

MAINE COUNSELING ASSOCIATION NEWS & VIEWS

WWW.MAINECA.ORG

WINTER 2012

Sketch by Martin Gallant - MeCA Historian

From the President - Introducing Dr. Lyn Mikel Brown, ED.D. MeCA Conference Keynote

By Traci Small, MeCA President

One of the hardest jobs in the world is raising our children to be strong, happy, productive and caring citizens. For those of us who are or will become parents, or work with families in a counseling setting, we are likely to be interested in Dr. Brown's research and advice. We are fortunate enough to have Dr. Brown, a Colby College professor and Maine author, presenting at the Maine Counseling Association's annual conference on April 2nd and 3rd so we hope you will join us!

This month my book club has decided to read Dr. Brown's book *Packaging Girlhood – Rescuing Our Daughters from Marketer's Schemes* by Sharon Lamb and Lyn Mikel Brown. It's appropriate since we are all women, raising young girls. As quoted from Dr. Brown's website www.packaginggirlhood.com.

"We try to show parents the image of girls (sexy, diva, boy-crazy, shoppers) that's being packaged and sold to their daughters while also giving them the tools to help their daughters resist these images. We write about how girl power has been co-opted by marketers to mean the power to shop and attract boys and how girls are encouraged to use their "voice" to choose accessorizing over academics, sex appeal over sports, and boyfriends over friends. We try to expose these stereotypes and the very limited choices presented of who girls are and what they can be. And we give advice to parents about how they can guide their daughters through these negative images without always saying no. As most parents, have learned, you can't turn off the world. And, it's easy; sometimes to see the appeal of that bright shiny world they're selling her. The chapters in the book focus on what they wear, what they hear, what they watch, what they read, or what they play at/with, and we follow girls from about 3 through about age 18. We

did our research, asking our sample of over 600 girls all sorts of questions from what cartoons they watch to what lyrics keep going over and over in their head. We take a perspective that's different from many other psychologists. We look at the world AROUND the girl rather than the inner girl. Actually, we think that discussion has run its course and that it's becoming a problem for girls that people are always looking at what's inside of them instead of all the things coming at them 60 mph."

For those of us that are raising boys, another choice is a book also by Lyn Mikel Brown, Sharon Lamb and Mark Tappan called *Packaging Boyhood*. Also taken from the website, <http://packagingboyhood.com>

"Player. Jock. Slacker. Competitor. Superhero. Goofball. Boys are besieged by images in the media that encourage slacking over studying; competition over teamwork; power over empowerment; and being cool over being yourself. From cartoons to video games, boys are bombarded with stereotypes about what it means to be a boy, including messages about violence, risk taking, and perfecting an image of just not caring. Straight from the mouths of over 600 boys surveyed from across the U.S., the authors offer parents a long, hard look at what boys are watching, reading, hearing, and doing. They give parents advice on how to talk with their sons about these troubling images and provide them with tools to help their sons resist these messages and be their unique selves."

We are honored to host Dr. Brown at the annual Maine Counseling Association Conference and we look forward to seeing you all there!

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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, John Bapst. Memorial High School, 100 Broadway, Bangor, ME 04401. If you have any ideas, articles or questions you can email Lisa at: lmanter@johnbapst.org.

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REQUEST FROM THE HISTORIAN

Each year at the conference business meeting, the historian is called upon to read a list of those members who have retired or who will be retiring at the end of the school year.

The historian also announces the names of current or past member who have died. Please contact me prior to the conference with any updates so that I might recognize the members at the conference.

Martin Gallant

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Marine Educators Workshop on Parris Island

By Ellie Duley, Maranacook Community High School

In early December, a handful of school counselors from Maine had the chance to see what most can only imagine. Five counselors from Maine joined about 35 other educators (teachers, athletic directors, coaches and at least one librarian) from Maine, NH and Massachusetts on a trip to Parris Island, the training (or boot) camp for all Marines on the East coast. We were joined by about 35 educators from Pennsylvania when we arrived in South Carolina. We spent four days living and learning all things through the eyes of the Marines, though we did have the luxury of a hotel and after seeing the barracks, I for one, was quite appreciative of this.

The purpose of the trip is to educate high school educators about what really goes on during boot camp and what the Marines are all about. Along with standing on the famous yellow footprints, educators were expected to march in formation everywhere we went around the island. Squad leader Duley was not the leader that she'd like to think she was. In fact the drill instructor in charge of the whole New England contingent was under-impressed to say the least. It was like herding cats, while our Pennsylvania colleagues were chanting cadences with almost military precision.

We were able to speak candidly with recruits during lunch one day and had a chance to talk with young Marines who work on base during another lunch. A highlight for many was shooting the M16's, while others tried their hand on the training course or battled with pugil sticks. We were also taken to where recruits were participating in the Crucible, a physical and mental test of their toughness and teambuilding. The culmination of our adventure was attending graduation, where over 400 new Marines marched in front of proud families and friends.

It was exhausting both physically (we had to be on the bus by 6am) and mentally (the amount of information that we took in was incredible and that doesn't count the cadences that we never did master), and sensory issues were tested as there are no 'inside voices' on Parris Island. It was also a lot of fun and worth each hour of sleep that was lost. Everyone that I spoke with came away with a new respect for the Marines and the military in general-regardless of how they felt about the military going in to the trip. If you get a chance to go to Parris Island, take it. I strongly recommend this professional development opportunity and believe that you will be enriched by the experience.



1st Row: Michael Fallon, Graham Bode, Sgt. Lett, Ellie Duley, (Maranacook HS, Hollie McPartland (Houlton HS)
2nd Row: Kathy Bailey (Westbrook HS), David Delois, Steve Walker, Mark Carignan (Morse HS),
Kevin Malady, Michael Halmo (Brunswick HS)

Public Policy Update - January 2012

By Ben Milster, Executive Board Public Policy

Correction: This past fall, I wrote an update listing several pieces of legislation that impacted the counseling profession in one way or another. This update included the following:

LD 184 (An Act To Promote The Financial Literacy Of HS Students) This bill requires the department of education to develop and distribute a course on Personal Finance for use in high schools, effective for the 2012-2013 school year. All schools must include the PF course as part of the math instruction in order to obtain a high school diploma.

Passed and signed by the Governor

This was incorrect – The bill was actually amended prior to being signed by the Governor, and the amendment basically wiped out the entire language of the law and replaced it with language that states the “Commissioner shall develop a program of technical assistance that promotes the importance of financial literacy and encourages school administrative units to implement an integrated model for instruction in personal finance that may be used in secondary schools as part of the instruction in social studies or mathematics required by” There is a bit more language regarding the utilization of resources and organizations to assist with this process, but the gist of it is that this is not a graduation requirement, but a good idea to inform students of issues regarding personal finance, and the Maine DOE will provide some assistance if needed.

My apologies for the misinformation.

MeCA Central Region

by Eric Rutberg, President MeCA CR

Dear colleagues,

Our regional President Elect - Julie Libby - has arranged for a very talented clinician and speaker to present a full-day workshop.

Workshop Title: *Clinical Theory and Application of Imago Couples Therapy.*
Presenter: Joel Lavenson, MA, NCC, LCPC, BCPC, practices out of Belgrade, Maine.
When: January 20, 2012 from 9am to 4pm
Where: Calzolaio's Pasta Company, Wilton, ME
Cost: \$35 (includes workshop and materials, lunch & membership to state and regional chapter of MeCA).

“Imago Couples Therapy is the most effective model for understanding relationships. It works!” Pat Love, EdD, Author “Hot Monogamy” and “The Truth About Love.” www.gettingtheloveyouwant.com

CEU's will be awarded.

To reserve your place, please call TODAY!!
 Eric Rutberg 645-7010 or Julie Libby 779-7697
 Eric Rutberg, MA, DHEd
 Clinical Counselor
 Doctor of Health Education
 207-645-7010

A Note from Maine Career Development Association December 4, 2011

By Deborah Walsh, President, Maine Career Development Association

Dear Colleagues,

As we enter this holiday season and the recession and high unemployment continue, many of us are facing even greater economic constraints and challenges. Our clients are challenged and so are our employers. As a result we need to get even more creative in addressing the needs of our clients. Leigh G. Mundhenk, Ph.D. helped us do that with her workshop presentation: "Please just tell me what to do! Using Cognitive Stage Development theory to help us customize career counseling approaches to meet our clients' needs." We learned how to identify what stage of cognitive development our clients are in, and more importantly, successful strategies to then work with them on career planning activities. Leigh's presentation was engaging and interactive. Thank you Leigh!

We also had some time for peer interaction and networking at the workshop. In that process two new Board members were recruited. I am pleased to announce that Leigh Mundhenk will be joining us as an at-large member with her term ending in 2014. Leigh is Associate Professor and Director of Field Experience at the University of Southern Maine at Lewiston-Auburn, where she has taught career development courses and run the internship program for 10 years. Cecilia Vistica will also be joining us, with her term ending in 2012. She will be eligible for another term. Celia is an experienced educator, counselor and program development specialist who has taught English 7-12 and Art K-12, and holds the Career Development Facilitator

credential. She is also the recipient of "Making a Difference Award," Maine Department of Labor. I am looking forward to Leigh and Celia joining us at our next Board meeting in February. There remains an opening on the Board for a K-12 School Counselor. If you are a K-12 school counselor and would like to take a leadership position, we want you! Please contact me.

Advocacy for All: We are moving full speed ahead with planning the Annual Conference. Please be sure to mark your calendars for Friday July 6th. Saint Joseph's College in Standish will be hosting us. Once again you will have the opportunity to get a start on your summer vacation in this family-friendly location in the Sebago Lake region! Our working topic, "Advocacy for All", is also timely and appealing to a broad base as we advocate for our profession, for our clients, and for funding for career services. Mark your calendars, watch for our call for programs, and pass the word on to your colleagues. You won't want to miss this professional development opportunity!

We say this so often, yet it is still my sincere wish that you and your families have a safe and healthy holiday season, and that we all face more prosperity in the coming year.

Sincerely,

Deborah Walsh
President, Maine Career Development Association
M.S. Counseling, NCC

***We want to bring your attention to some important dates
and some exciting news!***

You can now register for the Maine Counseling Association's Annual Conference online at:
http://www.maineca.org/conf_form.php

The conference is on **April 2nd and 3rd, 2012**
at the Samoset Resort for the Maine Counseling Association's Annual Conference.

Our keynote speaker is Dr. Lyn Mikel Brown, a professor of Education and Human Development at Colby College. Her work focuses on girls psychological and social development in diverse contexts, girls anger, girl fighting, and media and marketing to girls. She is the co-author of the book "Packaging Girlhood: Rescuing Our Daughters From Marketers Schemes". The keynote will be on Monday, April 2nd, 2012.

From the President-Elect - DSM and Counselor Identity

By John Yasenchak, President-Elect

It is no secret that there is considerable controversy regarding the proposed revisions to the Diagnostic and Statistical Manual of Mental Disorders to be published in 2013 as DSM-5. The controversy cuts to the very heart of our identity as professional counselors. Whether we practice in schools or in clinics, professional counselors utilize the DSM for a variety of reasons. Treatment is often seen as dependent upon diagnosis according to the DSM. The DSM codes serve as a symbolic language for communication between disciplines. A counselor's livelihood is sometimes dependent upon being able to identify and utilize the most accurate and acceptable codes. DSM criteria provide a platform for research as well as the underlying template for determining prevalence rates of "mental disorders".

When I first began the study of counseling, the DSM was a thin book (DSM-II – green cover) and it still contained some psychoanalytic jargon. By the time I began my first serious clinical job in the mid-1980s the multi-axial system was very much in use and revisions were already defining the future of mental health and illness. Controversy is certainly not foreign to the revision of the DSM. One only has to remember the story of how "homosexuality" was finally excluded as a full-fledged mental disorder. Or one may consider the on-going arguments regarding cultural, gender, and social bias. In the days before licensing and educational standards, a graduate student in counseling was likely to study "advanced psychopathology" and not necessarily the DSM. The evolution of professional identity and standards of practice gradually made knowledge of the DSM a need for school counselors and a requirement for clinical counselors. But the on-going debate regarding the focus of counseling practice ranging from "problems of living" to "organic mental disorders" is still alive and well.

Today, it is largely taken for granted that professional counselors are familiar with the language, meaning, and utility of the DSM. The DSM is utilized by many movements that currently impact our professional identity including integrated primary health care, school-based mental health, the National Alliance on Mental Illness, the co-occurring (mental health and substance abuse) movement, etc. In a posting on the ACA website, Rebecca Daniel-Burke, staff liaison on the ACA DSM task force, noted that "...in general, counselors are against pathologizing or 'medicalizing' clients with diagnoses as we prefer to view clients from a strength-based approach and avoid the stigma that is often associated with mental health diagnosis". That statement beautifully summarizes a large part of professional counselor

identity. Although we strive to maintain a clear set of values in regard to our professional identity, the impact of the DSM and its underlying philosophy upon our identity and, in fact, our culture is surely a given.

In the fall of 2011, several divisions of the American Psychological Association posted an open letter and petition to the DSM-5 Task Force of the American Psychiatric Association. The full text of the petition can be seen at <http://www.ipetitions.com/petition/dsm5/> this link provides the details as well as a list of other prestigious international sponsors and signatories. In a blog posting on October 24, 2011, Dr. Allen J Frances, a psychiatrist and outspoken critic of the DSM-5 process, summarizes some of the problems as "...the reckless expansion of the diagnostic system (through the inclusion of untested new diagnoses and reduced thresholds for old ones); the lack of scientific rigor and independent review; and dimensional proposals that are too impossibly complex ever to be used by clinicians".

On November 8, 2011, Don Locke, Ed., President of the American Counseling Association (ACA), expressed ACA's concerns regarding the revisions. In a letter to John Oldham, MD., President of the American Psychiatric Association (APA), Dr. Locke noted that professional counselors are the second largest group makes use of the DSM. He acknowledged the efforts of the APA's DSM-5 Task Force to incorporate new research into the revision. Nevertheless, he stated that professional counselors have raised serious questions regarding the process of revision as well as many of the revisions themselves. The full text of Dr. Locke's letter is posted on the ACA website. The following is a brief summary of the points addressed in the ACA letter:

- Empirical evidence – Counselors have expressed concerns that a number of proposed revisions lack sufficient empirical support and called for an independent review committee. In response to this concern, expressed by other professional organizations as well, the DSM-5 Task force established a Scientific Review Committee
- Dimensional and Cross-cutting Assessments – Counselors expressed concern that proposed assessments contained insufficient information on scale development and external validation.
- Field Trials – Counselors again expressed concern about external validation criteria. Additionally, the impact of the revisions upon prevalence rates are of concern since

DSM-IV and DSM 5 criteria are not being applied to the same trial populations

- Definition of Mental Disorder – Counselors acknowledge advances in neuroscience. However, the proposed new definition of a mental disorder (“A behavioral or psychological syndrome that occurs in an individual that reflects an underlying psychobiological dysfunction” – APA, 2011) is not totally supported by science.
- Transparency – Counselors expressed concern regarding trust in the DSM-5 given that task group members were required to sign confidentiality agreements prohibiting them from discussing the revision process.

On November 21, 2011, Dr. Oldham wrote to the president of ACA with a well developed point by point response. The APA President’s main concern was to welcome comments and dispel myths noting that “...A great deal of misinformation about DSM-5 has been circulating on the internet...” (Dr. Oldham’s letter is also posted on the ACA website). In his letter, Dr. Oldham indicates that the gathering of empirical evidence had its beginnings in 1999 with a co-sponsored conference between the APA and the National Institute of Mental Health. He indicated that dimensional and cross-cutting assessment scales are currently being subjected to a range of both reliability and validity testing and he acknowledges the difficulty of assessing validity in field trials. Dr. Oldham maintains that the DSM-V Task Force “confidentiality provision” has been misunderstood and that task force members have been, in fact, sharing information through a variety of medium. And finally, Dr. Oldham notes that the proposed new definition of “mental disorder” is not a done deal. In his letter, he states:

“...There is no intent on the part of the Task Force to overstate the psychobiological advances in mental disorders: all paradigms are being considered as well. Through the review process, APA assimilated input from around the world and across disciplines and is reformulating its recommendations for the definition of a mental disorder. Many other proposals have been raised after consideration of public comments as well. We continue to work toward a definition of mental disorder that is evidence-based and acceptable to the mental health community at large....”

Dr. Oldham then indicates that a third round of revisions will be posted on the APA DSM-5 website in the spring and that another public comment period will be available at that time. This would be the time for “the public” to give voice to their concerns regarding the decisions and the definition of “mental disorder”.

My point in bringing this up is that the discussions about the DSM have an impact on our professional identity. Take, for instance, the definition of “mental disorder”. Beneath the surface of any definition of “mental health” or “mental illness” are deeper assumptions about what it means to be a person. A definition can elevate “person” to an ideal or reduce “person” to a material measure. Either direction has consequences for both action and identity. Practically speaking, this philosophical discourse has implications not only for how we practice but also who gets to practice! (there have been discussions in the past about who can work under the auspices of the DSM definitions). There are many parties who are very interested in the outcome of these discussions. It is imperative for the sake of the counseling profession that we participate in any dialogue that proposes to define any aspect of human nature. Silence has consequences.

Our national ACA leadership is clearly a part of this conversation. Professional elders such as Yalom (keynote at ACA 2012), Glasser (past keynote at MeCA), and others have written about the role of diagnosis in practice. MeCA past-president Bernedette Willette wrote about the DSM revisions in the Winter 2011 MeCA newsletter. We do have an active voice. Stay educated and involved. Check out the ACA website postings referred to above. Follow the proposed revisions on the APA DSM-5 website. Add Dr. Frances’ blog (DSM-5 In Distress) to your Google Reader. Share information with colleagues. 2013 will probably bring some surprises to practicing counselors, but our participation in dialogue will strengthen our identity.

References:

American Counseling Association website www.aca.com
Francis, A.J. (2011, October 24). Psychologists start petition against DSM 5 (web log post). Retrieved from <http://www.psychologytoday.com/print/77588>.

Glasser, W. (2003). *Warning: Psychiatry can be hazardous to your mental health*. New York: Harper Collins Publisher, Inc.

Yalom, Irvin D. (2002). *The gift of therapy: An open letter to a new generation of therapists and their patients*. New York: Harper Collins Publishers, Inc.

Maine Counseling Association 2011-2012 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 beth_doane@yarmouthschools.org)

Membership Information

Name: _____

Address you want mailings sent to:

Work Phone: _____

Home Phone: _____

e-mail Address: _____

Place of Employment (please 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.**

MeCA Membership

- ___ \$40 Regular Membership
 ___ No Fee Student Membership
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Divisional Membership

- ___ \$10 Maine Career Development
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Regional Council Membership

- ___ \$5 Central Maine Counseling
 ___ \$5 Downeast Maine Counseling
 ___ \$10 Eastern Maine Counseling
 ___ \$10 Northern Maine Counseling
 ___ \$10 Southern Maine Counseling

___ **TOTAL** (Check payable to MeCA)

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 Yarmouth, ME 04096

Email: beth_doane@yarmouthschools.org

ADMINISTRATIVE USE ONLY:

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About MeCA Membership

Member - \$40.00

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.

Student Member - Dues Waived

Students 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.

Emeritus Member - 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.

Membership FAQ

Q: What if I believe I have paid my dues for this year?

A: Contact Beth Doane, Membership Chair, at Beth_Doane@yarmouth.k12.me.us and you will receive a prompt response.

Q: How do I get a membership card?

A: Membership cards are mailed to individuals after the membership fee has been received.

Note: All members admitted are required to:

- subscribe to the [purposes of MeCA](#),
- reside or work in the state of Maine,
- maintain ethical standards of professional conduct and
- 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.

For questions on becoming a MeCA member, contact Beth Doane, MeCA Membership Chair, Guidance Department, Yarmouth High School, beth_doane@yarmouthschools.org.

Session II - continued*Monhegan***The Diagnosis and Treatment of Substance Use Disorders**

Dr. Don Lynch, LCPC, CSW-IP

This presentation will explore the contrast between the current DSM IV-TR criteria for the diagnosis of substance use disorders and the proposed new changes for the upcoming DSM V. What will the implications for treatment be for substance use disorders in the light of a change from traditional categorical diagnoses to the new dimensional perspective? New data impacting empirically supported treatments will be presented covering the newer risk reduction approaches and the more traditional “abstinence only” recovery strategies.

Target Group = All

*Windjammer***Adventure Therapy and It’s Effectiveness with Children and Adolescents (Poster Session)**

Ryan Wells – Grad. Student

Adventure Therapy is a highly adaptable method of treatment utilizing an array of clinical approaches in an outdoor setting. Programs have been developed for a variety of client populations and diagnoses. The purpose of this study is to determine the effectiveness of adventure therapy with this population.

Target Group = Clinical/Mental Health Counselors

*Ebb Tide***Reactive Attachment Disorder: Diagnostic Criteria, Theories, and Treatments (Poster Session)**

Jennifer Hubler – Grad. Student

RAD is a rarely used diagnosis. It is one of the few disorders in the DSM-IV-TR which can be applied to infants and which deals directly with the quality of the infant to caregiver attachment. Children with attachment disorders such as RAD display a wide variety of maladaptive behaviors. The post session will examine current theories, diagnostic criteria, and treatments.

Target Group = All

10:15 - 10:30 am

State of Maine Room – Coffee Break

10:30 – 11:30 am

Session III:***Bay Point Room*****Keynote: The Sexualization of Girls in Media: Considering the Effects and SPARKing a Response**

Lyn Mikel Brown, EdD

A 2007 American Psychological Association (APA) Taskforce Report on the sexualization of girls documents how the relentless barrage of sexualized media messages compromises girls’ healthy social, emotional, and physical development. Showing popular ad campaigns and describing marketing strategies, Dr. Brown explores the images that overwhelm girls each day and exposes the stereotypes and limited choices they present. Dr. Brown addresses the need for strength-based approaches that give girls more voice, control, and creative outlets for activism.

12:00 noon - 1:15 pm *Rockport/Rockland - Lunch*

1:15 - 2:15 pm

Session IV:*Owls Head***Culturally Competent Counseling in Maine: Challenges and Opportunities**

Annette Nelligan, EdD, LCPC, LMFT, LSW

The *ACA Code of Ethics* requires professional counselors to strive to continually gain knowledge, awareness, and skills for working with diverse client populations. The demographics in Maine present challenges to fulfilling this charge since experiential learning options for working with diverse groups are limited by the geographical area of our practice. This presentation examines alternative methods for increasing our cultural awareness. The session will include a panel discussion with international high school students who are studying in Maine who will address questions both about their cultures and their perceptions of the counseling profession.

Target Group = All

*Camden***Senior Financial Aid Nights: Why they don’t work anymore**

Mila Tappan, BS

Waiting until fall of the senior year to learn about paying for college is too late. Students and families need to understand the financial aid process and start planning no later than the freshman year so they can be adequately prepared. During this session we will explain why the senior year is too late to offer a financial aid night and share resources that families can use to help prepare and pay for college.

Target Group = Secondary

Session IV - continued

- Spruce Head* **SPARKing Creative Reactions to Media Sexualization** Lyn Mikel Brown, EdD
In this follow up to her morning keynote, Dr. Brown will present and discuss various ways to engage girls in creative forceful reactions to media sexualization. She will illustrate the ways Hardy Girls Healthy Women, Powered By Girl, and other organizations are working together as SPARK to challenge the sexualization of girls by generating alternative forms of media and coordinating actions on the ground and online.
Target Group = All
- Pen Bay* **Ethics: Counselor Advocacy** Deb Drew, EdD, LCPC
Jeri Stevens, PhD, LCPC
Participants will explore decision making and related issues around advocating ethically for clients and self.
Target Group = All
- Schooner* **NAMI Maine's Theater For Life:
Interactive Theater for Teens** Pete Phair, BS
A fun, rewarding and informative experiential theater program for youth who want to learn more about the mental health issues that may be a part of their daily lives. Whether in support of a friend or family member, or because they live with challenges such as anxiety, depression or suicide themselves, TFL provides valuable experiential learning opportunities for middle school and high school aged youth. Facilitated by NAMI Maine staff, this workshop will include first hand accounts and program demonstrations by youth involved in the Theater For Life Program. TFL includes a variety of theater disciplines and sources – including Viola Spolin, Michael Chekhov, Augusto Boal, David Diamond, Deena Levy and The Actor's Institute.
Target Group = Middle, Secondary
School Counselors. Clinical/Mental
Health Counselors
- Monhegan* **Connecting with Autism:
What Works and Doesn't Work** Susan Anzivino, PhD
Melissa Clawson, PhD
Will discuss the basics of understanding a young person with autism from a professional and personal view. Best ways of relating to these young people with autism will also be suggested. Susan has directed Camp Summit for children with autism for the last seven years and Melissa is raising a son with autism.
Target Group = Elem, Middle,
Secondary Counselors
- Ebb Tide* **Dream Functions (Poster Session)** David Briggs, CRMA/DSP
This review covers theories of the function of dreams, patterns, in dream content and approaches for working with dreams in therapy. This is an overview of therapeutic approaches. A more in-depth analysis of function, as well as the findings regarding why dreams are important in therapy.
Target Group = Clinical/Mental
Health Counselors
- 2:30 - 3:30 pm **Session V:**
- Owls Head* **Helping Kids Navigate Friendship Issues:
Two Practical Techniques** Holly Branthoover, EdD, NC, LPC
For children, managing the developmental issues of making and maintaining friendships is often a challenge. Therefore, friendship issues are a frequent basis for counseling referrals in schools and clinical mental health settings. The presenter will describe two counseling techniques developed for use in social skills and assertiveness training with child clients. The techniques will address friendship issues within the context of developmental and multicultural factors.
Target Group = All
- Spruce Head* **Making College Connections: Why students should complete
their SAT questionnaire and utilize their free scores** Joe Bellavance
Erin Benson
Every student who takes a PSAT, AP, or SAT test from College Board is requested to complete a questionnaire concerning their background and interests. Students can also request their SAT scores be sent to four colleges free of charge. Learn how these steps can help in the college connection process and why you should encourage your students to take advantage of these opportunities. As we look to improve the state's college completion rate communication is critical. Creating better communication can help your students realize they are college-level material.
Target Group = School Counselors
- Camden* **Mandated Reporters of Abuse,
Neglect, and Exploitation** Gloria Payne, LSW, MS LADC
Interventions and supports for victims of abuse. We will discuss mandatory reporting laws and working collaboratively with other organizations along with the basic skills needed for serving victims and using resources to support reporters.
Target Group = All

Session V – continued

- Pen Bay* **Advocating for the Profession of Counseling** Deb Drew, EdD, LCPC
Jeri Stevens, PhD, LCPC
Participants will explore decision making and related issues regarding advocating ethically for the profession of counseling.
Target Group = All
- Schooner* **Guidance and Admissions Roundtable** Carlena Bean, MBA
Ben Milster, MEd
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 = Admissions,
Secondary School Counselors
- Monhegan* **Happenstance Happens: How can we help students choose occupations using happenstance?** Jim Peacock, MEd
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 School Counselors, Career Counselors
- Ebb Tide* **The Psychobiology of PTSD – Clinical Implications** Eric Rutberg, DHEd, MA
This workshop presents information that illustrates how memory centers in the brain combined with the release of neuro hormones related the “fight, flight, freeze” response system are critical to understanding and treating PTSD.
Target Group = All
- 4:00 pm **Fun Run/Walk**
Yoga – with John Yasenchak 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 “AmericanIdol” wannabees emerged from that evening. Join the fun and sing and dance the night away. Target Group: **EVERYONE!!**

Tuesday, April 3, 2012

- 7:00 - 8:30 am *Rockland/Rockport* - Breakfast
7:15 am *Rockland/Rockport* – Meeting of MeASGW – Sign will be posted
7:00 – 10:00 a.m. *State of Maine Room* - Registration
- 8:00 - 9:00 am **Session VI:**
- Owls Head* **The Power of Hidden Agendas: Leadership Techniques for Addressing the Mysteries of Group Work** Zark Van Zandt, EdD
Sue Jones, PhD
This workshop is primarily designed for counselors who work with clients who need to be more conscious of the power of hidden agendas within groups. (The counselor may also find the framework presented to be helpful in his/her own daily life.) A conceptual framework for understanding hidden agendas will be provided, then participants will engage in an activity designed to build greater consciousness of possible hidden agendas and explore ways to shift the energy and direction of those agendas.
Target Group = All
- Spruce Head* **Integrating Brain Research/Restorative School Practices and RTI An Approach that Keeps Students Connected to School** Ansley Newton, MEd
Chuck Saufler, MEd
How do we build relationships with students of all ages? This lecture/interactive workshop will show how to apply what brain research has demonstrated regarding the importance of connection and attunement in brain development. The benefits of developing reflective skills with students in changing the architecture of the prefrontal cortex (PFC) will be discussed. Models and strategies for reflective interactions (restorative dialogue) that build prefrontal capacity (positively affecting impulse control, emotional regulation and other important PFC functions) will be shared. Specific strategies to use in the classroom will be shared. The relationship of Restorative School Practices and how it relates to RTI-Behavior will be addressed.
Target Group = Elem, Middle, Secondary Sch. Counselors

Session VI – continued*Camden***When is an A an A? Variations in local grading scales and the impact on college admissions & scholarships**Jon Henry, UM Augusta
Sharon Oliver, UMaine
Erin Benson, UM Presque Isle

Local school districts take tremendous pride in establishing academic measures of student performance. However, these scales and decisions can have unintended consequences in college admissions and merit scholarship consideration. This session will be an open and frank discussion regarding the challenges University of Maine System campus admissions' staff face attempting to interpret student performance without complete or thorough information from high schools. Topics to be discussed include the myriad grading schemes used around the state, interpretation of local GPA rules for merit scholarship consideration, and the importance of high school profiles in the admission process.

Target Group = Secondary School Counselors

*Schooner***Changing Roles of the Professional School Counselor**

Deborah Drew, EdD, LC

School Counselor roles are ever-changing as we strive to deliver services in a complex world. Students from the graduate program on School Counselors at Husson University will discuss their research on today's roles for school counselors.

Target Group = All School Counselors

*Monhegan***Leadership in Increasing and Supporting AP Participation and Success for Underserved Population**Melissa Gagnon, MEd
Christy McAllaster, MEd

This session will provide school counselors with skills and knowledge necessary for promoting equitable participation and performance of underrepresented student groups in the Advanced Placement (AP) Program. Through easy to use tools, school counselors will learn to examine participants capacity to examine AP data, and apply problem solving strategies to generate best practice intervention.

Target Group = Secondary School Counselors

*Ebb Tide***Factors that Prevent Male Victims of Sexual Assault from Reporting or Seeking Aftercare**

Amy Fecteau, MS in Counseling

This literature review will explore the factors that prevent male victims of sexual assault from reporting the crime, seeking medical care, and seeking assistance from counselors and other professionals. Statistics include 1 in every ten rape victims were male in 2003 according to the U.S. Department of Justice's National Crime Victimization Survey (2003). According to the National Institute of Justice & Centers for Disease Control & Prevention, 2.78 million men in the U.S. have been victims of sexual assault or rape (1998). Sexual assault is one of the most under-reported crimes, with males being the least likely to report a sexual assault (RAINN, 2005). Reasons for the under reporting of male rape include societal stigma of being perceived as homosexual, minimization of the act by others, the victim blaming himself, the myth that male rape only happens in prisons, disbelief of police or authorities, lack of prosecution, and feelings of shame and isolation.

Target Group = All

9:15 - 10:15 am

Session VII:*Owls Head***Existential Psychotherapy**

Andy Abbott, LCPC, PhD

"The Art of Existential Psychotherapy" This program defines what existential therapy is and what it looks like in our clinical sessions. Participants will have tools and clinical skills to implement in their next session using this very unique and dynamic model of therapy.

Target Group = Middle, Secondary School Counselors, Clinical/Mental Health, Career Counselors

*Spruce Head***Update from Maine Department of Education**

Ansley Newton

This session will review State updates from the Department of Education. Participants will have an opportunity to discuss issues of concern from school counselors.

Target Group = Elem, Middle, Secondary School Counselors

*Camden***Groups: Calming the Inner Critic**

Marj Burgess, LPC

This workshop will focus on creative uses of masks to help clients calm and silence the Inner Critic, the internalized critical voice that impedes growth and healing. This use of expressive arts is appropriate for individuals, as well as groups.

Target Group = All

*Pen Bay***What's New in the Maine Suicide Prevention Program**

Carrie Horne, MA, MPS, LCPC

What's new in suicide prevention? This workshop will provide updated data and research information on suicide and suicide prevention efforts in Maine. Participants will find important new training resources that are available to counselors and FREE to your community or school.

Target Group = All

Session VII - continued

Schooner **The Ethic of Self-Care: When Empathy
Becomes Our Enemy** Mikal Crawford, EdD

Empathy is a cornerstone of effective helping. What happens when empathic connections harm the helper? The Code of Ethics for the American Counseling Association presents a clear imperative to self-monitor and attend to one’s needs. How do we know that empathy is turning against us? This program invites participants to examine the empathic response in counseling, and understand how this critical component can, at times, actually work to the detriment of the helper.

Target Group = All

Monhegan **The Chinese are already here in our Maine schools
and more are coming!** Pete Duston, BA

There has been considerable publicity surrounding the enrollment of Chinese students in Maine’s schools as a way to financially “benefit” our schools and increase cultural diversity. Is this a realistic initiative? What are the experiences of Maine schools with Asian students? What are the challenges? How should an interested Maine high school develop its own initiative? Our panel discussion will address these issues. The panel will include schools with considerable experience and have direct school ties or satellite campuses in Asia; a Maine town academy recently enrolling Asian students: one or more consultants or admissions officers with experience recruiting international students; a Chinese consultant; a Dean of Students or Residential Life Director from a high school enrolling Asian students; and hopefully, a Chinese student (probably a college student who also graduated from a Maine boarding school).

Target Group = All

Ebb Tide **Learning the Ins and Outs of the Regional
Student Program, Tuition Break** Wendy Lindsay, BA

Find out how you can better inform your students and families about the opportunities available to them through the Regional Student Program (RSP). The RSP, Tuition Break, saves Maine residents an average \$7,000 on their annual tuition bills when they pursue specialized programs at public colleges in the other New England states. Get answers to frequently asked questions and more. (RSP information available online at: www.nebhe.org/tuitionbreak)

Target Group = Career, Secondary 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 - Sandy Robinson
- Spruce Head* – Admissions - Carlena 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 **Checkout**

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

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

*MeCA is an approved provider for NBCC and for State Licensure.
Workshops offerings are subject to change.*