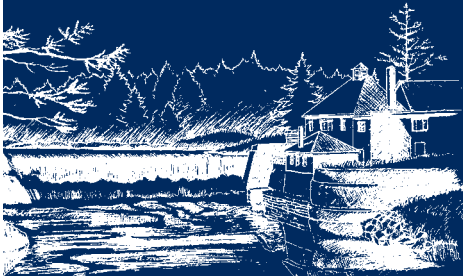


MAINE COUNSELING ASSOCIATION NEWS & VIEWS

WWW.MAINECA.ORG

FALL 2013



Sketch by Martin Gallant - MeCA Historian

From the President

By Jill Cairns - Director of Admissions, University of Maine at Fort Kent

Fall is in the air! As the leaves change and the cooler weather arrives, I always feel a sense of renewal and excitement. Working with the Executive Board this past summer at our annual leadership retreat in beautiful Castine, Maine, makes it easy to remember why I love being involved with the Maine Counseling Association. What an incredibly talented and dedicated group of individuals!

One of the focuses of the retreat this year was to gather up a list of goals we each want to accomplish. A few resounding themes were discovered. I heard a call to find ways to increase our membership across all the divisions and regions. It was also clear that our web presence needs to be updated. And last, but certainly not least, was a push to move towards an electronic newsletter. With these goals in mind, the Executive

President Elect

Dean Collins

As I write this article for the (MeCA) Maine Counseling Association's Fall Newsletter, our Summer Leadership Summit has adjourned and I know that we are ready for another fantastic year. Our conference chair and Past-President, John Yzenchack, has lined up a great keynote speaker and our President, Jill Cairns, is full of energy and ready to tackle the challenges that await her. This year, as President-Elect, I am taking on a different role and will assist John in preparing for our annual conference as well as learn the ins and outs of the Presidency role from Jill. I would like to welcome Andrea Hallett to our fold as the new treasurer of MeCA.

When I think back over the years of my membership to MeCA and my journey of being part of this great organization, I think of how it all began. I returned to Maine and accepted the position of Director of Guidance at Madison Area Memorial High School. I knew it was important to belong to our state counseling branches as I was already a member of ACA, had joined as a student, and Mississippi State's Counseling program stressed the importance of belonging to both National and State organizations. As a first year professional counselor, I went to both the MESCA and MeCA conferences

Board dug deep and began working. As we make progress we will keep you updated - look for some exciting things to come!

Did you know that 2014 is a year of celebration for MeCA? Next year marks the 50th Anniversary of the Maine Counseling Association. Please join us and celebrate by attending our Annual Meeting and Conference at the Samoset this spring April 14-15!

The Maine Counseling Association has flourished over the last 50 years because of our rich history and dedicated professionals working together to make great changes and moving forward in a positive direction. Join us; the next 50 years is sure to be no different!!!

to see what they were doing. At the MeCA conference, I recognized a familiar person – Colleen Reynolds (I skied for her husband Tom). Colleen commented to me about getting involved and asked if I was interested. I continued to attend the annual MeCA conference, enjoying the comradely of the organization. The last thing I expected was a call from Carlana Bean asking if I was interested in the role of treasurer. I said yes, not knowing what I was getting myself into, but found that I enjoyed being part of MeCA Board. Once elected treasurer, I never expected to remain in the position for as long as I did, but it was enjoyable and a true learning experience. I thank Andrea for taking on the role of treasurer this year and allowing me to continue my involvement with MeCA in the new role of President - Elect. The reason I bring this up is that each year we reach out for members of the organization to take on a leadership role, whether at regional or state level. Without your input, support, and/or commitment to the organization, we will struggle filling positions. For instance, currently we are seeking a Southern Maine Regional President, our largest in the number of counselors the region supports. This is an opportunity that allows you to have a leadership role in the

Continued on page 3

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SMeCA President

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FROM YOUR NEWSLETTER EDITOR

Lisa Manter

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

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

Make Their Summer Count

UNE Early College Programs
for high school juniors and seniors
Students earn three college credits

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Maine Counseling Association

Visit our Website at

www.maineoca.org

William Glasser - in Memoriam

William Glasser, MD, a pioneer in the helping professions, passed away on August 23, 2013. Dr. Glasser was born in Cleveland, Ohio in May, 1927. A psychiatrist by training. Dr. Glasser was very much at home in the world of counseling and ranked among theorists like Carl Rogers, Albert Ellis, Fritz Pearls, etc. His own unique approach appeared in his book Reality Therapy, published in 1965. As a result of his work in hospitals and correctional facilities, he came to believe that people not only chose their behaviors but are also able to change. He renamed his theory "Choice Therapy". Although not always accepted by his colleagues in psychiatry, he was warmly welcomed by the profession of counseling. His ideas were incorporated into both clinical models and school counseling, and he was a frequent presenter ACA and other conferences.

One of the associations that welcomed Dr. Glasser as a keynote speaker was our own Maine Counseling Association (MeCA). In 2004, Dr. Glasser and his wife Carleen attended the MeCA Conference and drew a large number of attendees. Although Dr. Glasser provided the memorable keynote, both he and his wife engaged our members in an informative, lively, and sometimes humorous dialogue. In keeping with his theory, Glasser taught that human behavior is a best attempt to satisfy one or more of five basic needs: love/belonging, freedom, fun, power, survival.

I distinctly remember several points that Dr. Glasser made in his keynote. Although a psychiatrist and medical doctor by

training, Dr. Glasser told the group that he rarely prescribed psychotropic medications during his entire career of over fifty years. He at times made exceptions to this practice for issues around pain management. But he clearly articulated his belief that there are only a handful of organically-based diagnoses in the DSM, and that most of the issues presented there are the result of unhappy choices in relationships. The perspective he presented is interesting, especially in light of so much controversy surrounding the newest version of the DSM.

Another point he made in his keynote was the overmedication of adolescents. Dr. Glasser visited with us around the time that some of the SSRI medications were making national news regarding the reported correlations with unhealthy behaviors in adolescents. He argued his belief that when we over medicate kids, all we are doing is sedating them. When medication is discontinued, kids are more likely to act out negatively if the reliance was only on medication rather than teaching them how to cope with their emotions. This certainly foreshadowed some of the current discussion that is being presented by the media and at conferences across the country.

It was an honor to have met Dr. Glasser and to have had him as our keynote speaker at our conference. He was a great friend of the counseling profession, believing in our vision, and encouraging us to go forward with our identity. He will be remembered as one of the "elders" of our profession.

President Elect continued from page 1

region, but to also become a member of our executive board.

My final message is a shout out to all professional counselors in supporting The Maine Counseling Association. Your support, whether it be by joining as a member and/or attending our annual conference, allows us to remain a vibrant organization, supporting all counselors by bringing nationally recognized professionals as keynote speakers, sending our president to the American Counseling Association's annual conference, leadership institutes – both local and national, and remain current of legislative issues that affect all counselors. To become a member or learn more about the conference, log onto www.mainecca.org; we are growing but continue to need your input to keep this organization vibrant.

Have a great fall and winter and I look forward to seeing you all in April at the annual conference.

Do You Have an Ethics Question?

Consult the Maine Counseling Association Ethics Committee

Deborah L. Drew, MeCA Professional Standards and Ethics

Do you have an ethics question? Are you struggling with an ethical dilemma? The Maine Counseling Association Ethics Committee can help.

What is the Ethics Committee? The purpose of the Ethics Committee is to provide members with information, ideas, consultation, and a process with which to make sound ethical decisions. Committee members (listed below) are experienced counselors and counselor educators who represent professions in Counseling. The ACA Code of Ethics is the primary reference, but committee members may suggest guidelines from other codes of ethics (i.e. ASCA, AMHCA, NCDCA, etc.) and/or law or policy if appropriate to the situation. The Ethics committee is educational in nature only. Cases can be brought for information and ideas and suggestions with resolving ethical dilemmas and questions. The committee is not advisory. The decision about how to act remains with you, informed by the information you receive from the committee.

Who Are the Ethics Committee Members?

Chair: Deborah Drew, Ed. D., Counselor Educator, LCPC

Specialty areas

School Counseling

Sandy Robinson, School Counselor
Traci Small, School Counselor
Mary Warren, School Counselor
Lisa Erhardt, School Counselor

Clinical Mental Health Counseling

John Yasenachak, Ed. D., LCPC
Susan Jones, Ph. D, Licensed Psychologist
Jeri W. Stevens, Ph. D., LCPC
Colleen Owens, LCPC

Career Counseling

James Westhoff, Career Counselor

Counselor Education

Annette Nelligan, Ed. D.
Mikal Crawford, Ed. D., Licensed Psychologist
John Yasenachak, Ed. D., LCPC
Susan Jones, Ph. D, Licensed Psychologist

Group Counseling

John Yasenachak, Ed. D., LCPC
Susan Jones, Ph. D, Licensed Psychologist
Annette Nelligan, Ed. D.

Pastoral Counseling

Julie Libby, MS Pastoral Counseling

How do I contact the Ethics Committee? Deborah Drew, Ed. D., Counselor Educator at Husson University, is the Chair of the MeCA Committee on Professional Standards and Ethics. Send Deb your question and de-identified details of your dilemma and your contact information via e-mail at drewd@my.husson.edu or call her at 207-992-4912.

What happens then? Deb sends your question and details, without your name and contact information, to the Ethics committee for feedback. Once the responses are in, Deb compiles the information and gets it back to you. You then review and make your decision about how to act.

For questions: Deborah L. Drew, Chair, MeCA Professional Standards and Ethics drewd@my.husson.edu or 207-992-4912

Public Policy Update

Ben Milster, Executive Board Public Policy

Clarification of the implementation of LD 609: “An Act to Increase Suicide Awareness and Prevention in Maine Public Schools”.

As of this writing (Sept 20), there doesn't seem to be a lot of information sent out to schools regarding the implementation of LD 609. At a recent legal update at a law firm attended by our assistant superintendent, the information given was that this law was to be implemented by the beginning of the 2014-15 for all high schools, which means that all high school personnel must be trained this year. Implementation for elementary and middle schools is prior to the 2015-16 school year.

In reading the law, my first impression was that the training would need to take place during the 2014-15 school year, but Susan Berry from the DOE, who is taking the helm for the rule making of this law, confirmed that the law does in fact need to be implemented this year for high schools, prior to the start of the 2014.

So, all high schools have to have at least two staff members trained in a one day suicide prevention and intervention program so that they can provide the one to two hour in-service training module for all high school personnel. That one to two hour session must occur during this current school year, prior to the start of the 2014-15 school year, and “all school personnel” includes coaches, custodians, food service, ed techs, etc. Depending on the school/district size, more staff members may need to be trained. Please reference the law for specific information.

To clarify the training requirements, I spoke with Marissa Deku from the National Alliance on Mental Illness (NAMI) Maine, which contracts the training for DHHS (Maine Center for Disease Control and Prevention). Many of you have most likely gone through Gatekeeper training and Training of Trainers programs, and this is the training that needs to be completed in order to provide the in-service training to school personnel.

According to Marissa Deku, if you have not completed the Training of Trainers session within the past five years, you need to attend Gatekeeper training again, and then another Training of the Trainers program. So, two full days of training if you have not been trained within the past five years. You can contact Marissa Deku at NAMI Maine (622-5767) for training information, and Susan Berry at the DOE (624-6695) for information regarding implementation of the law.

Central Maine Counseling Association

Julie Libby

In the spring of 2013, Livermore Falls High School closed its doors forever as a public high school. This fall, Livermore Falls High School and Jay High School merged as one new school called Spruce Mountain High School. We are located at 33 Community Drive Jay, ME 04239, and our phone number is 897-4336. Please update your mailing and phone lists.

From the North

Mary Warren

Our plans for this coming year include meetings and updates at and with: UMPI, UMFK, NMCC, UM satellite at Houlton, UM Orono, Husson University, and College Board. Northern Maine Counseling Association meets every other month throughout the program year, with committee meetings when needed. Our first meeting of the year was held in September at the University of Maine at Presque Isle. Over 30 members and guests attended the all-day affair which included updates and meetings with College Board, President Linda Schott of UMPI, Upward Bound and of course our NMCA September meeting. Our career/job Fair committee is meeting to formulate a community support initiative in order to create a sustainable annual event. WE will be meeting again in November at the University of Maine at Fort Kent. Meeting Guest speakers for this year will include presentations from scholarship sponsors, universities, and specialty programs.

Maine Career Development Association Update

Jim Peacock

New Officers for 2013-15 are:

President, Jim Peacock, Peak-Careers Consulting

Treasurer, Diane Anderson, Thomas College Career Center

Secretary, Nicole Drew, School Counselor

In August we offered a very successful one day workshop on using LinkedIn provided by Sabrina Woods who was one of our key note speakers at our annual conference last May. MCDA is planning to bring Sabrina back in the spring to offer this one day training again. Watch our website for updates or join MCDA for all current updates.

MCDA has a LinkedIn Group as well where discussions and networking can continue. Search for us in LinkedIn and request to join.

MCDA has a fall workshop coming up on Ethics of Advocacy: How to advocate for our clients, our profession, and ourselves on Friday November 1st at the USM Lewiston - Auburn campus. Presenters are Deb Drew and Charles Bernacchio. More information can be found at www.Maine-CDA.org

MCDA also offers a more informal get together called Career Café. MCDA created the Career Cafe to encourage members to network more often throughout the year in a more informal setting than the annual conference and fall workshop and to provide opportunities to share ideas and knowledge.

We have coordinators from various regions in the state and their job is to encourage members to host a Career Cafe, to assist people in marketing, and to seek topics to discuss.

- A career topic is chosen to discuss.
- Typically about 1.5 TO 2 hours
- Time for networking and time for focused discussion on the topic
- Held most often at a member's site but can be held anywhere

Contact Jim Peacock is you have questions. JimPeacock@Peak-Careers.com or 207-649-9761

Check us out at www.Maine-CDA.org

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, 2013.

Our Keynote speaker will be David Kaplan, Ph.D., Chief Professional Officer and Past President of the American Counseling Association. In his keynote and workshop, Dr. Kaplan will address Professional Counseling, Current Issues, Future Trends and the new 2014 ACA Ethical Guidelines. These guidelines address issues such as social media, ethical decision making, end-of-life issues, etc. The keynote will be on Monday, April 14, 2014.

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 14th and April 15th, 2014 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 or email (prefer email) 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

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.). If you need a screen for your presentation then please let me know.

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, 2014

This form is also available on our website: www.mainecca.org

A Charter Branch of American Counseling Association

Maine Counseling Association 2012-2013 Unified Membership Application

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

Membership Information

Name: _____

Address you want mailings sent to:

Work Phone: _____

Home Phone: _____

e-mail Address: _____

Place of Employment (please include address if different from mailing address):

Educational Background:

Degree: _____ Major: _____

University/College: _____

Years in Professional Field: _____

Occupation (check primary one):

- () Career Counselor (CAR)
- () College Admissions Counselor (ADM)
- () College Counselor (PSC)
- () Counselor Educator (CED)
- () Emeritus Member (EMS)
- () Employment Counselor (EMP)
- () Marriage and Family Therapist (MFT)
- () Mental Health Counselor (MHC)
- () Pastoral Counselor (PAS)
- () School Counselor (SC) Check level:
- ___ K-5 (A)
- ___ 6-8 (B)
- ___ 9-12 (C)
- ___ K-9 (D)
- ___ K-12 (E)
- () Student (STU)
- () Substance Abuse Counselor (SAC)
- () Vocational Counselor (VOC)
- () Other (OTH) Please specify:

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

MeCA Membership

- ___ \$40 Regular Membership
- ___ No Fee Student Membership
- ___ No Fee Emeritus Membership

Divisional Membership

- ___ \$15 Maine Association for
Specialists in Group Work

Regional Council Membership

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

___ **TOTAL** (Check payable to MeCA)

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

Email: beth_doane@yarmouthschools.org

ADMINISTRATIVE USE ONLY:

Date received: _____

Check or PO #: _____

Amount: _____

About MeCA Membership

Member - \$40.00

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

Student Member - Dues Waived

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

Emeritus Member - Dues Waived

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

Membership FAQ

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

A: Contact Beth Doane, Membership Chair, at Beth_Doane@yarmouth.k12.me.us 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.