

NEWS & VIEWS

OF THE

MAINE COUNSELING ASSOCIATION

FALL 2004

SAMUEL T. GLADDING - 2005 Conference Keynoter

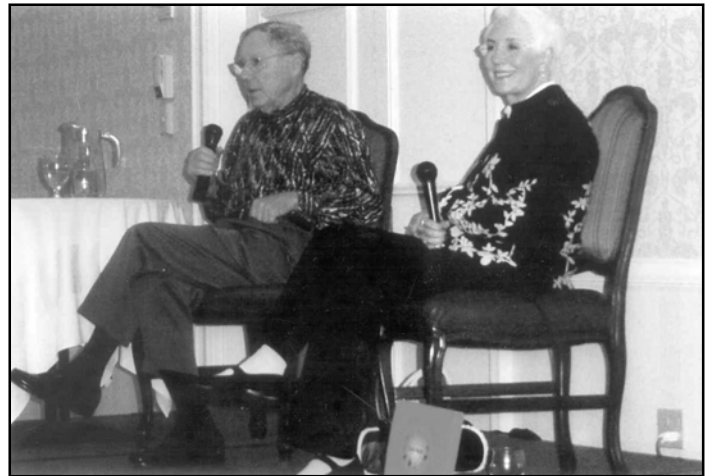
by Karen Lechner

Past President/Conference Co-Chair

The Maine Counseling Association is pleased to provide another exciting program for this year's conference scheduled for March 21 – 22, 2005 at the Samoset Resort. Our keynote speaker and guest counselor will be Samuel T. Gladding, PhD.

Samuel Gladding, President of the American Counseling Association, has previously served as president of the Association for Counselor Education and Supervision, the Association for Specialists in Group Work, and Chi Sigma Iota (international counseling honor society). He is also the former editor of the Journal for Specialists in Group Work. A prolific writer, Gladding was cited as being in the top 1% of contributors to the Journal of Counseling and Development between 1978 and 1993. Some of his recent books include: Becoming a Counselor: The Light, the Bright, and the Serious (2002); Family Therapy: History, Theory, & Process (3rd ed., 2002), and Group Work: A Counseling Specialty (4th ed., 2003).

In the early 1990's Samuel came to the University of Maine to teach a summer course – "The Creative Arts in Counseling", a course that both Terry Mitchell and I had the pleasure of taking. Samuel wrote the text used for the course and from the beginning the class members were entertained and educated about the use of music, dance, imagery, visual arts, literature, drama, and humor in the counseling profession. He is a true Renaissance man, with depth of intellect, broad talents, and clear intentions in his counseling work. There is no doubt that he will leave all of our members both entertained and enlightened through his work with us in March. I hope you will mark your calendar and plan to join us at the Maine Counseling Association conference in March to meet Samuel Gladding.



2004 Conference Keynote Speaker:

William Glasser, M.D. (founder for the Institute of Reality Therapy) and Carlene Glasser offer humor and insights into their new Choice Theory: Specifically, all of our behaviour is our best attempt to satisfy one or more of five basic needs. Dr. Glasser identifies these basic needs as Love/Belonging, Freedom, Fun, Power and Survival.

*The music of counseling varies in time
from the soft sound of crying
to laughter's staccato
Often the melody becomes unbound
in deep feeling voices
and words rich in hope.
Within each session is a symphony
leading to inner harmony
and possible new movements.*

(Gladding, 1991)

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MESSAGE FROM THE PRESIDENT

by Terry Mitchell

Greetings fellow counselors. It is hard to believe that the leaves are changing colors and dropping to the ground! I hope everyone had a chance to enjoy what few days of "summer" we had with friends and family. Although the weather this summer may not have been exactly what the doctor ordered, I am hopeful that we can still experience a wonderful and warm fall season—so we can have those final outside cookouts and family gatherings.

Your MeCA executive board and conference committee members met once again this past July at Husson College for our annual leadership workshop. This year we were pleased to include Robin Murphy as a representative for the newly revived Maine Career Development Association. MCDA has been struggling these past few years, but through the efforts of Jim Peacock, Robin Murphy, Beverly Bayer and others, Maine now has another fine counseling division that counselors can join and actively participate. MCDA's conference last June at Central Maine Community College was a big success and I believe it is just the first of many great things to come from this association. We also heard from Maine School Counselors Association (MeSCA) president Tanya Reed as she reported on their upcoming conference in Portland this November 4th & 5th. And last but not least, Alan Drucker, Past President for Maine Clinical Counselors Association, (MCCA) gave us a nicely detailed report on where that group is headed.

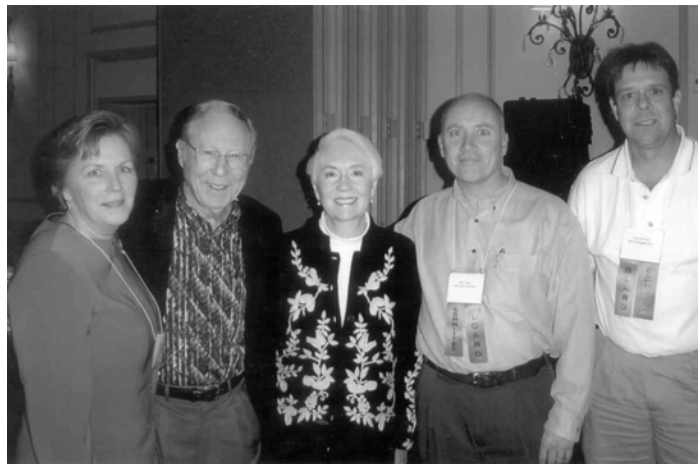
I feel very fortunate to be surrounded by so many supportive and hard working individuals on both the executive board and conference committee. I am pleased to announce that Gene Oakes will continue as our membership chair and Dean Collins has renewed his commitment to us as treasurer. Suzanne Hewes and Marty Gallant drive faithfully down from the most northern parts of the State to serve as your MeCA secretary and historian. I never feel like I am working alone as the always helpful presence of John Parkman, Carlena Bean, Debbie Drew, Wendy Burbank, and Karen Lechner are never far away. New members to your executive board this year are Ben Milster, President-elect, DeAnna Hartel, Editor of the *News and Views* newsletter, Phyllis Worthley, North Atlantic Region (NAR) Representative, Thomas Robb, President of the Down East Maine Region

(DMeCA), and Gene Brown, President of the Northern Maine Region (NMeCA). I can only wish for each of you in this profession the opportunity to serve beside such an outstanding group of professionals. If any of you have ever considered accepting a leadership role, please feel free to ask your regional or state representatives about becoming more active. I am extremely honored to be part of this group and to have the chance to serve as you president.

Some of the most exciting information shared at the conference committee workshop this summer was the news that Karen Lechner had been successful at roping in Samuel T. Gladding as our next key note speaker. Sam is the current president of American Counseling Association (ACA). Karen and I first met him, (and each other for that matter) while taking a "Creative Arts in Counseling" summer class at Umaine in "93". I remember him as being witty, funny, full of energy, and possessing an infectious positive attitude. If you read the article by Angela Kennedy in the July *Counseling Today* publication you would know that Sam is committed as president to being approachable and accessible to the members and branch leaders of ACA. He states, "I will be on the road to branch and divisional meetings in such a way that Willy Nelson may become envious." Maine was mentioned as one of Sam's stops which will help keep us on the national ACA radar. I hope you can all join us this coming March 21 & 22 as we welcome Sam back to Maine.

One of my personal goals as your president this year is to help increase the communications between MeCA divisions and regions. I want to help these groups foster strong leaders and growing memberships that can offer professionals both a great regional as well as state association. I have proposed, and the conference committee will be discussing, the possibility of having additional meeting times for divisional and regional leaders and future leaders at the Samoset sometime during this spring's State Conference to help bridge any communication gaps. After all, I am a counselor and a "people person" who enjoys bringing good things together. As Sam Gladding stated in his first "From the President" article in this past August *Counseling Today* publication, "**Territory folks should stick together.**" He goes on to say that, "It is to the benefit of our profession and those we serve to form bonds personally and professionally and to stick together as an association in friendship and in vision." I couldn't agree with him more, especially in these times of historic national events.

So, if you have any questions, or if I can be of any assistance, please feel free to contact me at terrymitchell56@hotmail.com, or call my home at 924-9711. Let's stick together and show Sam and the nation that Maine is a fantastic place to live and work.



Lft. to rt. MeCA Past President Karen Lechner; MeCA Keynote speaker Dr. William Glasser; Carlene Glasser; MeCA Past President Mike Halmo, and current MeCA President Terry Mitchell.



Lft to rt. Patricia Donihee, Ph.D. and colleagues. These counselors traveled from New Brunswick, Canada to attend our spring MeCA conference.

COLLEGE ADMISSIONS MEETING

by Carlena Bean

MeCA Admissions Representative

The Admissions Organization held their summer meeting at the Hutchinson Center in Belfast on August 10, 2004. Thirty-five people in attendance had an opportunity to listen to a very interesting presentation from Andy Beedle on web design and recruiting, and a presentation by Bill Stone on a Transition to College assessment tool.

The Admissions meeting served as a forum to discuss common issues. Two that were addressed were: (1) What the colleges were requiring from home-schooled students for enrollment—transcript, GED, SAT's, etc., and (2) How to deal with the increase in bus tours to our campuses by schools. The general consensus for the home-schooled students was that either a transcript or GED was required, and the SAT/ACT could be used as a standard measure of the student's ability. The large increase in the number of schools that visited college campuses this year has been overwhelming for many colleges. We all agreed that we need to set up a standard system as to how we would manage the groups. The increase has come from monies that schools have received to raise aspirations of students. A general response to achieve this goal has been to provide college campus visits for middle and high school students. This topic will be discussed at greater length as we have opportunities to speak with the counselors at their schools. It is a suggested topic for the round table sessions at the MeCA Conference in March.

The meeting was informative and gave us valuable tools to use in our Admissions Offices as we try to meet the needs of students coming to our various colleges.

PEAK-CAREERS

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jim1@peak-careers.com

EASTERN MeCA

By Charles Lowell, President

Welcome back everyone! I hope you are all getting back into the swing of things. Remember to always find time to take care of yourselves. There are some new additions to our leadership team. First of all, we have a new Vice President; Eric Steeves has agreed to step in to help me out. We also have a new Treasurer; Beth Woodson will take over for Fred Jamison. I would like to welcome them both. We are going to begin this year by having our fall meeting at 11:30am on Friday, October 29th at Miller's Restaurant. Jeff Wright from Maine Maritime Academy will be there to present what's new in Castine. Our goal is to get as many counselors in the region to attend as we would like to have stronger commitments to the association. I hope to see you all there.

CENTRAL MeCA

By Sarah Aschauer, President

CMECA fall meeting will take place:

Where: Central Maine Community College in Lewiston, ME.

When: October 28th for a 12:30 luncheon. The luncheon will be catered by the CMCC Culinary Arts department. I understand they are *putting on quite a show* for all of us.

Speakers: Liz Oaken, Director of Admissions for CMCC will speak to us after lunch in addition to **Walter Ridlon**, Tech Prep Coordinator at CMCC.

Guest speaker: Wendy Ault, Executive Director of MELMAC Education Foundation will be our guest speaker. We are all looking forward to our first meeting this school year.

CMECA is still looking for a vice-president, a treasurer and secretary. If anyone is interested in any of these leadership opportunities, please e-mail: saschauer@lewnet.avcnet.org

Maine Counseling Association

2004-2005 Unified Membership Application

This unified membership form enables you to make dues payments to not only MeCA, but also other related divisions and councils with one payment. Please complete the form, make your check payable to "MeCA" and mail to the address below. Membership covers ONE year (July 1 to June 30) per MeCA bylaws. (I am available to answer your questions at 941-6217.)

Membership Information

Name: _____

Address you want mailings sent to:

Work Phone: _____ Home Phone: _____

E-mail Address: _____

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

Educational Background:

Degree: _____ Major _____ University/College _____ # Years in Professional Field: _____

Occupation (check primary one):

- Career Counselor (CAR)
- College Admissions Counselor (ADM)
- College Counselor (PSC)
- Counselor Educator (CED)
- Emeritus Member (EMS)
- Employment Counselor (EMP)
- Marriage and Family Therapist (MFT)
- Mental Health Counselor (MHC)
- Pastoral Counselor (PAS)
- School Counselor (SC) Check level:

- ___ K-5 (A)
- ___ 6-8 (B)
- ___ 9-12 (C)
- ___ K-9 (D)
- ___ K-12 (E)

- Student (STD)
- Substance Abuse Counselor (SAC)
- Vocational Counselor (VOC)
- Other (OTH) Please specify:

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

**MAIL TO: Gene Oakes, Guidance Counselor
Bangor High School
885 Broadway, Bangor, ME 04401**

MeCA Membership

- ___ \$30 Regular Membership
- ___ No Fee Student Membership
- ___ No Fee Emeritus Member

Divisional Membership

- ___ \$10 ME Career Development

Regional Council Membership

- ___ \$ 5 Central Maine Counseling
- ___ \$ 5 Downeast Maine Counseling
- ___ \$10 Eastern Maine Counseling
- ___ \$ 5 Northern Maine Counseling
- ___ \$10 Southern Maine Counseling
- _____ **TOTAL** (Check payable to MeCA)

ADMINISTRATIVE USE ONLY:

Date Received: _____
Check or PO #: _____
Amount: _____
Other/Follow-up: _____

MEMBERSHIP

TYPES OF MEMBERSHIP



Members

\$30.00

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

American Counseling Association.



Emeritus Members *Dues Waived*

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



Student Members *Dues Waived*

Student Members shall be, at the time of application, students who are currently matriculated in a graduate program of study leading to an

advanced degree in the field of counseling.

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

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

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

FAQs about Membership

How do I tell what the last membership year was that I paid my dues? Your address label indicates the most current year that you paid your dues. "03-04" for this last year.

What if I believe I have paid my dues for this year but my label does not indicate this? Contact the Membership Chair by e-mail (goakes2@adelphia.net) and you will receive a response ASAP.

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

The Maine Counseling Association

MeCA Regions: Northern Eastern Downeast Central Southern

CALL TO PROGRAM

The MeCA Conference Committee announces the Call to Program for the MeCA conference being held March 21st and 22nd, 2005 at the Samoset in Rockport, Maine. The theme for the conference is "*Counseling: A Creative Force in the Fabric of Maine Life*". If you are interested in being a presenter at this year's conference, please fill out the information below and mail to the following address:

Martin Gallant, Caribou High School, 308 Sweden Street, Caribou ME 04736

Telephone: 207-493-4260 FAX: 207-493-4244 email: mgallant@mail.caribouschools.org

Please send me your email address if you wish to receive this form electronically

NAME: _____

TEL: (W) _____ (H) _____

(Fax) _____ (email) _____

MAILING ADDRESS: _____

CREDENTIALS: _____

PLACE OF EMPLOYMENT: _____

PROGRAM TITLE: _____

Please write a brief description of the presentation which will be used in the conference program brochure (3-4 sentences):

Please send a detailed description on a separate sheet. Presenters are responsible for bringing their own presentation materials (VCR's, TV's, computers, flip charts, screens, markers, etc.). Have enough handouts as photocopying costs can be prohibitive at the Samoset.

PLEASE RETURN BY NOVEMBER 1, 2004

Keep presentation time frames to one hour. A committee member will contact you to confirm your presentation. Thank you for your interest, and support of our professional organization.

MARK YOUR CALENDAR: MeCA CONFERENCE – MARCH 21st, 22nd, 2005

A Charter Branch of American Counseling Association

MAINE CAREER DEVELOPMENT ASSOCIATION

by Jim Peacock

We're alive again!

A group of very hard working professionals took it upon themselves to revive the Maine Career Development Association this past year. At their first meeting in January they decided to organize a June MCDA conference which was held at Central Maine Community College in Auburn on June 21st 2004. There were over 50 attendees. This was quite amazing considering the mailings were received in May! (This will be an annual event each June).

Our mission is:

- To provide professional development opportunities for people in Maine who provide career information/career assistance to others.
- To provide networking opportunities for these same professionals in the field of career development.
- To be an advocacy group for career development issues.

For more information about MCDA, check out our website at www.maine-cda.org. Click on "Membership" to join MCDA - only \$10.

UPCOMING EVENT!! Register now!

Our first annual "Drive-In" meeting will be held Friday, November 19th at Thomas College. All are welcome.

9 am - 9:15 am: Check in and welcome 9:30 am - 11:45 am: Bill Stone, Director of Cornerstone and Counseling, University of Maine at Augusta, will present an overview of the various career development theories and offer practical suggestions for use with your clients.

Noon - 1pm: Lunch/Networking/Future Planning 1 - 2:30 pm: MCDA Business meeting and planning for the June Conference.

Registration fee for the Drive In is \$15.00 for MCDA members and \$25.00 for nonmembers (includes one year MCDA membership) Registration fee includes lunch and snacks.

Go to the MCDA website for registration information or e-mail Robin Murphy at rmurphy@maine.edu.

MCDA Contacts:

Jim Peacock, MCDA President
jpeacock@kvcc.me.edu or 453-5082

Beverly Bayer, MCDA Treasurer
University College, Thomaston Center,
354-6906, or bayer@maine.edu

Robin Murphy, MCDA Secretary
UMA, 621-3138 or rmurphy@maine.edu

GIFTEDNESS Can Be Mistaken For ADD/ADHD

by Ted Warren

*Gifted and Talented Coordinator K-12
MSAD 31, Howland, ME 04448*

Five years ago, I struggled with an ADHD diagnosis given to my nephew whom I knew was a gifted student. After listening to his parents lamenting about the difficulties their son was having with his teachers and peers, it became apparent to me that the ADHD diagnosis precluded giftedness.

After attending seminars and researching this topic of ADHD and giftedness, I noticed an interesting fact about some diagnosticians. Most teachers have some knowledge about ADD/ADHD but are not qualified to diagnose. However, they often recommend to parents that their "problem child" be evaluated by a physician. Ironically, medical doctors, at best, may have taken one course during their training in the area of giftedness. This situation has often times led to a misdiagnosis. I obtained information from an organization called Supporting Emotional Needs of the Gifted from this website: www.sengifted.org. It is a helpful resource for teachers, parents, special education services, and professionals within the community.

DEPARTMENT OF EDUCATION

by Shelley Reed

Welcome to a glorious fall!

I love the poem by A.R. Ammons, an American poet who says:

*Don't establish the boundaries first,
The squares, triangles, boxes of preconceived possibility,
And then pour life into them,
Trimming off left-over edges,
Ending potential:*

As counselors it is our job to inspire, facilitate, and support youth towards their full potential. Like the multitude of autumn leaves, which blow every which way in the wind children of today will take many paths in reaching successful lives. It is our joy and privilege to work with them as they travel their journey. I hope that your work this year will be rewarding for you and the youth that you serve.

This year the Department of Education is unfolding the Maine Comprehensive School Counseling Program Model K-12. Authorized by Chapter 125, we feel it will help counselors across the state facilitate student development in three broad domains: academic, career and personal/social. It will contain helpful guidance in the first steps of developing a needs assessment to the evaluation components for process and content. Stay posted for information giving a web address where the Model will be posted. Regional meetings will be held to provide technical assistance and conversation regarding using the model.

The Keeping Maine's Children Connected Initiative is now underway. It is a collaborative effort among Department of Corrections, Department of Education, Muskie Institute, and Department of Health and Human Services. The child-serving state agencies are working together to develop an integrated protocol among school districts, state agencies, correctional facilities, and in-patient psychiatric facilities so youth feel more supported as they live through difficult transitions. A letter from all Commissioners has been sent out asking for volunteers to serve as contacts between and among all the stakeholders and agencies. You may be asked to be one of

those folks. It is the beginning step to continued training and development across agencies to help meet the needs of youth.

Welcome again to fall, please contact me with questions, comments, resources at shelley.reed@maine.gov or 624-6637, and fax 624-6700.

Shelley Reed, Department of Education - *School Counselors, Truancy, Dropout, Alternative Education, Homeless Youth, Reintegration of Youth from Correctional Facilities*

COUNSELOR OF THE YEAR

Each year NEACAC solicits membership for names of counselors to honor for their work on behalf of students. Nominees are considered for their professional leadership, thoroughness, honesty, sensitivity, patience and above all, sense of humor. This year's recipient from Maine was Deborah Pluck, Assistant Director of Admission at UMF. Deb received this honor as Counselor of the Year for Maine at the annual conference at Assumption College. Congratulations, Deb!

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*Pictured Above Are: Front Row L to R: Tom Robb, Karen Lechner, Dean Collins, Alan Drucker, Robin Murphy, ?, Tanya Reed, Carlena Bean
Back Row L to R: Ben Milster, Gene Brown, DeAnna Hartel, Terry Mitchell, Marty Gallant, Suzanne Hewes, John Parkman, Shelly Reed*

MECA SUMMER LEADERSHIP

The Summer Leadership Meeting for the Maine Counseling Association was held in July Husson College and was very well-attended. Among those attending were representatives from the Maine Clinical Counseling Association, the Maine Career Development Association, the Maine School Counselor Association, and the Department of Education who all joined in productive and lively conversation about the status of the counseling profession in Maine. A review of the past year's accomplishments was followed by establishing goals for the coming year.

FROM OUR EDITOR - Deanna Hartel

Please do not hesitate to send articles for our next newsletter in the spring. As a counseling organization, I 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: DeAnna Hartel, Dexter High School, 12 Abbott Hill Road, Dexter, Maine 04930. If you have any ideas, articles or questions please contact me as soon as possible. My email address is dhartel@msad46.org.

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Madison Area High School
486 Main Street
Madison, ME 04950

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