
THE COUNSELOR CONNECTION

Ohio Counseling Association (OCA)
Newsletter

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**WELCOME
MESSAGE**

**STAND WITH
UKRAINE**



Dear members,

The Ohio Counseling Association stands for the biopsychosocial, spiritual, and cultural well-being of all people. The intensifying, unprovoked Russian military invasion of Ukraine threatens the human rights and well-being of Ukraine and its family and friends. The Ohio Counseling Association stands in solidarity with the American Counseling Association and everyone worldwide who protects Ukrainian citizens and surrounding countries.

You can access resources provided by the American Counseling Association for your practice and the community at [counseling.org](https://www.counseling.org).

The OCA Executive Council

OCA Leadership

A Message from the President

Congratulations to the OCA Media, Public Relations, and Membership (MPRM) Committee on reviving the OCA newsletter entitled *The Counselor Connection*. I believe *The Counselor Connection* will be an excellent way to keep in touch with OCA members and validate each other, share OCA initiatives, and promote upcoming association events.



DoHee Kim-Appel, Ph.D.,
LPCC-S, IMFT-S, LICDC, ATR-BC, NCC

OCA is proud to share the following initiatives:

- Inaugurated a new Diversity, Equity, Inclusion, and Cultural Dignity Committee (DEICDC)
- Formed a Supervision Taskforce to serve members and the community
- Consolidated the Membership Committee and PR / Social Media Committee to form the Media, PR, and Membership (MPRM) Committee
- Management and promoting strong visibility within and outside OCA to attract new membership
- Launched the year-long FREE OCA Leadership Certificate Program (LCP) for all OCA members
- Launched hosting biannual Ohio Mental Health Leadership Summit to promote collaboration and partnership
- Launched a communication tool for the OCA DIV/CPT/CMTE Chairs/Presidents to promote open communication and collaboration.
- Launched the “Resources” tab on the OCA website for the members
- Launched quarterly Meet & Greet - OCA members with President and President-elect
- Promoting to increase BIPOC/AAPI membership & leadership
- Restructured the Journal of Counselor Practice (JCP)
 - Thank you to Adrienne Johnson, Ph.D., 2020-2022 Executive Editor
- Nominated three new editors for 2022-2025:
 - Executive Editor: Varunee Faii Sangganjanavanich, Ph.D.
 - Associate Editor: Andrew Wood, Ph.D.
 - Assistant Editor: Joshua Castleberry, Ph.D.
- OCA offered support for the Interstate Counseling Compact
- OCA celebrated the successful All Ohio Counselors Conference (AOCC) 2021 with incredible featured speakers and presenters.

We look forward to your participation in the 2022 OCA Virtual Spring Conference. I hope all of you consider contributing to future issues of *The Counselor Connection*.

Sincerely,
DoHee Kim-Appel
President

OCA Leadership

Past President's Message

Jason McGlothlin, Ph.D., LPCC-S

I am invigorated by the launch of the inaugural issue of *The Counselor Connection* and believe it will be the beacon of communication within OCA. Years ago, OCA published *Guidelines*; the postal newsletter mailed to members three times a year. Over the years, postage and printing have become too costly for *Guidelines* to be distributed to members. But with *The Counselor Connection* being digital and cost-effective, OCA yet again has a revitalized avenue for communication and benefit for members.

By bringing back an OCA newsletter in a new and modern way, it has made me reflect on the importance of revitalization, learning from history, and creating new pathways of bringing us all together. This has also made me a bit nostalgic. I first became a member of OCA in 1996. This was an exciting time for counselors because in 1996, Betty Montgomery, former Ohio Attorney General, ruled that licensed counselors in Ohio could use the term “psychological” to describe assessments and evaluations. This was one of the most influential movements for Ohio counselors and still serves as an aspirational goal in other states. In the years since then, OCA has been nationwide trendsetters by establishing the first branch of ACA to have a website, maintaining and growing a continuing scholarly journal, and maintaining unity between school counselors and counselors in light of other states not having such positive and supportive relationships. We also have one of the largest annual conferences and are among the most active branches of ACA in terms of legislative efforts and licensure stability.

In 1996 when I first became an OCA member, I was excited, hopeful, and energized. 26 years later, I am revitalized, hopeful, and excited to be an OCA member. OCA is active! We have so much to be proud of as counselors in Ohio based on what we have accomplished and where we endeavor to go.

I look forward to chatting with you and invite you to reach out and chat if you would like; I am just an email away (jmcgloth@kent.edu). Cheers!

OCA Leadership

Our President-elect

Staci Tessmer, M.A., LPCC-S, NCC, BC-TMH

Hello fellow OCA members!

My name is Staci Tessmer, and I am currently serving as your President-elect. I am happy to see the revival of our newsletter! I would like to share a bit about myself, my vision for OCA, and what I've been up to as President-elect.

In addition to my role as President-elect of OCA, I work full-time as the Training Coordinator for Kent State University's Counseling and Psychological Services, and I am an adjunct faculty member for Kent State University and Youngstown State University's counseling programs.

Through my counseling career for the past 9 years, I have had a variety of clinical and supervision experiences in outpatient, inpatient, and college campus settings. Additionally, I am a Counselor Education and Supervision doctoral candidate at KSU.

My vision for OCA is to strengthen our sense of community, expand and diversify our membership, and continue to increase our legislative and advocacy efforts. In particular, I would like to focus on increasing more master's level counselors' involvement in OCA. As President-elect, I have facilitated virtual meet and greets with DoHee, which have been a great opportunity to get to know current members and those who are interested in joining OCA.

I have also been working to strengthen OCA's Political Action Committee (PAC) by updating bylaws and creating new ways to increase funding. AOCC 2022 planning has begun, and I am looking forward to seeing everyone there! I would also love to hear from you, so please feel free to email me at stacistessmer@gmail.com with any questions, comments, and/or concerns!

Warmly,
Staci Tessmer, M.A., LPCC-S, NCC, BC-TMH

Association News

OCA Division/Chapter/Committee/Task Force Updates

Ohio Association for Resiliency and Trauma Counseling (OARTC)

The Ohio Association for Resiliency and Trauma Counseling (OARTC) seeks to provide counseling students, counselors, and counselor educators with the most current information on resiliency and trauma. Our mission is to lead Ohio in training and sustaining trauma-informed counselors and developing trauma-informed best practices to enhance and promote the welfare and resiliency of the individuals, families, and communities we serve.

We are reaching out to share an opportunity to present on topics related to resiliency and trauma in a webinar format as part of the OARTC webinar series. Presentations should be an hour in length and can be for audiences of any experience level.

Applications for presentations are ongoing/rolling.
Please contact Katie Gamby or Stephanie Marder
at theresilientcounselor@gmail.com if you have any questions.

Ohio School Counselor Association (OSCA)

Updates & Events

- OSCA started the 2022 board year by welcoming several new members to the board and welcoming several past members in new roles!
 - Congratulations to Willa Marie Jackson, who will be serving as the OSCA President this year!
 - OSCA also chose its 2022 cohort of emerging leaders.
 - The board held its last board meeting on February 4-5, 2022.
 - February 7-11, 2022, marked National School Counselor Week
 - OSCA was excited to celebrate our members and thanked them for their service to the profession by sending all active members \$5 Starbucks gift cards
 - OSCA has also launched its Spring Virtual Professional Development Series
 - To learn more about our session offerings, visit www.ohioschoolcounselor.org and go to the professional development tab.
 - Registration for sessions is open.
 - All sessions are free to OSCA members.
 - Some sessions are also free for non-members or a \$10 non-member fee!
 - OSCA has continued its partnership with the Ohio Department of Education and is continuing to offer monthly virtual meetups focused on the school counseling standards. Visit the professional development page to learn more about the meetups.
-

Ohio Mental Health Counselors Association (OMHCA)

Greetings from the Ohio Mental Health Counselors Association! This year has been a year of rebuilding. After some changes in leadership, we are restructuring and revitalizing OMHCA. This year we have been

- redeveloping our bylaws
- creating structure in policy and practice to ensure growth in the division
- creating an infrastructure within OMHCA leadership to sustain us for years to come; and
- developing a renewed strategy for reaching out and providing more benefits to members.

Between now and July, we will be hosting two free continuing education events for members so please look for advertisements for these events.

Association News

OCA Division/Chapter/Committee/Task Force Updates

Diversity, Equity, Inclusion, and Cultural Dignity Committee (DEICDC)

DEICDC will steer the OCA in a multidimensional way to create an inclusive environment. The committee will demonstrate the ongoing commitment that diversity and inclusion efforts are ways to achieve excellence in our profession, local and global engagement. We will help to better serve and understand diverse counselors and clients through identifying resources. DEICDC will also provide tangible events and opportunities for OCA members and non-members alike.



Diversity, Equity,
Inclusion, and Cultural
Dignity Committee
(DEICDC)



Dr. Sherdene Simpson,
MFT, LPCC-S, CHT



Mike Desposito, LPCC



Alice Mills Mai, LMHC,
LPCC, NCC



Brooks Collins-Gaines,
M.Ed., LPC, CTP-C



L. Danyele McMorris
M.Ed.



Ezekial Peebles III, LPCC-S, NCC



Dr. Patrice Callery,
LPCC-S (OH)
LPCC-S Kentucky.



Chase Morgan-Swaney
M.A.Ed., LPC, NCC, CWC



Emily "Em" Ribnik,
M.Ed., LPCC-S

Association News

OCA Division/Chapter/Committee/Task Force Updates

Eastern Ohio Counseling Association (EOCA)

Do you need to consult on a case? Have an ethical dilemma and want feedback? Let the Eastern Ohio Counseling Association (EOCA) help! EOCA is providing a safe place to ask questions, seek consultation & guidance. Contact EOCA at eocaohio@gmail.com with your submission.

Southeast Ohio Counseling Association (SEOCA) - Virtual Mini-Conference

COMING SOON

“Help-Seeking Attitudes of International Counselor Trainees”

OCA member, Kübra Civan and Dr. Özlem Haskan-Avcı conducted this descriptive study examining university students' attitudes studying at the Psychological Counseling and Guidance (PCG) undergraduate program in Turkey.

Join Kübra for a virtual presentation on her research at Southeast Ohio Counseling Association's virtual mini-conference on March 18th, 2022.

Participants will learn about the effect of international counselor trainees' genders, personal qualities, and familial qualities on their attitudes towards seeking psychological help. The stigma and gender roles regarding receiving mental health services are common problems. To mitigate the stigma around mental health, counselors and supervisors will learn to identify the barriers to getting help. The presentation will include the investigation of how age, academic achievement level, class level, the status of the department suitable for their personality, interests, abilities, and satisfaction impact professional help-seeking attitudes and will allow counselors, specifically career counselors, to make better considerations regarding career-decision making. Since culture is an integral part of attitudes, supervisors working with international counselor trainees will learn how the family, geographical region, and living environment can impact help-seeking attitudes.

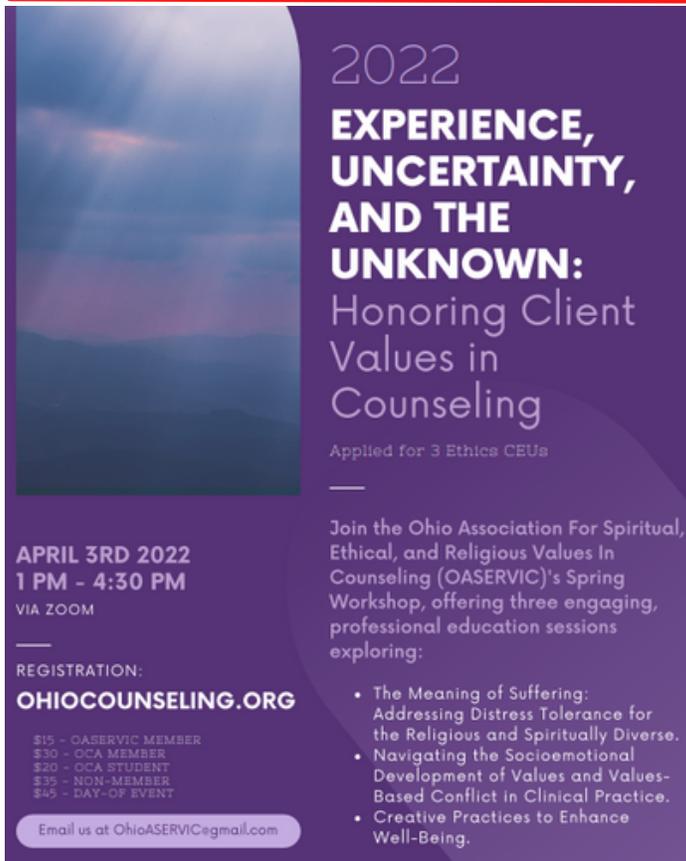
For more information and to register for this free mini-conference, email seoca.info@gmail.com.



Don't Miss Out!

Submit your division, chapter, committee, or task force updates for the June 2022 issue of *The Counselor Connection* today! More info on the final page of this issue.

Continuing Education (CE) Opportunities



2022
**EXPERIENCE,
UNCERTAINTY,
AND THE
UNKNOWN:**
Honoring Client
Values in
Counseling

Applied for 3 Ethics CEUs

Join the Ohio Association For Spiritual, Ethical, and Religious Values In Counseling (OASERVIC)'s Spring Workshop, offering three engaging, professional education sessions exploring:

- The Meaning of Suffering: Addressing Distress Tolerance for the Religious and Spiritually Diverse.
- Navigating the Socioemotional Development of Values and Values-Based Conflict in Clinical Practice.
- Creative Practices to Enhance Well-Being.

APRIL 3RD 2022
1 PM - 4:30 PM
VIA ZOOM

REGISTRATION:
OHIOCOUNSELING.ORG

\$15 - OASERVIC MEMBER
\$30 - OCA MEMBER
\$20 - OCA STUDENT
\$35 - NON-MEMBER
\$45 - DAY-OF EVENT

Email us at OhioASERVIC@gmail.com

Save the Date
**Youngstown State University & East Ohio
Counseling Association Collaborative Virtual
Workshop**
Friday, April 8, 2022 at 12pm-1pm

“Overseeing Counselors work with Suicidal Clients: Practices for Supervisors”
Presenter: Dr. Kristin L. Bruns, Ph.D., LPCC, Youngstown State University Faculty
1 Supervision CE Pending



Save the Date
Virtual CEU Workshop
April 29, 2022 9am-12pm

Primum non nocere:
Strategies for Supervisors & Professional Counselors to Avoid Boundary Violations in the Counseling Relationship

Presenters: Drs. Meagan McBride, Kaitlyn Forristal, Madeline Clark, John Laux & doctoral student Ronee Rice

3 CE Hours
Registration information coming soon

Provider contact info:
The University of Toledo, Counselor Education Program
2801 W. Bancroft St.
HH 3100, Mail Stop 119
Toledo, OH 43606
<https://www.utoledo.edu/hhs/counselor-education/>

Hosted by Chi Sigma Iota, Alpha Omega Chapter



Pre-Retreat Workshop Offering as
Part of the Dancing Mindfulness Facilitators and Friends Annual
Retreat 2022:

An African-Centered Perspective on Bilateral Stimulation and Healing

Presented by: Kellie Kirksey, Ph.D., LPCC-S &
Jamie Marich, Ph.D., LPCC-S, LICDC-CS, REAT, RYT-500
Location: Villa Maria Education and Spirituality Center
Lunch will be provided

For More Information visit [The Institute for Creative
Mindfulness.com](http://TheInstituteforCreativeMindfulness.com)
April 29, 2022
9:00am-4:30pm EST



Chi Sigma Iota, Alpha Omega Chapter
invites you to save the date for their virtual
CEU workshop.

The cost of the workshop will be \$10. This
workshop is complimentary for counselors
who currently serve as a supervisor for a
student at The University of Toledo,
Heidelberg University, or New England
College.

Questions can be directed to: Ronee Rice,
ronee.rice@rockets.utoledo.edu

Legislative Updates

OCA Government Relations
Committee (GRC) Announces:

2022 OCA Virtual Legislative
Advocacy (LA) Day
March 29th, 2022
9:00 AM-3:00 PM

For more info and to register:
<https://www.ohiocounseling.org/event-4701440>

Mark
YOUR
Calendar

Check out OCA's website
(ohiocounseling.org) for the full
edition of *The Counseling
Advocate*: Volume 3. Issue 1.

In this issue you will find:

- Letter from OCA President-elect
- Legislative Advocacy Day 2022
- OCA Year in Review
- Ohio's No Surprise Medical Bill Law
- Legislative Updates

Peace be the Journey,
Sean Gorby, Ph.D., LPCC
Chair, OCA GRC

What is the "No Surprises Act?"



The "No Surprises Act", hereafter referred to as "the Act," effective on January 1, 2022, aims to increase price transparency, and reduce the likelihood that clients receive a "surprise" medical bill. Specifically, the Act requires healthcare providers to inform clients or their insurer of a "good faith estimate" ("GFE") of the costs for a scheduled service or upon request before the service is provided. Additionally, the Act aims to reduce "surprise" medical bills from out-of-network providers providing services related to an in-network facility visit by: (i) requiring that such providers charge patients no more than the in-network cost-sharing amount and prohibiting balance billing, absent advanced notice, and consent from the client. Balance billing is when a healthcare provider bills a patient for the difference between the total cost of services charged and the amount the insurance pays. For such "surprise" medical bills, the Act creates a new baseball-style independent dispute resolution process when providers and insurers are unable to agree on the out-of-network rate for a particular claim (or group of claims for the same service).

A yellow spotlight beam shines from the top left corner onto the text 'Program Spotlight'.

Program Spotlight

The Ohio State University Counselor Education Program

Outstanding Alumni
Energetic Students
Passionate Site Supervisors
Dedicated Faculty

Submitted by: Colette Dollarhide, Ph.D., NCC, ACS, LPC-S

The OSU Counselor Education Program is consistently ranked in the top ten programs in the nation by U.S. News & World Report. Our students, faculty, and alumni continue to demonstrate leadership in the profession with preparation and projects that impact Ohio and beyond.

The OSU Counselor Education Program prepares highly qualified, ethical and culturally competent, professional counselors & counselor educators for careers in schools, agencies, universities, and private practice, using evidence-based best practices, and intensive hands-on training.

Applicants to the M.A. program must have a bachelor's degree with a minimum of a 3.0 GPA. There are no specific pre-requisite courses, and students come into the program with a variety of educational and career experiences. The master's degree gives applicants the educational requirements for licensure as an Ohio Licensed Professional Clinical Counselor or a Licensed School Counselor. Applicants to the Ph.D. program must have a master's degree in counseling. The Ph.D. program prepares students to be leaders, as professors or in the community.

Our faculty and graduate students are engaged in a wide variety of exciting and meaningful projects at OSU, in Columbus, Ohio, and throughout the world.

Some of our exciting projects include:

- A state-of-the-art Stress Lab
- The OSU Suicide Prevention Program – the largest suicide program in the nation, with evidence-based programming
- Research into social justice identity and practice
- Research into social determinants of health
- Founder of national annual Evidence-Based School Counseling Conference
- Strong linkages to Student Wellness Program, volunteer opportunities in wellness, stress management, and resilience training
- Leadership in social justice, advocacy, and diversity education
- On-going support for grants to school counseling students, through Ann Sherry Foundation
- Opportunities to teach undergraduate students in a large wellness course
- Focus on wellness through connections with other campus offices
- Outreach to the community, with research projects at Maryhaven, Harding, Hospice, & more
- Strong linkages to the Ohio Department of Education, Ohio Department of Mental Health & Addiction Services, and Mental Health Association of Franklin County

Check out our website for more information:

<https://ehe.osu.edu/educational-studies/counselor-education/ma/>





Clinical Research Treatments through STRIVE at OSUMC

The Suicide and Trauma Reduction Initiative for Veterans (STRIVE) is offering psychotherapy treatment through several research trials for individuals with post-traumatic stress disorder (PTSD) and suicidal thoughts and behaviors (STB). Treatment is provided at no cost to participants. Though treatment has traditionally been offered primarily to military personnel and veterans, we are now offering treatment to community members in Ohio through telehealth. Below are brief descriptions of available programming.

R&R Telehealth

R&R Telehealth is an intensive, two-week, daily treatment program for individuals older than 18 using Cognitive Processing Therapy (CPT) for posttraumatic stress disorder (PTSD). Participants meet individually with one of our clinicians for 10 sessions of CPT via telehealth. Materials and log-in information will be mailed to the study participant. Please contact project coordinator Savannah Headley with questions regarding eligibility and participation at savannah.headley@osumc.edu.

TSPIRE

The Telehealth-Suicide Prevention Intervention Research (TSPIRE) program is enrolling participants in a twelve-week, weekly, treatment program for individuals over 18 to compare the efficacy of two evidence-based psychological treatments for the reduction of suicide attempts and overall suicide risk. Participants will receive compensation for completing treatment follow-up surveys. Please contact project coordinator Austin Starkey with questions regarding eligibility and participation at Austin.starkey@osumc.edu.

For more information on both programs, go to <https://Strive2Be.org>

Columbus Therapy and Hypnosis

Provides therapy and counseling services in-person in our Upper Arlington office and statewide via telehealth. Our practice is unique because it features the only Marriage and Family Therapist in the state of Ohio that is also a Certified Clinical Hypnotherapist through the American Hypnosis Association. The practice treats individuals, couples, and families using methods such as Emotionally Focused Therapy, Gottman Method Couple Therapy, EMDR, Strategic Family Therapy, and Collaborative Therapy.

Owner, Yvonne Judge, states, "Our practice strives to be unique. We put a focus on training and education. Our intern supervisor, David Grove, teaches at OSU and has helped develop his own family therapy method. He learned from some of the greats in family therapy and it is humbling to be able to have access to that wealth of knowledge."

Columbus Therapy and Hypnosis strives to fit the method of working to the client, and not try to fit the client to the model. They strongly believe that a holistic, client-centered, modality is the best way to promote health and healing.



614-245-5119
4100 Horizons Drive, Suite 102,
Columbus, Ohio 43220
Monday - Saturday 9 AM - 9 PM

Get Involved!

Enter to win a reduced AOCC registration!

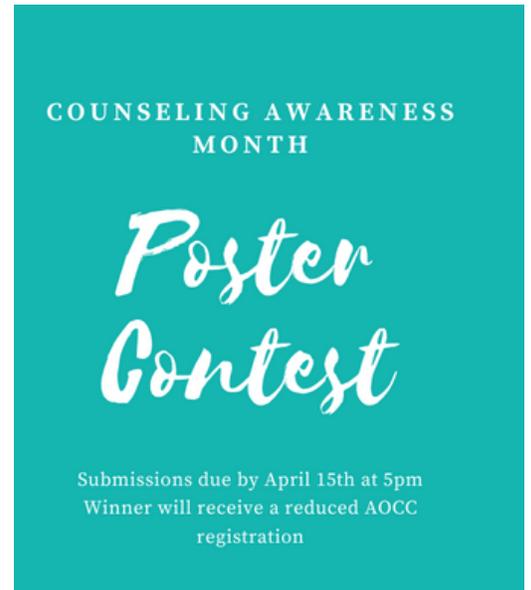
Greetings OCA Members!

I'm excited to share an opportunity to promote counseling awareness and potentially win a reduced registration rate for AOCC 2022 through engaging with creativity! Posters should be centered around the counseling profession and promote awareness. Submission will be accepted until April 15th at 5 pm via email, with pdf, jpeg, or png formats preferred. Posters must be original works. Submissions and questions can be sent to Staci Tessmer at stacistessmer@gmail.com

Submissions will be voted on and advertised on OCA's website and via social media. OCA members will have the opportunity to vote on their favorite from April 18th-April 23rd. The winner will be announced on April 25th and will be contacted via email.

I hope you all will consider submitting!

Staci



**Saturday
March 26th
9am-10am**

New to OCA? Been a member, but looking to learn more?

Connect with current OCA leaders, President DoHee Kim-Appel and President-elect Staci Tessmer for a virtual Meet and Greet via zoom:

<https://www.ohiocounseling.org/event-4639622>

**Interested in
working on the
Awards Committee?**

**Contact
Carmella Hill, OCA
Awards Chair
carmonhill1@gmail.com**

OCA is proud to announce our partnership with Mental Health America of Ohio and their Pro Bono Counseling Program (PBCP)

The Pro Bono Counseling Program links volunteer mental health professionals with those who need but cannot afford mental health counseling. The program's volunteers are independently licensed and insured mental health professionals who provide short-term counseling (12 sessions or less) at no cost to the recipient. Counselor Trainees with supervision are welcome to apply.

Volunteer benefits include:

- Free and discounted CEU programs through Mental Health America of Ohio
 - Free professional liability insurance for all volunteers (excludes psychiatrists)
 - Service provision via telehealth
 - Clients who have been pre-screened for appropriateness
 - Support of the Get Connected Program
- Minimum obligation of one client (12 hours) per year.



For more information,
visit MHAOhio.org/pro-bono-counseling

Questions? Sheronda Palmore, Program
Director 614-884-7227
spalmore@mhaohio.org

Get Involved!

OCA is celebrating Counseling Awareness Month in April 2022 with
Nominate a Counselor!
Students, Licensed Counselors, and Counselor Educators are all eligible!



Counseling Awareness Month

You're
Invited!



**It's almost time to celebrate, honor, and recognize your colleagues for
Counseling Awareness Month in April 2022!**

Please consider nominating a counselor for us to shine a light on, as this is a great way to bring attention to all that they do for our counseling profession. Multiple nominations are allowed. The more the merrier! Students, licensed counselors, and counselor educators are eligible to be nominated. Those nominated will be contacted via email to obtain permission to post and obtain a headshot for the next issue of *The Counselor Connection*.

Nominate a counselor here:

https://docs.google.com/forms/d/e/1FAIpQLSfey_EaMYMkpt31zUoc_hiuqxWGMRymhlalAAUAuPAPAJj86cQ/viewform?usp=sf_link



Get Involved!



Ohio Counseling Association Leadership Program

What is it?

This brief, free, and practical experience is designed for any graduate student, new professional, or seasoned professional, who is either a current or emerging leader within OCA. As an alternative to attending a traditional, formal, one-time leadership conference, this certificate process utilizes a virtual and pre-recorded video approach that engages current and future leaders in an opportunity to explore and learn about OCA leadership at their own pace. Two brief live sessions are also required. The total time commitment is approximately four hours.

How does it work?

The Leadership Certificate Program will equip leaders with the most important tools and information they need in order to either continue or begin an OCA leadership position. Participants will learn about important information related to OCA executive goals and plans, and gain the knowledge and skills needed to successfully hold a leadership role in our state association. Learn to strengthen the effectiveness of your division, chapter, or committee by applying best practices. Participants will also benefit from meeting and networking with other leaders and will receive mentorship and guidance for the next steps for helping to grow and move our state association forward.

Who is involved?

Modules are taught by past and present OCA leaders who bring their latest insight to some of the most significant aspects of being a leader in our association. Topics include membership growth, servant leadership, OCA history and governance, finances, legislative advocacy, the CE approval process, and mentorship. Presenters currently include:

**Dr. Tom Davis, Dr. Sean Gorby, Dr. DoHee Kim-Appel,
Laura Lewis, Hannah Lowe, Dr. Jason McGlothlin,
Dr. Alma Moore, Dr. Martina Moore Dr. Yegan Pillay, and Bob Thomas**

Will I be recognized?

Yes! After completing the series participants receive a certificate of completion from OCA and will be recognized at AOCC or the annual OCA Spring Conference.

How do I register?

Visit <https://www.ohiocounseling.org/event-4448062> to register.

Summer Series:

May - July 2022 REGISTER BY MAY 9

Required live Zoom modules:

Module 1 – Saturday, May 14 from 9-10am

Module 6 – Saturday, July 16 from 9-10am

Fall Series:

September - November 2022 REGISTRATION WILL OPEN IN JULY

(Live Zoom modules TBD)

What If I have questions?

Contact Laura Lewis, OCA Leadership Committee Chair, laurajlewiscounseling@gmail.com

Get Involved!

**SAVE
THE
DATE**

The 2022 OCA Spring
Conference will be held virtually
April 22-23, 2022



**OCTOBER 17-19, 2022
HYATT REGENCY COLUMBUS
CO-SPONSORED BY OCA & OSCA**

MORE INFO COMING SOON!

Over 1,000 counseling professionals will be participating this year in AOCC 2022 in sessions covering a variety of relevant and timely topics.

AOCC recognizes the importance of change. In 2022, the conference will be held from Monday-Wednesday, October 17-19.

100+ Educational Workshops/Sessions for clinical and school counselors
Graduate Credits via Lindenwood University, CE Credit Hours from OCSWMFT
Extended Workshops for In-Depth Learning
Networking with 1,000+ Counselors from across Ohio, Resources from Sponsors and Partners



The Society for Sexual, Affectional, Intersex, and Gender Expansive Identities of Ohio (SAIGEIO; formerly ALGBTICO), a division of OCA and a state branch of SAIGE (formerly ALGBTIC), will hold its 2022 Virtual CEU Conference throughout the month of May 2022. Stay tuned for more!

Get Hired!



Resilient Wellness

34679 Vine Street, Eastlake, OH 44095

ResilientWellnessOhio.com

• 216-284-0463 •

Info@ResilientWellnessOhio.com

Resilient Wellness is a telehealth mental health counseling private practice specializing in adolescents, young adults, and adult services. We are looking for an ambitious therapist to join our team as an independent contractor. Resilient Wellness private practice offers administrative support, clinical supervision/consultation, the use of electronic health records, a secure telemedicine platform, marketing opportunities specializing in clinicians' specialized niche or preferred population, and flexible scheduling opportunities to create their own schedule and availability. Interested qualified candidates should email resume, cover letter indicating specialties and population(s) served, and references. Interviews will be virtual.

INFO@ResilientWellnessOhio.com
www.ResilientWellnessOhio.com

Counselors/Therapists & Practicum/Intern Positions

Relationship Enrichment, L.L.C. is looking for qualified licensed counselors/therapists (LPC, LPCC-S, MFT), and practicum/internship students to join our team 2-5 days a week (part-time or full-time). LPCs will receive free clinical supervision.

Ideal applicants should have experience providing counseling services to individuals, couples, and families and have an interest in facilitating small groups. Strong willingness & commitment to further professional development.

Applicants must be dedicated to building strong relationships and be passionate about providing the highest level of care to diverse clients.

We are currently providing both in-person and telehealth services.

For more information contact Dr. Sherdene Simpson, LPCC-S, MFT, CHT, relationshipenrichment1@gmail.com or call 440-613-5100.

WANTED

**Submit your job and
internship opportunities
for the June 2022 issue of
*The Counselor
Connection!* More info on
the final page of this issue.**

Get Hired!



MFT

INTERNSHIP



Intern Wanted

Columbus Therapy and Hypnosis is looking for an intern to join our small private practice in the Columbus, Ohio area. Your success is our success, so we will work with you to help you understand state licensure requirements and meet your university educational requirements. Interns work on a sliding scale seeing both cash-pay and pro bono clients. This is a paid internship as interns receive a percentage of revenues from their paid clients.

Qualifications

- Enrolled in a master's-level MFT or Counseling program and eligible for practicum/internship classes.
- Ability to receive a trainee certificate from the state of Ohio
- Ability to provide FBI/BCI background check
- Ability to meet supervision requirements from the state of Ohio
- Ability to see behavioral patterns and problem solve
- Teachable and willing to ask for and accept feedback
- Understanding of and adherence to HIPAA requirements
- Computer literacy, ability to use telehealth if needed or requested
- Willingness to receive specific training outside of the university and supervision
- Ability to work approximately 10 hours per week

Responsibilities

- Ability to work with multiple client types (families, couples, individuals)
- Ensure adequate training/understanding of models used to treat clients
- Answering phones/appointment scheduling
- Entry of required client documentation into EHR system
- Documentation of sessions within 24 hours after session occurred
- Provide own computer and internet
- Keep current professional and physical liability insurance.
- Follow University and company policy as well as follow state law
- Current AAMFT or NCA membership

Benefits

- Work supervision is provided (student must pay for their own educational supervision, a supervisor is provided)
- Paid a percentage of fees for paid clients
- Access to consultation from other therapists in the practice
- Ability to schedule clients as needed
- Office space provided

614-245-5119
4100 Horizons Drive
Suite 102
Columbus, Ohio 43220
Monday – Saturday
9 AM – 9 PM

News from the Field: Grief & Loss Edition



How to Help Someone Grieving: Tips for Clients and Ourselves

*Submitted by: Kailey Bradley, MA, LPCC-S
Ohio University*

We all want to help our clients and loved ones process grief. However, we often find ourselves in the line at a funeral home wishing someone would provide us with the "perfect phrase" or nugget of wisdom to give someone who is grieving. I wish I had a checklist, but I don't. I wish I could concisely define what is helpful to a grieving person and what is not. I do not have that list because grief is messy, human, and difficult. However, I do have some ideas that will hopefully start the dialogue on how best to offer support to someone.

■ First: Resist the urge to give advice. A griever does not want to hear your perfect list of what you should or should not do when you have lost someone. Allow the griever to guide the discussion. Allow the griever the space to ask for what they need and want. You may have the best intention in providing advice to someone but allow them to ask for it before giving it. That way, the griever feels they are in control of their grief process (they are after all).

■ Second: Be silent if need be. Silence is not something we need to be afraid of. There is something beautifully sacred about sitting in silence with someone in pain. We may squirm, feel discomfort and jump to fill the space; however, take the time to sit in silence and in companionship with someone.

■ Lastly, and if you were sitting by me, I would say to pull up a chair and share a cup of coffee with me. I want to leave you with this: Be kind to yourself. We all make mistakes because we are human, and grief is complicated!

You will say the wrong thing. Give yourself grace, learn and ask for forgiveness. Ask the griever, "What would have been a better way for me to phrase that?" Or ask, "What did you need from me that I did not give or did not give sufficiently?" I am constantly learning from the individuals I counsel and for that I am blessed.

Grief Competency: Hope for the Future

Submitted by: Bernadette Graham, MA, LPC, NCC

As a professional in the mental health field for over 20 years, I am pleased to see the progress made in grief-related issues. Over the past 10 years, there has been more evidence-based research in grief interventions and the availability of certification programs and training. Since the COVID-19 pandemic there has been a tremendous amount of need for grief counseling.

Recently, I came across an online article "How Does the Death of a Parent Affect a Child" recently published at www.parentingforbrain.com. It addresses issues such as "what is the worst age to lose a parent," "how does the death of a parent affect a child," "how does the surviving parent's reaction affect a child," "how to help a grieving child," and offered strategies on how to assist. The website states its devotion to empowering readers with science-based information utilizing high-quality and peer-reviewed studies in supporting their articles.

In 1985, I lost my mother suddenly to heart failure. She was a single mom; my parents were divorced, and my father lived and worked out of town. My experience was tragic but besides the pain and rage I felt as a 14-year-old freshman in high school, I was most disappointed in the lack of help offered and available. One of my older adult sisters insisted I see a psychiatrist and my school sent a social worker to see me who clearly lacked skills and knowledge on my experience. I refused to see a psychiatrist as I did not feel the need to be medicated and the social worker failed miserably in engaging with me.

Grief seems to be the price we all pay for love at some point in life. From one mental health provider to another as well as a teen who suffered severe consequences of not receiving adequate help when needed I ask this: There will come a time when you have a client in need of grief work so either become competent in the area of grief or know when and where to refer clients to proper care.

Self-Care Spotlight:

Nature Edition



A hike before, during, or after a session is my favorite form of self-care. The fresh air and movement help me clear my head, stretch my muscles, increase my heartrate, and assist in my circulatory functioning. All of these physical sensations improve my mood. The colors and textures I observe in the forest or fields inspire my creativity and deepen my grateful spirit. I am brought to awareness of my healthy body and healthy ecosystems I am able to experience.

Submitted by: Elizabeth Dreyfuss, LPC



Indoor / Outdoor Plant Care

My favorite self-care technique is to check on my indoor and outdoor plants during the weekend. I go through their leaves and branches making sure they are doing well and are hydrated.

Touching differently textured leaves gives me a moment of mindfulness to slow down and experience the “here and now”. I then replant any plants which I recently have bought. I mix the soil using my hands which gives me peace knowing that I mixed the right amount of manure with the soil and the plant food. Sometimes when I don’t have any new plants to work on, I clean and take the dry leaves out of each planter and water the plants well. I occasionally put on some calming music for the plants and myself to enjoy. This self-care technique is very close to me as this was included in my Sunday routine with my father. We would check on our plants and make sure they were happy in their places and getting the right amount of light or shade. If a plant wasn’t doing well, my father would help me change its location and would tell me to observe it for the next couple of days until it gained back its health. Now I do it by myself as I’m studying far away from home, but I always think about the good memories I had with my father back home in India.

*Submitted by: Richa Bhatia, MS
Ohio University*



Self-Care Spotlight:

Nature Edition

Nature as Self-Care

Submitted By: Brad Imhoff, Ph.D., LPC

As a counselor educator, but also an avid outdoorsperson and published nature photographer, I have always used the outdoors as a means of self-care, rejuvenation, and “recharging the batteries,” so to speak. I choose the words “used the outdoors” intentionally, as it was often less a point of connecting with the outdoors and more so a personal pursuit—chasing the next great photograph or hiking as many miles as possible in the time available.

With the onset of the COVID-19 pandemic and the chaos and disruption it caused for so many of us, my approach to self-care in the outdoors changed. I still hike and I still pursue great photo opportunities, but I’ve slowed down my time in nature—focusing on connection rather than just presence. Instead of hiking five miles at the local nature reserve, I might instead find a peaceful spot and just sit. Rather than chasing photos, a chaotic task itself at times, I have started to let nature come to me—immersing myself in it instead of passing through it.

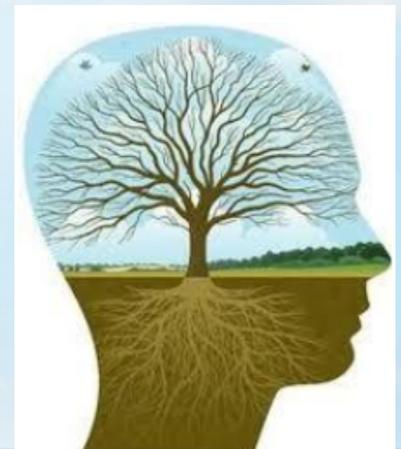
There is something peaceful about sitting against a tree trunk and watching a leaf dance in the wind. A sense of intrigue fills me as I watch a particular bird scratch at the debris on the forest floor in search of food—approaching nearer and nearer as I sit motionlessly. And, for those who don’t mind the cold, the quiet of the forest on a brisk, snowy day as big snowflakes float down around is simply magical. Research continues to explore the many mental health benefits of spending time in nature, but some of that research suggests it’s the sense of connection with nature that produces these effects (Zelenski & Nisbet, 2014). I have found that to be true for me—that being in nature is wonderful, but connecting with nature is revitalizing.

Reference

Zelenski, J.M. & Nisbet, E. K. (2014). Happiness and feeling connected: The distinct role of nature relatedness. *Environment and Behavior*, 46(1), 3-23. <https://doi.org/10.1177/0013916512451901>

**“And into the forest I go, to lose
my mind and find my soul.”**

– John Muir



Recognition & Congratulations!

University of Dayton's Mental Health Graduate Programs

University of Dayton's Mental Health Graduate Programs receive \$1.92 million for Behavioral Health Workforce Education & Training Program (BHWET) across 30 counties in Southwest and Central Ohio

The University of Dayton's Clinical Mental Health Counseling, School Counseling, Clinical Psychology, and School Psychology programs developed an Interprofessional Education and Practice (IPEP)-informed training experience that was awarded a federal grant of \$1.92M over four years. The program involves 41 community partners and aims to: increase access to mental health services for children, adolescents, and transition-aged youth; address workforce shortages in high need and high demand areas; and develop interprofessionally-trained leaders in the mental health field.

The BHWET Program is designed to be mutually beneficial for students and community partners. Thirty (30) students per year receive stipends, clinical training, and educational experiences. Students work with faculty and community leaders to develop training, programming, and research projects. Partners benefit from interprofessional collaboration addressing systemic issues in the region and within their organizations. We have identified 5 focus areas: Job Retention, Resource Mapping, Career Interventions, Social Emotional Wellness, & Parent Support. Four (4) research studies and twelve (12) projects are already underway.

For more information on the program, please contact Dr. Meredith Montgomery at the University of Dayton (mmontgomery2@udayton.edu).

The Journal of Counselor Practice (JCP)

The Journal of Counselor Practice (JCP) is a peer-reviewed national publication published by OCA. The JCP is targeted to meet the needs of professional school and mental health counselors across all specialty areas and contains a wide scope of professional manuscripts. Membership in OCA includes access to the JCP in the members-only section of the OCA website.

Here is the JCP website with current and past articles for counselors: www.journalofcounselorpractice.com

The JCP
recently nominated its editorial staff for 2022-2025
Welcome, all!

Executive Editor:
Varunee Faii Sangganjanavanich, Ph.D.

Associate Editor:
Andrew Wood, Ph.D.

Assistant Editor:
Joshua Castleberry, Ph.D.

The Journal of Counselor Practice (JCP)
July 1, 2022- June 30, 2025



Executive Editor
Adrienne L. Johnson, Ph.D.
Thank you for your contribution!



Executive Editor
Varunee Faii Sangganjanavanich, Ph.D.



Associate Editor
Andrew Wood, Ph.D.



Assistant Editor
Joshua Castleberry, Ph.D.

★CONGRATULATIONS★

THE COUNSELOR CONNECTION

EDITORIAL STAFF



The Counselor Connection editorial staff would like to thank everyone who contributed to OCA's inaugural issue of *The Counselor Connection*.

We are accepting submissions via Google Form on a rolling basis for consideration for publication:

<https://linktr.ee/ocamprmcmtc>

The **deadline** for consideration for publication in the June 2022 issue is **May 15, 2022.**

Chase Morgan-Swaney, M.A.Ed., LPC, NCC, CWC

Editor-in-Chief, *The Counselor Connection*

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