



PENNSYLVANIA COUNSELING
ASSOCIATION

A Branch of the American Counseling Association

PCA Inc

P C A , I N C

S P R I N G 2 0 1 6

Main Office

PO Box 8222

Philadelphia, PA 19101

pacounselingassociation@gmail.com

2015—2016

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President's Message

Paul Datti, PhD, CRC, HS-BCP

Did winter even happen? I wonder as I write this on a 75 degree day in March here in NEPA...

Regardless, spring is here and it's time to celebrate! For starters, thanks to everyone's hard work with advocacy initiatives over the past year, PCA has won the ACA Best Innovative Practice Award! We submitted our nomination based on the work that we have done so far (and continue to do) on the insurance paneling survey as an advocacy initiative for LPCs who practice in PA, which, in turn, contributed to increases in members and conference attendance. I have been invited to the awards reception at ACA on April 2, where I will accept the award on behalf of PCA, along with a check for \$250! The check will promptly be deposited into our legislative fund, as initiatives are on the way to hopefully make a lobbyist for PCA a reality in the very near future. See Charles' President-Elect message for more on that, as it is a natural next step to help PCA with current advocacy initiatives as well as many other efforts that we would like to undertake for professional counselors in PA.

Also at the ACA conference, I have been asked to present information about the survey and our innovative practices as part of the ACA Branch Development Committee presentation. Quite exciting, except for the fact that the session is at 7:30 a.m. on Sunday morning! Along with other branch presenters, I'll provide an overview of the initiative and some preliminary results. For example, we received almost

300 responses, and, while not necessarily correlated with each other, results indicated that almost half of PA LPCs have been denied paneling by at least one insurer, while 82% reported having openings for new clients. There was a consistent theme of "market saturation" as reasoning for denial. In the upcoming months, we plan to work on an executive summary in hopes of eventually moving the information to the legislative level at some point.

As the spring semester continues, so does planning our fall conference in November (at the Penn Stater). Charles has secured an excellent keynote speaker and co-chairs are in place, so mark your calendars for November 11-13, 2016! We are even looking toward possible alternate venues for future years. In fact, our spring board meeting this May will be held at Kalahari Resort and Convention Center in the Pocono Mountains so that board members can experience the venue while getting some good PCA work done. More information on the conference is forthcoming.

In the meantime, hope to see you at the Spring conference offered by PACES on April 15th at Lasalle!



Paul
pdatti@yahoo.com

President-elect's Message

Charles Jacob, PhD



First, many thanks to the folks at the Greater Philadelphia Counseling Association for inviting me to deliver the keynote address at the kickoff event in March! This was a fantastic opportunity to meet with and hear from some truly impressive clinicians and educators in the Philadelphia area. Special thanks to Lisa Corbin and Minna Davis for being such gracious hosts and for taking the time to organize the event.

Next, I am thrilled to inform everyone that the Pennsylvania Counseling Association is currently in talks with a law firm to secure lobbying services for licensed professional counselors in Pennsylvania!

What a lobbyist will do for the profession of counseling in Pennsylvania is tremendous to say the least. They can keep us informed of legislative changes that affect practice. They can help us to push legislation to ensure job security for counselors in the years to come. Of greatest importance: they will give us a voice at the table, and help boost the prestige of professional counseling among the other branches of mental health.

This is a wonderful accomplishment for our organization that has been years in the making. However, we have one basic concern related to moving forward; we need more dues paying members if we want to continue funding a lobbyist. One of my greatest aspirations for the next year to come is increasing our membership, both to strengthen our ranks and to fund initiatives such as this.

Finally, we have a fantastic keynote speaker lined up for our conference in the fall: Dr. James F. Alexander. Dr. Alexander is the progenitor of Functional Family Therapy (FFT), a model of family therapy that has received international recognition for its outcomes in helping troubled youth and their families to overcome delinquency, substance abuse, and violence. FFT was developed by Dr. Alexander in the 70s, and its governing organization (FFT LLC – www.fftllc.com) directs sites in 45 US states, Norway, the Netherlands, Belgium, Denmark, New Zealand, Ireland, Scotland, Britain and the Republic of Singapore. It should be a compelling talk, and we're incredibly grateful that he has agreed to come!

I'm looking forward to seeing everyone at PACES (April 22nd at La Salle's Plymouth Meeting Campus) and the PCA conference in the fall!

Hope all is well,

Charles

jacob@lasalle.edu



Past-President's Message

Michelle Bruno, PhD, LPC



Hello PCA Members,

As we move forward into spring, the Executive Board is planning events and activities for the upcoming fiscal year as well as for our Fall Conference. As we look towards next year, we are searching for the next set of leaders to serve on the PCA executive council. Elections for our open leadership positions, which include President Elect, Treasurer, and Secretary will take place electronically by mid-April. We still have open leadership for the PASGW division as well as several other opportunities. Please visit our webpage <http://www.pacounseling.org/> to check out the committees and divisions that exist. The collaborative effort of the PCA has been one of the most rewarding aspects for me as part of this organization.

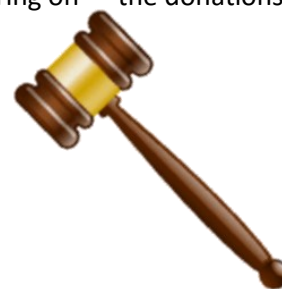
During our most recent executive council meeting, there was a lot of positive energy and excitement around the future of our organization. One of the most pressing topics that we discussed involved the long term plan to secure a lobbyist to help advocate for our profession. Dr. Jacob, President-Elect, has spear-headed some impressive work towards that end. The discussions and decisions during our most recent meeting resulted in the identification of smaller term goals that will help us reach this goal. I will share two of those related to our efforts.

A primary goal is to increase our membership so that our decisions and voices represent as many LPCs in our state as possible. Every current member of PCA is encouraged to reach out to a colleague, supervisor, and/or group of students to encourage professional development by joining us in the efforts to strengthen professional counseling in Pennsylvania.

A secondary goal is one related to fundraising. For the last two years, our team worked to obtain donations from organizations and agencies from around the state that we could use for this event in the form of a raffle. I am writing now to seek out individuals who would be willing to help obtain donations for the 2016 Fall Conference. I am working in the Pittsburgh area to obtain donations and would enjoy the chance to collaborate with others from around Pennsylvania to obtain items that we can use at the raffle. Example donations have included themed baskets (wellness, chocolate, sports teams, and State College favorites such as gift cards for the Creamery.) Each division is also being asked to consider making a donation of either a basket or a monetary gift (we will create a basket using those funds) for the raffle. All of the proceeds from this event benefit our burgeoning legislative fund. I hope you will consider volunteering on the donations team! If interested, please email me.

Michelle

mbruno@iup.edu



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 September 30, 2016!

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 Outstanding 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, September 30, 2016**. Submissions can be mailed or emailed.

From the desk of the Awards Committee continued:

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



Submissions by Mail:

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

Submissions by Email:

Ostrowski.Lauren@gmail.com

Information or Questions:

Contact 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

Lauren

Ostrowski.Lauren@gmail.com

ACA Conference & Expo

MARCH 31–APRIL 3, 2016,
MONTRÉAL, QC, CANADA

PRE-CONFERENCE LEARNING INSTITUTES:

MARCH 30–31, 2016

PALAIS DES CONGRÈS DE MONTRÉAL/MONTREAL
CONVENTION CENTER

HELD IN PARTNERSHIP WITH THE CANADIAN
COUNSELLING AND PSYCHOTHERAPY ASSOCIATION
(CCPA)



From the desk of PALGBTIC

Ryan Gruber
President

April 15th has been dedicated as this years Day of Silence, a student-led event held in schools and on campuses across the nation intended to bring to light the silence faced by many who can not talk about their own personal identity and journeys with the people around them, including peers and loved ones. The movement showcases a large range of presentations and demonstrations to encourage the conversation to end the silence faced by lesbian, gay, bisexual, and transgender people.

Whether in the office, the classroom, or group room, counselors are faced with clients and peers everyday - and silence for many has simply become routine. Isn't this especially true when they are in the counseling environment? If individuals are unable to share their most personal statements with their closest support system, will they share that with strangers? For silenced individuals, having an open space to talk with a self-disclosed non-judgmental, trust, confidential counselor may not be enough. Any yet, sometimes we are the only ones who know.

Rapport building is paramount to gain full trust of our clients. Communications 101 courses teach us that this is more than just verbal statements, but come with non-verbal cues. Clients instantly absorb the presence (and absence) of items that decorate our spaces; our body language before, during, and after the counseling session; and the resources that are provided for our guests. What do our non-verbals say, or even not say, to the client? While a LGBT identity may not be the primary reason for our meeting of this person, and it isn't always the salient issue at hand, it is an important aspect to many individuals. Especially those who are silenced.

For additional resources, or to see what part students have taken to end the silence, check out www.dayofsilence.org. GLSEN (Gay, Lesbian, & Straight Education Network) is the official organization sponsor. More resources can be found at www.glsen.org. Both include programming highlights, information, resources, and activities. Finally, take a moment to attend an LGBT affirmative training - even if you've already done it before. The world is constantly changing.

If you're interested in gaining more information, or if you would like to become a member of PALGBTIC feel free to contact me. You can also become a member by utilizing the PCA membership renewal form found on www.pacounseling.org.

Ryan

gruber.ryan@gmail.com



From the desk of GPACA

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

On March 12th more than thirty LPCs and aspiring LPCs attended the kick-off event for the Greater Philadelphia Counseling Association (GPACA), hosted by Neumann University's Pastoral Clinical Mental Health Counseling Program. Based on the numbers who joined on-line and on-site that day, we are excited to announce that we are now an official chapter of PCA!

PCA President-Elect, Charles Jacob, started off the day with an inspiring keynote and bringing us all up-to-date as to the state of LPCs in PA and the work that PCA is doing to insure our future.

Randolph Walters, PhD, LPC, of Eastern University, presented on "Exploring a Framework for Advocacy: A professional imperative", and Cheryl Wilson-Smith, MA, LPC, NCC, TCMHC, CT presented on "Peer Supervision," expanding our knowledge with valuable information and thought provoking insights.

A special thank you goes out to Holy Family University who arranged for NBCC continuing education credits.

We are off to an auspicious start and invite professional counselors as well as students of professional counseling living and/or working in Bucks, Philadelphia, Delaware, Montgomery, Chester, Lehigh Valley & Berks Counties to network with us. PCA members can join GPACA on PCA's website. Others can join by clicking on the following link and following the directions on the application form: [GPACA Membership Application](#).

We are pleased that we have exceptionally qualified nominees for Past-President, President, Treasurer, and Publicity Chair. However, we are still seeking nominations for President-Elect and Program Chair. If you are considering an office, remember that you must be a member in good standing in PCA and GPACA. Also, email me a bio I can use to introduce you to the membership.

Minna

MinnaDavis1@gmail.com



Reflections...



Dara Schwartz
Graduate Student Liaison

I was led to the Pennsylvania Counseling Association at an interesting time in my development as a counselor-in-training. I came to study counseling after having already spent 20+ years in a vastly different line of work and I was looking for a way to feel connected to the profession. Then I received an email announcing that the Kutztown University of Pennsylvania Counseling and Student Affairs program was going to be awarded Counselor Educator Program of the Year by the PCA at its annual conference. I was in.

Looking to get as much out of the conference as was possible, I approached a member of the executive council prior to its meeting to ask if students were welcome. I was made welcome. I intended to attend as a silent observer. I was not so silent. I was still welcome! In fact, I was welcomed with open arms. The rest, as they say, is history. I have had the opportunity to meet and interact with accomplished counselors who are leaders in their field and develop relationships with other counselors-in-training who I would not otherwise meet. The influence of these interactions and relationships on professional identity cannot be overstated.

I have observed that the people who are drawn to this work don't just help others; they give of themselves to those they serve. However, it doesn't stop there. They also advocate for the profession. Through my work in the PCA I am not just watching, but part of, things that impact legislation and the direction that our profession will take for years to come. As students, we need to be cognizant of the fact that being passively or actively engaged in our profession will shape our future and how we serve others.

My work in the PCA is with the goal of student engagement. Currently, I am working with other PCA members to develop events for students to work together, having transformative experiences. I am suggesting that we work together, knowing first hand that counselors-in-training are pulled in many directions. Research, academics, field experiences and work are all priority #1. It is not for the faint of heart.

Getting involved with the PCA as students provides us with a unique opportunity to learn about our field outside the classroom and how we need to advocate for ourselves as individual counselors and as a profession. Sometimes, we can start to do that by just showing up and being ourselves. Together we can find our voice. Counseling is not a spectator sport. Join the PCA and have your voice be heard.

Dara

dschw552@live.kutztown.edu

From the desk of Social Media...

Abby Dougherty, M.S., NCC, LPC & Bonnie Steich, M.A., NCC, LPC

Chairpersons

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. Let us know. In the meantime, check us out at:



From the desk of PSCA...

Judith Bookhamer

The Pennsylvania School Counselors Association/ PSCA Announces 2015-2016 Honorees

At its 60th Annual Conference February 17-20, 2016, PSCA honored outstanding school counseling professionals as well as individuals who have demonstrated significant support of school counselors and the school counseling profession. More details about the individuals listed below may be found on the PSCA web-site: www.pasca-web.org.

Elementary School Counselor of the Year

Mike Resh, Landisville Primary Center, Hempfield School District, Landisville, PA

Middle School Counselor of the Year

Nicole Sayre, Northley Middle School, Penn Delco School District, Aston, PA

High School Counselor of the Year

Maureen Shaw, Clairton High School, Clairton City School District, Clairton, PA

PSCA "PRIDE AWARDS"

- Haine Elementary School, Cranberry Township - 2015 Recognized ASCA Model Program
- The Pennsylvania School for the Deaf, Philadelphia - 2015 Recognized ASCA Model Program
- Dr. Lisa Maloney, West Hempfield Elementary School, Hempfield Area School District - ASCA 2016 School Counselor of the Year PA Representative

Administrator Appreciation Award

Kate O'Rourke, Greensburg-Salem School District

Counselor Educator of the Year

Dr. Lauren Moss, Kutztown University

School Counselor Advocate of the Year

Dr. Jeannette Carter

PSCA Partner Appreciation Award

Milton Hershey School, Hershey, PA

PSCA Appreciation Award

Dr. Dick Dumaresq, Executive Director, Pennsylvania Association of Private School Administrators

Graduate Student Scholarship Recipient

Kevin McGee, Kutztown University

Bill Lee Leadership Grant Awardees

(First time attendees):

*Brad Layman, Philadelphia Virtual Academy

*Antoinette Weber, Charleroi Area Middle School

Judith



From the desk of PSCA *continued:*

Judith Bookhamer

Pennsylvania School Counselors Association Represented at White House Recognition

Dr. Lisa Maloney, school counselor at West Hempfield Elementary School, Hempfield Area School District attended the January 30 ceremony at the White House honoring school counselors and the school counseling profession.

For the second year, First Lady Michelle Obama invited the American School Counselor Association School Counselor of the Year (ASCA SCOY), finalists and state representatives to a recognition ceremony and reception at the White House. The recognition was part of the activities that preceded National School Counseling Week.

Dr. Maloney, the PSCA 2014-2015 Elementary School Counselor of the year, was nominated by the PSCA and selected by the ASCA SCOY committee as the Pennsylvania Representative.

During the ceremony Mrs. Obama thanked school counselors for everything they do for young people and noted:

"I know firsthand the kind of impact that you all have on a child's life. Growing up, so many of us, including me, were fortunate enough to have someone in our lives -- some caring adult who decided that they were going to be on our team; someone who pushed us when we wouldn't push ourselves, who supported us maybe when we didn't have the support that we needed; someone who refused to give up on us no matter how badly we screwed up. And so many of us have gotten to where we are today because of that person, because of their unyielding love and their unwavering belief in our potential.

And for so many young people in this country, that person is you -- our school counselors."

Pictures from the event, a film clip of the ceremony and a complete text of Mrs. Obama's remarks are on the ASCA website:

www.schoolcounselor.org.

Judith



Call for Papers: Journal of the Pennsylvania Counseling Association

Richard Joseph Behun, PhD
Editor

Call for Papers: Journal of the Pennsylvania Counseling Association

The *Journal of the Pennsylvania Counseling Association (JPCA)* is a professional, refereed journal dedicated to the study and development of the counseling profession. The Editor invites scholarly articles based on existing literature that address the interest, theory, research, and innovative programs and practices of professional counselors. All submissions are blind peer reviewed and authors should expect a decision regarding a manuscript within three months of acknowledgement of receipt. 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 pcajournal@gmail.com.

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 pcajournal@gmail.com. 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.

Thank you,

Joe

behun@marywood.edu



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

Officers

President

Paul Datti
pdatti@yahoo.com

PRESIDENT-ELECT

Charles Jacob
Jacob@lasalle.edu

PAST-PRESIDENT

Michelle Bruno
michelle.bruno@iup.edu

TREASURER

J. Otis Smith
PCAissues@gmail.com

SECRETARY

Linda Thompson
lthompson@hollyfamily.edu



PCA Divisions

- PACAC** Pennsylvania Association of Child and Adolescent Counseling
Derek Parker, derekparker@gmail.com
- PACES** Pennsylvania Association of Counselor Education & Supervision
Charles Jacob, jacob@lasalle.edu
- PALGBTIC** Pennsylvania Association of Lesbian, Gay, Bisexual, & Transgender
Issues in Counseling
Ryan Gruber, gruber.ryan@gmail.com
- PAMCD** Pennsylvania Association of Multicultural Counseling &
Development
Mark Kenney, markekenney@comcast.net
- PSCA** Pennsylvania School Counselors Association
Lisa Fulton, lfulton@elcosd.org

PCA Regional Chapters

- GPCA** Greater Pittsburgh Counseling Association
Paula Kauffman Oberly, paulakauffmanoberly@gmail.com
- NEPCA** Northeast Pennsylvania Counseling Association
Larissa Volonis, lvalonis@lakelandsd.org
- GPACA** Greater Philadelphia Area Counseling Association
Minna Davis, MinnaDavis1@gmail.com

PCA Committees

Archives

Mark Kenney
markekenney@comcast.net

Awards

Lauren Ostrowski & Ryan Gruber
Ostrowski.Lauren@Gmail.com
Gruber.Ryan@Gmail.com

Conference

TBA
PCA.conference@gmail.com

Ethics/By-Laws

Gregory Roth
rothgregory@hotmail.com

Finance/Budget

J.Otis Smith
PCAissues@gmail.com

Government Relations

Kristen Hawk & Nellie Scanlon
Kristen.hawk@gmail.com
scanloncounseling@yahoo.com

Graduate Student Liaison

Dara Schwartz
dschw552@live.kutztown.edu

Journal Editor

Richard Joseph Behun
behun@marywood.edu

Marketing & Public Relations

Emily Weisser
emily.g.weisser@gmail.com

Membership

Eric Owens & Debra Hyatt-Burkhart
EOwens@wcupa.edu
hyattburkhart@duq.edu

Newsletter Editor

Minna Davis
4pcanews@gmail.com

Nominations & Elections

Michelle Bruno
michelle.bruno@iup.edu

Past Presidents

Brad Janey
janey@marywood.edu

Professional Development

Ashley Deurlein
a.r.deurlein@live.iup.edu

Social Media

Abby Dougherty & Bonnie Steich
abby.dougherty@rosemont.edu
bsteich@biblical.edu



Email: PCA Counseling Association@gmail.com