

MAINE COUNSELING ASSOCIATION

NEWS & VIEWS

WWW.MAINECA.ORG

FALL 2007

Message from the President

By Kevin T. O'Reilly, President MeCA

Greetings everyone!

The change of season is fast approaching and with that comes the start of school and many other changes. I am looking forward to an exciting school year full of challenges and changes.

First off, as some of you may know, I am now a part-time school counselor, which will allow me to pursue music with the Dave Rowe Trio full-time. If I plan this right, the transition will take place after I finish planning next year's conference.

Secondly, we are making a change in the way we are delivering this newsletter. In an effort to reduce costs and therefore find better uses of the money from your dues we are transitioning to an online newsletter. We will send you updates via postcards when the newsletter is available online. I would dearly love to see this newsletter delivered electronically saving a lot of paper in the process but we will need your help along the way to do that.

Maine Career Development Association

The annual MCDA (Maine Career Development Association) conference was held on June 18 at Kennebec Valley Community College. Dr. Janet Lenz, a past president of the NCDA and current Program Director for Career Advising, Counseling and Programming, came up from Florida State University and provided a dynamic presentation on the topic of "Career Counseling in the 21st Century". This was followed by 14 concurrent sessions, generating many thoughtful ideas and opportunities for discussion and networking.

Later in July, five MCDA members journeyed to the National Career Development Association (NCDA) convention in Seattle, and enjoyed excellent presentations, and a great time. Jim Peacock, a past President of MDCA and the member primarily responsible for reviving our organization, received the National Career Practitioner Award. This was a great honor, and we are hugely proud of his accomplishment.

MCDA's fall workshop will be held at the Augusta Civic Center

This year MeCA is tackling a number of issues. We are attempting to resolve the issue for school counselors with NCC or NCLS certification. These hard working counselors are not getting stipends given by the state to school districts that teachers with the same type of certification are getting. There is a great deal of confusion about the issue and we will keep you updated as we find out more. Peter Comstock has put in a great deal of effort to resolve the Medicare/ Maine Care issues that have arisen over the summer. Frank Donaldson has taken over as head of the Maine Association of Specialists in Group Work and is working hard to grow this newly formed organization. We continue to voice our concern about the use of the SATs as a state assessment tool.

I am looking forward to a great year working with the Executive Board and with you. I am excited for another great conference at the Samoset and hope to see many of you there. Please contact me or any other members of the Executive Board if you have any questions or concerns.

on November 16th. The title of the workshop is: "Career Services for Diverse Populations: Working with Clients with Specific Needs", and will include a panel discussion in the morning with representatives from the State of Maine Career Center system, Vocational Rehabilitation, Job Corps, Adult Education, Catholic Charities, Bureau of Adult and Elder Services, Women-Work-and-Community, and TRIO programs. After lunch, Dr. Deborah Drew from Husson College will present on a topic pertaining to the delivery of career services.

Please plan to join us on November 16th at the Augusta Civic Center. Further information is available on our website: www.maine-cda.org.

Also on the website is a picture of Jim Peacock receiving his National Career Practitioner Award from Barry Chung (then NCDA president)!

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WHY CHANGE THE NEWSLETTER??

The decision was made this summer at the Leadership Conference to introduce a major change in how we are connecting you with the counseling profession throughout Maine by having our newsletter on our website. Besides the postcard that directed you here today, you will receive a postcard two more times this year directing you to the website to read our latest newsletter. Not only will we see a dramatic decrease in our printing and mailing costs, but we will also connect you with a website that has so much to offer you as a professional. So, take the time to read this newsletter and then explore the numerous other resources available to you at this site. Jeff Wright from Maine Maritime Academy has turned this site into one that we can all be proud of.

FROM YOUR NEWSLETTER EDITOR

Lisa Manter

Please do not hesitate to send articles for our next newsletter. 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, Maine Central Institute, 125 South Main Street, Pittsfield, ME 04967

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2008 Spring Conference Update

By Kay Richmond

Cycles. Everything goes around in cycles. The seasons, the tide, the moon, the school year ... and here we are beginning the cycle of preparing for the spring conference again.

In July the Conference Committee met to review last year's event, the evaluations, and our notes taken on napkins or whatever was available as we noticed something we wanted to incorporate or tweak for next year. Again we have decided to follow the national ACA model and not be limited by a conference theme but be open to all kinds of possibilities that will address issues that are important to as many of our constituents as we can reach.

With that in mind, we are excited to announce that our keynote speaker will be Dr. Barent Walsh, whose specialty is self-injury and the difference between that self-destructive behavior and suicide. He is the Executive Director of The Bridge of Central Massachusetts in Worcester, MA. A couple of publications he either authored or co-authored are *Treating Self-Injury: A Practical Guide* and *Self-Mutilation: Theory, Research and Treatment*. He will be offering two workshops on Monday, March 31, where he tells us he will provide "very practical suggestions in dealing with self-injury including a protocol for responding in school settings." Sadly, this topic is one we are all dealing with more and more whether we are in private practice or in a school environment.

On Sunday, March 30, we are planning another pre-conference opportunity for any interested counselors. At this time we have secured the return of Dr. Dianne Hoff from the University of Maine, whose specialty is Maine school law. She has asked for topics of concern so here's your chance to let us know what you would like to have addressed in this workshop. Please contact me at k.richmond@washingttonacademy.org or get in touch with anyone on the conference committee. There will be another 2-3 preconference workshops offered for your enrichment - more information on those coming soon to the website.

Who's on the Conference Committee you ask. Please, go to www.maine.ca.org and get the full list. Also, when you click on the "Annual Conference" button, you will see the fees for registration so you can plan for that expense that comes at the time of the school year when budgets are often frozen.

Another possibility we're discussing is using our website to offer you a chance to complete your conference evaluations electronically from the comfort of your office instead of rushing

through them at the last lunch before running to check out and get on the road. This idea is still pretty raw but we're tossing it around quite seriously.

This gives you a bit of an idea of some of the things we're working on for the 2008 Spring Conference. The "call to program" went out on September 4th and is also included further on. If anyone has an idea of a speaker or a topic they would like to see explored at this conference, please let us know. Keep up with the conference developments on the Maine Counseling Association website and be ready to register early electronically. We're on a roll!

REGISTER EARLY AND SAVE MONEY!!!

The Conference Committee voted to give you the opportunity to register for the Spring Conference early this year and save money. If you follow the link on this site to this year's conference registration, you will discover that if you register before December 1 your cost will be \$200 - and that includes your annual membership dues! If you have already paid this year's dues (since July 1, 2007), you will be able to deduct \$30 from the cost. Anyone registering after December 1st will need to pay \$250. You can also make your reservation at the Samoset now. So take advantage of this chance to save money and make your plans to join your colleagues for professional improvement and a great time for all!

National Certification Salary Supplement

By John F. Parkman, School Counselor

Dear MeCA Members,
and specifically those who are school counselors,

As of the end of August, there has been little movement on the issue of the \$3000.00 salary supplement given to teachers in Maine who hold National Certification but not to school counselors who hold similar National Certification through the National Board for Certified Counselors, Inc. (NBCC).

Last April 13, 2007 I sent a letter with attached documentation to the Commissioner detailing the fact that school counselors were left out of this recognition and salary supplement. She had been reported to have stated to Shelley Read, when the issue first came to her attention, that this was an "oversight" and that she would work to correct it by this year. I do not know where she is in the fulfillment to that comment. I have yet to hear anything from my letter or other phone contacts with her office over the past several months.

At the MeCA Leadership Institute held at MMA in Castine, July 26-27, the Executive Board took action asking the Presidents of both MeCA, Kevin O'Reilly, and MESCA, Kathy Locker to write a joint letter to the Commissioner with

Welcome Back Liz

Eastern Maine Community College is pleased to announce that Liz Russell is the new Assistant Dean of Students and Director of Admissions. Liz joined the Enrollment Center in late August; some of you may know Liz as she is a long time EMCC administrator.

For the past four years Liz has been the Assistant Academic Dean at EMCC and prior to that she was the Director of Admissions for nine years. After being on the "academic

Visit from a Friend

By Carlena Bean

In August I had a visit from Jack Farrar. There are still a few of us 'old timers' who remember Jack, for those he don't you have missed knowing a remarkable person.

Jack spent three years as a school counselor at Old Town and five as the director of counseling at Bonny Eagle and before moving to USM as Director of Counseling in Continuing Education where he finished his career. Jack served as Historian to MeCA (although it had about three different names under his tenure) for seventeen years.

He and his wife spend their summers at Green Lake and the rest of the year in Gorham. They are both active in the Gorham Community Chorus, church choir, church food

copies to the Chair of the Education Subcommittee of the Maine Legislature, and the president of the Maine Teachers Association asking the Commissioner to correct the salary supplement discrepancy she is reported to have called an "oversight". Whatever it may have been, it needs to be corrected in favor of recognizing those school counselors who hold National Certification (NCCs) and those who hold the additional certification (must hold NCC first) of National School Counselor Certification (NCSCs) who work as school counselors in Maine Public Schools. The NCC and the NCSC certifications both need to be recognized and awarded the \$3000 supplement.

What can you do? Contact your local Maine state representative and educate them on this issue and ask that they look into correcting this discrimination. It is much more than the \$3000.00. It is putting counselors on equal footing with teachers in the eyes of the Department of Education, the Legislature, and in general, the public. Please contact me at jfparkman@gmail.com or John_Parkman@fivetowns.net if you have further questions or information. Contact your rep. and help correct this travesty.

side of the house," Liz has determined her first love is in the enrollment area where she has more direct student contact. Rita Broad, Associate Director of Admissions and Stacy Green, Admissions Representative, are looking forward to having Liz back on the admissions team! Liz is looking forward to meeting and connecting again with many of Maine's guidance counselors; she will begin doing that on October 2 at the Guidance Counselor breakfast that EMCC will be holding.

pantry and twice a year work on the used book sale for the local library to help raise funds. Jack skis every chance he gets at Shawnee Peak and spent thirty-five days on the trails last year.

Jack has continued to peruse the papers and updates Marty Gallant, our current historian, with information on the passing of people that have served the counseling field. He said he will continue for a couple of more years, but it is kind of depressing to read the obituaries everyday.

He asked me to share his greetings with all his friends from over the years—we had a great visit!!

Legislative Update

Ben Milster, Executive Board Legislative Representative

Being the legislative representative on the MeCA Executive Board is a new position for me, and I am finding it is certainly challenging and highly informative. I am also finding it to be a bit overwhelming, as there is a tremendous amount of legislation generated each year both on the national and state level concerning our profession. My plan is to have a fairly regular update on our website that will provide readers at least a web link and/or brief summary of current education, mental health and other related counseling legislation.

For this article, I have included some updates primarily regarding education issues at the state level, in addition to a new development on the national front regarding financial aid.

I spoke with Dan Hupp from the DOE the other day regarding the status of the SAT as a replacement for the MEA. You may recall that the Federal DOE initially denied approval for NCLB assessment purposes, and one of the results of this was the math augmentation to the SAT. Now, according to Mr. Hupp, Maine is on "Approval Expected" status, pending the submission and review of all technical aspects of the assessment system.

Regarding the controversial "College Application" bill (LD 1040), and the graduation requirements bill (LD 1859), both passed and were enacted into law this past legislative session. LD 1040 passed as a Resolve, and allows the Commissioner to include the requirement that a secondary student complete at least one application to a college, university or other postsecondary institution in the Department of Education's rules for awarding a diploma. In a conversation with Harry Osgood from the DOE, I asked if the Commissioner intended to make this a rule, and he indicated that it would be under consideration this coming legislative session when the graduation requirements will be under review. Mr. Osgood also indicated that a review of the graduation requirements will also apparently include further consideration of the aspects of LD 1859 that were controversial and lost in amendments when passed. These include the elimination of tracking and ability grouping, state assessments in English language arts and math with the class of 2010, including science and technology, social studies, and health, physical education and wellness with the class of 2011, and including visual and performing arts, world languages and career and life development with the class of 2012. Stay tuned.

Another bill that passed of interest to school counselors is LD 1501, "An Act To Set Standards for Interviewing Children Who are Subjects of a Child Protective Intervention". This law establishes procedures for conditions under which a DHHS employee may interview children on school premises who are subjects of a child protective intervention. An Administrative Letter to Superintendents is/was due out on September 15th explaining this law.

LD 1856 (An Act To Allow Tax Credit for College Loan Repayments) also passed, which creates a program to reimburse educational loan costs for any Maine resident who earns an associate or bachelor's degree in Maine, and lives, works and pays taxes in Maine thereafter. More information from FAME will be likely forthcoming regarding this law.

And, on the National front, on September 7th, Congress gave final approval to a compromise bill that would provide the largest increase in federal student aid since the GI Bill. The College Cost Reduction and Access Act (H.R. 2669), slashes government subsidies to student-loan companies and uses the savings to reduce the federal deficit, raises the maximum Pell Grant, halves the interest rate on subsidized student loans, and creates a new loan forgiveness program. The bill will next move to the President for signature and is reportedly not under threat of veto. (The President had twice threatened to veto the measure, complaining that it would create too many new entitlement programs and would not raise the maximum Pell Grant enough.) Specifically, The College Cost Reduction and Access Act, known technically as a "budget reconciliation" measure:

- Cuts more than \$20 billion in government subsidies to institutions that make student loans, and uses most of that money to pay for increased financial aid for college students;
- Increases the maximum Pell grant, which goes to the poorest college students, from \$4,310 a year to \$5,400 a year by 2012;
- Cuts interest rates on federally backed student loans from 6.8 percent to 3.4 percent over the next four years; and
- Creates a new loan-forgiveness program for direct-loan borrowers who work for 10 years in public service professions.

For information on the new loan forgiveness program, borrowers should visit the U.S. Department of Education's Direct Loan Servicing website at: <https://www.dlsonline.com/borrower/BorrowerWelcomePage.jsp>, or call (800) 848-0979 or (315) 738-6634, FAX: (800) 848-0984.

Please visit our website for regular legislative updates as well as other information regarding events, our organization, and links to the rest of our counseling profession.

From the President's Desk of the Maine Clinical Counselors Association

By Peter Comstock, MCCA President

You may have heard a lot of chatter this summer about LCPCs and MaineCare. For the time being that battle has been addressed, but the war has yet to be won. There are still several bills in Washington which could help to change the language so that professional mental health counselors would be added to the Medicare provider list. We continue to work closely with legislators and the American Mental Health Counselor Association, but the process can be slow as you well know. Please go to the MCCA website www.mcca-info.org for the latest information and then contact your legislators -- numbers can make a difference.

MeASGW NEWS

The Maine Association for Specialists in Group Work (MeASGW) had a successful first year under the leadership of Terry Mitchell. We incorporated with the national ASGW and were officially approved for membership at the MeCA annual meeting. On July 1st Frank Donaldson became president and can be reached at fdonaldson@breweredu.org for questions and comments regarding MeASGW. We are currently searching for a person to become president-elect in order to complete our slate of officers. If you are interested in this position, please contact Frank.

In this our second year we are hoping to develop a library of group work resources available to our members and to increase our membership. Those of you who are actively engaged in group work or are interested in learning more about group work should contact us and consider joining our organization. If you have an idea for a workshop that can be presented at our MeCA conference please contact Frank.

MESCA's NEWS

By Kathy Locker, MESCA President 2007/2008

Happy New Year! I find in all these years connected with schools, September feels more like a new beginning than January. This year I'm also starting my term as MESCA president and that's a lot of new to consider! It's a great time to be celebrating: MESCA board members have enjoyed collaborating with MECA on many issues, as well as being asked to join various state education advisory boards. In addition we've met with Congressional staff in Washington, D.C. along with ASCA leaders from all over the country and gathered support for the largest amount of funding to date for Elementary and Secondary School Counseling Programs. Now we're looking forward to another great conference Dec. 6th & 7th, 2007, at the Sheraton Hotel in South Portland. This year's theme is "Safe Schools-Successful Students." We have both local and national experts coming to share strategies and their experiences in developing schools and programs where students feel safe and flourish because of it. Conference registrations will soon be available on our website in addition to those being sent to Maine school counselors. If you'd like more information, please contact me at klocker@gwi.net. I'm delighted to be joining the MECA Board this year and look forward to continuing our combined efforts to support and advocate for Maine students.

Central Maine Counseling Association News

Central Maine had great representation at the annual spring conference this year. Many members attended the Central Maine regional meeting at the Samoset and expressed interest in meeting in Augusta during the month of October. Further information will be sent to Central Maine members. We are looking for interested members to apply for the following positions of the Central Maine organization: vice-president and secretary. This is a great opportunity to get to know other professionals in your area. Anyone who is interested is encouraged to contact me.

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Downeast Maine Counseling Association News

The DeMCA's first meeting of the year will be held at Washington County Community College on October 9, 2007, at 11:00 am.

From the North

Welcome to a new year! The Northern Maine Counseling Association started its regular series of meetings on September 5th at the University of Maine at Presque Isle. Timed to coincide with the fall workshop for counselors presented by the College Board, we are grateful to UMPI through the work of Erin Benson to be able to dine and meet there - a terrific place to get the latest updates from the college and information, networking, and camaraderie from our strong membership. For the early risers, Upward Bound hosted a breakfast and informational gathering just prior to the College Board meeting. Traditionally a high school membership, we are counting on a group of interested middle and elementary school counselors to provide us with suggestions to make our meetings relevant for all. This group met during our informational meeting on the latest updates from College Board.

I would like to also mention that on December 6th we will be offering professional development contact hours after our meeting in Houlton. Linda Williams from the Maine Youth Suicide Prevention Organization will be there to share invaluable information and strategies for prevention on a very important topic for all counselors.

Bernadette Willette, President, NMCA

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Eastern Maine Counseling Association News

The Eastern Maine Counseling Association had its first meeting of the 2007-2008 year on September 11th at Husson College (immediately following the College Board Update) at the Richard Dyke Center for Family Business. We are looking forward to the second meeting being held at the College of the Atlantic, tentatively scheduled for Friday, October 26th in the afternoon (which would include a meeting, as well as a tour of the facilities). We are planning a meeting at Eastern Maine Community College for the beginning of the year. Not counting our first meeting, which will be short, we will strive to have a meeting with some information, and some learning involved (contact hours for a speaker). If you are not on our mailing list, and wish to be added, please e-mail me (Katie Gillen, President) at kgillen@emh.org.

We are excited about several members who are considering being officers for next year. Officer's positions are non-paid; but we offer \$200.00 per officer to be used for the MeCA conference in the spring (it can be for conference fee, hotel, and mileage). It's our way of thanking the officers for their work throughout the year. Please let one of our current officers know if you are interested. Current officers are Katie Gillen, President (kgillen@emh.org), Treasurer, Beth Woodson (bwoodson@breweredu.org).

We are looking for a volunteer who might want to do a few signs for us that state "Eastern Maine Counseling Association" that we can put up when we hold a meeting (to make us easier to find!). If you want to volunteer, please e-mail me. If you have not joined the Eastern Maine Counseling Association, and would like to, the yearly dues are \$10.00. Please notify our treasurer (or you can pay at one of our meetings). You can also pay your dues through the Maine Counseling Association Membership Application located on this web site. Look forward to seeing as many of you as possible over the next year. Hope everyone has a great year!

Southern Maine Counseling Association News

It was great to see both new and familiar faces at the SMeCA meeting on September 28th at York County Community College. Breakfast was provided by YCCC. As the fall tends to be a very busy time of year, we have decided to focus on fun and self-care, with an interactive presentation by Randy Judkins (motivational speaker, juggler, performer).

We are looking to develop SMeCA, once again, into a dynamic group with shared interests and goals. We are hoping that SMeCA will not only provide an arena for counselors to address issues important to them, but will also be an opportunity to connect with other counselors, sponsor speakers on relevant topics, share ideas / resources, and, hopefully, have some well-deserved fun. To this end, we will also be looking to recruit several "leaders" (representing High School counselors, Elementary/Middle School counselors, Community counselors, others?) who can help us to address the needs of all. With so many issues facing our profession, it can be of great benefit for us all to share ideas and pool resources.

At each meeting, we will set aside a resource table on which you can drop any flyers, articles, etc., that you think may be of interest to others. In addition to the business meeting, there will be information update. Please feel free to bring any relevant materials to share.

If you have any additional questions, please contact Cathy Lounsbury (SMCA president) at clounsbury@mpti.net OR Tim Lounsbury (SMCA vice-president) at tlounsbury@sad60.k12.me.us. Hope to see you soon!

Aspirations Programming Available

Maine Maritime Academy offers college aspirations programming to encourage high school students to consider a college education. As you review your college counseling initiatives for the upcoming year, consider these excellent programs:

1. Admissions 101 - A highly interactive program where high school freshmen &/or sophomores serve as the admissions committee for Dirigo State University and make decisions about who qualifies for admissions. This cost-free program introduces students to the college application process with an emphasis on course selection, performance, the college search and what is considered when making admissions decisions. Comes to your high school.
2. Discovery Voyage - Facilitated by MMA faculty, students, and staff, this on-campus program demonstrates how classroom instruction relates to "the real world". Maine high school students apply their math and science knowledge in a number of ways: aboard our oceanographic research vessels, in our engineering labs, and during international business role play. Witness the activity of a college campus, tour our facilities, ship, and simulators, eat lunch (free). Inquire about our transportation subsidy.
3. Service Academy Information Night on Wednesday, October 10, 2007 at the Double Tree Hotel in Portland.

For the truly motivated student and their family, MMA hosts the fourth annual Service Academy Night.

- Learn about world-class educational opportunities.
- Inquire about the nomination and selection process.
- Discover alternatives to achieve educational and career goals.
- Find financial scholarship programs.

Representatives from congressional offices, federal service academies, select private military colleges, ROTC programs, and public maritime colleges will be here to answer prospective student and parent questions. Registration and information booths open at 5:30 p.m.

These programs have been well received and your students will find them educational and enjoyable. For further information, please call Jeff Wright, Director of Admissions, at (800)464-6565.

CHANGES, CHANGES, CHANGES

Whether we're talking about the school, college or admissions setting, change is the norm. The Maine Counseling Association wants to stay in touch with counselors throughout the state, but we need your help. If you are receiving mail for someone who is no longer in your office, please let me know. If you have moved to a new job, please tell me so that I can update our mailing list and tell everyone else about your news (if you do not mind). If you discover someone in your office is not receiving our mailings, please let me know so that I can add them to our mailing list. A quick email to me at goakes2@verizon.net is all that's needed. Thanks for your help!

UPDATES AND CHANGES

This section is reserved for news about counselors around the state. Be sure to help us with getting out the word about our colleagues as changes and honors come their way.

Congratulations to Lisa Ulmer from MCI and Brian Manter from UM Admissions on their marriage!

Kudos to Deb Drew as the new director of Husson College's counselor program.

Here a just a few of the counselors who find themselves at new schools this year: Debbie Marquis at Katahdin, Sandy Robinson at Mt. View, Kendrick Mitchell at Lubec, David Cooper at Medomak, Hillary Crossman at Morse, Meagan Lane at Bucksport, Perry Bennett at Brewer, Andrea Hallett at Washburn, Nate Gardner at Old Town, Tom McNeil at Waterville, Dan Hylan at Skowhegan, Trina Fortin at Mountain Valley, Diedre Pierce and Carolee Mountcastle at Orono, and Lisa Hallen, Holly Gunn, Diane Damone at Messalonskee.

The Clinician's Corner

By Patrick VerSchneider

Treating clients with depression without benefit of Western medicine aroused my interest in this article.

Reprinted from Harvard Mental Health Letter (June 2007): Vol. 23, No. 12, p. 7.

Alternative Medicine for Depression

According to the National Comorbidity Survey Replication, only about 40% of people with major depression receive adequate conventional treatment, so it's important to get a better understanding of the other measures depressed patients are taking. A survey of American women indicates that a high proportion of them use alternative and complementary medicines for depression.

Researchers analyzed a national telephone survey of more than 3000 women, with Mexican Americans, Chinese Americans, and African Americans somewhat over-represented in order to get a picture of ethnic differences. Of these women, 220 said they had been medically diagnosed with depression in the previous year, and 54% of them had used alternative medicine to treat the symptoms. The authors point out that the percentage would have been even higher if they had been able to include depressed women who never received a medical diagnosis.

The most popular alternatives were manual therapies, including chiropractic, massage, and acupressure, used by 26%; medicinal herbs and teas, used by 20% and vitamins and nutritional supplements, used by 16%. Other unconventional remedies were yoga, meditation, tai chi, Chinese medicine, Ayurveda, and Native American healing.

African Americans were least likely to use alternative medicine and Chinese Americans most likely. Women with a college education and those employed outside the home were more likely to use alternative medicines, especially vitamins. Herbal medicines were used most by Mexican Americans, Chinese Americans, the unemployed and immigrants. Manual therapies were used most by women over 35 who thought their health was poor.

With controls for income, employment, marital status, age, and other demographic factors, most ethnic differences canceled out, although non-Hispanic whites were still more likely than blacks to use alternative medicine.

The women responded to interviews' suggestions of various specific and general reasons for using unconventional medicines. Forty-five percent mentioned side effects of conventional medicines, and 42% said conventional medicines were ineffective. Seventeen percent said they could not afford conventional treatment. Sixty five percent preferred a natural approach, 59% said that use of alternative remedies was consistent with their beliefs, 45% had become familiar with these remedies in childhood, and 329% had read or heard something about an alternative medicine. About one-third said a doctor had recommended alternative treatment, usually a manual therapy and almost never herbs or vitamins.

Although an alternative treatment that has not been studied scientifically should not substitute for an evidence-based medical treatment, the authors believe physicians should generally remain neutral about their patients' use of these remedies as supplementary. In particular, criticism of remedies accepted in a given culture or by a given ethnic group could be interpreted as disrespectful.

Wu P, et al. "Use of Complementary and Alternative medicine among Women with Depression: Results of a National Survey," *Psychiatric Services* (March 200); Vol. 58, No. 3, pp. 349-56

MAINE ADMISSIONS MEETING

We did not have our annual Admissions meeting in August due to not having a speaker. We do plan to have a meeting next year and would appreciate input from people for topics, suggested presenters and some assistance with the organization of the meeting. We will meet at the annual MeCA conference at the Samoset to make plans for the summer workshop.

I hope everyone has safe fall travels and I look forward to seeing you on the road.

Carlena Bean

Taking Care of the Helpers

By Cathy Lounsbury

While there are many intrinsic rewards as a result of helping those who have been faced with traumatizing events, listening to their clients' stories of trauma may have negative effects on those serving in helping capacities. As the cognitive, emotional, physical, and behavioral effects of traumatic exposure become more recognized and understood, it is important to also apply this knowledge to secondary exposure to trauma material. Just as counselors are learning that they cannot ignore the neurobiological effects of trauma on their clients, they must also take into account their own neurobiology in addressing the Secondary Traumatic Stress (STS) which they experience as a result of their secondary exposure.

Research (e.g., Cornille, & Meyers, 1999) indicates that counselors working with clients who have experienced trauma sometimes experience STS symptoms including disturbed sleep, anger, fear, suppression of emotions, nightmares, flashbacks, irritability, anxiety, alienation, feelings of insanity, loss of control, and suicidal thoughts. According to Macy, Barry, and Noam (2003), "the accumulation of stress secondary to exposure ...will ultimately cause physical disorders" (p. 12). There seems to be much evidence that clinicians can be affected in many ways by their ongoing interaction with trauma survivors.

Acknowledging that STS is the "the natural consequent behaviors and emotions" resulting from caring for traumatized individuals (Figley, 1995, p. 10), challenges counselors individually and collectively to acknowledge and address STS, particularly with regard to coping strategies and self-care plans to mitigate its negative effects. As seasoned counselors continue to provide compassion and understanding to those affected by trauma, and new counselors enter the field with a desire to help those in need, emphasis should continue to be placed on creating a safe climate in which to discuss STS. With the support of both supervisors and colleagues, counselors should be encouraged to openly discuss their STS reactions and develop and utilize effective self-care plans. Recognizing and mitigating the effects of STS will ultimately prevent clinicians from inadvertently harming themselves, their loved ones, or the clients whom they wish to help.

Cornille, T. A. & Meyers, T. W. (1999). Secondary traumatic stress among child protective service workers: Prevalence, severity, and predictive factors. *Traumatology*, 5(1), (Article 2).

Figley, C. (1995). Compassion fatigue: Toward a new understanding of the costs of caring. In B. H. Stamm (ed.), *Secondary traumatic stress: Self-care issues for clinicians, researchers, and educators* (pp. 3-28). Lutherville, MD: Sidran Press.

Macy, R. D., Macy, D. J., Gross, S. I., Brighton, P. (2003). Healing in familiar settings: Support for children and youth in the classroom and community. *New directions for youth development*, 98, 51-80.

CALL TO PROGRAM

The MeCA Conference Committee announces the Call to Program for the MeCA conference being held March 31st and April 1st, 2008 at the Samoset in Rockport, Maine.

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

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): _____

Target Group (Check all that apply) Elementary Middle Secondary
 Clinical/Mental Health Counselors Career Counselors All

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, 2007

A confirmation letter will be mailed to you by mid-January, 2008. Keep presentation time frames to one hour. Thank you for your interest, and support of our professional organization.

This form is also available on the website to print and mail.

Information on the Pre-Conference will be available on our website in December. The Pre-Conference is March 30th.