

# MAINE COUNSELING ASSOCIATION NEWS & VIEWS



Sketch by Martin Gallant - MeCA Historian

WWW.MAINECA.ORG

SPRING 2011

## From the President - Serendipitous Trip to New Orleans

By James S. Davis, MeCA President

I had the great fortune of attending the ACA Conference in New Orleans in March. As your personal representative, I'd like to thank all of you for sending me on this serendipitous journey. There were many instances and meaningful moments that I'd like to share.

First of all, it seemed to me that there was something fateful about the conference being in New Orleans, of all places. I had convinced my good friend and Louisiana native Ben Milster to attend with me. After all, "When are we ever going to have the chance to be in New Orleans together?"

Along with Traci Small, we flew from Portland to Chicago, and then on to New Orleans. Not having the opportunity to travel a lot, I was excited about seeing the great Mississippi River from above as we followed it down to the gulf. Unfortunately, I did not count on a cloudy day. So I picked up a travel magazine from the bin near my knees to pass the time. Thumbing through it, I stumbled upon a music review of a new CD to be released by Ray Davies, venerable lead of the British rock band the Kinks. As a rock connoisseur, Ray is on my short list of favorites. The new CD features him working with other artists on some of his old songs. Interesting concept. And it was to be released on my youngest daughter's birthday in early April. Serendipity again, I thought. Since the woman next to me was dozing, I must admit that I quietly tore off the page and stuffed it in my travel bag.

Upon arrival, Ben and I scouted out some of the local scenery and nightlife before arriving the next morning for a volunteer program at the Holt Cemetery. Donated to the city by Dr. Benjamin Holt in 1880, it's main purpose was as a 'pauper's cemetery', and it had fallen under great despair since Katrina. Although the city owns the land, they do not maintain it. Families of the deceased are supposed to care for their plot but since many people, especially the poor, fled after the hurricane, the place was in need of help. And the city can 're-use' abandoned gravesites, if the need arises. Stepping off the bus, I could not begin to imagine that this place was submerged by six feet of water during the hurricane. We worked as a self-selected group. I had met a Dr. Davis (serendipitous) from Northern Iowa State University on the bus, and with Ben and two

doctoral students, we cleared about 8 gravesites, weeding and straightening tombstones, and returning some dignity to those who had passed. Pictures on the ACA website, conference tab.

With just a short time left before we had to board the bus, we decided to clear one more site. Post-Katrina, two tombstones had been placed face to face; so that neither stone could be read. We worked to get them so that they were side by side. After digging and needing help to move one, we summonsed a man working nearby for help. As we struggled to lift one of the tombstones and the names become visible, he gasped, "Oh my god, that's my father's name". I didn't need any further proof that something magical and mystical was going on in New Orleans.

In cleaning up, one of the doctoral students mentioned that it was too bad, that the weeds are just going to grow back. I reflected that as counselors, this is what we do. We work with our clients, sometimes having to continuously pull weeds, and sometimes we have to go back and pull some more. Sometimes the positive changes are temporary, and sometimes they are long lasting. But we continue to work for a positive change.

The next day, CNN reporter Soledad O'Brien featured the volunteer crew on a slide show prior to her poignant keynote address. Her theme was on advocacy, and she tied in how our work at the Holt Cemetery was an example of advocating for those without a voice.

Back to my old friend Ray, it was strange that I should stumble upon his picture and review on the plane, almost serendipitous. With a healthy music culture, Ray had moved to New Orleans early this century, and left after being shot in the French Quarter in 2004. On his new CD, he records a song with Alex Chilton, New Orleans resident until his death last year, and another song with Louisiana native Lucinda Williams (another one on the 'short list'). My eldest daughter bought the CD for me for my birthday (remember, it was released on my younger daughter's birthday). In addition to the touching music, it brought my trip to New Orleans full circle.

Thank you, members of the MeCA family, for giving me the opportunity to serve!

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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](mailto:lmanter@mci-school.org).

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## From the Past-President

By Bernadette Willette, Past-President

As past-president and co-chair of the conference committee, I would like to thank everyone for their participation in our most recent MeCA conference. It was like "Old Home Week" watching exhibitors, presenters and attendees welcome each other, catch up on news and settle in for a great time. Certainly our key note, Brandon Baldwin - affectionately nicknamed the energizer bunny by some - set the tone for the conference as he proposed advocacy for all as a tenet to the institution of counseling. Presenters, new and old, offered windows into their specialties as they held us captive listening and learning. New this year were the Poster Sessions - an opportunity for our grad students to share their research and hone their presentation skills. And, finally, what an opportunity to have fun - good food, good people, and a great atmosphere. It was a great time!

As past-president, I would also like to thank all the counselors in the state for the work that they do. I knew

we all were dedicated, that we were all kindred spirits in the avenue of caring, but until my time on the executive board, I never truly realized the extent of work that we all do. It has been a wonderful learning experience, and one that I will cherish and grow from professionally and personally. Having the opportunity to go to the American Counseling Association (ACA) conferences in Charlotte, Pittsburgh, and New Orleans has been an eye opening, amazing learning time. I have taken information back with me that has changed the way I do business both in school and in my therapy. I have also come home each and every time invigorated and energized. It has been an amazing opportunity.

Thank you all for the opportunity to serve you on the Executive Board; I have done my best, and leaving is bittersweet. At once ready to move on and spend more time with family, I will miss the collegiality and professionalism of the board. Many thanks to you all.....

## MeASGW

### Good Times and Bad Times for Maine Group Work Division

By David Ward, LCSW, LADC, CGP, President MeASGW

By all accounts the Maine Association of Specialists in Group Work (MeASGW) had a banner year in 2010/2011. Literally actually, since we won an award from our national organization, the Association of Specialists in Group Work (ASGW) as the State Branch of the Year. Congratulations to all of our members and everyone involved in this award. A special thanks to Terry Mitchell for accepting this award at the ASGW Luncheon in New Orleans recently, and to Marj Burgess for her tireless help and active participation.

We also held three professional education clinical group workshops this year with contact hours, created a free electronic quarterly newsletter to help members stay informed about the happenings of the organization, as well as a social networking group site for members at [measgw.groupsites.com](http://measgw.groupsites.com), (a free online social networking community to discuss group issues, as well as list your groups for referrals. We also held two meetings for members via [FreeConferenceCallHD.com](http://FreeConferenceCallHD.com), to try and include more folks that would like to attend the meeting, but may not be able

to travel. We are also working on creating an MeASGW Facebook and LinkedIn page for the future. All this for \$15 for membership! That's the good news!

The bad news is this division is at a similar place to the Maine Clinical Counselor's Association (MCCA) a few years ago, where we are struggling for membership, and may dissolve as a division if more people aren't interested in joining and taking an active role in the group. We are creating a membership drive and asking any interested parties to join, and get involved as well as asking others to join. We are also looking for a clerk to help as well.

We realize this may or may not happen, however if people value group work in Maine and the mission of creating opportunities for group education and experiences, we ask you to join us. Feel free to contact me at 207-846-3422, or at [david@davidwardlcsw.com](mailto:david@davidwardlcsw.com). Thank you. Sincerely, David Ward, President MeASGW

# A Journey: The 2011 ACA Conference

By Traci Small, President-Elect

One of the many benefits of serving in my role as the President-Elect of the Maine Counseling Association (MeCA) over the last year has been the opportunity to attend the national conference of the American Counseling Association (ACA). Voted on by the MeCA Executive Board at the Summer Leadership Institute at Maine Maritime Academy this past summer, it was agreed by our committee members that sending a representative to the national conference was an important step in supporting leadership development for Maine counselors locally and nationally. In the past, only the MeCA President attended the conference, however, moving forward, both leadership positions will have the opportunity to attend this very important annual event.

As I write this article I am on my way to New Orleans, Louisiana to attend the ACA conference. Along with many other members of the Executive Board who have chosen to also attend we begin our journey together. Thankfully there aren't any forecasted snowstorms, so the first leg of the flight is easy. I find myself browsing the ACA brochure, planning my time around the amazing workshops that I will have the opportunity to attend.

Down and then up again, Portland to Chicago, Chicago to Louisiana - a seamless transition between flights. The energy on the plane is one of excitement. A group of people brought together on this adventure for business and pleasure. One of the most famous places in the United States awaits me: a historic city rebuilding in the aftermath of Hurricane Katrina, a city rich in tradition and culture.

Reflecting back to that moment on the plane, I really had every intention of writing about my time, in the present tense, while at the conference. However, while there, I was pulled in many enticing directions: attending the excellent keynotes and workshops, exploring the city, socializing at the opening receptions and meeting other professionals from Maine and all over the country. It was a spectacular time!

There were hundreds of workshops to choose from, however, a few of my highlights include the following workshops by experts in their field:

\*Keynote: Soledad O'Brien - an anchor and special correspondent for *CNN: Special Investigations Unit*

\*Workshop: Transformative School Counseling: Developing a resilience-based program by William G. Nicoll

\*Workshop: The Essential of Tough Kids, Cool Counseling by John and Rita Sommers-Flannagan

\*Workshop: No More Touchy-Feely: Counseling as Social Neuroscience by Presbury, Cowan and Echterling

Attending conferences is just one of the many ways to grow personally and professionally, and these opportunities are especially needed within the counseling field. To have the opportunity to learn along side a diverse range of people and professionals, to reignite our love for the helping field, to infuse ourselves with new research and counseling techniques, to have time to reflect on our students and clients, and to remind ourselves that there are others, all over the United States and the world, that actually *do* the work we *do*. What an inspiration to have been part of such an event!

I would like to offer a big thanks to the Maine Counseling Association for offering this opportunity. The next national conference will be hosted in San Francisco in March 2012, and having had this recent experience, I am already thinking about ways to prepare and take advantage of this next amazing journey.

P.S. If anyone is interested in taking on a future leadership role (Pres-Elect, Regional President...) within our organization, please be in touch with one of the MeCA Executive Board members. You can find the contact information on the Maine Counseling Association website. ([www.mainecca.org](http://www.mainecca.org)) As always, we welcome any questions about these possibilities!

*“Attending conferences is just one of the many ways to grow personally and professionally, and these opportunities are especially needed within the counseling field.”*

# Road Race at the Samoset Keeps Up Its Pace

By Sandy Glynn

Dear Colleagues,

This year's road race, held during the Maine Counseling Association Annual Conference, dawned a cold and rainy day with several thunder showers blowing through during the morning hours. But, as race time approached later that afternoon, Mother Nature cooperated with the temperature "inching up" a few degrees and the rain subsiding. The walkers, joggers, and runners alike, followed the same route leaving the main entrance of the Samoset Resort and continuing the 5K or 3.1 mile trek up to Route 1 and back again.

The first, second, and third place winners and their times in each category are listed below:

### Women Walkers

- 3rd Emily Bley 46.21
- 2nd Charla Lowell 43.21
- 1st Beth Doane 34.35

### Women Runners

- 3rd Darcy Duncan 31.02
- 2nd Melissa Gagnon 27.33
- 1st Merrily Welch 21.00

### Male Walkers

- 3rd Dean Collins 45.55
- 2nd Eric Steeves and Marty Gallant 43.21
- 1st David Baldwin 32.03

### Male Runners

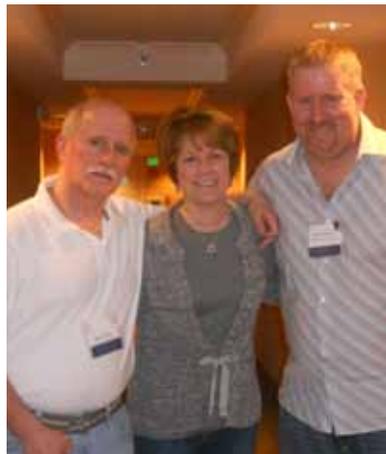
- 3rd Stan Pelletier 20.49
- 2nd James Karcanes 20.42
- 1st Dale Lolar 20.40



Special thanks to FAME who, once again, donated the long sleeve t-shirts that were given to each participant. Also to Louise Grant, Director of Admissions at New England School of Communications, who, again this year, volunteered to distribute water at the turn-a-round, as well as the staff of the Health Club at the Samoset Resort who started both races and recorded the individual times as the participants crossed the finish line.



# The 2011 MeCA Conference



# The 2011 MeCA Conference



## Telling Therapeutic Stories in the Sandtray

By Sue Carroll Duffy, Psy.D., RPT-S

In the last couple of years I have found a new hobby—creating therapeutic and educational stories that are told in the sandtray. I call them *Moving Stories* because the stories come to life in the “theater” of a sandtray. Afterwards, children are invited to play with the story and make it their own.

It is a method that is founded on play therapy, sandtray therapy and bibliotherapy skills—all approaches that use symbols and metaphors as the language of healing. So far, most of my experience has been with children (3-15), but I’ve also had some success using the approach with adults as well.

I’m eager to share the approach with anyone interested in the use of story, sandtray and play therapy as healing tools. This summer I will be offering intensive

experientially based training in the first two levels. *Moving Stories* Level I provide an introduction to the skills needed in play, sandtray and bibliotherapy. *Moving Stories* Level II provides intensive training in the play therapy skills used in the approach and helps clinicians integrate it as a tool within a variety of play therapy approaches. Each workshop will provide 18 CEU’s that can be used towards becoming Registered Play Therapists (APT Provider #04-144).

If you think you might be interested in learning more about *Moving Stories*, I invite you to visit my website where you can actually see a short video of a *Moving Story* written by Lauren Simpson, LCSW to help with affect regulation. You can also find more details on this summer’s training opportunities and view the beginnings of the *Moving Stories* e-library. Go to: [bytheseaseminars.com](http://bytheseaseminars.com).

## News from the Eastern Maine Counseling Regional Meeting

By John Yasencheck, Ed.D., LCPC, LADC, CCS

The Eastern Maine Counseling Regional Association held a meeting on April 2 at the annual MeCA conference. There were about twenty members in attendance. At the top of the agenda was the nomination and appointment of new officers. John Yasencheck has served as president of Eastern Maine Region for the last two years. Sandy Robinson, who is a school counselor at Mountain View High School (RSU3), will succeed him. Stan Pallitier will continue for a second term as treasurer. Stan is a school counselor at Bucksport High School (RSU25). And Alicia Pearson, a graduate student in counseling at Husson University, will serve as secretary for the coming year. Thank you to Sandy, Stan, and Alicia for stepping up to these leadership positions.

Stan provided a treasurer’s report for the group and there was a discussion about collection of dues as well as to how to best use the available funds. Last year, Eastern Maine Counseling sponsored rooms at the Samoset so that graduate students would be able to attend two full days of the conference. The group brainstormed some ways to make use of the funds this year, including the possibility of supporting conference attendance for a practicing counselor, offering travel assistance to graduate students, and possible support for leadership.

There was also some discussion about the composition of the region and past successes and difficulties in getting members together for occasional meetings throughout the year. A number of ideas were discussed regarding networking, including the possibility of making some use of internet tools for connection, telephone conference calls, etc.

Finally, a lively discussion ensued concerning the role that counselors play in both school and community mental health settings as advocates on behalf of the profession. In particular, there was a focus on the relationship between counseling and administration with a particular emphasis on communication. In addition to the communication of needs, a significant question was raised concerning how we, as professional counselors, educate others about our professional identity. The need to have a place to share information, tools, language, and experience was expressed...hence the value of networking and our professional organization.

Thank you to all for attending the meeting and the conference.

## News from our Historian

By Martin Gallant

### *The following counselors have announced their retirements:*

*Paul Bouchard* is retiring as a guidance counselor at Bangor High School. Paul began his career as a Physical Education teacher for 1 year at Indian Island in Old Town, 1 year at Lamoine Elementary, and 1 year at Machias. He then was Director of Residential Life from 78-87 at UMPI while earning his guidance degree at Orono. He then served as guidance counselor and director at Old Town from 82 to 2002 before going to Bangor High School. In retirement Paul will golf, work part time subbing and wait 4 years for his wife to retire so they can enjoy Florida in the winter.

*Judy Bougie* is retiring from the Caribou Applied Technology Center where she has worked for the past 19 years. Judy began her career as a physical education teacher in Wisdom for 11 years. She then became a guidance counselor and spent 3 years counseling students in Wisdom and three years as a guidance counselor in Union 122. In retirement Judy plans to do volunteer work, develop new hobbies like becoming a better cook, spend time with family and friends anywhere and everywhere! Judy has been a loyal and hard working co-worker in Caribou and I will miss her.

*Jacqueline Clark* is retiring after working for 18 years as a school counselor on all levels, mostly in Maine in the Livermore Falls area and most recently at Bonny Eagle High School in Standish. She also worked 4 years in several social work positions including Voc Rehab, nursing homes and child protective services and 8 in Augusta Maine in private practice. 30 years in all!!! Her plan is to see the sun once again (her office has no windows) enjoy grandkids and family, nature, better health (hopefully), music, and new adventures. She is very excited to have this new life before her!

*Jim Collins* is retiring after over 40 years in education and admissions. He began his career as a middle school science teacher in Orrington and then as the guidance counselor at Mexico HS. Jim became the first Assistant Director of Admissions at UMF in 78 and he has been there ever since. He is retiring in December. In retirement Jim will continue to be a dedicated grampie, an avid Red Sox fan and a selectman in Livermore Falls. He also plans on trips to Hawaii and Italy. I imagine Jim will also make a few trips to New York to visit his first grandchild Andrew James Collins! Congratulations Jim!.

*Fred Jamison* is also a member of the 40 year club. Fred began his career in 1970 in New Jersey, teaching Ag for 3 years. Fred then came to Maine and was an Ag/Shop teacher and co-op person at Central for 7 years and vocational counselor at UTC for 3. His career as a guidance counselor then took him to Deer Isle Stonington, Searsport, Dexter and finally back to Central for the past 12 years. In retirement he hopes to work with his son on 120 apple trees, work the ag exhibits at the Bangor Fair, and do some subbing at UTC. Fred will be 70 going on 21 in June!!

*Jerry Nadeau* is retiring as Associate Director of Admission at the University of Maine at Fort Kent. Jerry taught Social Studies at Fort Kent High School in 1978-79 before retiring to the Military. In 1982 he was hired as a Director of Admission at UMFK, a position he held till 2005, when he opted for Associate Director for 10 months a year. In retirement he hopes to travel and enjoy his 4 grandchildren. He will do some recruiting for UMF in Southern Maine where he will reside.

*Linda Sturm* is retiring from South Portland HS. Her career began as a Special Education Teacher at Lisbon from 1977 to 1980. Linda went into the Guidance Field at MT Ararat for 17 years and then in 1997 became guidance director at South Portland HS. She has been very involved in committee work with the College Board ranging from the Guidance Assembly to the Financial Aid Advisory Board. In retirement she looks forward to working as a school coach and do consulting work as she takes one day at a time...

*Bernadette Willette* is retiring as a guidance counselor from Hodgdon. Her career in education began in 1971. Her career has included being a 5th grade teacher, migrant teacher, adult ed teacher, adjunct faculty member at NMCC, workshop presenter for UMO, gifted and talented teacher and guidance director. In retirement Bernadette still plans on working to help with that pesky health insurance!!

***Following are the names of former association members who have recently passed away.***

- *James Howey Durrell* passed away on May 21st at the age of 59. He spent 20 years at Lake Region High School working as a guidance counselor, assistant principal and adult education director.
- *Dr. Paul Goss* passed away on June 13th at the age of 78. Paul worked as an educator and counselor at Winslow, Carrabec, and Foxcroft Academy before working at Eastern Maine Vocational Technical and Husson College.
- *Barbara Hanson* passed away on October 15th at the age of 98. Barbara taught, nurtured and nudged countless young people as a special needs teacher and guidance counselor. She was a guidance counselor from 1960 until her retirement in 1970 at Cony HS.
- *Andre Hemond* passed away on February 12 at the age of 79. Most of his educational career was spent at South Portland High School where he was a French teacher, then a guidance counselor, guidance director and principal until 1989. He then became a college placement counselor before his final job as a college prep counselor with his wife Anne at Scarboro HS. His obituary stated that he lived life joyfully, out loud and always with a kind word and a quick wit.
- *Carol Tucker* passed away on June 30, 2009 at the age of 63. She received her masters of social work from Boston College before beginning her career in New Hampshire where she was employed by schools and clinics. She settled into the Kingfield area in 1991 where she was a school counselor at Academy Hill School in Wilton and Mallet School in Farmington. She was devoted to her family and her lifelong friends.

## 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@yarmouth.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
- \$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@yarmouth.k12.me.us

*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@yarmouth.k12.me.us](mailto:Beth_Doane@yarmouth.k12.me.us) .**