

# MAINE COUNSELING ASSOCIATION

## NEWS & VIEWS

WWW.MAINECA.ORG

WINTER 2008

## Message from the President

**By Kevin T. O'Reilly, President MeCA**

Winter is in full swing and I must say I am surprised to see snow - it almost felt like a real winter again - until the spring temperatures yesterday. I hope everybody had a great December and Christmas. Mine was typically absurd - read the blog at <http://www.myspace.com/daverowetrio> for details.

There is an update on the stipend issue. We finally received answers to our questions regarding the stipend issue for counselors with NBCC or NCC. Not surprisingly, the DOE rejected our arguments to receive the stipend and suggested we introduce legislation to correct the oversight, which we are in the process of doing. I thank Chris Galgay from the Maine Education Association for his assistance and thank all of you who wrote to support the letter we sent to the DOE, which of course, they claim they never received.

Our spring conference is fast approaching. I hope many of you are planning to attend. Please download the forms from the website and let us know if you need any help with the process. I will see you in March, burned to a crisp and half asleep from the ACA National Conference in Hawaii, but ready again to entertain you with the Dave Rowe Trio.

All the best,  
Kevin O'Reilly, President

## Something for Everyone

**By Phyliss Worthley**

After the 7th storm of the winter I am looking forward to MeCA's Annual Conference more than ever. It is generally at this time that I begin counting the weeks not only to spring but especially to greeting and meeting old friends at the conference. Oh right! There aren't that many old friends left. Now I generally meet new and younger friends.

This is a dangerous time of year for our students. Because of the longer darker days of winter many students keep out of the cold while entertaining themselves with computers, cell phones, i-pods, digital cameras, video equipment and gaming. As I go back to high school from the winter break, I question my abilities to keep students safe from much of the information they have been exposed to during the winter break. Many students have most probably spent a great deal of time alone during the vacation with their choice of technology. Talk about communication?

I too have had some alone time to reflect upon my lengthy career. Perhaps the skills that have helped me the most are flexibility along with the desire and ability to learn. For those of you new and not so new to the profession of counseling many of the selections at this year's conference will help you to remain flexible. The selections will remind you that you are never too old to learn, especially about our students who are following through with activities with information or "not so much". Students get a great deal of their information on the internet and then base their successes upon corroborating their information with peers while hoping for approval from adults. This often leads to grave self-disappointment and self-injury. (a cry for help).

Last years Keynote was Dr. John Haney. His hot topic with realistic coverage and directly applicable information concerning the problem of teen sexuality in this century reminded me of how

*Continued on page 8*

## An Invitation from the Conference Committee

**By Phyliss Worthley**

As we brave the snow, snow, snow and greet the new year, I'd like to again invite you to our MECA website at [www.maineeca.org](http://www.maineeca.org) to review the many options for our upcoming Spring 2008 Annual Conference. By the time you read this, you should be able to actually see the scheduled workshops and read their cursory summaries.

Doing a little web surfing on the topic of self-injury today, I found two things. First, the name of our keynote speaker, Dr. Barent Walsh, was just about everywhere. Each location contained a great deal of information on the subject along with very practical suggestions of replacement skills. Second, that it seems this phenomenon has been recognized all over the

*Continued on page 8*

## EXECUTIVE BOARD

President

**Kevin O'Reilly**  
Telstar High School  
oreillyk@sad44.org  
824-2138

Past President

**Kay Richmond**  
Washington Academy  
k.richmond@washingttonacademy.org  
225-8301 X212

President Elect

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

Secretary

**Phyllis Worthley**  
Gardiner High School  
pworthley@sad11.k12.me.us  
582-3150

Treasurer

**Dean Collins**  
Madison Area High School  
dacollins@msln.net  
696-3395

MeASGW Rep.

**Frank Donaldson**  
Washington Street School  
fdonaldson@breweredu.org

ACA Representative

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

NAR Rep.

**Terry Mitchell**  
Central High School  
terrymitchell56@hotmail.com

College Admissions

**Carlena Bean**  
Husson College  
beanc@husson.edu  
941-7067

Historian

**Martin Gallant**  
Caribou High School  
Mgallant@mail.caribouschools.org  
493-4260

Legislative Representative

**Ben Milster**  
Mount Blue High School  
bmilster@msad9.org

Membership

**Gene Oakes**  
Bangor High School  
goakes2@verizon.net  
992-5521

Newsletter Editor

**Lisa Manter**  
Maine Central Institute  
lmanter@mci-school.org

Post Secondary Rep.

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

Professional Development

**Deborah Drew**  
Husson College  
drewd@husson.edu  
992-4912

Public Relations

**Leeann Marin**  
Orono High School  
lemarin@orono.u87.k12.me.us  
866-2319

Public Relations/Website

**Jeff Wright**  
Maine Maritime Academy  
jeffwright@mma.edu  
326-2215

CMeCA President

**Erin Flynn**  
Oxford Hills Comprehensive HS  
elflynn@sad17.k12.me.us

DEMeCA President

**Leah McLean**  
Shead High School  
lmclean@shead.org

EMeCA President

**Katie Gillen**  
Acadia Hospital  
kgillen@emh.org  
973-6307

NMeCA President

**Bernadette Willette**  
Hodgdon High School  
bwillette@staff.msad70.net  
532-3663

SMeCA President

**Cathy Lounsbury**  
MPTI  
clounsbury@mpti.net

ME Career Dev. Assoc. President

**Judy Danielson**  
Kennebec Career & College  
Planning Services  
judydanielson@adelphia.net

ME Clinical Counselor Assoc. Pres.

**Peter Cormstock**  
331 State St., Augusta  
joshuatree@adelphia.net  
621-8048

MESCA President

**Kathy Locker**  
Mabel Wilson School  
klocker@gwi.net

## 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

Caribou High School

308 Sweden Street, Caribou ME 04736

(207) 493-4260

mgallant@mail.caribouschools.org

## NATIONAL SCHOOL COUNSELING WEEK 2008

National School Counseling Week 2008, "School Counselors: Creating Pathways to Success", will be celebrated February 4-8, 2008, to focus public attention on the unique contribution of professional school counselors within the U.S. school systems. National School Counseling Week, sponsored by ASCA, highlights the tremendous impact counselors can have in helping students achieve school success and plan for a career.

## Career Development Facilitator Course

Eligible for national certification through NCDA

120 hours towards your

School Counselor Certification

Contact Jim Peacock for more information

jimpeacock@peak-careers.com

873-1907 (h) or 453-5082 (w)

www.MaineGCDF.com

**PEAK-CAREERS**

## New School Counselor Education Program in Maine

By Deb Drew

A new Master of Science in School Counseling Program is underway in Maine. Begun through the School of Education at Husson College last year with a just a few students, this new program has grown quickly this fall and currently has 23 matriculated students. The program is housed on the Bangor campus of Husson College and provides outreach to the Unobskey Center in Calais and the Husson College center on the NMCC campus in Presque Isle.

The program requires 36 credits (no electives) and shares part of its coursework with the also new Master of Science in Counseling Psychology program. In the fall of 2007, three courses were available for students: Introduction to School Counseling, Career

Development, and Field Experience. In the Spring of 2008 six courses are running: Individual Appraisal, Research, Theories of Counseling, Counseling Techniques, The Changing Role of the Professional School Counselor, and School Counseling Internship. Summer offerings in Career Development, Practices in Counseling Children and Adolescents, and other are being planned.

Students are accepted on a rolling admissions basis. For more information about this program contact Deb Drew, Associate Professor and Program Coordinator, 312 Commons, Husson College, One College Circle, Bangor, ME 04401, drewd@husson.edu, 207-992-4912.

## From the Admissions Front

By Carlena Bean

There is little news to report from the Admissions front as we only meet at the Samoset at the annual MeCA conference and most summers we try to have a general meeting. We all spent the fall traveling and visiting with prospective students and now are reaping the benefits of our labors as we read all those applications and make decisions!!

On Tuesday morning of the conference we will discuss plans for a summer workshop. Hopefully the Admissions representatives

that attend the MeCA conference will have time to come to our meeting and will have suggestions on speakers and topics. I look forward to seeing everyone at the conference where we will all have a chance to attend informative workshops as well as relax in a wonderful environment at the Samoset.

See you there!!

## Mirror, Mirror: Looking at Yourself When Making Ethical Decisions

By Deborah L. Drew, Ed. D., Associate Professor, Husson College

Making ethical decisions, while struggling with the challenges of counseling, is one of the most important, yet most complex, aspects of a counselor's work. As the American School Counselor Association so aptly points out on its website, "Whether you are new to the field or have been practicing for years, legal and ethical challenges can still throw you for a loop." We are guided by our Codes of Ethics, but we know that those codes are aspirational, open to interpretation. There is seldom one right answer. Often our struggles are in deciding right versus right or in resolving conflicts between law and ethics. Often we must make decisions in the middle of complexity, while "on the run" (Stone, 2005).

Ethical decision-making involves conscious thinking, but may be influenced by the subconscious. Our professional ethical standards are based on moral principles: autonomy, beneficence, nonmaleficence (do no harm), justice, and fidelity. But, what do those principles mean to us? Ignorance of the rules is not the usual cause of ethical violations. Often those who cross ethical boundaries or violate ethics do not see themselves as violators (Brennan, 2007).

Becoming more aware of who we are and what influences us can go a long way toward clear thinking. Awareness of the

ways in which our values, attitudes, beliefs, personality, cultural and family background, socioeconomic status, racial, gender, religious and ethnic identity, professional identity, sense of personal and professional skill and competence, and place of work affect the way in which we view counseling and clients can help keep critical ethical decision making at the consciously purposeful level. Awareness of the way certain events, issues, and types of people affect us (mad, sad, rescue, fearful, bored?) may alert us to those times when we may not be as effective or be more inclined to cross ethical boundaries.

Intrigued? Want to take a look at yourself? Deb Drew and Jeri Stevens will be guiding conference attendees through a "look in the mirror" in the 4-hour ethics workshop held on Monday during the Maine Counseling Association Annual Conference, 2008, at the Samoset Resort. Come join us.

ASCA. Legal and Ethical. Retrieved December 3, 2007 from <http://www.schoolcounselor.org/content.asp?pl=325&sl=136&contentid=136>.

ASCA. Ethical Tips fro School Counselors. Retrieved December 3, 2007 from <http://www.schoolcounselor.org/content.asp?pl=325&sl=136&contentid=166>.

Brennan, C. (2007). Ethics Beyond the Obvious. A presentation to the Association for Counselor Education and Supervision (ACES) Annual Conference.

Stone, C. (2005). School Counseling Principles Ethics and Law. Alexandria, VA: American School Counselor Association.

## Northern Maine Counseling Association

By Bernadette Willette

**From the Snowy North** - The Northern Maine Counseling group continues to be a strong group. Our last meeting was held in Houlton.

The students of Region II Vocational Programming, through their culinary arts program, provided lunch, compliments of USM. Approximately 20 counselors networked that day, briefing one another on updates at their schools and bringing questions to the forefront for clarification. One area that brought lots of conversation was the upcoming 2008 SAT - this topic will be further discussed in the January meeting where each counselor is being asked to report on the ways their high school is dealing

with preparing for this now high stake test.

A social worker and a nurse joined us in the afternoon while we engaged in a professional development opportunity led by Linda Williams from the Maine Youth Suicide Prevention Organization.

Our next meeting will be hosted by Northern Maine Community College in Presque Isle on Wednesday, January 16th at 10:30 in Reed Commons. We will be joined by a group of counselor education students from the Husson counselor education program.

## Eastern Maine Counseling Association

By Katie Gillen

The Eastern Maine Counseling Association met on November 13, 2007 at the Brewer High School. The new banner was hung (someone at School Union #113, East Millinocket, created for us) and it looks beautiful! We discussed plans for the rest of the year.

Members of Eastern Maine Counseling Association are also invited to attend Grand Rounds at Acadia Hospital. These are Friday meetings (9:00 am - 10:30 am), where there are various speakers, and you can receive a certificate for 1.5 contact hours. The meetings are held in the Penobscot Room at Acadia Hospital. E-mails go out to our membership, indicating when the next Grand Rounds are, and what topic they will be about.

Our next meeting will be held on Wednesday, February 13,

2008 from 2:30 pm - 4:30 pm at Barbara Kerrigan's place of business. Barbara specializes in DBT (Dialectical Behavioral Therapy) and she will be discussing DBT, cutting/self-injurious behaviors, as well as what else she does, and what her agency does. The meeting place is 444 Stillwater Avenue, 2nd floor, Suite 202, Bangor, Maine.

If you are not a member of Eastern Maine Counseling Association, you may join by contacting Katie Gillen, President (at kgillen@emh.org). The yearly membership fee is \$10.00. If you would like to be on our e-mail list, please e-mail Katie and let her know!

Wishing everyone best regards for this New Year, and hope to see all of you soon.

## Central Maine Counseling Association

By Erin Flynn

**Greetings from Central Maine!** The Central Maine Counseling Association met at the University of Maine in Augusta on November 1st. Robert Pronovost from DHHS, manager of Child Protective Intake spoke to our association about updates to child protective laws. Of note was the addition of truancy for specific age groups.

The group plans to meet again at 4:30 on January 31st at the

University of Maine Augusta in room 218 of the student center. Further information will be sent via email. I look forward to seeing you all- please extend an invitation to any other Central Maine colleagues you know. I'd appreciate a quick email letting me know if you will be joining us so that I may plan accordingly for refreshments. If you have any questions or concerns, please don't hesitate to contact me at eflynn@sad17.k12.me.us

## Southern Maine Counseling Association

By Kathy Lounsbury

The second meeting of the Southern Maine Counseling Association was held on December 14th at the University of Southern Maine. Despite the snowy weather, there were 40 counselors in attendance. We were delighted with a very dynamic presentation by Dr. Marijane Fall on "Adler's Goals of Misbehavior". We also had brief presentations by two area dentists (talking about career opportunities in the field of dentistry) and a Counseling Services, Inc. board member (talking about changes in the mental health field). Door prizes

were provided by The Maine Psychological Trauma Institute and Counseling Services, Inc. A fun portion of the meeting involved everyone learning some very "interesting" facts about each other's schools through our "Name That School" trivia game. The next meeting will be on March 21st from 8 - 11 AM at the University of New England. The presentation on Aspergers Syndrome will be conducted by the Autism Society of Maine.

For more information, you can contact Cathy Lounsbury at smca@mpti.net or Tim Lounsbury at tlounsbury@sad60.k12.me.us

# Downeast Counseling Association

## 2007-2008 DECA Meeting Tentative Schedule

### February 12 @ 11:00 @ UMM

Host: Deb Drew  
 Program: 9-12-Post-secondary Ed. Workshops - Fall '08  
 K-8 - Mike Rottersman  
 Possibility of Susan Lieberman -  
*Keeping Maine's Children Connected*  
 Audience: K-12

### March 19 @ 11:00 @ WCCC (pending confirmation - Tom)

Host: Kent Lyons  
 Program: Dealing with Racism - Tom Harnett  
 (Pending confirmation - Pat V.)  
 Audience: K-12

### MeCA Conference - March 30 & April 1

#### April 16 @ 11:00 @ Schoppee Farm

(pending confirmation - Kay)  
 Hostess: Carlena Bean  
 Program: TBA  
 Audience: 9-12  
 K-8: Mike Rottersman

#### May 7 @ 8:00 a.m. Breakfast @ UMM

Host: Stewart  
 Program: Year wrap-up & Stewart: TBA  
 Audience: K-12

## A Trip Down Memory Lane . . .

### By Marty Gallant, Historian

The Maine Counseling Association has been in existence for over 60 years! The Executive Board of the Maine Counseling Association decided that it would be interesting for all of us to look back at the past presidents. After the January meeting I dug into the dusty archives and created the following list: (Much of the work had been done by former historian Jack Farrar). See how many presidents you can remember. I can remember most of them. Hmmm.... I wonder what that means!

#### PAST PRESIDENTS OF THE MAINE COUNSELING ASSOCIATION

(Formerly called the Maine Personnel and Guidance Association, and the Maine Association of Counseling and Development)

YEAR	NAME	Work Place/Residency at Time of Presidency	YEAR	NAME	Work Place/Residency at Time of Presidency
1945-46	George Brewer	Unknown	1977-78	Frances Mecteaux	Westbrook
1946-47	Dorothy Babcock	Bangor	1978-79	James McNamara	Orono
1947-49	Fred Dingley	Lee	1979-80	William Stone	North Anson
1949-50	Helen Robinson	So Portland	1980-81	Nancy Perry	Cumberland Foreside
1950-51	Nathan Watson	Bath	1981-82	Daniel Richards	Scarborough
1951-52	Merle Finley	Unknown	1982-83	Dorothy Moore	Yarmouth
1952-54	Ruth Pennell	East Winthrop	1983-84	William Miller	Lincolntonville
1954-55	Charles Crosby	Unknown	1984-85	Michael Donahue	Falmouth
1955-56	Arvard Webster	Unknown	1985-86	Beverly Homich	Ellsworth
1956-57	John Corrithers	Unknown	1986-87	Deborah Drew	Bucksport
1957-58	Florence Tash	Bath	1987-88	Tim Crowley	Presque Isle
1958-59	Calvin Jordan	Westbrook	1988-89	Dan Hart	Bethel
1959-60	John Farrar	Gorham	1989-90	Don LaCount	Winslow
1960-61	Andrew Swan	Unknown	1990-91	Betty Ann Burns	Skowhegan
1961-62	Philip Dugal	Gorham	1991-92	Susan Anzivino	Farmington
1962-63	Lee Joy	Unknown	1993-94	Gene Bradbury	Washburn
1963-64	Lawrence Lewis	Bangor	1994-95	Fran Berthiume	Fort Kent
1964-65	George Lawrence	Unknown	1995-96	Izzy Cross	Belfast
1965-66	Eben Thomas	Winthrop	1996-97	Dave White	Sabattus
1966-67	Bert Pratt	Bangor	1997-98	Deborah Drew	Millinocket
1967-68	Marvin Rosenblum	Boothbay	1997-99	Colleen Reynolds	Farmington
1968-69	Raymond Crowley	Yarmouth	1999-00	John Parkman	Waldoboro
1969-70	Wayne Libby	Brunswick	2000-01	Carlena Bean	Bangor
1970-71	Burt Payson	Brewer	2001-02	Phyllis Worthley	Bangor
1971-72	Ronald Willette	Caribou School Dept.	2002-03	Mike Halmo	Brunswick
1972-73	Lyle Cramer	Westbrook	2003-04	Karen Lechner	Orono
1973-74	Frank Antonucci	Monmouth	2004-05	Terry Mitchell	Corinth
1974-75	Roger Martin	Madawaska	2005-06	Ben Milster	Farmington
1975-76	Ray Humphreys	Cumberland Center	2006-07	Kay Richmond	East Machias
1976-77	Paul Luttrell	Rockland	2007-08	Kevin O'Reilly	Bethel

---

## Legislative Update

### Ben Milster, Executive Board Legislative Representative

Regarding the use of the SAT as a federally approved assessment for No Child Left Behind purposes, Maine is still in the “Pending Approval” status. According to Dan Hupp from the Department of Education, Maine has received a verbal acknowledgement from the Federal DOE that approval will be forthcoming once the completion of all paperwork is submitted.

And, speaking of the SAT, this past fall at the fall conference, the Maine Principal’s Association membership heard a proposed resolution from their leadership that opposes the use of the SAT as an assessment of Maine Learning Results for grade eleven students. The resolution created quite a lengthy and passionate debate among the membership present, and was eventually tabled. Joe Moore, the principal at Mt. Blue HS who authored the Resolution, is planning to bring it up for another vote this spring. It is notable that all organizations originally opposed to this initiative still remain so, and are mentioned in the Resolution. MeCA President Kevin O’Reilly submitted a letter to Timothy Doak, MPA President, confirming that the National Association for College Admission Counseling, The American Counseling Association, The American School Counseling Association, The Association for Assessment in Counseling and Education, The Maine Counseling Association and the Maine School Counselor Association still believe that using the SAT for this purpose is a bad idea.

Last spring, LD 1859 created some controversy with language regarding graduation requirements, ability grouping, assessment, etc. This past fall, Commissioner Gendron shared her intent to propose changes to chapter 127 (Graduation Requirements), and to resubmit LD 1859. However, in a conversation with Dan Hupp from the DOE, I was informed that since there is such a time demand with the consolidation legislation, and since the Commissioner wants to carefully move with the graduation requirements issue, she is planning on hosting some informational/feedback forums this winter to discuss her proposals and to also receive input regarding them. At this writing, the word is that Commissioner Gendron will most likely not submit any legislation this session. Stay tuned.

## Maine Career Development Association Update

### Judy Danielson

Central Maine had great representation at the annual spring conference this year. Many members attended the Central Maine Career Development (MCDA) - Judy Danielson

MCDA is planning our annual MCDA conference for June 23rd. Many details will be firmed up over the next several weeks. We are hoping the later date will be a better time for school counselors, and we’re also hoping to offer several sessions focused on their needs.

We had a great fall workshop (including a terrific afternoon presentation by Deb Drew), and expect our spring conference will also offer many informative sessions. Our keynote speaker will be Dr. Darrell Luzzo, the current NCDA (National Career Development Association) President.

## Maine Association for Specialists in Group Work Update

### Frank Donaldson

The Maine Association for Specialists in Group Work (MEASGW) is seeking new members. We especially need members who are also members of MeCA. As an organization, we focus on methods and materials for working with groups, both adult and children. We are working on maintaining a website with ideas for working with groups and new practices from the literature regarding group work. Our annual meeting will take place at the Samoset on Tuesday, April 1st (no joke) during breakfast at the MeCA conference. Anyone interested in learning more about the organization is welcome to join us at that time. If you would like to join or have questions before that, please contact Frank Donaldson at [fdonaldson@breweredu.org](mailto:fdonaldson@breweredu.org) or at 989-8660. He is the current president of MEASGW. We are still looking for a president-elect. If interested, also contact Frank.

## *From the President’s Desk* of the Maine Clinical Counselors Association

### Peter Comstock

Wow, here it is January again and yet another year has past. I hope the last year has been prosperous for everyone. I plan to host a breakfast table again this year at the annual Spring Conference so please drop by and connect with other LCPCs in the field. We continue to work closely with legislators and the American Mental Health Counselor Association to gain more recognition as professional mental health counselors in the field, but the process can be slow, as you well know. Please go to the MCCA website [www.mcca-info.org](http://www.mcca-info.org) for the latest information and talk with your legislators as numbers can make a difference.

---

# Does the Road to Princeton Run Through Elizabeth?

By Winnie Hu (Reprinted from Guidance Article in NY Times - January 6, 2008)

Elizabeth High School anchors an aging industrial city, about 20 miles southwest of midtown Manhattan, that has become the first stop for many immigrant families in search of a better life. With more than 5,000 students, it's one of the largest public high schools in New Jersey. Only a quarter of them attend four-year colleges, with the rest dispersing to two-year colleges, the military – Elizabeth is popular with recruiters – or the lower ranks of the work force.

The two guidance counselors assigned to the high school's new academy for gifted students are squeezed into a pair of cinderblock offices, each the size of a walk-in closet. Come lunch hour, a line forms as students in the school uniform of navy blue blazers and crisp white shirts wait to hand over their college applications. Linda Lauerman, a former English teacher, shuffles through a stack of manila folders on her lap. As each student hands over a form or gives her a progress report, she scribbles notes to herself on a yellow sticky pad and tucks them into the folders.

"Do I have your brag sheet?" she asks a girl applying to Penn State. "Do I have your teacher recommendations? No, so you have to bring them in, right?" The student worries if the "transcripts and everything" will be ready in time. "Oh, yeah," says Ms. Lauerman. "I have a lot of work to take home with me."

The so-called Upper Academy, which is located about a mile from the high school's main campus, opened in 2006 with a heavy menu of Advanced Placement offerings. The academy's two veteran counselors handle a smaller number of students – an average of 205 compared with 280 in the "regular" high school – and spend more time on college counseling than they do on attendance or remedial education issues.

The counseling support is making a difference. All 64 seniors in the academy's first graduating class last spring went to college, most of them to four-year colleges. The valedictorian was admitted to the Massachusetts Institute of Technology, three others to Brown and one to Cornell. This past fall, Harvard sent an admissions officer to Elizabeth for the first time since the 1990s.

Stephanie Rivera, a senior, comes to see the guidance counselors nearly every day. "Without them, I'm just by myself and I'm already by myself because my parents don't help me," she says. Stephanie, fourth in her class, is applying to a dozen colleges, including Princeton, Columbia and Brown. She is the eldest of three children of a school lunch aide who, Stephanie says, didn't even have time to fill out a parent questionnaire the counselors sent home.

Stephanie knows she has it better than students do at the main campus. Her friends there complain of counselors who forget to fill out paperwork or, worse, misplace it. "They don't really interact with their guidance counselors at all," she says. "If they don't really know you, how can they make the application more well rounded? They complete it by having an outsider's perspective."

At the main campus, Rebeka Paul, a 10th grader, says she has not even begun exploring the college path with her counselor, because "you have to have a reason to see her, like, if you're having a problem." She says she wants more attention from the guidance department, including more choices in class selection.

Such complaints are not uncommon in sprawling urban schools like Elizabeth, and it is in these schools, with poor, mostly minority students, that good college counseling is needed most. Since 2001, the No Child Left Behind Act has given rise to a host of state programs intended to raise test scores and academic performance, and has focused more attention on preparing children for college.

"I think it is more on our radar," says Kimberly Johnston, president of the National Association for College Admission Counseling. "But there are still far too many students who feel like college is not an option for them because they haven't found that adult to really encourage them." Her association sponsors 49 annual college fairs across the country, at which counselors volunteer their time to meet individually with students.

The association has also called for more formal training, because few institutions offer courses in college counseling. Some organizations, like the Education Trust, an advocacy group for disadvantaged children, sponsor professional development programs. Peggy Hines, who oversees them, says counselors have an important role in promoting "a high-expectation culture in a school."

"It's a belief that every child who comes through their door is college material," she says. "Everyone can and will be successful, regardless of the color of their skin and the amount of money in their parents' bank account."

In Elizabeth, students not selected for the gifted program are divided into five "houses" – three that offer a standard curriculum, one a vocational and one an alternative education.

At Dwyer House, the largest, Maria Serafyn, a counselor for more than 20 years, was checking attendance and academic records in early December. By her count, 18 of her 65 seniors would not graduate on time unless they made up credits and absences by taking a winter Saturday program.

Ms. Serafyn would have preferred to be working on college applications. She had told her students she wanted them last month, but only a dozen had been turned in. More would trickle in, she felt sure, but too late for the Rutgers priority application deadline, which guarantees a decision by Feb. 28. "I'm like another parent after them," she says. "It's constant."

She sees each of her seniors at least once in the fall to discuss college and career plans, but she does not have time to meet individually with all 300 of her students. So she counsels her 9th and 10th graders in groups, explaining course options in their classrooms.

## Does the Road to Princeton Run Through Elizabeth? *continued from page 7*

"By the time they're seniors, I know them well enough, but not as well as I would like," she says.

Jeffrey Roszkowski, the interim principal, acknowledges that some parents have complained over the years that their children were not being adequately informed about college options. Sometimes, unknown to their parents, he says, students tell their counselors they're not interested in college. But students can also get lost in such a large school, he says.

Mr. Roszkowski points to efforts to improve counseling as well as to better prepare students for college: In the past two years, the district has extended the school day by 90 minutes, tightened the attendance policy and increased graduation requirements to 160 credits, 50 more than required by the state. Teachers now help students with their college essays during English class and assist bilingual students with applications after school.

The college fair was also shifted to the evening to attract more families, and more than 60 colleges and universities were represented in the fall, including Princeton.

## Something for Everyone *continued from page 1*

limited my information of this topic was. I certainly knew about the issues but had few skills to assist students in any helpful way. John reminded me that according to the National Coalition for the Protection of Children and Families the average age of children being exposed to pornography is age 8. Before the internet that age was 15. Early intervention is needed in more areas than literacy and numeracy.

One of the most pressing issues for counselors is being able to keep abreast of information. It is often said: "We can not be all things to all students." However; we are in a time where we must try harder to meet more social and emotional needs resulting from the use of student technology. Today's children are leap years ahead of many counselors concerning technology and exposure to information. The fact still remains that children have lots of information but no knowledge to process their experiences with much of this new found information. Children seldom seek out adults as they see many of us as technologically disadvantaged and similarly just not "with it".

## An Invitation from the Conference Committee *continued from page 1*

world...the UK, New Zealand, Ireland, Australia, to name a few places I noticed in the first time through my Google quest. We will have the fortunate opportunity to learn about this difficult behavior from someone who has significant experience in the field and who has been studying this means of coping with emotions and stress so that he has some valuable insights and strategies to offer u.

We are happy to have the ethical duo of Debbie Drew and Jerry Stevens with us again doing three different workshops on looking at self in ethical decision-making. We have folks doing presentations from the Mitchell Institute, from Maine's Dept. of Ed., and from FAME. We have people talking about college aspirations and transition, about parenting, about teen

In his cluttered office at the Upper Academy, Frank Casso, a counselor, reassures an anxious father whose daughter is applying to Rutgers: He explains that the university does not require recommendations from counselors or teachers. But at the insistence of the father, he will include them.

"It makes the parent feel better," says Mr. Casso, who still drafts his recommendations by hand for a part-time secretary to type. "Why add stress to an already stressful procedure?"

Craig Kesselheim  
Senior Associate  
Mitchell Institute - Great Schools Partnership  
460-4102 cell  
244-4197 fax  
[www.greatschoolspartnership.org](http://www.greatschoolspartnership.org)  
[ckesselheim@greatschoolspartnership.org](mailto:ckesselheim@greatschoolspartnership.org)

It is natural for children over the age of 8 to become secretive. Our advancements with technology have allowed our children's worlds to become even more secretive to family and schools but more public to friends and predators.

This year's keynote: Dr. Barent Walsh will speak about understanding and treating self-injury. It is not coincidental that Dr. Walsh's information be complementary as a follow-up to the information received at last year's conference. Once again I am very aware of the issues about teen self-injury but have little helpful information other than referral. I hope to come away from this year's conference with lots of resources to educate myself concerning this important topic.

I also hope to see you at the conference as we update our skills while remaining flexible and willing to learn in a heavily technological environment. Conference is always a time of great sharing and caring. See you there.

depression, and about taking care of ourselves as counselors and humans.

One of the best ways of taking care of ourselves is laughter and singing and dancing...so...join us at the Dave Rowe Trio concert in the ballroom from 8-10 p.m. on Monday night. Our own distinguished President, Kevin O'Reilly will be handling the bass as Dave Rowe, the son of the late Tom Rowe of Schooner Fare Fame, sings along with Edward Howe who adds his own talent and energy to the trio.



# REGISTER FOR THE 2008 MeCA CONFERENCE AT [WWW.MAINECA.ORG](http://WWW.MAINECA.ORG)

## PRECONFERENCE WORKSHOPS

This year marks the third time there will be preconference workshops available on Sunday afternoon prior to the conference. These highly popular two-hour workshops are designed to serve the needs of three different audiences.

- Workshop A is aimed at our friends in the admissions arena: “Improving the Student Staff in Recruitment and Admissions.”
- Workshop B addresses legal issues schools face. This workshop with Dr. Hoff from the University of Maine received rave reviews two years ago.
- Workshop C with Brent Socobie focuses on substance abuse issues that private clinicians face.

More details on these workshops are available on the conference site. Each workshop runs from 1:00 to 3:00 p.m. and costs \$50. **The registration for these workshops is separate from the regular conference registration and has a deadline of March 15.**

## MeCA - MONDAY SCHEDULE

	Topic / Location	Owls Head	Spruce Head	N. Samoset	Pen Bay	Schooner Room	Monhegan	Ebb Tide
7:00 am - 4:00 pm	Registration – <i>State of Maine</i>							
7:00 - 9:00 am	Breakfast – <i>Rockland/Rockport /Camden</i>							
8:00 - 9:00 am	Early Bird - Session I			Removing Barriers to College	Ethics: The Role of Self Intro.	Living Your Purpose w/o Burning Out	Student Initiated Programs = Motivation	Boys at school ... a bad mix?
9:15 - 10:15 am	Session II			Empowering Underachievers	Ethics: Personal Influence	Handling Spiritual Issues	Goals: Mitchell Scholarship Program	22 years w/ Holland Code & ASVAB
10:15 - 10:30 am	Coffee Break - <i>State of Maine</i>							
10:30 - 11:30 am	Keynote Speaker: Dr. Barent Walsh <i>Bay Point Room</i>							
12:00 - 1:15 pm	Lunch – <i>Rockland/ Rockport/Camden</i>							
1:15 - 2:15 pm	Session IV	Dr. Walsh: Assessment Of Self- Injury	Preserving oneself while caring for family	Wake up to live your dreams	Ethics: Prof'l Self Concept Influence	Teen Depression	When Behavior Plans aren't Working ... PLACE	Academic Competitive Grants
2:30 - 3:30 pm	Session V	Self-Injury: New Skills & Cognitive Treatment	What I know now	Parenting from the inside out	Ethics: Our Hot & Cold Buttons	Sjuicide Risk Assessment	Do you know where <u>all</u> your students are?	FAFSA- 4caster
4:00 - 5:00 pm	Fun Run/Walk or Yoga in Schooner Room							
5:30 - 6:30 pm	President's Reception – <i>State of Maine</i>							
6:30 - 7:30 pm	Dinner – <i>Rockland/Rockport /Camden</i>							
8:00- 10:00 pm	Dave Rowe Trio Rckld/Rckpt/Cmdn							

## MeCA - TUESDAY SCHEDULE

	Topic/Location	Owls Head	Spruce Head	N. Samoset	Pen Bay	Schooner Room	Monhegan	Ebb Tide
7:00 - 8:30 am	Breakfast – <i>Rockland/Rockport /Camden</i>							
7:00 – 10:00 am	Registration – <i>State of Maine</i>							
8:00 - 9:00 am	Session VI	Using Role Play in Treating PTSD	Update from Dept. of Education - 2008	Guidance/ Admissions Round Table	Yoga and Positive Psychology	How to choose a major by accident	Adventure Therapy w/ Disruptive Behavior Disorders	Gender Identity: Approaches for the school counselor
9:15 - 10:15 am	Session VII	Dialogues in Diversity: Level I	College Aspirations Programming	Counselor Ethics: a post- Modern view	IDEA/504 Students & Transition to College	Leading Small Groups	Research with Rural H.S. Counselors	New Explorations Program @UM
10:15 - 10:30 am	Coffee Break - <i>State of Maine</i>							
10:30 - 11:30 am	Session VIII – Division Meetings	NMeCA	Admissions	EMeCA	SMeCA	CMeCA	DMeCA	
11:30 am - 12:00 noon	Checkout							
12:00 - 1:15 pm	Lunch/ Business Meeting – <i>Rockland/ Rockport/Camden</i>							

**CONFERENCE SCHEDULE**  
**March 31<sup>st</sup> – April 1<sup>st</sup>, 2008**

**Monday, March 31, 2008**

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*

- |   |   |   |
|---|---|---|
| <i>North Samoset</i>  | <b>Removing Barriers to College</b>                                   | Lisa Plimpton, MA   |
| Working with findings from a year-long study of the growth gap between college intentions and actual enrollment, participants will learn about promising practices in Maine schools and generate ideas about how to help more students realize their college aspirations.   |   | Target Group = All  |
| <i>Pen Bay</i>  | <b>Mirror, Mirror: Looking at the Self in Ethical Decision-making</b> | Debbie Drew, Ed.D., LCPC, ACS<br>Jeri Stevens, M.Ed., LCPC, CCS |
| Session 1: Introduction to examining the role of SELF in ethical decision-making.   |   | Target Group = All  |
| <i>Schooner</i>   | <b>“Living Your Purpose ... without Burning Out”</b>                  | Michele Mannion, LCPC, Ph.D.                                    |
| This presentation will highlight key components of counselor self-care with attention given to two specific content areas: burnout and lack of professional purpose. Various recommendations on reconnecting to professional meaning will be explored.  |   | Target Group= All   |
| <i>Monhegan</i>   | <b>Student-Initiated Programs = Motivation</b>                        | Eugene Smith, M.S.<br>Jeanine Noonan, B.S.                      |
| Students in Ms. Noonan’s class at Kingman Elementary School came up with and designed their own village which led to discussions of working as a community, career development, responsibilities of individuals, and the value of compromise. Ms. Noonan and Mr. Smith (counselor) acted as resources and advisors.   |   | Target Group = Elementary                                       |
| <i>Ebb Tide</i>   | <b>Boys at School ... a Bad Mix?</b>                                  | Rob Pfeiffer, M.Ed.   |
| What are we doing for our boys as they sputter along and watch the girls shoot by on their way to stardom? Rob will review the results of a report by the Gender Equity Task Force.   |   | Target Group = School Counselors                                |
| 9:15 – 10:15  | Session II  |   |
| <i>North Samoset</i>  | <b>Empowering Underachievers</b>                                      | Marcia Kapinos, NCC, LPC, GCDF                                  |
| Do you work with students who underachieve? If so, learn about the attributes, attitudes, and patterns concerning underachievers. Participants in this interactive session will discover what does and doesn’t work when trying to motivate students who underachieve. Who can help make changes in the lives of students who underachieve will also be discussed. Focus will be primarily on teenagers; however, information shared can also be applied to younger children. |   | Target Group = All  |
| <i>Pen Bay</i>  | <b>Mirror, Mirror: Looking at the Self in Ethical Decision-making</b> | Debbie Drew, Ed.D., LCPC, ACS<br>Jeri Stevens, M.Ed., LCPC, CCS |
| Session 2: Participants will examine personal influences on ethical decision-making.  |   | Target Group = All  |
| <i>Schooner</i>   | <b>Handling Spiritual Issues in Counseling Practice</b>               | Ron Skidmore, MA, M.Div, LPC                                    |
| This session will help counselors become more comfortable in working with their clients’ spiritual concerns and religious language without promoting or defending any particular religious viewpoint.   |   | Target Group = Clinical & Mental Health Counselors              |
| <i>Monhegan</i>   | <b>Goals at the Mitchell Scholarship Program</b>                      | Patricia Higgins  |
| A brief description of the Scholarship Program will be given along with who should apply and when. Updates to the Scholarship will be discussed followed by a question and answer period.   |   | Target Group = Secondary Counselors & Career Counselors         |
| <i>Ebb Tide</i>   | <b>Twenty-Two Years with Holland Codes, ASVAB, and your students</b>  | Jim Burnell, BS, MS   |
| Exploring Holland Codes as seen over extended time with a small segment of our society – high school students in grades 10-12. This unique group dynamic reveals much more than individual personality types and can be enlightening for career exploration and school and impacts career decision-making.  |   | Target Group = Secondary & Career Counselors                    |

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

10:30 – 11:30 am Session III

Bay Point Room **Keynote: New Developments in Understanding And Treating Self-Injury** Dr. Barent Walsh, Ph.D.

Dr. Walsh will differentiate suicide from self-injury in terms of 9 key characteristics and will discuss the troubling phenomenon of self-injury moving from clinical populations into the general population of middle, high school, and university students.

Barent Walsh has written extensively and presented internationally on the topic of self-destructive behavior. He is the author of the book, *Treating Self-Injury: A Practical Guide* (Guilford Press 2006). Dr. Walsh is the co-author of the book, *Self-Mutilation: Theory, Research and Treatment* (Guilford Press, New York, 1998).

Dr. Walsh is the Executive Director of The Bridge of Central Massachusetts in Worcester, MA. He oversees 35 programs including special education services and residential treatment for children, adolescents, and adults with mental illness, developmental disabilities, and/or complex family problems, as well as centers for gay, lesbian, bisexual, and transgender youth. He can be reached at [barryw@thebridgecm.org](mailto:barryw@thebridgecm.org).

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

1:15 - 2:15 pm Session IV

Owls Head **Assessment of Self-Injury** Dr. Barent Walsh, Ph.D.

This workshop will focus on learning how to perform a careful assessment of self-injury and the use of a structured school protocol in responding to self-injury. Target Group = All

Spruce Head **Preserving Oneself While Caring for Family** Lisa Thrasher RN, Karen Flynn

Lisa and Karen will share their strategies for maintaining a full time professional life while caring for spouses with acute and chronic illnesses; incorporating themes of humor, and use of supportive others and self care skills including music. Target Group = All

North Samoset **Wake Up to Live Your Dreams** Nanci Adir, LCPC

Our nation has fallen asleep. The American nightmare robs our youth of ambition and personal values. The Goal Model Method will help inspire students to develop character and calling. GMM will help you integrate a coach approach to your counseling. Target Group = All

Pen Bay **Mirror, Mirror: Looking at the Self in Ethical Decision-making** Debbie Drew, Ed.D., LCPC, ACS  
Jeri Stevens, M.Ed., LCPC, CCS

Session 3: Participants will examine professional self-concept as it influences ethical decision-making. Target Group = All

Schooner **Teen Depression: Recognizing the Symptoms & Taking Action** Hahna David Patterson, MA, LCPC

Teen depression is a dangerous illness that is often confused with the normal turbulence of adolescence. Depression often first reveals itself during the teen years and researchers contend that early identification and intervention are crucial for reducing the morbidity and mortality of this disease. This program will address the recent developments in recognizing and treating teen depression. Attendees will learn how to differentiate developmentally normal teen behavior from that of the depression and what treatment options are available. Emphasis will be placed on the unique symptoms that make diagnosis and treatment a challenge with this population. Target Group = All

Monhegan **When Behavior Plans Aren't Working ... P.L.A.C.E.** Cindy Mitchell Perkins, LCPC

This workshop offers practical information and strategies for professionals working with challenging children who have experienced trauma, loss, deception, or abuse. This is based on the principles of Dyadic Developmental Psychotherapy (DDP) as developed by Daniel A. Hughes, PhD. Through power point and interactive sharing, everyone will leave with new ideas and ways to help children, their parents, and their teachers. Target Group = All

Ebb Tide **Academic Competitiveness Grants (ACG)** Angela Dostie

The purpose of this session is to provide basic information about the ACG program, explain the eligibility criteria and application process, and discuss what counselors can do to increase the number of eligible students.

Target Group = Secondary Counselors

2:30 - 3:30 pm      Session V

*Owls Head*                      **Self-Injury: Replacement Skills & Cognitive Treatment**                      Dr. Barent Walsh, Ph.D.  
This workshop will focus on teaching replacement skills and providing cognitive treatment to assist those struggling to give up self-injury.                      Target Group = All

*Spruce Head*                      **“What I Know Now that I Wish I’d Known Then ...  
College Major & Decision-Making**                      Patty Counihan, M.Ed.  
Elizabeth Barry, MA, M.Ed.  
Patrick Devaney, BA  
Jamie McCurry, BA

Come participate in a Holland Code exercise that helps students understand their “type” and how it ties into college majors and careers. Then interact with a panel of current UMaine students who will share their experiences and tips on how they made these important decisions. They will also share their thoughts on how school counselors can help students with these issues. At the end of this session you will have a template to take with you to use with students at your high schools or colleges.

Target Group = Secondary & Career Counselors

*North Samoset*                      **Parenting From the Inside Out**                      Cecilia M. Skidmore, MA, LPC  
Based on the book by the same name, this session explores the way in which our own childhood shapes the way we parent. Drawing on the work of Dan Siegel, M.D. and Mary Hartzell, M.Ed., we look at how attachment to the parent affects the way a child’s brain develops. Since brain change and development is in part determined by our interpersonal relationships, this session also explains why our clients’ relationships with us, their therapist, can help to ameliorate the pain and reactivity inherent in dysfunctional family relationships. We will address memory, perception, emotion, and adult attachment.

Target Group = Clinical/Mental Health Counselors

*Pen Bay*                      **Mirror, Mirror: Looking at the Self in Ethical Decision-making**                      Debbie Drew, Ed.D., LCPC, ACS  
Jeri Stevens, M.Ed., LCPC, CCS  
Session 4: Participants will examine their HOT and COLD buttons as they influence ethical decision-making. .  
Target Group = All

*Schooner*                      **Suicide Risk Assessments & Rational Dispositions**                      Mark Holbrook, LCPC  
This workshop will offer a discussion of the reliability and rationality among crisis workers and correctional officers in the prediction of suicide. This data indicates a need for advancing the assessment skills of people in the position to assess suicide risk.  
Target Group = All

*Monhegan*                      **Do you know where all your students are?**                      Martin French, M.Ed.  
Have a look inside the Mountain View Youth Development Center, one of only two maximum security juvenile correctional facilities in Maine. Presentation includes a slide show of resident housing, daily living, and the alternative education program within the facility.  
Target Group = All

*Ebb Tide*                      **FAFSA4caster**                      Angela Dostie  
Learn about FAFSA4caster and its purpose, who will benefit from using FAFSA4caster, how students can receive an early estimate of their eligibility for federal student aid and understand the difference between FAFSA4caster and FAFSA on the Web.  
Target Group – Secondary Counselors

4:00 pm                      **Fun Run/Walk**

Yoga – John Yesenchak in Schooner Room

5:30 - 6:30 pm                      *State of Maine Room -- President’s Reception*

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

8:00-10:00 pm                      *Rockland/Rockport/Camden--Entertainment “Dave Rowe Trio”*

MeCA is fortunate to have one of its own, Kevin O’Reilly, guidance counselor at Telstar High School, perform with Edward Howe and Dave Rowe as a member of *the Dave Rowe Trio*. Dave Rowe, the son of the late Tom Rowe of Schooner Fare fame, founded the group. The group keeps the legacy of Tom alive by playing his songs as well as a mix of traditional and original folk, bluegrass, and maritime music. Don’t miss this outstanding performance!  
Target Group: **EVERYONE!!**

**Tuesday, April 1, 2008**7:00 - 8:30 am Rockland/Rockport/Camden - Breakfast7:00 – 10:00 a.m. State of Maine Room - Registration

8:00 - 9:00 am Session VI

*Owls Head*                    **Beyond Words – Using Role-Play in Treating PTSD**                    Eric Rutberg, LCPC  
The goal of the workshop is to supplement the knowledge and practice of clinicians by bridging the gap between talk therapy and experiential therapy. To that end, one will learn how trauma memories and the physiological response to trauma can be neutralized through the safe application of role play.                    Target Group = All but especially Clinical/Mental Health

*Spruce Head*                    **Dept. of Education Update 2008**                    Shelley Reed, M.Ed.  
This workshop will provide updates on Dept. initiatives that effect guidance and answer questions from counselors.  
Target Group = all levels of School Counselors

*North Samoset*                    **Guidance/Admissions Roundtable**                    Carlena Bean and Phyllis Worthley  
The focus of the discussion will center on issues common to guidance counselors and admissions personnel. What do colleges want to know; what do guidance counselors need to know from colleges; and what common challenges do we face.  
Target Group = Secondary, Admissions

*Pen Bay*                    **Yoga and Positive Psychology**                    John Yasenachak, Ed.D., LCPC, LADC  
This workshop will explore mindfulness-based practices with the current “positive psychology” paradigm. Research on the comparison between ancient yogic models of mind and cognitive-behavioral science will be reviewed. Participants will learn several simple techniques (movement, breath, & sound) for opening “the heart of compassion: and quieting the mind.  
Target Group = All

*Schooner*                    **How To Choose A Major By Accident**                    Jim Peacock, GCDF, M.Ed.  
In a perfect world, career consultants and advisors administer assessments and have clients choose an occupation from the list. It is simple, clear, and often can lead to good occupational choices. But, the chaos of life often complicates things for all of us. This presentation will look at the factors that often get in the way and what a person can do to “Plan” their “Happenstance.” (Based on John Krimboltz’s theory of Planned Happenstance and also upon the Chaos theory.)  
Target Group = Mid., Secondary, Career Counselors

*Monhegan*                    **Adventure Therapy with Disruptive Behavior Disorders**                    Dr. Don Lynch, LCPC, CSW-IP  
Adventure Therapy programs are being used with increasing frequency in the treatment of children and adolescents who are exhibiting symptoms of disruptive behavior disorders, including Oppositional Defiant Disorder (ODD), Conduct Disorder, and ADHD. This workshop will focus on the integration of therapeutic counseling strategies within the field of Adventure Therapy and their efficacy in the treatment of Anti-Social Spectrum Disorders. The use of real and perceived risk activities, liability concerns, and “challenge by choice” dilemmas will also be presented. The workshop will include didactic as well as experiential components.  
Target Group = All

*Ebb Tide*                    **Gender Identity: Approaches for the School Counselor**                    Lisa Erhardt, M.Ed., NCC  
Matthew Small, M.Ed.  
The movement toward more open home, school, and community climates has in some cases allowed students to question their gender identity at younger ages. Participants will receive an introduction to transgender issues and challenges that students face. The session will include suggestions for supporting students, guidance for school personnel, and group discussion. Case material will also be presented.  
Target Group = Elem, Mid, Secondary Counselors

9:15 - 10:15 am Session VII

*Owls Head*                    **Dialogues in Diversity level I: Talking openly about Oppression, Ethnicity and Racism in Maine**                    Keita W. Whitten, MSW  
Level I is an experiential self-reflection workshop designed to explore and deconstruct personal notions about differences, understanding how these beliefs get in the way of forming critical cross cultural alliances, transcending ethnicity, class and religion. Participants will explore language, concepts and history that will address why we feel the way we do about “differences’, or the ‘other’. DID is designed to work with you to make connections between what you believe about race, diversity and multiculturalism with what you have learned about race, diversity and multiculturalism.  
Target Group = All

- Spruce Head*      **College Aspirations Programming**      Jeff Wright, Dir. of Admissions  
Learn about two programs geared toward introducing your students to college and the admissions process. Put your students on a college campus, in a college classroom, or on the committee that makes admissions decisions. Over the years, thousands of Maine students have participated in *Admissions 101* and *Discovery Voyage*. These informative, interactive, and free programs include meals, overnight opportunities (if necessary) and transportation subsidies.  
Target Group = Secondary Counselors
- North Samoset*      **Counselor Ethics: A Post-Modern Perspective**      Bette Katselcas, Ed.D., ACS, LCPC, NCC  
How have recent scientific discoveries and shifts in philosophic perspectives challenged our profession of counseling? This workshop gives an overview of the remarkable similarities between the counseling profession and quantum science. Implications for counselors empowerment and ethical practice will be summarized.      Target Group = All
- Pen Bay*      **IDEA/504 Students and Transition to College**      Kathryn Martin, Esq. J.D.  
This presentation focuses on what secondary school counselors can do to prepare students with disabilities who require accommodations for post-secondary education. We will address the issue of students arriving on college campuses believing they will receive the same services in college as they did in high school. The IDEA, Section 504, and Title II procedural requirements for parents, students, and staff will be addressed.      Target Group = Secondary Counselors
- Schooner*      **Leading Small Groups**      Marj Burgess, M.Ed., LPC  
This experiential workshop will focus on creating a therapeutic foundation in order to move a counseling group into the working stages.      Target Group = All
- Monhegan*      **Preparing Rural High School Students for Post-Secondary Education and Retention: Research with Rural High School Counselors**      Dorothy Breen, Ph.D.  
Preparing students for post-secondary education and retention is a goal for all high school counselors. The unique culture of the rural setting creates challenges for counselors practicing in rural schools. I interviewed rural high school counselors in Maine to ask their perspectives about preparing rural high school students for post-secondary education and retention. I will present data from these interviews. Participants will have the opportunity to discuss their experiences and suggestions for training counselors for work in rural schools.      Target Group = Secondary Counselors
- Ebb Tide*      **The New Explorations Program at UMaine**      Ethel Hill, M.Ed.  
Come meet the Explorations staff to learn about changes to the ever popular Explorations program at the University of Maine, a unique program for first-year students interested in exploring opportunities for careers and potential majors.      Target Group = Middle, Secondary Counselors

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

10:30 - 11:30 am      *Session VIII*

### **Division Meetings**

*North Samoset* - Eastern Maine Counseling Association - Kate Gillen

*Spruce Head* – Admissions - Carlena Bean

*Monhegan* - Downeast Maine Counseling Association - Leah McLean

*Pen Bay* - Southern Maine Counseling Association – Cathy Lounsbury

*Schooner* - Central Maine Counseling – Erin Flynn

*Owls Head* - Northern Maine Counseling Association - Bernadette Willette

-----  
11:30 am - 12:00 noon      **Checkout**

-----  
12:00 noon      *Rockland/Rockport/Camden—Lunch and Business meeting*  
-----

**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.*