

PCA Inc

PCA, INC

SUMMER 2017

Main Office PO Box 8222 Philadelphia, PA 19101

2017-2018

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President's Message Linda Thompson, Ph.D., LPC, LMFT

As I contemplate assuming the responsibilities of the PCA presidency this year, I'm filled with the excitement of the year ahead and optimism for the challenges that we face. Over the past four years serving on the PCA board I have come to know an incredible and dedicated group of professionals that tirelessly volunteer their time and resources to advocate for counselors in Pennsylvania. We have accomplished so much in the past year and it is a great responsibility to continue the work that has been started to protect the practice of counselors going forward into the future.

I want to first start this message by giving an overview of where we are currently as a board in our efforts to advocate. Then I want to outline the vision that I've had for PCA since joining the board four years ago, and send out an open invitation to membership to step up and accept my challenge in serving PCA.

Last summer, the PCA board opted to retain the services of a professional lobbyist to represent the concerns of professional counselors and counselor educators in our state. This was not an easy decision for the board as it required great investment of our limited resources. It became clear if we were to protect the future of practicing counselors in the state we had to step up and fulfill our commitment as the professional organization representing counselors. This leap of faith has proven to be a very wise move. Had we not moved forward with a lobby effort we would not have been able to make the strides we have made in the past year through the introduction and modification of both a House and Senate bill to allow counselors to diagnose and to also provide title protection for counselors into the

future. Please read updates by the Legislative and Government Relations Committee and I challenge you to stay active in your own legislative efforts as we put out calls for action to membership.

As President-elect, I began to formulate a vision for 2017-18. In addition to continuing to support the initiatives of my predecessors, I feel very strongly about an agenda focusing in on the need for inclusion of all practitioners and counselor educators in the state which will require a concerted effort to guarantee more diversity in leadership, and more inclusive practices as an organization. One of the initial actions that I have taken is to move the PCA fall conference to Philadelphia for 2017. The motivation for this move is to be able to provide access to the conference to individuals who may have historically not had the resources or time to attend the conference at State College. The plan is to continue to allow easier access to the conferences by looking ahead to 2018 and holding a conference in Pittsburgh. Not only do I hope that this will increase membership, but I'm also hoping that it will open doors to more practitioners who traditionally have had to self-fund their continuing education.

In my efforts to build diversity and increase inclusion, I have initiated conversations with several groups in the Philadelphia area who represent counselors of color. This advisory group will facilitate discussions during the fall board meeting and conference to help us better understand the needs of counselors of color. Additionally, we have add-

ed a multicultural track to the fall conference, and it is my hope that we will maintain that track into



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Past-President's Message

Charles Jacob, PhD



Greetings PCA Members!

It is amazing to me that it has actually been a full year since I took office... but it looks as if the time has come for me to pass the gavel. I will do my best not to turn this final dispatch into an "academy awards speech," but that will prove challenging given all the people that have been so instrumental in helping me through the last year.

First, let me offer the official welcome to incoming president Dr. Linda Thompson as well as the recently elected President-elect Dr. Richard Joseph Behun. Dr. Thompson has been one of the most amazing assets both to me as president and to this institution over all, and I can assure you that PCA is in very competent hands moving forward. Dr. Behun's demonstrated commitment to PCA through his work on the journal is awesome, and, personally I can assure that he is a compassionate leader with a great sense of humor. In short: we're in good hands.

We are still in the midst of our push to secure title protection for practicing counselors as well as a ban on conversion therapy for minors. and I want to thank our PCA members for their continued support and patience. I would also like to thank our representative in Harrisburg, Janelle Lynch, for her ongoing efforts to educate both myself and the rest of PCA's executive board on the inner workings of Pennsylvania's legislative process. The joke I have made many times over is that the

whole process has a very "Game of Thrones" kind of flavor to it, and Janelle's role has been a combination of Tyrion and Varys. (Feel free to email me if you can come up with a better analogy).

Additional thanks to all the board members that have been so instrumental in moving our agenda forward and in making sure I didn't mess things up too terribly along the way: Paul Datti, an amazing mentor and an asset to PCA; Ryan Gruber, whose commitment to this organization should serve as an exemple for other young professionals in the field; Mark Kenney, for his wealth of knowledge and his calm, cool demeanor; Nellie Scanlon, for bringing a genuine sense of passion to this work; and Ashley Deurlein, another young professional with an amazing commitment to PCA's mission.

Finally, thanks to all of our members for their ongoing support. This past year included our best conference attendance rates, increases in membership across the board, and some actual progress toward increased viability of the profession. Counseling as a practice means a lot to me, and it has been an honor to represent a state that has so many dedicated clinicians. As the immediate past president, I look forward to helping PCA continue to grow in the year to come.

Hope all is well,



Charles



Atlanta, GA

President-elect's Message Richard Joseph Behun, Ph.D., LPC, NCC, ACS

It is with much appreciation and great excitement that I am writing this message in my new role as PCA President-Elect. I would like to start by offering my sincerest thanks to the PCA membership for the immense amount of encouragement I have received to run for this office. The overwhelming support I have received in this most recent election has been one of the greatest highlights of my career, and I cannot put into words how proud and honored I am to serve PCA in this new capacity.

This is such an exciting time for me to be stepping into a leadership role with PCA, and I look forward to continuing the hard work of our current and past president on our organization's lobbying efforts. Looking ahead, I am excited to continue our professional advocacy efforts and am committed to a Professional Counselors Practice Act that is comprehensive of our work and fair to our profession. With respect to our professional identity, I am passionate about who we are as professional counselors and the importance of promoting counseling as a "professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals" as recently defined by the American Counseling Association.

I have been a member of PCA since 2006 and have served our membership in several capacities. I currently serve as the secretary of PACES, and for the last 3 years, I have served as the editor of the JPCA. As I will continue to finish my term as PACES secretary, I am ready to hand over my duties as JPCA editor. It has been a wonderful experience for me to work on the JPCA, and it has been my pleasure to serve with its editorial board. I would like to take this opportunity to give a special thank you to Drs. Eric Owens and Debra Hyatt-Burkhart for their service as associate editors and to Ms. Kelly Clark for her service as our editorial assistant.

On that note, the Executive Committee of the Pennsylvania Counseling Association welcomes applicants for the position of *Editor*. This position is a unique opportunity to grow professionally and to contribute meaningfully to the PCA, the counseling profession, and the larger mental health field. Current PCA members interested in the position of Editor for the *JPCA* should send a letter-of-interest and CV to Dr. Richard Joseph Behun, current JPCA Editor,

at <u>pcajournal@gmail.com</u>.

Joe behun@marywood.edu



From the desk of Social Media: Kathryn Nulf, Chair

Get involved! Follow PCA on social media: <u>www.instagram.com/PAcounseling</u> www.facebook.com/PACounselingAssociation/

Let your voice be heard! Send us a short (1-3 minute) video sharing why you are a counselor, PCA member, or why you do the work that you do. You will have the chance to be featured on PCA's social media pages. Please email your submission to

kathryn.nulf@rosemont.edu.





President's Message

Linda Thompson, Ph.D., LPC, LMFT

the future. We are supporting an LGBT preconference for the second year in a row, and it is also my hope that we will make this a permanent offering at the annual conference.

Finally, it is my vision to build strong relationships with our fellow practitioners in the fields of psychology, marriage and family therapy, school counseling, rehabilitative counseling and creative therapies. I have appointed liaisons for this year hoping to create stronger alliances and mutual respect. Only by working together can we assure access to quality mental health care for our constituents.

I am so excited that this could be the year that we solidify a title Practice Act for professional counselors. I am also very excited that this

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could be the year of the biggest PCA fall conference we've ever experienced. More than all of this, I am humbled by the fact that none of these things can be accomplished without the support and hard work of each of the members of PCA to make sure that we represent our profession in the state with dignity, passion and vision.

Please trust that I am accessible to any of you at any time and encourage you to reach out to me and share with me your concerns, ideas, and your own passion. And you have my commitment that the board will do everything in its power to respect and respond to you.

Linda

drlindathompson@gmail.com



Building Alliances: Working Together for Change Pennsylvania Counseling Association 49th Annual Fall Conference November 3-5, 2017

Radisson Hotel-Valley Forge, King of Prussia, PA

Building alliances is the foundation of the counseling profession. Without the therapeutic alliance between client and therapist true client-driven change cannot occur. The alliance with families and natural supports is also critical to behavioral change. Beyond the relationships within the counseling session, there is a calling in today's social climate to build alliances in our communities, schools, and legislatures to break through stigmas, prejudices, discrimination, and barriers in accessing quality mental health care. Today, more than any other time in history, mental health professionals from all disciplines need to build alliances to strengthen our ability to protect and serve our most vulnerable citizens. Together, LPCs, school counselors, LCSWs, Psychologists, Creative Art Therapies, LMFTs and physicians can have a lasting impact on the issues of greatest importance to our communities. Join the PCA in Philadelphia this fall to explore evidence based practices, new and innovative ways to heal, teach, supervise, advocate and build alliances.

This years' conference will feature a pre-learning conference on November 3 on LGBT issues, and a special conference track for multicultural competencies. Ethics Sunday will feature 3 hours of ethics for professionals to meet their annual requirements.

PCA Conference.November 3-5, 2017. King of Prussia, PA Building Alliances: Working Together for Change

We are getting excited for the 2017 PCA Conference and hope you are as well! Registration is now open and we anticipate our largest crowd ever. As you know, we chose to move the conference this year from State College to King of Prussia. The conference begins on Friday November 3rd with a preconference hosted by PALGBTIC and our poster session Friday night. As always, the bulk of our conference sessions will take place on Saturday with a special social event being planned for Saturday evening. Sunday will be our ethics day.

Our theme this year is Building Alliances: Working Together for Change. The conference committee reached out to other organizations and professionals and asked them to join us at our conference. It is our hope that we can continue the much-needed conversations on mental health in today's society. Our keynote speaker is Maiken Scott who hosts WHYY's weekly health and science show *The Pulse*. (See below for details.)

The registration platform is now open and you can receive early-bird discounts if you register by September 28th. Want to earn your conference registration?

The Pennsylvania Counseling Association (PCA) is offering a <u>free one-year membership to PCA</u> and conference registration for the 2017 PCA Conference to the person who gets the most votes for best graphic design for the 2017 PCA conference. The winner's design will be used for the cover of the conference program (8 ½ by 11 ½) and for a standard postcard mailer that goes out late Summer/early Fall. The winner will also earn a page in the booklet with

their picture. Winners will be chosen by the PCA board by August 1st, 2017. The PCA board is also looking for someone to create a standard t-shirt design that can be used for both this and future conferences. No date should be used for the t-shirt design because we would like to use the t-shirts for future conferences. The winner of the t-shirt design will also be awarded a free one-year membership to PCA and recognition in the PCA program guide. Please send the t-shirt design and graphic design proposals to pca.programs@gmail.com.

Winners of the conference design and tshirt design contests forfeit all rights to their design.

The Conference Committee would also like to send a big THANK YOU to each of the ten people who are evaluating the session proposals. We should be able to notify presenters of their acceptance or rejection by the end of July. Also, please direct anyone who may be interested in being an exhibitor to pca.programs@gmail.com.

Lastly, please use the <u>pca.programs@gmail.com</u> email if you have students who may be interested in helping out throughout the weekend.

Blessings,

Lisa Corbin. Linda Thompson. Stacey Havlik

Luncheon Keynote Speaker



Maiken Scott hosts WHYY's weekly health and science show "The Pulse" which is heard on public radio stations across the country. Every week, the Pulse takes listeners on a journey, and introduces them to the people and places at the heart of health and science. For the show, Maiken has reported on fake service dogs, the jukebox in our heads, early interventions for people with schizophrenia, and annoying hospital alarms just to name a few. Maiken has focused on mental health issues for much of her career at WHYY – first as producer of Voices in the Family with psychologist Dan Gottlieb, and then as the station's first behavioral health

reporter. She continues to oversee behavioral health reporting at the station, which is funded by the Thomas Scattergood Behavioral Health Foundation.

From the desk of the Awards

Committee:

Ryan Bowers, Chair

Looking ahead...



We all Know an Outstanding Counselor, Student, or Program: Help PCA Recognize our Professional Heroes! Nominations are due on September 22, 2017!

As temperatures have risen and the days have grown longer, summer is here at last! We take this time to reflect on the colder days of the past and think about what is to come in the fall. One event that we can look forward to in the fall is the Pennsylvania Counseling Association Annual Conference which will be held in November. This wonderful event showcases research, informs counselors of new practices, and recognizes leaders in the counseling community. During the conference, Pennsylvania Counseling Association offers award recognition to the hard-working counselors and counseling programs in the state.

So now it is time to reflect upon all of the great work that the counselors, counseling supervisors, and counselor educators have done this year. At this time, we are asking you to identify and nominate an individual or program for an award this year as a way to show who you believe are leading the counseling profession and deserve to be recognized for their hard work. Here are the categories for nomination:

Outstanding Practitioner Award, Lifetime Achievement Award

- **Outstanding Administrator Award**
- **Outstanding Counselor Education Program Award**
- **Outstanding Graduate Student Award**
- **Outstanding Research/Publication Award**
- David W. Hall Advocacy Award

Please visit the PCA website (<u>http://www.pacounseling.org</u>), find the tab for awards, and nominate an individual or program that you feel is deserving of an award! Counseling is a very selfless act, and, at times, individuals go without being recognized. So here is your chance to nominate those you want to see recognized at the 2017 Pennsylvania Counseling Association Annual Conference for their hard work and dedication to the professional counseling field. As always, please feel free to reach out to me with any questions and I look forward to seeing you at the conference in November!

Warm Summer Wishes,



From the desk of PALGBTIC:

Paul Janeski, Member

PALGBTIC is proud to announce that it will be conducting a summer community training on Friday, July 21st from 1 PM—4 PM. The training will be held outside of Pittsburgh, and registration will be available on the PCA website (pacounseling.org).

The purpose of this training is to provide all helping professionals the opportunity to deepen their awareness to the varied and specific needs of LGBTQ clients. Participants will gain a greater understanding of the social implications of managing marginalized sexual orientation and gender identities, and address many of the myths and stereotypes that affect the community. In addition, the program will focus on the intersection of sexual orientation and gender identity with other cultural variables such as race, ethnicity, spirituality and religion. The concepts of heterosexual and cisgender privilege as well as homo-, bi-, trans- phobia within society will be reviewed along with the implications of those who experience them. Participants will also learn how to develop culturally responsive intervention skills through the application of Affirmative Therapy and Social Justice Counseling.

The training will divided into the following four modules;

• Lesbian Issues in Counseling will focus on issues specific to women who have sex with women. This includes, well being, protective factors, and mental health diagnoses. Participants will also learn how women who have sex with women fit into the LGBTQ community but experience their own unique set of concerns.

• Gay Male Issues in Counseling will explore the myths and facts about gay males as well as provide a review of current related research, counseling implications, and resources to serve the population effectively.

• Bisexual Issues in Counseling will assist participants in developing a fuller understanding of the worldview experiences of bisexual persons and their relationships. This will include an exploration of the most vulnerable populations such as bisexual youth and older bisexual persons. In addition, the disparities that exist in the United States pertaining to bisexual persons will be identified.

Transgender Issues in Counseling will assist participants in understanding that transgender is an umbrella term that encompasses many different types of gender identities. There will be an emphasis on the use of inclusive language and the avoidance of inappropriate questions, which can assist in building a strong therapeutic alliance with transgender clients. Participants will learn that each transgender individual's story is unique. This will be highlighted by the personal story of an individual's experience with the transition process.

The ultimate goal of this program is to help participants explore diversity within the context of our work with clients, provide tools and resources to foster ongoing discussions, and promote working towards safer and more inclusive environments. CEUs will be available. All questions and inquiries can be address to Ryan Gruber, PALGBTIC President (gruber.ryan@gmail.com).



From the desk of PACES:



Greetings PACES Members,

President

As the weather finally gets warmer and the ice cream flavors increase, I hope you are all enjoying some well-deserved summer self-care!

Congratulations to PACES Secretary/Treasurer Dr. Richard Joseph Behun, Marywood University, who was elected to serve as the 2017-2018 PCA President-Elect! We wish him the best as he begins his term this summer!

Once again, we have submitted a proposal for the PACES Panel discussion at the PCA conference. This year's theme will be gatekeeping and the role of the counselor educator. Discussion topics will include student orientations, community building, setting expectations, evaluations and feedback, remediation plans, and dismissal procedures. We encourage everyone to attend!

As always, there will also be a PACES division meeting at the PCA conference. Time and place to be announced – stay tuned.

Host Universities Needed – If you are interesting in hosting either the PACES Eastern or Western meeting in Spring 2018 at your University, please contact <u>ibar-</u><u>na@marywood.edu</u>. These smaller meeting are wonderful networking and professional development opportunities.

An update from the PA Professional School Counselor Educator Consortium:

The PAPSCEC has met via phone and continues to correspond through email discussing issues that impact school counseling programs and students. Some of the items we have shared involve information on Reach Higher and students seeking to add to their school counseling certification. We are looking forward to meeting with PSCA Executive Director Dr. Judy Bookhamer as a group in the near future so we can receive updates and discuss other issues in the school counseling realm. If you are not on the email list and would like to be, please let Karen Dickenson, West Chester University, know! <u>KDickinson@wcupa.edu</u>

Finally, if you have something you think would be of interest to PACES members, please let me know.

Happy Summer!

Jen

jbarna@marywood.edu

Call for Papers: Journal of the

Pennsylvania Counseling Association

Richard Joseph Behun, PhD Editor

Earn up to 2 free Continuing Education credits by reading selected articles in each issue of *The Journal of the Pennsylvania Counseling Association* (JPCA).

Call for Papers:

Journal of the Pennsylvania Counseling Association

The Journal of the Pennsylvania Counseling Association (JPCA) is a professional, refereed journal dedicated to the study and development of the counseling profession. The Editor invites scholarly articles based on existing literature that address the interest, theory, research, and innovative programs and practices of professional counselors. **For our next edition, we are specifically looking to publish papers on conversion therapy!** All submissions are blind peer reviewed and authors should expect a decision regarding a manuscript within two months of acknowledgement of receipt. To review the Guidelines for Authors, please go to the PCA webpage: <u>http://www.pacounseling.org/</u> jpca.php. Manuscripts may be submitted via email to Dr. Richard Joseph Behun, JPCA Editor, at <u>pcajournal@gmail.com</u>.

Call for JPCA Reviewers

Anyone interested in being a reviewer for the JPCA should send a letter-of-interest and CV to Dr. Richard Joseph Behun, JPCA Editor, at <u>pcajournal@gmail.com</u>. This position is a unique opportunity to grow professionally and to contribute meaningfully to the PCA, the counseling profession, and the larger mental health field. Beyond contributing to JPCA and Pennsylvania professional counselors, reviewing manuscripts for JPCA also will greatly enhance your professional writing ability.

Joe <u>behun@marywood.edu</u>



Looking for a Counseling Job? PCA CAN HELP!

THE PCA CAREER CENTER IS NOW EVEN EASIER TO USE!

The Career Center has moved to the public section of the PCA website!

At the Career Center, you'll find jobs that are specific to counseling professionals. These are targeted opportunities that can't be found on larger job board websites.

Why should you visit PCA's Career Center?

•Find positions targeted for counselors

- Post your resume anonymously
- •Create personalized job alerts
- •Save searches, store jobs, keep notes, communicate with

employers through an internal messaging system, and more!



To Access the Career Center: Go to

http://www.pacounseling.org/

- Click on the Career Center link.
- Upon entering the site, you'll be prompted to create a free account.

•Customer Service is available M-F from 7:30 a.m. to 7:00 p.m. EST.

> 1-860-437-5700 support@jobtarget.com

Want to Post a Job? Check out the Employers Section for more information on advertising counseling positions.

The Pennsylvania Counseling Association is an organization of professional counselors who value a collegial community, continuous learning, service to others, visionary leadership, and a commitment to professional ethics and standards of practice.

Advertise with us and get your message out to PCA members!

PCA Inc is distributed electronically 4 times annually to approximately 500 active PCA members. It is a great way to reach your target audience!

Please submit your AD as a JPEG, PDF or Word document (Word if it is text only). Please make sure it is print quality resolution or 300 dpi. Checks can be made out to the Pennsylvania Counseling Association and mailed to PO Box 8222, Philadelphia, PA 19101-8222. Members generally receive PCA Inc on the first of the month - October, January, April and July. Submission deadlines fall one month prior.

> Submit your ad to: PCA Newsletter Editor 4pcanews@gmail.com

AD SIZE	PCA MEMBER PRICE	NON-MEMBER PRICE
1/4 PAGE AD 2.5" x 7.5" OR 5" x 3.5"	\$60.00	\$80.00
1/3 PAGE AD 10" x 2.25"	\$80.00	\$100.00
1/2 PAGE AD 10" x 3.5" or 5" x 7.5"	\$120.00	\$150.00
1 FULL PAGE AD 7.5" X 10"	\$170.00	\$200.00

2017-2018 PCA Leadership

Officers

PAST-PRESIDENT: <u>Charles Jacob</u> • Treasurer: <u>Derek Parker</u> • Secretary: <u>Kristen Hawk</u>

PCA Divisions

- PACAC Pennsylvania Association of Child and Adolescent Counseling <u>Danielle Moore</u>
 PACES Pennsylvania Association of Counselor Education & Supervision
- PALGBTIC Pennsylvania Association of Lesbian, Gay, Bisexual, & Transgender Issues in Counseling Ryan Gruber

Jennifer Barna

- PAMCD Pennsylvania Association of Multicultur al Counseling & Development Mark Kenney
- PSCA Pennsylvania School Counselors Association <u>Dan Eskesen</u>

PCA Regional Chapters

- **GPCA** Greater Pittsburgh Counseling Association <u>Paula Kauffman Oberly</u>
- **GPACA** Greater Philadelphia Area Counseling Association Abby Dougherty
- NEPCA Northeast Pennsylvania Counseling Association Larissa Volonis



Archives

Mark Kenney

Awards Ryan Bowers

Conference Linda Thompson

Ethics/By-Laws Gregory Roth

Finance/Budget Derek Parker Government Relations Kristen Hawk & Nellie Scanlon

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Graduate Student Liaison Dara Schwartz

Journal Editor Richard Joseph Behun

Marketing & Public Relations Emily Weisser

Membership Debra Hyatt-Burkhart Newsletter Editor Minna Davis

Nominations & Elections Charles Jacob Past Presidents Paul Gatti

Professional Development Ashley Deurlein

Social Media Kathryn Nulf