

MAINE COUNSELING ASSOCIATION

NEWS & VIEWS

WWW.MAINECA.ORG



SPRING 2010

Sketch by Martin Gallant - MeCA Historian

From the President

By Bernadette Willette, President MeCA

In the fall newsletter, I asked you all to mark your calendars and reserve your room early for an exciting conference this year at the Samoset. We are fortunate to have procured Alice Barr, the high school Instructional technology Coordinator at Yarmouth High School, as our keynote speaker - addressing, "Counseling in the Digital World...keeping our students safe."

I cannot personally think of a more relevant, more pertinent topic than this; in all domains of counseling, we are faced as professional counselors with the results of digital fall-out - the drama that exists on facebook and is carried on in the classroom, the bullying that occurs on My Space, the pure awfulness of sexual predators as they cruise the web. Join us April 12th and 13th at Rockland for a tremendous conference - an opportunity to learn, an opportunity to network, an opportunity to have fun... registration and further information can be found at www.maineeca.org.

In the fall newsletter, I also promised you that I would do my best as your president, and hoped that that would be enough. In reviewing the year so far, I thought about the good, the bad and the ugly about the first half of my term. What struck me as one event which encompassed all of the descriptors mentioned above was the referendum in the state on #1. What energy and what passion flowed

EMeCA Update

By John Yasenchak, President EMeCA

Over the past few days, I have received numerous e-mails from friends across the State informing me that their social service programs are in serious jeopardy of having their funding completely cut. Some of those programs include the Maine Juvenile Justice Treatment Network and the National Alliance For the Mentally Ill (NAMI-Maine). These two programs alone provide enormous support for clients and families, in addition to counseling resources. Additional cuts may be made in areas of residential treatment for both adults and children. Janus House in Bangor/Brewer is an example of an adolescent rehab program that recently closed its doors. Mainecare coverage for outpatient mental health and substance abuse services will be reduced to eighteen visits per year.

through those of us in the counseling business as both sides unfolded their efforts! Within this process, however, bumps on the road appeared as passion and ethics got confused, and then the work began for those of us in leadership positions.

MESCA and MeCA with their combined efforts in these tumultuous times did a tremendous job of separating the ethical standards from our own personal beliefs. Hours were spent by many many wonderful counselors in the state agonizing, writing, editing, and coming to consensus on an editorial that in the end did not even make it to the paper. That part, however disappointing, did not diminish the process that we all went through - a process of joining, rather than dividing, a process of maintaining goals, rather than being sidetracked by individual objectives, a process of doing no harm, rather than than careless disregard of the ethics that we all follow. I would like to take this time to personally thank both the executive boards of MeCA and MESCA, and the individual members of other divisions in the state who gave their time and energies to this difficult but important piece of writing. I know that I did my best for you at this time - but it was because of the backing, the support and the efforts of all of you.

Happy New Year to a tremendous group of people - the counselors in the state of Maine.

These are challenging times. State wide local meetings and rallies at the Capital (as scheduled for next week) are definitely ways that counselors and clients can voice their concerns. Regardless of the legislative outcome, a longer view of things is going to be needed that includes a clear vision of what our profession is about, and a strong advocacy voice on behalf of the profession and the folks we serve.

Just a reminder that EmCA voted to sponsor several Rooms at the Samoset for graduate students from both Husson and U Maine Orono. This is intended to encourage graduate students to attend the full conference. Students should contact the director's of their respective programs or John Yasenchak (john.yasenchak@umit.maine.edu) for further information.

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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.

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 member 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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**High school students entering their junior or senior year in Fall 2010.*



20/20: A Vision for the Future of Counseling

By John F. Parkman

**ACA/NAR Representative on the Maine Counseling Association Board
NAR Delegate to the 20/20 Committee 1/07/2010**

The most recent work from the delegates representing 29 Professional Counseling entities (ASCA is still a member in good standing but can not vote until they accept the 7 Principals of the Mission) has moved further along the pathway towards the development of a “common” definition of “Counseling” for the general public and to use when coming forward to all levels of legislative bodies.

The 20/20 Oversight Committee wants to give you a quick update on round two of the Delphi Process that is being used so all groups have equal access and representation in the developmental process.

An e-mail was sent out by David Kaplan, Administrative Coordinator, on December 7th with a follow up on December 17 asking each delegate to rate the revised definitions of counseling from each delegate workgroup. So far we have 16 completed rating forms have been completed, including mine. E-mail was just sent out to the 13 delegates who still need to submit their ratings requesting that they complete the form as soon as possible.

The entire Committee of all delegates will be meeting at the ACA Annual Convention in Pittsburgh on Friday March 19th from 1:00 to 5:00PM. ALL counselors are encouraged to attend to observe first-hand the process and work we have been doing for the past 4 years.

On behalf of the 20/20 Oversight Committee for the North Atlantic Region and as liaison for ACA/NAR on the Maine Counseling Board of Directors,

Northern Maine Counseling Association

By Holly McPartland

2009 started out with two great meetings held at a couple of our state university campuses. In September, we met at UMPI with a College Board informational workshop. Following the workshop, we had a nice lunch in the cafeteria where we met up with former high school students. Erin Benson, Director of Admissions at UMPI, introduced us to President Zillman. President Zillman filled the room with positive energy while he explained exciting programs the college is offering. Collaboration and friendship are always present at our meetings and these meetings were no different. November blessed us with unbelievably mild temperatures, so traveling to Fort Kent was a breeze. On November 4th we met at the University of Fort Kent and updates from the Computer Science and Stars programs were reported, all very important information when working with our students. Feeling a bit adventurous, we hiked (walked) on the UMFK Heritage Trail. A professor narrated the development of the trail as we all enjoyed the fresh air. Our meeting was held after our visit and items of discussion included payment of dues, voting issues, career fairs, diplomas, and SAT registration.

All in all we have a wonderful group that meets monthly to share, commiserate and plan for all upcoming events. I have attached a picture from our UMFK hike... enjoy!



Central Maine Counselors Association

By Eric Rutberg

Dear Colleagues,

Happy New Year ! Central Maine members of MeCA are a diverse group with many strengths, as well as some common concerns. According to Wendy Bergeron, CEO of Possibilities Counseling Services (an agency with over 300 clinical counseling affiliates), the governor has proposed a supplemental budget to close a \$438 million dollar budget gap for the rest of this fiscal year and the next fiscal year. Included in this proposal is a 10% MaineCare rate reduction across the board for all services including case management and outpatient therapy. Additionally, for outpatient therapy provided to both adults and children, the governor is proposing a limit of 18 sessions per year, no exceptions or extensions.

Ms Bergeron notes, "while we all, as providers, need to advocate for our clients and the services they need, we must empower our clients to advocate for themselves. It is when clients themselves speak about how cuts in services will affect their lives that the legislators listen." Contact information for your local representative can be found at www.yourwellbeing.org

As you may remember, the role of school counselors and the 504 laws was raised at last year's convention. Currently 504 represents an umbrella of statutes, but how the law is specifically implemented is something that falls under local control - so how the law is applied in different school districts will, naturally, vary. As promised, a survey was developed and posted on the MeCA website. 60 people replied to the school counselor survey about perceived needs in relation to their work implementing 504 in schools. At our last executive board meeting, I inquired into whether a coordinated effort to offer 504 workshops across regions might be helpful in order to draft a position statement on school counselors' roles in relation to 504 civil right legislation. MeCA President Bernadette Willette suggested the Central Region leadership and constituency be the first to gather and draft a position statement for review by MeCA leadership.

In response to the challenge of our President to take the lead in addressing this matter, I invite school counselors to join me for a workshop; EFFECTIVELY FACILITATING GROUP DISCUSSIONS.

The evening will include a key note address by Marj Burgess, from the Maine Association of Group Work. The presenter will lead our group in applying the principles of group process by assisting us in reflecting on the 504 rules and formally developing a draft position statement. The workshop will be from 4-8pm. 4 contact hours for continuing education will be awarded for those attending. In addition to school counselors, Superintendents will be invited, as well as others who may offer insight. The meeting will be held the last week in February. Please RSVP ASAP (no later than) February 12, 2010, to ericrutberg@yahoo.com with your intention to attend this meeting and the day of the week which works best for you.

Be Well !

Dr. Eric Rutberg, Central Region President

MeCA President Sends Letter of Appeal to DHHS and Appropriations Committee Hearing Regarding Proposed Mental Health Cuts

MeCA President, Bernadette Willette, recently submitted an appeal on behalf of our organization to eliminate the proposed cuts to the Department of Health and Human Services that will severely impact the delivery of mental health and substance abuse services to Maine citizens. Not only will these cuts be detrimental to a population who are in dire need of essential services, they will also impact some of our most vulnerable citizens in our communities, and will be detrimental to the level of parity that now exists for all people in Maine needing mental health services.

More information can be found at the NAMI Maine (National Alliance on Mental Illness website: www.nami.org)

MeASGW and the New Year

By Marj Burgess, LPC, President MeASGW

Greetings from the Maine Association for Specialists in Group Work. In this new year, with its promises and possibilities, it is an honor to share the news that David Ward, LCSW, LADC, CGP, our president-elect and a private practitioner in Yarmouth, has co-written with Carol Crosby, LCSW, CGP, an article entitled "Using an Observation Model for Training Group Therapists in a Community Mental Health Setting," for GROUP: the Journal of the Eastern Group Psychotherapy Society out of New York. The writing and submitting process is now complete, and the authors are awaiting final publication approval. Traveling from idea to publication entails an enormous amount of work. Congratulations, David and Carol, on your fine accomplishment.

As I've seen friends and family over the holidays, I've listened to descriptions of their favorite traditions and was reminded once more how powerfully traditions link us with each other. During our family's holiday preparations, I heard more than once, "But we have to. . . We always. . ." Heaven forbid that I should mention trying a different Chex mix recipe; it just wouldn't do!

Because traditions bring people together on an emotional level, increasing the level of cohesion and with it, an unspoken loyalty to the family, they become a powerful tool as a group of people share the experience of living their lives. Group-building exercises work in a similar way as group leaders go about the task of starting a new group, addressing a problem in an existing group, or ending a group, providing common ground through a series of shared experiences.

When MeCA holds its annual conference at the Samoset in April, the MeASGW would like to provide attendees with a list of counselors' **favorite group exercises**. If you have an original group exercise or one that has become your signature, would you please e-mail the directions to our secretary, Laurie Brassard, at Imbrassard@gmail.com.

If this is an original exercise, please take credit for it; if it isn't, please include relevant information about its origin. We'd like to have a variety of exercises to include on our resource sheet; in the case of duplicate exercises, we'll use the first one submitted. And. . .by all means, please submit more than one exercise.

The MeASGW would like to adopt a **logo** of our own and will sponsor an **art contest** open to anyone who likes to draw and would like to help with this piece of our work. There will be guidelines available at the conference for anyone who would like to submit artwork for consideration. For those who aren't planning to attend the conference but who would like to enter a piece of artwork, please e-mail Imbrassard@gmail.com after March for this set of guidelines.

Although we are only half way through this current membership year, it's not too early to look ahead. In planning for the next year's programming, it is invaluable to know from members and prospective members how the **MeASGW can best serve you**. Would you please take a moment and e-mail your preferences to marjburgess@gmail.com. What are your needs, and how can MeASGW help to meet them? What would make taking out a membership feasible for you? How can the MeASGW support you in the group work you do?

As we look to a new year, the MeASGW would like to increase its membership, thereby providing opportunities for those with an interest in group work to network, polish their skills, and impact the use of groups as a counseling intervention in Maine. We hope that you will consider taking out a year's membership for about the same price, \$10., as a movie ticket and cup of tea. You will find membership forms on the MeCA website or by emailing our secretary at Imbrassard@gmail.com. This is one organization in which "There is strength in numbers" carries significant meaning.

National School Counselor Week

National School Counseling Week 2010, "Celebrate School Counseling," will be celebrated from Feb. 1-5, 2010, to focus public attention on the unique contribution of professional school counselors within U.S. school systems. National School Counseling Week, sponsored by ASCA, highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career. Check it out at www.schoolcounselor.org

Public Policy Update - January, 2010

By Ben Milster, Executive Board Public Policy

College Board Backs Off On Controversial SAT Electronic Registration Requirement

As many of you probably know, in the pilot electronic registration for last year's May SAT, The College Board attempted to require all students attending schools participating in the pilot to go online and complete the My College Profile - even though they had already been registered. The College Board initially tried to explain this away as being required from The Maine DOE for research purposes, which was of course, not true. (If you are not aware, and want more information, you can access my column from the Spring 09 newsletter on our website). After much discussion with some school counselors, Dan Hupp from the DOE and The College Board, The College Board revised their "requirement" to "strongly encouraged".

This fall, at the annual workshops provided by The College Board, we were informed that electronic registration for this year's May SAT would be available to all high schools in Maine, and that it was optional. However, we were also told that if a school did choose to participate in the electronic registration, all students would be required to go online and complete the My College Profile. Given that there is absolutely nothing (other than the thirty two

cents that The College Board will receive for each student name generated from the My College Profile and sold to colleges, universities, and nonprofit educational organizations) that The College Board "needs" from a student that they do not receive from MEDMS in order to sit and take the SAT, this requirement was, once again, perplexing. I don't really know what kind of feedback that The College Board received regarding this issue at the other workshops, but at the one I attended in Waterville, this requirement information did generate some concern and confusion.

However, in the recent announcement of this year's electronic registration for the Maine SAT Initiative, The College Board indicated that students of participating electronic registration schools would not be required to complete the My College Profile, but are rather encouraged to do so. This development on the part of The College Board is very encouraging, and I am hopeful that they will continue to be sensitive to the concerns expressed by the professional counselors who work every day advocating for students.

Welcome to the 2010 Maine Counseling Association's Annual Conference

The 2009-2010 Conference Committee is excited to bring you two days of workshops ranging from refresher courses in group counseling, ethical issues in counseling, to using technology in the counseling world...there is definitely something for everyone.

Our conference theme this year is "Counseling in the Digital World...keeping our students safe." We are so fortunate to be able to hear from our keynote, Alice Barr, who will give us tools to work with our students and clients in making them good digital citizens. Alice Barr has lived, taught and traveled on five continents. She now lives in Maine where she is the high school Instructional Technology Coordinator in a 1:1 laptop environment in the Yarmouth School District. Alice is a Google® Certified Teacher and also teaches at The University of Southern Maine providing professional development sessions during the year. Alice was a Technology Learning Leader with SEED, Spreading Educator to Educator Developments and worked with teachers during the beginnings of MLTI, the Maine Learning Technology Initiative. Alice is excited to bring her vast knowledge and experience to Maine Counselors, addressing the issues facing our young people who are growing up online. How does the use of technology impact the overall health (academic, emotional, and physical) of our students? How do we keep them safe? We are confident you will find some of these answers during these engaging two days.

The Conference Committee thanks you for taking the time out of your busy schedules to come to the annual conference. We appreciate the value of networking with colleagues, both in work and play and hope you will take time to join us for the traditional Fun Run/Walk after Monday's workshops and then re-connect after dinner for some entertainment with Dana Wilson, returning to spin some records and invite those willing (and brave) to try out the Karaoke machine. We promise we won't print any pictures on Facebook.

Maine stands as a leader for the quality and attendance of this conference, which is due to your participation and encouragement. We look forward to meeting new members, visiting with friends, sharing ideas and hearing your feedback.

Look forward to an inspiring and rewarding conference.

Beth M. Doane and James S. Davis
2010 Conference Co-Chairs

CONFERENCE SCHEDULE

April 12 & 13, 2010

Monday, April 12, 2010

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

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

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

North Samoset **Rural Confidentiality: Considerations for Clinical Practice** Paul Kemberling, MA, LCPC

The discussion will focus on the concept of boundary crossings and boundary violations. The confidentiality rules will be reviewed and applied to the rural settings of the practitioner and the client. The issue of managing these challenges will be juxtaposed with the confidentiality rules, therapeutic stance, clinical transparency, and clinical outcomes. Situations will be shared and audience participation will be encouraged. There are no clear cut answers, and dialogue is often the best way to gain clinical clarity.

Target Group = Clinical/Mental Health Counselors

Pen Bay **Ethical Decision Making in Counseling** Debbie Drew, Ed D, LCPC, ACS
Jeri Stevens, M Ed, LCPC, CCS

Participants will explore processes for making ethical decisions. Each individual will develop an ethical decision making process relevant to their practice setting as guided by the ACA Code of Ethics.

Target Group = All

Schooner **The Junior/Senior Interview** Melissa Fowler, MA, M Ed
Johnna Mulligan, MA, M Ed

The junior/senior year can be very difficult for high school students. In order to help students prepare for their post-secondary choices, we have implemented the junior/senior year interviews. During these 2 meetings (one hour each), we discuss transcripts, college searches, how students match up with their colleges, the common application or other post-secondary goals.

Target Group = Secondary, Career Counselors

Monhegan **A Coach Approach to Counseling** Nancy Adair, LCPC, CCS

Discover the power of coaching. The coach approach to counseling encourages accelerated growth with measurable results. Learn core coaching skills; listening, relating, artful questioning, strategizing, challenging and empowering. Discern when the coach approach is the right choice in counseling.

Target Group = All

Ebb Tide **Integrating Mental Health and the Medical Community:
Creating a Collaborative Model to Better Serve our Clients** Khara Bennett, M Ed (2010)

This presentation will provide a brief history of attempts to collaborate health care and mental health, where the idea originated, steps taken in the past, and what prevented it from happening. Followed by the benefits and negatives of creating a collaborative model and will finish with a look at how we can move forward today and create a model that works for all and will, ultimately, benefit our clients: Including: where to start, areas to target, what to expect and the differences from integrating private practice and multiple hospital settings.

Target Group = Admissions,
Clinical/Mental Health Counselors

9:15 – 10:15 Session II

North Samoset **The ASK Process Model of Release: How to Let Go
in Order to Move On** Maureen Anderson, Ed D

Clients of all ages experience adverse events, which cause them a great deal of hurt and pain. Helping these clients overcome resulting negative feelings and thoughts can be challenging for any counselor. This workshop will present the ASK Process Model of Release—a three-stage process of how to let go of past negative “stuff” in order to move forward to total well-being.

Target Group = All

Session II – cont.

| | | |
|-----------------------|---|---|
| <i>Pen Bay</i> | Helping Others to Understand our Code of Ethics | Debbie Drew, Ed D, LCPC, ACS Jeri Stevens, M Ed, LCPC, CCS |
| | Counseling professionals are guided by written codes of ethics often not understood by those not in the profession. This session will help participants to explore how to help others understand the ways in which codes of ethics guide their counseling practice. | Target Group = All |
| <i>Schooner</i> | Guidance & Admissions Roundtable | Carlena Bean, BS, MS Ben Milster, MS Ed Suzanne Spalding, M Ed |
| | 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 = Admissions, Secondary |
| <i>Monhegan</i> | Groups: Therapeutic Writing | Marj Burgess, LPC |
| | Groups: Ever become stuck in the working stages? In this experiential workshop, we'll try some therapeutic writing exercises to use if the group you're leading has lost momentum or becomes stuck. | Target Group = Middle, Secondary, Clinical/Mental Health & Career Counselors |
| <i>Ebb Tide</i> | Mediation in the Elementary School | Cindy Mitchell Perkins, MA, LCPC |
| | This presentation will give the participant a full picture of the mediation program used at one Maine elementary school. From training to the variety of ways it is used in the school, middle school and community through videos, power point and audience participation you will walk away with the beginning of a new program. | Target Group = Elementary, Middle, Secondary, Clinical/Mental Health Counselors |
| 10:15 - 10:30 am | <i>State of Maine Room</i> - Coffee Break | |
| 10:30 - 11:30 am | Session III | |
| <i>Bay Point Room</i> | Keynote: Counseling in the Digital World... Keeping our Students Safe | Alice Barr, M Ed |
| | Alice Barr has lived, taught and traveled on five continents. She now lives in Maine where she is the high school Instructional Technology Coordinator in a 1:1 laptop environment in the Yarmouth School District. Alice is a Google® Certified Teacher and also teaches at The University of Southern Maine providing professional development sessions during the year. Alice was a Technology Learning Leader with SEED, Spreading Educator to Educator Developments and worked with teachers during the beginnings of MLTI, the Maine Learning Technology Initiative . We are so fortunate to be able to hear from our keynote, Alice Barr, who will give us tools to work with our students and clients in making them good digital citizens. Alice is excited to bring her vast knowledge and experience to Maine Counselors, addressing the issues facing our young people who are growing up online. | |
| 12:00 pm - 1:15 pm | <i>Rockport/Rockland/Camden</i> - Lunch | |
| 1:15 - 2:15 pm | Session IV | |
| <i>Owls Head</i> | Digital Citizenship-Part 2 "A Conversation" | Alice Barr, M Ed Beth Doane, MS Ed Brenda Michaelsen, MS Ed Jill Frame, LCSW, LADC Shenaugh Tripp, LCSW |
| | This workshop will be a continuation of the keynote message, where presenters will facilitate a conversation and go more in depth about the effects of on-line behavior and how it impacts the overall health of our students. | Target Group = All |

Session IV – cont.

Spruce Head

The Art of Experiential Group Facilitation
(Double Session – Second part to take place in Session IV 2:30-3:30)

Jen Stanchfield, MS

Come fill your group facilitation toolbox with creative, practical activities and ideas for effectively leading and engaging your groups. Gather techniques for creating a positive learning environment, increasing participant involvement, and facilitating meaningful reflection and group dialogue. We'll share practical tools and strategies and a variety of experiential activities you can use to develop a healthy atmosphere of respect and trust within your groups. Liven up the traditional sharing circle with methods to meet the various learning styles present in your groups. Use metaphor to create meaning and help learners make connections between educational experiences and real life situations. Empower students to take ownership and responsibility for their learning and create pathways to future learning. Whether you are new to the field and looking for an insightful overview of group facilitation, or a seasoned veteran seeking inspiration, join in with a playful spirit and willingness to share and leave with a valuable set of tools for the art of experiential group facilitation.

Target Group = Elementary, Middle,
 Secondary, Clinical/Mental Health
 Counselors

North Samoset

State of the Art Assessment of ADHD

Dr. Laurence Starr, School Psychologist

ADHD is a neurobiological disorder that can have a profound effect on a child's academic behavioral and social development. This workshop will present a comprehensive assessment for ADHD and the role that school counselors can play in the process.

Target Group = Elementary,
 Middle, Secondary, Clinical/Mental
 Health Counselors & Career
 Counselors

Pen Bay

Exploring Ethical Issues in Counseling

Deb Drew, Ed D, LCPC, ACS
 Jeri Stevens, M Ed, LCPC, CCS

Participants will explore ways in which they use technology in counseling as well as ethical dilemmas resulting from such practice.

Target Group = All

Schooner

College Counseling Boot Camp

Tricia M. Weyand, MS, BA, LCPC, NBCC
 Anne Richardson, MA, AB

This workshop will explore the college process from start to finish, highlighting specifics that busy secondary school counselors need to know. The college search, testing and Score Choice, parent presentations, networking writing recommendations, disciplinary issues and more, will all be explored. Counselors will leave with a wealth of resources and information for their offices and colleagues. Questions and concerns are welcome; the workshop will be led by two experienced college counselors: Anne Richardson, Director of College Counseling at Kents Hill School and President-Elect of NEACAC and Patricia Weyand, College Placement Officer at Scarborough High School and Assembly Delegate for the NEACAC.

Target Group = Secondary and
 Career Counselors

Monhegan

Sex Offender and Subtypes

Dr. Don Lynch, LCPC, CSW-IP

This presentation will explore the history and development of current sex offender typologies as well as the American Psychiatric Association's description of the various subtypes of specific sexual paraphilias as described in the DSM-IV-TR. Current research has identified specific behavioral and personality characteristics that have been demonstrated to be associated with certain sexual offender behavior. An understanding of these psychological topologies can be a valuable tool for care-givers to use in helping to reduce levels of risk for children and adults who are either survivors or potential victims of sexual molestation, incest, or sexual assault.

Target Group = All

Ebb Tide

The Parent Partnership – Developing Your Child's Potential

Jennifer Burns, Ed M

We all recognize the key role that parents play in the development of children. RSU 75 understood that to actualize their school district mission statement, they needed to involve parents as much as possible. This informative session outlines their workshop program for elementary school parents.

Target Group = Elem/Middle School Counselors

Owls Head

The Technology of Emotion: An Introduction to Emotional Freedom Techniques

Nancy Gnecco, M Ed, LPC

In a world of advancing technology, 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 introduce you to 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 = All

Spruce Head

**Continuation of Session III –
“The Art of Experiential Group Facilitation**

Jennifer Stanchfield, MS

North Samoset

**Understanding the SAT: What role should it play
in the admissions process?**

Joe Bellavance, BS, MSA

The SAT is the most widely discussed test in America. But how much do you really know about it? What does it measure? And how can you be sure it is used properly in the admissions process? This workshop is designed for everyone involved in helping young people transition from high school to college. If you'd like to learn more about the most widely used test in the admission process, come join your guidance and admission colleagues in a great professional development opportunity. This workshop will look at the SAT's development, content, its relevance to the admission process, and its affect on subgroups such as ethnicity, gender, and socio-economic status.

Target Group = Admissions &
Secondary Counselors

Pen Bay

Resolving Ethical Issues of Technology in CounselingDeb Drew, Ed D, LCPC
Jeri Stevens, M Ed, LCPC

Counselors will apply an ethical decision making process to dilemmas arising from the use of technology in counseling practice.

Target Group = All

Schooner

Crossing the Finish Line

Theodora J. Kalikow, Ph D

Crossing the Finish Line (Bowen et al., 2009), presents new comprehensive data on college success. The authors follow a large sample of college students who entered in 1999 and analyze their outcomes based on a host of variables. They show that minority and low-SES students have lower graduation rates and take longer to earn degrees even when other variables are controlled for. I will review these results and open up a dialogue with the audience on recommendations to help Maine students succeed in college.

Target Group = All

Monhegan

Web-Based Health Careers Exploration ToolArlene Luzz, MA, LSW
Tom Dorrity, HCC, AA

Our organization has created the State's first interactive web-based health careers exploration tool for Maine students which provides critical information on how to stay on track throughout their educational process. Our web portal (MaineHealthCareers.com) allows students to explore health careers, plot out their career steps, and engage directly with area educators, employers and health professionals. Job shadowing and mentoring opportunities, as well as summer camp and local hands-on experiences are also available through the web portal.

Target Group = Middle, Secondary
and Career Counselors

Ebb Tide

Admissions Review of Home Schooled Applicants

Jim Collins, M Ed

The college admission offices see many home schooled applicants. This session will examine the processes admission officers use in determining the acceptability of home school applications

Target Group = Admissions

4:00 pm

Fun Run/Walk**Yoga** – with John Yasenchak in the Schooner Room (bring a blanket or towel)

5:30 - 6:30 pm

State of Maine Room -- President's Reception

Session V – cont.

6:30 - 7:30 pm *Rockland/Rockport/Camden – Dinner, Graduate Student Recognition*

8:00-10:00 pm *Rockland/Rockport/Camden—Entertainment – DJ Dana Wilson*

Dana Wilson is a DJ who will provide the Karaoke Player once again. Dana was with us before and many “American Idol” wannabees emerged from that evening. Join the fun and sing and dance the night away. Target Group: **EVERYONE!!**

Tuesday, April 13, 2010

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 **“What is Youth Empowerment – Really?”** Carl Lakari

Project AWARE offers an opportunity for youth to identify issues and take the lead in making a difference about them in a unique and creative way. Join youth and staff for a look at what makes an organization with a mission of **“empowering young people to lead”** TICK. Using examples of video, theater and more, they will focus on what adults can do to “get out of the way” and let young people take the lead. *“Adults have a tendency to take charge, offer advice and say what’s right and what’s wrong. Sometimes we forget to listen and trust. Project AWARE believes that young people are the experts.”* (Carl Lakari, Co-Founder). Come prepared to practice and have some fun.

Target Group = All

Spruce Head **Untold Grief; Unsung Courage...children of addicted parents** Suzanne Laberge, LCPC, REAT

Unrecognized numbers of children in elementary and middle grades suffer the impact of one or both parent’s addiction to drugs or alcohol. They live with the sober parent, or another relative, who may be feeling shame, guilt or anger, and don’t know how to talk to the child about the problem. Using case examples, we will identify the complexity of feelings and specific difficulties these children face, what can help, and find the words to explain their parent’s actions.

Target Group = Elementary Middle,
Clinical/Mental Health Counselors

N. Samoset **What is the ACT?** Act Representative
A Primer on College Readiness for Student Success

This session will examine current student performance in the areas of college and career readiness in Maine. Topics include an overview of current trends in access, preparation and affordability. Participants will receive free resources to promote their own college and career readiness initiatives.

Target Group = Admissions,
Middle, Secondary & Career

Pen Bay **Going Paperless – Stories from the University of
Maine System and Guidance Offices** Jill Cairns, BA

The University of Maine System underwent major transformation in the application processing systems in the fall of 2007. Hear from a panel of admissions professionals, guidance professionals and the Shared Processing Center on how this change has revolutionized the application process for the University of Maine System. Join us for an open discussion and exchange of ideas.

Target Group = Admissions &
Secondary Counselors

Schooner **Self Care and Risk Management: The Ethics Connection** Mikal Crawford, Ed D, NCC

Self-care is seldom discussed or taught as a means of reducing and managing risk in mental health practice. However, we have an ethical obligation to attend to our personal and professional functioning in order to provide the highest quality of service to our client. This workshop invites counselors to examine the link between self-care and ethical practice in the mental health field and to learn and share ideas to nurture the “nurturer within each of us.

Target Group = All

Session VI – cont.

*Monhegan***Meaning, Purpose, and Vocational Calling: Implications for Career Counseling**

Christopher Adams, Ph D

This presentation will provide an overview of the concepts on meaning, purpose, and vocational calling and will address their roles in career development. The presentation will appeal to secondary school, mental health and career counselors and will provide recommendations for including these concepts into career counseling with adolescents, college students and working adults.

Target Group = Secondary
Clinical/Mental Health and Career
Counselors

*Ebb Tide***Emerging Leader Basics – Navigating the ACA Structure**

Terry Mitchell, M Ed, CAS

This workshop explores the relationship between ACA's regional branch and division memberships. Designed for those interested in leadership, or for anyone who wants to learn more about the structures within ACA. Topics to be covered include special interest groups, 20/20 initiative, and Counseling Today magazine.

Target Group = All

9:15 - 10:15 am

Session VII

*Owls Head***Update from the Maine Department of Education**

Shelley Reed, M Ed

This session will brief school counselors on updates from the Department of Education. The focus will be on helping to support children of military families. This year Maine will have over 2000 soldiers deployed, which impacts Maine schools. Discussion on how schools/staff can work with families and better understand how to be helpful will be presented.

Target Group = Elementary,
Middle & Secondary Counselors

*Spruce Head***My College QuickStart©, MyRoad, and the SAT Online Course: Making these free resources work for your students**

David Adams MBA, BA

Maine school counselors and public school students have access to many free online, career, college, and SAT planning resources that are available through the SAT and the PSAT/NMSQT. If you haven't had time to explore these tools yet, come and find out how to make the most out of these free resources in your school—especially given the current economic times. A demonstration of My College QuickStart, MyRoad, and the SAT Online Course will occur, with time for your questions. Ready-made lesson plans to accompany these resources will be provided.

Target Group = Secondary

*Pen Bay***Slaying the Cyberbully Beast**

Brandon Baldwin, BS

Few words instill fear in adults like cyberbullying. We know it's out there, we know it's a problem, and we often feel powerless in stopping it. But we do have power if we can just better understand the problem. Through understanding, we can slay this beast.

Target Group = All

*Schooner***The Zen of College Admission: Let's listen to what our Students are telling us!**

Deb Kalikow-Pluck BS, M Ed

Deb Kalikow-Pluck BS, M Ed

Dean Collins, M Ed

Our high school students are trying to tell us as best as they can, that we need to change our college admission culture. Why are we not listening? Or worse yet, do we hear them and just do not want to change how things are? Come and discuss how and what we can do to create/make the college search process educational, self-reflective, and (OK, we are even going to say it)-FUN!

Target Group = Middle, Secondary and Admissions

*Monhegan***Internal Family Systems Therapy**

Jonathan Purinton, MS, LCPC

Internal Family Systems Therapy is a collaborative, non-pathologizing therapy that combines intra-psychic work with the systemic understanding of family systems. Learn about the natural multiplicity of our parts and learn how to access the self-that calm, compassionate presence which is available to everyone.

Target Group = Elementary,
Middle, Secondary, Clinical/Mental
Health Counselors

Session VII – cont.

*Ebb Tide***Girls Engineer Maine: Changing the Conversation**

Dana Humphries, Ph D, PE

Engineering is critical to solving some of our greatest challenges – energy, climate change, health care, and infrastructure. Yet, middle and high school girls don't fully understand the role that engineers play in solving these challenges and making the world a better place. For the future of Maine and our country, it is critical that we attract more women into engineering so that we can devise solutions that better match a broad cross section of society's values.

Target Group = All

*North Samoset***Interactive Theater**

Rick Bernard, M Ed

This program will offer participants the necessary skills to create small theater groups with students to perform skits around typical issues, including harassment, exclusion and peer pressure. The performances are all interactive.

Target Group = Elementary Middle
and Secondary10:15 - 10:30 am *State of Maine Room – Break*

10:30 - 11:30 am Session VIII

Division Meetings*Owls Head* - Eastern Maine Counseling Association—John Yasenchak*Spruce Head* – Admissions—Carlana Bean*Monhegan* - Downeast Maine Counseling Association—Nicholas Umphrey*Pen Bay* - Southern Maine Counseling Association— Marianne Tozier*Schooner* - Central Maine Counseling—Eric Rutburg*N. Samoset* - Northern Maine Counseling Association—Hollie McPartland

11:30 am - 12:00 noon

Checkout12:00 noon *Rockland/Rockport/Camden—Lunch and Business meeting*

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

MeCA is an approved provider for NBCC and for State Licensure.

Workshops offerings are subject to change.

Maine Counseling Association 2009-2010 Unified Membership Application

This unified membership form enables you to make dues payments to not only MeCA, but also other related divisions and councils with one payment. Please complete the form, make your check payable to "MeCA" and mail to the address below. Membership covers ONE year (July 1 to June 30) per MeCA bylaws. (I am available to answer your questions at dcollins@mhs.sad59.k12.me.us.)

Membership Information

Name: _____

Address you want mailings sent to:

Work Phone: _____

Home Phone: _____

e-mail Address: _____

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

Educational Background:

Degree: _____ Major: _____

University/College: _____

Years in Professional Field: _____

Occupation (check primary one):

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

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

MeCA Membership

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

Divisional Membership

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

Regional Council Membership

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

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

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

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

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

ADMINISTRATIVE USE ONLY:

Date received: _____

Check or PO #: _____

Amount: _____

Types of Membership



Members

\$40.00

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



Emeritus Members

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



Student Members

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

The MeCA Membership Application can also be found on the MeCA Web Site at www.mainecca.org.

Check out www.counseling.org to see the benefits to joining the American Counseling Association.

FAQs about Membership

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

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

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

Note: All members admitted are required to 1) subscribe to the purposes of the Association, 2) reside or work in the State of Maine, 3) maintain ethical standards of professional conduct and 4) be approved by the Executive Board by recommendation of the Membership Chair. In exceptional cases the status of member associate may be granted by a two-thirds majority vote of the Executive Board to persons not possessing the above qualifications but seeming significantly qualified in other respects.