



PENNSYLVANIA COUNSELING
ASSOCIATION

A Branch of the American Counseling Association

PCA Inc

PCA, INC

SUMMER 2015

Main Office

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2015—2016

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President's Message

Paul Datti, PhD, CRC, HS-BCP

Hello PCA!

I am thrilled about the opportunity to preside over PCA for the upcoming year, and look forward to working with you in many meaningful ways to help PCA continue to grow and flourish!

I'd like to offer a tremendous thank you to Drs. Michelle Bruno and Brian Wlazelek who were integral in my transition into the position and who provided strong leadership all year long. Also, please offer congratulations to Dr. Charles Jacob, the new President-Elect of the PCA. I am looking forward to working with Charles in his new role and to continuing to working with Michelle in her new role as Past-President.

There are many exciting things happening in PCA of late, many of which you can get information about on our website. Please check it out regularly and ask your friends and colleagues to do the same: pacounseling.org. In addition to the latest PCA news, you will find many resources, division information, the Career Center, and have access to our newest edition of the Journal of the Pennsylvania Counseling Association. Many thanks to Dr. Joe Behun and his team for editing and reformatting the journal in a very classy way!

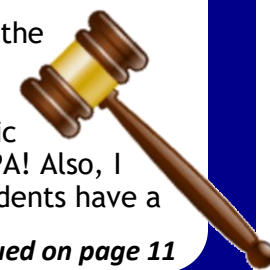
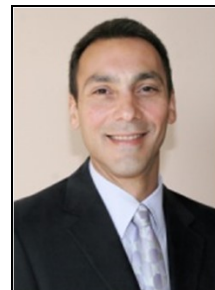
While on the website, you will also have access to all the conference information you need, including important dates, registration, lodging, agendas, and specific presentation

information as we approach the conference dates. This year, our conference is November 6-8, 2015 at the Penn Stater in State College, PA. We have an exciting one planned as always, this time with the theme "Striving for More: Keeping Diversity and Social Justice at the Forefront." We have a terrific keynote speaker, Dr. Michael Mobley (from Salem State University), who is an expert in these areas particularly with focus on social justice for racial minorities and the LGBT community.

In other news, we have been working with PA practitioners on an insurance paneling issue that has some LPCs in need of advocacy. Along with the help of Michelle, the PCA executive counsel, and several members, we have been working with the ACA governance council in hopes of helping them find some resolution.

I'll look forward to attending the ACA Leadership and Training Institute in Washington, DC in July to continue to address the issue as well as be part of this overall valuable training for state and national counseling leaders.

I hope everyone enjoys the rest of this fabulous summer, which is much needed after the horrific winter we had here in PA! Also, I hope educators and students have a



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President-elect's Message

Charles Jacob, PhD



First and foremost, my sincerest thanks to all of the members that voted in our most recent election. It was exciting to have a race for the presidency, as this suggests that, as our current president Dr. Paul Datti once put it, interest and participation in PCA is becoming “cool.” My thanks to Drs. Datti, Bruno, and Wlazelek for setting such a wonderful precedent.

To those of you not familiar with me, I first became involved with PCA in 2012 as the eastern representative for the Pennsylvania Association of Counselor Education and Supervision (PACES). I have participated in several roles within PCA since then, including chair of the ethics committee, conference co-chair, and president elect of PACES. It has been an honor to be involved with the organization, and I look forward to working with Dr. Datti over the next year as I prepare to take over the helm. To outline my goals as president at this time would be premature, as my current aim is to simply take in all of the responsibilities of office and work with the rest of the PCA board to keep things running smoothly.

As mentioned in the president's welcome, our annual conference is just around the corner. Proposals were accepted through June 15th. Notification of acceptance status will be emailed out no later than August 1st.

I would also like to thank Dr. Gregory Roth for taking over my position as chair of the ethics committee during my time in office. Dr. Roth is a fellow professor in the Counseling and Family Therapy master's programs at La Salle University, and a fantastic replacement to say the least. Feel free to thank him - or, if you are a dues paying member, reach out to him for an ethics consult - at rothg@lasalle.edu.

I hope everyone has a wonderful summer, and I look forward to seeing you all in State College in the fall!

Charles

jacob@lasalle.edu



Past-President's Message

Michelle Bruno, PhD, LPC



It is difficult to believe that this issue reflects the halfway mark of 2015. It is often a tradition to set resolutions at the start of a new year. Resolve, according to Merriam-Webster, means to “find an answer or solution to something, to make a definite and serious decision to do something, to make a formal decision about something usually by a vote.”

I cannot speak for you, but in January 2015, I think I was ambitious, maybe overly so. By this point in the year, I sometimes struggle to remember when the last time was when I followed through on a few of those goals. I also realize that finding solutions often involves a lot of trial and error, reflection, and reliance on others whom I trust. While I am proud of those areas where my behaviors and attitude changes have become routine, I also like the lofty ones where I fell short. Those areas are ones that I am still searching for solutions, or maybe I am redefining the questions. In any case, I like them because they keep me evolving and connecting with others. I have learned that there are always barriers and some problems do not have clear solutions. Some things are out of my control and some struggles endure longer than others. By reflecting on my resolutions, I am aware that I can define progress as my willingness to have an open mind and a resilient spirit. As you reflect back on the first six months of your 2015, may you find that you made time for those things and people that you value most and that you felt supported in your ongoing journey.

As I think back over the last six months as PCA President, our team faced many formal decisions in order to help carry out the mission of PCA as well as to make improvements. I am struck by how fortunate I am to be part of this organization and for the supportive colleagues who helped move us towards our goals. The achievements of PCA during this year included a successful conference (over

200 attendees), the creation of a legislative fund, and growth in membership.

We have had a steady presence at the state board meetings and increased traffic on our website as it reaches the one year mark of its revamping. There has been representation at ACA by our leadership, submission of a North Atlantic Region Branch Grant, and steady activity by our social media and marketing committee members. Under the lead of Abby Dougherty, we have an active Facebook page (over 200 users!), Twitter account (over 80 followers), and presence on LinkedIn (nearing 70 members). If you have not yet visited our site, check it out! http://www.pacounseling.org/aws/PACA/pt/sp/home_page

We have increased our professional development activities as well. This year, we organized and hosted two successful PACES conferences. Krista Mallot shared some great information regarding the Eastern region conference. She writes:

In spite of the snowstorm, the spring 2015 Eastern region PACES meeting was a great success, bringing together counselor educators from all over the region to offer support, network, and share ideas in best practices in counselor education and supervision. Members exchanged scholarship endeavors, with efforts at building collaborative ventures. Examples of additional topics included faith-based counseling initiatives, best practices in gate-keeping, college and career counselors, and the ACT 31 child abuse laws.

Look for PACES to come together at the fall, 2015 PCA conference, under its new leader, Dr. Charles Jacob, of LaSalle University.

The Western region conference featured Drs. Maura Krushinski and Stephanie Helsel who shared information on Ethical Supervision from a Gestalt Perspective. This workshop received strong positive

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From the desk of PASGW:

PA Association for Specialists in Group Work

Michelle Bruno, PhD, LPC

Let's Re-Group: A Call for Leaders & Members

“It is a fact that in the right formation, the lifting power of many wings can achieve twice the distance of any bird flying alone.”

-Author Unknown

Research shows that group counseling is as effective as individual therapy for treating a range of problems. Group counseling provides a safe environment to voice issues, practice new behaviors, and to realize that one is not alone.

The Pennsylvania division of the Association for Specialists in Group Work (PASGW) represents a critical modality of service in counseling. Our division is currently without a president and at risk of dissolving. The PCA executive council invites you to join this committee or to consider a leadership position so that this critical work can continue through our association.

As President you would lead members in meetings (set by you), and attend quarterly PCA executive council meetings. PCA leadership is working with the national branch of ASGW to help revitalize our branch division. If you are interested in getting involved, please contact me.

Thank you!

Michelle

mbruno@iup.edu



From the desk of GPACA

*Minna Davis, M.A., NCC, LPC
Acting President*

We are pleased to report that the first meeting of the Greater Philadelphia Area Counseling Association (GPACA), which we hope will soon be an official chapter of the PA Counseling Association (www.pacounseling.org), was a huge success. There were 12 of us present at the meeting and 21 others who had indicated an interest in helping get our group started, but were unable to attend.

At this time, it looks like GPACA will host quarterly meetings to include professional development opportunities and peer-supervision. Additionally, there was a strong interest in advocating for ourselves as a profession, particularly since at this time there are a number of issues that may have far reaching effects on our ability to practice as LPC's. In particular concern was expressed regarding the CACREP, Tri-care and Medicare debates and, of course, the need to support ACA efforts to advocate for portability and reciprocity of licensure between states.

Thank you so much to those of you who took on various responsibilities for moving us forward.

Lisa Corbin volunteered to be Program Committee Chair; she will be assisted by Karen Dickenson, representing the Chester County area, and Marta Smith, representing the Berks County area.

Randolph Walters volunteered to serve as Advocacy Liaison to PCA's Legislative Committee as well as to coordinate a kick-off event for the fall which will include a professional development workshop offering continuing education credits. Keep a look out for a flyer with all of the details.

Anyone interested in being added to our distribution list, please email me.

Minna

MinnaDavis1@gmail.com



From the desk of the Awards

Committee:

*Lauren Ostrowski, MA, LPC, NCC, DCC & Ryan Gruber, MEd
Committee Co-chairs*

**We all Know an Outstanding Counselor, Student, or Program:
Help PCA Recognize our Professional Heroes!**

Nominations for Counseling Awards Due October 2nd!

Nominations to honor the hard work, commitment, and dedication of Pennsylvania counselors, students, and programs are now being accepted. Help us give a few of our unsung heroes the recognition they deserve. Please consider nominating a colleague, program, or graduate student for an award. The award categories are listed below. Winners will be announced at the annual PCA conference luncheon.

PCA Eminent Practitioner Award -- Awarded to an outstanding professional counselor for service to the profession; nominees do NOT need to be PCA members.

PCA Lifetime Achievement Award -- Awarded to a PCA member who is a State of Pennsylvania resident and who has demonstrated outstanding dedication, service, and/or achievement in professional counseling.

PCA Outstanding Administrator Award -- Awarded to an outstanding institutional administrator who has demonstrated support of the professional counseling profession.

PCA Outstanding Counselor Education Program Award -- Awarded to an outstanding professional counseling program in the State of Pennsylvania.

PCA Outstanding Graduate Student Award -- Awarded to an individual who is currently a graduate student in professional counseling within the State of Pennsylvania and who shows excellent potential and professionalism; this individual shall be a PCA student member and shall have had some involvement with the association.

PCA Outstanding Research/Publication Award -- Awarded to a PCA member who has contributed to the professional counseling profession through outstanding effort in the area of research and/or publication.

David W. Hall Advocacy Award -- Awarded to an individual who has promoted the profession of counseling through advocacy to whom the many professional counselors in the Commonwealth of Pennsylvania are forever indebted.

All nominations must be made in writing or email to the PCA Awards Committee by **Friday, October 2, 2015**. Submissions can be mailed or emailed.

Submissions by Mail:

Awards Committee-PCA
c/o Lauren Ostrowski
1488 Woodmere Rd.
Pottstown, PA 19464

Submissions by Email or for Information or Questions:



From the Desk of the Awards Committee:

Continued from page 6

Lauren Ostrowski, Ostrowski.Lauren@gmail.com

The following information should be included with each nomination:

- Title of the award for which the nomination is made
- Name and title of the nominee
- Mailing address, e-mail address, and telephone number(s) of the nominee
- 1-page rationale describing why this person or program deserves the award
- Any supporting materials, which may include a curriculum vitae, program brochures, and letters of support
- Mailing address, e-mail address, and telephone number(s) of the nominator

Meet PCA's NEW Awards Committee Co-chairs....



This is our first year as the Awards Committee Co-chairs. I'm excited to assist in recognizing all of the wonderful professional counselors and graduate programs in PCA! I am a Past President of the Pennsylvania Association of Child and Adolescent Counselors. I am a professional counselor in both a community counseling agency and a group private practice. In addition to working with clients of all ages, I have a special interest in working with couples. Outside of counseling, I enjoy scuba diving!

Lauren, Ostrowski.Lauren@Gmail.com

This is a wonderful opportunity to see the great work that PCA members and Graduate programs are doing!! I am the Director of School Counseling at a Charter School in Reading, PA. I am also the current President of the Pennsylvania Association of Lesbian, Gay, Bisexual, and Transgender Issues in Counseling. In my down time I am an avid fiction reader and enjoy creative visual/performance art.

Ryan, Gruber.Ryan@Gmail.com

From the desk of Professional Development:

Michelle Bruno, PhD, LPC

Change in Leadership

On behalf of PCA, and the executive board, I would like to extend a warm thank you to Connie Kramer for serving as the Professional Development Chair for the last 4 years. In this role, Connie processed over 1,000 continuing education applications, and has ensured our compliance with NBCC. Connie has been a wonderful part of the PCA team and her leadership will be missed.



We are fortunate to have an eager and competent leader, Ashley Deurlein, who is ready to begin this role. Connie and Ashley have been working closely to ensure a smooth transition.

Ashley Deurlein has a Bachelor of Science in Secondary Social Studies Education from Slippery Rock University of Pennsylvania. She recently graduated from Indiana University of Pennsylvania, Penn Center Location with her Master of Education for School Counseling, Pre K-12. She currently works for a Behavioral Health Rehabilitation Service Agency providing wraparound services for children and their caregivers in the home and school settings. Ashley is affiliated with Chi Sigma Iota, Pennsylvania State Education Association, National Education Association, American School Counselor Association, Phi Kappa Phi, Kappa Delta Pi, and Delta Sigma Iota. She has been a member of PCA since September 2014.



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Call for Papers: Journal of the Pennsylvania Counseling Association

Robert Joseph Behun, PhD
Editor

The *Journal of the Pennsylvania Counseling Association (JPCA)* is a professional, refereed journal dedicated to the study and development of the counseling profession in Pennsylvania. The Editor invites articles that address research, theory, assessment, diagnosis, and innovative programs and practices of counselors. Manuscripts should not exceed 20 pages, including references.

To review the Guidelines for Authors, please go to the PCA webpage: <http://www.pacounseling.org/jpca.php>.

Manuscripts may be submitted via email to Dr. Richard Joseph Behun, JPCA Editor, at behun@marywood.edu.

Call for JPCA Reviewers

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

Thanks,

Joe

behun@marywood.edu



From the desk of Social Media:

*Abby Dougherty, M.S., NCC
Chairperson*

Are you an LPC with a practice in Pa? Are you holding a workshop or group and would like some support getting the word out? PCA wants to support counselors with their professional endeavors.

If you are holding an event, group, or workshop that you want advertised on our website and social media sites, and newsletter, please contact Abby Dougherty (Social Media and Advertising Chair) at abby.dougherty@rosemont.edu

Or, shoot us a message through our social media sites:

PCA website: http://www.pacounseling.org/aws/PACA/pt/sp/home_page

PCA at Facebook: <https://www.facebook.com/PACounselingAssociation>

PCA at LinkedIn: https://www.linkedin.com/groups?home=&gid=6561984&trk=groups_management_participants-h-logo

Warmly,

Abby

abby.dougherty@rosemont.edu



PENNSYLVANIA COUNSELING
ASSOCIATION
A Branch of the American Counseling Association

**7th Annual PCA Conference
November 6-8, 2015
Penn Stater Conference Center
Hotel
State College, PA**

**Striving for More: Keeping Diversity and
Social Justice on the Forefront”**

**WATCH FOR CONFERENCE
REGISTRATION TO OPEN IN JULY!**

Past-president's Message continued from page 3:

feedback as well!

Resolving to be better takes vision, dedication, and collaboration. Resolves takes courage. Thank you to the PCA team who volunteers their time to help PCA achieve success in this way. I want to express my sincere gratitude to Brian Wlazelek, Paul Datti, J. Otis Smith, Linda Thompson, Deneen Pennington, and all of the others who help carry out PCA's mission. I also want to thank them for sharing their wisdom, support, and guidance as I navigated this role. I am fortunate to be surrounded by colleagues and students who literally battled snow, sleet (and maybe hail?) to attend our board meeting in February. The team continues to bring positive energy, creative ideas, and a productive sense to our meetings.

As my last entry as PCA president, I want to say thank you for the professional connections, the new knowledge, and the lessons learned. As I look on to the next 6 months, it is with appreciation, positivity, and commitment. I hope to see you all at our fall conference in November.

"Courage is the most important of all the virtues because without courage, you can't practice any other virtue consistently."

— [Maya Angelou](#)

Be well,

Michelle

michelle.bruno@iup.edu

President's Message continued from page 1:

great start to the fall semester when it comes around. In the meantime, let's look forward to our conference in November. Hope to see you there!

Paul

pdatti@yahoo.com

Looking for a Counseling Job? PCA CAN HELP!

THE PCA CAREER CENTER IS NOW EVEN EASIER TO USE!

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

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

Why should you visit PCA's Career Center?

- Find positions targeted for counselors
- Post your resume anonymously
- Create personalized job alerts
- Save searches, store jobs, keep notes, communicate with employers through an internal messaging system, and more!



To Access the Career Center:

Go to

<http://www.pacounseling.org/>

- Click on the Career Center link.
- Upon entering the site, you'll be prompted to create a free account.
- Customer Service is available M-F from 7:30 a.m. to 7:00 p.m. EST.

1-860-437-5700

support@jobtarget.com

Want to Post a Job?

Check out the

Employers Section

for more information on advertising counseling positions.

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

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

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

Please submit your AD as a JPEG, PDF or Word document (Word if it is text only). Please make sure it is print quality resolution or 300 dpi. Checks can be made out to the

Pennsylvania Counseling Association and mailed to PO Box 8222, Philadelphia, PA 19101-8222. Members generally receive PCA Inc on the first of the month - October, January, April and July. Submission deadlines fall one month prior.

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

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

2015-2016 PCA Leadership

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- NEPCA** Northeast Pennsylvania Counseling Association
(vacant)

PCA Interest Groups

- GPACA** Greater Philadelphia Area Counseling Association
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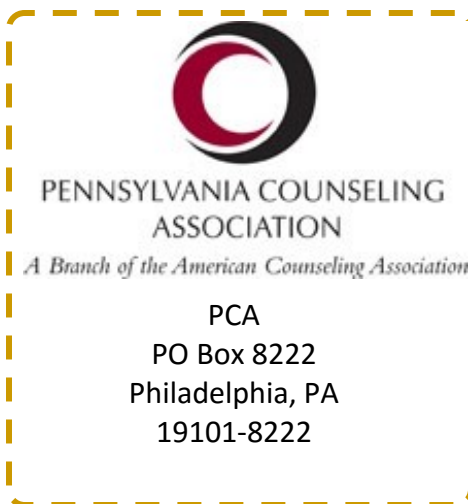
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