



WISCONSIN COUNSELING ASSOCIATION FALL NEWSLETTER



President's Message *Angie Flannery, LPC, Assistant Director, Community Adoption Center Green Bay, WI*

As summer was ending and everyone was preparing for the changing season, the WCA Board has been busy planning the upcoming Annual Summit. The summit will again be a day filled with outstanding presenters. It will take place in Wisconsin Rapids on November 5th. If you have never attended, I encourage you to consider the opportunity to connect with other professionals from around the state while you receive training. If you are a returning attendee, we welcome you back.

Another exciting project that the Board has been working on is the redevelopment of our website. Over the next year, Wisconsin Counseling Association members will notice significant changes. The new site will be very user friendly and offer multiple functions. Members will still find information on current Board members, the annual summit and quarterly newsletters. However the new site will offer a member's only page, the ability to renew membership online, register for the summit online, allow members to connect with one another and much more. The projected launch date is late winter or early spring.

I look forward to continuing to serve as your President and hope to see you at the summit on November 5th. If you have any questions, suggestions or are in need of support, contact me at aflannery19@yahoo.com

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DSM-5**Angie Flannery, LPC**

While the final version of the Diagnostic and Statistical Manual for Mental Disorders (DSM -5) is not due to be released until May 2013, clinicians can view the proposed changes and follow the process of revisions by visiting the DSM-5 website. This website provides information on the members of Task Force and Work Groups, a timeline of important activities in the development of the DSM-5, the proposed changes in the DSM-5 and more.

Some of the significant changes that professionals with notice are 1) how to better assess the severity of symptoms, 2) how to better handle co-occurring disorders, 3) a focus on reducing disorders with "not otherwise specified", and 4) aim at better specify "treatment targets" for clinicians. The Task Force is also working on developing dimensional assessments for capturing symptoms and severity of mental illness. Clinicians will also notice a re-organization of the manual according to underlying vulnerabilities and as well as symptom characteristics.

While the final version of the DSM-5 will not be published for nearly 2 years yet, the activities of the Work Group is summarized regularly on the website. I would encourage you to go to the website, www.dsm5.org and review in depth, the proposed changes.

President—Elect's Message
Tammy H. Scheidegger, Ph.D., NCC



I'm back from the ACA Leadership Institute and fully into another academic and professional season. Let me update you on the lobbying efforts that I took part in during my time in D.C. As I noted in the last newsletter, the big issue on professional counselors' radars nationally is Bill s. 604 – the "Seniors Mental Health Access Improvement Act". If enacted, this bill would give LPC's parity with Licensed Social Workers when billing clients with Medicare. ACA is still hoping to find co-sponsors of the bill - a Republican co-sponsor is a high priority. As with many aspects of politics, time is of the essence! With the year winding to a close, the bill must be passed in both the House and the Senate in order for it to become law. So, it is becoming likely that this bill will need to be re-introduced next session.

Other legislative efforts important to your counseling practice are the TRICARE legislation and efforts to have the VA system honor the enacted initiative to hire LPC's. There are many details for us to discuss regarding both these efforts, but basically LPC's who are licensed AND graduated from a CACREP accredited institution are listed as approved providers. Regardless of years of experience as an LPC, if your institution was not CACREP accredited at the time of your graduation, you would not currently be able to provide services to veterans in those two capacities. As this newsletter goes to release, I am waiting to hear from ACA on the total number of

professional members who graduated from a CACREP accredited institution. Here in Wisconsin the number of LPC's listed by ACA (2011) is 2,686. I would like to hear from all members regarding whether or not your M.S./M.A. degree came from a CACREP accredited institution. ACA's lobbyist, Scott Barstow, has assured leadership that ACA is working on behalf of all its members to widen the eligibility standards to be inclusive of all LPC's, regardless of the educational institution's CACREP status, for both TRICARE and in the VA system. Please make your voice heard!

Lastly, Army Directive 2011-09 was announced on 7/26/11 and it authorizes "the Army Substance Abuse Program (ASAP) to employ licensed professional counselors and licensed mental health counselors as independent practitioners with a well-defined scope of practice". As part of the credentialing and privileging standards for licensed counselors, that same CACREP stipulation is in place with an important exception: "Counselors who are already employed with ASAP or who have already entered the application process for an ASAP counseling position prior to the effective date of the directive do not have to meet the accreditation requirement". Both NBCC and ACA sent a message to members on 8/19/11 that stated "Qualified counselors who are interested in ASAP positions should act quickly".

The Army's national hiring initiative is described at the following link:
www.dodlive.mil/index.php/2011/08/army-urgent-to-hire-130-substance-abuse-counselors-asap/

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President-elect's Message Cont...

I will be conducting a workshop at the Fall Summit on November 5, in which I'll be discussing these legislative efforts as well as other HOT TOPICS on the National Level. I hope you'll join me so that we can discuss your thoughts, concerns, and challenges.

Looking forward to seeing you all at the Summit.

Tammy

You can contact Tammy Scheidegger at: scheidet@mtmary.edu



The one red leaf, the last of its clan,
That dances as often as dance it can,
Hanging so light, and hanging so high
On the topmost twig that looks up at
the sky.

~ Samuel Taylor Coleridge

Professional Summit Update

Dear WCA Members:

The Wisconsin Counseling Association (WCA) cordially invites you to attend our Fall Summit.

The WCA Fall Summit will be held **Saturday, November 5, 2011 from 8:15 AM to 4:15 PM with Registration starting at 7:30 a.m.** The Summit is held at Mid-State Technical College, 500 32nd Street North, Wisconsin Rapids, WI 54494. Please mark your calendars now!!!

FEES ARE AS FOLLOWS:

WCA Members Pay:

| | |
|------------------------------|---------|
| Professional/Regular Members | \$50.00 |
| Students | \$40.00 |

NON-WCA Members Pay:

| | |
|---------------|----------|
| Professionals | \$100.00 |
| Students | \$65.00 |

IF YOU WISH TO JOIN WCA AND ATTEND SUMMIT PAY:

| | |
|---------------|---------|
| Professionals | \$95.00 |
| Students | \$60.00 |

A buffet lunch and 6 continuing education units are included in your Summit fee.

To register, fill out a WCA Membership form and/or a WCA Registration Form (found latter in this newsletter) and return with your check or money order to:

**WCA Treasurer
James Krems
5390 Clarice's Circle
Stevens Point, WI 54481**



Hi, I'm Jeni!

When I started to think about what I could contribute to this newsletter, I admit that I was stumped. Where do I begin? What do the students I represent want to hear? What do I want to share? With so many questions and so many ideas, I thought I should start at the beginning, so to speak, with introducing myself to WCA and more importantly, the students I represent.

My name is Jennifer Newport, though I much prefer to be called Jeni, and I am WCA's Graduate Student Representative. I am starting my third semester of my Professional Counseling program at the University of Wisconsin Oshkosh in the Community Emphasis. This semester brings my Practicum placement and experience which is at the UW Oshkosh Counseling Center, more specifically the AODA Sanctioning Program. Though I have a busy semester, I can't wait for the experiences that lay ahead of me. I also can't wait for the winter break, partially due to the fact that I will get some time to relax but also because I am traveling to India for two weeks with the counseling program to study counseling and spirituality.

Enough about me, what about you? Well, tell me! Fellow counseling students, please utilize me in WCA. I am here to serve us all, to be a voice for us all to our wonderful state's counseling association. But here's the thing- I cannot represent the student body well if I have no student body input. I also encourage you to get involved as much as your time, studies, families, and work

allow you to. Get involved with WCA, Chi Sigma Iota, community organizations, so on. In a society where networking is key to getting a job, start networking now so that when you graduate, you will have employers knocking at your door offering you your dream career. Okay, maybe not your dream career right off the bat, but we are going to graduate school to get jobs so why not maximize our time in graduate school so time isn't wasted post-graduation.

I end this article with one simple request my fellow graduate students, keep in touch with me so that I can represent us all to the highest potential. My email address is newpoj35@uwosh.edu. When you contact me for whatever reason you see fit, I will strive to respond to you in a timely manner. I wish you the best with your endeavors, both academically and professionally!

Fall in Wisconsin What a Beautiful Time of Year!



CESA 5 Presents:

CESA5

Brain Works

Strategies to Enhance Learning

Sponsored by the Safe & Drug Free Schools Department

October 4, 2011 (Tuesday) - DAY 1

November 15, 2011 (Tuesday) - DAY 2

9:00 a.m. - 3:30 p.m.

CESA 5, 626 E. Slifer St. Portage

Trainer: Terry Haag

Teacher Standards Addressed: #2, 3 & 5
Administration Standards Addressed: #2, 3 & 4
Pupil Services Standards Addressed: #2 and 6

Wear comfortable clothing for activities



Registration Fee

Includes lunch, materials and book.

Book: *Hands On: How to use Brain Gym in the Classroom* by Isabel Cohen & Marcelle Goldsmith

| | <u>DAY 1</u> | <u>DAY 1 & DAY 2</u> |
|---|--------------|--------------------------|
| ATOD Network | \$75 | \$125 |
| Non-ATOD Network <small>(Marshfield, Mauston, Reedsburg, Stevens Point, Waupaca, Wild Rose, WI Rapids)</small> | \$125 | \$225 |

Please Note: Participants can attend Day 1 only OR Day 1 and Day 2. Day 2 will focus on reflection of experience and skill refinement. You must attend both classes to receive graduate credit.

Who Should Attend: ATOD Coordinators, Teachers, Counselors, Social Workers, Nurses, Paraprofessionals

Participants will experience and learn activities that :

- Maximize learning capabilities
- Stimulate nervous system activity in all parts of the brain
- Lessen the fight or flight reaction
- Develop new neuro pathways when learning feels "stuck"

Participants will apply these strategies to their specific learning environments

ONE GRADUATE CREDIT AVAILABLE

Additional cost of \$200 for 1 credit
THROUGH VITERBO UNIVERSITY
Credit Registration and fee paid
on first day of class. Must attend both days.

Registration Deadline is Sept. 26, 2011
Register early to ensure course offering

Register at:

[http://login.myquickreg.com/event/event.cfm?
eventid=2151](http://login.myquickreg.com/event/event.cfm?eventid=2151)

Please Note:

Each person must register separately online.

There are 2 steps for a new user: Create your user profile then click on the "All Events" tab to search and register for this event.

Questions: 608-742-8814

Genevieve Kirchman @ Ext. 247, Registration: Andrea @ Ext. 293

Refunds will only be given for cancellations received up to three working days before workshop start date.

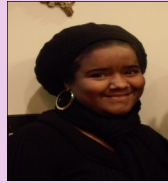
NBCC Announces 2011 Scholarships

The NBCC Foundation is pleased to announce the 2011 scholarships available for students pursuing a career in professional counseling. The scholarship program is an integral component of the NBCC Foundation's mission to promote mental health through professional counseling and credentialing. The goal of the scholarships is to increase the number of counselors in priority underserved communities.

The military scholarship provides financial support to service members and veterans who are currently enrolled in counseling programs and who commit to serving military personnel for a minimum of two years upon graduation. Similarly, the rural scholarship provides financial support to students who are currently enrolled in counseling programs and who commit to serving rural areas upon graduation.

Both scholarships are in the amount of \$3,000 and five of each are available. Recent military experience is required for the military scholarship, and residence in a rural area is a requirement for the rural scholarship. The deadline for applications is November 1, 2011.

For more information about the NBCC Foundation scholarships, please visit www.nbccf.org/programs



The Value of Self-Care for Counselors

Karisse Alicia Callender, MS

The topic of self-care has always been of interest for me, and this interest has grown since entering the field of mental health and addiction. I consider our field to be one that is unique and quite valuable to society, after all, we aim to provide a bias-free environment, where persons can confide in us to shed light on their darkest issues, or to simply lend a listening ear. But the question always arises as to who takes care of the helper? Clients come to us sometimes at their most vulnerable points, some, even on the brink of suicide and possibly thinking that no one else cares about them. When we sit on the opposite end, or next to our clients, we are expected to put our personal issues aside and be fully present, be professional and ethical. However, there are a variety of factors that can impede this therapeutic process if the counselor/therapist does not address unresolved issues that come up in their lives.

Although we are in the helping profession, there is one saying that I believe to be true: we cannot help others until we help ourselves. Having said that, I am in no way suggesting that we should be perfect, or "problem free," but we do have a professional responsibility to take

Continued next page ...

Self Care Continued ...

care of our emotional, physical and cognitive self in order to be balanced and effective in our therapy with those that need us most: our clients. There are a wide range of self care activities that you can engage in, depending on your personal preferences and what is readily available to you. Here are a couple self-care activity suggestions:

- Yoga,
- Meditation,
- Exercise,
- Seeking counseling,
- Gardening,
- Sports,
- Crafts,
- Journaling,
- Talking to close friends,
- Spa treatments,
- Reading,
- and many more!

Whatever your personal choice, find what works for you and do it! Balance is important, and in everything we do, moderation is vital.

Being extremely honest with oneself is good exercise.

~ Sigmund Freud

Attention Individual Behavioral Health Providers



Southwest Family Care Alliance (SFCA), a managed care organization for the Wisconsin Family Care program, invites private practitioners to submit credentials to join our network of behavioral health providers (Clinical Social Workers, Marriage and Family Therapists, Professional Counselors and board certified Behavioral Analysts) in southwest Wisconsin.

SFCA provides long term services for frail elders and adults with physical or developmental disabilities who are eligible for Medicaid.

Send resume /credentials and questions to pkemering@familycarealliance.org

Conscientious Objections are Challenging Counselors' Code of Ethics

By Carrie King, Ph.D., NCC

There are two highly publicized court cases, *Bruff v. North Mississippi Health Services, Inc.* (2001) and *Eastern Michigan University v. Julea Ward* (2010), that address the conflict between religious values and counseling GLBTQ clients. The former case was brought by a licensed counselor who was released from her employment after she refused to work with a lesbian client who wanted to work on her relationship issues in counseling. The counselor stated that "homosexuality" conflicted with her religious beliefs. Her termination was upheld in a federal court of appeals. In the latter case, the court ruled in favor of the university that had dismissed the student after she expressed that her religious beliefs included that homosexuality is morally unacceptable and refused mediation to learn cultural competency skills. In both cases, the court ruled against the counselor/student citing that the beliefs expressed violated the ACA Code of Ethics that include the following statements:

A.1.a. Primary Responsibility: The primary responsibility of counselors is to respect the dignity and to promote the welfare of clients.

A.4.b. Personal Values: Counselors are aware of their own values, attitudes, beliefs, and behaviors and avoid imposing values that are inconsistent with counseling goals. Counselors respect the diversity of clients, trainees, and research participants.

C.5. Nondiscrimination: Counselors do not condone or engage in discrimination based on age, culture, disability, ethnicity, race, religion/spirituality, gender, gender identity, sexual orientation, marital status/partnership, language preference, socioeconomic status, or any basis proscribed by law. Counselors do not discriminate against clients, students, employees, supervisees, or research participants in a manner that has a negative impact on these persons" (ACA, 2005).

Similar cases have been filed in the past few years, however, the Ward case has led a number of states, most recently AZ, to develop 'conscientious clause initiatives' resulting in proposed legislation that would allow counseling students to refuse counseling clients whose goals conflict with the student's religious beliefs. Furthermore, the proposed legislation may be written in such a way to trump ACA's Code of Ethics, the industry standard in the field of counseling.

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Ethics Continued from page 10

This movement toward allowing religious bias in the decision to counsel or refer gay or lesbian clients is troubling process in several ways. Philosophically it leads to the question, if counselor training shifted to allowing students to put their own needs ahead of their clients, does multicultural competency remain a core skill required of all counselors? Relating to professional counseling practice, it is alarming the potential harm that can befall clients when a counselor-first position is legally given power and legitimacy.

There is evidence that less than 15% of clinical supervisors discuss sexual orientation within supervision; and only one-third of those discussions are initiated by supervisors (Gatmon et. al., 2001). In training and supervision, addressing ethical issues by using the ethical decision making process is imperative for client safety and ethical practice. Some may become transformed into a culturally competent practitioner. Others may decide that the values and beliefs they possess are in conflict with the ethics of the profession, and choose a different professional path. The legislative response stemming from the Ward case, highlights the importance of having discussions within supervision about religious values and GLBTQ clients and applying ethical reasoning to seek a resolution that protects the GLBTQ client.

This hot button topic for current students and professional counselors, on both sides of the issue, will be discussed in the "When Values Conflict with Counseling Ethics" sectional at the WCA summit in November.

Join Us At The Summit!

**Wisconsin Counseling Association 2011 Fall Summit
Saturday, November 5, 2011
Mid-State Technical College Campus, Wisconsin Rapids, WI**

Professional Counseling: Making A Difference

Interested in attending? You can find more about the Summit on page 5 and page 13 of the newsletter or go to <http://www.wicounseling.org/id18.html>

Developmental Asset Article: “A Fall of Hope”

As a teacher, parent, child care provider, religious educator or anyone who works with youth, you are well aware of a summer of great discontent and stress.

Many youth were not even around on Sept 11, when our world faced the tragedy of 9-11. However they today are all hearing about how we in the USA faced the issues. We also have been facing natural disasters of tornadoes, hurricanes and fierce storms, which can be frightening to children and youth of any age. In addition our economy that is challenging adults with job losses and cuts in benefits with more responsibilities can add stress to the children who see the people they love, anguishing.

However, as a community who has had the Developmental Asset message shared in schools, churches and youth groups as well as with families, we have an opportunity to help our youth look at the future with hope.

The Developmental Assets are 40 qualities that are researched based and if developed in youth through their formative years, will help them become mature responsible adults. www. SEARCH Institute.org has named those qualities and has helped our county form them and develop them at all ages.

The KEY to developing them is to build relationships with youth through conversations. Some talking suggestions would be to help develop hope and release stressors are:

1. Talk about the tragedies but discuss how the goodness and caring of individuals in reacting to disasters showed resiliency and positive results.
2. Talk about you and they can react in a caring way, whether locally, statewide or nationally.
3. Talk about how you and they can distinguish between needs and wants and how one can do with less. Grandparents and even parents can share how they faced a Depression and War Times with less and yet survived.

Developing the Assets in an intentional way will help not only youth but adults develop a resiliency and face the future with HOPE and have fun doing it. Happy Asset Building!

**Written by Mary Ann Krems &
Dee Erlandson
Portage County Alliance for Youth
www.pcayouth.org**

Professional Counseling: Making a Difference

As I have been working to put together an enticing fall summit for this year, I have thought a lot about the theme, Professional Counseling: Making a Difference. I believe that the work you do makes a difference every day. Sometimes small, sometimes large and noticeable, but I also wonder how we make a difference at the annual fall summit. What are some of the things that we all really want to happen at or as a result of the fall summit? Two things come to mind right away, (1) we want to share knowledge, and (2) we want to provide opportunities to earn continuing education credits, but I think the summit should be an experience beyond just those two things. I would like to see counselors connect with each other on the joys and struggles not only of their work, but get to know each other more personally; create a Wisconsin Counseling network beyond that of your agency, town, or city. I have been to many different kinds of conferences and I have to admit that many times I am really excited to attend mainly because I am able to connect with old friends and long lost familiar faces. Yes, I am able to benefit from the rich educational sessions, but conferences go beyond sitting in sessions. The connections we make at the summit help give us renewed energy to do our work. We also hope it inspires us to get involved in the profession beyond our day to day work and consider the issues counselors are facing on the state or national level. One session at the conference this year will address the issues professional counselors need to consider at a national level. Hopefully, the knowledge passed along in this session along with the connections, and renewed energy experienced at the conference will help us get inspired to make a difference beyond the walls of our practice on an even larger level.

How will this year's summit make a difference in your life beyond earning continuing education credit or expanding your knowledge and/or awareness of a particular concept? How would you like it to make a difference? WCA is a growing chapter of the ACA and we want to shape it to fit the needs and desires of the counselors in Wisconsin, but we also need everyone to take part to make this chapter influential. For starters, we need to know how we can make more of a difference in your life as a professional counselor in Wisconsin. Please take some time to think about how you are advocating and making a difference in the counseling profession beyond the great work you do in practice and how WCA can provide support.

By Kelly Melvin, Professional Development/Summit Chair