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

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

“We try to show parents the image of girls (sexy, diva, boy-crazy, shoppers) that’s being packaged and sold to their daughters while also giving them the tools to help their daughters resist these images. We write about how girl power has been co-opted by marketers to mean the power to shop and attract boys and how girls are encouraged to use their “voice” to choose accessorizing over academics, sex appeal over sports, and boyfriends over friends. We try to expose these stereotypes and the very limited choices presented of who girls are and what they can be. And we give advice to parents about how they can guide their daughters through these negative images without always saying no. As most parents, have learned, you can’t turn off the world. And, it’s easy; sometimes to see the appeal of that bright shiny world they’re selling her. The chapters in the book focus on what they wear, what they hear, what they watch, what they read, or what they play at/with, and we follow girls from about 3 through about age 18. We did our research, asking our sample of over 600 girls all sorts of questions from what cartoons they watch to what lyrics keep going over and over in their head. We take a perspective that’s different from many other psychologists. We look at the world AROUND the girl rather than the inner girl. Actually, we think that discussion has run its course and that it’s becoming a problem for girls that people are always looking at what’s inside of them instead of all the things coming at them 60 mph.”

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

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

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

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## From Your Newsletter Editor

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

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### Request From The Historian

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

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

Martin Gallant  
Caribou High School  
308 Sweden Street, Caribou ME 04736  
(207) 493-4260  
m gallant@mail.caribouschools.org
In early December, a handful of school counselors from Maine had the chance to see what most can only imagine. Five counselors from Maine joined about 35 other educators (teachers, athletic directors, coaches and at least one librarian) from Maine, NH and Massachusetts on a trip to Parris Island, the training (or boot) camp for all Marines on the East coast. We were joined by about 35 educators from Pennsylvania when we arrived in South Carolina. We spent four days living and learning all things through the eyes of the Marines, though we did have the luxury of a hotel and after seeing the barracks, I for one, was quite appreciative of this.

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

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

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

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

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

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

CEU’s will be awarded.

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

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

We also had some time for peer interaction and networking at the workshop. In that process two new Board members were recruited. I am pleased to announce that Leigh Mundhenk will be joining us as an at-large member with her term ending in 2014. Leigh is Associate Professor and Director of Field Experience at the University of Southern Maine at Lewiston-Auburn, where she has taught career development courses and run the internship program for 10 years. Cecilia Vistica will also be joining us, with her term ending in 2012. She will be eligible for another term. Celia is an experienced educator, counselor and program development specialist who has taught English 7-12 and Art K-12, and holds the Career Development Facilitator credential. She is also the recipient of “Making a Difference Award,” Maine Department of Labor. I am looking forward to Leigh and Celia joining us at our next Board meeting in February. There remains an opening on the Board for a K-12 School Counselor. If you are a K-12 school counselor and would like to take a leadership position, we want you! Please contact me.

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

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

Sincerely,

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

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

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

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

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

By John Yasenchak, President-Elect

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

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

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

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

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

- Empirical evidence – Counselors have expressed concerns that a number of proposed revisions lack sufficient empirical support and called for an independent review committee. In response to this concern, expressed by other professional organizations as well, the DSM-5 Task force established a Scientific Review Committee
- Dimensional and Cross-cutting Assessments – Counselors expressed concern that proposed assessments contained insufficient information on scale development and external validation.
- Field Trials – Counselors again expressed concern about external validation criteria. Additionally, the impact of the revisions upon prevalence rates are of concern since
DSM-IV and DSM 5 criteria are not being applied to the same trial populations

• Definition of Mental Disorder – Counselors acknowledge advances in neuroscience. However, the proposed new definition of a mental disorder (“A behavioral or psychological syndrome that occurs in an individual that reflects an underlying psychobiological dysfunction” – APA, 2011) is not totally supported by science.

• Transparency – Counselors expressed concern regarding trust in the DSM-5 given that task group members were required to sign confidentiality agreements prohibiting them from discussing the revision process.

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

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

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

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

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

References:
American Counseling Association website www.aca.com


Maine Counseling Association
2011-2012 Unified Membership Application

This unified membership form enables you to make dues payments to not only MeCA, but also other related divisions and councils with one payment. Please complete the form, make your check payable to “MeCA” and mail to the address below. Membership covers ONE year (July 1 to June 30) per MeCA bylaws. (I am available to answer your questions at beth_doane@yarmouthschools.org)

Membership Information

Name: _________________________________
Address you want mailings sent to: __________________________________________

Work Phone: ______________________________
Home Phone: ______________________________
e-mail Address: ____________________________
Place of Employment (please include address if different from mailing address):
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Educational Background:
Degree: _______ Major: _________________
University/College: ___________________
# Years in Professional Field: _______

Occupation (check primary one):
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( ) College Admissions Counselor (ADM)
( ) College Counselor (PSC)
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( ) Employment Counselor (EMP)
( ) Marriage and Family Therapist (MFT)
( ) Mental Health Counselor (MHC)
( ) Pastoral Counselor (PAS)
( ) School Counselor (SC) Check level:
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   ___ 6-8    (B)
   ___ 9-12  (C)
   ___ K-9    (D)
   ___ K-12   (E)
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( ) Substance Abuse Counselor (SAC)
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( ) 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.

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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.
CONFERENCE SCHEDULE
April 2 & 3, 2012

Monday, April 2, 2012

7:00 am - 4:00 pm  State of Maine Room - Registration
7:00 - 9:00 am  Rockland/Rockport/ - Continental Breakfast
8:00 - 9:00 am  Early Bird Session I:

Camden  Bath Salts – Not for Human Consumption  Rebecca Miller, MPh, BSN, RN, CHES, CSPI
Bath salts are a new designer drug that can have severe adverse health effects. The symptoms can be very dangerous and last for days, therefore, the intervention and treatment of bath salt users can be very complex. Many states, including the Federal Drug Enforcement Agency have passed emergency legislation making bath salts illegal to use.
Target Group = All

Pen Bay  Comparison of Professional Codes of Ethics  Deborah Drew, EdD, LCPC, ACS  Jeri Stevens, PhD, LCPC
Participants will have an opportunity to compare and contrast the ACA, ASCA, AMHCA, and Maine Counselors Licensure Codes of Ethics.
Participants are encouraged to bring with them all codes they ascribe to.
Target Group = All

Schooner  Counseling for Wellness: A Review of Concepts  Michelle Mannion, LCPC, PhD
This presentation will discuss the components of the Indivisible Self Model of Wellness, as developed by Myers & Sweeney (2008). The model includes attention to five areas: the creative, coping, social, essential, and physical aspects of the self, in addition to contextual factors that contribute to wellness. Participants will be able to differentiate among components of the model and assess the relevant application to counseling.
Target Group = All

Monhegan  National Alliance on Mental Illness of Maine – Integrating Mental Health Services In Your School  Pete Phair, BS
Based on the science of Social Emotional Learning, this workshop will illustrate NAMI Maine’s current efforts in Maine schools to offer counselors, teachers and parents their popular Difficult Situations, De-Escalation & Building Resiliency training. We will also discuss additional trainings and services offered to schools through NAMI Maine such as Mental Health Awareness education for staff and students, the Maine Youth Suicide Prevention Program and the TeenScreen program.
Target Group = All

Ebb Tide  Best Practices of Adjunct Mentoring (Poster Session)  Linda Sparks
If you are an adjunct, what mentoring strategies would you find helpful?

9:15 – 10:15  Early Bird Session II:

Camden  “I’m In It for the Money”  Michele Gurtler, LCSW
Why do we do what we do? We are obviously in it for the fame and fortune, oh, and all the vacations. We’ll look at common factors, how we deal with them, and how we remain relatively sane in an ever changing system.
Target Group = All

Pen Bay  Understanding Other Codes of Ethics  Deborah Drew, EdD, LCPC  Jeri Stevens, PhD, LCPC
Participants will explore to what extent counselors need to be aware of and abide by codes of ethics that are not one’s own.
Target Group = All

Schooner  Counseling in a Digital World  John Yasenchak, EdD, LCPC, LADC, CCS
This workshop will explore ethical and practical issues that arise in relation to Google, Social Networks, Text messaging, Virtual Worlds, etc. A review of current history and trends will be presented. Changing concepts of privacy will be discussed with a view towards informed consent, practice disclosure, and school/agency policy.
Target Group = All
Monhegan  The Diagnosis and Treatment of Substance Use Disorders  Dr. Don Lynch, LCPC, CSW-IP
This presentation will explore the contrast between the current DSM IV-TR criteria for the diagnosis of substance use disorders and the proposed new changes for the upcoming DSM V. What will the implications for treatment be for substance use disorders in the light of a change from traditional categorical diagnoses to the new dimensional perspective? New data impacting empirically supported treatments will be presented covering the newer risk reduction approaches and the more traditional “abstinence only” recovery strategies.
Target Group = All

Windjammer  Adventure Therapy and It's Effectiveness with Children and Adolescents (Poster Session)  Ryan Wells – Grad. Student
Adventure Therapy is a highly adaptable method of treatment utilizing an array of clinical approaches in an outdoor setting. Programs have been developed for a variety of client populations and diagnoses. The purpose of this study is to determine the effectiveness of adventure therapy with this population.
Target Group = All

Ebb Tide  Reactive Attachment Disorder: Diagnostic Criteria, Theories, and Treatments (Poster Session)  Jennifer Hubler – Grad. Student
RAD is a rarely used diagnosis. It is one of the few disorders in the DSM-IV-TR which can be applied to infants and which deals directly with the quality of the infant to caregiver attachment. Children with attachment disorders such as RAD display a wide variety of maladaptive behaviors. The post session will examine current theories, diagnostic criteria, and treatments.
Target Group = All

10:15 - 10:30 am  State of Maine Room – Coffee Break

10:30 – 11:30 am  Session III:
Bay Point Room  Keynote: The Sexualization of Girls in Media: Considering the Effects and SPARKing a Response  Lyn Mikel Brown, EdD
A 2007 American Psychological Association (APA) Taskforce Report on the sexualization of girls documents how the relentless barrage of sexualized media messages compromises girls’ healthy social, emotional, and physical development. Showing popular ad campaigns and describing marketing strategies, Dr. Brown explores the images that overwhelm girls each day and exposes the stereotypes and limited choices they present. Dr. Brown addresses the need for strength-based approaches that give girls more voice, control, and creative outlets for activism.

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

1:15 - 2:15 pm  Session IV:
Owls Head  Culturally Competent Counseling in Maine: Challenges and Opportunities  Annette Nelligan, EdD, LCPC, LMFT, LSW
The ACA Code of Ethics requires professional counselors to strive to continually gain knowledge, awareness, and skills for working with diverse client populations. The demographics in Maine present challenges to fulfilling this charge since experiential learning options for working with diverse groups are limited by the geographical area of our practice. This presentation examines alternative methods for increasing our cultural awareness. The session will include a panel discussion with international high school students who are studying in Maine who will address questions both about their cultures and their perceptions of the counseling profession.
Target Group = All

Camden  Senior Financial Aid Nights: Why they don’t work anymore  Mila Tappan, BS
Waiting until fall of the senior year to learn about paying for college is too late. Students and families need to understand the financial aid process and start planning no later than the freshman year so they can be adequately prepared. During this session we will explain why the senior year is too late to offer a financial aid night and share resources that families can use to help prepare and pay for college.
Target Group = Secondary
### Session IV - continued

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<tr>
<th>Location</th>
<th>Title</th>
<th>Presenter(s)</th>
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<tr>
<td><strong>Spruce Head</strong></td>
<td><strong>SPARKing Creative Reactions to Media Sexualization</strong></td>
<td>Lyn Mikel Brown, EdD</td>
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<td>In this follow up to her morning keynote, Dr. Brown will present and discuss various ways to engage girls in creative forceful reactions to media sexualization. She will illustrate the ways Hardy Girls Healthy Women, Powered By Girl, and other organizations are working together as SPARK to challenge the sexualization of girls by generating alternative forms of media and coordinating actions on the ground and online.</td>
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<td>Target Group = All</td>
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<tr>
<td><strong>Pen Bay</strong></td>
<td><strong>Ethics: Counselor Advocacy</strong></td>
<td>Deb Drew, EdD, LCPC, Jeri Stevens, PhD, LCPC</td>
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<td>Participants will explore decision making and related issues around advocating ethically for clients and self.</td>
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<td>Target Group = All</td>
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<tr>
<td><strong>Schooner</strong></td>
<td><strong>NAMI Maine’s Theater For Life:</strong> Interactive Theater for Teens</td>
<td>Pete Phair, BS</td>
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<td>A fun, rewarding and informative experiential theater program for youth who want to learn more about the mental health issues that may be a part of their daily lives. Whether in support of a friend or family member, or because they live with challenges such as anxiety, depression or suicide themselves, TFL provides valuable experiential learning opportunities for middle school and high school aged youth. Facilitated by NAMI Maine staff, this workshop will include first hand accounts and program demonstrations by youth involved in the Theater For Life Program. TFL includes a variety of theater disciplines and sources – including Viola Spolin, Michael Chekhov, Augusto Boal, David Diamond, Deena Levy and The Actor’s Institute.</td>
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<td>Target Group = Middle, Secondary School Counselors. Clinical/Mental Health Counselors</td>
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<tr>
<td><strong>Monhegan</strong></td>
<td><strong>Connecting with Autism:</strong> What Works and Doesn’t Work</td>
<td>Susan Anzivino, PhD, Melissa Clawson, PhD</td>
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<td>Will discuss the basics of understanding a young person with autism from a professional and personal view. Best ways of relating to these young people with autism will also be suggested. Susan has directed Camp Summit for children with autism for the last seven years and Melissa is raising a son with autism.</td>
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<td>Target Group = Elem, Middle, Secondary Counselors</td>
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<td><strong>Ebb Tide</strong></td>
<td><strong>Dream Functions (Poster Session)</strong></td>
<td>David Briggs, CRMA/DSP</td>
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<td>This review covers theories of the function of dreams, patterns, in dream content and approaches for working with dreams in therapy. This is an overview of therapeutic approaches. A more in-depth analysis of function, as well as the findings regarding why dreams are important in therapy.</td>
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<td>Target Group = Clinical/Mental Health Counselors</td>
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**2:30 - 3:30 pm**

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<tr>
<td><strong>Owls Head</strong></td>
<td><strong>Helping Kids Navigate Friendship Issues:</strong> Two Practical Techniques</td>
<td>Holly Branthoover, EdD, NC, LPC</td>
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<td>For children, managing the developmental issues of making and maintaining friendships is often a challenge. Therefore, friendship issues are a frequent basis for counseling referrals in schools and clinical mental health settings. The presenter will describe two counseling techniques developed for use in social skills and assertiveness training with child clients. The techniques will address friendship issues within the context of developmental and multicultural factors.</td>
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<td>Target Group = All</td>
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<tr>
<td><strong>Spruce Head</strong></td>
<td><strong>Making College Connections:</strong> Why students should complete their SAT questionnaire and utilize their free scores</td>
<td>Joe Bellavance, Erin Benson</td>
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<td>Every student who takes a PSAT, AP, or SAT test from College Board is requested to complete a questionnaire concerning their background and interests. Students can also request their SAT scores be sent to four colleges free of charge. Learn how these steps can help in the college connection process and why you should encourage your students to take advantage of these opportunities. As we look to improve the state’s college completion rate communication is critical. Creating better communication can help your students realize they are college-level material.</td>
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<td>Target Group = School Counselors</td>
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<td><strong>Camden</strong></td>
<td><strong>Mandated Reporters of Abuse, Neglect, and Exploitation</strong></td>
<td>Gloria Payne, LSW, MS LADC</td>
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<td>Interventions and supports for victims of abuse. We will discuss mandatory reporting laws and working collaboratively with other organizations along with the basic skills needed for serving victims and using resources to support reporters.</td>
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<td>Target Group = All</td>
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Session V – continued

**Pen Bay**

**Advocating for the Profession of Counseling**
Deb Drew, EdD, LCPC
Jeri Stevens, PhD, LCPC

Participants will explore decision making and related issues regarding advocating ethically for the profession of counseling.

**Target Group = All**

**Schooner**

**Guidance and Admissions Roundtable**
Carlena Bean, MBA
Ben Milster, MEd

The focus of this discussion will center on issues common to guidance counselors and admission personnel. What do colleges want to know; what do guidance counselors need to know from the colleges; and what common challenges do we face?

**Target Group = Admissions, Secondary School Counselors**

**Monhegan**

**Happenstance Happens: How can we help students choose occupations using happenstance?**
Jim Peacock, MEd

In a perfect world, assessments can assist a client in choosing an occupation. But, the chaos of life often complicates things for all of us. This presentation will look at what we can do to help a person “Plan” their “Happenstance”

**Target Group = Middle, Secondary School Counselors**

**Ebb Tide**

**The Psychobiology of PTSD – Clinical Implications**
Eric Rutberg, DHEd, MA

This workshop presents information that illustrates how memory centers in the brain combined with the release of neuro hormones related the “fight, flight, freeze” response system are critical to understanding and treating PTSD.

**Target Group = All**

*4:00 pm Fun Run/Walk*  
*Yoga – with John Yasenchak in the Schooner Room (bring a blanket or towel)*

*5:00 - 5:30 pm Ebb Tide Room – MeASGW Meeting*

*5:30 – 6:30 pm State of Maine Room – President’s Reception*

*6:30 - 7:30 pm Rockland/Rockport – Dinner, Graduate Student Recognition*

*8:00-10:00 pm Rockland/Rockport – Entertainment, DJ Dana Wilson*

Dana Wilson is a DJ who will provide the Karaoke Player once again. Dana was with us before and many “AmericanIdol” wannabees emerged from that evening. Join the fun and sing and dance the night away.  
**Target Group: EVERYONE!!**

**Tuesday, April 3, 2012**

*7:00 - 8:30 am Rockland/Rockport – Breakfast*

*7:15 am Rockland/Rockport – Meeting of MeASGW – Sign will be posted*

*7:00 – 10:00 a.m. State of Maine Room - Registration*

*8:00 - 9:00 am Session VI:*

**Owls Head**

**The Power of Hidden Agendas: Leadership Techniques for Addressing the Mysteries of Group Work**
Zark Van Zandt, EdD
Sue Jones, PhD

This workshop is primarily designed for counselors who work with clients who need to be more conscious of the power of hidden agendas within groups. (The counselor may also find the framework presented to be helpful in his/her own daily life.) A conceptual framework for understanding hidden agendas will be provided, then participants will engage in an activity designed to build greater consciousness of possible hidden agendas and explore ways to shift the energy and direction of those agendas.

**Target Group = All**

**Spruce Head**

**Integrating Brain Research/Restorative School Practices and RTI An Approach that Keeps Students Connected to School**
Ansley Newton, MEd
Chuck Saufler, MEd

How do we build relationships with students of all ages? This lecture/interactive workshop will show how to apply what brain research has demonstrated regarding the importance of connection and attunement in brain development. The benefits of developing reflective skills with students in changing the architecture of the prefrontal cortex (PFC) will be discussed. Models and strategies for reflective interactions (restorative dialogue) that build prefrontal capacity (positively affecting impulse control, emotional regulation and other important PFC functions) will be shared. Specific strategies to use in the classroom will be shared. The relationship of Restorative School Practices and how it relates to RTI-Behavior will be addressed.

**Target Group = Elem, Middle, Secondary Sch. Counselors**
Session VI – continued

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

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

Schooner  Changing Roles of the Professional School Counselor  Deborah Drew, EdD, LC

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

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

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

Ebb Tide  Factors that Prevent Male Victims of Sexual Assault from Reporting or Seeking Aftercare  Amy Fecteau, MS in Counseling

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

9:15 - 10:15 am  Session VII:

Owls Head  Existential Psychotherapy  Andy Abbott, LCPC, PhD

“The Art of Existential Psychotherapy” This program defines what existential therapy is and what it looks like in our clinical sessions. Participants will have tools and clinical skills to implement in their next session using this very unique and dynamic model of therapy.  Target Group = Middle, Secondary School Counselors, Clinical/Mental Health, Career Counselors

Spruce Head  Update from Maine Department of Education  Ansley Newton

This session will review State updates from the Department of Education. Participants will have an opportunity to discuss issues of concern from school counselors.  Target Group = Elem, Middle, Secondary School Counselors

Camden  Groups: Calming the Inner Critic  Marj Burgess, LPC

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

Pen Bay  What’s New in the Maine Suicide Prevention Program  Carrie Horne, MA, MPS, LCPC

What’s new in suicide prevention? This workshop will provide updated data and research information on suicide and suicide prevention efforts in Maine. Participants will find important new training resources that are available to counselors and FREE to your community or school.  Target Group = All
Session VII - continued

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

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

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

10:15 - 10:30 am  
State of Maine Room – Break

10:30 - 11:30 am  
Session VIII:

Division Meetings
Camden - Eastern Maine Counseling Association - Sandy Robinson
Spruce Head – Admissions - Carlena Bean
Monhegan - Downeast Maine Counseling Association - Cara Cirillo
Pen Bay - Southern Maine Counseling Association - Marianne Tozier
Schooner - Central Maine Counseling - Eric Rutburg
Owls Head - Northern Maine Counseling Association - Jill Cairns

11:30 am - 12:00 noon  
Checkout

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

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

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