

# MAINE COUNSELING ASSOCIATION

## NEWS & VIEWS



Sketch by Martin Gallant - MeCA Historian

WWW.MAINECA.ORG

FALL 2011

## From the President - School Counselor - "So What Do You Do?"

By Traci Small, MeCA President

Often I get the question, "You're a school counselor, and is that, like, a guidance counselor?" and then their story ensues, "I never even knew my guidance counselor." Or "My guidance counselor told me I wasn't college material, sooo what do you do???" As I reflect on these experiences, I feel like the luckiest person in the world. I have the opportunity to share with others what I do for students and families in my role as a counselor in a high school environment. Especially now, serving as the president for the Maine Counseling Association, I will have even more opportunities to share. So what do we do?

Overall, we help to promote the academic, career and personal/social development of all students through a comprehensive school-wide program. We collaborate with students and families, administration, teachers and other faculty. This is our mission and in everything we do, we attempt to support each and every one of our student's development throughout their years in high school. While the above is often the generic response to others, I find that even after explaining my roles and responsibilities, it is often difficult to describe what school counselors actually do. What we don't do is provide long-term therapy, only short term interventions, we don't provide discipline, but do provide behavioral support based on individual student need.

Working with adolescents at a crucial time in their development is incredibly rewarding. I am not their friend or parent, or a classroom teacher, actually I have a unique role and that is as their school counselor. The types of services, which are provided to students, are wide and varied. From college admissions and post-secondary planning, to one-on-one emotional support, to academic advising, to dealing with daily and long-term crises.

School counselors are bound by confidentiality, as other counseling professions. We have a strict code of ethics to uphold, written and supported by our national organization, the ACA (American Counseling Association). Maine

school counselors have master's degrees and are re-certified every five years by the Department of Education. After letting curious people know what I do, they often follow up with questions about how I managed to choose this career, the elusive school counseling career. I'd like to begin back in 1989 when I first encountered my lunatic high school psychology teacher. (He would often throw the garbage can across the room - just for fun!) Surprisingly, he inspired me enough to want to know why people act the way they do, how does the mind/brain work, and what the heck is mental health?

From there I pursued an internship at the local psychiatric hospital - wow, I endured quite a shocking experience, but non-the-less was further intrigued about how to help others with mental health issues, issues that often prevented them from functioning in their community and larger world. So, off I went to college to study Psychology, and I was hooked!

After college, and numerous experiences in the "helping profession", I found myself traveling the world trying to decide my next step in life. With this journey and lots of research I found it - a Masters of Science degree in Educational Psychology specializing in School Counseling. When I read the course descriptions and internship requirements, I knew the program at Northeastern was a match for me.

After graduate school, I needed experience as a school counselor to be hired as a school counselor; well, that was difficult! Thankfully, I had the opportunity to pursue numerous other jobs such as a Special Education teaching assistant, pre-school teaching and as an in-home early intervention specialist working with at-risk children and families. I landed my first School Counseling job in Newton, MA a few years after graduate school. After a year in this position, and a move to Maine (with my soon-to-be husband) in 2001, I was fortunate enough to secure a

Continued on page 8

## EXECUTIVE BOARD

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**Traci Small**

Camden Hills High School  
traci\_small@fivetowns.net  
236-7800 ext. 355

President-Elect

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Husson University  
yogamaine@gmail.com

Past-President

**James Davis**

Belfast Area High School  
jdavis@rsu20.org  
338-1790 ext. 307

Secretary

**Jessica Woods**

Belfast High School  
jwoods@rsu20.org  
338-1790

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Madison Area High School  
dean.collins@msad59.org  
696-3395

MeASGW Rep.

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**John Parkman**

Camden Hills Regional High School  
John\_Parkman@fivetowns.net  
236-7800

Historian

**Martin Gallant**

Caribou High School  
mgallant@rsu39.org  
493-4260

Membership

**Beth Doane**

Yarmouth High School  
beth\_doane@yarmouth.k12.me.us  
846-3731

Public Policy

**Ben Milster**

Mount Blue High School  
bmilster@mtbluesd.org

Newsletter Editor

**Lisa Manter**

Maine Central Institute  
lmanter@johnbapst.org

No. New England Assoc. for  
Counseling & Education

**Dorothy Breen**

University of Maine  
dorothy.breen@umit.maine.edu  
581-2479

Professional Standards & Ethics

**Deborah Drew**

Husson College  
drewd@husson.edu  
992-4912

Public Relations

**Brian Manter**

University of Maine  
manter@maine.edu  
581-1598

Public Relations/Web

**Jeff Wright**

Maine Maritime Academy  
jeff.wright@mma.edu  
326-2215

CMeCA President

**Eric Rutberg**

ericrutberg@yahoo.com

DEMeCA Representative

**Cara Cirillo**

Machias Memorial High School  
ccirillo@mmhsbulldogs.org  
255-3812

EMeCA President

**Sandy Robinson**

DI - Stonington High School  
sandyrobinson6@gmail.com

NMeCA President

**Jill Cairns**

University of Maine at Fort Kent  
jillb@maine.edu  
834-7602

SMeCA President

**Marianne Tozier**

Lyman Elementary School  
Marianne\_Tozier@fc.sad57.k12.me.us  
499-7228

ME Career Dev. Assoc.

**Deborah Walsh**

careercounseling@maine.rr.com  
651-2279

ME Clinical Counselor Assoc. Pres.

**Rich Lewis**

**Jen Waterman**

lewisl@mmc.org  
jenwaterman.lcpc@gmail.com

ME College Admissions Assoc.

**Carlena Bean**

Husson University  
beanc@husson.edu  
941-7067

ME School Counselor Assoc.

**Bonnie Robbins**

Whittier Middle School  
brobbins12@aol.com  
998-3462

Graduate Student Reps:

**Susan Scott**

University of Maine  
581-2479  
susan.scott@umit.maine.edu

**Julie Libby**

Husson  
779-7697  
ubemindful@gmail.com

## FROM YOUR NEWSLETTER EDITOR

**Lisa Manter**

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

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

**HUSSON**  
UNIVERSITY

**Carlena Bean**

Director of Admissions

(207) 941-2067

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# From the President-Elect

By John Yazenchack, President-Elect

Since I moved to Maine in 1989, I have had the privilege of attending the MeCA conference every year. The return of the conference is a sign of spring for me, although I have sometimes driven there (as you may have) in snow, sleet, and hail! As I reflect back over the years, it is impossible to ignore all of the many changes that have happened to all of us personally and professionally. I joined MeCA as a graduate student at the University of Maine when I was beginning to think about my professional identity as a counselor. I've had the opportunity to share that discussion with many aspiring counselors through the University of Maine's Counselor Education Program. During those years, I also had the privilege of serving the Penobscot Nation as a counselor and clinical supervisor. Most recently, I've had the honor of joining the full-time counseling faculty at Husson University. And finally, after several years of participating on the MeCA Board, I accepted the invitation to a leadership role as president-elect. I am grateful for all of these experiences and humbled by the opportunity to serve the profession in a way that I view as "vocation".

Change is sometimes challenging. When we experience change, we often find ourselves searching for something that remains the same...some meaningful ground to stand on that helps us to negotiate the challenges. One of the poignant moments of the MeCA conference for me is at the general member's luncheon when our historian, Marty Gallant, presents the names of our colleagues who have retired and who have passed on after many years of service to the profession. As I reflected upon the changes Marty announced this year, I looked over the crowd and was struck by two feelings; a feeling of gratitude for many years of service given by our colleagues and a feeling of excitement at seeing the new graduate students who are joining our ranks. Beginnings and endings marked by years of change and challenges moved me to ask myself, "What is this all about? What is it that underlies all this change? What is it that holds us all together here at this moment? As a professional counselor in Maine - as a member of MeCA - what is it exactly that I am willing to stand up for and profess?"

Although I do not have the definitive answer to these questions (having a definitive answer would stop the inquiry), several impressions emerged. One was that we, as a group, are committed to a set of humanistic values that transcend time, settings, and politics. Despite differences that emerge as a result of roles, disciplines, and market challenges, we as "professional counselors" have a unique vision based on a very real desire to promote positive human growth and development. I really like the recent ACA definition of "professional counseling" promoted by the 20/20 Committee for "A Vision for the Future of Counseling (thanks to John Parkman for his participation in the project): "Counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals". I like the action word "empower" and as I looked over the room, I saw a group of people clearly committed to "empowerment".

A second impression that came up for me was that of "community". As I looked over our group in that moment, I thought of the many small communities (the schools, the agencies, and most importantly, the friendships) that have formed over the years in the context of the larger MeCA community. There is a "togetherness" that gives expression to the caring, the stories, the joyous laughter, and the shared stories that give us a unique identity as "professional counselors serving Maine". The stories especially are interesting, both personal and professional, in that they unite us through all of our changes. The conference (and the association) is certainly a place where stories are created and told providing a sense of "meaning" as well as "hey, this matters!" The stories that create a sense of community provide something that, I feel, is almost counter-cultural... something worth professing these days.

Finally, a third impression that arose in me was that of "service". MeCA members are people with "vision", a sense of "shared community", and also, a commitment to "service". None of us, I believe, do what we do because we are pursuing tremendous financial benefits. Most of us are professional counselors because we care about people and because we have a passion for service. I am reminded of the poet and mystic Rainer Maria Rilke who, when asked by an aspiring writer to evaluate a few poems, suggested that the aspirant give up looking for external advice and instead, look deep inside for the passion:

*"...There is only one single way. Go into yourself. Search for the reason that bids you; write; find out whether it is spreading its roots in the deepest places of your heart, acknowledge to yourself that you would have to die if it were denied you to write. This above all - ask yourself in the stillest hour of your night: must I write?...if you meet this earnest question with a strong and simple "I must", then build your life according to this necessity..."*

- Letters to a Young Poet

I believe that it is this level of heartfelt passion that inspires so many of our members to continued service despite the many challenges we all face when we present ourselves as "professional counselors".

So in closing, these three elements: vision, community, and service, for me seem to be touchstones for our on-going conversation about what it means to be a professional counselor and a member of MeCA. I am not only hoping to be of service in my new professional role in the Husson Community, but I am also hoping to serve the MeCA Community. I look forward to working with Traci, our president, Jim, our past president, and the entire Board who are so dedicated to the vision of professional counseling, community and professional service. I also look forward to working with all of our members and am most willing to hear from anyone at any time (yazenchakj@husson.edu). Thanks for your commitment and thanks for the opportunity to serve!

# Report on ACA's Annual Summer Leadership Institute Alexandria, VA July 27-30, 2011

by John F. Parkman

As your Representative from MeCA to both ACA and the North Atlantic Region (NAR) I was able to attend this years Summer Leadership Institute held in Alexandria, Virginia where ACA has its headquarters. Over 100 people from 45 state branches, and other branches located in the Virgin Islands, Puerto Rico, Asia, and other foreign locales came together for 4 days of leadership workshops, including a day long visit to Congress to meet and lobby for counseling issues from our Representatives and Senators.

A partial list of workshops follows: *Understanding the Structure of ACA, Not for Profit Financial Basics, Ethical Issues in Leadership Positions, Oh My.Social Media in ACA, Current Professional Issues Surrounding Our Profession, The Ethics of Social Networking for Counselors, Parliamentary Procedure Comes Alive, Getting Something for Nothing: Free and Cheap Tech Solutions, and What To Do When The Well Runs Dry.*

One of the most rewarding elements of the 4 days was the opportunity to get to know and hear from so many other counseling leaders at the grassroots level in our profession, and to learn that we here in Maine have a solid organization in MeCA and that we are well known and highly respected throughout the ACA world. The NAR held two very long but worthwhile business meetings, and again MeCA is considered one of its strongest branches, especially having 2 of the previous 5 Chairs coming from Maine. We also have the opportunity this year to vote in a Maine member, Terry Mitchell, to the ACA Governing Council for a 3-year term. Voting will be by ACA members

in the NAR later this year so it is important that you vote for Terry when the time comes. If you are not a member of ACA, then this is the year to join and I would be happy to have you contact me about all the benefits that come with membership.

Back to the Institute: although the day we went to the Capital the temperature was over 100 degrees and the "heat index" up to 115, we had a wonderful visit. First, every Senator and Congressperson was available because we arrived right at the end of the "debt crisis" so no one was out of town that day! Plus, many of their top aides were very interested in our lobbying issues, for which ACA's Public Policy people (prior to the trip over to D.C.) briefed us extensively on.

I will push our Executive Board at MeCA to have an "Emerging Leader" in our organization be able to attend next July's Summer Institute. It is the best way for a new leader to become acclimated to how to lead and understand the roles leaders take when they are elected to positions at any level of our professional organizations. By the way, our current President-Elect, John Yasenachak, has already signed up for next year and if you are interested in joining him contact me or let someone on our Executive Board know you'd like to attend as MeCA's Emerging Leader.

My contact info is : [jfparkman@gmail.com](mailto:jfparkman@gmail.com) or by phone 207-542-8398.

## ***We're looking for the next President-Elect - A Leadership Opportunity***

Currently the nominating committee for the next President-Elect is seeking recommendations for our next leader on the Maine Counseling Association's Executive Board. Please contact Jim Davis, Traci Small or John Yasenchek (email addresses found on [www.mainecca.org](http://www.mainecca.org) if you are interested in learning about this wonderful opportunity. We'd be happy to talk with you about the professional development opportunities and overall responsibilities for the President-elect, President and Past President. We look forward to hearing from you!

# Public Policy Update

By Ben Milster, Executive Board Public Policy

Here are some updates to bills in the last legislative session.

## **LD 45 (An Act To Allow Marriage and Family Therapists To Serve as Mental Health Professionals in Public Schools)**

This bill required the Commissioner of Education to adopt rules providing that a licensed marriage and family therapist is qualified for the position of school counselor, school social worker or other mental health professional in a school setting.

Several counselors and counselor educators attended the public hearing of this bill, and testified in opposition. Bonnie Robbins (Maine School Counselor Association President), Deb Drew and some other Counselor Educators from USM and UMaine as well as myself.

Passed and signed by the Governor with an amended title of “An Act to allow Marriage & Family Therapists to provide related services in public schools.”

**LD 452 (Act To Provide MaineCare Reimbursement for Pastoral Counselors)** This bill required the Department of Health and Human Services to provide reimbursement under the MaineCare program for services provided by a licensed pastoral counselor beginning January 1, 2012. Dead

## **LD 944 An Act To Increase College Attainment**

This bill required secondary school students to complete a federally accepted free application for Federal student aid and at least one application to a postsecondary educational institution to assess eligibility for financial aid. MeCA provided testimony in opposition to this bill. Voted “Ought not to pass” in committee - Dead

## **LD 949 (An Act To Update Maine’s High School Graduation Requirements)**

This bill proposes to amend the current education laws to update the graduation requirements for the State’s high schools. This bill would establish a standards based system.

Passed and signed by the Governor with amendment “A”... “Resolve, To require the department of education to submit a plan for the implementation of standards based education.”

## **LD 236 (An Act To Require High School Students To Register To Vote as a Requirement for Graduation)**

This bill required all high school students that are eligible under the laws governing elections to register to vote in accordance with the Maine Revised Statutes, Title 21-A, section 122 prior to graduation. School guidance counselors are responsible for certifying that students have registered to vote. Dead

## **LD 184 (An Act To Promote The Financial Literacy Of HS Students)**

This bill requires the department of education to develop and distribute a course on Personal Finance for use in high schools, effective for the 2012-2013 school year. All schools must include the PF course as part of the math instruction in order to obtain a high school diploma. Passed and signed by the Governor

## **LD 1139 (An act To require Students To Receive Instruction In CPR And The Use Of AED (Automated External Defibrillator) As a Requirement To Graduate High School.**

Passed and vetoed by Governor

## **LD 1553 (An Act To Create A Public Charter School In Maine)**

Passed and signed by Governor with amendments.

## **LD 188 (An Act To Achieve High school Graduation Goal)**

This bill was to establish an At-Risk student grant program. Dead

## **FEDERAL LEVEL:**

## **HR 1891 (Setting New Priorities In Educational Spending Act)**

Would eliminate Federal funding for elementary and secondary school counseling program.

*Encouraged all to access the ACA Public Policy page on ACA website for more information and updates.*

# It's Time to Register for Maine Career Development Association Fall Workshop November 14th!

By Deborah Walsh, MCDA President

MCDA is a vibrant and growing organization of career professionals dedicated to advancing career development and providing professional development opportunities for its members. Membership is open to all career professionals. We had another wonderful annual conference in June, graciously hosted by Jill Barlow-Kelley and the College of the Atlantic (COA) in scenic Bar Harbor. The ocean views, gardens, and expansive lawns of the COA campus helped 90 participants make the transition from day-to-day efforts to mixing with colleagues both familiar and new, renewing our spirits, and exploring new ideas. Our conference, entitled "Staying Positive and Creating Hope in a Changing World", was led by Rich Feller, President-elect of the National Career Development Association. Greg Bartlett, Assistant Superintendent of Schools in Brunswick, Maine delivered a plenary address on Invitational Education.

In addition to our annual summer conference, MCDA also presents a Fall Workshop. Our goal is to present a topic that will be meaningful to all of our members, across all career disciplines. With that in mind, we are proud to host Leigh Mundhenk, PhD, presenting [Please just tell me what to do! Using cognitive stage development theory to help us customize career counseling approaches to meet our clients' needs.](#) Leigh is Associate Professor and Director of Field Experiences at the University of Southern Maine at Lewiston- Auburn, where she has taught career development courses and run the internship program for 10 years. She has conducted numerous seminars and speeches nationally which focus on career exploration and job search skills. Leigh holds a BS in Psychology from Duke University, an MS in Organizational Dynamics from the University of Pennsylvania and a Ph.D. in Psycho-educational Processes from Temple University. Click here to [Register](#) before October 21st for the early bird discount!

The working theme for our 2012 Conference is *Advocacy for All*, and will be held July 6, 2012 at Saint Joseph's College in Standish. Mark your calendars now! We will be accepting proposals shortly.

The Marketing Committee has been very active this year planning a new web site, creating electronic newsletters, joining list-servs, and linking to useful professional development resources. Be sure to check out the link to CareerWell webinars for free professional development topics. The committee has also been busy developing a new logo, which was voted on at the Annual Meeting. It will be launched soon with the new web site version. Don't worry, the address will be the same. Let us know what you think.

MCDA Governing Board officer elections were held in early June. I am happy to serve as MCDA President for the next two years, with Merle Davis as past-President, Karen McGrady as Secretary, and Gail Dyer as Treasurer. Kate Axelsen is the new student representative from UMO. There is an opening on the Governing Board for a school counseling representative and an at-large member. Please let me know if you are interested. Initiatives for the coming year include finding new ways of connecting, conference calling, attracting members across the career guidance and counseling spectrum and serving our already diverse membership.

I am looking forward to the coming year and welcome your input. Please join us!

Deborah Walsh  
MCDA President

## MeCA Central Region

by Eric Rutberg, President = MeCA - CR

Dear Colleagues,

It is a beautiful time of year to be in Maine and a terrific time to be a Counselor in the Central Region. As you may know, the Central Region (CR) of Maine spans from Camden to The Forks and from Skowhegan to Lewiston. We are a very large region which indeed has presented somewhat of a challenge in terms of promoting a sense of solidarity. This year we hope to really entice folks to meet and share resources and ideas while at the same time bringing value-added benefits to being or becoming a member of MeCA.

**Julie Libby and I are planning a WORKSHOP and SYMPOSIUM for JANUARY 20, 2012.**

This full-day, free event will include a 4 hour workshop (CEU's provided), followed by informal, 30 minute presentations.... by you !

We are seeking counselors who would be willing to talk about "that something special" you offer through your practice. What is it that works? What is it that inspires? What is it that energizes? What is it that rejuvenates you?

We's like to videotape these presentations and make them available on the website under "best practices." For those of you who are camera shy, perhaps we might record or simply post a powerpoint highlighting these elements of your practice.

Interested in presenting at our symposium? Please return the following proposal slip and we will be in touch with more details about scheduling.

Also, please RSVP ASAP so we can plan for space and food accordingly !  
Be Well !

Dr. Eric Rutberg, President-MeCA-CR  
Julie Libby, President-Elect-MeCA-CR

Constellations Behavioral Arts Center  
Eric Rutberg, MA, DHEd  
Clinical Counselor  
Doctor of Health Education  
207-645-7010

## Admissions Update

by Carlana Bean

Jon Henry and UMA hosted The Maine College Admissions Association on June 28th for our annual meeting. Joe Bellavance from the College Board spoke to the group. There were about forty-five people in attendance representing both College Admissions and the Guidance Community. Joe had information that was relevant to both groups and we had an opportunity for questions and discussion. At the end of his presentation we had lunch and reported on enrollments and trends at our respective schools. We appreciate Jon's willingness to host and make arrangements for the annual meeting.

I have been asked to represent The Maine College Admissions Association on the Governor's Task Force on Expanding Early Post-Secondary Access for High School Students in Maine. The report has to be on the Governor's desk by December 1st, so I will plan to report out to the group in our winter newsletter.

I wish safe travels to all and I look forward to seeing everyone as our annual fall activities commence.

## Conference Keynote Speaker

by James S. Davis, Past-President/Conference Committee Co-Chair

I am excited to tell you all that the Keynote Address at the Maine Counseling Association 2012 Conference will come from Dr. Lyn Mikel Brown. Dr. Brown is a Professor of Education and Human Development at Colby College, and is also originally from Downeast Maine.

Dr. Brown's acclaimed work on girls' social and psychological development has consistently broken new ground and challenged old perceptions. She is the co-author, with Carol Gilligan, of *Meeting at the Crossroads: Woman's Psychology and Girls' Development* (1992), a New York Times Notable Book of the Year that helped spark an international debate about the lives of girls and redefine our understanding of female development.

Dr. Brown, a founding member of the Harvard Project on Woman's Psychology and Girls' Development and co-creator of the nonprofit Hardy Girls Healthy Women, has written other acclaimed books on girls social and

psychological development including *Raising Their Voices: The Politics of Girls' Anger* (1998) and *Girlfighting: Betrayal and Rejection Among Girls* (2003).

Her recent research focuses on girls' development in diverse contexts; girls' anger, girlfighting, and media and marketing to girls. In *Packaging Girlhood: Rescuing our Daughters' From Marketers Schemes*, co-authored with Dr. Sharon Lamb (2006), she guides parents through marketers' attempts to claim their daughters. This is a must-read for anyone who cares about the health and well being of girls. It exposes the marketing industry's assault on preteens and is filled with helpful suggestions for parents.

I look forward to seeing all of you at the annual MeCA Conference in April, 2012, and especially look forward to hearing from Dr. Lyn Mikel Brown.

cont. from page 1

### **From the President - School Counselor - "So What Do You Do?"**

position at Camden Hills Regional High School. Every day I am thankful for this opportunity. Currently I serve as the Director of the School Counseling Program, and having the opportunity to take on a leadership role within the school has even furthered my love for my career.

All the school counseling classes and internships had really in no way prepared me for the real-life ups and downs that I would encounter over the next ten years at CHRHS. We experienced cluster student suicides and accidental deaths, numerous teen pregnancies, students and families struggling with substance use and divorce, teen homelessness and drop-outs, eating disorders, difficult family systems, college acceptances and denials,

entitled and disenfranchised students, and the list goes on. While there are certainly very sad situations that we deal with daily, the ultimate reward is the relationship that is developed with every student, with a deep understanding that the counselor/student relationship is more meaningful to some than others.

I work with a wonderful team of professionals in our Counseling Department, including three other counselors, our secretaries and our registrar. We support one another through the trials and tribulations, and move forward knowing that what we do often has an impact, or at least a ripple effect. It may not be immediate, we may never know the outcome, but we know in our hearts that having empathy for others and advocating for those less fortunate, and supporting every student as best we can, is what we were put on this earth to *do*.



*The Maine Counseling Association*  
*MeCA Regions: Northern Eastern Downeast Central Southern*

**CALL TO PROGRAM**

MeCA Conference at the Samoset

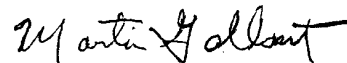
Monday, April 2<sup>nd</sup> -Tuesday, April 3<sup>rd</sup>, 2012

Dear Colleague:

The Conference Committee of the Maine Counseling Association is seeking workshop proposals for the annual spring conference. Each year an array of workshops are offered ranging from ethics to counseling techniques to personal enrichment sessions. If you have an idea for a session you wish to present, then please complete the enclosed form and return it to me prior to November 15, 2011.

Our keynote speaker is Dr. Lyn Mikel Brown, a professor of Education and Human Development at Colby College. Her work focuses on girls psychological and social development in diverse contexts, girls anger, girl fighting, and media and marketing to girls. She is the co-author of the book "Packaging Girlhood: Rescuing Our Daughters From Marketers Schemes". The keynote will be on Monday, April 2nd, 2012.

Sincerely,



Martin Gallant  
Conference Committee Member

## *The Maine Counseling Association*

*MeCA Regions: Northern Eastern Downeast Central Southern*

### **CALL TO PROGRAM**

The MeCA Conference Committee announces the Call to Program for the MeCA conference being held April 2<sup>nd</sup> and April 3<sup>rd</sup>, 2012 at the Samoset in Rockport, Maine.

If you are interested in being a presenter at this year's conference, please fill out the information below and mail to the following address:

Martin Gallant  
Caribou High School  
308 Sweden Street  
Caribou ME 04736

Telephone: 207-493-4260 FAX: 207-493-4244 email: [mgallant@rsu39.org](mailto:mgallant@rsu39.org)

NAME: \_\_\_\_\_

TEL: (W) \_\_\_\_\_ (H) \_\_\_\_\_

(Fax) \_\_\_\_\_ (email) \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

CREDENTIALS: \_\_\_\_\_

PLACE OF EMPLOYMENT: \_\_\_\_\_

PROGRAM TITLE: \_\_\_\_\_

Please write a brief description of the presentation which will be used in the conference program brochure (3-4 sentences): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Target Group (Check all that apply)  Admissions  Elementary  Middle  
 Secondary  Clinical/Mental Health Counselors  Career Counselors  All

Please send a detailed description on a separate sheet. Presenters are responsible for bringing their own presentation materials (projectors, TV's, computers, flip charts, markers, etc.). Have enough handouts as photocopying costs can be prohibitive at the Samoset. If you need a screen for your presentation then please let me know. Graduate students or others that wish to do a Poster Session should indicate this in the brief description above.

The Maine Counseling Association provides contact hours at the conference. MeCA is required to keep a record of our presenters' qualifications. **Please include a brief resume along with your Call to Program form.** Thank you for your support of our professional organization. A confirmation letter will be mailed to you by mid-January, 2012.

***This form is also available on our website: [www.mainecca.org](http://www.mainecca.org)***

*A Charter Branch of American Counseling Association*

## Maine Counseling Association 2011-2012 Unified Membership Application

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

### Membership Information

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

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

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

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

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

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

Email: [beth\\_doane@yarmouthschools.org](mailto:beth_doane@yarmouthschools.org)

*ADMINISTRATIVE USE ONLY:*  
 Date received: \_\_\_\_\_  
 Check or PO #: \_\_\_\_\_  
 Amount: \_\_\_\_\_

## About MeCA Membership

### Member - \$40.00

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

### Student Member - Dues Waived

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

### Emeritus Member - Dues Waived

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

### Membership FAQ

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

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

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

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

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

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

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