

# NEWSLETTER

2007-2008  
dates to  
remember

**OCA Mid-Winter Conference:**

**Thurs, February 7**  
OCA Pre-Conference  
*Presenter: Robert E. Wubbolding, Ed.D.*

**Fri & Sat, February 8-9 - Day 1 & 2**  
OCA Mid-Winter Conference  
*Keynote: Robert E. Wubbolding, Ed.D.*

Lodging at Biltmore Hotel: (401 South Meridian Avenue, Oklahoma City, OK):  
Make your own reservations by 1/24/08.  
Registration form is enclosed or call us at 405-947-7681.

**Election Dates**  
Held at the Mid-Winter Conference  
February 8-9, 2008

**March 24-26**  
ACA National Conference  
Honolulu, Hawaii

**WELLNESS**

**Wisdom:** Wisdom means the power of judging rightly and following the soundest course of action, based on knowledge, experience, and understanding

**Experience:** Experience and enjoy life to the fullest.

**Love:** Love yourself and others.

**Learn:** Learn new ideas and share what you have learned.

**Nurture:** Nurture your mind, body, and spirit.

**Eat:** Eat healthy, be mindful of taking care of your body and physical well being.

**Spirituality:** Understand that we are all connected...know and understand you have meaning in the universe.

**Serenity:** Experience harmony and peace. Accept serenity as a gift to be had.

**Wellness Throughout the Lifespan:**

**Chapter Two**

*By Sherry Bynum, OCA President*

It seems like every time I turn my computer on, there is a pop-up screen that is either telling me about how to get rid of my wrinkles or to change careers. You have to admit, it does cause one to begin to wonder if there is something the computer knows that I don't know or am trying to ignore.



What have you been doing for you lately? Have you taken the time to enroll in a yoga class or play your favorite sport? Are you reading for fun? Are you spending time with your family? Or are you so busy making a living that you are forgetting to make a life? When you have a passion for your work, it is so easy to convince yourself that you are doing what you want; so, therefore, you don't need to take any special time for just you.

Recently, I was reviewing some of my notes from a video that I used where Stephen Covey's four basic needs were presented. He suggests that we have four basic needs: First, we have a need to live. In our society we need a job in order to put food on the table and a roof over our heads. Everyone needs food and shelter, and in our society it takes money to buy those things. (I never did learn to grow a garden and can food from that garden). Second, we all have a need to feel important...that we matter in this world. Third, everyone has a need to love and to be loved. Fourth, we all need variety in our lives. The four basic needs are: To Live, To Feel Important, To Love and To Be Loved, and Variety.

It is so easy to get our needs out of kilter. For instance, a person may take a job because he needs to provide shelter and food for his family. Why? Because the person loves his family. As time goes on, the person, who is very good at the job, gets a promotion and begins to have opportunities for travel and is beginning to make a lot more money. The person feels really important and the job is really important and it's providing a great deal of variety; after all, the person is making a lot of money for the family. But, something begins to go haywire. There is a great deal of stress in the home and in the marriage...the relationship begins to suffer. The family actually begins to not even notice that Husband/Dad isn't around anymore. What need is not being met?

When needs aren't met, human beings tend to seek a way to get them met. Sometimes those ways are destructive.

Counselors have been known to self-destruct. We are not immune to destructive behavior. It is important that once in awhile we stop and take inventory and ask the question, "Do I have balance in my life?" If not, "What do I need to do to gain balance?" One of the most difficult tasks is for us to hold the mirror up to ourselves. It's difficult, but very important. You can't give what you don't have. You can not help an anxious client feel calm if you are frazzled and are permeated with anxiety. So, take a look at the four basic needs. Are your needs being met? Is all of your energy going to one or two areas and the others are ignored? Do something about it.

It has long been recommended that counselors have their own therapist. There were reasons for the recommendation when it was first made and the reasons hold true today.

take  
a  
look

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OCA Pre-Winter Conference  
and Mid-Winter Conference

February 7-9, 2008

February 7, 2008 - OCA Pre-Conference

Robert E. Wubbolding, Ed.D.

Topic: Reality Therapy with clients and students who are difficult, resistant, disengaged or disillusioned.

February 8-9, 2008 - OCA Mid-Winter Conference

Robert E. Wubbolding, Ed.D.

Keynote Address: Top Dogs and Sitting Ducks: Understanding Ourselves and Dealing With the World – Practical Tools.

The Conference will be held at the Biltmore Hotel in Oklahoma City, at I40 / 401 S. Meridian Ave. Room Registration deadline is January 24, 2008. When registering mention you are with the OCA Conference to get the group rate of \$68. 405-947-7681.

Register Online or fill out the form below. Costs as follows:

Thursday, Feb.7: Members: \$55 Non-Members: \$75  
Friday & Saturday, Feb 8-9: Members: \$130 Non-Members: \$200  
Student and Retiree Members attend Mid-Winter Conference Free!

**Students and Retiree Members:** If you wish to attend the luncheon, you will need to RSVP by January 30, so we can give the hotel an accurate count. You can pay your \$10.00 luncheon fee on February 8, when you arrive at the conference.

If you are attending just one day of the Mid-Winter Conference members pay \$75.00 and non-members pay \$110 for the day you attend; however, you will need to register by mail. Please add \$25.00 if you do not register seven days prior to the conference.

Just a Glimpse of our Breakout Sessions:

Friday, February 8, 2008:

Nena West and the LPC Advisory Board Panel Discussion

Ethics and the School Counselor: Sherry Ward, LPC, NCC, NCSC and Lea Ann Garcia, LPC

Graduate Student Poster Presentation: Co-Chairs: Dr. Marilon Morgan and Dr. Kathryn Sanders

Critical Incident Stress Debriefing: Richard Yahola, M.S. LPC, LPC-S OK-TX

The Choking Game: What Every Counselor Needs to Know: Kimberly Donovan, Ph.D. Southeastern Oklahoma State University

A Few of Our Favorite Things: Best Practices: Barbara Hutchison, Ph.D. Game Busters: DeGaming Your Life: Ray Quiett, Ph.D., LPC, LMFT, NCC, and Certified Transactional Analyst with ITAA

Saturday, February 9, 2008:

A Fresh Look at Oklahoma's Rules and Regulations: Daniel J. Weigel, Ph.D., LPC, LADC, CCMHC, MAC, ACS

This program will provide a review of: (a) the definition, purposes, and goals of supervision; (b) several ethical issues in the supervision profession, and (c) legal requirements for the supervision of Oklahoma LPC Candidates (with special attention given to newer requirements of the LPC Act).

Those Darn Teenagers: Rachel Harjo, LPC

The Use of Therapeutic Metaphors: Joe Westerheide, Ph.D, LPC, LADC, CGC-1

The Rainbow Bridge 1: Development through the Charkras and The Raibow Bridge 2: Dancing and Stretching our Way through the Chakras: Connie Jung Fox, Ph.D., LPC, Certified Yoga Instructor; Donna Wade, LPC, LADC Trained in NIA

The Role of the School Counselor: Dr. Larry Bell, Associate Professor; Dr. Barbara Hutchison, Associate Professor; Dr. Marilon Morgan, Assistant Professor; and Dr. Kathryn Sanders, Associate Professor. All are in the Department of Psychology and Counseling at Northeastern State University in Tahlequah, Oklahoma

Ethics: Kelly Collins LPC, and Laressa Beliele LPC

Signs and Symptoms of Gambling: Sherry Bynum, LPC, LADC

Integrating Spirituality into Counseling: Dr. Sarah Rivers Deal, LPC, Assistant Professor of Psychology and Counseling at Northeastern State University; Dr. Richard Williams Associate Professor of Psychology and Counseling at Northeastern State University; Dr. Jennifer Walker, Associate Professor of Psychology and Counseling at Northeastern State University

The Supervisor as Mentor: Ben Noah, PhD, NCC, ACS, LPC  
CEU's pending.

OCA Pre-Winter Conference (Feb. 7) and Mid-Winter Conference (Feb. 8-9) Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Agency/School: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Visa/Mastercard #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Pre-Conference (Thursday):

\_\_\_\_\_ Member \$ 55

\_\_\_\_\_ Nonmember \$75

Mid-Winter Conference (Friday & Saturday):

\_\_\_\_\_ Member \$130

\_\_\_\_\_ Nonmember \$200

\_\_\_\_\_ Student & Retiree Members (FREE)

Mail your registration and payment to: Deb Brantley, Ph.D., at PO Box 157 / Duncan, Oklahoma 73533  
Checks payable to: Oklahoma Counseling Association. Purchase orders accepted upon approval. CEU's pending.

**The OCA Mid-Winter Conference Speaker:  
Robert E. Wubbolding, Ed.D.**

Robert E. Wubbolding, Ed.D. is an internationally known teacher, author, and practitioner of Reality Therapy. He has taught Choice Therapy in the United States, Europe, Asia, and in the Middle East. His contributions to theory and practice include the ideas of "Positive Symptoms," "The Cycle of Counseling", and "Five Levels of Commitment". He has written over 125 articles, essays and chapters in text books, ten books and has published six videos on Reality Therapy.

His busy professional life includes serving as Director of the Center for Reality Therapy and Professor Emeritus at Xavier University. He is Senior Faculty for the William Glasser Institute in Los Angeles and was personally appointed by Dr. William Glasser to be the first Director of Training for the Institute: In this position, he coordinates and monitors the Certification, Supervision and Instructor Training Programs.

Formerly he served as consultant to the drug and alcohol abuse programs of the U.S. Army and Air Force. He was a group counselor at a Halfway House for Women and Elementary and Secondary Counselor, a High School Teacher and a Teacher of Adult Basic Education. For two years he taught for the University of Southern California in their overseas programs.

Dr. Wubbolding is a Psychologist, a Professional Clinical Counselor and a member of the American Psychological Association. He has received the Marvin Rammelsberg Award presented to a person in a helping profession who best exemplifies the qualities of friendship, brotherhood, and humanitarianism and who displays exemplary leadership qualities and made outstanding contributions to professional organizations.

Don't miss this opportunity to hear Robert Wubbolding at the OCA Pre-Conference and Mid-Winter Conference on February 7-9, 2008.

"He is one of my closest and most trusted associates. I couldn't recommend anyone more highly."

- William Glasser.

**Wanted: Mid-Winter Exhibitors**

OCA is calling for exhibitors at our Mid-Winter Conference in February. We want to make this our best conference ever! The conference will be on Friday, February 8, and Saturday, February 9. The fee for booth space is \$65 for one day, or \$100 for both days. If you are interested in providing an exhibit at the conference, please contact Sue Gill at [sgill1960@aol.com](mailto:sgill1960@aol.com). You can also contact Sue at (405) 478-2396 or (405) 476-2315.



**Register NOW**  
for the  
**OCA Mid-Winter Conference!**

**From the desk of OCA Co-Executive Director  
Marilyn Kincade**

A special thanks to Bramlett Associates for the work they have done in developing the new website. It looks great. Those who have not visited the website please look at it in the next few days and let us know what you think. It was somewhat of a struggle to get everything going and we are still working out some details.

What is our goal? Hopefully members will be kept updated on all activities and events that Oklahoma Counseling Association's regions and divisions have to offer throughout the year. We hope that folks will look at the website and want to join us to make the counseling profession stronger in Oklahoma. The website can also be downloaded from the American Counseling website.



I would like to personally thank all members who have helped with this endeavor and all other events through this past year. Sherry Bynum, President has already had some great educational programs during her year as president. Summer Leadership was awesome. Fall Conference was excellent. Thank You Bill for an outstanding presentation on "Dreams". Thank You, Sherry, for all of the planning to make it a successful 2007. I know there is more to come in 2008.

I encourage each of you to plan to join us for Mid-Winter Conference in February with Bob Wubbolding. If you do not participate, you will miss out on a great professional opportunity.

See you in February at the Biltmore in Oklahoma City.

**Oklahoma Mental Health  
Counselors Association**  
*Board of Directors Meeting  
November, 2007*

We are continuing to assemble a Resource Directory with the names of our members listed a) alphabetically; b) by OK town; and c) by area of special clinical interest. This directory is available for distribution to hospitals, physicians, agencies, etc. It is free to OKMHCA members, and available at a nominal cost to others.

In coordination with the American Mental Health Counselors Association, we are in the process of creating a Disaster Relief Register. This register will include the names of licensed counselors in the state of Oklahoma who are willing to offer brief, possibly pro bono services to a) those directly affected by disasters; b) the victims' immediate families; and c) first responders to the disaster. In each of these categories it is understood that the individuals have exhausted any access they have to insured treatment.

In preparation for the creation of this roster, OKMHCA will sponsor a P-FLASH (psychological first aid) training in June, 08. The program will be presented by Thomas Thomson, OKDMHSAS.

OKMHCA is working on a Disaster Relief Roster. This list will contain the names of licensed counselors who are willing to provide counseling services in the aftermath of disasters, locally or nationally. Counselors on the roster will not deploy to disaster sites, but will agree to provide brief services (possibly pro bono) in their own offices to individuals who: 1) are victims of the disaster; 2) their family members; or 3) disaster responders. In all cases the clients will be individuals who do not have access to services through other means (including insurance.) This roster will allow the licensed Mental Health Counselors in Oklahoma to mobilize quickly when disasters occur. More information will be provided in an upcoming mailing, at OKMHCA December and June workshops, and at OCA Fall and Mid-Winter Conferences. For more information contact Connie Fox (405) 473-3453 or [jubi49lee@yahoo.com](mailto:jubi49lee@yahoo.com).

### **OCA Southeast Region Report**

Southeast Region met on November 2, 2007, at the OCA Fall Conference. The meeting was called to order by Marilyn Kincade, President. It was announced to the group that Daniel Weigel was Southeast Region's Counselor of the Year nominee. Kincade reported what was discussed at the OCA Board of Directors Meeting on Thursday, November 1, 2007. Next meeting of the OCA Southeast Region will be at the OCA Mid-Winter conference in February. At that meeting we will make final plans for the Annual Southeast Region meeting which will be held at Pete's Place in Krebs, Oklahoma on June 6, 2008.

### **News from OAAOC** *Mary Spaulding, President of OAAOC*

Our division is slowly increasing in numbers, and in members attending OCA conferences who are present for division meetings. Because of the current state-wide emphasis on integration of services, we are planning a March '08 CEU offering on Co-Occurring Disorders. Although we have identified an out-of-state speaker who is well qualified on this topic, should anyone have any other (backup) speaker suggestions please notify

me. It would be helpful for the presenter to be able to address this subject from the mental health side, the substance abuse side, and from a holistic/integrated model perspective.

### **News from OACES**

**Attention School Counselors:** There will be a reception at the OCA Mid-Winter Conference on Friday, February 8th, 2008, from 5:00pm-6:00pm. This reception is to recognize your dedication to your profession. OACES hopes to promote networking among school counselors and among graduate students in school counseling programs. This reception will be held at the Biltmore Hotel in a designated suite to be announced at the conference.

**Attention Counseling Professionals:** There will be a Supervision and Ethics workshop at the NSU-Broken Arrow Campus on April 25th, 2008. You will be able to obtain a total of 6 CEU's Registration: 8:00 a.m.-8:25 a.m.; Supervision session: 8:30am-11:45am; Ethics session: 1:15 p.m.-4:30 p.m. More information will follow.

### **OACES Business Meeting OCA Mid-Winter Conference February 2007**

The meeting was called to order by Dr. Sarah Deal, Secretary-Treasurer. The minutes of the Fall 2006 OACES meeting and current financial statement were presented. Assets of \$2,594.72 were reported for OACES. The minutes and financial report were approved by the members present.

#### **Old Business:**

The members discussed planning a joint OACES/OAMCD conference at Northeastern State University, Broken Arrow campus on May 11, 2007. The content for the workshops and possible presenters were discussed.

The members discussed involving student research via poster presentations at the OACES/OAMCD conference in May, particularly students who demonstrate strong capstone papers.

The members discussed sending out invitations (flyers and/or postcards) to school counselors in the Tulsa and surrounding areas to encourage participation in the OACES/OAMCD conference in May.

#### **New Business:**

Dr. Barbara Hutchison moved that we plan a reception for school counselors at the next Mid-Winter conference on Thursday after sessions. Dr. Marilon Morgan seconded. Motion passed unanimously.

Dr. Kathryn Sanders, President of OACES, stepped down. Dr. Marilon Morgan nominated Dr. Rick Williams (not present at meeting). Dr. Barbara Hutchison seconded. Dr. Rick Williams was unanimously elected by the present members.

Dr. Kathryn Sanders motioned to adjourn. Dr. Hutchison seconded. The meeting was adjourned.

**Respectfully submitted,**  
*Sarah Rivers Deal, Ph.D.*

## OSCA's Counselor of the Year Recipients

The Oklahoma School Counselor Association honored the Counselor of the Year recipients during the OSCA luncheon at the Encyclo-Media Conference. Congratulations to each of you! We are proud to have the profession of school counseling so well represented.

### **Elementary Level: *Barbara Shelton at Sky Ranch Elementary***

"She has a love and passion for students that is second to none...she actively looks for ways and means to positively impact their lives."  
- Janice West, Principal

Barbara has been a counselor for 16 of her 23 years in education and has served in the school districts of Tecumseh, Tulsa, Broken Arrow, Oklahoma City and Moore. She has been a member of OSCA for 15 years and is a Nationally Certified School Counselor. "I love helping students see how important they are and that they have a lot to contribute in making themselves and others happy and successful in life."

### **Middle/Junior High Level: *Janelle Miller at Moore West Jr. High***

"...Mrs. Miller is a counselor who not only loves her students but is also very involved in student life." - Karrie Freeman

Married thirty-seven years to her husband, Jack, they have two children and three grandchildren. She has spent the last twenty of her thirty years in education as a junior high counselor. "The most rewarding part of being a Jr. High counselor and having the same students for three years is that I actually am able to see my students come that first year as small, unsure, scared little souls and leave that last year as confident, mature young men and women. Also, working with comrades who love children and especially what they do is always a rewarding part of who I am and what I do."

### **High School Level: *Laura Watts at Tahlequah High School***

"Laura is very involved with her students...being there for the students when they need someone to talk with or listen to them." - Robin Gibson

Eight of the fifteen and a half years in education, Laura has served as counselor in the Tahlequah High School. In addition to teaching in the districts of Sallisaw and Fort Gibson she has taught at the Oklahoma School of Science and Math-Muskogee Regional Center and as an adjunct math instructor at Northeastern State University. "I love being a counselor. As a counselor I get to see a different side of a student than I do as a teacher. The student that gives a teacher trouble in the classroom is just a kid when they get behind the closed door of my office. For a lot of them it is a miracle they even make it to school. The problems they face on a daily basis are so overwhelming and the courage it takes for them to come to school is amazing. There is so little we really know about what is going on in their lives outside of school. My job is to help them be as successful as they possibly can. I can not imagine a job that is more rewarding."

### **Multi-Level: *Cheryl Riggs in Central Schools***

"Cheryl goes above and beyond to do her job and then some....she understands the students and can communicate with them."  
- Nancy Caughman

"Our school could not function without her." - Ericka Thomas

"She is an extremely good listener. Students who have graduated still call and visit with her either to share an accomplishment or get help with a problem." - Melony Barnes

### **Career Tech Level: *Wendy Perry at Moore Norman Technology Center***

"Above all, she has been faithful to her calling to enhance the learning experiences of person's who are aiming for academic excellence and personal wellness." - Jana Cline

Wendy and her husband, Paul, have two sons. She has been a counselor for six of her ten years in education. Her many credentials include National Certified School Counselor, National Certified Counselor, Moore Council of PTA's Secondary Counselor of the Year 2002, Central Jr. High PTSA Counselor of the Year 2002, membership in OkaHEAD, OCA, OSCA, and ASCA serving in officer positions within these organizations—including President of OSCA. Wendy is also a member of Chi Sigma Lota. "Working with students—watching as they progress through their career tech program and then as they transition into the world of work is a most rewarding experience."

## Northeast Region Counselor of the Year Nominee

### ***Devan Brotherton***

Devan Brotherton has been a Licensed Professional Counselor for eight years. He has been involved with the Oklahoma Counseling Association most years since 1993. He is currently the president of the Oklahoma Association for Multicultural Counseling and Development (OAMCD).

Devan is working as the Treatment Coordinator for the Jack Brown Regional Treatment Center of the Cherokee Nation. He is responsible for supervising six clinical staff. He has also worked as a Behavioral Health Clinician for the Cherokee Nation in both residential treatment and rural outpatient settings.

Devan is a man of diverse interests. He has been teaching Ropes and Rappelling at Northeastern State University (NSU) in Tahlequah for the past five years and has recently joined the graduate faculty as an adjunct instructor in the Psychology and Counseling program. Devan's professional interests have lead him around the country presenting and participating in research. He has twice served on steering committees for research projects conducted by the American Indian and Alaska Native Programs at the University of Colorado School of Medicine. Additionally, Devan has held the highest class of Amateur Radio license since 1990 when he became a volunteer on the command team of Tahlequah/Cherokee County Civil Emergency



Management (TCCCCEM) as the Communications Officer. Through his involvement with TCCCCEM Devan has had many opportunities over the past seventeen years to give back to his community and our country. He has assisted with assessment, search and rescue, and cleanup from numerous natural disasters and was present to welcome the refugees from New Orleans when they arrived at Camp Gruber.

**Central Region Counselor  
of the Year Nominee**  
*Joselene Chandler*

I have been a resident of McLoud, Oklahoma for over 20 years now. I am originally from the Philippines and was adopted when I was 16 1/2 years old. I came to the United States when I was in 10th grade and attended school in Nebraska. I graduated from Bellevue West High School and attended the University of Nebraska-Omaha my first year of college.

My father, who was in the U.S. Air Force, was stationed in the Philippines where I later met my husband. We received orders to come to Oklahoma in August 1986 and we have been here since. We have enjoyed Oklahoma and love the people here. I continued my education at the University of Central Oklahoma and received my Bachelor of Business Administration and Master of Education in Guidance and Counseling degrees.

As a school counselor for McLoud Junior High School, I strive to find better and creative ways to help our students in the academic, social, mental and physical areas. My philosophy is to stay progressive in our curriculum and overall school program. By introducing classes such as Financial Literacy, Multicultural and Dance we are able to stay ahead of the game.

I love working with my students especially those who are at-risk. My goal is to bring our community together to help our at-risk students by providing after-school tutoring and curricular activities.

**Southeast Region Counselor  
of the Year Nominee**  
*Daniel Weigel*

Daniel Weigel, Ph.D., LPC, LADC, CCMHC, MAC, ACS, is an Associate Professor of Counseling at Southeastern Oklahoma State University in Durant. He has been an active member of the Oklahoma Counseling Association for the past six years. He is also the past President of the Oklahoma Association for Counselor Education and Supervision. Currently, Daniel serves as the Vice-Chair of the Oklahoma Licensed Professional Counselor Advisory Board. He remains very active the field, advocating for the rights of LPCs and providing continuing education to Oklahoma Approved LPC Supervisors to help

keep these leaders abreast of the constantly evolving Oklahoma LPC Act and Regulations as well as current ethical standards of the counseling profession. Along with a few of his colleagues, Daniel recently published a timely piece in the "Journal for Counseling and Development", regarding the increasing abuse of prescription drugs by clients of all ages.

On a more personal note, Daniel and his wife, Kimberly, recently welcomed a new baby girl into the world. He enjoys spending time with his family, especially the new little miracle with whom his family has been blessed, as well as reading, traveling, and finding a little time to relax. Daniel is deeply honored to have been nominated for the prestigious award of Oklahoma Counselor of the year by the Southeast Region.

**Report to the OCA Board**  
*J. C. Smith, Coordinator of Counseling,  
State Department of Education*

1. OCA and OSCA maintained two exhibit booths at the Encyclo-Media Conference held in August 2007. In addition, OSCA co-sponsored a luncheon and a keynote speaker at the conference, and provided recognition for the counselors-of-the-year.
2. The data collected by the State Department of Education in 2007 indicated that 93% of the schools in the state employed a certified school counselor. The other 7% were primarily small rural elementary schools that received services from part-time counselors, local mental health agencies, or other alternatives.
3. The State Department of Education will ask the State Board of Education to include a request for additional funding in the state's education budget for school counselors. If approved, the request will be forwarded to the legislature for approval and funding. The requested funds will help schools employ additional counselors in order to reduce the counselor-to-student ratio at the high school level to 1:250, as recommended by the American School Counselor Association.
4. The "For Counselors Only Conference" is scheduled for Thursday, March 6, 2008, at the Moore Norman Technology Center, 134th and South Penn in OKC. OSCA has been invited to maintain an exhibit booth during the conference at no charge.

**Oklahoma Counseling Association**  
*A Branch of the American  
Counseling Association*

**Fall Conference**  
**Moore Norman Technology Center**  
**Penn Campus**  
**November 2, 2007**

**Report to the OCA Board of Directors:**  
**Nov. 1, 2007**

We have been busy since our last meeting. We had a successful and productive Summer Leadership Institute. On the first day Becky Boyd, a certified trainer with the Insight Personality Systems presented a program on personality types, called Living in Colors. On our second day, we updated our strategic plan. We hope to have it approved at our fall conference in November. We also decided to set a permanent date so our members will be able to plan ahead. We set the third week in July. Our plan will be to begin on Friday and end on Saturday.

In August, OCA and the Oklahoma School Counseling Organization had exhibits at Encyclo-Media. Encyclo-Media is a two day conference that is sponsored by the Oklahoma Department of Education. Our school counselors could acquire 11 continuing education credits one of the credits being ethics. We had over two hundred school counselors stop by our booths to renew or join OCA and OSCA.

September was very busy. We are very proud to say that at long last, we have our new website in full operation. If you haven't gone to our website, we hope you will go to [www.oklahomacounseling.org](http://www.oklahomacounseling.org). We'd love to hear your feedback.

In October, OCA was represented at Mid-West Region by Laressa Beliele, Co-Ex. Director, Marilyn Kincade, Co-Ex. Director, Kathryn Sanders, President-Elect, myself, and last but not least Kelly Collins, Membership Chair, who just happens to be Mid-West Region Chair. Kelly did a great job and we can all be proud.

In an effort to meet our counselors' needs we offered a Saturday workshop on September 29th. Sherry Bynum, OCA President and Marilyn Kincade, Co-Executive Director presented three hours of ethics training in the morning and Becky Boyd presented a three hour workshop on personality types, Living in Colors, in the afternoon. We had forty participants.

We are so fortunate to have professionals who are willing to give back to their professional organization. As you already know Dr. Bill Schiller will

present a workshop on Dreams. Dr. Schiller is a professor at Northeastern State University.

Our members had an opportunity to read our updated strategic plan in our last newsletter. We hope to have our new strategic plan approved at this board meeting. We also hope to have a new mission statement ready to present by our Mid-Winter conference in February.

The Northwest Region President has invited me to come to Woodward to present a three hour workshop on ethics. Woodward is in the north-western part of our state. Because of the distance it is difficult for many counselors to travel to Oklahoma City for a conference...so, we will go to them on December 5.

I have also been asked to do a presentation on addictions to graduate students at East Central This will also give me the opportunity to talk about professionalism and OCA.

On February 7, 2008, we will have a pre-conference with Dr. Bob Wubbolding. On the following day, Dr. Wubbolding will be our keynote speaker. In the afternoon and on Saturday February 9, we will have break-out sessions. Having our conference on Friday and Saturday, is another effort to meet the needs of our membership. We have many counselors who are having difficulty taking off work for professional development. We are hoping it will help those counselors and counselors who are in private practice.

When I read that we could apply for a legislative grant through ACA, I thought, what a deal. In the information, they said we could apply for as much as \$1500. So...I decided to apply for the full amount and to my surprise we received \$1850, an extra \$350 to help with travel. I will be attending a legislative training in Washington D.C. in February and when I return the work really begins. We have to follow through with the goals and objectives that I wrote at 2 a.m. By the way, things sound pretty good at 2 a.m. I'm going to be asking you and others from your regions and divisions to become part of a legislative team. We don't have the date set yet, but it is our hope to have a legislative training day in April. Dr. Jerry Chandler has done an excellent job as our legislative chair, but he keeps saying he is retiring. So, we have to hurry up and make the most of all of his expertise before he goes gold mining. Following the training, we hope to have trained dedicated core group of members who will help train and inspire others to help in our legislative efforts.

Hopefully, we will have time to take a deep breath, before we board an airplane for ACA; which just happens to be in Hawaii.

At the board meeting, I will be asking for volunteers to help with our OCA Handbook. If we divide it up into sections, it will not be so overwhelming. We can have the sections typed and back to me before Mid-Winter. My ultimate goal will be to have a finished product to give to Kathryn Sanders, our President-Elect, so she can have it for Summer Leadership 2008.

With all of our efforts to provide quality professional development, we continue to work on increasing our membership and developing effective communication with our members. We hope that having an update website will be a step in the right direction.

**Respectfully submitted by,**  
*Sherry Bynum, LPC, LADC,*  
*OCA President*

## **OCA Executive Director Inducted into Hall of Fame**

The Seminole State College Educational Foundation recently inducted former student Marilyn Kincade into the Seminole State College Alumni Hall of Fame during the annual recognition banquet. The Hall of Fame was created to honor former students whose personal and professional achievements have been a source of pride for the institution and other alumni. Marilyn joins 42 other alumni who have been inducted during the past 13 years. Her picture will hang along with others in Seminole State Student Center.

Marilyn graduated from Seminole State College in 1972. She continued her education at East Central University where she obtained her bachelor's and master's degrees.

She taught in Wewoka Public School from 1974-1976 and served as a counselor there for 24 years. She has also served in the higher education system working with the University of Oklahoma as a Career Counselor and is currently an adjunct professor at East Central State University.

Marilyn is currently the clinical director/special programs manager for Stepping Stones, Inc. where she has been employed for seven and one-half years.

She is currently active in many professional and civic organizations including the American Counseling Association, Oklahoma Counseling Association, Oklahoma Mental Health Association and the Oklahoma Educators and Supervisors Association. Marilyn has been a member of the counseling association since 1976 where she has held numerous leadership positions. She is currently serving as Co-Executive Director and President of Southeast Region. She has also served one term on the LPC Advisory Board of Directors.

### **Attention Student OCA Members!** *from Laressa Beliele, OCA Co-Executive Director*

First, I want to thank every student who has chosen to join OCA. I applaud the efforts you continue to make to balance school, work, home and an occasional social life. Your decision to join the Oklahoma Counseling Association is one of the best professional decisions you will make. Your membership informs others, including employers, of your seriousness and commitment to counseling. I believe that the networking and support you receive through OCA will be a vital staple in your career.

Second, I want to remind you that student OCA members attend the Mid-Winter Conference for free (pre-conference, meals and lodging excluded). This is a great place to learn from and interact with other professionals. We are honored to have Bob Wubbolding as our main speaker. I believe that you will leave the Mid-Winter Conference with additional practical counseling tools.

Third, I want to invite every student OCA member to become more involved through volunteering at the Mid-Winter Conference. We are looking for persons to help with host sessions and other conference activities. This is a great way to become more involved in your professional association and add to your vitae. I would have missed out on many opportunities and experiences had I not volunteered as a student OCA member years ago! If you are interested in helping, please let me know through email at [pennbel@aol.com](mailto:pennbel@aol.com).

Thank you, student OCA members. I look forward to working with you!

## **Persistence pays: Duncan now has ‘Dr. Deb’**

*By DawnDee Bostwick - The Duncan Banner*

Deb Brantley now has something truly unique. She's earned her Ph.D. in psychology, an achievement that took seven years of hard work. But it hasn't gone to her head.

"It's still not completely sunk in," she said. And while it's been a long journey, it's one that's been well worth it.

"She's struggled, she really did," said Donna Porter, Brantley's office manager. "She was just working all the time on it."

Porter recalls Brantley's reaction after she finished defending her dissertation to the board.

"She came out and she was just smiling from ear to ear," Porter said. "And she bowed and said, 'I am now Dr. Deb.'" And while the feeling of accomplishment might be tremendous, other things have grown out of the experience.

"I think it gives me a little more accreditation with some entities," Brantley said.

Brantley began walking the long road to doctor-hood when she began pursuing a college education at the age 35.

"It definitely took awhile to get my head into school stuff," she said.

She has a master's degree in marriage and family counseling, and another master's degree in religious education. Both degrees are from Southwestern Baptist Theological Seminary.

"I saw the need for this field," Brantley said. "I believe it's a calling from God.

Brantley is a licensed professional counselor, which differs from a licensed psychologist only in terms of the length of education and internship experience.

Psychiatrists attend medical school and are able to prescribe medications, something counselors and psychologists are unable to do. Her dissertation was the result of three years of research. Its focus was on how an individual's diet either does or does not affect his or her mood.

She discovered that white sugars or starches bring down a person's mood in over 50 percent of the people she studied. And, while it was sometimes difficult to get colleagues to understand what she was saying, Brantley said that she felt the study she did was meaningful.

"If clients and or counselors will at least attempt a diet change, they may find their moods improve without prescription medication," she said.

Brantley is actively involved as the treasurer for the Oklahoma Counseling Association and also performs as Sparkee the gospel clown. "Sparkee" has been performing for about 20 years with the Topsee-Turvee Clowns who perform for Christian functions.

"It's good therapy for me," she said. "My work is not always cheery, as one might imagine."

Brantley was named Southwest Region Counselor of the Year for 2001-02 and Southeast Region Counselor of the Year for 2006-07. She was also named Oklahoma Counselor of the Year for 2006-2007.

"It took a long time, hard work, and persistence to get here," Brantley said.

## **Brantley - Up for Re-election as OCA Treasurer**

*By Deb Brantley*

According to OCA by-laws, the position of Treasurer is to be voted on by the membership every two years. That election will be conducted during the upcoming Mid-Winter Conference to be held in February 2008.

I have had the opportunity to serve OCA as Treasurer since July 2003. During that time our organization has undergone positive changes. Oklahoma Counseling Association continues to offer resources to aid counselors with valuable encouragement in such areas as professionalism, networking, and legislative updates. I'm pleased to have been a part of our growth.

Once again I will be asking that my name be placed on your ballot for re-election. OCA members who attend the conference will have a chance to participate in leadership selection. I hope that everyone will make it a point to attend the conference and exercise your right to vote! Oh, and by the way, I'd like to continue as your Treasurer! Thanks! See you in February.

## **Candidate for President-Elect-Elect**

*Dr. Ben Noah*

Dr. Ben Noah is a Professor (Core Lead Faculty) at Capella University. In addition to teaching he is responsible for new student introduction through Capella's First Course program and planning and directing doctoral residencies. When he is not working in academia, Dr. Noah counsels with at-risk students (much of it pro-bono) in several rural schools.

Ben started (and continues to maintain) the OCA Empty Plate Project which raises funds for charities across the state. He strongly advocates that counseling students consider working in rural (underserved) areas of the state. His research interests generally revolve around the interaction of philosophy, counseling, psychology, sociology, and theology. He has written on innovations within the counseling field.

Ben has served in numerous positions in the Michigan Counseling Association including: President and Treasurer of the Michigan College Counseling Association, Treasurer of the Michigan Association for Clinical Counseling, Chair of the Public Policy and Legislation Committee, and as President of the Michigan Counseling Association. Since his return to Oklahoma, he has served as President of the Oklahoma Christian Counseling Association.

## Candidate for President-Elect-Elect

*Dr. Marilon Morgan*

Dr. Marilon Morgan is an Assistant Professor of Psychology and Counseling at Northeastern State University-Broken Arrow Campus. Dr. Morgan has a Master's degree in Guidance and Counseling from Angelo State University, San Angelo, Texas and a Doctorate in Occupational and Adult Development from Oklahoma State University where she also earned 50 doctoral hours (ABD) in Applied Behavioral Studies.

Marilon has 30 years of professional experience in higher education and industry. She has been a faculty member at NSU for 4 years teaching graduate and undergraduate courses in the Department of Psychology and Counseling. She worked as a Career Guidance Counselor at Angelo State University after receiving her master's degree. Her career path included 4 years as the Associate Director of Admissions at Westminster College in Fulton, Missouri, and 17 years at Oklahoma State University in Stillwater, Oklahoma. During her 17 years at OSU, she was the Director of Development, Division of Student Affairs for two years, Manager of Greek Life for seven years, and Fraternity Affairs/Women's Program Coordinator.



Marilon has conducted over 20 presentations and professional workshops related to the counseling profession. She has co-authored and published two monographs and authored and published another monograph. She is an active member of OCA where she has served as secretary/treasurer of the Multicultural division of OCA for the past 3 years and continues in that role. She has also served as the secretary of OACES for 2 years and is currently the secretary of the Northeast Region. She maintains memberships in ACA, OCA, OACES, Oklahoma Association for Multicultural Counseling, National Career Development Association (NCDA), National Association of Student Personnel Administrators, and the American College Personnel Association.

Dr. Morgan has worked with young adults most of her life. She is committed to seeing the role of the school counselor improve in the state of Oklahoma and is currently working on a research project to do so with three of her NSU colleagues. She is also co-chairing the committee for the graduate student research poster presentation for the OCA Mid Winter Conference.

### Legislative Report

*By: Jerry Chandler*

I know, in the last newsletter I said that was my last effort at this business – BUT that was dependent upon someone coming forth to take over the reins. Since no one volunteered I am helping OCA President Sherry Bynum who will be taking over this task as she finishes up her term as President. Right now I know from past experience she is stressing over putting the final touches to the OCA Midwinter Conference.

There has been a lot of activity but not necessarily final outcomes at the national level. I recently participated in a conference telephone call with the American Counseling Association Public Policy and Legislation (PPL

crew. They continue to work very closely with the state branches and keep us informed on the progress or lack there of in Washington. The good news is that everyone is very optimistic about the chances of getting LPC's and LMFT's approved for Medicare reimbursement. Both the House and Senate seems to be on board regarding this issue. We just need to keep it from getting lost in the overall appropriations bill. The House originally had coverage of LPC's as part of the first bill to reauthorize the children's health insurance program. Eventually all Medicare provisions were taken out of this bill due to that bill facing veto. Medicare is now a separate bill. The ACA PPL members pointed out that a lot will hinge on "Medicare Advantage plans, a key source of funding for Medicare improvements, Congress is under pressure from AARP and physicians' groups to stop payment cuts scheduled to take effect January 1st." The following is from information provided to us from ACA:

Private sector health plans were brought into Medicare to reduce costs, and were initially paid 95% of Medicare fee-for-service costs. In 1999, health plans asked to be paid 100% of the cost of Medicare fee-for-service, in order to close a "fairness gap" and "create a level playing field."

Because of payment increases written into the 2003 Medicare prescription drug law, HMOs are now being paid about 12% more per beneficiary than fee-for-service Medicare, according to the Congressional Budget Office (CBO), costing the federal government \$54 billion over the next five years.

H.R. 3162 (House-passed CHAMP Act) phases down payments to private sector plans over four years, to 100% of regular Medicare costs by 2011, as recommended by the Medicare Payment Advisory Commission (MedPAC). Cutting back on MA payments saves money to pay for major improvements in Medicare's mental health benefit (50% copayment, LPC coverage). Those of you who are in private practice or other settings where clients can not get the service they need for either their self or other family members are asked to start keeping track of these cases (within the boundaries of confidentiality) so we can present these stories to the legislators. It would also be nice if we had some real clients who were ready to step up and help us advocate and tell their personal stories such as folks do on Oprah or other shows.

The work on reauthorization of the Elementary and Secondary Education Act (i.e., No Child Left Behind) has slowed down in both the House and Senate and nothing will happen here until next year (2008) some time. This includes all education appropriations. Since 2008 is an election year expect hard lines to be drawn and a lot of political posturing from both major parties on these issues.

A major effort is still being made to gain mental health parity of insurance coverage for mental health and addictive disorder treatments. Our congressional delegates (along with other federal employees) have such insurance coverage and so I believe it is fitting that they also support this effort for the rest of the citizens of our country. We need to get our Representatives and Senators to work to pass parity legislation like H.R. 1424, the "Paul Wellstone Mental Health and Addiction Equity Act".

At the state level OCA legislative efforts continue year round. On Friday, November 16, 2007, Sherry Ward, Lea Ann Garcia, and I met with our

*(continued on the next page)*

*(continued from the previous page)*

lobbyist Vicki White-Rankin and the LMFT leadership to discuss our agenda and strategy for the 2008 legislative session. It was decided to hold a legislative update/informational meeting for our joint membership. One meeting will be in OKC on January 18, 2008 from 11:00 a.m. to 1:00 p.m. The meeting will be repeated in Tulsa on January 25, 2008 from 11:00 a.m. to 1:00 p.m. Locations and more information will be provided at a later time but mark your calendar NOW so you can attend. We will be discussing reimbursement issues for LPC's and LMFT's, and school counselor issues (particularly obtaining the bonus for National Certified School Counselors). I am sure there will be other issues emerging but these are the two primary ones. OCA is a much larger organization than the LMFT organization but they always seem to have larger turnouts. It is time for all OCA members to get involved; after all it is your future that is dependent on these efforts.

Finally I want to give you a heads up about another opportunity that you will have during the first half of 2008. OCA President Bynum has received a grant so we can conduct a PPL training session. This will include nuts and bolts of talking to legislators and others of influence in this great state.

### **Thanks to Northwest Region!**

I just wanted take a minute to thank the forty-eight counselors from Northwest Region who attended our workshop on ethics. Mary Brenner, President of N.W., and her team did a great job of organizing a workshop for the counselors in that area. They had planned an entire day of education and fun. They had some of the neatest door prizes.

This is another example of counselors who have a passion for their profession. OCA is fortunate to have officers who see a need and do something about it.

Thanks again for having me...and making me feel so welcomed. Oh, and the cookies were great.

*Sherry Bynum, OCA President*

### **Wellness and a Professional Organization**

*By Sherry Bynum OCA President*

I know I am really hung up on the word wellness, but I really think it is important not only to the individual, but to a professional organization. So,

I thought I would share a few of my ideas about wellness and a professional organization, more specifically our organization, OCA.

**Welcoming:** an organization will be welcoming to members and visitors. It will provide a safe and inviting environment.

**Encouragement:** members will be able to receive encouragement from fellow members.

**Learning Environment:** members will have an opportunity to learn and share new ideas.

**Listen:** members will have an opportunity to be listened to.

**Networking:** members will have an opportunity to network with other professionals.

**Education:** members will be provided with opportunities to increase their knowledge.

**Sense of Belonging:** individuals will feel a sense of belonging and pride in their professional organization.

**Strong leadership:** the organization will provide opportunities for members to develop strong leadership skills.

It is my hope that you find these characteristics in Oklahoma Counseling Association.

### **Food for Thought**

*By Sherry Bynum OCA President*

One of the things that make OCA great is that it is a volunteer organization. The leadership team is made up of individuals who are committed to counseling as a profession. We want individuals seeking services to have the best qualified counselors possible; therefore, we believe it is important to provide quality professional development.

During our Mid-Winter conference, many of our regions and divisions will be electing new officers. If our organization is going to continue to strive toward excellence, it is crucial that we continue to have leaders who are committed to professionalism. We need individuals who have a passion for the counseling profession. I'd like to encourage you to think about how you can become a part of the leadership of the Oklahoma Counseling Association.

If you don't want to be an officer, be an active member. We seem to be at a fork in the road as a profession. There are more licenses, more certifications,

# GET READY!

## The 2008 Summer Leadership Institute is coming your way next July!

### Keep a look out for more information!



and more competition. If we are not careful, we are going to become so fragmented as a profession our voice will become weaker instead of stronger. I was thinking of some of the strong organizations who have a strong voice. One of the organizations that came to mind is the American Medical Association. When I went for my check-up, I noticed a sign in my doctor's office about malpractice insurance. She was seeking the support of her patients for her profession's efforts concerning the cost of malpractice insurance. The sign was speaking of and for all physicians, not just gynecologist. If we speak as and for counselors, we could have a strong voice...You know, I am a retired school counselor; as a school counselor I worked with children and families with mental health issues. Now, I have a private practice and I also do contract work. Recently, I worked with a student who didn't have a school counselor. That child needs a school counselor in his school. Believe me when I say, I am an advocate for school counselors. I work with individuals who have drug and alcohol problems as well as gamblers. They have children. If you are a school counselor, I think you want your students and their families to be able to receive services. We are connected as professionals. I hope the time has come that we are willing to be heard as one strong voice instead of several small voices. If you know of counselors who are not part of their professional organization, encourage them to not only join but to become active members. Help us to have a strong voice for counselors and our profession.

This leads me into sharing one of the goals I set at the beginning of my term as President. I thought it was important to write a new mission statement. Since writing the current mission statement, we have learned that mission statements should be short, sweet and to the point. So, Curtis Boyer, Phyllis Michaud and I met one evening and worked on the mission statement below. Hopefully, it reflects the importance of being unified.

**New Mission Statement to be Presented for Consideration:**

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.

**Employment Opportunities**

**Transforming Life Counseling Center, LLC**

Continually on the lookout for quality therapists, Licensed Psychologists and Licensed Counselors (LPC, LMFT, LADC, MSW). TLCC provides an excellent work environment with opportunities to move into or expand your private practice and the economic opportunity of ownership in your own clinic, while maintaining a high level of consultation and collaboration with successful mental health professionals. If interested, please contact TLCC online at [www.tlccok.com](http://www.tlccok.com) or by telephone (405) 246-LIFE (5433).

Note: By providing advertising space, OCA is not recommending any place of employment.

**IMPORTANT NOTICE**

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

For more information about becoming an OCA member, please email to [membership@oklahomacounseling.org](mailto:membership@oklahomacounseling.org), call 405.306.8225 or go to [www.oklahomacounseling.org](http://www.oklahomacounseling.org).

**Oklahoma 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 \_\_\_\_\_

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 master's degree)*

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

Professor Signature: \_\_\_\_\_

Retiree \$40.00 \_\_\_\_\_

*(OCA allows Student and Retired members to attend the Fall, Mid-Winter, and Summer Training 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 and Offenders Counselor  
\$10.00 \_\_\_\_\_

Oklahoma Christian Counselor Association  
\$ 5.00 \_\_\_\_\_

Oklahoma Association of Counselor Education & Supervision  
\$10.00 \_\_\_\_\_

Oklahoma Mental Health Counselor Association  
\$10.00 \_\_\_\_\_

Oklahoma Association for Multicultural Counseling & Development  
\$5.00 \_\_\_\_\_

Oklahoma School Counselor Association  
\$15.00 \_\_\_\_\_

Total Dues: \_\_\_\_\_

Visa/Mastercard #: \_\_\_\_\_

Card Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Mail your registration and payment to:

Deb Brantley, Ph.D., at PO Box 157 / Duncan, Oklahoma 73533

Checks payable to: Oklahoma Counseling Association

*For Office Use Only*

Received by: \_\_\_\_\_ Date: \_\_\_\_\_

Method of payment: C CC CK Amount: \_\_\_\_\_

# money matters

	Jul 07 - Nov 07	Budget	\$ Over Budget	% of Budget
<b>Income</b>				
Advertising Income	0.00	200.00	-200.00	0.0%
Exhibits	0.00	1,500.00	-1,500.00	0.0%
Fall Conference Income	1,976.84	5,000.00	-3,023.16	39.54%
Interest	84.44	300.00	-215.56	28.15%
Lobby Contributions	5,188.13	6,000.00	-811.87	86.47%
Membership Dues	10,696.29	22,500.00	-11,803.71	47.54%
Mid-Winter Conference Income	0.00	15,500.00	-15,500.00	0.0%
Miscellaneous	1,568.61	250.00	1,318.61	627.44%
Pre-Conference Regi (AI)	0.00	0.00	0.00	0.0%
Summer Leadership	482.50	1,500.00	-1,017.50	32.17%
<b>Total Income</b>	<b>19,996.72</b>	<b>52,750.00</b>	<b>-32,753.19</b>	<b>37.91%</b>
<b>Expense</b>				
ACA Mid-West Conf	2,973.57	3,200.00	-226.43	92.92%
ACA Nat'l Conf	5,345.06	5,600.00	-254.94	95.45%
Accountant Expense	450.00	450.00	0.00	100.0%
Awards	0.00	300.00	-300.00	0.0%
Board of Director Expense	0.00	0.00	0.00	0.0%
Direct Lobbying Expense	0.00	6,400.00	-6,400.00	0.0%
Division Rebates	2,565.00	7,000.00	-4,435.00	36.64%
Executive Director Expense	0.00	0.00	0.00	0.0%
Exhibit Chair Exp	0.00	150.00	-150.00	0.0%
Expendable Supplies	0.00	0.00	0.00	0.0%
Government Relations	0.00	3,200.00	-3,200.00	0.0%
Grants	0.00	500.00	-500.00	0.0%
Legal Exp, CPA (K)	0.00	0.00	0.00	0.0%
Membership Committee Expense	471.68	3,400.00	-2,928.32	13.87%
OCA Fall Conf/Encyclomedia	1,043.95	3,500.00	-1,956.05	34.8%
OCA Mid-Winter Conference	0.00	9,000.00	-9,000.00	0.0%
Office Expense	150.00	600.00	-450.00	25.0%
Payroll Expense	0.00	0.00	0.00	0.0%
Pre-Conference Expense (J)	0.00	0.00	0.00	0.0%
President Contingency	100.00	100.00	0.00	100.0%
Printing Prog, Cert (N)	0.00	0.00	0.00	0.0%
Publication Committee	1,358.80	1,850.00	-491.20	73.45%
Region Allotments	600.00	1,500.00	-900.00	40.0%
Scholarships	0.00	500.00	-500.00	0.0%
Summer Leadrship	300.00	2,500.00	-2,200.00	12.0%
Telephone Expense (W)	0.00	0.00	0.00	0.0%
Website Expense	2,119.80	3,500.00	-1,380.20	60.57%
<b>Total Expense</b>	<b>17,477.86</b>	<b>52,750.00</b>	<b>-35,272.14</b>	<b>33.13%</b>
<b>Net Income</b>	<b>2,518.95</b>	<b>0.00</b>	<b>2,518.95</b>	<b>100.0%</b>

## Assets

Checking/Savings	
Arvest Bank	14,760.06
C.D. on deposit Arvest	10,000.00
Total Checking/Savings	24,760.06
Total Current Assets	24,760.06
<b>Total Assets</b>	<b>24,760.06</b>

## Liabilities

Credit Cards	
Visa Corporate	1,520.88
Total Credit Cards	1,520.88
Total Current Liabilities	1,520.88
<b>Total Liabilities</b>	<b>1,520.88</b>

## Equity

Opening Bal Equity	21,615.44
Retained Earnings	-895.21
Net Income	2,518.95
<b>Total Equity</b>	<b>23,239.18</b>
<b>Total Liabilities &amp; Equity</b>	<b>24,760.06</b>

# meeting minutes

## OCA Board of Directors Meeting

November 1, 2007

Earls Rib Palace, Moore OK

### Call to Order:

The meeting was called to order at approximately 6:35pm by OCA President Sherry Bynum.

### In Attendance:

Sherry Bynum, OCA President; Marilyn Kincade and Laessa Beliele, OCA Executive Directors; Kathryn Sanders, OCA President Elect; Deb Brantley, OCA Treasurer/SE Region President Elect; Kelly Collins, OCA Membership Chair/OSCA Executive Director; Jerry Chandler, OCA Legislative Liaison; Ray Quiett, OCA Ethics Chair; Debbie Korff, OCA Secretary/OSCA Secretary/President Central Region; Devan Brotherton, OAMCD; Linda Nunley, OSCA President; Rick Williams, OACES President; Marilon Morgan, Secretary/Treasurer, OAMCD/NE Region Rep; Mary Spaulding, OAACD; Bill Schiller, Fall Conference Keynote Speaker, and Krystyn Bramlett with Bramlett and Associates Multimedia, LLC.

### Approval of Minutes:

Ray Quiett moved to approve the minutes from the Summer Leadership Conference as printed in the latest edition of the OCA newsletter. Kathryn Sanders seconded and the motion passed.

### Website Information:

Marilyn Kincade reported that it has been a "wild ride" getting the website together but that it has surely been worth the time and effort! The website is up and running and is very professional. Members are now able to join OCA and register for conferences online. We are using PayPal for these transactions. Using PayPal releases OCA from any liability concerning personal financial information. Marilyn Kincade will be the website liaison. Anyone wishing to have something posted on the website should email Marilyn. Sherry Bynum is the newsletter liaison. Bramlett and Associates handles both the website and the newsletter for OCA. They have done a fabulous job. A section which chronicles OCA history will soon be added. The OCA website can be linked from the American Counseling Association website. Sherry said that if a member's information has been incorrectly entered on the website, he/she should contact Kelly Collins, Membership Chair, to get it corrected.

Ray Quiett reported that he has spoken with someone from the Georgia Counseling Association and that person reported that he wished his association had a newsletter as great as OCA's.

Krystyn Bramlett, a representative with Bramlett and Associates Multimedia was present to answer questions and concerns about the website.

### Treasurer's Report:

Deb Brantley reported that OCA has a tax number and regions and divisions may use it as long as they don't make over \$25,000 a year. Deb explained that the income from the 2006 Fall Conference was below what was projected. The 2007 Mid-Winter Conference went over the budgeted amount by \$5,000. The September Workshop presented by Sherry Bynum, Marilyn Kincade and Becky Boyd provided funds that will help offset the cost of attendance for our officers at ACA in the spring. Devan Brotherton moved to accept the Treasurer's Report as presented. The motion was seconded by Marilon Morgan and passed.

### Legislative Report:

Jerry Chandler reported that he recently participated in a conference call with the ACA legislative rep and he will email that information to those on the listserve. He is optimistic about the progress LPC Medicare legislation and feels that the only obstacle will be if there is not enough money in the budget. Kelly Collins reported that the LPC Board has addressed the issue of LPC's that wish to pursue the NBTS certification. Prior to beginning the process of obtaining certification, an LPC must file a complete outline and plan with the LPC board. This outline will be reviewed by the LPC board and if accepted, the LPC may continue the certification process.

### President's Report:

Sherry Bynum reported that OCA did lots of PR at Encyclomedia. OCA was also well represented at the ACA Midwest Region conference this fall. Summer Leadership was successful even though attendance was sparse. Sherry stated that we are very fortunate to have members that give back to OCA like Dr. Schiller, who will be presenting at the Fall Conference and Dr. Ray Quiett who donates the monies generated by his Supervision Workshop to the OCA Direct Lobby Expense. Sherry would like to ask any members in contact with students to emphasize the importance of belonging to professional organizations. She reported that ACA's membership is down this year by approximately 20,000 members. Marilon Morgan asked about the possibility of hosting a conference for graduate students to encourage membership. It was suggested that we obtain the names of the people that have recently passed the LPC exam and offer them a free year's membership in OCA.

Sherry will be going to the NW Region meeting in December to present a workshop on ethics. She will also be visiting the students at East Central. Sherry applied for a legislative grant from ACA and her application was granted. She will attend the ACA legislative training in the spring of 2008. Part of the requirements of this grant is that OCA report on how the grant money was spent to further legislative efforts.

Sherry asked that every division president type the bylaws of the division and give them to her she can get them on a disk for summer leadership. Summer leadership will be July 18-19, 2008. It has been decided (for planning purposes) that the summer leadership will always be held the 3rd weekend in July from this point on.

### Mid-Winter Report:

Marilyn Kincade reported that the OCA MW Conference will be held at the Biltmore Hotel February 7,8,9, 2008. On Saturday the 9th, the topics will be ethics and Supervision. Our keynote speaker is Dr. Bob Wubolding. He will also be our pre-conference speaker on Thursday the 7th. Room rates are very reasonable and reservations should be made early. The deadline for rooms is January 24th.

### President Elect Report:

Kathryn Sanders reported that the Counselor of the Year will be presented at the Mid-Winter Conference. No one was nominated for the Humanitarian award this year.

### Adjournment:

Marilon Morgan moved to adjourn. Kelly Collins seconded the motion. The meeting adjourned at approximately 8:23 pm.

### Respectfully Submitted,

*Debbie Korff, OCA Secretary*