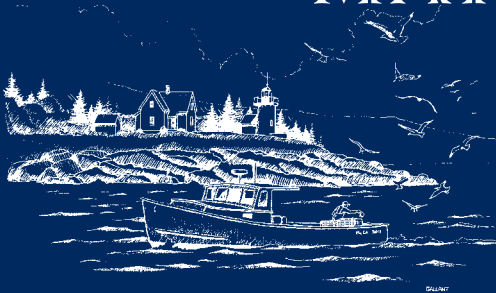


MAINE COUNSELING ASSOCIATION

NEWS & VIEWS



Sketch by Martin Gallant - MeCA Historian

WWW.MAINECA.ORG

WINTER 2011

From the President

By James S. Davis, MeCA President

I am excited to inform you of the upcoming Maine Counseling Association Conference to be held on April 11 and 12, at the Samoset Resort in Rockport, ME. The Conference Committee, under the guidance of Bernadette Willette, has been hard at work planning and organizing this event for the last nine months. Our dynamic keynote speaker will be Brandon Baldwin, who works for the Office of the Attorney General on the Civil Rights Team Project. Brandon's address will be on "The Power of Advocacy". He is well known in the educational field for his work with school climate, bullying, and harassment. I look forward to hearing from Brandon again.

I hope that the post-holiday season finds you all in a good 'personal' state of mind. With the recent changes in Augusta, almost everyone is talking about the 'winds of change' and all the uncertainty that goes with the territory. Talk about adding a little additional stress!

Please be reminded that your Maine Counseling Association has two very important, yet distinct committees. The Conference Committee has the task of running the annual conference. The Executive Committee is here to serve you. Our membership includes those in school

programs from pre-school through higher education, mental health workers, community organizations, career agencies, rehabilitation services, and those in private practice. One of the main purposes of MeCA is to 'examine conditions which create barriers to personal growth and working to remove them'. As you become aware of changes that may occur that could affect your client and/or your current position, please contact either your division representative or a member of the Executive Board. All of the contact information can be found at the MeCA website (www.mainecca.org).

In a proactive move, MeCA is joining forces with the Maine School Counselor Association (MeSCA) to host a legislative breakfast to meet new (and veteran) members of the state legislature. MeCA is also working proactively with the Maine Clinical Counselors Association (MCCA) to defend against incursions on the state mental health laws or other threats to current mandates.

I look forward to seeing you at the annual conference in early April. Registration information can also be found on the website. Best Wishes until we meet again.

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.

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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.

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College of Education, Nursing and Health Professions
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Report for the 20/20 Committee: A VISION FOR THE FUTURE OF COUNSELING

By John F. Parkman, Delegate to the 20/20 Committee for the North Atlantic Region
Member of the MeCA Executive board (ACA/NAR Representative)

All participating organizations have now completed the process of reviewing the 20/20 definition of counseling. I am thrilled to report that we have received 28 organizational endorsements. This exceeds the 20/20 definition of consensus (agreement among 90% or more of delegates and participating organizations). Thus we can now say that for the first time in our history the counseling profession has agreed on a common definition of counseling.

“Counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education and career goals.”

The Oversight Committee will be working on a plan for disseminating the definition to organizations, governmental agencies, publishers and websites.

Our Next Steps will include:

The design of the building blocks to **portability project** is moving along beautifully. Thanks to consultations with Vilia Tarvydas, a past Oversight Committee member and a Delphi procedure expert, we have been able to incorporate a Delphi into the project in a way that maximizes delegate input. Here is an overview of the process that will start after the holiday season. While we have included a tentative timeline, we realize from our experiences with the statement of principles and the definition of counseling that this is an organic process. So while the project should be kept moving, it should not be rushed:

On or about January 14th, all delegates will receive a request to list the critical concepts that need to be included in each of the three building blocks (title, scope of practice, and education requirements).

Delegates will then be asked to rate each concept as to its importance and to identify the most important words. It is anticipated that this will be completed around March 10th. Delegates will then be provided data identifying the highest rated items and common words for each of the three building blocks

At the in-person meeting in March (the 24th) at the ACA conference in New Orleans, delegates will review the data and we will break into three groups indicated as your priority building block from the recent survey. Our in-person meeting is a chance for each group to start developing cohesion, to start formulating a strategic plan for incorporating the most highly rated concepts and words into their particular building block, and to brainstorm any research needs and resources needed. This meeting is open for observation only by any attendee at the Annual Convention.

The three groups will continue their work in the spring. The specific charge will be to take the mostly highly rated terms and critical words and promulgate a license title, scope of practice, or education requirements (depending on which one of the three building blocks they are working on), informed by any research that was conducted. It is anticipated that these tasks will be completed in early summer.

All delegates will then conduct a final review of the promulgated title, scope of practice, and education requirements. It is anticipated that the final approved title; scope of practice, and education requirements will be completed in late summer and then sent out to the participating organizations for endorsement.

The meeting will be held on March 24th (the afternoon before the opening session) from 1pm-4pm at the Hilton.

“Counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education and career goals.”

MeCA - CR President Update

By Eric Rutberg, MeCA-CR President

Dear Colleagues,

Last we met, at the annual conference, the consensus was that we wanted to do a media blitz that would express support for our communities and solicit new membership in MeCA. In talking with some fundraising experts, they advised me that advertising is a passive approach to marketing and that it is only effective when repeated a great many times over a long period of time. With this advice, I feel hesitant in moving forward on our media blitz as I want our dollars to do the most good.

At this juncture, with new laws shaping the very work we do, I believe that increasing our membership is critical, so our collective lobbying voice may be heard. Advocating for our clients through the legislative process will be far more helpful than a supportive statement in the media. I propose we have a straight - forward membership drive. My marketing colleagues suggested we hold an "event."

In response to the need for increased membership, two, full-day continuing education workshops (in different parts of the region) will be offered in the month of March. A mailing will be sent to all LCPC's in the Central Region or you may register by emailing a note of interest with your name and town to ericrutberg@yahoo.com.

The "Integrated Brief-Therapy" workshop will present a flexible, clinical model of eclectic counseling that will assist counselor's in delivering therapy and completing documentation that addresses the parameters being set by APS. Current MeCA-CR members may attend free of charge. Please consider inviting a non-member to join you at the workshop. The cost of attending, for non-members, will be \$50, which will include an introductory membership to MeCA and the Central Region.

With changes at the legislative level and the increasing influence of APS (MaineCare's HMO), it is more important than ever to engender solidarity among LCPC's. There is power in numbers. I look forward to seeing you at a workshop !

All My Best and Happy New year,
Eric Rutberg, MeCA-CR President

Congress Passes NDAA Recommending Independent TRICARE Practice for Counselors

By John Parkman

On December 22, 2010, Congress passed legislation that directs the Secretary of Defense to implement regulations authorizing counselors to practice independently under TRICARE by June 20, 2011. This language is a significant accomplishment for the counseling profession and the culmination of many years of hard work by NBCC, AMHCA and ACA.

The language was included in the National Defense Authorization Act (NDAA), which authorizes appropriations for fiscal year 2011 for the Department of Defense's military activities. On December 17, 2010, the House passed H.R. 6523, which was the product of negotiations between the House and Senate Armed Services Committees. The Senate passed an amended version of H.R. 6523 on December 22, which the House approved by unanimous consent on the same day. The bill has been sent to the President for his signature.

Section 724 of H.R. 6523, entitled Licensed Mental Health Counselors and the TRICARE Program, states in full:

Not later than June 20, 2011, the Secretary of Defense shall prescribe the regulations required by section 717 of the National Defense Authorization Act for Fiscal Year 2008 (Public Law 110-181; 10 U.S.C. 1073 note).

Section 724 is similar to past House language, but significantly different than Senate legislation. The provision does not establish any criteria in law for practicing independently: it does not reference a degree from a CACREP program or passage of the NCMHCE as recommended by the Institute of Medicine (IOM). Rather, the language directs the Defense Department to establish the criteria for independent practice.

As previously reported, Congress commissioned a study by the IOM of counselor participation in TRICARE. The study recommended specific criteria for independent practice, including a CACREP degree and passage of the NCMHCE. NBCC, AMHCA and ACA successfully convinced Congress to leave the criteria out of this law because it ties the hands of the Defense Department and the omission allows for greater flexibility in counselor participation in the future.

Once signed by the President, the new law will set a deadline of June 20, 2011, for new regulations authorizing counselors to practice independently. NBCC, AMHCA and ACA will be trying to work with the Defense Department to ensure the regulations are inclusive of all qualified professional counselors.

If you have any questions about the passage of the NDAA or the language referencing counselors in the NDAA, please do not hesitate to contact us at advocacy@nbcc.org.

from the Desk, really the computer, of the Past President

By Bernadette Willette, LCPC/Past-President MeCA

This is a blog that I found extremely interesting. Written with intelligence and thoughtfulness, it should, at the very least provide food for thought, and fodder for questions; especially for those of us who depend on the DSM for payment, which, according to the author, is part of the issue!!!

Inside the Battle to Define Mental Illness

- By Gary Greenberg Email Author,

* December 27, 2010 |

Every so often Al Frances says something that seems to surprise even him. Just now, for instance, in the predawn darkness of his comfortable, rambling home in Carmel, California, he has broken off his exercise routine to declare that “there is no definition of a mental disorder. It’s bullshit. I mean, you just can’t define it.” Then an odd, reflective look crosses his face, as if he’s taking in the strangeness of this scene: Allen Frances, lead editor of the fourth edition of the American Psychiatric Association’s Diagnostic and Statistical Manual of Mental Disorders (universally known as the DSM-IV), the guy who wrote the book on mental illness, confessing that “these concepts are virtually impossible to define precisely with bright lines at the boundaries.” For the first time in two days, the conversation comes to an awkward halt.

But he recovers quickly, and back in the living room he finishes explaining why he came out of a seemingly contented retirement to launch a bitter and protracted battle with the people, some of them friends, who are creating the next edition of the DSM. And to criticize them not just once, and not in professional mumbo jumbo that would keep the fight inside the professional family, but repeatedly and in plain English, in newspapers and magazines and blogs. And to accuse his colleagues not just of bad science but of bad faith, hubris, and blindness, of making diseases out of everyday suffering and, as a result, padding the bottom lines of drug companies. These aren’t new accusations to level at psychiatry, but Frances used to be their target, not their source. He’s hurling grenades into the bunker where he spent his entire career. One influential advocate for diagnosing bipolar disorder in kids failed to disclose money he received from the makers of the bipolar drug Risperdal.

As a practicing psychotherapist myself, I can attest that this is a startling turn. But when Frances tries to explain it, he resists the kinds of reasons that mental health professionals usually give each other, the ones about character traits or personality quirks formed in childhood. He says he doesn’t want to give ammunition to his enemies, who have already shown their willingness to “shoot the messenger.” It’s not an unfounded concern. In its first official response to Frances, the APA diagnosed him with “pride of authorship” and pointed out that his royalty payments would end once the new edition was published—a fact that “should be considered when evaluating his critique and its timing.”

Frances, who claims he doesn’t care about the royalties (which amount, he says, to just 10 grand a year), also claims not to mind if the APA cites his faults. He just wishes they’d go after the right ones—the serious errors in the DSM-IV. “We made mistakes that had terrible consequences,” he says. Diagnoses of autism, attention-deficit hyperactivity disorder, and bipolar disorder skyrocketed, and Frances thinks his manual inadvertently facilitated these epidemics—and, in the bargain, fostered an increasing tendency to chalk up life’s difficulties to mental illness and then treat them with psychiatric drugs.

The insurgency against the DSM-5 (the APA has decided to shed the Roman numerals) has now spread far beyond just Allen Frances. Psychiatrists at the top of their specialties, clinicians at prominent hospitals, and even some contributors to the new edition have expressed deep reservations about it. Dissidents complain that the revision process is in disarray and that the preliminary results, made public for the first time in February 2010, are filled with potential clinical and public relations nightmares. Although most of the dissenters are squeamish about making their concerns public—especially because of a surprisingly restrictive nondisclosure agreement that all insiders were required to sign—they are becoming increasingly restive, and some are beginning to agree with Frances that public pressure may be the only way to derail a train that he fears will “take psychiatry off a cliff.”

...

for a complete copy of the article, go to:

http://www.wired.com/magazine/2010/12/ff_dsmv/all/1

Tornado Parents, Powers That Be & Mandatory PSAT's

By Ben Milster, MeCA Executive Board Public Policy

This past fall, I received a call from a parent of a sophomore who had significant concerns about her son taking the PSAT. Now, this parent is not a helicopter parent, she is a tornado parent - a whirlwind of support, advocacy, and concern for her child's well-being and all things affecting him. And this is a positive thing, as she is a caring and highly involved parent, while at the same time, not overbearing or overly demanding. In our phone conversation, she asked (very adamantly), just who, and by what authority, made the decision that all sophomores were required to take this test. I explained to her that the SAT, being the official Maine High School Assessment is mandatory by law for all Maine high school juniors, but the mandatory PSAT testing is mentioned only in the Informational Letters from the Commissioner of Education.

Interestingly enough, I informed her; I had pondered that very same question just last fall, and had made an inquiry to Maine's Department of Education. The response that I received was that it (the reason that all sophomores and juniors could be required to take the PSAT) was in legal statute (section 6202 and 6202-A of Title 20A). The specific language of the response to my question as to the legal mandate of all sophomores and juniors taking the PSAT, in an email from Commissioner Gendron to Dan Hupp (MHSA Coordinator), states "My response would be Sec 6202 where it allows the Commissioner to include alternative measures and 6202A where it also states we will use multiple measures. When the statute was changed, the Education Committee wanted to give the commissioner more flexibility in making decisions on the assessment system".

Well, to be honest, when I received that response, I was (believe it or not), just a bit tired of chewing on the SAT/PSAT bone, and didn't bother looking up the law - figuring that it was actually covered in some administrative language... But, since I now had a parent wanting to know (and a second, actually, who called a week later with the same question), I decided to look up the law and see for myself just what the legislature had come up with that required us to administer the PSAT to the entire sophomore and junior classes in all high schools in Maine.

This is what I found. Section 6202 of Title 20A says absolutely nothing, nothing, nothing about the PSAT. One sentence in that section of the law states "The commissioner may elect to provide for the use of alternative measures of student achievement in grades 9 to 12" (which is a very long stretch to interpret as mandatory PSAT testing). And Section 6202-A? Repealed - It doesn't exist. So, having perused the legal language of the previous commissioner's response, and found it to be more than somewhat lacking, I inquired once again.

After quite a bit of time passed, and a second inquiry, and a few emails to and from the Maine Department of Education, Deputy Commissioner Deborah Friedman stated in an email "The short answer is that the PSAT is not specifically required by statute". What? Really? So what does this mean? Do we have to continue mandatory testing for all sophomores and juniors? After another email inquiry, in which I asked if the requirement for all sophomores and juniors to take the PSAT is not mandated by statute, do we still have to test all of our students, my email was forwarded to Wanda Monthey in the department of education. Wanda responded by saying that she had thought I had looked up the statute when I was previously informed, and that they (Maine DOE) remain committed to making sure every student has an equitable opportunity to access the college readiness tools. She also included the message that she hopes that my students find it advantageous to utilize the many valuable tools available from the PSAT/NMSQT.

Which didn't really answer my question. My response to Wanda was that I was not debating college readiness or the effectiveness of the PSAT (which really is great instrument for SAT prep), but that after being prompted by a call from a concerned parent this October, I did look at the response that I received regarding the statute the previous year, and it revealed no legal reason for mandatory PSAT testing as the previous commissioner stated... Which was why I was once again pursuing the question, which pertains to the legal authority by a state commissioner to require testing of students at cost to taxpayers if it is not in written law.

Deputy Commissioner Friedman replied with the following: "Maine law requires the commissioner to establish a statewide assessment program. PSAT is one element of the statewide assessment program that the commissioner has established. The department provides state funding of the other elements of the state assessment system (MEA, NECAP, etc) and there shouldn't be any reason the department cannot use state funding for the PSAT, which is also part of the assessment system".

So, in short, I guess the commissioner can do this, because, well, because she said so. No law or rule needed, just 'because'. I find it really interesting, and curious, that the first time I inquired about this issue, the Commissioner of Education referred specifically to Maine law. Once the reason could not be found in the law, the reason became something else - I guess just maybe it is **"The Powers That Be"**, when you have that kind of power.

And, this SAT/PSAT thing may become a thing of the past anyway, as word on the street is that by 2014, we will be accepting the Common Core Standards, which will require a different assessment altogether. Stay tuned, and keep testing...

MeASGW Progress Notes

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

Greetings from the Maine Association of Specialists in Group Work. I want to thank our immediate past president Marj Burgess for all her past & continuing work in this affiliate division. Your energy and work is much appreciated Marj. As current president, I want to welcome and invite you to be a part of this division to feel the power of group. Among the many therapeutic benefits of group therapy is that clients get a chance to practice new ways of relating to each other in a safe place, and are able to take risks to explore why they think and feel the way they do by putting thoughts and feelings into words, and get immediate feedback from their peers. Few other therapeutic modalities offer clients the opportunity to explore what helps and hinders them in relationships, right in the here and now.

We have some exciting offerings coming up for 2011 that we want to invite you to join us for. First, our next MeASGW meeting for members and non-members alike, will be on Friday February 4th, from 12:00 - 1:30 pm. We will be meeting by conference call since it's Winter in Maine, via FreeConferenceCallHD.com, to try and include more folks that would like to attend the meeting, but may not be able to travel. To connect via conference call on Friday February 4th at 12 noon, the dial-in number is: 1-(760) 569-7676, then the access code is: 933373 followed by the # sign. Whether you are a part of MeASGW or not, yet are interested in running groups, please join us as we look at how to build better group work in Maine. Feel free to contact me with any questions, or RSVP at david@davidwardlcsw.com, or 207-846-3422.

Next, save the date! I will be doing a group therapy workshop for USM Portland on Friday, March 25, 2011, from 9 a.m.-4 p.m. called Group Therapy and Attachment: Rebuilding the Bridge. 6 contact hours will be available, and you can go to http://usm.maine.edu/cce/detail.jsp?offering_id=100052997 to register, or more information.

MeASGW will also be attending the MeCA conference April 11 - 12, 2011 & would like to invite you to our two meetings. The first will be at 4 pm right after the first days workshops on Monday, then Marj Burgess will be hosting our breakfast meeting on Tuesday the 12th, where once again we'll be giving away the popular "Breakfast Basket" with all kinds of goodies and you could possibly win a free one year membership to MeASGW.

We would love for you to join us and become a member. MeASGW is the only group organization in Maine, and we are committed to promoting group education and practice. The benefits of membership are:

- A Free quarterly electronic newsletter focusing on group theory and practice;
- Free membership to measgw.groupsites.com, (a free online networking community to discuss group issues, as well as list your groups for referrals, for members only);
- MeASGW hosted workshops for professionals and students, with CEU's available;
- Announcements about other area trainings on group counseling and therapy with CEU's available;
- Quarterly MeASGW meetings with other members for networking and to build the organization (during Winter months we will meet by conference call on FreeConferenceCallHD.com);
- Representation at the MeCA conference & group meetings;
- And we are still growing and open to your suggestions for offering more!

You get all this for the bargain price of only \$15!

I'll also put a request out for help as well, since we also need a clerk to join us and help with light administrative duties. If you are interested in this volunteer position and want to join our group, feel free to contact me at david@davidwardlcsw.com, or 207-846-3422. We also would love your feedback, in how to best serve you, and what you may want and need out of this group organization. We look forward to hearing from you and seeing you in the New Year

CONFERENCE SCHEDULE

April 11 & 12, 2011

Monday, April 11, 2011

7:00 am - 4:00 pm *State of Maine Room - [Registration](#)*

7:00 - 9:00 am *Rockland/Rockport - [Continental Breakfast](#)*

8:00 - 9:00 am **[Early-Bird Session I](#)**

Foyer – outside of **[Two Poster Sessions: 30 min presentations - \(.5 NCC contact hour each\)](#)**

Owls Head and

Spruce Head

Identification of Needed Educational and Other Supports need for Religious Communities to Help Youth

Amity Olmstead, M.Ed., LCPC

Youth with challenging behaviors need community supports to maintain positive growth after discharge for residential treatment or incarceration. Religious communities can help fill this gap by providing adult role models, a non-delinquent peer group, and development of a moral code. This poster session will present a research proposal that seeks to identify supports and education that may help religious communities be more effective in this role.

Sand Play and Children with Autism

Susan Scott, M.Ed., LCPC

This poster session will examine the growing evidence that children with Autism benefit from early and intensive therapy. While play therapy has been a modality used with success in counseling children with autism, sand play therapy, which is a subgroup of play therapy, has not been studied for its possible benefits with these children; thus, suggesting a possible gap in the literature. The history, relevant literature, and a possible study of sand play therapy for children with Autism will be offered.

Camden

High School College Transitions for Students with Disabilities

Pam Feeney, M.Ed., NCC

Students with disabilities are often the most highly motivated students I work with in Disability Services at the University of Maine at Machias. Like all college students, however, students with disabilities need preparation for the significant transition from high school to college. Topics to be addressed in this presentation include: an overview of the ADA and state law on disability; psychosocial and academic adjustment; the differences between high school and college accommodations; affordable, accessible technology for students with disabilities; and timely notification for transfer of disability documentation to college disability coordinators.

Target Group = Admissions,

Middle, Secondary & Career Counselors

Pen Bay

The Exploration and Comparison of Multiple Professional Codes of Ethics: Session I – Boundary Issues

Deb Drew, Ed.D., LCPC, ACS

Jeri Stevens, M.Ed., LCPC, CCS

Through a game and case study, **boundary** issues as they relate to the similarities and differences between different codes of ethics including ACA, ASCA, AMHCA, NCDA and LCP will be explored.

Target Group = All

Schooner

Happenstance happens: How can we help students choose occupations using happenstance?

Jim Peacock, M.Ed.

In a perfect world, assessments can assist a client in choosing an occupation. But the chaos of life often complicates things for all of us. This presentation will look at what we can do to help a person plan their "Happenstance".

Target Group = Middle,

Secondary & Career Counselors

Monhegan

Challenge ME Grant – After the First Semester

Angela Dostie, MBA

Have you heard of the Challenge ME Grant? Do you want to learn more about his program? Are you already participating in this program and have suggestions for improvement? Attendees are encouraged to engage in a discussion about any aspect of the program and share thoughts, ideas and suggestions.

Target Group = Secondary

Counselors

Monday, April 11th (cont) – Page Two

Ebb Tide

The Job Corps Option

Victoria Coffey, CAS, May '11

The Penobscot Job Corps is a cost free, residential and career technical training program for underemployed and undereducated 16-24 year olds. 85% of the students at the 123 Job Corps across the US arrive as high school dropouts. 80% leave Job Corps with a GED, high school diploma, or accepted at a college or university. This workshop will help you with the information you need to assist your students.

Target Group = Secondary
Counselors

9:15 – 10:15

Early-Bird Session II

Foyer – outside of
Owls Head and
Spruce Head

Two Poster Sessions: 30 min presentations - (.5 NCC contact hour each)**Women and Animals in Affiliative Relationship: Healing Characteristics of the Animal Human Bond**

Pamela Feeney, M.Ed., NCC

A wealth of literature supports the efficacy of animal human bonds in healing a variety of social and psychological problems for diverse populations. For women who have developed primary affiliative bonds with animal companions, these relationships provide a source of solace and social connection which facilitates personal growth. Extended interviews were conducted with five women in rural New England. Using a variety of media, results and applications for future research will be reported.

Effective Internships

Meredith Morgan, LCPC-C

Brandy Hayes, LCPC-C

The internship is often the most meaningful component of a counseling student's education. Orienting new counselors to the field can be rewarding work, as well as a chance to market your business. This poster session is for interns, site supervisors and potential hosting sites. Using personal experience, interviews and research, we will share strategies for preparing your site or yourself for an effective internship.

Camden

The Promise of Hip Hop Therapy

Tamara Mello, M.Ed., May '11

This presentation focuses on the benefits of using Hip Hop therapy with people of all ages. Topics covered will include how to do Hip Hop assessments, and the history and the therapeutic value of Hip Hop. The presenter will provide a framework for this therapy.

Target Group = All

Pen Bay

The Exploration and Comparison of Multiple Professional Codes of Ethics: Session II – Dual/Multiple Relationship Issues

Debbie Drew, Ed.D, LCPC, ACS

Jeri Stevens, M.Ed., LCPC, CCS

Through a game and case study, *dual/multiple relationship* issues as they relate to the similarities and differences between and among different codes of ethics including ACA, ASCA, AMHCA, NCDA and LCP will be explored.

Target Group = All

Schooner

Forgiving and Letting Go of the Past

Tricia Weyand, MS, LCPC, NBCC

So often our lives become clogged with guilt, fault, blame, resentment or rage. Exploring forgiveness, what it is and what it is not, can often clear the path to heal ourselves and our children from these harmful emotions. This workshop will provide a practical look at the why and how of letting go, for family members as well as any adult looking for tools for various relationship in their lives.

Target Group = All

Monhegan

Parent or No Parent?

Angela Dostie, MBA

One of the most common FAFSA questions students ask is "Am I dependent or independent?" This session will provide an overview of the current federal regulations, using case studies, with the goal of helping students determine if parent information is required on the FAFSA. Sample dependency override letters will be provided.

Target Group = Secondary
Counselors

Ebb Tide

Reaching All Students: Accelerated Learning

Janice Tkaczyk, M.Ed., CAGS

Participants will receive a brief overview of Dr David Meier's work on whole mind/whole body learning. After a brief test to determine each participant's learning style, everyone will participate in a problem-solving activity and then apply learning to real-life school counseling situations.

Target Group = Elementary,
Middle, Secondary & Career Counselors

Monday, April 11th (cont) – Page Three10:15 - 10:30 am *State of Maine Room – [Coffee Break](#)*10:30 - 11:30 am **Session III***Bay Point***Keynote: The Power of Advocacy**

Brandon Baldwin

Brandon Baldwin is the Schools and Curriculum Coordinator for the Maine Civil Rights Team Project. Run out of the Office of the Attorney General, this innovative program aims to increase the safety of all Maine students by addressing issues of prejudice and bias-based harassment and their influence on school climate. Before his current role, Brandon was a middle level educator for ten years.

We all need advocates in our lives. This becomes even more true when we are in crisis or under duress. Adults know how and when to seek out advocates, but children, short on life experience, don't always know what to do or where to turn. This is especially true in the school environments. Many students are teased, bullied, harassed, and targeted by their peers. The damage is real, but oftentimes these students become invisible. Those most in need of advocacy get none.

This keynote will examine the important issues of school climate, prejudice, and bias-based behaviors and their effects on individual students. It will then look at the importance of advocacy in the school setting and the counseling profession in general.

12:00 - 1:15 pm *Rockport/Rockland - [Lunch](#)*1:15 - 2:15 pm **Session IV***Owls Head***Ten Ways to Beat Bullying and Harassment in Your School**

Brandon Baldwin

School climate matters. When students don't feel safe, welcome and respected, they struggle to learn. This workshop looks at ten things you and your school can do to improve the school experience for all your students.

Target Group = Elementary,
Middle & Secondary Counselors

*Spruce Head***O*Net Online, An Interactive Web Application for Exploring and Searching Occupations**

Merle Davis

O*Net Online is the nation's primary source of occupational information. Central to the project is the O*Net database, containing information on hundreds of occupations at no cost. The program is continually updated by surveying a broad range of workers from each occupation. O*Net Online provides the basis for our Career Exploration Tools, a set of valuable assessment instruments for workers and students looking to find or change careers.

Target Group = All

*Camden***Addiction as an Attachment Disorder: Substance Abuse? Substance Attachment?**Deborah Como-Kepler,
Psy-D, LADC, CCS

Maybe we need to reframe substance abuse disorders as attachment disorder? Maybe we need to view addictions as steaming from early attachment issues? The early relationships we form in childhood shape our behaviors and the quality of the attachments we develop later in our lives with others and ourselves. Those individuals who were traumatized and/or had destructive attachments in their early childhood repeat the dynamics of these early relationships through their self destructive behaviors. The pattern of these destructive behaviors tells us how the person learned to be in relationships with herself and others. These self abusive behaviors connect the person to their trauma. We know that a majority of all substance abusers have co-occurring psychological disorders. We need to treat the whole person through a team approach when treating the addictions: medications, addictions education and attachment therapy.

Target Group = Middle,
Secondary, & Clinical/Mental
Health Counselor

*Pen Bay***The Exploration and Comparison of Multiple Professional Codes of Ethics: Ethical Decision Making**Deb Drew, Ed.D., LCPC, ACS
Jeri Stevens, M.Ed., LCPC, CCS

Through a game and case study, *ethical decision making* issues as they relate to the similarities and differences between different codes of ethics including ACA, ASCA, AMHCA, NCDA and LCP will be explored. Target Group = All

Monday, April 11th (cont) – Page Four

- Schooner* **Guidance and Admissions Roundtable** Carlena Bean, MSB
Ben Milster, M.Ed
The focus of this discussion will center on issues common to guidance counselors and admission personnel. What do colleges want to know; what do guidance counselors need to know from the colleges; and what common challenges do we face?
Target Group = Secondary & Admissions Counselors
- Monhegan* **Inclusive Group Work:
Adapting Techniques for Members Experiencing
Cognitive and Emotional Challenges** Annette Nelligan, Ed.D,
LCPC, LMFT, LSW
This program will explore group techniques and leadership skills that will promote success in the group setting for clients with challenges and will consider the needs of clients of differing developmental levels who participate in groups. In addition to providing an overview of common problems experienced by clients, the presenters will suggest specific group techniques that will assist leaders in helping clients adapt to the group setting and make connections with other members.
Target Group = All
- Ebb Tide* **Existential Psychotherapy** Andy Abbott, PhD, LCPC
Participants will gain a deep understanding and insight into the complex, yet very therapeutically sound modality of therapy which is existential psychotherapy. This presentation helps to make this fairly abstract approach more concrete by focusing on the practical application of the modality. Participants will be provided with several worksheets designed by the presenter and his colleague that can be incorporated into their very next session.
Target Group = All
- 2:30 - 3:30 pm **Session V**
- Owls Head* **Attachment and Group Therapy; Rebuilding the Bridge** David Ward, LCSW, LADC, CGP
“By the crowd are they broken. By the crowd are they healed.” - Cody Marsh. Addiction, as well as our early family and peer group experiences can have a profound effect on our ability to form healthy attachments. Groups also surround us daily and influence us in many ways. We, in turn, become powerful contributors to family, work and community. In this workshop, we will discuss how group psychotherapy can play a powerful role in restoring healthy connections, healing from addiction, trauma, depression, anxiety, and/or isolation.
Target Group = Clinical/Mental Health Counselors
- Spruce Head* **Using Serious Gaming to Positively
Change Social Attitudes and Behaviors** Matthew McCall, BS, M.Litt candidate
If only you could use video games to reach your students. Guess what...the latest research shows that video games for education (serious games) may be the best way to engage and positively change attitudes and behaviors. View proven-effective examples and explore the independent research studies done on their effectiveness.
Target Group = All
- Camden* **Workshop on Counseling Skills in Disaster Response** Pamela Holland, M.Ed, LCPC
Counseling skills and disaster response, a little bit the same, but not so much. Come learn the short-cuts to disaster support for special populations. Practice Psychological First Aid and see how your skills can be put to good use in a disaster.
Target Group = All
- Pen Bay* **The Exploration and Comparison of Multiple
Professional Codes of Ethics: Technology** Deb Drew, Ed.D., LCPC, ACS
Jeri Stevens, M.Ed., LCPC, CCS
Through a game and case study, **technology** as it relates to the similarities and differences between different codes of ethics including ACA, ASCA, AMHCA, NCDA and LCP will be explored.
Target Group = All
- Schooner* **Understanding College Costs and Award Packaging** Mila Tappan, MBA
Do expensive schools actually cost less because of the financial aid they offer? Can you determine this prior to receiving the financial aid award letter? During this session, participants will learn ways to help families understand the true cost as well as how schools put together their financial aid awards. Case studies will be used to demonstrate the information.
Target Group = Secondary Counselors

Monday, April 11th (cont) – Page Five

- Monhegan* **Potential Mediating Factors for Interrole Conflict Experienced by Working Mothers** Melissa Rosenberg, LCPC-C
This presentation will be a current literature review on women balancing their relationships with their careers, their families, and their well being. Literature on women balancing various roles of mother, wife, and employee will be explored and issues related to interrole conflict examined.
Target Group = Clinical/Mental Health & Career Counselors
- Ebb Tide* **Hypnotherapy: A Formula for Success** Ernest VanDenBossche BCH, CI
This presentation is an overview of the use of Hypnosis. Through the subconscious mind, we can change habits of the past and/or direct physical improvements for the future. There are so many situations where hypnosis can improve aspects of one's life. Witness a brief demonstration.
Target Group = All
- 4:00 pm **Fun Run/Walk**
Yoga – with John Yasenck in the Schooner Room (bring a blanket or towel)
- 5:00–5:30 pm *Ebb Tide Room* – MeASGW Meeting
- 5:30–6:30 pm *State of Maine Room* -- President's Reception
- 6:30–7:30 pm *Rockland/Rockport* - Dinner, Graduate Student Recognition
- 8:00–10:00 pm *Rockland/Rockport*—Entertainment – DJ Dana Wilson
Dana Wilson is a DJ who will provide the Karaoke Player once again. Dana was with us before and many “American Idol” wannabees emerged from that evening. Join the fun and sing and dance the night away.
Target Group = **EVERYONE!!**

Tuesday, April 12, 2011

- 7:00 - 8:30 am *Rockland/Rockport* - Breakfast
- 7:15 am *Rockland/Rockport* - Meeting of MeASGW – Sign will be posted
- 7:00 – 10:00 am *State of Maine Room* - Registration
- 8:00 - 9:00 am **Session VI**
- Owls Head* **Working with Families of Children with Special Needs** Susan Smith, MS, ABA
Families of children with special needs have a distinct set of challenges to work through. In this workshop, we will discuss the dynamics of working with families in counseling methods that show promise in supporting families to work together.
Target Group = All
- Spruce Head* **Clinical Application of Integrated Brief Therapy (IBT)** Eric Rutberg, MA, D.HEd.
In this workshop, the framework for an original model of brief therapy called Integrated Brief Therapy (IBT) will be presented. IBT integrates counseling, education and change theories. It is a flexible formula into which each counselor can insert his or her theoretical orientation. The importance of developing a brief-therapy model is the result of new laws placing a “soft-cap” on the number of clinical hours being initially authorized by Medicaid/MaineCare for mental health treatment. As such, IBT places a high value on the resources of time and money.
Target Group = School, Clinical/Mental Health Counselors
- Camden* **Calming the Inner Critic** Marj Burgess, LPC
An inner critic often impedes our client's process of adopting more creative responses to meet the challenges of life. This workshop will focus on using masks to calm and silence the inner critic, the internalized voice that can wreak havoc with clients' attempts to grow.
Target Group = Middle, Secondary, Career & Clinical/Mental Health Counselors

Tuesday, April 12th (cont) – Page Six

- Pen Bay* **Personality Disorders and Co-morbid Conditions** Dr Don Lynch
LCPC, CSW-IP
- This presentation will explore the history and development of the diagnostic classification of personality disorders as well as the American Psychiatric Association's description of the various cultural, age and gender features as described in the DSM-IV-TR. Current research has identified a specific pattern of behavioral and inner experience that describe personality characteristics which are associated with misperceptions of the self and others, conflicted relationships, the inability to control impulses, and the expression of inappropriately intense emotions in social settings. We will also examine the interplay between personality disorders and co-occurring substance related disorders.
- Target Group = Clinical/
Mental Health Counselors
- Schooner* **Tales From the Road** Carlena Bean, MSB
Donna Mills
- Every year as we do road travel, there are "interesting" and amusing stories to tell. This will be an open forum for everyone to share their experiences from years of "traveling the road".
- Target Group = Admissions
- Monhegan* **"Getting Along": Using Story,
Play and Sand Tray Therapies** Susanne Carroll Duffy, Psy. D.
- This workshop will provide a 5 week series of interventions that can be used the the classroom to help students get along better and develop coping skills using the moving stories method. This method integrates story, play and sand tray therapies.
- Target Group = Elementary,
Middle, & Clinical/Mental Health
Counselors
- Ebb Tide* **The "Don't Bully ME Project"** Jennifer Huerth, MA, BA.
- In this presentation Jennifer will share her personal and powerful story of being the victim of peer abuse and eventual decision to drop out of school as a result. Come hear about the immediate and long term consequences of bullying, how you can help youth advocate for themselves and others and the warning signs that they could be at risk.
- Target Group = School, Clinical/
Mental, Health & Career
Counselors
- 9:15 - 10:15 am **Session VII**
- Camden* **Update from the Maine Department of Education** Shelley Reed, M.Ed..
- This session will brief school counselors on updates from the Department of Education.
- Target Group = Elementary,
Middle & Secondary Counselors
- Spruce Head* **The Importance of Utilizing Data in the New World
of Common Core Standards** Eric Neal, BS
- This session will look at the research foundations of ACT's College & Career Readiness System and its applicability in the new world of Common Core standards-based education. Participants will discuss how educators can utilize data to make informed decisions in student counseling & college advisement and in instilling rigor in the classroom curriculum.
- Target Group = Middle,
Secondary, Admissions & Career
Counselors
- Pen Bay* **Within These Walls** Susan Wesley-Porter, Ph.D,
MT-BC, FAMI, LCPC
- The impact of sound with attention to acoustical issues of built environments can provide useful insight into behavioral and learning/cognitive issues.
- Target Group = All

Tuesday, April 12th (cont) – Page Seven

Schooner

Admissions' Practices: A Primer of National Association For College Admission Counseling Statement of Principles of Good Practice

Laura Johnson Frey, BA, MA

Members of the Admission Practices Committee of the New England Association for College Admission Counseling (NEACAC), will present on the association's code of ethics known as the Statement of Principles of Good Practice. The presentation will focus on the history, structure and use of the document and educate attendees on how best to interpret the various pieces of the statement to best serve the families that they work with during the college admission and selection process.

Target Group = Secondary,
Admissions & Career Counselors

Monhegan

Social and Emotional Needs of the Gifted Individuals: Beyond Academics

Ann Cutten, M.Ed

We often associate the term "gifted" with academic needs; however, many programs for the gifted overlook their social/emotional needs. In this session we will discuss some of the unique characteristics of gifted individuals and how those characteristics may result in special S/E needs. Topics to be discussed include: asynchrony, over-excitableness, perfectionism, twice-exceptional, underachievement, and more. This session is appropriate for anyone who has an interest.

Target Group = All

Ebb Tide

The Maine Court Appointed Special Advocate (CASA) Program

Christopher Dilworth, J.D.,BA

CASA recruits, trains and supervises volunteer guardians ad litem to serve in protective custody cases. Guardians serve as the eyes and ears of the court and are responsible for conducting independent investigations, writing reports and making recommendations. Come and learn more about this important program.

Target Group = All

Owls Head

Analyzing Data...Defining Priorities

Mary Ellen Auriemma BA., M.Ed.

This session will provide an overview of the College Board's College Readiness Pathway, with special emphasis on the newly revised PSAT/NMSQT Summary of Answers and Skills (SOAS) report. Participants will be introduced to the functionality of the new data reports as well as the various resources available through the PSAT/NMSQT program to support college and career readiness for all students. Time will be provided for questions and sharing of best practices amongst participants will be strongly encouraged.

Target Group = Secondary &
Career Counselors

10:15 - 10:30 am *State of Maine Room – Break*10:30 - 11:30 am **Session VIII****Division Meetings**

Camden - Eastern Maine Counseling Association—John Yassenchak

Spruce Head – Admissions—Carlana Bean

Monhegan - Downeast Maine Counseling Association—Cara Cirillo

Pen Bay - Southern Maine Counseling Association— Marianne Tozier

Schooner - Central Maine Counseling—Eric Rutburg

Owls Head- Northern Maine Counseling Association—Jill Cairns

11:30 am - 12:00 noon

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

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

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

Workshops offerings are subject to change.



Maine Counseling Association

Sunday, April 10th - Tuesday, April 12th, 2011

Reservation Deadline: **March 11, 2011**

Room Rate is per room, per night and is subject to 7% state tax.

Single or Double - \$114 **Suite - \$267**

(Reservations received after the Reservation Deadline will be based on availability and may also be subject to the prevailing hotel room rate.)

Please Note: All of our guestrooms are non-smoking

Last Name		First Name	
Company			
Day Phone		E-mail Address (For booking confirmation)	
Address			
City, State		Zip	
Arrival Date		Departure Date	
Payment Information	<input type="checkbox"/> Check Enclosed		CC Type
	CC Number		Exp.

A deposit equal to one night's room rate or credit card number is required to hold your reservation. If a credit card is provided on this form, the guest may use it for payment of stay upon check-in. Deposit is refundable if cancellation is received 72 hours prior to arrival date. Cancellations may be made by calling 1-800-341-1650.

Name of Persons Sharing Room	
2.	
3.	
4.	
Special Requests	

Check in time is 4:00 PM Check out time is 11:00 AM

NO TELEPHONE RESERVATIONS ACCEPTED
 FORM MAY BE E-MAILED TO Chris Barstow
 At CBARSTOW@SAMOSET.COM OR FAXED TO 207-594-0722
Confirmations will be e-mailed to the address you provide above

***To qualify for Tax Exempt status, payments must be made by the tax exempt organization's check or credit card. Please include a copy of the Maine tax exempt certificate with the return of the reservation form.
 NO PURCHASE ORDERS WILL BE ACCEPTED**