

NEWSLETTER

upcoming dates to remember

- OSCA Summer Conference**
When: June 16, 2011
Where: Moore-Norman Tech. Center, Penn Campus
- Summer Leadership**
When: July 8-9, 2011
Where: St. Crispin's Conference Center, Seminole, OK
- OCA Fall Conference**
When: October 28, 2011
Where: Moore-Norman Tech. Center, Penn Campus
- OCA Pre-Conference**
When: March 1, 2012
- OCA Mid-Winter Conference**
When: March 2-3, 2012
Where: NCED, Norman, OK

President's Message "I See You!"

By Connie Jung Fox, PhD, LPC, President

"I see you!" is a phrase we often sing to toddlers, following the word "peek-a-boo." It seems that for ages little ones have been tirelessly delighted by the game of repeatedly tossing a blanket over their heads and then pulling it off and exclaiming "Peek-a-boo! I see you."

I found myself repeating the sentence, "I see you," over and over again as I held and talked to my newest little grandson, Oakes. As some of you know, four days after the close of the Oklahoma Counseling Association Mid-Winter Conference, I headed off to St. Louis where my daughter's labor was induced, and little Oakes was born, on March 10th. From the time Becky was 16 weeks pregnant we had known that the baby she carried had a congenital heart defect and would require surgery very soon after birth. During those first few days, he looked so perfect and sweet on the outside, but the problems with his little heart caused his breathing to be very effort-filled. He rarely had his little eyes open. On the fifth day of his life the open-heart surgery was attempted, but as the anesthesiologist attempted to intubate him, the medical team discovered that he also had a malformed trachea, which was compounding the difficulty of his breathing. When the first surgery was



aborted we had to wait a week for the ENT specialist who was out of the country to return. For another week little Oakes labored to breathe in the CICU. Finally, on his twelfth day, the double surgery was successfully completed. For two more days Oakes was heavily sedated so that he wouldn't move. He slept deeply. By the 15th day of his life, with breathing becoming an easier process, our Mighty Oakes began to wake up and open his dark little eyes.

There is much debate over who deserves credit for making the statement: "The eyes are the windows to the soul." Regardless of who said it first, the truth of it resonated in me when Oakes began opening his eyes. And when he did, I started repeating: "I see you! I see you! I later heard my daughter, Becky. She kept saying "I see you!" to her baby son, too. It was as though we could go beyond seeing his little body and finally make a true connection with him, with his soul. We felt relief; we felt enlivened; we felt hope!

In their book, *Parenting from the Inside Out*, Siegel and Hartzell discuss emotional communication and mirror neurons. (Our OCA Fall Conference speakers, Young and Caskey, also addressed these concepts.) The authors state that our emotions allow an integration of experiences that bring self-organization to the mind. This integration may be at the heart of our sense of well-being with ourselves and in our relationships. "Attuning" to each other's internal/emotional states links us together in an emotional resonance that allows each to "feel felt" by the other.

"President's Message" Continued on page 2

take a look

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Having personally experienced a life-threatening accident as an infant, and not having any idea what I had endured, I desperately wanted my newborn grandson to “feel felt.” Amidst all of the extreme procedures and medications that were employed to rebuild his heart and trachea, I believed that little Oakes was somehow logging this experience in his neonatal mind and body. I had a deep sense of wanting him to know that I could “see” him and I wanted him to “feel felt.” I think, ultimately, this is what each of us wants. When my accident, treatment, and recovery occurred, neither the medical community nor parents had any concept that there was a psychological and emotional aspect to trauma. To this date, I have very little information about what I endured. But my daughter and her husband were keeping a journal at the hospital. Every family member who was “on bedside duty” noted changes, posted updates from the medical team, and also jotted little messages of encouragement to Oakes. As he grows he will be able to integrate his experience. He can learn about the medical aspects, but also know clearly that he was constantly surrounded by deep concern: from his family, from his medical team, and from countless others around the world who were pulling for him through prayers and well-wishes.

Every day in our offices, agencies, and classrooms we see clients. We learned in our training how important it is to attune and align with them and to serve as mirrors. We try to help them to experience themselves through our eyes, and our experience of them. The new discoveries in neuroscience help to remind us, as counselors, that sometimes the most valuable gift that we offer to our clients is “seeing” them and giving them an experience of “feeling felt.”

Empty Plate Project Sets Another Record

By Ben Noah, PhD, LPC



The seventh collection for the Empty Plate Project was the largest yet, besting last year’s record by \$160. A total of \$695.44 was donated to the Women’s Haven of Duncan. I want to thank everyone for your generous giving this year. The OCA’s Empty Plate Project was established in 2005 under the guidance and leadership of the Oklahoma Christian Counseling Association (OCCA). It is modeled after the Empty

Plate Project led by the Association for Humanistic Counseling (AHC; formerly the Counseling Association for Humanistic Education and Development [C-AHEAD]), a division of the American Counseling Association. Since OCA does not have an AHC equivalent division, OCCA took the project as its own since there are similarities in the missions of the two organizations.

Next year, the collection will be for a charity in the Southeast Region. If you know of a worthy group, please e-mail me at bnoah@cablone.net. I appreciate any help in finding a beneficiary for the Empty Plate Project.

Reaching in to Strengthen Our Profession...

by Ben Noah, PhD, OCA President-elect

This presidential theme thing has had me vacillating. I’m normally a “make a decision and get on” type of guy. After a false start or two, my theme is “Reaching in to strengthen our profession. Reaching out to grow our communities.” It nicely summarizes what I would like to accomplish, or at least start, as president: to build the association. Not just our numbers or the profession, but our visibility in our communities. With the current (and future) financial issues of the state and nation, all counselors, regardless of career setting, need to be working with one voice and one goal: to provide services needed by our students and clients. Two upcoming events will focus on these areas. On May 11, OCA will be conducting a lobbying event at the Capital building to meet with our senators and representatives on funding issues. I encourage everyone who can be there to make the trip. I’ve heard that funding cuts may be as deep as 10% in some areas. It will be numbers that get the attention of our legislators.

The Summer Leadership Conference will be July 8-9 at St. Crispin’s Retreat Center in Seminole. I am hoping to make this a fun and productive conference. On the productive side we will be looking at the by-laws and discussing ways to increase our numbers and visibility. At the last leadership conference it was recommended that the organization form new divisions and at this conference, we will be working to create two of these divisions. The first will be a adulthood and aging division and the second will focus on military counseling issues. I would like to see each division and region fund sending a graduate student to all leadership conferences as they are the future of the association. On the topic of leadership, I will be attending the ACA Institute for Legislative Leadership in Alexandria, VA, July 2011. I was at the ACA Annual Conference in New Orleans Mar 22-28 (the additional days are vacation time). I attended several meetings; the ACA Midwest region meeting in particular. Several states are having serious financial and membership issues. It made me proud that OCA is remaining strong and unified.

I want to encourage you to be a voice for the profession. The fastest way to increase membership is for OCA members to encourage non-members to join. Simply asking counselors to join carries more weight than any activity that OCA can encourage. As you go through your week, raise awareness of OCA and become a recruiter. Attend community and school board meetings to advocate for counseling, counselors and those we serve. Remember, “silence gives consent” (Oliver Goldsmith, 1730-1744).



Deb Brantly, a member of the Board of the Women’s Haven in Duncan, receiving the money raised for the Empty Plate Project from Ben Noah.

**Introducing OCA's New State Lobbyist!
OCA Day at Capitol!**
By Georgene Dwyer, PPL Chair



OCA has contracted with Linda Gray Murphy "Murphy" to represent OCA in Oklahoma City at the Capitol. Already, she has proved an invaluable resource working behind the scenes with the legislators in the last weeks since the session opened. She has recently led an effort to make our position heard and successfully stop legislation we opposed.

May 11th is a big day for OCA. We are going to have the first *Day at the Capitol* that we have had in many years. I asked everyone at the Mid-Winter Conference to get out your cell phone and put this date on your calendar, so I hope you did! I need an RSVP immediately in order to properly prepare. Please consider contacting your representative and senator and let them know Oklahoma Counseling Association will be in town! Please make every effort to take part in OCA's *Day at the Capitol!*

DayAtTheCapitol

OCA'S DAY AT THE CAPITOL
Wednesday, May 11, 2011 • 8:30 am to 9:00 am
Registration: Governor's Blue Room, 2nd Floor
Oklahoma State Capitol

9:30 am - 10:00 am	Registration - First Floor Rotunda Welcome & Introductions
10:00 am - 10:30 am	Linda Gray Murphy, Lobbyist for OCA
10:30 am to 11:45 am	Visit the House and Senate Chambers
11:45 am to 12:00 pm	Meet in Rotunda
12:00 pm to 2:00 pm	Lunch (Instructions that Day) Legislative Issues – Linda Gray Murphy Open Discussion – Question and Answer
2:30 pm to 3:30 pm	Visit your Senator or Representative
3:30 pm to 4:00 pm	Wrap up & Report back from visits



Daniel Weigle,
OCA Human Rights Award recipient



Gina Musea,
OCA Counselor of the Year recipient.

Counselors' Dilemma with Legislative Alerts
by Sherry Bynum, M.Ed., LPC, LADC, NCGC-II
PPL Co-Chair, Newsletter Editor, and Website Liaison

Have you ever said the following, "I want to be involved?" "I don't know if I want to be involved." "I want to receive legislative alerts." "I don't want to receive legislative alerts." Recently, I believe many people were facing this dilemma. Some counselors kept trudging along, some felt like they were wearing roller skates, and some said, "Enough".

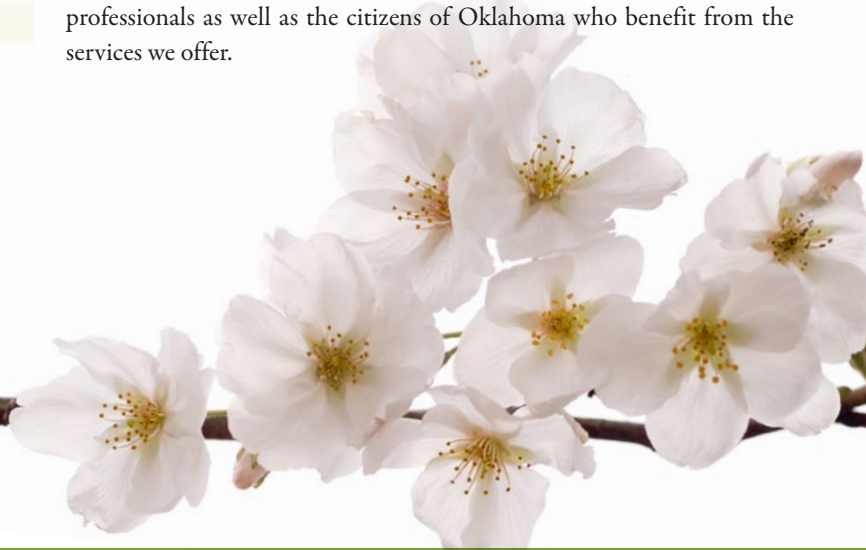
Understanding the legislative process is not easy. Understanding the process in which we receive information is also not easy. As hard as we try to get the information out in a timely manner, it is not perfect. Partially because we are volunteers; we work and see clients. We do not have careers where we can check our e-mail or answer phone calls when seeing clients back-to-back. Believe me when I say it gets frustrating at times.



I know many of you were pleased to get the legislative alerts even though you weren't directly affected. You went the extra mile and made visits and you made calls. Some of you went to the Capitol even though the committee meetings had been reschedule. You met with the Representatives and had excellent conversations with committee members. I don't know all of your names, but thank you. We appreciate your efforts and for all of the counselors who made phone calls and wrote letters you may go unrecognized but I believe the individuals, families and children will benefit from your efforts.

Being part of a professional organization is working for the people of Oklahoma; as well as the counselors who serve individuals and families. We will continue to make efforts to improve the process of providing you information, but I encourage you to be patient with a complicated process.

I hope you will continue to keep in mind that Oklahoma Counseling Association serves many counseling professionals and as a member of this organization I hope you will continue to speak out for those counseling professionals as well as the citizens of Oklahoma who benefit from the services we offer.



SOUTHEAST REGION MEETING
June 3, 2011 • Pete's Place, Krebs, OK • 5:30 pm

Southeast Region Meeting
by Ben Noah, PhD, SE Region President

Once again it's time for the annual Southeast Region meeting. The meeting will take place on June 3, 2011 at Pete's Place in Krebs, OK beginning at 5:30 pm and will include a three-hour Ethics presentation by Glynis Watkins-Daniels, PhD, NCC, LPC and Ben Noah, PhD, NCC, NCCC, ACS, LPC.

The presentation is entitled *Dual Relationships in Rural Practice*. Much of the material is from Glynis' dissertation focusing on the attitudes of Oklahoma rural practice LPCs toward dual relationships. We will compare these ethical beliefs found in the study to the current ethics code and licensure regulations and discuss the strategies used by LPCs in the study when confronted with a dual relationship. An ethical dialog will involve attendees by using actual case scenarios.

We presented a shortened version of this topic at the Mid-Winter Conference and received excellent feedback. An often stated comment was "this needed to be longer." So this is your chance to hear a more thorough and interactive version of the study. While the focus will be on rural practice situations, the practical applications are for all LPCs as everyone finds themselves in dual relation situations.

It is free for OCA members to attend, excluding meal expenses. Non-members will be charged a \$30 fee which will be applied to the cost of an OCA membership.

PLEASE RSVP

Please RSVP by May 31, 2011 to Ben Noah:
bnoah@cableone.net or FAX: (580) 226-3616.

OCA SUMMER LEADERSHIP INSTITUTE REGISTRATION FORM
July 8-9, 2011 • St. Crispin's Oakerhater Lodge, Seminole, OK

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Roommate Preference: _____

Email: _____

Required information for all students attending:

University: _____ Professor Signature (required): _____

Because a professor signature is required, students must mail their registration forms to Kelly Collins. Students who register at the door must have a student ID.

10 CEU's Pending approval. Please include payment in the form of check, money order, credit card or purchase order. Online registration available at www.oklahomacounseling.org Purchase Orders Accepted Upon Approval (Must be included with registration). Make checks payable to Oklahoma Counseling Association

Visa/MC: _____ Exp. Date: _____ Signature: _____

Amount Enclosed: _____ Mail registration and payment to: **Kelly Collins, 623 North Carolyn Drive, Choctaw, OK 73020.**

Deadline to register is June 30, 2011

\$85 OCA Professional/Associate Members

\$35 OCA Professional/Associate Members (Commuting)

Online registration is not available for commuters. If you are commuting, you must mail your registration to Kelly Collins.

\$55 OCA Student Members & Retirees

\$145 Non-members (includes a one-year OCA membership)

Due to the limited availability of lodge rooms, registration after June 30th must be made with Marilyn Kincade at 918-667-3367.

Hotel rooms are available in Seminole at the Best Western Inn, less than 7 miles from St. Crispin's, for those attendees choosing to bring their family or those wanting a private room. For hotel reservations call 405-382-3139. There is a Bed & Breakfast in Wewoka with two full-size bedrooms if needed. E-mail Marilyn Kincade at marilynkincade@gmail.com if you want to choose your own roommate.



My Two-Cents
Deb Brantley, OCA Treasurer

What a great Mid-Winter Conference in Norman! If you missed it, you missed a good time of learning, playing, networking, and relaxing. I hope you'll make plans to attend future OCA events.



During the conference, an election was held for the position of OCA Treasurer. I was once again honored to be elected to hold that position. I am currently completing the one-year appointed position and will begin my elected term July 2011. To get the term years back on track, as defined by the By-Laws, I will serve this elected July 2011-June 2012. There will be another membership election at the Mid-Winter Conference 2012 for the Treasurer position. That election will determine the Treasurer for the July 2012-June 2014 term. Now, if we aren't all confused, we'll do fine!

Let's move on to the topic of Region and Division Fiscal Year reports. Region and Division Treasurers and Pres-Elects are responsible for submitting annual reports to the OCA Treasurer. Pres-Elects will complete and submit the **yearly report** for Fiscal Year ending June 2011. Treasurers must complete and submit the **financial report** for FY ending June 2011 and the **budget report** for FY ending June 2012. These reports are due by July 1 or at the OCA Leadership Conference held in July. By the time you are reading this article, you should have electronically received the blank report forms. If you need assistance, please contact me. Remember, if the reports are not filed with the OCA Treasurer in a timely manner, your Region/Division will not receive the Allotment/Rebate check distributed at the Fall Conference. **Your prompt attention this task is greatly appreciated!**

Thank you again for your vote of confidence in my ability to serve OCA in this leadership office. I look forward to growing OCA, the Regions and Divisions. I also appreciate the opportunity to serve the integrity of our profession. See you soon!

**American Association of State Counseling Boards
(AASCB) 2011 Conference Attended**
by Laressa Beliele

Nena West, Professional Counselor Licensing Division Director and Laressa Beliele, Secretary of the LPC Advisory Board, had the opportunity to attend and participate in the AASCB 2011 Conference held in San Diego this January.

Founded in 1985, AASCB is the resource for information about counselor licensing and regulation, test development, and standards for licensing. AASCB meets annually at a conference where critical issues related to counselor licensing are addressed by its Commissions. The focus of the 2011 AASCB conference included reviewing current regulations and discussion of portability. Discussion on portability included unification of titles and ethical codes among states as well as using core standards of required courses such as specified with CACREP programs. A definition for counseling, as proposed by 20/20: A Vision for the Future of Counseling, was presented: "Counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals." Ms. West and Ms. Beliele enjoyed the opportunity to meet and network with delegates of other state licensing boards.



Laressa Beliele and Nena West at AASCB 24th Conference, San Diego, January 2011.

OSCA SUMMER CONFERENCE REGISTRATION
June 16, 2011 • Moore-Norman Technology Center, 13301 S Penn. OKC

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Please check here if you plan to attend the Ethics session. (Please email us your questions to answer)

If student, please list University: _____

Amount Enclosed: _____ *Include payment by check or purchase order payable to OSCA.*

Mail your registration and payment to: Barbara Shelton, P.O. Box 31862, Edmond, OK 73003

- Members \$50
- Non-OSCA Members \$60
- Student Members \$30

Shame and Worthiness in Recovery by J. DeLainna Percifield



One of my dear friends who works in the addictions field, told me to go to www.ted.com and view a video clip of Brene Brown PhD, LMSW giving a lecture on wholeheartedness. I watched the video and was so interested in the topic she shared I went to www.brenebrown.com and ordered the video, *The Hustle for Worthiness* and her two books, *The Gifts of Imperfection* and *I Thought It was Just Me (but isn't)*. In the video Brene Brown shares her decade long research in the field of shame, vulnerability, courage and guilt and the concept that these feelings are shared by all humans capable of feeling.

I shared this video with a group of consumers in treatment at my facility and was amazed at the reaction the video received. Tears, gushing “aha” moments and clapping for the hopefulness that Brene Brown brought to her audience as she delved in to the concepts of self worth and courage to be who we are, rather than who we think others want us to be. Brene Brown also has developed curriculum published by Hazelden, Connections: A 12-session, psycho-educational program on Shame and Resilience, that my colleagues and I are looking forward to perusing.

The feeling of shame and guilt that accompanies addiction prevents many from seeking treatment and/or remaining in treatment. Understanding shame and how to separate behavior from worthiness is critical to assisting the addicted in recovery and helpful to clinicians who are committed to helping them. Developing boundaries that allow love and belonging, gratitude and joy to be enjoyed in relationships is the focus of her work and one of the great hurdles each person must accomplish to enjoy wellness.

thanks!

Connie,
Just a note to say how grateful I am to you for your part in making the Award possible at Mid-Winter. I have been surprised like that very few times in my life. And, it was a wonderful surprise! I am still feeling elated. I was humbled by the event and very much aware that several people at that conference have done far more than I and certainly deserve recognition.

Let me also say how pleased I was with how you conducted the conference. It was calm, even and dignified. Several people said to me that it was one of the best conferences they have attended for a long time. I enjoyed the diversity of the program as well as its depth. You have done a wonderful job as president!

Warmest regards,
Ray Quiet

5 Conversation Rules for talking with Teenagers

From *Teenagers and Parents: 10 Steps for a Better Relationship* by Roger McIntyre

Submitted by Lisa Edwards, President of OSCA

Rule #1: People (Especially Teens) Dislike Evaluation

Parents think the topics are the most important parts of a conversation while a teen reacts first of all to personal evaluation. Your style of communication tells your teen how you feel about him or her at the moment. A teen may extract this evaluation in less than a sentence!



Rule #2: Use “it” instead of “You”

Keep topics on an “it” basis. Try to look at a problem as an “it” instead of “you” or “me”. This tactic avoids the trap of attack, defense, and counter-attack. Conversation is not a good competitive sport.

Rule #3: Use Reflective and Sympathetic Statements

Often a teen’s first remarks are only an expression of feelings and are short on facts. If parents jump in with advice or opinions and little information, their reactions could be way off target. Reflective statements say nothing new and only repeat what was said in different words. This keeps the conversation going and provides opportunities to get straightforward information without defensiveness. His reaction to what a teen is saying allows them to continue their topic of conversation and to feel heard.

Rule #4: Help a Teen Explore Alternatives

A parent helps most by tuning in to the teen’s level of feeling and energy. A parent who listens with empathy and reacts appropriately will give the most support. This requires practice. When in doubt; resist the temptation to suggest solutions if they have not been asked for.

Rule #5: Avoid Suggesting Solutions too Soon

Suggesting solutions to problems too soon can strike the listener as pushy and superior. Most of us don’t react kindly to suggestions for quick solutions. Efficiency in conversation is for business meetings and TV shows – and not for the family. Be satisfied that most conversations with your teen will have few immediate results. If you try to be the “winner” in every talk, then you will always make your teen the “loser”.



Ray Quiet, recipient of the Life Time Achievement Award



1. Name of State Division: Oklahoma
Term of Office: 1 Year
Members as of April 1, 2010: 240;
www.okschoolcounselor.org

2. President Name: Lisa Edwards
President-Elect: Rebecca Barry

3. **Summary of Year's Activities:** This year Lisa Edwards and Margaret Durham went to a Midwest Regional Conference on Friday, October 29 - Sunday, October 30, in Chicago. They were glad to report several new ideas on how to promote OSCA and school counselors. We would like to do this again next year. The **OSCA Leadership Development Institute** was held on Saturday, November 20, 2010, at Margaret Durham's cabin. After the Treasurer's Report, other discussions were made on: Counselor of the Year, Encyclo-Media, Legislative Updates, Update the 5 Year Strategic Plan, the Jerry Chandler Scholarship, the Lifetime Achievement Award, and the June Conference 2011. OSCA decided that our main focus this year would be to promote school counselors. This year we were active at 3 conferences with a booth for our members for information and questions. At the fall conference we presented our Counselors of the Year at our annual luncheon. On May 3, Barbara Shelton and Lisa Edwards gave a presentation to 27 students at the University of Central Oklahoma. They talked about OSCA and why they should join this association and the OSCAR certification. At our Summer Conference OSCA presented a program in the morning over "Eating Disorders" and in the afternoon we had several break out sessions including "How to achieve the OSCAR and the RAMP certification". At the conference we awarded certifications to our Oklahoma School Counselor Accountability recipients.

4. **Advocacy/Public Policy Activities:** In January, 2011, OSCA sent a congratulatory letter to our new superintendent, Dr. Baressi. The letter outlined our mission as school counselors and demonstrated how our work aligns with the State Superintendents of Public Instruction. A second letter was sent in February, outlining the outcomes that derive from the transformed role of the school counselor and to offer our voice, time, and expertise to the educational challenges that Oklahoma faces. At the OSCA Board meeting on January 23, 2011, Linda Terrell, Director of the Oklahoma Institute of Child Advocacy shared information with us on how we can work together to help protect our children. On Saturday, February 19, the OSCA board presented a workshop called: **Advocating for the Well-being of Oklahoma Children**. Presenters at this workshop were: Linda Terrell, Director of the OICA and Linda Murphy, OCA lobbyist.

On Wednesday, May 11, 2011, OCA is having a **Day at the Capitol** for counselors. School counselors are encouraged to come and tell their stories to their legislators. On this day, several of the OSCA Board members are meeting with Superintendent Dr. Baressi from 1:00 – 1:30. We plan to take a gift basket with OSCA items/treats and information on the ASCA Model.

5. **Summary of Future Plans and Goals of the Association for the Year:**
We want to gain in membership. This year we made some gains – next year we want to increase even more membership. We plan on providing more interesting and relevant conferences for school counselors. We also plan on promoting professionalism through the Oklahoma OSCAR certification and ASCA RAMP certification by continually supporting and offering workshops for our members.

6. **Summary of Issues/Needs Confronting School Counseling in Your State:** Oklahoma is still struggling in this economy. We have more families falling under the poverty guidelines and we have more immigrants every year. These issues are challenging our school counselors in helping to meet these needs. Our school counselors are continually being asked to perform an increasing amount of jobs that they were not trained to perform. Our state is large with many isolated communities. Reaching out to these counselors has been a challenge. Also, because of budget shortfalls we are meeting with our legislators to tell them what we do as school counselors and the importance of our skills to their constituents.

7. **Implications/Recommendations of Issues and Needs Above:**
OSCA is continually striving to provide support and information for our members. We need to reach out more to all locations in our state. We would like to provide workshops in other areas of the state. This year we added a new member from the Tulsa area. We hope to bring new people from different areas to our association. By communicating with our new superintendent from the beginning and meeting with her face to face; we hope to continue to receive backing and support from our state department of education. Hopefully in this new transition at the Oklahoma State Department of Education, our counselors will be seen as a vital role in promoting children in education and well-being.



money matters

	Jul 2010 - Mar 2011	Budget	\$ Over Budget	% of Budget
Income				
Advertising Income	96.00	150.00	-54.00	64.00%
Exhibits	1,500.00	1,000.00	500.00	150.00%
Fall Conference Income	3,910.26	3,300.00	610.26	118.49%
Interest	128.54	250.00	-121.46	51.42%
Lobby Contributions	6,391.00	5,000.00	1,391.00	127.82%
Membership Dues	22,047.14	33,000.00	-10,952.86	66.81%
Mid-Winter Conference Income	24,250.00	13,500.00	10,750.00	179.63%
Miscellaneous	0.00	100.00	-100.00	0.00%
Summer Leadership Income	1,155.00	2,500.00	-1,345.00	46.20%
Total Income	59,477.94	58,800.00	677.94	101.15%
Expense				
ACA Mid-West Conference	3,209.49	2,500.00	709.49	128.38%
ACA National Conference	2,874.95	4,500.00	-1,625.05	63.89%
Accountant Expense	500.00	500.00	0.00	100.00%
Awards	430.84	250.00	180.84	172.34%
Direct Lobbying Expense	4,000.00	6,700.00	-2,700.00	59.70%
Division Rebates	8,415.00	7,400.00	1,015.00	113.72%
Exhibit Chair Expense	45.00	50.00	-5.00	90.00%
Government Relations	44.85	250.00	-205.15	17.94%
Grants	500.00	500.00	0.00	100.00%
Membership Committee Expense	2,403.07	9,750.00	-7,346.93	24.65%
OCA Fall Conf/Encyclomedia	5,852.15	4,200.00	1,652.15	139.34%
OCA Mid-Winter Conference	28,705.31	9,300.00	19,405.31	308.66%
OCA Summer Leadership	2,428.21	2,500.00	-71.79	97.13%
Office Expense	300.00	600.00	-300.00	50.00%
President Contingency	0.00	100.00	-100.00	0.00%
Publication Committee	4,149.47	4,200.00	-50.53	98.80%
Region Allotments	1,400.00	1,750.00	-350.00	80.00%
Scholarships	0.00	250.00	-250.00	0.00%
Website Expense	517.55	3,500.00	-2,982.45	14.79%
Total Expense	65,775.89	58,800.00	-6,975.89	111.86%
Net Income	-6,297.95	0.00	-6,297.95	100.00%

Assets

Checking/Savings, Arvest	7,505.73
C.D. on deposit Arvest	10,000.00
Total Checking/Savings	17,505.73
Accounts Receivable	2,065.00
Undeposited Funds	90.00
Total Current Assets	19,660.73

Liabilities

Credit Cards	
Visa Corporate	974.97
Total Credit Cards	974.97
Total Current Liabilities	974.97
Total Liabilities	974.97

Equity

Opening Bal Equity	21,615.44
Retained Earnings	3,368.27
Net Income	-6,297.95
Total Equity	18,685.76
Total Liabilities & Equity	19,660.73

Membership re'Minders
Kelly Collins, Membership Chair

Just a quick reminder about your membership. Please make sure you add membership@oklahomacounseling.org to your e-mail contacts list. Adding us will ensure you receive our email updates and your newsletter. If you choose to receive OCA information using a work e-mail address, spam blockers may prevent delivery of mail from OCA. Please consider using your personal e-mail address instead.



It is a pleasure to serve as membership chair. Please let me know if I can assist you in any way.

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

Phone: 580.255.7460 • Fax: 580.255.7675

Dr. Deb Brantley
Licensed Professional Counselor

1212 West Willow • Duncan, OK 73533

OCA Oklahoma Counseling Association A Branch of American Counseling Association

CONNECT. GROW. MENTOR. COUNSEL.

ETHICS AND SUPERVISION WORKSHOP Dr. Cal Stauber, Ph.D. is a professor of Educational Psychology at the University of Oklahoma. His areas of interest include counselor supervision and training, counseling processes and outcome research, especially from a social psychological perspective, and marriage and family issues. Dr. Stauber has written several books, book chapters, and articles about the Integrative Developmental Model for Supervising Counselors and Therapists. [More information...](#)

OCA Mid-Winter Conference will be February 27-28, 2009. We are already planning for the big weekend. If you would like to present complete and mail in the "Call for Programs" form that is posted on the "Home" page. [Be a speaker!](#) [More information...](#)

The OCA Mid-Winter Conference will be February 27-28, 2009 at the Hilton Hotel in Oklahoma City. More information will be coming soon. [More information...](#)

« December »

Sun	1	2	3	4	5	6
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*OCA cannot guarantee the quality of services advertised here.

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

OKLAHOMA COUNSELING ASSOCIATION

A Branch of American Counseling Association

Membership Application

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: _____

Email: _____

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

OCA DUES (Check One)

Professional \$50.00

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 and Mid-Winter Conferences **FREE** of charge. Lunches and Pre-Conferences are **NOT** part of the conferences.

Students must mail their membership form.

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

Oklahoma Association for Lesbian, Gay, Bisexual and Transgender Issues in Counseling (OALGBTIC) \$5.00

Divisions Total: \$ _____

Total Amount Due (Dues plus Divisions): \$ _____

Visa/MasterCard #: _____ Exp. Date: _____

Signature: _____

Mail Registration & Payment to:

Kelly Collins, LPC • 623 N Carolyn Drive • Choctaw, OK 73020

Checks payable to: Oklahoma Counseling Association

Questions: membership@counseling.org

For OCA Office Use Only

Received by: _____ Date: _____

Method of payment: C CC CK Amount: _____

meeting minutes

OCA Board of Director's Meeting March 3, 2011 • NCED, Norman, OK

Members in Attendance:

Connie Fox	OCA President
Marilyn Kincade	OCA Co-Executive Director
Laressa Beliele	OCA Co-Executive Director
Kelly Collins	Membership Chair OCCA/President Elect
Dr. Deb Brantley	Acting/Interim OCA Treasurer/ SE Region President
Dr. Sarah Deal	President OACES/NE Region Rep
Ben Noah	OCA President Elect
Georgene Dwyer	OCA Co-Chair Public Policy and Legislation
Teressa Huff-Garrett	OAMCD President
Barbara Shelton	OSCA Past President
Elizabeth Edwards	OSCA President
Royce Caldron	OCA Parliamentarian/PR/NW Region Rep
Donnie Suggs	President OALGBTIC
Ray Quiett	SE Region Treasurer/OCA Ethics Chair
Lee Ann Garcia	OKMHCA President Elect
Kelly Dunbar-Young	NE Region Secretary/OALGBTIC Treasurer
Cynde Collins-Clark	
Sue Gill	OCA Exhibits Chair
DeLainna Percifield	OAAC President

Call to Order:

The meeting was called to order at approximately 7:09 pm by Connie Fox, OCA President.

Minutes:

Minutes were emailed. Ben Noah, OCA President Elect, moved to accept the minutes as presented. Sarah Rivers Deal seconded the motion. Motion passed.

Treasurer's Report:

Deb Brantley distributed a printed Treasurer's Report. Deb asked that members ask questions if they don't understand the reports. Deb reported that Sue Gill, OCA Exhibits Chair, has collected more money than expected for the exhibits. We still have one more exhibitor that will pay. Fall conference made more than had been budgeted. Ray Quiett's Supervision workshop produced more than budgeted as well. Mid-Winter Conference has had lots of money come in so far, but the expenses need to be tallied to see how everything turns out. NCED is VERY nice, but expensive. There have been problems with PayPal since July but it is be-

lieved that they are straightened out now. Ron DeWeese is the member that brought the problem to our attention. Some money was lost but it wasn't a huge amount (perhaps a few hundred dollars). Expenses for the ACA Midwest Conference went over budget but the Lobbyist expense is less and OCA will save approximately \$700.00. The OCA \$500.00 grant was awarded to Donnie Suggs (newest Division president) to attend the ACA Conference in March.

Deb asked the Board of Directions what they thought about blending the website expense and publication expense. She suggested that one could be eliminated and then we could rename the remaining budget item to include both. Laressa Beliele, OCA Co-Executive Director, thought it would make sense to combine them. Deb will make the change for the next report. Deb believes we will break even on this conference. The OCA credit cards have been used for plane tickets to ACA. Ray Quiett asked how many people still request a newsletter mail out. Kelly Collins, OCA Membership Chair, said the requests are less than 100. Newsletters are mailed to sbcglobal.net members and anyone that requests or doesn't have an email. Ray said that ITAA went to a full electronic newsletter and it's part of the regular dues. If you want a hard copy from ITAA, you have to pay extra. He asked if that was an option. Kelly said if we only send it to active members (that meet the aforementioned criteria) we save money. Federal Identification Numbers – Deb did the paperwork so that all the region and divisions could receive individualized tax ID numbers. However, ID numbers need to be changed by regions and divisions and their banks if they have not done so already. Royce Caldron moved to accept the Treasurer's Report as presented and Teressa Huff Garrett seconded. Motion passed.

Membership:

Kelly Collins stated that there are few website issues but that they are being rectified. Connie thanked Kelly for all of her efforts in straightening out the problems already encountered.

President-Elect Report:

Ben Noah e-mailed his report and wanted to emphasize that membership need to increase. We need to talk to people we know. We need to raise our numbers because numbers count when lobbying. Ben stated that there are bills in legislation that are stacking up to cut funding and OCA needs strength in numbers to get legislative attention. Lisa Edwards, OSCA President, reported that she and Barbara Shelton, OSCA Past President, taught a class at UCO last night and gave the students information about ACA and OCA. Barbara said we need to address the counseling programs of other colleges and universities. Ben stated that he definitely informs his students at Capella. October 28 is the target date for Fall Conference.

Executive Directors Report:

Marilyn Kincade, OCA Co-Executive Director, wanted to let the Board know that there have been questions about who is considered as a student in our organization (Masters? PhD.?) LPC Candidates are not students. There is information in the conference packets to explain what constitutes as "student membership". Marilyn reported that an FYI sheet has been prepared for the packet about checkout times and speaker info and such. Evaluations are in your packets. Marilyn adapted and made a new evaluation with speaker's names already printed and she also included hotel

criteria. She welcomed input from the BOD that would provide ideas for new venues. Marilyn suggested that we might want to start contacting social workers with future conference information. DeLainna asked if Regions and Divisions would be able to offer CEU's for LSW's and if OCA "bought" the license to get CEU's for them. Marilyn said that we do offer those CEU's. Marilyn asked for volunteers to monitor room temperatures in the breakouts and to introduce the speakers and make announcements if necessary. Fall Conference 2011 will be at MNTC South Penn Campus. Summer Leadership will be July 8-9 at St. Crispin's. Place and date for Mid-Winter 2012 has not been set.

Newsletter:

Sherry Bynum, OCA Newsletter Editor, was not able to attend because of surgery. Connie reminded us that the newsletter deadline is April 3rd. Connie stressed the importance in meeting the deadlines. Please write articles of interest, not just "minutes" from meetings. Also, please get the info to Sherry as soon as possible concerning officer and award nominees.

Legislative Update:

Connie thanked Ray for his contribution to the Lobbyist fund. He has presented the Supervision workshop since 1999. Ray asked that we help recruit people to take his course because the attendees receive an OCA membership for 1 year. Georgene Dwyer, OCA PPL Chair, reported that Linda Murphy (lobbyist) will be at the conference on Friday. Ms Murphy began working for us at the first of the year. Connie and Ben met with Linda Murphy in January. They discussed our issues and got to know her. Georgene asked us to mark our calendars for May 11th. This will be our "Day at the Capitol". We have a room reserved. We desperately need to be there and get everyone we can to come. We can meet with the legislators and tell them who we are and what we need. Linda Murphy will be offering a "Lobby 101" workshop on Friday.

If we have questions for Linda, we should go through Georgene so that she can monitor for us. Right now we have to protect our license and support school counselors. We need to work on keeping school counselors employed. Georgene asked that the members make personal contact with their senators and representatives BEFORE the May 11th OCA Day at the Capitol. Connie said that Linda came highly recommended. She stated that we hope that in the future we might be able to go in with social workers and marriage and family and together, use her to lobby. Georgene said that the reason legislators will listen to LPC's now is because they are viewed as "small business owners". We should use that when we are talking to them.

Mid-Winter Conference Report:

Connie reported that the Pre-Conference was a tremendous success. Numbers were up and evaluations were fabulous. Kelly reported that the majority of registrations for this conference came from the flyers that were sent out.

Exhibit Chair:

Sue Gill, OCA Exhibit Chair, reported \$1475.00 as the income right now. We have 14 exhibits Friday and 8 or 9 on Friday. We will play exhibit bingo. Grad students from NSU will help with bingo drawing. Sue will have the exhibitors fill out evaluations.

New Business:

Connie reported that several years ago a group of trainers came to OK and did training for EMDR. Cynde Collins Clark has been working on getting them back to train again. She and Connie have been talking about how we (OCA) can facilitate this. Cynde relayed her personal story and connection with EMDR. Gen. Deering called Cynde looking for ways to help returning troops. He asked her specifically about EMDR. He connected Cynde with the EMDR humanitarian project. Cynde asked Sue Gill to talk about her experience with EMDR. Sue said that from her experience, the healing power in EMDR is amazing. Cynde explained EMDR as a "very soft – prolonged exposure". EMDR would be willing to come to OK and do training – approximately \$500.00 per training (two 3 day trainings). OCA would provide food, venue, publicity, CEU's and AV equipment. Ray stated that he was trained in 1995. He says it works unbelievably well for trauma. He doesn't use it for everything but that it really works well for physical or sexual abuse. Kelly asked if Cynde would be the point of contact if we decide to do this. Cynde would be glad to "organize" it if we decide to do it. Kelly moved that OCA move forward with hosting an EMDR training I and II, and that a committee be formed to find a location pending allocation of appropriate funding. Sarah Deal seconded. Motion passed. Georgene asked where the money would come from. Connie said that we could look to get a venue donated (college or technology center). Advertising would come through our email blasts and communication to other professionals. With most donated, we would only need to provide refreshments and sundries. Connie suggested that we ask OKMHCA if they would like to partner. We could also ask other Regions and Divisions to help out. DeLainna stated that as president of OAAC, she would especially like to be involved. Connie asked if we could poll at our region and division meetings and see if we could find someone with venue info, check for member interest and monetary support. Sue Gill, Kelly Collins, Teresa Huff Garrett, and DeLainna Percifield will serve on the committee.

Announcements:

OK Health Care Authority sent an email to Connie. HCA opened up Medicaid to individuals. 313 LPC's are contracted. The bottom line is that a lot of children in OK are being served because of this. They don't have to wait as long and are being served by people with specific expertise.

ACA emailed Connie to ask that she announce their Call for applications to the 2016 revisions committee for CACREP.

Move to Adjourn:

Meeting was adjourned at approximately 8:47 pm. Ben Noah moved to adjourn and Deb Brantley seconded. Motion passed.

Respectfully Submitted,
Debbie Korff, OCA Secretary



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NEWSLETTER



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

OCA LEADERSHIP TEAM 2010 - 2011

Connie Fox, OCA President.....connie@cjfoxphd.com
 Marilon Morgan, OCA Past President.....morganm@nsuok.edu
 Ben Noah, OCA President-Elect.....bnoah@cableone.net
 Laessa Beliele, Executive Director.....pennbel@aol.com
 Marilyn Kincade, Executive Director.....marilynkincade@gmail.com
 Deb Brentley, Treasurer.....drdeb@cableone.net
 Deb Korff, Secretary.....dkorff@cox.net
 Kelly Collins, Membership Chair.....kcollins.oklahoma@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.....caldronr@onemain.com
 Georgene Dwyer, Public Policy & Legislation.....gdshrink@cox.net

Sherry Bynum, Public Policy & Legislation.....shebyn@sbcglobal.net
 Sue Pond, Southwest Region President.....spond@caddokiowa.com
 Ben Noah, Southeast Region President.....bnoah@cableone.net
 Rick Williams, Northeast Region President.....williari@nsuok.edu
 Mary Brenner, Northwest Region President.....Brenner@woodwardps.net
 Phyllis Michaud, Central Region President.....pmichaud@norman.k12.ok.us
 Delainna Percifield, OAAC President.....dpercifield@netzero.net
 Lisa Edwards, OSCA President.....edwards-elizabeth@sbcglobal.net
 Phil Budd, OKMHCA.....PBudd@snu.edu
 Rebecca Webster, OCCA President.....positiveparadigms@coxinet.net
 Sarah Deal, OACES President.....deal@nsuok.edu
 Teresa Huff-Garrett, OAMCD President.....jehtms@aol.com
 Donnie Suggs, OALGBTIC President.....dsuggs@yahoo.com
 Kelly Arrington, State Dept. of Career Tech.....karri@okcareertech.org

Oklahoma Counseling Association
 623 N Carolyn Drive
 Choctaw, OK 73020

