

The Counselor's Connection

January - February 2009

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**NEED MONEY FOR BOOKS
OR BILLS? SEE PAGE 2
FOR DETAILS**

Mental Health Counseling students scheduled to begin Practicum in Summer 2009 or Fall 2009 in DeLand must contact Dr. Judy Burnett as soon as possible.

**EYE MOVEMENT
DESENSITATION and
REPROCESSING (EMDR)**

If you are currently in your Internship I or II and are interested in receiving or learning more about EMDR Level 1 training, please contact Dr. Noonan at bnoonan@stetson.edu

A Message from the Chair

Now that everyone has settled into their spring semester, we hope that you take advantage of the numerous professional development experiences taking place within the next few months. Please take a moment to look at the section on Conferences for those meetings.

Please don't forget to meet with your advisor about any changes to your planned program. Additionally, remember to apply for Advancement to Candidacy at 18 credits.

Spring Break will take place March 2nd through the 6th. Enjoy yourselves! Take a minute to take a run, ride a motorcycle or bike, walk your pet, visit a loved one, engage in community service ~ do something fun and invigorating for yourself!

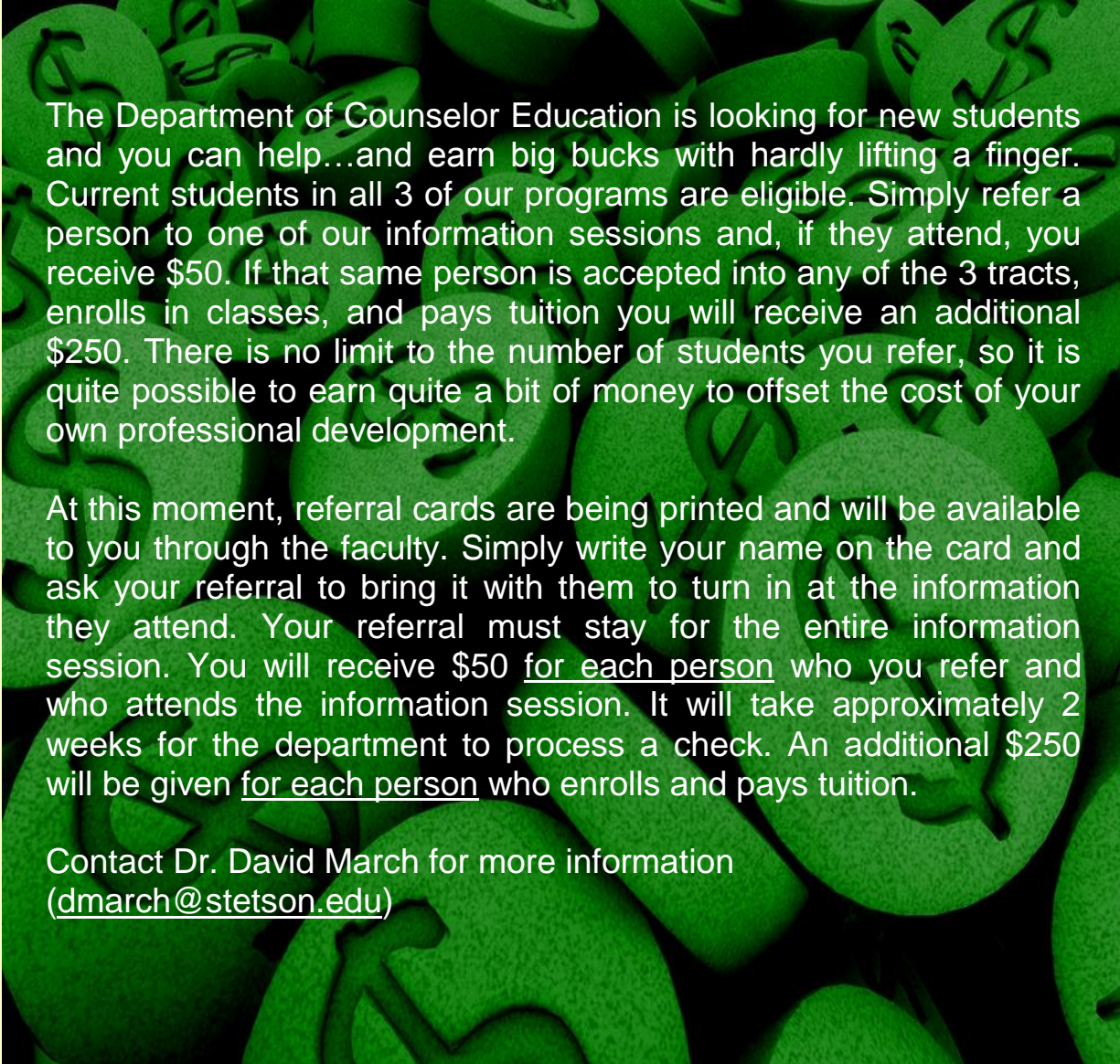
For those of you graduating within the next year, please remember that it is in your best interest to view a portfolio defense at least once. Remember that everyone must take the CPCE exam. It is taking place on Saturday, April 4th. Please see your advisor for more information.

Lastly, and of primary importance is the ***new Student Handbook*** that is available on the Department of Counselor Education web site <http://www.stetson.edu/artsci/counselor/>. Click on "Student Handbook" Listed in the menu on the left. It is essential that all students, regardless of how long you have been in your track, read this new handbook. Most questions that may arise during your time here at Stetson University can be found in its contents. The final page is a document to sign acknowledging you have read the handbook. This needs to be sent to Donna Schick in DeLand.

If there is anything that we can do to help ~ don't hesitate to contact us! Enjoy and Best Regards!

Brigid Noonan

RECEIVE UP TO \$300⁰⁰ (or more) QUICK & EASY



The Department of Counselor Education is looking for new students and you can help...and earn big bucks with hardly lifting a finger. Current students in all 3 of our programs are eligible. Simply refer a person to one of our information sessions and, if they attend, you receive \$50. If that same person is accepted into any of the 3 tracts, enrolls in classes, and pays tuition you will receive an additional \$250. There is no limit to the number of students you refer, so it is quite possible to earn quite a bit of money to offset the cost of your own professional development.

At this moment, referral cards are being printed and will be available to you through the faculty. Simply write your name on the card and ask your referral to bring it with them to turn in at the information they attend. Your referral must stay for the entire information session. You will receive \$50 for each person who you refer and who attends the information session. It will take approximately 2 weeks for the department to process a check. An additional \$250 will be given for each person who enrolls and pays tuition.

Contact Dr. David March for more information
(dmarch@stetson.edu)

ACA Member Sound Off! Counselor/Pupil Ratios in the Real World

Currently there is one counselor for every 479 students in the public schools of the nation (U.S. Department of Education 2004-05 data). How important is student to counselor ratio in providing top quality counseling services in the schools? You can sound off regarding the ACA and ASCA recommended 1 to 250 ratio and offer your personal view of what an ideal ratio might be. [Take the survey...](#)

\$\$\$\$\$\$\$\$ EVEN MORE MONEY \$\$\$\$\$\$\$\$

2009 ACAF Graduate Student Essay Contest

It's time for the American Counseling Association Foundation's (ACAF) annual Grad Student Essay Contest where your thoughts on topics relevant to the counseling profession and its future can be worth prizes and visibility for you. Your essay will be reviewed by a national panel of counseling experts, with winning pieces appearing in Counseling Today and online, too. There are other valuable prizes, so read below for contest topics, submission rules and send in your essay by May 1, 2009.

First Prize

- \$500 grant
- publication of winning essay in Counseling Today
- one year paid membership in ACA

Four Runners-up Prizes

- publication of essays in Counseling Today
- one year paid membership in ACA

Contest Deadline: May 1, 2009

TO ENTER:

The ACAF Graduate Student Essay Contest provides an opportunity for counseling graduate students to share their vision for the future of the counseling profession. Students are invited to submit an essay up to 750 words on one of the following topics:

A. Do you think there is an advantage to counselor education programs having students focus on a particular theoretical framework, or should counselor education promote a more wide-ranging and eclectic approach In training counselors?

B. Given how our country's demographics have changed in a variety of ways in recent years, do you think that the counseling profession has taken adequate steps to meet the needs of this nation's changing population? If yes, in what ways have counselors or counseling changed? If no, what needs to be done?

Continued on next page →



SUBMISSION RULES (for ACA Foundation Grad Student Essay)

1. All essays must be in English and sent as a Word or WordPerfect file, emailed to acafessays@counseling.org by May 1, 2009.
2. Current graduate students in counseling programs or a related field at accredited institutions may submit one essay on one subject only.
3. Essays will be evaluated by a panel of experienced counseling professionals for originality, appropriateness to the subject and clarity of thought. They cannot be returned and become the property of the ACA Foundation.
4. Winning essays will be published in the August 2009 issue of *Counseling Today*.
5. Each essay must contain this information at the top left corner of the first page: student's full name, mailing address, email address, phone number, school name, degree program, major, name of counselor education professor; indicate whether subject A or B is addressed. **DO NOT** place your name on each page of the essay.
6. Entrants warrant that submitted essays are their original work and that they are currently enrolled students in graduate programs for counselors.
7. Submissions must be received by midnight PST on May 1, 2009.

Email your essay as a Word or WordPerfect file to acafessays@counseling.org by May 1, 2009!

Reliable Resource: Guide to State Laws and Regulations on Professional School Counseling

It is an established fact that all states, the District of Columbia, Guam, and the Virgin Islands require graduate education in school counseling as an entry-level prerequisite for state credentialing as a professional school counselor. This information and a wealth of other data are contained in *A Guide to State Laws and Regulations on Professional School Counseling*, prepared by the ACA Office of Public Policy & Legislation. This guide is an excellent reference for students heading toward a career in school counseling or practicing school counselors considering a move to another state. Single copies are free to ACA members. Contact Member Services at 800-347-6647, Ext. 222 or memberservices@counseling.org. Please include your membership number when requesting a copy by email.

Learning Opportunities Abound for School Counselors at ACA Conference in Charlotte

The ACA Conference & Exposition, March 19-23, 2009, in Charlotte, NC offers school counselors an unprecedented number of Pre-Conference Learning Institutes and regular Education Sessions. Join your school counseling peers, while also benefiting from the natural cross-pollination that occurs at ACA conferences, which are attended by more than 3,000 counseling professionals with expertise in the issues you deal with on a daily basis: substance abuse, multicultural issues, anxiety, divorce and other family issues, eating disorders, achievement and testing, and dozens more.

What are the CPCE and the GSA-NCC?

Please read the following information carefully to learn about these two exams.

CPCE

The Department of Counselor Education has adopted the Counselor Preparation Comprehensive Examination (CPCE) as one of its graduation requirements. **The CPCE is required of all degree-seeking students.** It is designed as a summative evaluation that measures the pertinent and professional relevant knowledge students have obtained during their counselor preparation program at Stetson University. The CPCE reflects the eight core curriculum areas approved by the Council for the Accreditation of Counseling and Related Educational Programs (CACREP). Students should plan to sit for the CPCE when the majority of their coursework is completed toward the end of Practicum.

Students should register to take the CPCE during the first 2-3 weeks of Practicum. To download a registration form, go to the Counselor Education website at <http://www.stetson.edu/artsci/counselor/> and select CPCE information on the left-hand side. Complete the first page and turn into Donna Schick in the Counselor Education Office. The second page has information about study guides. You can also find more information in the Student Handbook that can be accessed by selecting Downloads.

GSA-NCC

Stetson University now offers the National Counselor Exam (NCE) in order for students to obtain National Counselor Certification (NCC). **The GSA-NCC is voluntary and can be taken by students wishing to obtain certification upon graduation.** The exam is offered twice a year and may be taken by students within 6 months of graduation. Students must contact Leila Roach for an application.

National certification in professional counseling is an achievement affirming that a counselor has met national standards determined within the counseling profession itself. National certification was developed to promote visibility and accountability in the counseling profession. It also promotes professional identity and pride, and can act as a job search booster for those who will eventually work in more than one state. In contrast to applying for state licensure, applying for the NCC credential must be a completely voluntary act. Students must still pursue state licensure as an LMHC or LMFT or certification as a School Counselor.

More information about the GSA-NCC is available in the Student Handbook or by contacting Leila Roach at lroach@stetson.edu.

PREPARING FOR THE CPCE

It is a great way to deal with test anxiety

Arrangements have been made for you to access a web site that offers a comprehensive array of online and hardcopy materials to help you prepare for the CPCE. And the best part is that the arrangements include a 30% discount off of your cost. The following contains information on the web site and how to pay the discounted rate. Make sure you play around with the site before submitting payment, because there is some material that is available at no charge.

1. Go to the site's home page, www.counselingexam.com
2. Click on the box that has NCE. The NCE is used by many states for licensure. Using the study materials for the NCE will fully prepare you for the CPCE
3. Click on the picture of "Dr. Hutchinson" on the main home page
4. When the little box comes up asking for a user name and password put in lowercase the following:

username: open

password: up

lowercase on both

These sites have a few podcasts that will be of interest:

<http://counselingpodcasting.com>

<http://mftpodcasting.com>

And there is social networking at these sites:

<http://counselingexam.ning.com>

<http://mftexam.ning.com>

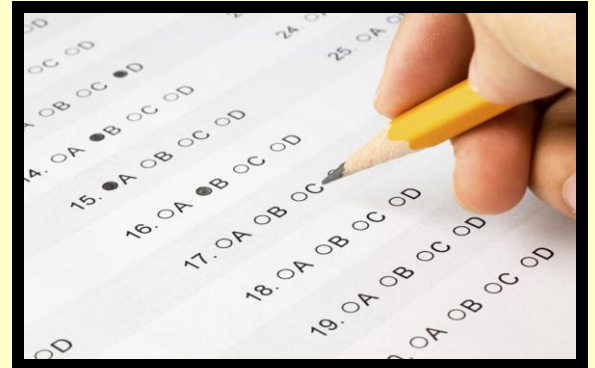
Finally, there are review books available:

The Handbook of Review Materials for the NCE is a 170-page PDF file containing specific EXAM CONTENT MATERIAL that is downloaded to your computer right away!

Content includes: growth, culture, helping, ethics, family, appraisal, research, career, groups, abnormal, career, Carkhuff, client-centered career counseling model, decision models of counseling, behavior therapy, groups, critical incident research, facilitation skills, gestalt, psychoanalytic work, transference and transparency, Beck, Ellis, Freud vs. Erikson, Horney, humanistic theories, Jung, Lazarus, Perls, death and dying, Meichenbaum, cycle of abuse model, intelligence tests, statistical analysis, African-American studies, Asian-American studies, Native-American studies, Hispanic studies ... and other titles to help you pass your NCE Examination.

To purchase the book, click on the URL below:

<http://www.lulu.com/content/1274031>



Liability Insurance Now Included in ACA Membership for Master's Level Students

ACA is now providing its **master's level students members** with professional liability ("malpractice") insurance. That's right; The ACA Student membership of \$89 now includes liability insurance to ACA student members enrolled and engaged in a master's degree counseling curriculum at a post secondary institution. Coverage is solely while performing counseling services (e.g. practicum and internship) related to such curriculum.

Unfortunately, students enrolled in a bachelor degree program, doctoral degree program or other post master's program are not covered through this program.

The policy coverage is as follows:

Professional Liability Coverage – ACA master's level student members are protected up to \$1,000,000 for each claim, up to \$3,000,000 annual aggregate subject to a master policy aggregate.

Legal Defense and investigative costs - If ACA master's level student members are named in a malpractice lawsuit, an experienced malpractice attorney will be provided, if necessary. Legal expenses incurred to settle covered claims will be paid - WIN or LOSE. This is in addition to the limits of liability.

PLEASE NOTE: Coverage of the insurance will terminate:

- If the ACA student membership is terminated or expires: **The ACA membership expiration date is policy expiration date.**
- If the student graduates from the master's degree program, or
- The ACA master policy is non-renewed or cancelled.

To assist you with talking to your students about the new master's level liability insurance benefit, I've attached a link to the [flyer](#) for posting in your classroom, along with the program [FAQ](#) in case your students have questions you may not be able to answer.

CHI SIGMA IOTA COMMUNITY SERVICE OPPORTUNITY

Big Brothers Big Sisters of Volusia/Flagler Counties

Big Brothers Big Sisters of America began in 1904 when a young New York City court clerk named Ernest Coulter kept seeing more and more boys go through the court system. He realized that these boys could be helped by providing caring adults in their lives. This began Big Brothers of America.

Around the same time, members of a group called Ladies of Charity recognized the same need with girls. These girls were going through the New York Children's Court, and the members decided to befriend the girls in order to be positive role models and help the girls reach their potential. This group became Catholic Big Sisters.

In 1977, Big Brothers of America and Big Sisters International became Big Brothers Big Sisters of America. The mission of Big Brothers Big Sisters of America is to help children reach their potential through professionally supported, one-to-one relationships with measurable impact. National research has shown that impact. Little Brothers and Little Sisters are: more confident in their schoolwork performance, able to get along better with their families, 46% less likely to begin using illegal drugs, 27% less likely to begin using alcohol, and 52% less likely to skip school¹.

Big Brothers Big Sisters of Volusia/Flagler Counties enrolls at least 75 new Little Brothers and Little Sisters every year into the Community Based program and the Site Based program. Neither program, however, could be successful without volunteers.

The Community Based program is the traditional Big Brothers Big Sisters relationship. A mentor (Big) and a child (Little) spend a few hours a couple times a month doing things they enjoy like shooting hoops, walking in the park, playing board games, or just hanging out and talking. The schedule to meet can be flexible in order to meet the needs of the Big and Little. Some Bigs meet their Littles on the weekend, after school, or in the evening.

The Site Based program provides one-to-one mentoring to take place in the schools. Big Brothers Big Sisters of Volusia/Flagler Counties currently serves four elementary schools in DeLand and two elementary schools in Deltona. Bigs and Littles meet one hour a week during school or during the school's after school program. A Big and a Little spend their time together doing things like working on homework, playing games, or just hanging out and talking.

If you are interested in volunteering with Big Brothers Big Sisters of Volusia/Flagler Counties, please contact Jenny Tyger or Melissa Hall at (386) 738-5134. If you find that you cannot volunteer but would still like to support Big Brothers Big Sisters of Volusia/Flagler Counties, there are other ways to be involved. You can donate online at <http://www.bbbsnefl.org> or you can participate in one of our fundraising activities. We are hosting our annual Bowl For Kids Sake fundraiser April 18, 2009 at Bellair Lanes in Daytona Beach. Please go to <http://bfksneflorida.kintera.org/> for more details. Help us create Little Moments-Big Magic with the children of Volusia and Flagler Counties!



Big Brothers Big Sisters

Come Be a Part of Something BIG!!

Call 386-738-5134 or

Email: mhall@bbbsnefl.org

NEWS OF NOTE ON THE COUNSELING FRONT

UPCOMING MAJOR CONFERENCES

ACA Annual Conference and Exposition
March 19 -23
Charlotte, NC

<http://www.counseling.org/Convention/>

Psychotherapy Networker Symposium
March 26 – 29
Washington, DC

<http://www.psychotherapynetworker.org/symposium-2009>

American School Counselors Association Annual Convention
June 28 – July 1
Dallas, TX

<http://www.schoolcounselor.org/content.asp?contentid=127>

Smart Marriages / Happy Families 13th Annual Conference
July 8 – 11
Right here in **ORLANDO**

<http://www.smartmarriages.com/conferencedetails.html>

Website Addresses Sexual Behavior of Children and Adolescents

The U.S. Department of Health and Human Services reports that the U.S. has the highest teenage pregnancy rate in the industrialized world, and more than one in four teenage girls nationwide has a sexually transmitted disease (STD). The department's 4Parents.gov website is part of a national public education campaign to provide parents with the information, tools, and skills they need to help their children and adolescents make healthy choices, including waiting until marriage to have sex. [Details...](#)

Military Mental Health Webinar Now Posted Online

The webinar discussion, *Treating Returning Servicemembers: Are Mental Health Professionals Ready?* which was webcast live in October, can now be accessed on the ACA website. The webinar features Dr. David Fenell, chair of last year's ACA Special Committee on Military and Veterans Affairs, and Dr. Will Wilson, president of the American Psychological Association's Society for Military Psychology, as well as mental health and military graduate students who viewed the webinar live at a Capella University residential colloquium. [View the webinar....](#)

Fast Fact: One of Every Four Youth 12-19 Drank Last Month

According to the Substance Abuse and Mental Health Services Administration (SAMSHA), about 10.8 million underage persons aged 12 to 20 years (almost 30 percent) reported drinking alcohol in the past month. That's more than the total population of Michigan, the 8th largest state. Or think of it this way--that's about one of every four children between the ages of 14 and 19. Where do underage youth gain access to the alcohol they are consuming? A new SAMSHA short report has the answers. [Details...](#)

For Graduate Students and New Professionals Programs Set for ACA Conference

The *For Graduate Students and New Professionals Only* program series will be offered again at the ACA 2009 Conference & Exposition, March 19-23 in Charlotte, NC. This series brings highly regarded professionals in counseling to speak on topics that graduate students and new professionals have identified as critical to their success.

This year, the series includes:

- Gerald Corey: *Finding a Meaningful Life After Graduate School*
- Jane Myers: *Wellness and Self-Care for Graduate Students and New Professionals*
- Courtland Lee: *Let Your Degree Be Your Passport: International Opportunities for Graduate Students and New Professionals*
- Chris Moll: *From Backpacks to Briefcases: Making the Transition from Graduate Student to Professional Counselor*

Four regular education sessions developed for students, including one Advanced Level session, are also on the program:

- Changing More than Diapers: How Counselor Training Changes Student Parents
- Relationship between Wellness and Age, Matriculation and Relationship Status of Counselor Education Doctoral Students
- Student Counselors and Community Engagement: Collaboration through Service Learning

The Advanced Level program is:

- You, Me and Your Degree Make 3: An In-Depth Analysis of the Relational Challenge Women Face in Pursuit of an Advanced Degree

The registration rate for students/New Professionals/Retirees is \$240 (nonmembers: \$440).

[Conference program and registration details...](#)

Stimulus Package Includes Billions for Social Services

On Tuesday, February 17, President Barack Obama signed into law H.R. 1, "The American Recovery and Reinvestment Act of 2009," a measure intended to stimulate the economy through a combination of government spending and tax cuts. The legislation passed both the House of Representatives (by 246-183 vote) and the Senate (by a 60-38 vote) on Friday, February 13.

The legislation will pump \$787 billion into the economy through a combination of government spending and tax cuts. Much of the spending will be devoted to "bricks and mortar" projects. However, the package contains billions of dollars in spending in support of health, education, and social services programs, and in support of state and local government. Consequently, while the stimulus package does not include funding targeted specifically at counselors (or any other type of provider), its investments should make possible increased support for counseling services and staff.

House Committee Weighs In on VA Law Implementation, Department of Veterans Affairs Announces Key Step Forward

Two years ago, President Bush signed into law legislation explicitly recognizing both licensed professional counselors and marriage and family therapists as mental health providers within the Department of Veterans Affairs (VA) health care system. Unfortunately, the VA has very little to show for two years of implementation work, at a time when mental health care professionals are desperately needed to meet veterans' mental health care needs.

ACA and the American Mental Health Counselors Association (AMHCA) recently collaborated with the American Association for Marriage and Family Therapy (AAMFT) and the California Association for Marriage and Family Therapy (CAMFT) in enlisting the support of the House Veterans Affairs Committee for speedier implementation of the counselor and MFT recognition law. ACA and AMHCA are grateful for the interest and support shown by Chairman Filner on this issue.

It appears to have had an impact. After the House Veterans Affairs Committee letter was sent, ACA and AMHCA learned that the VA has decided to request the development of at least one new federal occupational category for counselors and marriage and family therapists. Establishment of a federal occupational category for counselors has been a long-standing goal of ACA and AMHCA, and the VA's announcement is welcome news. ACA and AMHCA are continuing to work closely with AAMFT and CAMFT on implementation of the VA law, including both the agency's request for new occupational categories and interim steps to allow the hiring of counselors and marriage and family therapists into clinical and supervisory positions within the VA health care system. This joint work includes ongoing outreach to VA staff, both the House and Senate Veterans Affairs Committee members and staff, and veterans service organizations and other consumer groups.