

The Connecticut Counselor

The Newsletter of the Connecticut Counseling Association

Save the Date!

- ▶ CMCHA sponsored workshop:
Everything You Need, You Already Have
Sept. 26, 2009
- ▶ ACA Annual Conference & Exposition
March 20–22, 2010
- ▶ CCA Annual Conference — April 30, 2010

Details on our website www.ccamain.org

CCA Announces Results of Election

Past President Gail Lehman has announced the following results from recent CCA elections

CCA President: Michele L. Bullock
President-Elect: Michael Gilles

CMCHA:

President Karla Troesser
President-Elect: Jenna Harma

CCDA:

President: Nancy De Crescenzo
President-Elect: Linda Schultz

CACES:

President: Vernon Percy
President Elect: Kimberly Traverso

CCUCA:

President: Marie McCain

Lobbying trip to Capitol Hill

By Michele Lynn Bullock, MA, LPC, NCC,
CCA President

Hello Everyone! CCA began its year with a leadership visit to Capitol Hill meeting with Senator's Dodd and Lieberman and Congresswoman Rosa DeLauro's offices to advocate for H.R. 3200, the health insurance reform bill and Medicare coverage of Licensed Professional Counselors.

It's vital for you to contact your Senator and Congressperson to ask them to support Medicare coverage of LPC's. This is a non-controversial, widely supported step to improve beneficiaries' access to mental health treatment. Both the House (2007) and Senate (2003, 2005) have already approved legislation establishing Medicare coverage of state-licensed professional counselors. We need them to fund it as part of the health insurance reform bill that will be voted on in September!



L–R, Michele Bullock, CCA President, Pat Giordano, NAR President-Elect, Bob Schmidt, NAR President, Terry Mitchell, NAR Past-President, Deb Del Vecchio-Scully, CCA Executive Director.

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The Connecticut Counselor

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Production Manager: Deb Del Vecchio-Scully

The Connecticut Counselor is the official newsletter of the Connecticut Counseling Association (CCA) and is published four times per year. CCA is a state branch of the American Counseling Association (ACA) which is located at 5999 Stevenson Avenue, Alexandria, VA 22304-3300.

The newsletter is provided to all members of CCA. To become a member of CCA, please request a membership application form from our Executive Director:

Deb Del Vecchio-Scully
36 Dorrance Place
Hamden, CT 06518
1-888-818-1110
cca_exec_dir@msn.com

The Connecticut Counselor Advertising Rates:

\$125 (\$105 for members).....Full Page (7" x 10")
\$100 (\$75 for members)1/2 Page vertical (4.5" x 7.5")
\$100 (\$75 for members).....1/2 Page horizontal (7" x 5")
\$ 70 (\$55 for members).....1/4 Page (3.5" x 5")
\$ 30 (\$20 for members).....Classified ads (5 lines)

*The editor reserves the right to reject, condense, or modify any advertising or other submitted material as deemed appropriate. **All ads must be paid in full prior to publication.** Please send your ad copy and a check made payable to The Connecticut Counseling Association to:*

Jo Ann Kiernan, Ph.D.
CCA Newsletter Editor
753 Burnham St.
East Hartford, CT 06108

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**DEADLINE FOR THE NEXT ISSUE OF
THE CONNECTICUT COUNSELOR IS
NOVEMBER 7, 2009**

Leadership Contact Information

CCA President:	Michele Bullock	Michele.Bullock@ccamain.com
CCA President Elect:	Michael Gilles	Michael.Gilles@ccamain.com
CCA Past President:	Gail Lehman	Gail.Lehman@ccamain.com
CCA Member at Large:	Pam Anderson	Pamela.Anderson@ccamain.com
CCA Secretary:	Alison Power	Alison.Power@ccamain.com
CCA Treasurer:	Mary Ellen Lyon	Mary.Ellen.Lyon@ccamain.com
CMCHA President:	Karla Troesser	Karla.Troesser@ccamain.com
CCCDA President:	Nancy De Crescenzo	Nancy.DeCrescenzo@ccamain.com
CACES President:	Vernon Percy	Vernon.Percy@ccamain.com
CCUCA President:	Marie McCain	Marie.McCain@ccamain.com

Past President's Notes

Meeting The Challenge of the New Year

By Gail Lehman, M.S., N.C.C., L.P.C.
CCA Past President 2009-2010

Jobs May End at 5 O'clock; Careers Don't!

I have referred to that simple sentence in my articles while serving as president during the CCA Fiscal Year 2008/2009, as it pertained to the duties and obligations of the responsible and accountable professional counselor and participating in professional organizations. Now that the new fiscal year has begun and roles are changing, I wish to take this opportunity to thank you, the members of CCA, for caring enough for your profession to assume so many roles within the organization. **YOU MAKE SUCH A DIFFERENCE!** Below are some of the of the accomplishments your organization made during the year.

- The year began with at least eight open leadership positions. Seven were filled by fellow members.
- The web site, which has been under construction, began to offer benefits to "members only."
- The Newsletter continued with many fine articles and welcomed a production manager.
- Once again, the Annual Conference was well attended and offered a wide range of topics that appealed to counselors of multiple disciplines.
- Tight budgeting and careful spending permitted the organization to hire a professional to monitor bills moving through the Connecticut Legislative Agenda.
- CCA was well represented in the North Atlantic Region by two CCA members who have assumed officer roles in the NAR.
- The Executive Committee and Governing Council embraced technology and saved members time and gasoline by meeting by teleconference on several occasions.
- As the year moved on, our president elect found it necessary to resign from that position. Again, a member stepped forward so that the organization would have a president this year.
- This new year welcomes a new executive director and our retiring executive director moved into the role of technology chair.
- Special thanks go to all the members who served as standing committee chair and as leaders within each of our divisions. Indeed, you are a mighty force.
- Our appreciation goes to Western Connecticut State University for welcoming us to its Waterbury Campus for necessary meetings.

As this new year begins, your retiring president moves into role of past president and assumes the duties of conference coordinator for 2010. Opportunities abound to help with the Conference.

It is very easy to see that it takes many people to keep our professional organization fine tuned so that it can serve the licensed professional counselor. Your officers anticipate that this will be a challenging year. We are up to that challenge and hope that you are as well. Thank you all for your support while I was president. I look forward to working with you all in this new year!

CCA is in the business of helping YOU the professional counselor become all that YOU can become.

Division News

CONNECTICUT MENTAL HEALTH COUNSELORS ASSOCIATION

By Karla Troesser, CMCHA President

The CMHCA Board is looking forward to an exciting 2009-2010 term!

CMHCA members are involved in all aspects of the counseling field. We are made up of mental health counselors who work with adults, children, adolescents, and families. We work in outpatient clinics, private practices, hospitals, residential settings, state agencies, and in-home treatment programs. We include graduate students with the desire to further their professional development and network with experienced counselors. Every year, it is our hope to address the needs and concerns of all CMHCA members and the counseling profession.

Some of the things that we have in store for 2009-2010 include:

Division meetings will be scheduled throughout the year.

Tentative Dates:

September 20, 2009

November - TBD

March 7, 2010

April 30, 2010 Annual Conference

Locations and times will be announced via list serve and on the website www.ccamain.org

- ▶ Mass mailing of brochure and letter to Connecticut employers, providing information about LPC's and encouraging hiring.
- ▶ Mass mailing to Connecticut LPC's, not yet members of CMHCA and CCA, detailing how important it is to stay connected to our professional organization, especially when it comes to lobbying for our professional needs.
- ▶ Planning a professional education event for fall 2009 and co-sponsoring other training programs throughout the year with fellow counselors.
- ▶ Assisting CCA in further developing the CCA Website and posting specific information that CMHCA members would find helpful.
- ▶ Preparing for Mental Health Awareness Week/Month 2010, and much, much more....All suggestions are welcome!!

We are always looking for enthusiastic members to take part in the planning or implementation of many activities throughout the year. If you would like to get involved in a certain area, please contact me at KTroesser@hotmail.com. We would love for you to be involved, no matter how much time you have to offer. Volunteering is a great opportunity to gain more professional experience, whether it is in event planning, legislative outreach, or in a leadership position.

North Atlantic Region Meeting

By Deb Del Vecchio-Scully, LPC, NCC
Executive Director

Every fall the leaders from the state branches in the ACA's Regions gather together for a leadership conference. This year, the ACA decided to bring all of the regions together in July for one meeting in Alexandria, Va. It was a great opportunity to meet the ACA President, Dr. Lynn Linde and President-Elect, Dr. Marcheta Evans, ACA staff and Regional leaders, Division presidents and Executive Directors from all over the country.

The current NAR chair, Bob Schmidt, a counselor educator from Connecticut and President-Elect, Pat Giordano, a mental health counselor also from Connecticut were in attendance as well as CCA president, Michele Bullock and Executive Director, Deb Del Vecchio-Scully.

Keynote lectures were given on Leadership, Motivation and Success; The Impact of and Usefulness of Social Media; How Leaders Build, Connect, and Succeed; and the Responsibilities of a Leader.

Training Sessions were conducted on:

*Staying Out of Hot Water: What Leaders need to Know
About Taxes, Laws and Business*
Leading an Organization when you have little or no staff
*Building a Successful Organization by Exceeding
Customer Expectations*
Planning a Perfect Meeting
Professional Advocacy: Access Issues in Testing
Social Media for Leaders: A Brave New World
*20/20 – A Vision for the Future of Counseling
– A Roadmap for the Profession*
Risk Management for Counselors
*Collaborating with Your Branch Divisions to Maintain
Professional Unity & Provide Services to Members*
Marketing on a Shoestring

Emerging Leaders Workshops

Tips, Strategies, and Preparing to Lead
*Emerging Leader Basics – Navigating
the ACA Structure*
Marketing on a Shoestring

Contact Information for the North Atlantic Region Leaders

President: Bob Schmidt
President-Elect: Pat Giordano
Past-President: Terry Mitchell

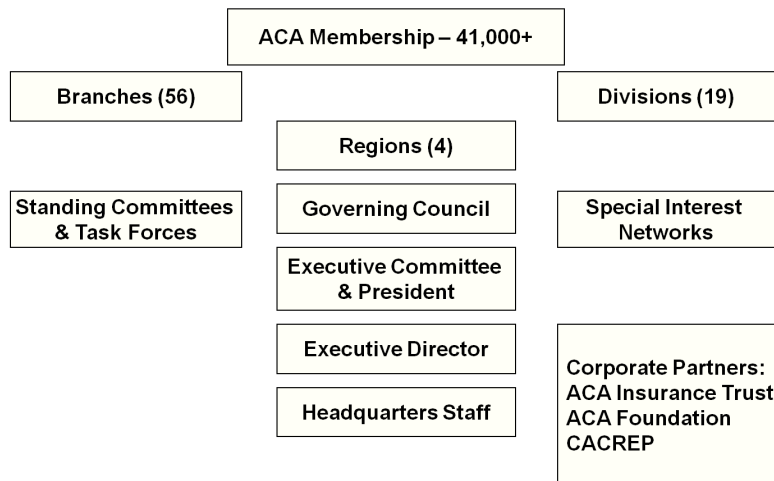
Serenitysh@aol.com
PatGiordano@hotmail.com
TerryMitchell56@hotmail.com

Getting to Know ACA

ACA is a complex organization with over 41,000 members with 19 divisions and 4 Regions: North Atlantic, Western, Southern, and Western. Each region has Governing Council Representatives and all ACA members are able to vote for all elected positions – ACA president and president-elect and the NAR Governing Council Representative. The nominees for the North Atlantic Region Governing Council Representative are Terry Mitchell and Kelly Kenney. Terry is NAR Past President and Kelly is the Current Governing Council Representative.

You can learn more the ACA Governing Structure and the Candidates for office at www.counseling.org

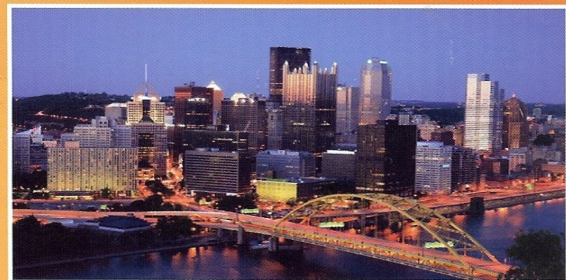
Bylaws and Governance Structure



**Register by Monday, August 31
for low summer rate**



**on the preeminent professional
development event in 2010
for anyone in counseling!**



- Pre-conference Learning Institutes: March 18–19
- Education Sessions: March 20–22
- Exposition: March 19–21

counseling.org/conference
703-823-9800, x222
800-347-6647, x222 (M-F, 8 am – 7 pm ET)



AMERICAN COUNSELING
ASSOCIATION

Join a CCA ListServ and Start Chatting!

By Marlene Ruderman and Nina Malinak

Are you Tweeting or posting and commenting on My Space or Facebook?

The CCA List Serve is a professional space for all CCA members to ask questions, share information and make comments. Recent discussions have included: Peer Supervision, pending Federal Medicare Legislation and Board Certified Professional Counselors and the more whimsical topic of office furniture. If you are looking for space to set up your practice, or run a workshop, our members are located all over the state and can help you. If you are a student and soon to be licensed, List Serve members can share what has worked for them so you won't need to reinvent the wheel. We are a friendly, informative group of counselors eager to contribute from our varied experiences.

Sign up for the list serve at [CCA members only listserv-subscribe@yahoogroups.com](mailto:CCA_members_only_listserv-subscribe@yahoogroups.com) but as the title of the List Serve implies membership in the list serve is an advantage of being a CCA member. If you are presently not a member you can access a membership form at our website www.ccain.org

Student Members' Listserv

If you wish to join this mail group, send a BLANK message to:

CCAStudentGroupMail-subscribe@yahoogroups.com

This is a news, notes, and study group for students of the Connecticut Counseling Association.

The Master Therapists 2009-2010

One-day Workshops Held in Keller Auditorium at UCONN Health Center

Friday, September 25, 2009

Joseph Shannon, Ph.D.

Through the Looking Glass: Understanding and Treating Personality Disorders

Friday, October 23, 2009

Virginia Fry, M.A.

Confronting Grief & Loss Over the Lifespan with Creativity

Friday, November 13, 2009

Celine Saulnier, Ph.D.

Clinical Issues in Autism Spectrum Disorders: From Assessment to Treatment

Friday, December 4, 2009

Michael Otto, Ph.D.

Stopping Anxiety Disorders in their Tracks: Treatments That Work

Friday, January 22, 2010

Kevin Polk, Ph.D.

Using Acceptance and Commitment Therapy with Difficult Cases

Friday, February 26, 2010

Bessel van der Kolk, M.D.

How Mind and Brain Deal with Trauma Across the Lifespan: Implications for Treatment

Friday, March 19, 2010

W. Robert Nay, Ph.D.

Anger And High Conflict Relationships: Cognitive-Behavioral and Short-Term Interventions for Adolescents and Adults

Friday, April 16, 2010

Brent J. Atkinson, Ph.D.

Emotional Intelligence in Couples Therapy: Advanced Strategies for Helping Your Clients Rewire Outmoded Emotional Habits

Friday, May 7, 2010

Bill O'Hanlon, M.S., L.M.F.T.

The Science of Happiness: Applying Positive Psychology to Clinical Work

Friday, June 4, 2010

Paul Foxman, Ph.D.

Anxiety Disorders in Children and Adolescents: A Mind-Body Therapy Approach

The Master Therapists Program • 860-679-3789
UCONN Health Center • Department of Psychiatry-CME
263 Farmington Ave. • Farmington, CT 06030-1935

HELP WANTED

The following leadership positions are available in CCA and its divisions:

CCA CEU Coordinator

The CEU coordinator reviews all CCA Division sponsored and Division co-sponsored professional development workshop proposals for compliance with NBCC standards. The CEU coordinator processes CEU requests and distributes the documentation to workshop participants. For additional information, contact Deb Del Vecchio-Scully at cca_exec_dir@msn.com. To apply, contact Michele Bullock at Michele.Bullock@ccamain.com

E-Newsletter Production Manager

The Production Manager oversees the electronic production of the E-Newsletter and should be familiar with various E-Newsletter production software including Joomla. If interested, please contact Deb Del Vecchio-Scully at cca_exec_dir@msn.com for the full job description and, if possible, please include a sample of a newsletter produced.

Conference Chair

The Conference Chair coordinates all aspects of the Annual conference:

- ▶ Works with the Past President in booking a Keynote Speaker
- ▶ Schedules and Co-Chairs Conference Committee Meetings with Past President
- ▶ Coordinates Program and Presenters
 - Develops 'call for proposals'
 - Receives proposals
 - Develops program schedule with Past-President & President
 - Assists with development of program brochure and registration form
 - Communicates with presenters
- ▶ Coordinates the various sub-committees
- ▶ Coordinates information that goes in the presenter and attendees packets
- ▶ Post-conference completion of CEU paperwork
 - Sends thank-you letters and evaluation forms to presenters after conference

CCUCA – President-elect Contact Marie McCain (mmccain@uconn.edu)
Membership Chair Person



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CALLING ALL LICENSED PROFESSIONAL COUNSELORS

By Jenna Harma, LPC, NCC
CCA Referral List Chair

If you are a licensed professional counselor who currently sees clients in private practice, and you have sufficient liability insurance (\$1,000,000/\$3,000,000 coverage)—WE WANT YOU! CCA has an active counselor referral directory on its website. We receive calls from other counselors and potential clients who seek reputable counselors in all areas of the state. In an attempt to provide better services for our clients and promote our own profession, we are looking for CCA members to join our counselor referral directory. The process is easy:

1. Provide contact information and additional information about your practice,
2. Proof of current CT LPC license and liability insurance, and
3. Annual fee renewable with your CCA membership.

We are looking for counselors throughout the state to join our referral service. Currently, our referral list has over 30 active counselors. Contact information is available on the CCA website, ensuring easy access to both colleagues and potential clients.

If you are interested, or would like more information, please contact me at:

jennalynneharma@hotmail.com

Or call: (203) 631-7949.

I look forward to building this referral service for both colleagues and clients.

