

NEWSLETTER

upcoming dates to remember

OCA Fall Conference

When: November 13, 2009
Where: Moore Norman Technology Center South Penn Campus 13301 S. Penn, Moore, OK

OKMHCA Annual Conference

When: December 3-4, 2009
Where: Francis Tuttle Technology Center Oklahoma City, OK

OCA Pre-Conference

When: February 3, 2010
Where: Biltmore Hotel 401 S. Meridian Oklahoma City, OK

OCA Mid-Winter Conference

When: February 4-6, 2010
Where: Same as above

American Counseling Association Conference

When: March 18-22, 2010
Where: Pittsburgh, PA

OCA Summer Leadership Institute

When: July 16-17, 2010
Where: St. Crispin's

Gratitude, Greetings and Welcome
By Dr. Marilon Morgan, OCA President

I want to thank those of you who participated in the Summer Leadership program at St. Crispin's Oakerhater Lodge, in Seminole, OK. Dr. Sarah Deal opened the Summer Leadership program with a session on finding one's life balance. Participants were



able to visualize where and how they spend their energy. Dr. Deal's opening session was a great introduction to this year's theme, Balancing Professional Leadership and Personal Wellness. Dr. Connie Fox expanded upon Dr. Deal's introductory session by conducting a wonderful two-day "wellness boot camp." Dr. Fox conducted several small activity workshops, which provided participants with strategies in which to cope with professional and personal fatigue and renew their spirit. I hope that all of us have returned to our organizations, agencies, and schools with useful skills to maintain healthy behaviors that will improve our personal and professional wellness.

In addition to the "wellness boot camp", Georgene Dwyer and Sherry Bynum, Co-Chairs of the Public Policy and Legislation Committee, presented a session on "Legislative Issues and Actions". The session topic focused on political knowledge and empowerment. Overviews of national issues were presented, which

focused on current healthcare reform and Medicare as well as how to work with legislators. State issues were discussed and information was given about how to find, contact, and create a partnership with your legislators. Each summer leadership participant was able to write a personal letter, introducing himself/herself to one of his/her legislators.

As president of OCA, I would like to extend a welcome to all counselors and graduate students to participate in your state organization. If any of you want to become more active in OCA, please feel free to contact me. I can be reached at my email address: morganm@nsuok.edu. Throughout my term as president, I will continue to promote our profession, encourage the involvement of counseling professionals and graduate students in our organization, and explore new ways to support our membership. I would encourage you to stay involved and attend the many conferences/workshops sponsored by OCA and its regions/divisions.

I hope to see a large turnout for the Fall Conference. The Fall Conference is November 13, 2009. It will be held at the Technology Center, Penn Campus, in Moore, Oklahoma. The morning session will be conducted by Sarah Deal Ph.D., LPC and Richard Williams Ed.D. The title of the session: Providing culturally sensitive counseling to the gay, lesbian, bisexual, and transgender (GLBT) populations. The afternoon session will be led by Kelly James, LPC, LMFT, NCC. The title of this session: Play Therapy with Children and Adults. I am excited about the quality of these programs and the expertise of these presenters. I hope you will share my enthusiasm.

take a look

Page 2 **OCA Fall Conference Information**

Page 3 **Calm, Poise and Balance**

Page 4 **Regional Reports**

Page 6 **The Professional Caregiver And Compassion Fatigue**

Page 9 **OCA Membership Form**

Page 10 **Conference Photos**

Page 12 **Meeting Minutes**

Page 14 **New Leadership List**

OCA Fall Conference

November 13, 2009 • Moore-Norman Technology Center - South Penn Campus

Conference Schedule and Details:

8:30 - 8:45am Welcome: Dr. Marilon Morgan, OCA President
8:45 - 12:00pm Morning Session (3 CEU's)
12:00 - 1:15pm Lunch & Division/Region Meetings.
1:15 - 4:30pm Afternoon Session (3 CEU's)
15 Minute Health Breaks at 10:15 & 2:45pm

Morning Presenters: Dr. Sarah Deal, Dr. Stacey Reicherzer and Dr. Richard Williams

Topic Presented: Providing Culturally Sensitive Counseling to the Gay, Lesbian, Bisexual, and Transgender (GLBT) Population

The presenters will address important aspects and mental health issues faced by GLBT clients and their families. Special attention will be paid to culturally sensitive theories, ethical considerations, and developmental stages. The researchers will also provide practical recommendations and local resources for mental health practitioners when working with the GLBT population.

Sarah Rivers Deal, Ph.D., LPC moved four years ago from Texas to Oklahoma to start her academic career at Northeastern State University in the Department of Psychology & Counseling. She is a counselor educator, licensed professional counselor, and clinical supervisor. Dr. Deal's research interests center around working with the GLBT population as well as ways to integrate spirituality into counseling. Her main focus in teaching is instructing graduate students on the application of counseling skills and methods. In her spare time, Dr. Deal enjoys being outdoors with her two dogs Maggie and Flopsy or working on home improvement projects.

Stacey L. Reicherzer, Ph.D., LPC, NCC is a counselor and counselor educator whose primary clinical and research emphasis has focused on gender and sexual diversity across the lifespan. Dr. Reicherzer has provided numerous lectures, workshops, and press interviews related to transgender issues, including a special interview for an episode of the Discovery Health network series, Dr. G: Medical Examiner. Currently she is engaged in case study research of a transsexual woman who immigrated from Mexico to the U.S. Most recently, Dr. Reicherzer was featured in the "Counseling Career Stories" section of the September 2009 edition of Counseling Today. Dr. Reicherzer lives in Austin, Texas, surrounded by her family and close network of beloved friends, where she is able to feed her love of art, music, and the Texas Hill Country.

Richard Williams, Ed.D. has been a Counselor Educator at Northeastern State University in Broken Arrow, OK since Fall 2006. Previous teaching experience includes Northwestern State University in Natchitoches, LA from 2000-2006. Ed.D. – Counseling Psychology; Ed.S. – Educational Leadership; M.Ed. – School Counseling; B.A. – Psychology. Work experience prior to working in higher education includes school counseling, academic counseling, inpatient psychiatric, psychological and educational

testing, and program supervision for clients with mental retardation/dual diagnosis. Professional organizations include the American Counseling Association, American School Counselor Association, Association of Counselor Education & Supervision, Association for Lesbian, Gay, Bisexual & Transgender Issues in Counseling, Oklahoma Counseling Association, Oklahoma School Counseling Association, and the Oklahoma Association of Counselor Education & Supervision. Current research interests include ethical issues in counseling, integrating spirituality in counseling, and issues in counseling the GLBT population.

Afternoon Presenter: Kelly James, MA, LPC-S, MAMFT, NCC

Topic Presented: Play Therapy for Children and Adults

A basic theoretical introduction to the meaning, stages, and power of play in the therapy session, a child-centered philosophy for therapy, and the role and responsibilities of the therapist with a variety of clientele including adults. Guidelines for playroom organization with specific toys and materials in addition to portable play therapy will be provided. Participants will engage in child and adult play therapy techniques.

Kelly James, MA, LPC-S, MAMFT, NCC: Kelly earned a Bachelor of Science in Psychology from the University of Arkansas, two master's degrees from Oral Roberts University, Licensed Professional Counselor and Marriage and Family Therapy; and is currently a doctoral candidate in Counselor Education and Supervision in the School of Psychology and Counseling at Regent University, a CACREP approved program, and a National Certified Counselor. James is a Registered Play Therapist Supervisor, one of ten in the state of Oklahoma. Currently, James works at Hillcrest Medical Center Therapeutic Foster Care and has private practices, Foundational Solutions, PLLC and Bachmann and James. She has presented at workshops and conferences on a local, state, regional, and national level in addition to providing trainings for other mental health professionals.

** 6 hours CEU's pending approval for LPC, LMFT, LADC and LSW*

Registrations costs before 11/06/09:

\$75 OCA Professional/Associate Members
\$100 Non-members
FREE OCA Student Members & Retiree Members

Registrations costs after 11/06/09 and on-site:

\$100 OCA Professional/Associate Members
\$125 Non-members
FREE OCA Student Members & Retiree Members

Lunch will be on your own.

OCA Fall Conference Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Agency / School: _____

Please include payment in the form of check, money order, credit card, or purchase order.

Visa/MC: _____ Exp Date: _____

Signature: _____

Total Amount Enclosed: _____

Mail your registration and payment to: Deb Brantley, Ph.D., at PO Box 157, Duncan, Oklahoma 73534. Checks payable to: Oklahoma Counseling Association. Purchase orders accepted upon approval. Online registration: www.oklahomacounseling.org. *Application made for 6 hours CEU's.*

Please check one:

Before November 6, 2009

_____ **\$75** OCA Professional/
Associate Members

_____ **\$100** Non-members

_____ **FREE** OCA for
Student Members &
Retiree Members

After November 6, 2009

_____ **\$100** OCA Professional/
Associate Members

_____ **\$125** Non-members

_____ **FREE** OCA for
Student Members &
Retiree Members

Lunch will be on your own.

Calm, Poise and Balance

By Connie Fox Moore, OCA President-Elect

At the end of July, I had the privilege of traveling to Alexandria, VA with OCA's co-Legislative Chairs, Sherry Bynum and Georgene Dwyer, to attend the American Counseling Association's Legislative Institute. In addition to meeting many of the other state division leaders, and hearing informative and motivating speakers, we became part of a huge legislative effort during a very important week of Health Care Reform. We were transported to the Capital and the Senate and House of



Representative buildings via three sleek buses. Sherry, Georgene and I visited the offices of Senators Coburn and Inhofe and spoke to their Legislative Assistants about the importance of including licensed professional counselors in the Medicare network. We stressed the value of opening up Medicare in all of the rural Oklahoma counties where LPCs are eager to serve the elderly and the poor. Then, each of us headed off to visit our own

U.S. Representative's office and continue our appeal. All of our efforts met with great support. This legislation is still pending, so if you haven't already done so, please contact the Oklahoma Senators' offices and your U. S. Representative and ask that they co-sponsor H.R. 1693/S. 691.

If you are not a member of the American Counseling Association, I want to strongly encourage you to join our national parent organization. And to consider attending an upcoming ACA conference. This spring it will be held in Pittsburgh, PA. (Upcoming sites include New Orleans, either Phoenix or San Francisco, Cincinnati, and Hawaii - again.) You can check out all of the wonderful resources available through ACA (like free CEU's!) at their web site www.counseling.org. Consider making

a contribution to the American Counseling Association Foundation, also. ACA's Executive Director asked each of us in attendance to forgo a special coffee drink and a pastry and donate that amount to help the ACA Foundation's programs of Growing Happy & Confident Kids, the Counselors Care Fund, and providing scholarships to help graduate students attend the annual conference. ACA is also on Face Book, and anyone can join the group. In this time when social networks are becoming important resources for communication and networking, you can be part of lively professional exchanges through your computer or cell phone!

One evening we all went to dinner at a Thai restaurant. As I cracked open my fortune cookie I found these words: "Avert misunderstanding by calm, poise, and balance." I liked the saying! And thought the wisdom of these words made a perfect suggestion for my president-elect year!

Fall Conference Hotel Information

By Laressa Beliele, OCA Co-Executive Director

Need a place to stay November 12th, the night before the OCA Fall Conference? Make your reservation to stay at the La Quinta Inn, 2140



Riverside Drive, in Moore by October 25. Rooms consist of two double beds. The cost is \$92.65 per night and includes a hot breakfast, complimentary internet, indoor pool and hot tub. Reservations may be made by calling 405-759-7700. Make sure you say that you are with Oklahoma Counseling Association.

Please note that the Board of Directors meeting and dinner will be held

November 12th at 6:00 PM at La Quinta. Board Members, please RSVP to Marilon Morgan, OCA President. Hope to see you there!

Greetings from Central Region *By Curtis Boyer, Central Region President*

Allow me to take just a moment to introduce myself. I am Curtis Boyer, an LPC and a school counselor in Norman. This begins the second year of my two-year term as president of the Central Region of OCA.

As summer vacation season comes to a close families with school-aged children settle back into the routines that come with back-to-school and the many activities fall brings. Those that live in college communities notice an increase in hustle and bustle as well. As a school counselor and parent in Norman I am most definitely aware of the changes this time of season brings. However, for many counselors the level of activity and demands does not change with the passing of the different seasons. So, I encourage everyone to take a few minutes out of your day to just enjoy some quiet, uninterrupted time to yourself, if only for a few moments.

The importance of making time to take care of ourselves was emphasized quite well at the leadership conference this summer. It became evident that the thoughts, ideas and approaches presented would be extremely useful not only in a client/counselor setting, but also on a personal level in insuring our own wellness as helpers. Kudos to the presenters for a job well done!

If you have not attended an OCA event lately I encourage you to take the opportunity in the future to join your fellow professionals. Regardless, of your area of expertise I assure you there will be something for you to take to add to your collection of tools. In an attempt to serve region members more effectively Central Region would like to establish an annual one-day conference. If you are interested in presenting or have topics you would like offered please contact me at cboyer@norman.k12.ok.us or (405)366-5932. Additionally, if you are interested in serving as a regional officer or serving on a committee please contact me at your earliest convenience. It is only through a strong organization that the power and voice of our profession can be recognized. Come join us!

Southeast Region *By Deb Brantley, SE Region President*

As has been the tradition for years, SE Region once again held the annual meeting the first Friday evening in June at Pete's Place. The meeting was well attended by Southeast Region members and OCA members from around the state. We also gained new OCA members at the meeting! This year, the 3-hour Ethics program was presented by Sherry Bynum, LPC and Laressa Beliele, LPC. The ladies did a great job making the evening educationally beneficial and entertaining, as well. Thanks, Sherry and Laressa!



Southeast Region made a good showing at the Summer Leadership conference held in July at St. Crispin's Conference Center near Wewoka. Having the conference in our "backyard" did increase Southeast Region's attendance. A short business meeting was held at Leadership. The members present voted to accept the Presidential appointment of Kathye Easley (from Seminole). Kathye accepted the position of Public Policy and Legislation representative for SE Region. Kathye will be working closely with Sherry Bynum and Georgene Dwyer (PP&L co-chairs) to serve professional counselors and their clients. Thank you, Kathye, for your commitment!

Plans for fall conference are underway. Be sure to clear your calendar to attend in November. Hope to see you there!

Oklahoma Association of Addictions Counselors *By Sherry Bynum, LPC, LADC, NCGC-II, OAAC President*

We had some exciting events last year. We had a name change...we had a wonderful workshop and we elected DeLainna Percifield as president-elect. She is already looking forward to her two years of service. That's right two years. Our president serves a two year term.

We want to thank Dr. Ray Quiett for presenting a TA workshop. As usual, the workshop was a fantastic entertaining learning experience.

We are going to have an exciting Fall Conference. I hope you will plan to attend. We will also have our business meeting. Please plan to attend. We will be planning our spring conference.

Oklahoma School Counselor's Association *By Barbara Shelton, OSCA President*

The OSCA Summer Conference's featured speaker was from **Break The Cycle** organization that supports and helps teens break the cycle of violence. The information was very informative and helpful. At the conference Rebecca Barry presented two breakout sessions on RAMP certification which recognizes schools and counselors who are following the American School Counselor's Association model program. Many counselors attended the sessions and gained information that will help them receive certification.

In June Margaret Durham and Barbara Shelton attended the ASCA conference and delegate assembly in Dallas. They were also privileged to attend the RAMP luncheon where Rebecca Barry received her award for achieving certification. Rebecca is the first to gain RAMP certification in Oklahoma.

Barbara Shelton and Lisa Edwards attended the ASCA Leadership Development Institute in Cleveland where they gained valuable information on promoting and supporting counselors in Oklahoma.

Continue to look at the OSCA website at www.okschoolcounselor.org to gain information about coming events and resources. Contact us if you would like to become involved in our organization.

OKMHCA Launched 2009 Advertising Campaign

By Sherry Ward

Feeling stressed? Sad? Lonely? Do you have trouble sleeping at night? The Oklahoma Mental Health Association (OKMHCA) is concerned about mental health and the understanding of mental health problems by the general public. Many people think that depression, phobias, or an inability to cope with the daily stress of life is a sign of weakness or shame.

“This is what we want to change,” said Sherry Ward, Treasurer of the Oklahoma Mental Health Counseling Association. “Our goal is to reach out to the local community and provide constructive and caring information to educate people about mental health disorders.”

At the beginning of the year several members of OKMHCA pooled their professional and creative talents to produce a Public Service Announcement (PSA). Partnering with KOCO-TV, ABC affiliate in Oklahoma City, OKMHCA engaged in a television and Internet campaign to reach out to the general public. “We want people to know that mental health issues are a medical problem. Many disorders stem from biological factors and are very treatable,” said Ward. “Medical and counseling treatments have a very high return of recovery.”

The PSA campaign was scripted by Anita Walker, Linda Crittenden and Connie Fox. Lea Ann Garcia brought her talent to the screen and appeared in the television commercials which aired on KOCO-TV. The thirty-second spots began in March and will run through August. The commercials encourage people to seek counseling and offer a list of available resources. (OKMHCA.org)

The association also ran a heavy campaign of commercials during May which is National Mental Health Month. “One of the focus points during May is the problems faced by children and adolescents in dealing with mental health issues. Obtaining help for children builds self-esteem and confidence. Early counseling intervention can help children and adolescents become more productive and confident adults,” said Ward.

“We want people to know that there is no shame or need for secrecy when it comes to mental health issues,” said Ward. “Help is out there. People need to know what they are dealing with and where to find that help. Understanding mental health issues, takes a lot of the fear out of a situation that can otherwise cause an individual to feel very isolated and lonely.”

Stepping Up To The Plate

By Marilyn Kincade, OCA CO-Executive Director

First of all I would like to thank those members and leaders of OCA for their dedication to the organization. Some of us have been around for a long time and do appreciate each of you for “Stepping Up To The Plate” when needed to help with planning of programs and presentations for OCA. Without you there would be very little professional development. Sometimes it appears to the leadership that we are falling short of providing needed leadership to our members so we need each of you to “step up” and help provide creative ideas that will promote professional cohesiveness among the counseling organization. We are in need



of “new members” of OCA to “step up” and give us some new and creative ideas. Some folks have difficulty with change, however “change happens” and is constant, therefore we must accept that society and professionalism have changed and move on to make Oklahoma Counseling Association the professional organization that others want to be a part of. I would certainly appreciate each of you giving your new and creative ideas to me. I will present to the OCA Leadership Team and will try to meet your requests, better yet let me know you want to be a member of the OCA Leadership Team and we will certainly find a place for you.

Those of you who were not at the Summer Leadership Institute missed a “golden opportunity” to network with other counselors throughout the state. **My Challenge To You: make plans to attend and network with other professional counselors at every opportunity that OCA provides for you!!** See you at fall conference!

Letter from Georgene Dwyer

Co-Chair of Public Policy and Legislation

Thank you for allowing me to serve as your Co-Director of Public Policy and Legislation with Sherry Bynum. Before moving to Maine for five years, I was privileged to serve in this capacity and yes, we’ve been working on some of the same issues for several years. One of the differences I’ve noticed is there seems to be more solidarity among the professions than before; we all seem to be working toward the same end – better outcomes for our clients, better insurance coverage for clients and providers, and greater understanding about mental health concerns.

OCA had a great Summer Leadership conference and it was wonderful to reconnect with former colleagues and new faces as well. We are forming our committee right now, and need input from each region and division. Please contact me with your committee member at gdshrink@cox.net.

Sherry, Connie and I were educated and energized by attending the ACA Legislative Conference in Washington, DC at the end of July. We met so many leaders from each state, as well as personally meeting with our legislators and their staffers. Please go to the ACA website (www.counseling.org) and read about the Legislative efforts that are being made on your behalf. I learned about so much that is available from the ACA! Thank you for allowing me to attend and represent OCA.

Many of you who have known me over the years may have wondered (or not!) where I went for 5 years and why I’m back now. Life seems to throw us all some curve balls every so often, and my family is no different from any of yours. Our 20 yr. old son, Patrick, passed away on May 18, 2003. My husband and I had put our house on the market and were planning on moving to our house in Maine because our son decided to play football at the University of Maine and was enrolled in Environmental Engineering. They were getting a great guy and a football player who was recruited by lots of major universities. He was a wonderful son

and was much loved by his 3 older sisters. He had been taking a medication for his migraine headaches that was actually a seizure medication. Yes, he was told not to stop taking it, but never WHY not to stop taking it. Well, he did stop it unbeknownst to us. About 2 weeks later, he died of SUDS (Sudden Unexplained Death Syndrome) which is related to SIDS. We did not know that SUDS is an occasional side effect of suddenly stopping the medication in young men 18-25 years of age. Our family was devastated. I did not go back to my office, and we decided to go ahead and move. About a year ago, we felt like it was time to come back to Tulsa. I have opened my practice here, have two offices, and have partnered with an electronic health record company.

How does a mother survive this kind of pain? My solution was to focus on all the positives in my life: my husband, three daughters, three weddings, births of grandchildren, starting my practice in Maine, allowing my friends to take care of me and much prayer.

Look Who's Coming To Mid-Winter

Dr. E. Christine Moll joined the Counselor Education faculty in the fall of 1996. Prior to her full time faculty position, Dr. Moll served Canisius College as the Director of the Counseling Center and a member of the Counselor Education adjunct faculty. Dr. Moll is a past president of the New York Counseling Association and national representative to the North Atlantic Region of the American Counseling Association. She is a graduate of the Canisius Counselor Education program. Her research interests are in the use of technology in the counseling profession, supervision of counselors, and the counseling issues of college age students. She has taught Foundations of Counseling, Psychological & Educational Assessment, the Counseling Practica, Research Methods and Women's Issues in Counseling.

Dr. Moll will present at Pre-Conference and will also present at the Mid-Winter Conference.

Dr. Christine Moll • Phone: 888-3287 • Email: moll@canisius.edu

Exhibit Space Available By Sue Gill, Exhibit Chair

Are you or someone you know interested in securing a space for an exhibit at the OCA Mid-Winter Conference? There will be booth space available on Friday, February 5, and Saturday, February 6. The cost of a booth is \$65 for one day or \$100 for both days. For more information, contact Sue Gill at sgill1960@aol.com or 478-2396.

The Professional Caregiver And Compassion Fatigue By Sherry Bynum, LPC, LADC, NCGC-II

Since self-care and professional well-being deals with OCA's theme for the year, I thought I would share information I gained while attending a training to become a Compassion Fatigue Educator. Jay Martin, D. Min., LMFT, CT, CFS was our instructor during a workshop on Professional Caregiving: Risks and Rewards of Working with Traumatized People.



The following are quotes from the workshop:

- According to Webster's Dictionary, compassion is "a feeling of deep sympathy and sorrow for another who is stricken by suffering or misfortune, accompanied by a strong desire to alleviate the pain or remove its cause."

- Oriah Mountain Dreamer, in *The Invitation*, describes compassion as "I want to know if you can sit with pain, mine or your own, without moving to hide it or fade it or fix it." She continues to say, "I want to know if you will stand in the center of the fire with me and not shrink back."

- When a caregiver neglects to incorporate self-care, he/she may eventually begin to show symptoms of compassion fatigue. Victor Frankl may have been warning the caregiver, when he wrote, "That which is to give light must endure burning."

- "Those who have enormous capacity for feeling and expression empathy tend to be more at risk of compassion fatigue." *Compassion Fatigue, Coping with Secondary Stress Disorder in Those Who Treat the Traumatized*. Charles Figley, Editor, 1995."

Do these quotes make you stop and think about yourself or someone you know? Have you ever found yourself feeling trapped or so unhappy with your work environment but did not know what was happening? Maybe reading these symptoms from Charles Figley's book: *Treating Compassion Fatigue*; p.7, will give you insight.

Examples of Compassion Fatigue / Burnout Symptoms:

Cognitive:

Lowered concentration	Decreased self-esteem
Apathy	Rigidity
Disorientation	Perfectionism
Minimization	Numbness Nightmares
Preoccupation with trauma	Thoughts of self-harm or harm to others

Emotional:

Powerlessness	Anxiety
Guilt	Anger/Rage
Survivor guilt	Numbness
Fear	Helplessness
Sadness	Depression
Emotional roller coaster	Depleted
Overly Sensitive	

Behavioral:

Impatient	Irritable
Withdrawn	Moody
Regression	Sleep disturbance
Nightmares	Appetite changes
Hypervigilance	Elevated startle response

Spiritual:

Questioning the meaning of life	Loss of purpose
Lack of self-satisfaction	Pervasive hopelessness
Anger at God	Questioning of prior religious beliefs
Loss of faith in a higher power	Great skepticism about religion

Personal Relations:

Withdrawal	Decreased interest in intimacy or sex
Mistrust	Isolation from others
Overprotection as a parent	Projection of anger or blame
Intolerance	Loneliness
Increased interpersonal conflicts	

Somatic:

Shock	Sweating
Rapid heart beat	Breathing difficulties
Aches and pains	Dizziness
Other somatic complaints	Impaired immune system
Increased numbness and intensity of medical maladies	

Work Performance:

Low morale	Low motivation
Avoiding tasks	Obsession about details
Apathy	Negativity
Lack of appreciation	Detachment
Poor work commitments	Staff conflicts
Absenteeism	Exhaustion
Irritability	Withdrawal from colleagues

It's crucial that counselors become more aware of their emotional, physical and spiritual well-being. If we are going to be emotionally available to our clients and families we must practice self-care. We encourage our clients to live a balanced life, but we ignore our own recommendations. Instead, we find ourselves working extra hours and when we are on vacation we take our work with us. We begin to have health problems. We lose sleep...we find our client's trauma interfering in our lives. Eventually, we begin to dread going to work...and maybe one of the most significant symptoms is that we begin to doubt ourselves

and question our purpose for choosing counseling as a career or maybe more important; we begin to doubt our purpose for our life. We quit, become ineffective or drop out of life.

It isn't easy to make self-care a priority. It's difficult for many counselors to ask for help. Which is funny but sad; since that is exactly what we recommend to our clients.

If the symptoms above sound like you, seek help and begin self-care. Recognize that being a caregiver is a high risk profession. So, don't wait for problems to surface, begin the practice of self-care. It takes time... but you are worth it.

Book Review: Why Does He Do That? Inside The Minds Of Angry and Controlling Men Book By Lundy Bancroft Reviewed By Sherry Bynum, M.Ed., LPC, LADC, NCGC-II

Many of us have provided counseling services for women who have been victims of domestic violence. Domestic Violence affects one in three women. This is a book that every counselor not only needs to read but will benefit from doing so. Mr. Bancroft shares insight he gained during his ten years of experience while working with men who batter. The author shares cases and myths about men who batter.

You may see a batter for individual counseling while he works with another counselor due to domestic violence charges. If so, you will benefit from reading about such a situation in one of the author's cases. He shares how another counselor actually reinforced the batterer's violent behavior by telling him during their individual session that his behavior was because he had poor self-esteem. This book will also help us to identify biases that we may have.

I hope you won't think you are being disloyal to the women who are victims of domestic violence. With the increase in violence, we need to gain a better understanding of the batterer and the cycle of violence.



MARK YOUR CALENDAR!

OCA Fall Conference November 13, 2009

OKMHCA Annual Conference December 3-4, 2009

OCA Mid-Winter Conference February 4-6, 2010

ACA Conference March 18-22, 2010

OCA Summer Leadership Institute July 16-17, 2010

**Call for Programs
OCA Mid-Winter Conference
February 5 - 6, 2010**

Title of Program:

Write in the space provided (or type up) a synopsis of program.
This will be published in the program. *(Limit to 45 words)*

Specify the date which would be best for you: *(Check one)*

Friday, February 5, 2010:

- 1 hour session from 11am - 12 pm
 1.5 hour session in the afternoon
 3 hour session in the afternoon

Saturday, February 6, 2010:

- 1.5 hour session in the morning
 3 hour session in the morning
 1.5 hour session in the afternoon
 3 hour session in the afternoon

Name: _____
Title: _____
Home Phone: _____
Work Phone: _____
Mailing Address: _____
City, State, Zip Code: _____
Email Address: _____

Program Type: *(please check one)*

- | | |
|--|--|
| <input type="checkbox"/> Counselor Educat. & Supervision | <input type="checkbox"/> Ethics |
| <input type="checkbox"/> Ethics for Supervisors | <input type="checkbox"/> Addictions |
| <input type="checkbox"/> Mental Health | <input type="checkbox"/> Multicultural |
| <input type="checkbox"/> Schools | <input type="checkbox"/> Wellness |
| <input type="checkbox"/> Other _____ | |

Presenters will be awarded free registration for the day they present.
** Presenters are responsible for providing their own AV equipment.*

Send completed Call for Programs form and curriculum vitae for each presenter to:

Marion Morgan, Ph.D., OCA President
1613 W Fulton Pl, Broken Arrow, OK 74012

Deadline is: Nov. 14, 2009

Phone: 580.255.7460 • Fax: 580.255.7675

Dr. Deb Brantley
Licensed Professional Counselor

1212 West Willow • Duncan, OK 73533

Georgene W. Dwyer
LPC, LCPC, NCC

Counseling Services
Individual | Pre-Marital | Relationships | Transitions

403 S. Cincinnati
Tulsa, OK 74103
918.633.8590

1605 S. Eucalyptus, Ste. 100
Broken Arrow, OK 74012
gdshrink@cox.net

Michael D. Swafford, Psy.D.

Doctor of Clinical Psychology
Licensed Professional Counselor

Counseling Services
Individual | Couples | Adolescent | Substance Abuse Recovery

- Evaluations Available
 - Approved LPC Supervision
 - Behavioral Health Consultant
 - Insurance & Credit Cards Accepted
- 105 S. Bryant, Ste. 302
Edmond, OK 73034
405.844.7793
DrMikeSwafford@aol.com

In an effort to continue to meet your professional needs,
we are offering opportunities for professional development.

IMPORTANT NOTICE

On July 11, 2008, rule amendments became active
for Chapters 400-LMFT, 403-LBP and 405-LPC.
Go to <http://pcl.health.ok.gov> for more information.
You are responsible to know these changes!

If you have moved and you are a Licensed Professional
Counselor, you must notify the LPC Board.

2010 ACA CONFERENCE
The American Counseling Association Conference
is March 18-22, 2010 in Pittsburgh, PA

For information regarding the
21st Century Skills Bullying Prevention Film
Competition go to the following website:
www.storiesofus.com/competition/presskit

RULE CHANGE NOTIFICATION

The Regulations governed by the Office of Professional Counselor Licensing, Oklahoma State Department of Health have been amended. Changes to the Regulations were effective **June 25, 2009**.

The Department recommends that you review these changes and print a current copy of the Acts and Regulations for your files. To obtain a copy, please log on to <http://plc.health.ok.gov> and select **Acts and Regulations** in the left hand navigation. It is your legal responsibility to comply with these regulations.

If you do not have access to the internet you may request that a copy of the Acts and Regulations be sent to you, or if you have further questions regarding the amendments, please call 405-271-6030.

YOU ARE WANTED!

Norman Behavioral Health Group is seeking qualified Masters-level Mental Health Professionals for a position as a Outpatient Counselor and Psychological Technician. Must be licensed, or License eligible, as LPC, LBP, or LMFT. Competitive Salary and partial health compensation. The position is full-time, but does allow for a flexible work schedule.

Psychological Technician provides behavioral-based services to individuals within the Developmental Disabilities Services Division (DDSD) of DHS. Responsibilities include, but not limited to:

- Developing Behavior Management Plans to address problematic behavior(s)
- Training staff on the implementation of the behavioral plan
- Providing off-site counseling services to clients, and
- Developing Behavior Management Programs for group homes across the state

If you are interested in becoming a part of our team, please contact Dr. Alan Ivy at 405.579.5760 or email him at draivy@normanbhg.com.

IMPORTANT ANNOUNCEMENTS

Please do not use any old registration forms. If you have any, please destroy them. If you use an old form, it may go to an old address that is no longer in use. Please share this information with others.

For more information about becoming an OCA member, please email to membership@oklahomacounseling.org, call 405.306.8225 or go to www.oklahomacounseling.org.

Oklahoma Counseling Association A Branch of American Counseling Association Membership Application

Check all that apply:

New member _____ Renewal _____ Information Change _____

Please print clearly so that your information is printed accurately in our membership directory.

Circle one: Dr. Mr. Mrs. Ms.

Name: _____

OCA Region: C NE NW SE SW

OK House District _____ OK Senate District _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____

Work Phone: _____

Fax Number: _____

Email: _____

Please print clearly - this email address will be used to send you newsletters.

OCA DUES (Check One)

Professional \$40.00 _____

Associate \$30.00 _____
(Individuals in a counseling role with less than a masters degree)

Student *(Minimum 6 hour enrollment)* \$25.00 _____

Professor Signature: _____

Retiree \$40.00 _____

(OCA allows Student members and Retired members to attend the Fall and Mid-Winter Conferences FREE of charge. Lunches and Pre-Conferences are NOT considered part of the conferences.)

DIVISIONS (Must Join At Least One)

Oklahoma Association of Addictions Counselors (OAAC)
\$10.00 _____

Oklahoma Christian Counselor Association (OCCA)
\$ 5.00 _____

Oklahoma Association of Counselor Education & Supervision (OACES)
\$10.00 _____

Oklahoma Mental Health Counselor Association (OKMHCA)
\$10.00 _____

Oklahoma Association for Multicultural Counseling & Development (OAMCD)
\$5.00 _____

Oklahoma School Counselor Association (OSCA)
\$15.00 _____

Total Amount Due: _____

Visa/MasterCard#: _____

Card Exp. Date: _____

Signature: _____

Mail your registration and payment to:

Deb Brantley, Ph.D. | PO Box 157 | Duncan, Oklahoma 73534

Checks payable to: Oklahoma Counseling Association

Email your questions to membership@counseling.org

For OCA Office Use Only

Received by: _____ Date: _____

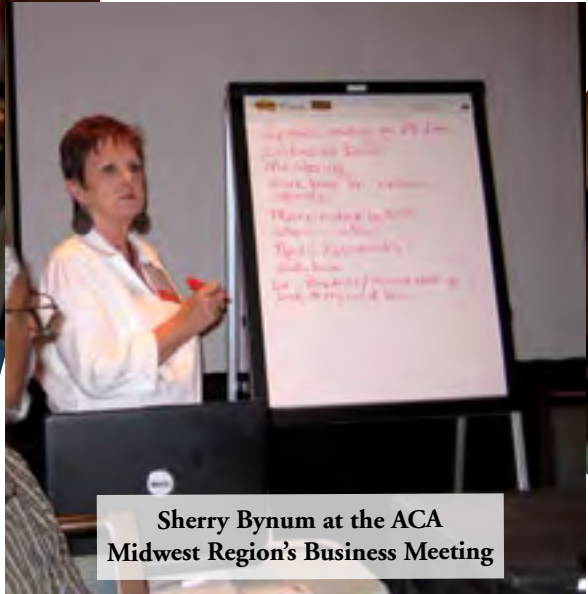
Method of payment: C CC CK Amount: _____

pictures snapshots

2009 ACA Leadership Institute



Connie, Sherry, Georgene on Capitol Hill



Sherry Bynum at the ACA Midwest Region's Business Meeting



photos memories

2009 Summer Leadership Institute



Marilon presenting at the conference



meeting minutes

OCA Mid-Winter Conference 2009 Biltmore Hotel, Oklahoma City, OK February 26, 2009

Members in Attendance:

Dr. Kathryn Sanders	OCA President
Dr. Marilon Morgan	OCA President Elect
Sherry Bynum	OCA Past President/OAAC President
Laressa Beliele	Co-Executive Director
Marilyn Kincade	Co-Executive Director
Dr. Deb Brantley	OCA Treasurer
Debbie Korff	OCA Secretary
Dr. Jerry Chandler	OCA Government Relations
Dr. Ray Quiett	OCA Ethics Chair/SE Region Treasurer
Sue Gill	OCA Exhibits Chair/OCCA President
Sue Pond	SW Region Representative
Ben Noah	SE Region Representative
Barbara Shelton	OSCA President Elect
Linda Crittenden	OKMHCA President
Sarah Deal	NE Region President/OACES Secretary/Treasurer
Rick Williams	OACES President
Devan Brotherton	OAMCD President
Connie Fox-Moore	
Anita Walker	

Call to Order:

The meeting was called to order by Dr. Kathryn Sanders, OCA President at approximately 6:50 pm. Dr. Sanders asked those in attendance to introduce themselves. Dr. Sanders distributed the agenda for the meeting. Sherry Bynum moved accept the agenda. Devan Brotherton seconded the motion. Motion passed.

Items 4-6 of the agenda were approved through Knowledge Based Governance.

Minutes:

Rick Williams moved to accept the minutes as presented and Connie Moore seconded. Motion to approve the minutes passed.

Treasurer's Report:

Dr. Deb Brantley provided the board members with a 3 page report which included the statement of Profit and Loss. Deb reported that as of February 24th, the fiscal year was looking pretty good. At the ACA Midwest Region Leadership Conference, Deb learned that it is possible to go back and adjust the budget from time to time. For example, the money that was allotted for Government Relations but wasn't used was moved to the Summer Leadership 2008 budget line. She also moved money from the Fall Conference Line to the Mid-Winter Conference

line to ensure that the speaker would be covered. Deb stated that the NE Region made \$1,000 donation to OCA and that OACES and OKMHCA have promised \$1,500.

Deb reported that conference registration was great. Only 6 people have yet to pay. Online registration is working well and has made a big difference. She is certain that more will show and register on-site. So far the conference has grossed \$18,000.

Sherry Bynum asked Deb if OCA had any scholarship applicants. Deb reported that we have not.

Ben Noah moved to accept the Treasurer's Report and Sherry Bynum seconded. Motion passed.

President's Report:

Dr. Sanders reported that we had good numbers for the conference. 93 people were at the Pre-Conference and so far we had 197 scheduled to attend on Friday and 172 scheduled for Saturday. The Region and Division meetings will be held a bit differently this year so that people belonging to more than one or two may attend all meetings. Sherry Bynum reminded those present that Regions should be conducting elections for officers and then give the names of the newly elected to Marilon Morgan as soon as possible. It is imperative that we keep our leadership team information up to date.

Dr. Sanders reminded us that the ACA Convention would be held next month (March) in Charlotte, NC.

President Elect's Report:

Dr. Marilon Morgan reported that the OCA Summer Leadership Conference is scheduled for July 17-18 at St. Crispin's Oakerhater Lodge Seminole, OK. Space will be limited. The theme of the conference is "Professional Wellness". Several neat workshops are planned and this relaxing time will benefit those that attend. Marilon encourages ANYONE to attend. Attendees do not have to currently hold leadership positions. She suggested that Regions and Division sponsor or assist members with registration fees.

Exhibit Chair's Report:

Sue Gill reported that the exhibit room is full and we will do the Exhibit Bingo again this year to encourage attendance. The book seller will give us 10% of sales. Marilyn reported that Liberty Mutual will pay for the refreshments for both days and will also provide door prizes.

Old Business:

Dr. Jerry Chandler reported that Rep. Blackwell would receive an award from OCA for his support with legislation. Vicki White Rankin will

present the award. Senator Ivester will not be able to accept his award from OCA in person. We will present it to him at his office on a future date.

Marilyn Kincade reported that Georgene Dwyer, an OCA member that had moved away, has now returned and would like to help us (again) with legislation. She is very connected in the Tulsa area and politically well-versed.

Sherry Bynum reminded the members present that all officers of Regions and Divisions are supposed to submit articles for each newsletter. She also reported that the OCA newsletter was submitted to be considered for an award from ACA.

The LPC Board must replace 2 lay people for the Board and OCA needs to recommend them. They can be anyone involved in health fields as long as it isn't mental health. Names should be submitted directly to Nina West.

Ben Noah reminded the members about the Empty Plate fund and explained that it would be announced each morning and collections will be made throughout the day. The money will go to the Horn of Plenty – a food bank for the Northwest region of Oklahoma.

Dr. Sanders asked that all those present assist in the preparation of the programs after the meeting is adjourned.



Adjournment:

Move to adjourn was made by Sherry Bynum and seconded by Devan Brotherton. Meeting was adjourned at approximately 7:19 pm.

Respectfully submitted,
Debbie Korff, OCA Secretary

**OCA Mid-Winter Conference 2009
Biltmore Hotel, Oklahoma City, OK
February 28, 2009**

Call to Order:

The meeting was called to order at approximately 12:02 pm by OCA President, Dr. Kathryn Sanders. Dr. Sanders announced that Connie Moore will hold the office of OCA President Elect-Elect.

Adjournment:

Meeting was adjourned at approximately 12:05 pm.

Respectfully submitted:

Debbie Korff, OCA Secretary

**Oklahoma Counseling Board of Directors Meeting
Summer Leadership Institute 2009
St. Crispin's Conference Center
July 17, 2009**

Members in Attendance:

Laressa Beliele & Marilyn Kincade, Executive Directors; Connie Fox Moore, President Elect; Royce Caldron, Public Relations Chair; Deb Brantley, Treasurer; Rick Williams, OACES President; Sarah Deal, Northeast Region President; Ben Noah, Southeast Region President Elect; Curtis Boyer, Central Region President; Georgene Dwyer, Sue Gill, OCCA President; Becky Webster OCCA, President Elect and Sherry Bynum, Newsletter Editor & Addictions Counselors' President and Government Relations Co-Chair.

Call to Order:

Marilon Morgan, OCA President called the meeting to order at 12:00 PM on July 17, 2009.

Treasurer's Report:

Deb Brantley, Treasurer announced that she would not be seeking another term as treasurer, but would continue until her term ended June 30, 2010. Letter of resignation was presented effective June 30, 2010 by Deb Brantley.

Proposed Budget was presented by Deb Brantley. Ben Noah made the motion to accept the proposed budget, Curtis Boyer seconded. Motion carried.

Treasurer Deb Brantley suggested that OCA should have a fee increase. Board did not act on this item.

Website:

Sherry Bynum announced that Bramlett & Associates, (Website Managers) get paid a monthly fee whether OCA uses this service so it is important that we utilize this service. Information and articles need to get to Sherry Bynum by the 20th so it can be proofed and approved to be published on the website by the 1st of each month. If a region or division does not get it to Sherry by the 20th and wants the information on the website the region or division will be charged for that service.

more minutes

Policy Changes:

Region and Division Rebate Checks will be voided after 90 days of issuance by treasurer. Ben Noah made the motion; Curtis Boyer seconded. Motion carried.

Expense vouchers should be completed in 30 days to the treasurer when expenses are incurred, otherwise OCA will not reimburse for expenses. Curtis Boyer made the motion, Sherry Bynum seconded. Motion carried

President-Elect will be given the responsibility to order award plaques. Invoice to be sent to the treasurer for payment by the treasurer.

Other Business:

Sherry Bynum made a motion that OCA purchase a Portable Projection Screen. Curtis Boyer seconded. Motion carried. Laessa Beliele was given the responsibility to purchase one.

Sherry Bynum, Newsletter Editor reported that August 10, 2009 was the fall newsletter deadline.

Ben Noah reported that the Empty Plate Project would be back in the Central Region. Central Region needs to start looking for an organization to present the donation.

Marilon Morgan, President announced the following dates: Encyclomedia September 18 & 19, 2009 - Cox Center: Fall Conference- Moore/ Norman Technology Center Penn Site on November 13, 2009. OCA Mid-Winter Conference to be held at the Biltmore Hotel on February 4, 5 and 6, 2009.

Sherry Bynum made a motion to adjourn. Curtis Boyer seconded. Motion carried.

Saturday July 18, 2009: Marilon Morgan, President called a short business meeting to appoint Georgene Dwyer as Co-Chair of the Legislative Team. No other business was conducted.

Adjournment:

Sarah Deal moved to adjourn the meeting. Teresa Huff seconded. Motion carried. Meeting Adjourned.

Submitted:

Marilyn Kincade, OCA Executive Director

OCA Leadership Team 2009 - 2010

- Marilon Morgan, President morganm@nsuok.edu
- Kathryn Sanders, Past-President sanderka@nsuok.edu
- Connie Fox Moore, President-Elect jubimoore@yahoo.com
- Marilyn Kincade, Executive Director markincade@acninc.net
- Laessa Beliele, Executive Director pennbel@aol.com
- Deb Brantley, Treasurer drdeb@cableone.net
- Deb Korff, Secretary dkorff@cox.net
- Kelly Collins, Membership Chair kelcollins1967@cox.net
- Sherry Bynum, Newsletter/Web Site shebyn@sbcglobal.net
- Sue Gill, Exhibit Chair sgill1960@aol.com
- Ray Quiett, Ethics Chair quiett@cableone.net
- Royce Caldron, Publicity & Parliamentarian caldron@onemain.com
- Georgene Dwyer, Public Policy & Legislation gdshrink@cox.net
- Sherry Bynum, Public Policy & Legislation shebyn@sbcglobal.net
- Sue Pond, President Southwest Region spond@caddokiowa.com
- Deb Brantley, Southeast Region President drdeb@cableone.net
- Mary Brenner, Northwest Region President breenerdavid@sbcglobal.net
- Sarah Deal, OACES President deal@nsuok.edu
- Curtis Boyer, Central Region President cboyer@norman.k12.ok.us
- Teresa Huff, OAMCD President JEHTMS@aol.com
- Linda Crittenden, OKMHCA President mcrittenden@cox.net
- Rick Williams, Northeast Region President williamsr@nsuok.org
- Barbara Shelton, OSCA President barbarashelton@mooreschools.com
- Sue Gill, OCCA President sgill1960@aol.com
- Sherry Bynum, OAAC President shebyn@sbcglobal.net
- J. C. Smith, State Dept. of Education j.c.smith@sde.stateok.us
- Kelly Arrington, State Dept. of Career Tech. karri@okcareertech.org

Check out our website and see what's happening at OCA
www.oklahomacounseling.org

money matters

	Jul 08 - Jun 09	Budget	Over Budget	% of Budget
Income				
Advertising Income	27.00	100.00	-73.00	27.00%
Exhibits	1,430.00	1,950.00	-520.00	73.33%
Fall Conference Income	2,326.00	3,500.00	-1,174.00	66.46%
Interest	460.00	500.00	-40.00	92.00%
Lobby Contributions	5,135.49	5,000.00	135.49	102.71%
Membership Dues	25,994.10	23,000.00	2,994.10	113.02%
Mid-Winter Conference Income	26,436.60	15,750.00	10,686.60	167.85%
Miscellaneous	356.04	50.00	306.04	712.08%
Summer Leadership Income	1,990.00	2,500.00	-510.00	79.60%
Total Income	64,155.23	52,350.00	11,805.23	122.55%
Expense				
ACA Mid-West Conference	5,228.08	4,450.00	778.08	117.49%
ACA National Conference	5,743.56	4,550.00	1,193.56	126.23%
Accountant Expense	450.00	450.00	0.00	100.00%
Awards	578.97	300.00	278.97	192.99%
Direct Lobbying Expense	6,400.00	6,400.00	0.00	100.00%
Division Rebates	5,800.00	6,450.00	-650.00	89.92%
Exhibit Chair Expense	42.00	50.00	-8.00	84.00%
Government Relations	286.98	300.00	-13.02	95.66%
Grants	574.10	500.00	74.10	114.82%
Membership Committee Expense	4,125.31	3,250.00	875.31	126.93%
OCA Fall Conf/Encyclomedia	1,971.78	2,000.00	-28.22	98.59%
OCA Mid-Winter Conference	18,775.77	11,000.00	7,775.77	170.69%
OCA Summer Leadership	5,279.25	4,000.00	1,279.25	131.98%
Office Expense	600.00	600.00	0.00	100.00%
President Contingency	195.71	200.00	-4.29	97.86%
Publication Committee	3,732.37	2,500.00	1,232.37	149.30%
Region Allotments	1,200.00	1,500.00	-300.00	80.0%
Scholarships	0.00	350.00	-350.00	0.0%
Website Expense	3,039.03	3,500.00	-460.97	86.83%
Total Expense	64,022.91	52,350.00	11,672.91	122.30%
Net Income	132.32	0.00	132.32	100.00%

Assets		Liabilities		Equity	
Checking/Savings		Credit Cards		Opening Bal Equity	21,615.44
Arvest Bank	12,917.46	Visa Corporate	1,234.09	Retained Earnings	1,796.89
C.D. on deposit Arvest	10,000.00	Total Credit Cards	1,234.09	Net Income	-1,728.96
Total Checking/Savings	22,917.46	Total Current Liabilities	1,234.09	Total Equity	21,683.37
Total Current Assets	22,917.46	Total Liabilities	1,234.09	Total Liabilities & Equity	22,917.46

NEWSLETTER

take a look inside to see OCA's most recent news and updates!

Oklahoma Counseling Association is a unified partnership of diverse counseling professionals promoting the shared purpose of developing a deeper understanding of the profession, oneself, and the individuals we serve.

**a few
dates to
remember**

November 13, 2009
OCA Fall Conference

February 4-6, 2010
OCA Mid-Winter Conference

March 18-22, 2010
ACA Conference

**take a
look
inside**

**Gratitude, Greetings and
Welcome from a New President**

OCA Fall Conference Info

**Photos from the
Leadership Institute**