

E-REPORT MGCA

A Division of the American Counseling Association



Wellness

HOW DO YOU RATE YOUR HEALTH & HAPPINESS?

As a counselor, how are you doing - on a scale of one to ten.. and on the scale? Wellness - which we know is important for our own health, career, family, and what we teach our clients, is essential when we practice what we preach.

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Three Reasons Military Families Seek Counseling

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31 March 2015

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Questions, comments, or to submit to the newsletter ? Email us at legreen@wtamu.edu

View the MGCA Journal here: <http://acegonline.org/wp-cont.../2013/02/JMGC-Vol-3-Is-2.pdf>

Wellness

HOW DO YOU RATE YOUR HEALTH & HAPPINESS?

As a counselor, how are you doing - on a scale of one to ten.. and on the scale? Wellness - which we know is important for our own health, career, family, and what we teach our clients, is essential when we practice what we preach.

There are now some very easy apps and tools to assist you and your clients. Here are just a few:

- SparkPeople.com
- USDA's diet, exercise and health app called www.SuperTracker.usda.gov
- Military One Source's Health and Wellness Coach

Many military members use apps that allow them to track their walking, running, calories, and rest - Spark People. It has been a lifesaver (and career-saver!) for a few and the articles (on-line) are very beneficial with personal coaching strategies such as eating when bored, emotional, and healthy choices when dining out.

These are just a few ideas, but the journey of a thousand miles begins with the first step - the realization that we can be the role model for self-care at any age.

Three Reasons Military Families Seek Counseling

Liz Grow, MP, LPC

Military families have some extra challenges that civilian families may not, but they don't have to transform into serious problems. The top three problems include:

1. **Finances.** A recent study by the Investor Education Foundation of the Financial Industry Regulatory Authority (FINRA) discovered that military families are far more likely to be in debt than their civilian counterparts.

When financial pressure is placed on any family, patience can run thin. Military spouses may have difficulty finding civilian jobs since they relocate often. The family leader tends to hold her or himself responsible for the struggles that the family is experiencing and can begin to withdraw from the family. Avoidance leads to distance, which can be a catalyst for additional stress, substance abuse, depression, children acting out, and infidelity. A counselor (money management specialist) may be able to assist with this issue for the family.

2. **Infidelity.** This is, unfortunately, an area where the rate is more than double that of the general population. The reason could possibly be the length and number of deployments. This separation, or lack of closeness, may motivate spouses to seek out the comfort of another. Extramarital affairs affect the entire family, not just the couple. Eventually, the entire family could take part in therapy to work toward healing to put the pieces back together.

3. **Teens acting out.** The nature of military cultures can be tough on the whole family, but often affects adolescents most acutely. Frequent moves, switching schools, having to learn to fit in again are all areas that can compound the challenges of being a teen. Grief and loss can also become a problem for teens - and could lead to depression. Failing grades at school, truancy, substance abuse, and impulsive risk-taking behaviors are common among teenagers who are acting out. In therapy, the family will need to set clear boundaries and encourage effective communication. Therapy can encourage techniques for bonding and trust.

As counselors, remember that this special population -- military members and their families - will require your support as the wars and deployments continue at home and abroad.

PDI In Montreal -- Come One, Come All!

31 March 2016

By Judith Mathewson, MGCA President Elect-Elect
Stef Standefer, IL American Counseling Association

The Professional Development Institute (PDI) Committee has great presenters ready for your knowledge and participation in Montreal at the ACA Conference in 2016. There were many proposals that were outstanding, and a few were chosen for all of ACA to attend (including poster presentations) as well as very specific sessions for our members who would like to learn more about working with military students, families and issues that surround our Veteran population. Please congratulate our presenters for 2016:

PDI SESSIONS:

1. Spirituality, Substance Abuse, & Veterans (Heather Robertson & Seth Hayden) - 60 minutes
2. Family-Based Therapy for Families Pre-and Post-Deployment (Franc Hudspeth) - 60 minutes
3. Achieving Cultural Competence with Veterans: How to Avoid Being in the Majority (Keith Myers) - 60 minutes
4. Poster: (30 minutes) Addressing the Union of Counselor Education and Military Families: Creating Best Practices (Katy Wix)
5. VA and Arkansas Counseling Association Collaborative Grant (CAVES) (Angie Waliski and Tammy Romines) (30 minutes)

Brunch and Awards Presentation – teaming with NECA (Stef Standefer)

The sessions chosen for the ACA sessions are as follows:

1. The Military and Sex: The Good, the Bad, and the Ugly (Larry Ashley) -- 60 minutes (ACA)
2. On the Homefront: The Impact of Deployments by Canadian & US Armed Forces on Military Families and Implications for Counseling Practice (Michael Keim, Keith Cates and Patrick Faircloth) - 90 minutes
3. Poster: Characteristics of Non-fatal Suicide Attempts or Ideations Involving a Firearm as Method of Choice: Preliminary Results
(Angie Waliski) - 30 min
4. Poster: (30 minutes); The Impact of Marriage on PTSD and Alcohol in Army National Guard Veterans (Andrea Bjornestad)

NECA SESSIONS (there are 3 others for the afternoon of the PDI – by Michael, Seneka, and Grey)

"Retirement Ain't What It Used to Be by Carolyn A. Greer, Ed.D, LPC-S

Further Your Education with a Certificate in Military Counseling

Andrea Sloan

MGCA Graduate Student Board Member

Do you have an interest in furthering your education as well as working with service members?

Several schools are now offering post-graduate certificates for military counseling.

Temple University has just recently launched an online postgraduate Certificate in Military Counseling (CMC) for masters and doctoral level practitioners. Four courses are offered to include Military Culture: The Service Member, Veteran and Family in the Social Environment; Military Health Care, Policy and Community Response; Clinical Military Practice and the Invisible Wounds of War; as well as one elective with a choice of Assessment and DSM; Alcohol & Substance Abuse; and Loss and Grief. Questions may be directed to jcorbin@temple.edu

Antiochne University offers a Counseling Military Service Personnel and Their Families Certificate for those in the New England area. Applicants must have a minimum of a master's degree in an allied mental health profession. The courses are offered online and includes two face-to-face intensives. Courses include Military Culture and Language; Military Deployment Cycles: Mental Health Issues; and Special Issues with Military Families. More information can be obtained from www.antiochne.edu/applied-psychology/counseling-military-personnel-families-certificate-program/

East Carolina University offers a Certificate in Military and Trauma Counseling which can be taken while enrolled in a graduate program. This is an online program with classes to include Medical and Psychosocial Aspects of Disability; Occupational Analysis and Career Counseling; and Military and Trauma Counseling. Questions can be directed to Dr. Mark Stabnicki, stabnicki@ecu.edu or 252-744-6295.

The Center for Deployment Psychology (CDP) offers two different certificate programs. The Military and Veteran Behavioral Health Post-Master's Program is a live certificate course that is a collaborate between CDP and Widener University. Serving Our Veteran Behavioral Health Certificate is an online certificate course and is available through the CDP website. Inquiries can be directed to ClinicalPsychologyPGC@mail.widener.edu

Many other schools across the United States are beginning to offer both traditional and online certificate programs for those who are interested. In choosing a school, be sure to look over the courses offered since they vary greatly from program to program. Make sure whichever school you choose has courses that will align with your career goals.

Until next time, Semper Fi!

ACA at a Glance

Sharon A. Guild-Stitt

Governing Council Representative

If we are seasoned Professionals or student members of ACA it may not be high on our priority list to understand ACA since we join professional organizations out of responsibility to the profession, “a professor told me to”, “we need a job” or some other more personal reason. I do know that some may have joined because their organization/agency/university/college supports this membership; in my case, when I became a Palace Acquire Intern with the United States Air Force, all counselors attended the annual ACA Conference and the Air Force and Army attached Air Force and Army Training Day’s. Additionally, MGCA placed their PDI in conjunction with these events so all DOD Army and Air Force counselors participated as a career broadening experience. Even my dues were paid that first year, but as a professional it was expected I would pick it up for the following years.

ACA was founded in 1952 when four organizations (The National Vocational Guidance Association (NVGA), the National Association of Guidance and Counselor Trainers (NAGCT), the Student Personnel Association for Teacher Education (SPATE), and the American College Personnel Association) realized that working together would bring a collective strength in advocacy and development of the counseling profession. They established the American Personnel and Guidance Association (APGA), -

1967, Standards for the Preparation of Secondary School Counselors.

1967, A manual for Self-Study for a Counselor Education Staff, prepared for and distributed by the Association for Counselor Education and Supervision (ACES) provided a foundation of the self-study process later used by ACES and CACREP.

1968, Standards for the Preparation of Elementary School Counselors.

1968, Guidelines for Graduate Programs in Student Personnel Work in Higher Education.

1973, ACES, adopted and implemented standards merging the three standards that were developed in the 60s.

1977, APGA Governing Council received the combined Standards for Entry Preparation of Counselors and Other Personnel-Services Specialists for consideration and approval; they were ultimately adopted by the APGA in 1979.

ACES approached the APGA about cooperative accreditation efforts and the result was the establishment of CACREP in 1981. 1983, APGA changed its name to the American Association of Counseling and Development.

July 1, 1992, AACD changed its name to the American Counseling Association (ACA).

Today there are 20 divisions representing various specialty, work setting, or philosophical areas of the profession.

Each division, regardless of membership size has one representative that serves on Governing Council for a three year term.

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ACA is geographically divided into four regions (North Atlantic, Southern, Midwest, and Western).

Each region, regardless of the number of members residing in that area, has one representative that serves on Governing Council for a three year term.

State counseling organizations are referred to as “branches.” With the exception of one state (New York), the branches are totally independent of ACA. Note, because there are U.S. territories and other geographic areas that are not “states” we do not refer to branches as “state branches.”

There is one voting graduate student member of the Governing Council.

Additional voting members of the Governing Council include: President, President-elect, and Immediate Past President.

There are two non-voting ex-officio members of the board, Treasurer and Chief Executive Officer (who is the “Secretary” of the board).

Two other presidential-appointed members of the board who have voice, but no vote, are the Parliamentarian and the Process Observer.

ACA has 62 fulltime staff. Except for two individuals, all staff operate out of the new headquarters building at 6101 Stevenson Avenue in Alexandria, Virginia.

The fiscal year of the Association begins on July 1, ends on the following June 30, and is often referred to in the abbreviated manner of “FY” followed by the ending year. For example, the current fiscal year is FY’16.

Governing Council officially meets twice per year. For FY’16, the first meeting was held in Alexandria, Virginia just prior to the Institute for Leadership Training, July 20-21 and the second one will be right before the opening of the ACA Conference and Expo next March 28-29, 2016 in Montreal, Quebec, Canada.

For FY’16, ACA will operate on a budget of just over \$13 million. We currently have about \$8 million in investment reserves.

ACA currently has just over 56,000 members. Membership has increased in 35 of the past 40 months.

Of our 56,000 ACA members, about 14,000 also hold membership in at least one division.

On July 20, 2015, the counseling profession’s two major accrediting organizations – the Council on Rehabilitation Education (CORE) and the Council for Accreditation of Counseling and Related Educational Programs (CACREP) – signed a Plan of Merger Agreement. The terms of the merger agreement will be concluded effective June 30, 2017.

AMHCA, ACES and NBCC Jointly Endorse Plan for Licensure Portability

ALEXANDRIA, Va. - The American Mental Health Counselors Association (AMHCA), the Association for Counselor Education and Supervision (ACES), and the National Board for Certified Counselors (NBCC) have jointly endorsed a plan for counselor licensure portability. This plan from leading counselor organizations establishes a regulatory platform allowing licensed counselors to move between and practice in multiple states.

The [AMHCA-ACES-NBCC portability plan](#) is built on sound principles of quality assurance and national standards. The plan will promote acceptance of a license from another state when the individual holds a degree from a clinically focused counselor preparation program accredited by the Council for Accreditation of Counseling & Related Educational Programs (CACREP), holds certification as a National Certified Counselor, or meets standards adopted by the state board of counseling.

Dr. Keith Mobley, president of AMHCA, states: “The AMHCA leadership commends the efforts of NBCC and ACES for collaborating on this agreement, as it demonstrates strides toward professional unification and portability of licensure. It has been the long-standing goal of AMHCA to seek consistently high standards among credentials for clinical mental health counselors so that our profession may benefit by achieving status equivalent to other practitioners in federally funded programs and gain license portability among states.”

The sentiments are echoed by ACES President Dr. Tarrell Portman, who says: “the counseling profession has too long suffered from inconsistency in education and training standards. These varying requirements have hampered the growth of the profession and the ability of counselors to move across state lines. ACES is excited to be part of this strategic partnership to establish a national education and training standard for licensure portability.”

“This portability plan is a tremendous step forward for the counseling profession,” says NBCC’s Board Chair, Dr. Kylie Dotson-Blake. “The adoption of a CACREP degree or the NCC will give licensure boards the quality control they need to recognize out-of-state licensees. NBCC applauds the AMHCA and ACES leadership for uniting behind this pioneering plan.”

Mobley summarizes the views of all the organizations when he says, “We are grateful for the collaboration and shared vision for licensed professional mental health counselors and invite other organizations and leaders of our profession to participate.”

Elections 2015

What do I need to be an effective board member?

Sharon A. Guild-Stitt

Governing Council Representative

Each year MGCA members are asked to select national ACA leadership as well as MGCA division officers and/or directors. When I was a member, I wondered what was expected of board members. An easy answer was found in our MGCA By-Laws, <http://acegonline.org/bylaws>; additionally, here are some thoughts to keep in mind for your service and those whom you will elect this December.

Make sure you keep the division's mission in mind when deliberating and deciding on an issue.

In making a decision, place the interests of MGCA as the top priority.

Understand the key financial areas of MGCA and always feel free to ask questions. For example, rather than focus on a specific line item, ask how the financial plan aligns with what the board has decided upon as a strategic direction.

Be an active listener, rather than simply reacting to what you hear. Challenge assumptions or statements with questions posed in a respectful, civil manner.

Resolve differences in the boardroom, rather than taking it out in public.

Make sure you have the information that will allow you, as a board member, to help you provide insight, foresight, oversight, and hindsight.

Respect lines of communication and authority.

Stay focused on the responsibilities assigned to the board.

Be actively involved; Ask yourself how you think you are doing and seek information from leaders and the President that you believe will make you a better board member.

Given that three Directors rotate off or run again every year, be on the lookout for those who would be good candidates when it comes to board succession and movement to the Executive Board: President, Secretary, Treasurer.

Encourage fellow board members, and remind yourself, about making data-driven decisions supported by information, rather than by opinion.

The purpose of MCGA is to encourage and deliver meaningful guidance, counseling, and educational programs to all members of the Armed Services, their family members, and civilian employees of State and Federal Governmental Agencies. Encourage development of professional monographs and convention/conference presentations by any of these agencies. Develop and promote the highest standards of professional conduct among counselors and educators working with Armed Services personnel and veterans. Establish, promote, and maintain improved communication with the nonmilitary community; and conduct and foster programs to enhance individual human development and increase recognition of humanistic values and goals within State and Federal Agencies.

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