

VISIONS

ACCA



From the President

Paul David Fornell
California State U. - Long Beach

What is a Professional Counselor?

Did you know that there is no such thing as a College Counselor? That there is no such thing as a School Counselor? Nor, Career Counselor? Or, Mental Health Counselor? There isn't! There is only one title for this one career and it is Professional Counselor! Now, of course, there are Professional Counselors who choose to specialize in the college area, or the career area or the mental health specialization, but all of us are first and foremost Professional Counselors.

Over 25 years ago when I was making the transition from being a professional teacher in a high school special education environment to professional counselor, I was exposed to a very simple and yet profound list of what makes a professional counselor. Here are those qualifications, and I'd like you to ask yourself if you fit or not? And, what you are doing to encourage others to meet these standards?

First of all, a professional counselor has a minimum of a master's degree in counseling or closely related field. This masters degree has been earned preferably at a CACREP approved program, or at least a graduate program that utilizes the CACREP standards as the minimum acceptable criteria for their faculty, students and curriculum. While master's level counselors are seen as fully qualified to provide professional services, the doctorate is seen as the terminal degree in our profession. Do you meet this standard? Will you meet the standard for licensure or certification in your area? Are you working with your colleagues to meet this standard?

Second, a professional counselor is either licensed (by your state), certified (i.e. NBCC) or registered (i.e. CA Registry.) As you may know California and Nevada are the last two states without state licensure, but that doesn't

prevent a professional counselor from earning either a national certification or in California our state registration. While completely voluntary, professional counselors see this as a minimum standard for their profession. Since I have been involved (1980) we have gone from 6 states with licensure to 48 and it is only a matter of time before CA and NV complete this process. In the meantime, all professional counselors should be certified and/or registered. Are you certified? Are you registered? Do you urge others to meet this standard? And, even if you're not required to become licensed by your employer have you attained this distinction?

Third, professional counselors belong to both their national (ACA) and state professional organizations. In addition, a professional counselor may also belong to numerous other professional groups including the various specialty areas (i.e. college [ACCA!], mental health, career, rehabilitation, etc.) While memberships in these different professional associations may add up to a significant amount of money paid in dues, it is seen by the professional counselor as a life long responsibility to maintain one's professional identity and life long ongoing professional development. Grad school is only the start of our education, and professional development goes on throughout the career life span of the professional counselor. What memberships do you hold? Are you an active member in your national, state and local professional associations?

Fourth, from the previous discussion, the professional counselor participates in a minimum of at least 20 hours per year of professional continuing education. While there are an incredible number and variety of possible continuing education offerings in the market place (our ACCA conference in Reno was top notch!), the professional counselor seeks out those that are best suited to the continuing educational needs of the counselor, and not what is simply convenient or less expensive. And, no, a professional counselor needn't travel long distances or spend lots of money, but the decision should be based on the quality of the program and the intended benefit to the counselor and ultimately their clients. Personally, I would hope that our programs sponsored by ACA, ACCA and our various other divisions and other interest groups would be on the top of

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My Son, The Alcoholic/Addict

John Hipple
University of North Texas

Stephen had his 28th birthday this month and his daughter, Gypsy, turned one year old. Stephen has been struggling with his use of substances since the age of 14. He has experimented or used regularly so many drugs. He and we have been involved with so many treatment interventions, that I can hardly remember them all: out patient, in patient, partial hospitalization, long term residential, family counseling, AA, NA, medication of various kinds and jail time to recount just some. As I write this he is in the midst of a down hill slide with crack.

Stephen and his partner ran afoul of Child Protective Services and now his mother and I have temporary custody of our granddaughter. Actually CPS has custody and we are the foster family. In the coming year Stephen and his partner have to show / prove that they can appropriately care for their daughter. If there is not satisfactory progress their parental rights will be terminated. And then what? I am 67 and my wife, Lee, is 62. Could we, should we be open to adopt the little one? My mind races.

Sadness, fear, anger, helplessness, and hopelessness run rampant in my heart and mind. So many questions and so very few answers. What went wrong with him, with us, with society? What did we do wrong? What didn't we do? Why is this happening to him and us? As a counselor with years of experience, why couldn't I have been more effective in helping him? Over years of working with clients and families, I have heard these questions so many many times. And they take on special meaning when they are my own questions.

And of course in my daily work as a college counselor I so often see students who are somewhere on a path which is similar to Stephen's. I see the binge drinkers, the chronic drinkers with a long standing history, those who are experimenting with this or that drug, those who are 'clearly' already addicted. It is a struggle to maintain a sense of objectivity, be helpful, and hopeful. It is hard not to catastrophize. It is difficult to work with them in a patient way as they consider being ready to change their chemical use. It is a struggle to remember that so many young people who seem to be so 'far gone' with their use that they can actually return to a moderate and appropriate level of

use. At times it is impossible to not be parental and maybe inappropriately share 'my / our' story.

At our Counseling Center we also supervise counselors who are embarking on their own counseling careers. I am often annoyed as to how ill trained they are in their knowledge of substance abuse and dependence and how mental/emotional issues can intertwined with the chemical use. Is it really my job to educated them as to how to do an assessment and how to evaluate readiness to change, and how to engage clients in positive ways? I find myself angry regarding non-counseling professors have filled these young counselors with little that works in the real world. And of course the challenge is how to filter all of this and continue to be a helpful supervisor.

I am often angry and perplexed by institutional approaches to helping students deal with the complexity of life filled with alcohol and other chemicals. My own university has huge beer advertising signs on our stadium. There is a huge push to increase the number of tail gate activities at our football games. And of course alcohol consumption is a cultural part of this. We have alcohol and other drug policies which are a strange mix of punishment and education. We don't hire licensed chemical dependency counselors in our wellness program. So many inconsistencies; no wonder students have problems.

My personal challenge is how to be emotionally and intellectually balanced as I go through my day at work and at home. How to be as good as I can be as a husband, father, grandfather, counselor, and educator. The task often seems overwhelming, but I soldier on.

Register by November 30 for Discount on ACA Convention

You can take advantage of the early discount on the ACA Convention through November 30, 2006. Don't miss this incredible professional education and networking opportunity. Rates increase by \$50 on December 1.

The convention will be held in Detroit, Michigan, March 21-25. Earn more than 30 CE credits, network, grow professionally and see the "new" Detroit while you experience this extraordinary professional development opportunity. View the program and register online now <http://www.counseling.org>



ACCA Conference

Kevin Gaw
University of Nevada, Reno

National ACCA Conference a Success!

The 3rd National ACCA Conference, held at John Ascuaga's Nugget in Sparks, Nevada, was a resounding success! Participants came from 40 states and 4 other countries – making a total of 296 professionals in attendance. Attendees were impressed by the range of CEU-earning programs and the quality of them. In addition, content varied from career counseling issues to clinical assessment and treatment strategies, from ethical dilemmas to wellness.

The conference, spanning from October 3rd to October 6th, hosted a very well received Early Arrivals Reception (complete with music, food and door prizes), the engaging and creative keynote presentation by Papooh Balbuena and Tom Balistrieri, and the fun Business Meeting and Luncheon chaired by our President, Paul Fornell.

Many awards were presented, and of significant importance, Mark Freeman's award and recognition for his professional leadership to the Association and to the profession.

An exciting set of spontaneous gifts occurred at the Early Arrivals Reception, when Dr. Mary Finn Maples (Past-President, ACA) and Dr. Marie Wakefield (ACA President) both offered and gave away one ACA 2008 registration each. ACA Trust provided another free registration, as well. The other exciting moment was celebrating Perry Francis' birthday – he's 29 now. Yeah, right.

To evaluate the conference, an online survey was conducted. Of the 296 attendees, 158 responded (a 53% response rate) to the survey, which included a raffle for a free Savannah Georgia registration. The winner is,... (will be announced upon acceptance!)

The *College Counseling Advocacy Booklet* is a valuable tool for promoting college counseling services among students, parents, administrators, campus personnel, and the general public. Available at: <http://www.collegecounseling.org/about/index.html>

Respondents provided the following overall ratings for the conference (n = 158):

- 156 (99%) rated the conference as Good, Very Good or Excellent
- 122 (77%) rated the conference as Very Good or Excellent
- 48 (30%) rated the conference as excellent

The quality of the conference programs were also rated high (n = 154):

- 149 (97%) rated the quality as Good, Very Good or Excellent
- 107 (70%) rated the quality as Very Good or Excellent
- 41 (27%) rated the quality as Excellent

The 4th National ACCA Conference, to be held in Savannah, Georgia (February 6-9), will continue the tradition of the past conferences – high quality programs, great networking opportunities, and excellent learning. Join us in Georgia!

CounselorAudioSource.Net



The main feature of Counselor Audio Source is a weekly podcast designed for practicing counselor's personal and professional development. The CAS Podcast typically features a 20-40 minute interview with a practicing counselor or counselor educator on a topic relevant to the support and growth of the practicing counselor.

The weekly audio program can be streamed to play on your desktop computer, downloaded and stored for future playback. This site also supports an RSS link which will allow for free subscription management and capture for play on any MP3 audio device.

Visit CounselorAudioSource.net to learn more about the available sessions or to learn how you can contribute.

ACCA Graduate Students

ACCA is committed to fostering the careers of graduate students interested in college counseling. An ACCA membership brings opportunities for state and national leadership, networking with professionals, employment information and support, and continuing education assistance.

One of the three member-at-large positions on the ACCA Executive Council is reserved for a graduate student and all the other offices and committees of ACCA are open to graduate students as well.

Networking is an important activity for future college counselors and ACCA provides that in spades! State and national conferences, workshops, ACCA-L - all provide opportunities to meet with college counselors, exchange ideas, foster mentor relationships, and discover resources.

We encourage graduate students to take advantage of the opportunities that ACCA offers!

2007 Ethics Case Study Competition

The ACA Graduate Student Ethics Case Study Competition serves as an opportunity to engage graduate students in critically analyzing a potential ethical case and creating an appropriate ethical decision making plan. Prizes will be awarded to recognize the top master's and doctoral teams. To learn more visit <http://www.counseling.org/Students/>

The National Association of Graduate-Professional Students acts as a clearinghouse for graduate and professional students, serves as an advocacy group for graduate-professional students, addressing a broad range of issues. For additional information visit: <http://www.nagps2.org>

The Department of Education's website offers valuable information concerning student loans, grant information, and an extensive list of links to other sites relevant to graduate students. See: <http://www.ed.gov>

COUNSGRADS Listserv has been developed to help graduate students from across the country communicate with one another. Students can talk about classes, internships, papers, and ideas about the profession. To learn more visit <http://www.counselling.org/Students/>

Journal of College Counseling

The *Journal of College Counseling* is the scholarly journal of the American College Counseling Association and is one of the important benefits of ACCA membership.

Articles published in the *JCC* inform the practice of counselors working in higher education settings. Topics such as intentional self-harm, eating concerns, anxiety and depression, student athletes, counseling diverse college populations, two-year colleges, substance use, group counseling, psychoeducation, and more are addressed in the journal's pages.

Researchers and practitioners are encouraged to submit Research, Professional Issues, and Innovative Practices manuscripts for review for publication in the journal. See the ACCA Website or email jcc@odu.edu for Author Guidelines and additional information.

The Journal's editors are: Alan M. "Woody" Schwitzer, Old Dominion University, Interim Editor; Kelly Wester, University of North Carolina at Greensboro, and Douglas A. Guiffrida, University of Rochester, Associate Editors.

The *JCC* is peer reviewed by about 25 college counseling scholars who are members of ACCA. Announcements about opportunities to serve the journal appear occasionally throughout the year. We look forward to submissions and your interest!

California Association for Counseling and Development 2007 Annual Conference

February 16-18, 2007
Embassy Suites - San Francisco Airport

Theme: California Dreaming: 40 Years of Counselors
Making the Dream a Reality

Go to: <http://www.cacd.org> for more information and to view the 2007 Call for Presenters, Invitation to Exhibit, and Conference Registration.

ACCA Grant Opportunities

Roxane Dufrene & Deborah Jackson Research Committee Co-Chairs

The American College Counseling (ACCA) has just had its National Conference in Reno, NV. ACCA is announcing the research awards for next year! ACCA announces two research grant opportunities for the 2006-2007 year. These grants can provide various financial support methods to you and your research team such as:

- ♦ Pay yourself a salary
- ♦ Hire a research design or statistical consultant
- ♦ Compensate your participants
- ♦ Compensate secretary(ies)
- ♦ Pay for web services
- ♦ Pay for professional production and copying of materials
- ♦ Hire graduate students

Individuals may submit, or be a part of a submission team, for only one proposal. The following is a general description of the two types of awards available:

Annual Research Grants

ACCA seeks to support research that fosters a greater understanding of professional counseling as it relates to college student populations and the professionals who serve those populations. Therefore, ACCA will award two \$500 grants for research in the area of college counseling. These investigations include counseling at community, vocational, and technical institutions as well as colleges and universities.

Funded Research Award

This funded research is designed to recognize and honor individuals who are seeking to complete a comprehensive research study (e.g., thesis, dissertation, or major research project) investigating the "effects of college counseling practices on college student retention". The Funded Research Award provides a cash award of up to \$5000.00.

Both of the financial supports are open to all members of ACCA. Students are especially encouraged to apply. The deadline for both of the proposals is March 1, 2007. For further information concerning submission of applications, criteria of awards, qualifications, and financial

compensation, please visit ACCA's website at <http://www.collegecounseling.org/>. Go to the News folder on the main webpage. Online submission of proposals are preferred. You can send a proposal through an attachment to one of the co-chairs.

ACCA is looking forward to supporting their members. Please don't hesitate to contact the chairs of the research committee regarding any questions you may have:

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Emerging Leader Grants

Sparkle Greenhaw Texas Christian University

The American College Counseling Association will be awarding Emerging Leader Grants to new professionals and/or graduate students who are interested in pursuing careers in college counseling and plan to attend the ACA Convention on March 21-25, 2007 in Detroit, Michigan.

Graduate students and new professionals are encouraged to apply. The application deadline is Friday, December 15, 2006. Preference will be given to those applicants who demonstrate a commitment to college counseling through scholarship and/or service.

Recipients will receive a grant that covers the cost of registration and the ACCA Brunch and Business Meeting in Detroit. Application materials are available online at www.collegecounseling.org.

If you have any questions, contact Sparkle Greenhaw at k.Greenhaw@tcu.edu

Calling All Files! The ACCA Archive Needs You!

Laura A. Dean
University of Georgia

Now that ACCA is 15 years old, there are lots of you out there who have served in leadership positions or worked on ACCA projects. If you still have files that you haven't quite known what to do with, we can help! ACCA has established our organizational archives at Bowling Green State University, in the *National Student Affairs Archives*.

ACCA is now one of 14 national (plus four regional & six state) professional associations to have established archives at Bowling Green. Along with ACPA, NASPA, CAS, and a number of other organizations, ACCA has begun the process of making sure that the records of our development and history as an organization are not lost, but are preserved and organized where they can be accessed if needed.

For future reference, and for research by graduate students and others, the archives will serve as a repository of minutes, officer lists, annual awards, committee reports, proposals, newsletters (every issue of *Visions*!), membership and financial information, and other important ACCA records.

Thanks to the efforts of Amy Ertel, Joyce Thomas, and others, we have already sent a significant amount of records to be catalogued and archived. If you have documents or materials that you think might be appropriate to submit, please contact the ACCA Archivist, Laura Dean, at ladean@uga.edu. I'll be happy to talk with you about what you have and how to submit it. The next time you clean out your files, remember ACCA!

ACCA has been a member of CAS since 1993, and our involvement and voice at the table continues to be valuable. On a personal note, I am grateful to ACCA for the opportunity to serve as the representative to the CAS Board. Having recently become the CAS Publications Editor, I especially appreciate being able to represent ACCA in that capacity and to contribute both to the work of ACCA and the work of CAS.

For further information on CAS, go to the CAS Website or contact Laura Dean, the ACCA representative to the CAS Board of Directors, at ladean@uga.edu.

From the Editor

Melanie M. Bullock
University of Texas - El Paso

Thank you to all of the counseling professionals that contributed articles, news items, and announcements for this edition of *Visions*!

The ACCA Conference in Reno was a great experience! It was a wonderful opportunity to learn, network, and reenergize. I would like to take this opportunity to invite session presenters to continue sharing their work by writing an article for *Visions*.

At the conference we recognized the work of our Column Editors. Each of them seeks information, announcements, and articles for their area of interest. Our Column Editors: Stephanie Fujii, Community College Column; Derrick Paladino, Graduate Student Column; and Donald Strano, Counselor Educator Column. Thank you for your contributions to *Visions*! We are seeking a column editor for the University Counselor Column. If you would like to join the team, please contact me at mmbullock@utep.edu.

Our goal is to create a valuable resource through which we disseminate information of interest to college and university counselors. To meet this goal we need your help! Please submit articles, mini-case studies, best practices, literature reviews, and announcements on what is happening in the "world of college counseling."

Please forward submissions as word document that includes your name, affiliation, and contact information. Since we are an online newsletter, page length is flexible - no books or chapters please! Submissions tend to run 1- 2 pages.

Visions is published November, March, and July.

**Submissions for the spring issue are due
February 20th.**



Send submissions to
mmbullock@utep.edu
Please include *Visions* in your
email subject line

Without you *Visions* will be empty!!



**ACCA
On-line Continuing**

ACCA & Professional CEU offers on-line professional development moduels. You can access these programs on our website or <http://www.professionalceu.com>

Psychiatric Medication Update 2006 *New*

Beth M. Dubisar, Pharm.D., BCPP
Assistant Professor, Department of Pharmacy Practice
South University School of Pharmacy
Georgia Regional Hospital-Savannah
4 Contact Hours * \$45 for ACCA Members

Following this presentation the participant should have a greater understanding of:

- ♦ New pharmacologic agents available for the treatment of a variety of mental illnesses.
- ♦ The target symptoms these agents effect.
- ♦ Common side effects and adverse effects associated with these agents.
- ♦ Duration of treatment and desired outcomes related to these agents.



A Creative and Collaborative Approach to Test Anxiety Counseling

Joyce Thomas
3 Contact Hours * \$30 ACCA Members

Dream Interpretation: Successful Techniques

Mark Freeman
2 Contact Hours * \$25 ACCA members

Ethical and Policy Issues When Dealing with Suicidal Behavior on the College Campus

Perry C Francis & Mary Jeanne Raleigh
3 Contact Hours * \$30 for ACCA Members

Listserv for College Counselors

ACCA-L is the electronic mail list (listserv) of the American College Counseling Association. The list is used regularly by over 400 college counselors for discussion of professional issues, information exchange, job openings, networking, and support related to counseling in higher education settings. It is open to all persons (members & nonmembers) interested in college counseling as a service to the profession by ACCA.

To Subscribe

1. Visit: www.listserv.uga.edu/archives/acca-l.html
2. Click on Join or Leave List to complete the forms

To review the program and register visit:
<http://www.counseling.org>

New Assessment for College Counselors

Pearson Assessments now offers one comprehensive tool: the newly developed MCCI™ (Million™ College Counseling Inventory) assessment. The MCCI test is the only comprehensive personality assessment available that was created for use with college students. To request a free trial of the MCCI test, visit PearsonAssessments.com/tests/mcci.htm. For more information visit PearsonAssessments.com

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Stephanie Fujii, Estrella Mountain Community College
Derrick Paladino, University of North Carolina -Greensboro
Donald Strano, Slippery Rock University

Visions Editor
Community College Column Editor
Graduate Student Column Editor
Counselor Educator Column Editor

*President**continued from page 1*

every professional counselors list! How many hours of continuing education do you earn every year?

Fifth, another area that frequently is given very little attention after a student leaves graduate school is life long supervision. Most often the emphasis on high quality clinical supervision is focused in the graduate program and training and not as much after the formal education has been completed. The professional counselor accepts the responsibility and the need that life long supervision is absolutely necessary to maintain the highest level of quality in our services throughout our career life span. Certainly, as we mature and develop as professionals our need for set weekly supervision sessions may diminish, but the need is always there and we should embrace it fully and proactively. When was the last time you sought out high quality clinical mental health supervision?

Sixth, do we as professional counselors pay it forward and also pay it back? By this I mean, do we remember and cherish the pioneers of our profession, many of whom had to fight incredible battles for our place in the field. And, do we put time and effort and energy into sharing with the new up and coming graduate students our wisdom, knowledge, and compassion? The history of professional counseling goes back some 90-100 years and we need to celebrate our past as well as continue to pour energy into our future. Have you said thank you to one of our heroes lately? Have you challenged a graduate student?

These are a few important characteristics of what it takes to be a Professional Counselor. I would welcome your thoughts. Please send them to me at pforneil@csulb.edu and I'll be happy to summarize what I receive and will pass along to the members of ACCA in the next edition of the Visions. Let me also remind you to stay on top of the latest ACCA developments by visiting our web site often <http://www.collegecounseling.org>.

Also, if we missed you at our ACCA conference in Reno, I hope to see you at ACA in Detroit in March. Be sure to watch both Visions and the listserv for more details about ACCA programs at the convention. There will be a special track of programs just for college counselors...oops, I mean professional counselors who work in a college or university setting! And, happy holidays to you and your family and colleagues!

*You must be the change
you hope to see in the world.*

Mohandas Gandhi

**Expand Library Resources:
Request the
*Journal of College Counseling***

The *Journal of College Counseling* (JCC) provides timely articles on professional issues, research, and innovative practices.

As a member of ACCA, you receive a subscription to JCC. However, other professionals, students, and future professionals could also benefit from this excellent resource if you request your institution library to begin a subscription to the journal.

You may cut or copy this form to make a request, or you may wish to contact your acquisitions librarian directly.

Library Recommendation Form

Please forward this form to your subject librarian.

Requested by: _____

Department: _____

Signature: _____ Date _____

I recommend that the library subscribes to The *Journal of College Counseling*

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