



# MAINE COUNSELING ASSOCIATION

## NEWS & VIEWS

WWW.MAINECA.ORG

WINTER 2009

*Sketch by Martin Gallant - MeCA Historian*

## Lessons from a Movie . . .

**By Beth M. Doane, President MeCA**

Having just returned home from watching the movie Marley and Me with my family, I am moved by how a story about a dog can touch this non-dog owner. Based on the book by John Grogan, the #1 New York Times bestselling author of Marley and Me, the movie permits the audience to feel so connected to the antics of this 'naughty' dog," that you find yourself forgiving him for his outrageous behavior. I am amazed at how one family can continue to love and accept this mischievous and rowdy pet, given the turmoil he has caused to the people in his path. As I thought about the unconditional love and loyalty Marley gets from his family, regardless of all of his shortcomings, I took a great lesson with me as I exited the theater, wiping my cheeks of the tears that had unexpectedly fallen from my eyes..."Accept people, regardless of their faults and perhaps they will teach us a lesson as to what really matters in life."

I take a moment to reflect on those situations we have been in that force us to step back and think about what we have

learned from turmoil or chaotic events. This holiday season reminds us to wish for peace and good will toward others during unsettled times. Take Christmas morning for example...in my house, it's something far from peaceful. As my two children descend from their bedrooms, with strict orders to not go downstairs until I have the video camera posed and ready to capture their excitement, I listen to their giggling and innocence of what to expect. As they enter the living room, noticing items that hadn't been there earlier, I capture their curiosity, their pleasure and their gratitude. What is nice is that they both don't have to say anything, it's the smiles, the laughter, the 'oohs and aahhs' that say it all. Peace, according to an unknown author, doesn't mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm and content in your heart. Like Marley the rambunctious dog, he is most at peace when family is around and abundant attention is provided...no words need to be spoken, a simple paw on your lap or lick to the face, say thank you for what you mean to me.

*Continued on page 6*

## Northern Maine Counseling Association - Update

**By Hollie McPartland**

BRRRR from Northern Maine! Although sitting in -35 degree weather, we all managed to travel to Northern Maine Community College this week for our meeting. We listened to the president talk about some of the great things happening at NMCC. One of the most interesting to hear about was the Precision Metals program. It is one of it's kind in New England and has state of the art equipment. Following lunch, we had a presentation by Deborah Gray, LCSW from Life By Design, a mental health agency. She presented a counseling technique called "Loving What Is..." by Byron Katie. We enjoyed participating and hopefully found it as

a resource to draw upon. Our November meeting was held at the University of Maine in Frot Kent. As always we enjoy congregating together and sharing what we are doing as counselors. Shelly Reed from the Department of Education traveled all the way up to Northern Maine and spoke to us about the Comprehensive Guidance Plan and high school diploma's for homeless students. We had a terrific attendance at both meetings and appreciate the hospitality granted to us at the colleges. We look forward to seeing everyone at the annual conference in March at the Samoset.

## Conference

**By Kevin O'Reilly, Past President**

Greetings everyone! The conference is nearing and I am happy to report that things are looking good. We have filled up our roster of presenters and I feel we have great options this year. I am hopeful that counselors of all types will find something of interest. I hope that frozen budgets will not prevent you from being able to attend. I look forward to seeing you in March!

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## REQUEST FROM THE HISTORIAN

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 school year. The historian also announces the names of current or past members who have died. Please contact me prior to the conference with any updates so that I might recognize the members at the conference.

Martin Gallant

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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  
LADC 

**Specializing in Group Therapy  
for Adults: Mixed Groups & Men's Groups**

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## NATIONAL SCHOOL COUNSELING WEEK 2009

National School Counseling Week 2009, "School Counselors: Making a Difference", will be celebrated February 2-6, 2009, to focus public attention on the unique contribution of professional school counselors within the 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. Check it out at [www.schoolcounselor.org](http://www.schoolcounselor.org)

# ACA Annual Conference & Exposition

By: John Parkman

Charlotte, North Carolina  
March 19-23, 2009

Charlotte Conference - The ACA Annual Conference & Exposition, co-sponsored by the North Carolina Counseling Association, is the largest gathering of professional counselors in the world and is the premier source for professional development across all counseling specialties and work settings.

Join more than 3,000 counseling professionals for a comprehensive program in 2009 including:

- \* More than 500 Education Sessions in 30 categories, offering 20 CE credits at no additional cost. Click here for a detailed listing with description and schedule.
- \* 41 intensive pre-conference Learning Institutes, offering 18 more CE credits (registration fee (\$100/\$140) applies for these full day and evening sessions)
- \* Networking with peers from around the world
- \* Job interviews and career assistance
- \* Free consultations on ethics and private practice issues
- \* The largest Expo dedicated to professional counseling resources
- \* Special programs for Graduate Students and First-Timers
- \* Consultations with specialists regarding ethics, career topics, and private practice issues.

Go to: <http://www.counseling.org/Convention/>

Representing MeCA this year at the ACA Convention is President, Beth Doane and President-Elect, Bernadette Willette. Deb Drew and John Parkman, other members of MeCA's Board of Directors will also be attending.

## MeSCA Update

By Elena Perrello

Hard to believe, the holidays have already come and gone! I hope you were with us at the Wyndham this past November to enjoy our MeSCA annual conference! It was a great one! We had so many wonderful keynotes, and breakout sessions. As always, it was so nice to reconnect with familiar faces, and see new ones who are excited about our profession. We are already getting ready to start planning for next year's event! We added a few new members to our board. Welcome to Christina Revard, Whitney Mills and Meghan Stetler! They have all offered to help with the conference committee. Linda Caron was elected High School Vice President, and Angela Fiandaca was voted member-at-large! We are excited to welcome Deb Lovsin to our board, as the next President Elect-Elect! Thanks to all of you for stepping forward, and helping to carry our association forward.

Times are tough throughout the country. We certainly feel it in my district, and I am sure yours is no different. In these tough times, it is easy to get stuck in the worries and concerns of the economy. Many of us are tightening our belts, both personally, and professionally. Take a minute to stop and reflect on what we have to be grateful for..."reframes", if you will!

I am frustrated that I locked into oil prices of almost five dollars a gallon last July....but grateful that I have my own home to heat! It is frustrating that my children's college tuition bills will increase, but I am so pleased that they are both furthering their education. I am concerned that so many families in my district are struggling financially, but grateful that they still manage to send their children to school with smiles on their faces...We all feel pulled in so many directions in my district...but I am so grateful to work with the dedicated faculty we have. I honestly look forward to arriving in my buildings every day.

We are expected to do more, with less. And our children deserve it! Our students are a product of the times....and have no say in how most aspects of their lives proceed. We owe it to them to continue business as usual, as best we can.

I hope the New Year finds you in good health, and in good spirits, surrounded by those you hold close. I hope you had some time over vacation to kick back and relax. At the start of this new year, make time for yourself, and those you love. Exercise, eat well, rest and rejuvenate. I know you give one hundred and ten percent of yourself on the job... Please remember how important you are, to so many people! Remember all the great work you do! It is important to take care of yourself, so you can continue the important work you do with others...All the best, and angels close. Elena

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# Central Maine Counseling Association

By Eric Rutberg, MA, LCPC

Dear Colleagues,

The Central Region sponsored a workshop on "Transitions for Students with Disabilities". The featured speaker was Mary Luce, Regional Director of Maine Transitions. Ten people attended the workshop. There was a lively discussion sparked by the presenters' compelling presentation. The intimate setting, at FAME, also made for a great atmosphere for reporting and supporting one another's efforts in general.

The Central Regions' VP, Secretary and myself are focused on generating membership driven ideas. We are excited about the free LINN (Living in the New Normal: Supporting Children Through Trauma and Loss) training MeCA is bringing to Maine. The Central Region Leadership intends to market this to counselors in the area; encouraging them to attend and hoping to remind them of the benefits of membership.

We are all excited about this year's annual conference, as well. Regional President, Eric Rutberg, will be presenting the results of research he has conducted regarding the treatment of PTSD by clinicians in Central Maine.

See you all at the LINN training in Bangor !

## Exciting Opportunities in Counselor Education at Husson

By: Deborah Drew

Happy New Year! I am writing to inform you of exciting news and updates to our graduate programs in counseling and human relations at Husson University.

The Master of Science in School Counseling program along with the School of Education at Husson University has earned five year accreditation from the State of Maine Department of Education. Our first graduate was certified as a school counselor in Maine in the fall of 2008.

Effective January 1, 2009, the Master of Science in Counseling Psychology certification track became the Master of Science in Clinical Mental Health Counseling program. The Master of Science in Counseling Psychology human relations track became the Master of Science in Human Relations program. The name changes better reflect the career preparation these programs are designed to provide. The 60 credit Clinical Mental Health Counseling degree is designed to prepare masters level clinical mental health counselors for national certification and state licensure (NCC, Maine LCPC). The Human Relations masters degree offers an opportunity for people with undergraduate degrees in business, education, psychology, social sciences, criminal justice, and many other fields to further their education in Human Relations. Students matriculated prior to January, 2009, will be allowed to choose the original name of their degree or change to the new name. Please discuss this with your advisor. Students matriculating beginning in the Spring of 2009 will be matriculated into the new programs. Please visit our newly designed website at <http://www.husson.edu> to learn more about our programs.

The MS in Clinical Mental Health Counseling program is now approved by the National Board for Certified Counselors (NBCC). Husson University is also approved by NBCC as a provider of continuing education courses. These are important steps in preparing our students for certification and licensure, exams, and for our ability to offer professional development opportunities to practitioners in counseling and human relations.

Professors in the programs now include Dr. Scott Mislser, Dr. Christine Selby, Dr. Jeri Stevens, Dr. Deborah Drew, as well as several adjunct instructors. Our faculty has much experience in teaching and practice.

We are excited to begin a new semester and look forward to working with you!

For more information contact:

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## Eastern Maine Counseling Association

**John Yasenchak**

Eastern Maine Counseling will be scheduling at least one gathering this spring before the conference. We are looking for folks who would be interested promoting membership and dialogue. Several members recently responded to a call for action on behalf of NAMI Maine by writing letters of support to local and state government representatives. There has also been some interest in establishing a mentorship project to link practicing counselors with new counselor education students. If you are interested, please contact John Yasenchak at [yogamaine@verizon.net](mailto:yogamaine@verizon.net)

## Legislative Update - 2009

**Ben Milster, Executive Board Legislative Representative**

### *New Graduation Requirements On Legislative Horizon*

Education Commissioner Susan Gendron will submit a bill this upcoming legislative session to outline graduation requirements that students must meet in order to get a diploma starting with the graduating class of 2016.

The 123rd Maine Legislature established a stakeholder group to review curriculum requirements and standards for awarding a high school diploma. The group was established by legislative resolution (LD 2174). The group began meeting in August 2008 and completed its work November 25, 2008. The final recommendations of this group can be found at the Maine Dept. of Ed. Website (Diploma Stakeholders Recommendations - Final). Commissioner Gendron plans to hold public meetings around the state in January (dates unavailable at this writing) to explain the proposed requirements. A bill will then be introduced to the Education Committee for review, and if approved in committee, will go to the full Legislature for a final vote.

Among the many significant aspects of this proposal is that there will be one standards based diploma based on Maine's Learning Results. Students will have to meet standards in the four common areas of English Language Arts, Math, Science and Technology and Social Studies and in one area of their choosing out of World Languages, Visual and Performing Arts and Physical Education and Health. Students must at least partially meet standards in the remaining two areas. The area of Career and Education Development will be imbedded in the other content areas.

Students may meet standards in multiple settings and with multiple measures (traditional exams, quizzes, performance, exhibitions, projects, etc), state level supported assessments including the PSAT/NMSQT, the math augmented SAT, and additional tests for math and science. Districts may also use other large scale assessments such as NWEA or Accuplacer. The state will define what meets standards by 2010.

For more information, please read the full report available at the DOE website, and also keep checking the MeCA website for updates and a schedule for public information meetings.

## Southern Maine Counseling Association

**Cathy Lounsbury, Ed. D., LCPC**

The Southern Maine regional group (York and Cumberland Counties) met on December 19th in the new Wishcamper Center at University of Southern Maine, Portland. After a welcome by Scott Steinberg, USM Dean of Undergraduate Admissions, we were treated to a very powerful presentation by Nicole Manganelli, the Assistant Director of the Center for the Prevention of Hate Violence (<http://www.preventinghate.org>). The Center for the Prevention of Hate Violence (CPHV) was formed in 1999 with the mission of developing and implementing training, educational and advocacy programs to prevent bias, harassment and violence. Nicole created the Center's bullying prevention workshops for elementary students and co-authored a hate crime response and prevention guide. Following Nicole's presentation, we were thrilled to have Dr. Zark van Zandt provide us with information on current issues in the counseling field and answer a variety of practical and theoretical questions from the counselors. The location of the March meeting will be sent to SMeCA members by e-mail. The University of Maine at Machias will once, again, host the SMCA May meeting on Friday, May 8th at the Muddy Rudder Restaurant in Yarmouth.

Tim and Cathy encourage counselors from York and Cumberland counties to step into the role(s) of President / Vice President for the 2009 - 2010 school year as their term will be ending in June. For more information, contact Cathy Lounsbury at [smca@mpti.net](mailto:smca@mpti.net) or Tim Lounsbury at [tlounsbury@sad60.k12.me.us](mailto:tlounsbury@sad60.k12.me.us).

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## Lessons from a Movie . . . continued from page 1

**By Beth M. Doane, President MeCA**

I think back to students I have worked with that are struggling in difficult home situations or hurting from a broken friendship. As they stand at my office door, not uttering a single word, they know they can come to my office and not be judged or turned away...they will have unconditional support. Perhaps they did something wrong or said something that hurt a friend's feelings. Regardless, they know we, as counselors, will listen, help them work through their difficult situation, give them tools to know what to do the next time they are in this predicament, but always have them leave, knowing that they can come back. We don't need to say it, but our actions and unspoken words of encouragement are what they need to feel so they will return. Like Marley, there is a loyalty with our students.

We may get frustrated with some students (and even our children!) who, like Marley, sometimes make poor choices, but we don't give up on them. As hard as it was for the Grogan family to, time after time, continue to take Marley back, even after he has chewed through a new couch, eaten a beautiful necklace, knocked over dishes, plants and people, we need

to continue to support our students who need the extra guidance and loving discipline that Marley received. In this new year, as we continue to work with our young people, celebrating their successes and encouraging those who are struggling, we can learn so much from them and often times, they can teach us what really matters in life.

My family upbringing has had a huge impact on shaping my outlook on how I counsel students and work with colleagues. Hopefully, you have learned a little about me from this article and feel comfortable approaching me with your concerns and questions. I'm excited to lead this group of committed professionals and look forward to a year where we can continue to make a difference in the lives of others.

By the way, my husband and I celebrated our 15th wedding anniversary this summer...he's a middle school teacher, and my 9 year old son and 13 year old daughter helped me pick out my "Welcome Back to School" pencils and notecards for my 11 new freshman advisees...the tradition continues!

## From the President's Desk of The Maine Clinical Counselors Association

**By: Peter Comstock**

### *Winding Down*

Yes it is finally time for my term as MCCA President to wind down. Come July I will transition to the position of "Immediate Past President". A position that last year at this time I wasn't sure I'd ever get to experience. But MCCA's members and non-members have stepped up and made our organization vital and viable once again. They responded in numbers to my very frank letter regarding the state of our Association and the need for a strong voice for LCPC's in Maine. We have a new board of dedicated and enthusiastic clinicians who have come together to formulate a plan of action for MCCA. Various committees have been assembled to carry out those plans. For the latest updates you are invited to see our work by visiting the MCCA web page [www.mcca-info.org](http://www.mcca-info.org).

As MCCA faces the future we will be focusing our efforts on how we as professional mental health counselors can advocate for the citizens we serve and strengthen our profession here in Maine. In particular our concern is centered on the very vulnerable populations that many of us serve.

## CHANGES, CHANGES

**By: Leeann Marin**

Whether we're talking about the school, college or admissions setting, change is the norm. The Maine Counseling Association wants to stay in touch with counselors throughout the state, but we need your help. If you are receiving mail for someone who is no longer in your office, please let me know. If you have moved to a new job, please tell me so that I can update our mailing list and tell everyone else about your news (if you do not mind). If you discover someone in your office is not receiving our mailings, please let me know so that I can add them to our mailing list. A quick email to me at [Imarin@union87.org](mailto:Imarin@union87.org) is all I need. Thanks for your help!

## **REGISTER FOR THE 2009 MeCA CONFERENCE AT WWW.MAINECA.ORG**

**\*\* Please note that there are NO preconference workshops this year.**

### **If Only We Learned from Aesop . . .**

**By Bernadette Willette, President-Elect - Maine Counseling Association**

It's been awhile since I read Aesop's Fables, but having the privilege of putting my grandson to bed the other night gave me an opportunity to reacquaint myself with the master of storytelling. Do you remember the story of the fox and the goat? The fox fell into a deep well and didn't know how to get out. A thirsty goat came to the well and asked the fox if the water was good. The fox said that it was wonderful and invited him to join him. The goat was so thirsty that he didn't stop to think, but jumped right in. When the goat had enough to drink, he started worrying about getting out, too. The fox had a plan, though, and told the goat to stand up on his hind legs and rest his forelegs on the side of the well. He then told the goat that he would run up his back and out the well. When he was safe he would help him, as well. When the fox got out, he ran off and when the goat complained, he said, "My friend, you shouldn't have jumped in before you knew how to get out."

The moral of the story of course is that a wise man never begins anything without considering how it may end. Those of us who have been in education for a while, must recognize the simplicity of this statement and the curiosity of why it has not been followed by our leaders in education. It hasn't been that long ago that we were all creating the Local Assessment Systems - a dictate from the state that required hours and hours of work. But that didn't work. Then came the dictate that the class of 2010 must pass the standards before they graduate; lots of work, public relations, and angst for kids, parents and educators. But that didn't work, either. And then it was the use of the SAT, a test created to predict the success of baccalaureate bound college students, for a high school graduation requirement for all students. Now it appears that the SAT may be part of a "multiple-pathways" system for graduation for maybe the class of 2016! And, now we are in the throws of regionalization, attempting to do more with less and wondering all the while if the law will be repealed and we are once again tossed about on the winds of change and whims of a few.

As those of us in the trenches have dealt with relaying dictates to parents and students and then having to rescind them, as we have spent hours and hours trying to make these dictates work only to have them change again and yet again, it has felt very much like the department has been issuing plans without a clear picture of how the plans will work and what they will truthfully accomplish. Could it be that the department has been like the goat that jumped into the well without a plan for getting out? Sometimes, it takes reading to a three year old to see how wise some very simple stories are, and how nice it would be if the adage were followed.





10:15 - 10:30 am *State of Maine Room – Refreshment Break*

10:30 – 11:30 am *Session III*

*Bay Point Room*      **Keynote: Discovering Synergy – Walking Side by Side  
With Someone Who Has Autism**

Deborah Thibodeau, M.Ed, MHRT-C

Deb Thibodeau has been an Information Specialist with the Autism Society of Maine in Winthrop, Maine for the past six years and also spends her work time as the Guidance Counselor at Georgetown Central School in Georgetown, Maine. She has worked extensively side by side with children and adults within the Disability Community. Working together, she has assisted individuals in enriching their lives at school, in their jobs and in their communities. She hopes to share many real-life stories to demystify the word “autism” and shed some light on how exciting a person’s journey can be!

**12:00 pm - 1:15 pm Rockport/Rockland/Camden - Lunch**

1:15 – 2:15 pm *Session IV*

*Owls Head*      **Financial Literacy - Why It Matters**

Mila Tappan, B.S.

To achieve life’s goals, students must have good financial literacy skills. This session will provide interesting and practical resources to share with your students to help them plan and manage student loan debt. April is Financial Literacy Month, so come join in and we will provide you with real examples, ideas and resources that you can take back to your students!

Target Group = School Counselors 6-12

*Spruce Head*      **The Versatile and Underutilized High School Program of Studies - It’s Also a Mirror!**

Craig Kesselheim, Ed.D, MAT.

Jean Haeger

This session will highlight the full array of information conveyed by the high school Program of Studies to all of its consumers. Counselors will use tools and templates provided by the trainers. They will come to appreciate the Program of Studies as a window into their school that may reveal both complementary and unsettling realities. Participants who intend to come to this session are encouraged to bring up to five copies of your school’s most recent Program of Studies for the purpose of collegial exchange. Additionally, participants are encouraged to download and print their own copies of the Fort Kent Community High School’s Program of Studies document (as a cross-reference) found at [www.greatschoolspartnership.org](http://www.greatschoolspartnership.org) homepage.

Target Group = Secondary School Counselors

*North Samoset*      **Starting a Peer Mediation Program**

Cynthia Mantell, M.Ed

What is Peer Mediation? What would be the benefits of starting a program? This presentation will give a brief overview of the program started in Belfast in 2007 and the process that was followed in order to start the program.

Target Group = School Counselors K-8

*Pen Bay*      **Creating Positive Climate: An Ethics Perspective Part III**

Debbie Drew, Ed.D., LCPC, ACS

Jeri Stevens, M.Ed., LCPC, CCS

Hour 3: This session will explore client confidentiality. Participants will discuss ways in which upholding client confidentiality enhances the climate of the setting in which they work and has a positive impact on clients. Dilemmas that arise as counselors try to maintain confidentiality will be examined.

Target Group = All

*Schooner*      **Guidance/Admissions Roundtable**

Carlana Bean, MSB

John Parkman, M.Ed, CAGS, NCC, NCSE, ACS

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 Counselors

*Monhegan*      **Psychodynamic Group Therapy -  
Theoretical Considerations, Clinical Applications**

David Ward, LCSW, LADC

This workshop will present the different stages of a psychodynamic/interpersonal group, group dynamics, the change process in groups, and the role of the leader including transference and counter transference issues.

Target Group = Clinical/Mental Health Counselors

*Ebb Tide*      **Changing Medicine: How You Can Inspire, Encourage,  
and Influence the Changing faces of Healthcare**

George Higgins II, M.D., F.A.C.E.P.

Crisanne Kadamus Blackie, M.Ed, NCCC

The need for Healthcare providers in Maine is growing. Maine Medical Center-Tufts University School of Medicine is exploring ways to expose aspiring pre-medical students to the health professions. Representatives from Maine Medical Center and the University of Maine want to introduce you to our ideas, hear from you and help you to inspire students of all ages to explore medicine. Our ultimate goal is to have Maine students become successful physicians who elect to practice in Maine.

Target Group = Secondary School and Career Counselors

2:30 - 3:30 pm Session V

Owls Head

**Advising Students for Professional Colleges**

William Dunfey, M.A., M.Ed, B.A.

This program will address counselors' questions about the nature of the academic and student life experience at "professional colleges". The presenter will also focus on the importance of prospective students' preparation - academic, personal, and experiential - as they consider applying to professional colleges. Advising such students in high schools - with specific attention to professional colleges of health care, design and engineering - will be part of the presentation and conversation. Target Group = Secondary Counselors

Spruce Head

**Tips & Tools for the Art of Experiential Group Facilitation**

Jennifer Stanchfield, M.S.

Come fill your group facilitation toolbox with creative yet practical activities and ideas to enhance learning, group experience and reflection. Explore techniques for creating a positive learning environment, increasing participant involvement and facilitating meaningful processing and group dialogue. In this co-creative engaging workshop, participants will develop innovative ways to support the process of group development. Participants will gain new perspectives on their role as a facilitator and gather activities and ideas they can use to liven up their practice. Target Group = All

North Samoset

**Play Therapy Techniques: Expanding Your Toolbox**

Deborah Carter-Keyes, LCPC, MA, CAS

Play is to children as talk is to adults. With this in mind, participants will learn hands-on techniques they can utilize in their sessions. These techniques are typically used with children but can be used and/or adapted for use with adolescents and adults. Active participation is expected. Target Group = All

Pen Bay

**Creating Positive Climate: An Ethics Perspective Part IV**

Debbie Drew, Ed.D., LCPC, ACS

Jeri Stevens, M.Ed., LCPC, CCS

Hour 4: This session will explore the concept of social justice as an ethical practice for all counselors. Participants will examine their own attitudes and practice and ways in which they impact social justice for their clients. Dilemmas that arise as counselors work toward social justice will be examined. Target Group = All

Schooner

**Psychosexual Disorders and Differential Diagnosis**

Dr. Don Lynch, LCPC, CSW-IP

The diagnosis and treatment of psychosexual disorders is important for counselors to understand because of their increasing prevalence in our communities today. This workshop will examine the diagnostic criteria for sexual Paraphilias, Dysfunctions, and Gender Identity Disorders. Empirically supported treatments will be discussed in a didactic presentation and participants will be given an opportunity to ask their own questions and provide comments. Target Group = All

Monhegan

**Success Stories of the Maine Community College System**

Jim Peacock, M.Ed

In 2002, Maine created the Community College System when we transitioned from Technical Colleges to Community Colleges. Not only has this been a huge success in numbers of students served, but this transition has changed the lives of many people in Maine. This session will focus on some of the success stories of students demonstrating the wide variety of people, young and old, who have found success at the community college system. Target Group = School Counselors 6-12, Career Counselors

Ebb Tide

**Financial Need for College in Maine**

Lisa Plimpton, MA

This presentation will discuss the process for determining financial need for college and describe college costs in Maine, available sources of financial aid, and how students fill the "unmet need" gap. Target Group = Secondary & Career Counselors

4:00 pm

**Fun Run/Walk**

Yoga – John Yesenchak in Schooner Room

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 Dave Rowe and new member Eric McDonald as a member of the Dave Rowe Trio. Dave Rowe, the son of the late Tom Rowe of Schooner Fare fame, founded the group in 2004. 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. The band is taking a break from work on its latest CD to bring you a fresh take on the folk scene with powerful three-part harmonies, instrumental virtuosity, and keen songwriting. The Dave Rowe Trio respectfully build on the folk tradition to move the music into a new groove. Don't miss this outstanding performance! Target Group = **EVERYONE!!**

**Tuesday, March 31, 2009**7:00 - 8:30 am      *Rockland/Rockport/Camden - [Breakfast](#)*7:00 – 10:00 a.m.      *State of Maine Room - [Registration](#)*8:00 - 9:00 am      *Session VI*

*Owls Head*      **Building Technology Into a College and Career Planning Curriculum: The Connect Experience**      Jessica Gagnon, M.Ed  
 Communicate with parents. Plan and track financial aid night attendance. Send electronic transcripts. Explore the typical day of a chemical engineer. Hear directly from high school counselors how utilization of ConnectEDU's web-based tools are saving them time and money. Nearly 100 Maine high schools, the University of Maine System, Maine GEAR-UP, and Husson University have joined the ConnectEDU National Network, a growing network of 2,000 high schools and over 300 colleges nationwide. ConnectEDU streamlines the college and career planning process for students, parents and counselors.      Target Group = Secondary School & Career Counselors

*Spruce Head*      **Dept. of Education Update 2009**      Shelley Reed, M.Ed.  
 This workshop will provide updates on Dept. initiatives that affect guidance and answer questions from counselors including school counseling, homeless students, truancy, dropouts, Alternative Ed, and reintegration of youth from correctional facilities.      Target Group = School Counselors K-12

*North Samoset*      **Cross-cultural Counseling: Reflections on Mental Health and Social Justice**      John Yasenchak, Ed.D, LCPC, LADC, CCS  
 Reflections from seventeen years of privileged experience employed as a counselor with the Native American Community in Maine will focus on the inseparable relationship between mental health and social justice. Research in multiculturalism will be reviewed along with suggestions for developing cultural awareness and competencies.      Target Group = All

*Pen Bay*      **Existential Psychotherapy: The Art of Existential Counseling**      Andy Abbott, LCPC  
 This seminar will focus on the overall modality of existential psychotherapy. Participants will learn of the major theorists of existential therapy and learn how to effectively use these newly acquired techniques in their next session. Included in the seminar registration is a packet that will provide participants with easy to use worksheets for sessions.      Target Group = School Counselors 6-12, Clinical/Mental Health Counselors

*Schooner*      **The Psychobiology of PTSD**      Eric Rutberg, LCPC  
 As part of the presenter's doctoral dissertation in Health Education, ways have been identified to assist counselors in learning and integrating mind-body therapies into their own therapeutic orientation when treating PTSD. Early warning signs will also be identified.      Target Group = All

*Monhegan*      **Groups: Writing and Spirituality**      Marj Burgess, M.Ed, LPC  
 The process of writing can help filter out the "noise" of life and quiet ourselves in order to experience our connection to the spiritual. In group work, members can act as powerful allies in this process. Participants in this experiential workshop will have an opportunity to learn about and try various exercises created to enhance an exploration of spiritual grounding and its role in the quality of our lives.      Target Group = School Counselors 6-12, Clinical/Mental Health Counselor

*Ebb Tide*      **Introduction to IB**      Dory Street, Ed.M  
 The International Baccalaureate program, a highly respected high school credential recognized world-wide, is beginning to appear in Maine high schools. Learn the basic components of this program from someone who has worked with it from both the high school and college perspectives.      Target Group = Secondary School Counselors

9:15 - 10:15 am      *Session VII*

*Owls Head*      **Group Career Counseling: A Practical Implementation in Private Practice or Secondary Schools**      Deborah Walsh, M.S., NCC, LPC  
 This program is based on the National Career Development Association book **Group Career Counseling: Practices and Principles** by K. Richard Pyle, Ph.D., and Ms. Walsh's experiences in applying its principles. We will explore Group Career Counseling Model as well as the settings and strategies for using that model. Participants will be prepared to immediately implement a career group program with elementary, middle, secondary or college students or other adults to assist them in gaining greater awareness of their interests, values, and abilities, and the next steps toward goal setting and attainment.      Target Group = School Counselors K-12, Career Counselors

*Spruce Head*      **Maine Youth Suicide Prevention Program (MYSPP)**      Greg Marley, LCSW  
 An overview of youth suicide prevention, updated Maine data, the Maine Youth Suicide Prevention Program, available trainings and the work MYSPP is doing. Learn more about this important public health issue and how you can help.      Target Group = All

**North Samoset Emotional Freedom in a Stressful World**

Nancy Gnecco, M.Ed, LPC, ACEP Diplomat

In a world of a struggling economy, a nation involved in two wars, daily stress and anxiety in schools and the family, is there any way to maintain a state of inner peace, hope and optimism? YES! Emotional Freedom Techniques will teach you a simple, meridian-based tapping technique that can reduce anxiety, calm fears, improve personal and school performance as well as change negative thinking into hopeful thinking. In this workshop you will learn EFT's Personal Peace Procedure - a must for everyone. Don't miss it!

Target Group = School Counselors K-12

**Pen Bay Bully Busters 101**

Deborah Thibodeau, M.Ed, MHRT-C

Bullying in schools is a common occurrence, especially targeting children with autism and other disabilities. This workshop will enlighten and inspire. You will walk away with three elementary school lesson plans connected to the Maine Learning Results that will enlist even the youngest students in your school to become part of the solution to this ongoing struggle.

Target Group = School Counselors K-6, Clinical/Mental Health Counselors

**Schooner Living Your Purpose...an Existential Perspective on Work**

Michelle Mannion, LCPC, ACS, Ph.D

This presentation will highlight key components of existential therapy and integrate those highlights into a discussion of counselor self-care. Various techniques to reconnect to professional meaning will be explored.

Target Group = All

**Monhegan Commissioning Sources Available to Maine Students**

Maj. Darryl W. Lyon - M.Communications

Major Lyon will increase the awareness of School Counselors of commissioning opportunities and the scholarships that come with those opportunities. Last year Major Lyons had 16 scholarships to give to Maine students but could only give six away. Major Lyon will discuss the appointment to West Point and he will discuss the benefits of an ROTC Scholarship.

Target Group = Secondary Counselors, Career Counselors

**Ebb Tide An Update on NCAA Athletic Eligibility Information for Division I Institution**

Sharon Oliver, M.B.A., BA

Katie Clark Herbine, J.D.

Learn what's necessary for incoming students to qualify to compete in Division I sports. Katie Herbine, Associate Athletic Director for Compliance, Sharon Oliver, Director of Admission, and Brian Manter, Senior Associate Director of Admission will discuss athletic eligibility and recruitment at the Division I level. Come find out what your students need to know if they are hoping to compete at the Division I level and learn just how important the list of approved courses is in the eligibility and admission process.

Target Group = Secondary Counselors

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

**Maine Counseling Association Spring Conference  
March 30-31, 2009  
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 30<sup>th</sup>, and/or a full breakfast and lunch on the 31<sup>st</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 13, 2009.
- **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, jeannie.mckenney@mma.edu.
- **Housing information:** The Samoset Resort has offered a special rate for workshop participants of **\$111** per night/per room. Make your reservation by filling out and mailing or faxing the hotel reservation form directly to the Samoset Resort by February 12, 2009.
- **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>PROFESSIONAL</u>	<u>STUDENT</u>
Full Conference (2 days)	\$250.00	\$150.00
One day only	\$180.00	\$120.00

**Make checks payable to: MeCA** and mail this conference registration form by March 2, 2009, to: Jeannie McKenney, Maine Maritime Academy, Castine, ME 04420 or contact Jeannie by e-mail: jeannie.mckenney@mma.edu

## ***The Annual MeCA SPRING RUN-OFF*** **5K – Run and Walk**

- Distance:** 5K (3.1 miles) wheel measured.
- Course:** START and FINISH at main entrance to the Samoset. Out and back course, miles 1 and 3 fairly flat, the middle of racecourse has a downhill (out) and an uphill (return).
- Date & Time:** Monday, March 30 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>, and 3<sup>rd</sup> places in the following categories:  
female & male walkers  
female & male runners
- Plus:** Water at halfway point, mile markers, timing, and results forwarded to the MeCA ***Newsletter***.

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

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

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

e-mail: \_\_\_\_\_ Telephone: \_\_\_\_\_

College or Organization: \_\_\_\_\_

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 mail completed form to: David Baldwin, Registrar**  
College of the Atlantic  
105 Eden Street  
Bar Harbor, ME 04609  
Fax: 207-483-9743

Late registration forms will be accepted at the conference until 12:00 noon on race day.