

MAINE COUNSELING ASSOCIATION NEWS & VIEWS

WWW.MAINECA.ORG

FALL 2012

Sketch by Martin Gallant - MeCA Historian

From the President - Summer Leadership Experiences in Alexandria and Castine

By John Yasenachak

Greetings Counselors!

I hope all of you had a great summer! I was camping at Sebago Lake over the Labor Day weekend and had the opportunity to hear Allagash stories old by a park affiliate. Those wonderful stories reminded of Maine's beauty as well as the diversity of people we serve. In July, I met with other branch leaders at the ACA Leadership Conference in Alexandria and had the opportunity to reflect on issues that impact those people as well as the practice of professional counseling in Maine. Over one hundred and thirty professional counselors in leadership roles had the opportunity to converge on Capital Hill in order to advocate for our profession. Terry Mitchell and myself, representing MeCA, met with the staff of Senator's Snowe and Collins, as well as Representative Michaud, to discuss three key ACA legislative issues that impact our profession and our clients. Those issues briefly summarized are:

1. Continued funding for the Elementary School Counseling Program (ESSCP)

The ESSCP provides competitive grants to schools and is the only Department of Education Program that is focused on support for school counseling programs and the implementation of school counseling services. As you well know, research shows that implementation of school counseling programs significantly impacts the life of our students. ACA is requesting that Congress maintain an appropriation of at least \$52 million for continuation of existing programs.

2. Medicare, Outpatient Mental Health Services, and Coverage of Licensed Professional Counselors

Data indicates that access to mental health services in the Medicare program is a significant problem for elders and others who receive that benefit. The positive impact of mental health services on chronic disease measures is well known. However primary care providers report that it is often very difficult to find services for their patients. Medicare

covers mental health services when provided by psychiatrists, psychologists, clinical social workers and advanced practice nurses. But despite comparable training, and in some cases, more training, LCPC's are not reimbursable under Medicare. ACA would like Senators to cosponsor s. 604, the "Seniors Mental Health Access Improvement Act of 2011", that would cover LCPC's. Additionally, a House companion bill should be included.

3. Licensed Professional Counselors continue to be Excluded Being Hired by the VA

In December of 2006, both Congress and the President enacted legislation that explicitly recognized Licensed Professional Counselors within the VA. Even though the VA adopted standards in response to the legislation, Licensed Professional Counselors have been shut out. In 2012, the VA posted 940 positions for social workers and only 49 for LCPC's. Veterans are thus deprived of the services that can be provided by clinical mental health counselors. Both the need as well as factors like the high suicide rate among recent veterans is a major concern. Senators Snowe and Collins have been extremely active in support of Maine's veterans. Representative Michaud has been very supportive of LCPC's in the VA and received official acknowledgment from ACA in a letter delivered by Executive Director Richard Yep during our visit with the congressman's staff. ACA would like Congress to exert pressure on the VA to fully incorporate LCPC's into its structure.

These issues as well as others impact the way in which our identity as professional counselors is evolving. The main learning for me from the Capital Hill experience is that in order to "be seen" we need to speak up. Although most legislative staff knew about professional counseling, there were some who were not familiar with the range of services we provide. We need to continue to speak up! If you are interested in learning more, check out the legislative action section of the ACA website. Contact our Congressional Offices

Con't on page 3

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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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From the President - con't.

and express your concerns. Remember that personal letters and contacts are more likely to be noted than form letters.

The Alexandria experience was immediately followed by the MeCA Summer Leadership and Board meeting in Castine. Jill Carins was welcomed as the new president-elect and Traci Small was congratulated on her excellent leadership as president over the past year. Dean Collins reminded us that he will be leaving the treasurer's position after many years of dedicated service in that role. The MeCA Board discussed issues ranging from membership recruitment to the design of a more user friendly website. The Board acknowledged receipt of the ACA Best Practice Award for the ethics workshops presented annually at the conference by Deb Drew and Jeri Stevens. Secondary to that work, MeCA

will be establishing a branch ethics consultation committee. And of course, the Conference Committee began its planning for another wonderful conference in 2013.

It was an exciting summer for both ACA and MeCA and I felt privileged to participate in both leadership events. Your membership in both the national and state branch is extremely important in order to the vision of professional counseling. I strongly encourage you to consider becoming even more involved through political advocacy, education, and leadership opportunities. There are opportunities to serve and if you are interested, you can contact Board members or myself directly. I welcome hearing from you!

Enjoy autumn's grandeur in our beautiful State of Maine!

From the President Elect

By Jill Cairns

It's my pleasure to be writing as your newly elected President-Elect for the Maine Counseling Association! As a Maine native and an Aroostook County gal it is truly an honor to be entrusted with this position.

Can you believe it is fall already? I'm not sure where the summer went but it sure flew by. Although I am a bit sad to see the bright, sunny and warm days dwindling, I have to admit that the fall is absolutely my favorite season of the year.

Fall is the time of year where cars packed with dorm supplies are driving up and down the state of Maine delivering fresh young faces to college campuses all around the state. For those of us working in Admissions, this is when our hard work becomes real – the mountains of applications become actual students walking in and out of our campus buildings. It's what we, as admissions professionals, work so hard all year long to see. Fall is also the time of year where high schools across the state open their doors and welcome their new freshman class and greet their graduating seniors; elementary and middle schools welcome the scores of little feet in their hallways. And, new backpacks and squeaky sneakers fill the hallways with the noise of a new school year beginning.

This fall I am experiencing two significant events. The first is that my oldest daughter started Kindergarten – what an incredible rite of passage. She could barely get her legs to stretch far enough for that first step onto the school bus and her backpack was nearly as big as she was! But, she

got on that bus without one bit of hesitation and gave me a quick wave without thinking twice. The second is that as a junior in high school, my niece began taking college courses at the University of Maine at Fort Kent. I nearly fainted when she proudly displayed her "Bengal Badge" student ID card to me. I am just not sure I am ready for all this growing up! Professionals working in our high schools, middle schools and elementary schools sure have taken on a very different meaning for me.

Fall also welcomes the harvest season in Aroostook County. Potato harvest is a significant part of the fall season in the County where many schools still close for 2 to 3 weeks to supply enough labor to harvest the prized potato. The smell of turning ground and the sight of leaves changing color signify the start of a fresh, new season. It's a time of rejuvenation and renewal. It's a great time of year to say "thank you". Thank you for hard work you all do. As we move through the school year, let us not forget the role we all play in the success of our Maine students. The impact we have is real and significant.

Lastly, I encourage you to consider getting involved in Maine Counseling Association as well as your regional association or your affiliate or division. It is a fantastic avenue to connect with colleagues in your area and throughout the state of Maine. I look forward to serving you this year - have a wonderful fall everyone!

Public Policy Update

By Ben Milster, Executive Board Public Policy

Below is a listing of the bills relevant to the counseling profession that were heard during the last legislative session. Two of the bills were supported by MeCA with written testimony. The bills were LD 1760 - An Act to Ensure Notification to Victims of Domestic Violence, Sexual Assault and Stalking When Defendants Are Released on Bail), and LD 1857 – An Act to Enhance the Protection of Social Service Home Visitors. LD 1760 was passed and signed by the Governor, while LD 1857 did not make it out of committee.

Due to space limitations, I have not included summaries of all the bills, and I would encourage you to take a look at the bills on our Maine State Legislature site.

CARRIED OVER FROM SESSION I, 125TH LEGISLATURE

LD 980 – An Act To Prohibit Cyberbullying in Public Schools
Dead

LD 1237 – An Act To Prohibit Bullying and Cyberbullying in Schools
Passed as amended and signed by the Governor, 5/21/2012

LD 1422 – An Act To Prepare Maine People for the Future Economy
Passed as amended and signed by the Governor, 5/21/2012

LD 1503 - An Act To Promote School Attendance and Increase School Achievement
Passed, 4/12/2012

BILLS INTRODUCED IN SESSION II, 125TH LEGISLATURE

LD 1673 - An Act To Prohibit Verbal Sexual Solicitation of a Child.
Signed by Governor (Emergency Measure) 4/6/2012

LD 1688 – An Act To Clarify the Status of Patients Held under Involuntary Commitment Applications
Signed by Governor 3/20/2012

LD 1690 - An Act To Protect the Privacy of Social Workers
Dead

LD 1692 – An Act To Clarify Case Management Supervision Authority and Ensure Access to Case Management Services
Dead

LD 1705 – Resolve, To Create the Task Force on the Prevention of Sexual Abuse of Children
Signed by Governor (Emergency Measure), 5/21/2012

LD 1760 – An Act To Ensure Notification to Victims of Domestic Violence, Sexual Assault and Stalking When Defendants Are Released on Bail (Supported by MeCA)
Signed by the Governor, 4/16/2012.

LD 1770 –An Act To Encourage Parental Involvement in Education
Signed by the Governor, 3/30/2012.

LD 1780 – An Act To Enhance Career Pathways for Adult Learners
Signed by Governor 3/16/2012.

LD 1838– Resolve, Regarding Legislative Review of Chapter 33: Regulations Governing Timeout Rooms, Therapeutic Restraints and Aversives in Public Schools and Approved Private Schools, a Major Substantive Rule of the Department of Education
Signed by the Governor as a Resolve as amended (Emergency Measure), 4/4/2012

LD 1840 – An Act To Limit MaineCare Reimbursement for Methadone Treatment
Dead

LD 1857 – An Act To Enhance the Protection of Social Service Home Visitors (Supported by MeCA)
Dead

NEW "GOVERNOR'S BILLS"

LD 1858 An Act To Ensure Effective Teaching and School Leadership
Signed by Governor, 4/13/2012

LD 1866 An Act to remove Inequity in Student Access to Certain Schools
Dead

LD 1854 An Act To Expand Educational Opportunities for Maine Students
Became law without Governor's signature, 4/23/2012

LD 1865 An Act to Enhance Career and Technical Education
Signed by Governor 5/21/2012

Eastern Maine News

By Stan Pelletier, EMeCA President

I hope this letter finds you in good health and ready to enjoy the fall season, which is nearly upon us. As incoming EMeCA president, I was able to attend the executive board retreat in Castine in July, and represent our Eastern Maine group. Castine has lots of hills, as I found out when I went running before our evening reception (this can be a good thing or a bad thing, depending on one's point of view...). EMeCA leadership will be planning a fall event, so keep watch for news. We're also looking to get our email list updated, so if you see this and you're unsure of whether or not we have your contact information, please forward it to me at stan.pelletier@rsu25.org so I can make sure you get any direct correspondence coming from EMeCA officers. Thanks and best wishes.

Northern Maine Counseling Association

By Mary A. Warren

Our Northern Maine Counseling Association (NMCA) held our first meeting of the year on September 5 at the University of Maine at Presque Isle (UMPI). As usual, it was a jammed packed but delightful day among professional peers. We were given updates and treated to a delicious breakfast hosted by Upward Bound followed by a welcome from UMPI's new President, Linda Schott. From nine to noon we received an excellent annual update from College Board and then were treated to a lovely lunch compliments of UMPI.

Yes, the day was jammed packed with food as well as info!!

After lunch we received an update from Erin Benson (Director of Admissions at UMPI) and staff about new programs for that institution. Our NMCA meeting commenced during the afternoon with nearly thirty participants! We brainstormed for ideas for future professional development opportunities together. Ideas included presentations from the New England Regional College Board specific to the new "Redi-Step" program, a College Business Administration presentation, a Transcripts Round Table discussion, and a New Counselors Workshop. We are also planning a Job Fair in April 2013, and that committee reported out to us. WOW, what an amazing group!!

When I began as a School Counselor, this (NMCA) was my "turn-to" group. This is the group that helped, and helped, and helped me get through my first year in the field. I am both delighted and honored to have been given the opportunity to lead this group of remarkable professionals as president.

Our next meeting will be held at the University of Maine at Fort Kent on November 7, 2012.

A Thank You

By Traci Small, MeCA Past President/Conference Co-Chair

When I was first approached and asked to become the President--Elect of the Maine Counseling Association (MeCA), I declined. Just prior to this inquiry, I had taken on the role as the Director of the School Counseling Program at Camden Hills Regional High School. In addition, I had two young children at home. The responsibilities that these "jobs" carried was overwhelming at that time and while I felt honored to be asked, I knew that I wouldn't be able to fully devote my full attention to the association, and continue to be the "mama" and Counseling Director that I aspired to be. When asked the following year, I actually felt ready, personally and professionally.

Although I was not fully aware of what I was committing to, I entered with an open mind and willingness to learn from others on how to represent our association and the counseling profession. Through these new leadership responsibilities, I had the opportunity to meet amazing counselors from Maine who served on the Executive Board and various Committees of MeCA. These dedicated volunteers have devoted much of their time to keep our association vibrant and alive.

Fortunately, I then had the opportunity to travel and meet other counselors from across the USA during two American Counseling Association National Conferences. Through these experiences, I learned that while there are many active counseling associations across the United States, our association is one of the most well established ones in the North Atlantic Region. (For those of you who don't know, our Region is comprised of Connecticut, Delaware, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, and Vermont as well as the District of Columbia, Europe, Puerto Rico and the Virgin Islands.) We can absolutely attribute this to the longevity of some of the leaders within our association.

We are incredibly lucky to have such strong leaders whose dedication has helped to keep the association running smoothly over the many, many years that it has been in existence. We have members who have volunteered anywhere from ten to twenty--five years of their personal time to MeCA. Even at the risk of leaving someone out, I want to list those members here:

John Parkman – ACA/NAR
Marty Gallant-- Historian
Carlena Bean-- Admissions
Dean Collins-- Treasurer
Ben Milster-- Public Policy
Jeff Wright-- Website

It's time to thank these folks, and all others on the Executive Board and our other committees, who have helped play a part in MeCA's success. We thank you for your time, commitment and dedication to making our association, along with the annual conference, a valuable and highly respected organization for our members.

I'm now in my last year of this three--year cycle, and reflecting back over the years, I realize that joining the MeCA Board has been one of the most valuable professional development opportunities I have had. I am sad to be at the end of this tenure, but I want to thank everyone who welcomed and allowed for me to represent counselors across the state of Maine

Please remember to read the next MeCA Newsletter for information on our annual conference scheduled for April 8th and 9th at the Samoset Resort in Rockport. Mark your calendars now! Jill Cairns, our new President--elect, along with myself, will be co--chairing this exciting conference. For those of you who are considering leadership opportunities and want to get involved with MeCA, please reach out to someone on the Executive Board (see maineca.org for this listing). We would be happy to talk with you and help you decide if the timing is right for you!

Using Knowledge of Neuroscience in the School Counseling Session

By Conne McVey, LCSW

Given the growing research and emerging media coverage about how one's brain can be "re-wired" as a result of things like trauma, psychotherapy and meditation, it behooves all school counselors to have a basic understanding of neurobiology. However, this can be a daunting task, even for the most scientifically savvy counselor. Reading books written for psychotherapists about neuroscience is one way to begin digesting the information.¹

Going to seminars about the brain and studying two and three dimensional brain models are other ways to absorb this complicated material. But once you know the facts, how are you supposed to make use of them? Integrating simple, concrete neurobiological concepts using fun props with teachers, students and their caretakers in the classroom or school counseling session is an effective way to start.

Having intense feelings and reactions can be confusing, making children and their caretakers insecure and apprehensive. By showing them in a simple, objective way, what is going on in their brains, and how it is all connected to the other parts of their body, just enough distance is provided to start discussing their issues in a new way, from a more objective perspective. Students with ADHD, problems with anger, anxiety, or other challenges can all benefit from learning what is going in their brains when they are struggling, as well as how positive coping skills can help. Doing so with the use of simple props can be engaging, fun, and memorable.

Connie McVey, LCSW, a psychotherapist at Acadia Hospital in Bangor, has been integrating neurobiology in play and traditional therapy sessions for several years and has presented on this topic at workshops throughout Maine. She will be offering a workshop entitled "Playing with the Brain: Integrating Neurobiology, Play therapy and Neurolinguistic Programming" at the Maine Association for Play therapy Conference on September 15th at Acadia Hospital. Neurolinguistic programming is a sensory based approach to therapeutic change and enhanced learning, and can easily be integrated into counseling and classroom settings.

Another workshop offered at the September 15th conference will be "Using the Moving Stories Play Therapy Method in Clinical Groups" by Robyn Greene, LCPC. Moving Stories is a method that has been successful in public classrooms; therefore, teachers, in addition to school counselors are encouraged to attend this session. Another workshop offered will be "Play Therapy and Trauma" by Grace Brace, LCSW. Grace will present effective play therapy techniques for children and families who have experienced trauma. "Play Therapy and Neurofeedback" by Susanne Carroll Duffy, Psy.D, RPT-S will use a case study of a child with ADHD and OCD to demonstrate how play therapy and neurofeedback may be integrated. Both mental health and academic professionals will benefit from learning about this cutting edge approach to helping children succeed in and out of the classroom.

For more information about the upcoming Maine Play Therapy Association September 15th conference, goto: <http://maineplaytherapy.org/conference-2012>

1--Badenoch, Bonnie. *Being a Brain-Wise Therapist: A Practical Guide to Interpersonal Neurobiology*. New York, New York: WW. Norton and Company, 2008.

1--Taffel, Ron. *Vertically Challenged* in Psychotherapy Networker Magazine (Sept/Oct 2009).

Maine Congressman Michaud Pushes VA on Hiring Counselors

ACA is pleased to announce that it has gained a champion in efforts to establish more mental health clinician positions for licensed professional counselors within the Veterans Administration (VA) healthcare system. In June, Congressman Mike Michaud (D-ME), the ranking member on the House Veterans' Affairs Subcommittee on Health, submitted a letter to Secretary for Veterans Affairs Eric Shinseki that calls on him—and the VA as a whole—to begin to hire counselors in the VA medical system.

Congressman Michaud inquired about the steps the VA is taking toward hiring counselors in clinics and hospitals, and how it intends to fill the 1,600 new mental health clinician positions it created in April of this year. The letter points out that the VA has been empowered by Congress to hire LPCs for almost six years. Representative Michaud's letter is posted on ACA's website. The VA has not yet responded to Michaud's office.

ACA is grateful for Congressman Michaud's leadership on this issue. Michaud is a past recipient of ACA's Federal Legislative Service Award, and this most recent letter shows that he is still fighting to expand access to counseling services. During last month's Institute for Leadership Training, ACA Executive Director Richard Yep presented the Congressman's staff with a letter thanking him for his support.

For more information on ACA's work to expand the number of counseling positions at the VA and how members can help in this effort, contact Art Terrazas at aterrazas@counseling.org.



AMERICAN COUNSELING ASSOCIATION

July 26, 2012

The Honorable Michael Michaud
United States Representative
1724 Longworth House Office Building
Washington, DC 20515

Representative Michaud,

On behalf of the American Counseling Association (ACA), I am writing to thank you for your efforts on behalf of counselors seeking employment in the VA. ACA is the nation's largest non-profit membership organization representing the counseling profession, including licensed professional mental health counselors.

Your letter to Secretary Shinseki shines a light on a growing problem that has resulted in our nation's veterans getting short-changed on their care and treatment. Since Congress passed P.L. 109-461 in 2006, the American Counseling Association has been working and waiting for the Department of Veterans Affairs to open their doors to counselors so that we can help give our nation's veterans the help and care that they need and deserve.

Sadly, since 2006 we have still been shut-out of the process and while the number of veterans seeking treatment has grown, the VA has failed to keep up with the demand for treatment.

Your efforts will help all of us to better understand what the VA is and is not doing in regards to placing counselors in VA facilities, and making them available to returning service members who need help in treating their invisible wounds of war.

We thank you for standing up for counselors and fighting for our veterans. Your work is to be commended and we look forward to working with you on this issue.

Sincerely,

Richard Yep, CAE, FASAE
Executive Director and CEO
American Counseling Association

Dear Colleague:

The Conference Committee of the Maine Counseling Association is seeking workshop proposals for the annual spring conference. Each year an array of workshops are offered ranging from ethics to counseling techniques to personal enrichment sessions. If you have an idea for a session you wish to present, then please complete the enclosed form and return it to me prior to November 15, 2012.

Our Keynote speaker is Mark Tappan, Professor of Education and Human Development and Chair of the Education Program at Colby College. His research and teaching interests include boy's development and education, positive youth development, and multicultural/social justice education. His keynote is titled, "Engaging Boys: Resistance, Relationships, and Getting Real". The Keynote will be on Monday, April 8, 2013.

Sincerely,



Martin Gallant
Conference Committee Member

MAINE COUNSELING ASSOCIATION Leadership Opportunities

MeCA is seeking to fill the position of

TREASURER

Executive Board and Conference Committee
Beginning July, 2013.

If you are interested or know of anyone who may be interested,
Please contact John Yasenachak at 941 8447 or yasenachakj@husson.edu.

The Board is grateful to Dean Collins for his many years of excellent service.

If you are interested in learning about other ways to support MeCA through
Leadership, advocacy, or education, contact John or any of the Executive Board Members.

Your work as professional counselors is appreciated!

The Maine Counseling Association

MeCA Regions: Northern Eastern Downeast Central Southern

CALL TO PROGRAM

The MeCA Conference Committee announces the Call to Program for the MeCA conference being held April 8th and April 9th, 2013 at the Samoset in Rockport, Maine.

If you are interested in being a presenter at this year's conference, please fill out the information below and mail or email (prefer email) to the following address: **Martin Gallant, Caribou High School, 308 Sweden Street, Caribou ME 04736**

Telephone: 207-493-4260 FAX: 207-493-4244 email: mgallant@rsu39.org

NAME: _____

TEL: (W)_____ (H)_____

(Fax)_____ (email)_____

MAILING ADDRESS: _____

CREDENTIALS: _____

PLACE OF EMPLOYMENT: _____

PROGRAM TITLE: _____

Please write a brief description of the presentation which will be used in the conference program brochure (3-4 sentences): _____

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

Please send a detailed description on a separate sheet. Presenters are responsible for bringing their own presentation materials (projectors, TV's, computers, flip charts, markers, etc.). If you need a screen for your presentation then please let me know.

The Maine Counseling Association provides contact hours at the conference. MeCA is required to keep a record of our presenters' qualifications. **Please include a brief resume along with your Call to Program form.** Thank you for your support of our professional organization. A confirmation letter will be mailed to you by mid-January, 2013.

This form is also available on our website: www.mainecca.org

A Charter Branch of American Counseling Association

Maine Counseling Association 2012-2013 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 (STU)
- () 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
- _____ No Fee Emeritus Membership

Divisional Membership

- _____ \$15 Maine Association for
Specialists in Group Work

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 High School
286 West Elm St.
Yarmouth, ME 04096

Email: beth_doane@yarmouthschools.org

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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.