. S.  
goakes2@verizon.net

Leah McLean  
DeMCA President  
Shead High School  
lmclean@shead.org

Dorothy Breen  
Post Secondary Rep.  
University of Maine  
dorothybreen@umit.maine.edu

Deborah Drew  
Professional Development  
University of Southern Maine  
ddrew@usm.maine.edu

Leeann Marin  
Public Relations  
Orono High School  
lemarin@orono.u87.k12.me.us

Jeff Wright  
Public Relations (Web)  
Maine Maritime Academy  
jeffwright@mma.edu

Hank Taber  
CMeCA President  
Jefferson Village School  
htabor@adelphia.net

Katie Gillen, LCPC  
EMeCA President  
Acadia Hospital  
kgillen@emh.org

Bernadette Willette  
NMECA President  
Hodgdon High School  
bwillette@nscon.org

Jim Burnell  
ME Career Development Assoc.  
Portland MEPS  
puress@mepcom.army.mil

Peter Comstock  
ME Clinical Counseling Assoc.  
empower@qwi.net

Ryan Watts  
ME School Counselor Assoc.  
Oxford Hills Middle School  
rwatts@sad17.k12.me.us

## Request from the Historian

By Martin Gallant

Each year at the conference business meeting, the historian is called upon to read a list of those members who have retired or who will be retiring at the end of the year. Please contact the historian prior to the conference so that he might contact the individual to gather information from them about their plans for the future. Also, anyone with information about current or past members who have passed away since our last conference is asked to please forward this information to the historian so that these individuals can be recognized at the conference.

Martin Gallant, Guidance Director at Caribou H.S.  
308 Sweden St., Caribou, ME 04736  
207-493-4260  
mgallant@mail.caribouschools.org

## National School Counseling Week 2007

National School Counseling Week 2007, "School Counselors: Helping Students Reach New Heights," will be celebrated from Feb. 5-9, 2007, to focus public attention on the unique contribution of professional school counselors within U.S. school systems. National School Counseling Week, sponsored by ASCA, highlights the tremendous impact counselors can have in helping students achieve school success and plan for a career.

### Career Development Facilitator Course

Eligible for national certification through NCDA  
**120 contact hours towards your School  
Counselor Certification**

Contact Jim Peacock for more information

jimpeacock@peak-careers.com  
873-1907 (h) or 453-5082 (w)  
www.MaineGCDF.com

**PEAK-CAREERS**

*Jane M. Goodwin*

Director of Admissions  
(207) 941-7100



One College Circle • Bangor, Maine 04401-2999 • 1-800-4HUSSON

Fax: (207) 941-7935

email: goodwinja@husson.edu

### FROM CO-EDITORS - Gene Oakes & Carlena Bean

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: Gene Oakes, 685 Kenduskeag Ave, Bangor, Maine 04401. If you have any ideas, articles or questions you can e-mail Gene at: goakes2@verizon.net or Carlena at: beanc@husson.edu.

## Greetings from the Northern Maine Constituency!

By Bernadette Willette, *President, NMCA*

The Northern Maine Counseling Association met for the third time this year at the Houlton Higher Education Center on December '06. We were fortunate to have this meeting hosted by the University of Southern Maine with Bob Gielow playing the role of master of ceremony. Noting that it is not easy for us to drive a minimum of 4 hours to access their campus and keep up with the changes on it, he generously walked the fifteen of us through some of the physical alterations on the USM campus and some noteworthy programming changes. We were then treated to a tremendous luncheon prepared by the students of Region II School of Technology ...several counselors did take note of Bob stuffing an extra cream puff under his jacket as he parted ways with us on his way back to the "city"! It goes without saying that the generosity of USM was much appreciated.

## ACA National Convention in Detroit

By Phyllis Worthley

For those of you that have never considered going to The ACA National Convention it is not too late to register. The convention is from March 22-25 at the Detroit Marriott in the Renaissance Center. Go to the ACA website to register. OK so you have no interest in going to Detroit. All the better to focus on the education sessions and the exposition. On second thought there are things to do in Detroit from Motown to Henry Ford. If you have been to Detroit before, this might be an opportunity to see the new Detroit. The Detroit Institute of Arts and the Detroit Historical Museum, The Henry Ford Museum, the Motown Historical Museum Tour or the Charles H. Wright Museum or perhaps you are an evening out person that is interested in Greektown dinner and a casino.

Keynote speakers will be Linda Ellerbee and Marian Wright Edelman. Ellerbee is an outspoken journalist, children's advocate, breast cancer survivor, and award winning television producer. Her message will be about courage, hope, and honesty. Edelman is the founder and

Thanks to the availability and kindness of Dr. Dianne Hoff from the University of Maine at Orono, we remained at the center for an afternoon of professional opportunity at its best. Several school social workers joined our group as Dr. Hoff spoke informatively and eloquently about the law and how it pertains to the very work that we are engaged in daily. As one of the counselors said afterwards, "This afternoon could potentially save my district some 'big bucks'!" - referring, of course, to the fact that what Dr. Hoff shared was information to thwart any potential lawsuits. The knowledge base of the presenter and the down to earth, matter of fact, way in which this knowledge was delivered was incredible. The Northern Maine Counseling Association was fortunate to be able to offer this to its members and its members' friends.

Our fourth meeting will be held in Presque Isle, graciously hosted by Northern Maine Community College, on Wednesday, January 17<sup>th</sup>.

President of the Children's Defense Fund and the first African American woman admitted to the Mississippi state bar and a woman of many accomplishments at the forefront of social justice.

There are more than 400 educational sessions to attend. Everything from addictions, assessment, best practice, career development, college counseling, supervision, GLBT, Group Work, private practice, research, professional issues, school counseling, creative uses of technology in Counseling and much, much more.

A few members of your MeCA leadership will be attending this promising convention. We hope to see many Maine friends joining us. The last National Convention I attended was in San Antonio. At that time I expected to learn but the actual experience exceeded all of my expectations. Networking is such a powerful tool. If you cannot attend this conference look forward to future write-ups in this newsletter to read about information attendees will be able to share with you.

## Summer Courses

Two courses of interest to counselors will be offered this summer.

**EPB 580 Advanced Career Development** will be offered through the Professional Development Center (PDC) at the University of Southern Maine in a one week intensive format June 25-30, 8:00-4:00.

This 3 credit graduate level course, taught by Dr. Deborah Drew, is designed for practitioners and those who have a background in career development. This practical course will review and update the student on theories of career development, focus on postsecondary education and training opportunities, expose the student to resources in career development in Maine through special guests, and assist the student in developing a practical career development program that meets of clientele that they serve or plan to serve.

Check the USM, PDC summer course listings for sign up for this class.

**Ethical Issues in the Counseling Profession** will be offered by Jeri Stevens, M.Ed., LCPC, and Deborah Drew, Ed.D., at the University of Maine during the week of July 9-14.

This course is a one-week intensive meeting from 8-4 each day. Students will be immersed in a review of the Ethics codes that guide the counseling profession, get updates on changes in those codes, spend lively time discussing ethical dilemmas encountered through counseling daily, and learn how to apply ethical decision making models. Watch the summer course listings at UMaine for registration for this class. Numbers will be limited so sign up early!

# The Impact of Being a Counselor

By Angela Kennedy (Reprint from *Counseling Today* - November 2006)

Like any profession, being a counselor has its pros and cons, and the career can both positively and negatively affect a counselor's personal life. Sam Gladding, a past president of the American Counseling Association, suggests ways for new professionals to accentuate the positive and overcome the not-so-positive.

## Positive factors:

- Appreciation and gratitude: "Having seen the worst, you are grateful for your own life that much more," Gladding says.
- Increased understanding of self
- Expanded worldview and sense of connectedness
- Deeper understanding of your family of origin. "You realize more deeply how your family of origin influenced you and still impacts you," he says.
- More sensitivity to time, people and purpose
- Added attention to priorities. "You realize that there are some goals worth pursuing more than others," he says. "You have seen pain (and) you want to strive more for the meaningful."
- A world of new friends and networks

## Negative factors:

- Toxic emotional residue or taking home the psychologically toxic words, thoughts or stories from clients. "It's the negative emotions and thoughts that we get from clients that build up. If we don't seek some release, they begin to have a negative impact on us," he says.

- Resurfacing of unfinished business
- Additional stress
- Burnout

## Ways to reduce the negative impact:

- Associate with healthy people
- Work with committed colleagues and organizations
- Use stress-reduction techniques
- Engage in self-monitoring
- Examine and clarify counseling roles, expectations and beliefs
- Obtain personal counseling/supervision
- Set aside time for self
- Maintain an attitude of detached concern when working with clients
- Modify environmental stressors
- Retain a positive attitude

"With counseling, you have to be mindful of what you are doing, thinking and saying," Gladding says. "Staying balanced and mentally healthy is a job in and of itself that requires energy, focus and cultivation. It's like growing something - plant, animals or yourself. You have to be mindful of what you are doing and what you are feeding it."

*If this topic was one that struck a chord with you, the preconference workshop "Secondary Traumatic Stress: A Neurophysiological Approach" with Cathy Lounsbury might be just what you need.*

# Eastern Maine Counseling Association

The EMeCA held their 2<sup>nd</sup> meeting on Friday, November 10, 2006, at The Lion's Den Restaurant, Job Corps, 1375 Union Street, Bangor Maine from 12:00 noon to 2:00 pm with 22 in attendance. We enjoyed a wonderful lunch provided by and prepared by the culinary art students at Job Corps. Next, we had a presentation by staff at Job Corps, outlining the many services that they offer.

At the business meeting the following items were discussed and voted on.

- (1) In an effort to have more members interested in leadership positions, it was voted to pay \$200.00 per officer (President, Secretary and Treasurer) towards the MeCA conference (in conference fees, hotel charges, mileage, etc)."
- (2) In an effort to encourage some members who live further away to attend meetings for EMeCA, the following was approved: "Mileage reimbursement is available if desired at 34 cents per mile."
- (3) In an effort to make meetings more fun, we discussed possible free give-a-ways/door prizes. We also discussed that we have a logo

(at Motion Design on State Street in Bangor), and that we could give mugs, caps, canvas bags or t-shirts to our members with our logo on it. This issue will be discussed again, at our next business meeting.

- (4) We discussed possible places to hold future meetings: UTC, Beal College, Maine Maritime Academy, the National Guard and Acadia Hospital.
- (5) We also discussed having some signs made and displayed when we have a meeting to make it is easier for members to find the meeting place.
- (6) We also discussed that the officers, and any members interested in helping with the direction that our group (EMeCA) is taking, would hold a meeting in January to make plans for our 3<sup>rd</sup> meeting which will be held in February. Our 4<sup>th</sup> and final meeting will be in April at the MCA convention.

NOTE: If you are not on the mailing list for Eastern Maine Counseling Association, and would like to be, please e-mail Katie Gillen, President, at [kgillen@emh.org](mailto:kgillen@emh.org).

# Happenings in Counselor Education at the University of Southern Maine

By Deborah L. Drew, Ed. D., *Assistant Professor, Counselor Education*

Many changes have occurred in the last few years in the Counselor Education program at the University of Southern Maine. It has been a long time since this newsletter updated you about those happenings. So, here it is, as I know it.

Dr. Zark Van Zandt, long time professor in the school counseling program, is now the Dean of Lewiston-Auburn College of USM. Dr. Jack Sutton has retired and is enjoying life on the sea, sailing with his wife, Annie. We are most grateful that he returns to USM each summer to teach Psychological Measurement and Evaluation and to stay in touch with us all. Dr. Charlie Bernacchio left USM for warmer climates and is now Director & Assistant Research Professor in the Division of Rehabilitation Counseling Psychology at the University of North Carolina at Chapel Hill. Dr. Steve Murphy, Professor in the Rehabilitation Counseling specialty, has announced that he will begin a phased retirement in the fall, returning to USM to teach but reducing other responsibilities of professorship. Dr. Marijane Fall has announced that she will fully retire from her position as a Professor in the School Counseling program at the end of the spring semester. She will continue to teach some courses for USM and maintain her practice as a counselor and supervisor. USM has begun a search for a professor to fill her position. Each of these people has contributed many years of dedication, love, and expertise to the counseling profession in Maine. I am grateful to have been blessed with the opportunity to learn from and grow with each of them. Their influence on the counseling profession in Maine and across the nation continues through their students, their research, and their service.

Dr. Bette Katsekas and Dr. Reid Stevens continue their long time service to USM and the counseling profession in Maine as Associate Professors in the Mental Health counseling specialty. Bette has been on sabbatical during the fall semester but will return to teaching in the spring semester. Reid also continues to serve the counseling profession through his position on the Licensing Board. Dr. Deborah Drew is in her fourth year at USM, serving as an Assistant Professor in the School Counseling specialty. Dr. Adele Baruch-Runyon joined the mental health program last year as an Assistant Professor working with Reid and Bette in the Mental Health Counseling specialty. Lori Tully also

joined the faculty last year as a field placement coordinator for all the programs. Her work is invaluable to us and to students as she coordinates all of the site placements for both practicum and internships in all three counseling tracks. She also serves as an instructor in Rehabilitation Counseling. Dr. Susan Jones joined the faculty this year as a Lecturer. In that capacity she provides clinical supervision for practicum students and teaches in the counseling program. Susan comes to USM from private practice as a therapist in Maine and from her earlier work in college counseling centers.

Seven full time professors currently serve the program. The program also benefits from the support of several adjunct faculty and all of you who serve as site supervisors for our practicum students and interns. Thank you all for your service.

The counselor education program at USM offers a M.S. in counseling with specialties in Mental Health Counseling (63 credits), Rehabilitation Counseling (51 credits), and School Counseling (57 credits). Courses lead to licensing as a professional counselor (LPC, LCPC, LADC) in Maine and/or certification as a rehabilitation (CRC) or school counselor in Maine. Many of our students also choose to become National Certified Counselors (NCC). The Mental Health Counseling and School Counseling specialties hold accreditation from the Council for the Accreditation of Counseling and Related Education Programs (CACREP). The Rehabilitation Counseling program holds accreditation from the Council on Rehabilitation Education (CORE). The program also offers a Certificate of Advanced Study (CAS) with current concentrations in clinical supervision, play therapy, and a self designed concentration.

Courses are offered live days, nights, weekends, and summers at the Portland, Gorham, LAC, and Augusta campuses, as well as through distance learning, and online. The program accepts approximately 45 new students each year. New students will be accepted during the spring semester for next year. The application deadline is February 1. Students receive financial support through scholarships and graduate assistantships as well as financial aid. Further information may be found at the programs website at <http://www.usm.maine.edu/cehd/Counselor-Education/masters.htm>.

## A Note from the Maine Clinical Counselors Association

*Peter Comstock, LCPC, President - Maine Clinical Counselors Association*

It is hard to believe that winter is really here, however Mother Nature does have a way of giving us some reality checks with unexpected snow as the weather people call it. I had a great opportunity this past summer to be a part of the MeCA leadership conference to learn more about how we can work together for the good of the

consumer. I look forward to building on this affiliation to support all counselors in Maine. One of the ways this is happening is that MCCA is having a breakfast get together during the MeCA spring conference (Tuesday, April 3) from 7:00 - 8:30am. See the conference flyer for more details!!!

## Greetings from Downeast Maine

Leah McLean, *DeCA President*

The Downeast Counselors Association has had a very busy fall. We are currently boasting a membership of sixteen members from elementary, secondary and post-secondary institutions throughout Washington County. As a group we meet once a month hosted by either Washington County Community College or the University of Maine at Machias to discuss upcoming events within the county and as support to one another in our various professional capacities. In meeting at our local colleges, the admission offices keep

us up to date with current post-secondary information concerning their colleges for our students.

During the week of October 16<sup>th</sup> we hosted College Fairs at Shead, Calais and Machias High Schools and College Informational Workshops at Narraguagus, Washington Academy, and Woodland High School. We had representatives from 35 colleges from Maine, New Hampshire and Canada. Both events were a great success.

## Admissions

By Carlena Bean

I hope everyone had an opportunity to rest some over the holidays! The College Admissions group only meets twice a year—once in the summer and once at the MeCA conference, so there is no report on meetings. Since our summer meeting, all of the Admissions people have been busy with fall travel and now “reading season”!

Hopefully, we will have the usual good attendance at the conference from the colleges and that they will take advantage of the pre-conference workshop on Sunday—

“Recruiting the Parents: Connecting With the Influencers”. This will be a great workshop to help all colleges keep on top of the ways to recruit the millennial student. For more information on the workshop, go to the MeCA website [www.mainecca.org](http://www.mainecca.org).

I hope to see many of you at the conference where we can network, relax and enjoy the wonderful amenities of the Samoset Resort.

## Maine Association for Specialists in Group Work (MeASGW) - Update

By Terry Mitchell

Now that the holiday season is over, I can turn my focus once again back to what will be the last leg of this fiscal year with the planning, development, and implementation of our newest future division of MeCA, that being MeASGW. We held a fall meeting at the Acadia Hospital and learned about their groups for adults with mental illness, an abusive intervention group, and an adolescents and young adult chemical dependency intensive outpatient program. The folks at Acadia were wonderful hosts and I was very impressed with their passion and commitment to group work. I have recently been notified by ASGW that our last MeCA newsletter article written for Fall 2006 which explained our path to becoming a new branch will be edited and published in the ASGW Winter newsletter and we are currently also being added to the ASGW website. So be sure to check us out as we go national in print and in cyberspace. To date, all that is left to be “official” is a positive vote this April by the MeCA membership during their annual meeting at the

Samoset. This year’s MeCA conference is shaping up to be better than ever and I am encouraging all of you who can make it to register early and to show up ready to experience a first class event. MeASGW will have our 1<sup>st</sup> annual breakfast and membership meeting Tuesday morning at the back tables of the dining room area. Please feel free to stop by and enjoy breakfast and a meeting with us. Some agenda items for this meeting will include the acceptance of our newly revised by-laws, nominations for a new President-Elect and Treasurer starting July 1<sup>st</sup>, the creation of a logo for our division, and continued efforts to increase and serve our membership through MeCA newsletters and web-site. I will continue to contact those members on my email list for current updates of times and places for all future meetings and as always please feel free to contact me anytime with anything concerning MeASGW. And, as always, I am really looking forward to seeing many of you in April at the Samoset.

## College News

By Kate Driver

The USM counseling program has been undergoing some changes. Recently, the counseling practicum class that all students take prior to internship was restructured. Students are now attached to a particular site, depending on what their concentration in the counseling program is. Personally, I am looking forward to working in a school setting, and having this opportunity during my counseling practicum is wonderful. Also, the total credit that the class is worth has

been raised from three to six credits to better reflect the amount of time spent in the practicum experience. Since a student must take six credits to qualify for financial aid, students may now elect to take only practicum and retain their full-time status. As a student entering practicum this spring, I am excited to begin to work with clients and apply the knowledge that I have gained through other coursework in the program.

## Pre-Conference Workshops Descriptions

1. **Recruiting the Parents: Connecting with the Influencers** - Laura Sizelove, Biola University  
**Attention:** Admissions and secondary school counselors; Graduate students

**Abstract:** Parents are one of the key influencers in where a student decides to attend college. So it is critical that Admissions offices have intentional strategies to communicate with parents throughout the entire recruitment process. We will discuss the characteristics of Millennial parents, the best ways to connect with them, low cost solutions and specific topics that are of interest to parents as they check out your school. You will learn:

- More about the perspective of Millennial parents
- How close parental relationships are affecting students
- Strategies for collecting parent data
- Communication techniques that are meaningful to parents
- Topics that are important to parents
- How to establish boundaries with parents
- The emotions parents are going through when their student prepares to leave for college.
- How to utilize parent volunteers in the recruiting process.

2. **Secondary Traumatic Stress: A Neurophysiological Approach** - Cathy Lounsbury, Ed.D., LCPC  
**Attention:** Clinical and school counselors; Graduate students

**Abstract:** While there are many intrinsic rewards as a result of helping those who have been faced with traumatizing events, listening to stories of trauma may have negative effects on those serving in helping capacities. This workshop addresses the neuropsychological effects of listening to trauma material, providing information not only on the effects of secondary traumatic stress, but also on research based strategies to mitigate the effects of secondary traumatic stress. With specific knowledge of, not only symptoms of secondary traumatic stress in counselors, but also effective strategies to help one mitigate its effects, counselors will be more able to incorporate a plan to protect themselves against its damaging effects.. In addition, counselor educators and supervisors will have more specific knowledge in preparing counselors for exposure to their clients' trauma. This workshop includes research findings from a state wide project conducted by Cathy, for her dissertation study.

3. **Using Music in Counseling** - Bob Schmidt  
**Attention:** Clinical and school counselors; Graduate students

This is a lively, experiential workshop with lots of laughs and good ideas for counselors (school & community), social workers and psychologists. Music is highly effective tool in counseling that many of us don't take advantage of. Music touches the heart and often that's the first step in reaching the mind. It can be used to help people empathize, release feelings, cope with pain or build a sense of community. Learn how you can use music to help individuals, enhance your support groups or liven up your in-class curriculum. Examples of applications, and lists of suggested songs will be provided.

4. **Supporting Grieving Children** - Center for Grieving Children, Portland, ME  
**Attention:** Clinical and school counselors; Graduate students

**Abstract:** Children can experience loss through the death or illness of someone they love. For 18 years The Center for Grieving Children in Portland Maine has supported children ages 3 to 18, their parents and young adults through these losses. In this workshop we will explore ways to support children in these times with age appropriate information, expressive activities, deep listening, and ways of staying connected or ritualizing the loss. In addition, we have learned that many of these skills help in a variety of other losses as well – divorce, friends moving away, parent being called to Iraq, experiencing a physical disability. Learn how to companion children in a way that can help them deal with these losses and find their own inner resources and wisdom to carry them through this and subsequent life challenges. The workshop will include mini-presentations, a sharing of ideas, experiential activities and a time for individual questions.



## Maine Counseling Association Pre-Conference Workshops

Sunday, April 1, 2007

Starting at 1 pm

MeCA is pleased to be hosting pre-conference professional development workshops on Sunday, April 1, 2007. These highly informative sessions, starting at 1 pm, will kick off another exciting MeCA Conference. The pre-conference workshop titles are below with descriptions on the reverse side.

1. **Recruiting the Parents: Connecting with the Influencers**
2. **Secondary Traumatic Stress: A Neurophysiological Approach**
3. **Using Music in Counseling**
4. **Supporting Grieving Children**

### REGISTRATION FOR PRE-CONFERENCE

- Cost for the pre-conference is **\$50** per attendee.
- Registration for the pre-conferences must be done prior to the event by mail only.
- We will be unable to accommodate on-site registrants for the pre-conference.
- Please use the reservation form below. If you are registering more than one person from your school or organization, please photocopy this registration form.
- No telephone reservations will be accepted.

Institution/Organization \_\_\_\_\_

Name \_\_\_\_\_

Work Phone \_\_\_\_\_ Email \_\_\_\_\_

Selection (Workshop descriptions are on the reverse side)

I will be attending Pre-conference # 1 2 3 4

- **Refund policy:** A written request for a refund must be made by March 11, 2007. No request for refunds will be honored after close of business, Friday March 23, 2007
- **Make checks payable to: MeCA**
- Mail this pre-conference registration form by February 28, 2007 to:  
Jeannie McKenney, Maine Maritime Academy, Castine, ME 04420



**Maine Counseling Association Spring Conference**  
**April 2 – 3, 2007**  
**Samoset Resort, Rockport, Maine**

**Registration Information**

Please note that although this is a two-day event, you may choose to attend only one day. Workshop registration fees include: a continental breakfast, lunch, and dinner on the 2<sup>nd</sup>, and/or a full breakfast and lunch on the 3<sup>rd</sup>. Please select the day(s) you plan to attend.

- **Conference Registration:** Participants may register only by mail. No telephone reservations will be accepted. Please use the reservation form below.
- **Refund policy:** A written request for a refund must be made by March 19, 2007.
- **Conference confirmation:** MeCA will confirm receipt of your registration by email **ONLY**. Please be sure to provide an accurate and legible email address on the form below as this will be the only means of confirmation. If you do not receive an email confirmation, that may indicate a problem with your registration. Contact Jeannie McKenney, jmckenney@mma.edu.
- **Housing information:** The Samoset Resort has offered a special rate for workshop participants of **\$105** per night/per room. Make your reservation by filling out and mailing or faxing the enclosed hotel reservation form directly to the Samoset Resort by March 1, 2007.
- **Meals:** Buffet meals with vegetarian options will be available.

**Conference Registration**

Name \_\_\_\_\_  
Last
First
Middle

First name by which you want to be known \_\_\_\_\_

Mailing Address \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Name of institution/business \_\_\_\_\_

Position \_\_\_\_\_

Telephone \_\_\_\_\_

E-mail address \_\_\_\_\_

**(PLEASE provide an accurate/legible email address as this will be the only means of registration confirmation).**

**Registration fees and dates: please circle your choice**

	<u>NON- MEMBER</u>	<u>STUDENT</u>
Full Conference (2 days)	\$180	\$120
One day only	\$150	\$ 90

**Make checks payable to: MeCA** and mail this conference registration form by March 5, 2007, to: Jeannie McKenney, Maine Maritime Academy, Castine, ME 04420 or to contact Jeannie by e-mail—jmckenney@mma.edu

**Maine Counseling Association Spring Conference  
April 2 – 3, 2007  
Samoset Resort, Rockport, Maine**

**Registration Information**

Please note that although this is a two-day event, you may choose to attend only one day. Workshop registration fees include: a continental breakfast, lunch, and dinner on the 2<sup>nd</sup>, and/or a full breakfast and lunch on the 3<sup>rd</sup>. Please select the day(s) you plan to attend.

- **Conference Registration:** Participants may register only by mail. No telephone reservations will be accepted. Please use the reservation form below.
- **Refund policy:** A written request for a refund must be made by March 19, 2007.
- **Conference confirmation:** MeCA will confirm receipt of your registration by email **ONLY**. Please be sure to provide an accurate and legible email address on the form below as this will be the only means of confirmation. If you do not receive an email confirmation, that may indicate a problem with your registration. Contact Jeannie McKenney, jmckenney@mma.edu.
- **Housing information:** The Samoset Resort has offered a special rate for workshop participants of **\$105** per night/per room. Make your reservation by filling out and mailing or faxing the enclosed hotel reservation form directly to the Samoset Resort by March 1, 2007.
- **Meals:** Buffet meals with vegetarian options will be available.

**Conference Registration**

Name \_\_\_\_\_

Last

First

Middle

First name by which you want to be known \_\_\_\_\_

Mailing Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name of institution/business \_\_\_\_\_

Position \_\_\_\_\_

Telephone \_\_\_\_\_

E-mail address \_\_\_\_\_

**(PLEASE provide an accurate/legible email address as this will be the only means of registration confirmation).**

**Registration fees and dates: please circle your choice**

	<u>MEMBER</u>	<u>STUDENT</u>
Full Conference (2 days)	\$150	\$120
One day only	\$120	\$ 90

**Make checks payable to: MeCA** and mail this conference registration form by March 5, 2007, to: Jeannie McKenney, Maine Maritime Academy, Castine, ME 04420 or to contact Jeannie by e-mail—jmckenney@mma.edu



**Maine Counseling Association**  
 Sunday, April 1, 2007 - Tuesday, April 3, 2007

Reservation Deadline: **March 1, 2007**

Please complete all areas of this form.

**Room Rates Per Night: Subject to 7% State Tax**

ف Single/Double - \$105.00

ف Suite Rate - \$249.00

(Reservations received after the Reservation Deadline will be based on availability and may also be subject to the prevailing hotel room rate.)

Please Note: all of our guestrooms are non-smoking

Last Name		First Name	
Company			
Home Phone		Work Phone	
Address			
City, State		Zip	
Arrival Date		Departure Date	
Payment Information	ف Check Enclosed		Credit Card - Type
	CC Number		Exp.

**A deposit equal to one night's room rate or credit card number is required to hold your reservation.** Deposit is refundable if cancellation is received 72 hours prior to arrival date. Cancellations may be made by calling 877-880-8857

Name of Persons Sharing Room	
2.	
3.	
4.	
Special Request	

Check in time is 3:00 PM      Check out time is 12:00 Noon

NO TELEPHONE RESERVATIONS ACCEPTED  
 FORM MAY BE FAXED TO 207-594-0722.

Return to: Samoset Resort, 220 Warrenton Street, Rockport, ME 04856

**\*To qualify for Tax Exempt status, payments must be made by the tax exempt organization's check or credit card. Please include a copy of the tax exempt certificate with the return of the reservation form.  
 NO PURCHASE ORDERS WILL BE ACCEPTED**



**MAINE COUNSELING ASSOCIATION  
PRESENTS  
2007 MeCA SPRING RUN-OFF**

**5K RUN/WALK**

---

- Distance:** 5K (3.1 miles) wheel measured.
- Course:** START and FINISH at main entrance to Samoset.  
Out and back, miles 1 and 3 fairly flat—middle of racecourse has a downhill and uphill.
- Date & Time:** April 2<sup>nd</sup> Walkers 4:00 p.m.  
Runners 4:30 p.m.  
Participants should check in 30 minutes before race begins.
- Prizes:** Ribbons with medals—1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place in the following categories: female & male walkers  
female & male runners.
- Plus:** Water, mile markers, timing, and results forwarded to MECA Newsletter.
- 

Name \_\_\_\_\_ Sex M \_\_\_ F \_\_\_

Address \_\_\_\_\_ Run \_\_\_ Walk \_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Telephone \_\_\_\_\_

School or Organization \_\_\_\_\_ T-shirt size \_\_\_\_\_

In consideration of your acceptance of this entry, I, intending to be legally sound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against any sponsor, their representative, successors and assigns, for any and all injuries suffered by me at said race.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Please return completed form to Jeannie McKenney, Maine Maritime Academy  
Castine, Maine 04420**

**Late registration forms will be accepted until 12:00 noon on race day.**

---

## CONFERENCE SCHEDULE

April 2-3, 2007

Monday, April 2, 2007

7:00 am - 4:00 pm *State of Maine Room - Registration*

7:00 - 9:00 am *Rockland/Rockport/Camden - Continental Breakfast*

8:00 - 9:00 am **Early Bird Session I:**

*North Samoset*      **Clinical Counseling Within Adventure Therapy**      Dr. Don Lynch, LCPC, CSW-IP  
Adventure Therapy programs are increasingly being used by mental health agencies within the state of Maine. This workshop will focus on the integration of therapeutic counseling strategies with the field of Adventure Therapy. The types of clinical populations most likely to benefit from this kind of therapy, the use of real or perceived risk activities, and the liability concerns will also be discussed.

Target Group = Clinical

*Pen Bay*      **Changes in Ethics Guidelines**      Debbie Drew, Ed.D., LCPC, ACS  
Jeri Stevens, M.Ed., LCPC, CCS

This session will review the highlights of the changes in the ACA Code of Ethics (2005) and ASCA (2004) and discuss proposed changes to the Code of Ethics that guides licensed counselors in Maine.

Target Group = All

*Schooner*      **Gender Identity: Approaches for the School Counselor**      Lisa Erhardt, M.Ed., NCC  
Matthew Small, B.A.

The movement toward more open home, school, and community climates has in some cases allowed students to question their gender identity at younger ages. Participants will receive an introduction to transgender issues and challenges that students face. The session will include suggestions for supporting students, guidance for school personnel, and group discussion. Case material will also be presented.

Target Group= All

*Monhegan*      **Private Practice is a Small Business**      Daniel L. Richards, PH.D., LCPC  
Being successful in a private practice requires that you not only be a skilled practitioner, but that you are able to run a profitable business. In this workshop some of the topics to be covered will be; marketing ideas, referral development, dealing with insurance companies and fiscal management. Being successful in a private practice requires that you not only be a skilled practitioner, but that you are able to run a profitable business. In this workshop some of the topics to be covered will be; marketing ideas, referral development, dealing with insurance companies and fiscal management. The presenter has had over 30 years of private practice experience.

He encourages you to share your own experiences and ask questions so others can learn from you as well. The goal is for you to leave with new ideas and direction to improve your success.

Target Group = Clinical

*Ebb Tide*      **Fostering Resiliency in Students:  
Creating A Climate Where a Student Can Thrive**      Catherine Lounsbury, Ed.D, LCPC

Resiliency is the innate drive to bounce back from difficult circumstances. A positive school climate that recognizes and nurtures students strengths, will foster the development of resiliency in its youth. This workshop will review the current research on resiliency and discuss to create an environmental where students will thrive.

Target Group = Elem., Mid., HS

9:15 - 10:15      **Session II:**

*North Samoset*      **New Counselors Roundtable**      Nick Umphrey, M.Ed.

Have you been a school counselor for less than 5 years, or are you presently an intern? If so, please join us for an open discussion where we will share some of the valuable lessons we have learned as counselors with limited experience. Veteran counselors and their contributions will be welcomed in this discussion.

Target Group = Elem., Mid., HS

*Pen Bay*      **Distinguishing Ethical Issues from Legal Issues**      Deb Drew, Ed.D., LCPC, ACS  
Jeri Stevens, M.Ed., LCPC, CCS

This session will involve participants in making decisions about whether a situation has ethical concerns, legal concerns or both and how to proceed. Workshop attendees are invited to bring cases for discussion.

Target Group = All

*Schooner*      **Improving Our Life Skills**      Deborah Miller, MPS, LPCC, MT, ASCP  
This session will focus on improving our Life Skills. We will become acquainted with different approaches to communicating with others. With awareness, we have forethought to conversations, body language and expression of emotions. This knowledge may support reconditioning of behavior for our clients and provide new tools to improve our own life paths.

Target Group = All

**Monday, April 2, 2007 (continued):***Monhegan***What Does Trauma Have to Do With Me**

Arabella Perez

The Thrive Initiative is a Trauma Informed approach to Systems of Care and service delivery. Come understand the impact and defining influence of trauma on the lives of children and adults. This lasting influence has implications for how, where, and what and who delivers services to these vulnerable children.

Target Group = All

*Ebb Tide***Advising Students about Professional/Specialty Colleges** Will Dunfey, BA, MA, M.Ed.

This program will feature suggestions for advising students who are considering applying to single-purpose, 'specialty,' professional colleges. Which students thrive in this kind of academic environment? What differences exist in terms of student experience between a general- and special-purpose college? What strengths are admission officers at single-purpose professional colleges looking for in their applicants? The presenters will focus on health care, art and design, and the engineering programs in professional colleges.

Target Group = Secondary, Admissions

10:15 - 10:30 am

*State of Maine Room - Coffee Break*

10:30 - 11:30 am

**Session III:***Bay Point Room***Keynote: Teen Sexuality in the 21<sup>st</sup> Century**

John Mark Haney

Dr. John Mark Haney is a licensed therapist in private practice in Austin, Texas specializing in issues of sexual health and sexual compulsivity. John works with clients of all ages on issues such as sexual addiction, recovery from sexual abuse, and healing from sexual shame. His current research interests include arousal template distortions in adolescents, reconciling sexuality with religion and spirituality, and applying a Jungian Shadow model to understand repressed sexual ideation. In addition to counseling, Dr. Haney also teaches online graduate courses for Peru State College in Nebraska and frequently speaks on topics regarding healthy sexuality.

John completed his doctoral work at the University of Texas in Austin and has previous work experience as a professional writer, your program director, and college professor. He is also licensed as a counselor supervisor in Texas, and holds memberships in the American Counseling Association and the American Association of Sexuality Educators, Counselors and Therapists.

12:00 noon - 1:15 pm

*Rockport/Rockland/Camden - Lunch*

1:15 - 2:15 pm

**Session IV:***Owls Head***Working with Adolescents to Create Healthy Sexuality** John Mark Haney, Ph.D., LPC

The purpose of this workshop is to provide practitioners with some practical skills for addressing sexuality issues with teenagers. Instruction will focus on how to make the topic safe for adolescents while minimizing shame and being sensitive to cultural and gender issues. The workshop will also offer some hands-on tools to use in therapeutic or educational environments.

Target Group = All

*Spruce Head***Guidance/Admissions Roundtable**Carlena Bean  
Phyllis Worthley

The focus of the discussion will center on issues common to guidance counselors and admissions personnel. What do colleges want to know; what do guidance counselors need to know from colleges; and what common challenges do we face.

Target Group = Secondary, Admissions

*North Samoset***The Magic of Play Therapy; A Look Behind the Scenes**

Suzanne Laberge, LCPC

Play, as opposed to games, has no defined goal, but does have a purpose. In fact, play accommodates several purposes, as therapy. We will see what the purposes are and use case examples to demonstrate how they are achieved.

Target Group = All

*Pen Bay***Ethical Decision-Making: Case Studies**Deb Drew, Ed.D., LCPC, ACS  
Jeri Stevens, M.Ed., LCPC, CCS

Ethical decision making models will be used to practice managing ethical dilemmas in cases presented. Participants are invited to bring cases for discussion.

Target Group = All

*Schooner***How to Help Clients Let Go of Their Pain**

Maureen Anderson, Ed.D

It's hard, if not impossible, to move forward and lead a fulfilling life when we hang on to events and/or people that have hurt us in the past. I will present a three-stage model of counseling that can provide ways to effectively help clients release negative feelings and thoughts, and behaviors. The A.S.K. model is derived from my research that investigated the relationship among resiliency, forgiveness, and anger expression in adolescents.

Target Group = Elem., Secon., Clinical

**Monday, April 2, 2007 (continued):**

*Monhegan*                      **Emotional Freedom in a Stressful World**                      Nancy Gnecco, M.Ed., LPC  
Emotional Freedom Techniques is a revolutionary new self help tool that provides rapid relief of daily stress and anxiety. In this interactive workshop participants will be introduced to body's energy systems and how they can be used to relieve both physical and emotional aspects of stress.

Target Group = All

*Ebb Tide*                      **Introduction to Disaster Mental Health**                      Janet Frost, LCSW  
Disaster Mental Health is a new specialty area within the mental health field. What are the current 'best practices' ? What do general practice clinicians need to know about this field of practice?

Target Group = Elem., Mid., Secondary

2:30 - 3:30 pm

**Session V:**

*Owls Head*                      **Genocide Survivor: Issues for Counselors**                      Diane Lemay, Ed.D, LCPC  
It is of vital importance that practicing counselors and others in the mental health and human services field develop competency in working with individuals and families from many cultures. With the arrival in Maine of numerous refugee groups from Asia, Africa, and other countries, this becomes even more critical. This workshop gives a brief overview of the essential elements of the psychological effects of genocide and what counselors can do to be better prepared for working with this population.

Target Group = All

*Spruce Head*                      **Children of Divorce Groups; A Two Year Program**                      Bob Schmidt, M.S., LPC  
Learn about a successful two-year program that helps youngsters deal with their parents' divorce. It begins with teaching coping skills and culminates in developing a booklet that gives group members an opportunity to express their thoughts and feelings to their parents in a safe and appropriate way. This program is applicable to children ages 8 through 13.

Target Group = Elem, Mid, Clinical

*North Samoset*                      **Samba Armada**                      Jeff M. Creight, B.S.  
Examining the individual rhythms of a percussion orchestra dramatically demonstrates how each simple part contributes to the whole through the model of Brazilian samba drumming. This group will explore principles of rhythm both as a metaphor and as a model of healthy community. By the end the whole audience will learn enough to become part of the band.

Target Group = All

*Pen Bay*                      **Effectively Using Consultation and Supervision**                      Deb Drew, Ed.D., LCPC  
Jeri Stevens, M.Ed., LCPC

This session will focus on effectively using consultation and clinical supervision to assist with examining and making ethical decisions. Workshop attendees will learn ways that clinical counselors and school counselors have accessed, paid for, and used clinical supervision.

Target Group = All

*Schooner*                      **'I Hate Girls': Building Self-Esteem and Community Amongst Teenage Girls**                      Eileen Mackenzie, LCPC

On entering our all girls outdoor program the majority of participants will state "I can't believe they sent me here, my parents know I hate girls." In today's culture of music videos, reality TV, my space and 'mean girls', negative female stereotypes are alive and well. Teenage girls often put down and exclude other girls while looking to boys for validation and a sense of connection. Working with all girl groups can provide a forum for self-esteem building, developing healthy communication skills, and a sense of self-acceptance and confidence.

Target Group = Secondary, Clinical

*Monhegan*                      **Recovery Center**                      Nancy Adair, LCPC, MACP  
This workshop will introduce modeling with a goal in mind; key principles are desire, vision, attraction, personal development and service. Be inspired into action.

Target Group = Mid, Second, Clinical, Career

*Ebb Tide*                      **Talking with Students about Military Service and War**                      Larry Dansinger, Rob Pfeiffer  
The workshop will emphasize how counselors can give youth and young adults a more balanced and realistic view of military service, especially those who are considering enlisting.

Target Group - Second, Clinical, Career

4:00 pm

**Fun Run/Walk**

**Yoga** - John Yasenchak in North Samoset

5:30 - 6:30 pm

*State of Maine Room* – President's Reception

6:30 - 7:30 pm

*Rockland/Rockport/Camden* - Dinner, Graduate Student Recognition

8:00-10:00 pm

*Rockland/Rockport/Camden*—Entertainment "Dave Rowe Trio" MeCA is fortunate to have one of its own, Kevin O'Reilly, guidance counselor at Telstar High School, perform with the Dave Rowe Trio! Dave Rowe is the son of the late Tom Rowe of Schooner Fare fame. The group keeps the legacy of Tom alive by playing his songs as well as a mix of traditional and original folk, bluegrass, and maritime music. Don't miss this outstanding performance!

Target Group: **EVERYONE!!**

**Tuesday, April 3, 2007**

7:00 - 8:30 am *Rockland/Rockport/Camden - Breakfast*

Maine Clinical Counselors and the Maine Association for Specialists in Group Work will meet in reserved areas in the Rockland/Rockport/Camden room over breakfast.

7:00 - 10:00 a.m. *State of Maine Room - Registration*

8:00 - 9:00 am

**Session VI:**

*Owls Head*

**The Shadow Side of Sexuality**

John Mark Haney, Ph.D, LPC

This workshop will explore the dysfunctional side of human sexuality, and how it often develops. We will discuss how distortions to the arousal template during childhood and adolescence can create severe issues in adulthood and how pathological shame can drive destructive behaviors underground, often beneath conscious awareness, causing an almost Jekyll and Hyde split between our self image and hidden desires.

Target Group = All

*Spruce Head*

**Is My Client, Student, Family Member, Friend, Safe**

Peter Sturtevant, M.Ed

An overview of how one assesses suicidal ideation behaviors in our practice and daily lives. Discussion and questions will be actively encouraged. The primary goal is to focus attention on how individuals arrive at meaningful assessments of safety in various circumstances and to initiate an exchange of ideas among the participants.

Target Group = All

*N. Samoset*

**Yoga: Applications for Working With Anxiety, Depression And Anger**

John Yasenchak, EdD,  
LCPC, LADC

Yoga provides self-help techniques that can be used as a support and adjunct to working with non-complicated depression, anxiety, and anger. This workshop will briefly introduce a few simple practices that focus on gentle movement and breath control. Basic concepts from Yoga psychology will be explored as aids to the practice of mindfulness and relaxation training.

Target Group = All

*Pen Bay*

**College Readiness Games and Activities**

Jan Bunford, Adm. Ass't UMA  
Kelly Thibodeau, Adm. Ass't UMA

Want to create an early interest in college? Fun, interactive warm-up games and activities will enrich your college readiness presentations to middle and high school students. This presentation covers innovative activities to enliven college planning parents' events. Great handouts.

Target Group = Mid, Secondary, Career

*Schooner*

**Innovative Learning Experiences:  
How One School Provided Opportunities for  
Their Students to "Get It"**

Katie Flood, M Ed.  
Carey Nason, LSW

This workshop will explore the "Innovative Learning Experiences" project in its second year undertaken by Upper Kennebec Valley High School to expose at-risk students to a variety of college settings. The project findings span a wide array of barriers rural students face in accessing college, the many strengths and triumphs that can contribute to a successful academic future, as well as the implications for practice of those supporting rural students in reaching their educational goals. This workshop will explore the real life lessons of what it means for our rural Maine students to go to college.

Target Group = All

*Monhegan*

**Fine Arts as a Mental Health Medium**

Anne Leaver, LCPC

Based on Rollo May's "Courage to Create", this hour will be a condensed version/intro of the 15-week course presented in Spring 2006 at UMM. The thesis is that the use of arts can give form to symptoms and then empowerment and healing to individual suffering from mental illness and difficult transitions.

Target Group = All

*Ebb Tide*

**The Importance of Relationships and Permanency As A Child  
Journeys Through Foster Care and Adoption**

Nancy Larson, LCPC

A sixteen minute film by Michael Trout will give us the child's point of view of their time in the foster care system. The film will be followed by a brief discussion of brain development and the impact of trauma and neglect. There will be handouts with examples of responses to children that are helpful in keeping them (and us) regulated and thinking.

Target Group = Elem, Mid, Sec, Clinical

9:15 - 10:15 am

**Session VII:**

*Owls Head*

**Careers In Health Care**

Lori Dunivan, RN  
Sheree Tillson, Lead Employment Rec.

Health care offers many career opportunities ranging from the clinical side to support services. Help your students find a satisfying career in health care and give them a lifetime of purpose and worthwhile work that makes a difference. Learn what the current and future health care staffing needs are.

Target Group = Mid, Sec.



**Tuesday, April 3, 2007 (continued):***Spruce Head***Dept of Education, State Update 2007**

Shelley Reed, M.Ed

This session will provide updates on the implementation of the Maine K-12 Counseling Program and the DOE updated information.

Target Group -- Elem, Mid, Sec.

*Pen Bay***Adolescent Sexuality: Childhood Loss**

Marj Burgess, M.Ed., LPC

This workshop will provide an opportunity to address a loss that often remains nameless at the onset of puberty—the loss of childhood. We will use the writing process, as well as other experiences, as tools to heighten awareness, honor this transition, and create interventions intended to support adolescents as they travel through and grieve this loss, which is too often a silent passage.

Target Group = Mid., Sec.

*Schooner***Paper Training the Puppies**

Michele Gurtler, LCSW

Transition from the 8<sup>th</sup> grade to high school is a difficult time for students and parents. We will look at existing programs as well as what can be done to help ease the move. Freshman, like puppies, require a lot of patience, understanding, support and humor to help make the transition a smooth one.

Target Group = Mid., Sec.

*Monhegan***Drawing a Family Map**

Raymonde Dumont, M.D.

This technique can be utilized with very young children as well as teenagers. It creates a visual representation of family interactions as a starting point for family therapy.

Target Group = Clinical

*Ebb Tide***Smoking Cessation for Behavioral Health Clients**

David Doreau, LCPC, LADC, CSS

Tobacco use continues as a special problem among behavioral health clients. This population smokes at two to three times the rate of the general population and as a result suffers more sickness and untimely death. This workshop will enable clinicians to assist their clients in becoming motivated to quit and gaining the skills necessary to make cessation work.

Target Group = Clinical

*North Samoset***Explorations At the University of Maine**

Ethel Hill, M.Ed.

Join the Explorations staff at this informational roundtable to learn about exciting changes planned for Fall 2007 at the University of Maine. This session will be a great opportunity for UMaine staff and secondary school guidance counselors to learn from each other about first year college students. Explorations staff will share information about the First Year Seminar require of students in this program as well as other program requirements. Come share your thoughts about our students and the transition to UMaine.

Target Group = Secondary

10:15 - 10:30 am *State of Maine Room - Break*10:30 - 11:30 am **Session VIII:****Division Meetings***Owls Head* - Eastern Maine Counseling Association - Kate Gillen*Spruce Head* - Admissions - Carlana Bean*Monhegan* - Downeast Maine Counseling Association - Leah McLean*Pen Bay* - Southern Maine Counseling Association -*Schooner* - Central Maine Counseling - Hank Taber*N. Samoset* - Northern Maine Counseling Association - Bernadette Willette-----  
11:30 am - 12:00 noon **Checkout**-----  
12:00 noon **Rockland/Rockport/Camden—Lunch and Business meeting**  
-----

Contact hours will be awarded for attendance at this conference at the rate of One contact hour for each hour of workshop/keynote attended. 8 contact hours are possible.

*MeCA is an approved provider for NBCC and for State Licensure.  
Workshops offerings are subject to change.*

## Updates and Changes

*This is a new addition to the newsletter that we hope people will contribute to in order to help everyone keep up with counselors on the move. We want to use this as an opportunity to recognize counselors as well as informing everyone of who is changing positions or retiring. In this last year there were literally dozens of counselors who changed their school or agency as well as numerous new counselors. Be sure to let the Newsletter Editor know when changes occur for you or a colleague . . .*

John Parkman, counselor at Camden Hills, is completing a 4-year term as ACA Chair in July. As part of his "job" he planned the fall NAR conference that was held in Portland and had the largest attendance of any conference in recent years.

Terry Mitchell, counselor at Central High School, was elected as Chair Elect-Elect at the NAR fall conference.

Kim Johnston, senior associate director of admission at the University of Maine, was elected president-elect of the Board of Directors of NACAC at the fall National Conference.

Deb Drew is currently serving a two-year term as President of Northern New England Association for Counselor Education and Supervision (NNEACES). NNEACES, which includes Maine, New Hampshire, and Vermont, functions as a state division of the Association for Counselor Education and Supervision (ACES), a division of the American Counseling Association (ACA). NNEACES serves counselor educators and supervisors who work in Maine, New Hampshire, and Vermont. If you are a counseling supervisor or counselor educator and wish to become a part of this organization please contact Deb Drew at the University of Southern Maine at [dldrew@usm.maine.edu](mailto:dldrew@usm.maine.edu). The group will meet for its annual one-day conference at the University of Southern Maine in May, date to be announced.

## MAINE COUNSELING ASSOCIATION ANNUAL CONFERENCE April 2 - 3, 2007

Conference cost and information is available now on our website at:  
[www.mainecca.org](http://www.mainecca.org)

Mr. Dean Collins  
Madison Area High School  
486 Main Street  
Madison, ME 04950

Non-Profit Org. U.S. Postage PAID Permit No. 2 Denmark, ME 04022
--