



# Sunspots

The Newsletter of the  
New Mexico Counseling Association

February, 2008

Linda Rounds-Nichols, editor



## From our president... Jenna Crabb

Spring is in the air. With temperatures starting to rise and birds starting to sing – we all get anxious for spring and what it holds.

Your NMCA Board members have been busy planning events and CEU opportunities for everyone. The current board is continually looking at ways to serve our membership! Here are some of the creative and innovative programs on the horizon:

- We have created a 2008 Member Recruitment Campaign. Current members will receive a \$10 discount off their next renewal for each new member – up to their renewal fee!! More information to follow soon!
- Jeannette Otero, our own Ethics Committee Chair and President Elect-Elect is providing an ethics article in each Sunspots to keep us up to date and current in our field. Thanks Jeannette for all that you do!
- Please mark your calendars for next year's NMCA Annual Conference scheduled for September 18-20, 2008: *Renewing the Spirit, Sustaining the Future*. Contact Kelly Brooks for more information and to help volunteer with this conference. We need you to make it a success!
- We will have a Marketing expert attend our next board meeting to help divisions learn more about marketing strategies for membership and events.
- Continuing Education credit is still provided in editions of Sunspots!
- Our website will keep adding more and more! Keep logging on and finding out what is new in our divisions and organization. We should all be connected in one way or another! Watch and stay on-line for more details and changing information on our website.

In order for NMACES to remain a division, we need members. So, it is up to you, our membership, to reach out and join NMACES as your division (remember you can join multiple divisions)!

Good Bye! Thank You!

We have had a few people resign and head to new chapters of their lives. We want to thank Lesley Davidson-Boyd and LeMarr Edgerson. Lesley was our Professional Development Chair for many years and was always an active member with our conferences! LeMarr was our Government Relations Chair, as well as serving in the same role on the NMMHA Board. Thank you for your dedication and commitment to NMCA. We wish you well in your future endeavors.

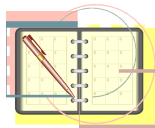
We are an amazing division of ACA! Thank you for being members!

~Jenna Crabb,

Your NMCA President

## WELCOME NEW MEMBERS!

Leticia Montano  
 Michael Jump  
 Robert Miller  
 Becky Clay  
 Jay Glickman  
 Linda Schelander  
 Nadya Tirado  
 Dana Bunge  
 Cecilia Flood  
 Alicia Snyder  
 Luke Arnold  
 Patricia Armstrong  
 Darrell Spencer  
 Kelly Chicas  
 Deborah Duncan  
 Susan Otero  
 Lynn Ramsey  
 James Rogers  
 Olivia Romero  
 Rebecca Wright



### Mark Your Calendar!

#### NMCA Conference

September 18-20,  
2008

Watch for information in  
the coming months!

## Congratulations!

**Congratulations to NMCA's president elect-elect and her new fiancée!  
Jeanette Otero and Randy Baca are engaged!**

**One of our members, Heidi Mecalf was interviewed for an article in the February 9, 2008 ABQ. Journal.** When asked to share something about herself, she wrote:

I was excited to be interviewed for the Valentines Day article. I think it came out great! Because it is my birthday, too, I have always had an affinity for the day of Love. That, and the fact that I do a lot of relationship counseling, made it very special for me.

My office is in the "Edo" district (east of downtown) and I share an office with Amy Vidra, LPCC, who has her own art therapy practice called "A Little Bird Counseling." We both graduated from the very wonderful Southwestern College of Santa Fe in 2004, and took our licensure exams together. We are in an old charming plaza right behind the Artichoke Cafe, at 111b Edith Blvd. SE (near Central Ave.) The phone number is (505) 331-3838.

My practice, An Intuitive Approach, is made up of individuals, couples, families and teens. This is how I describe what I do:

"An Intuitive Approach" to counseling allows answers to emerge from within- bringing focus, action and results. I provide emotional support and active inquiry to clients so they may draw on their own innate ability to navigate through major life changes. In this way, therapy aims not only to get through the current difficulty, but to transform life's problems into opportunities to become self-actualized human beings. With clarity, honesty and drive, clients become stronger and create more joy in their lives.

In addition to adults and couples, I have a focus on teenagers. Together we work to increase their awareness, self-esteem, and sense of responsibility,; and bridge communication in the family."

I am psyched about having my own practice. I like being my own boss and. of course, there is never a dull moment. Heidi Metcalf, MA LPCC

### Email Addresses Needed!

NMCA and most of the divisions communicate with members via email. Information about government relations, division and NMCA events, and other updates all come to the members by email.

If you haven't shared your email address with us, you are missing this information – and we don't want to miss you. Please forward your email address to us at [nmcalinda@yahoo.com](mailto:nmcalinda@yahoo.com). Thanks!

### Continuing Ed. Opportunities—Information for Members

Don't wait until the last minute! Be sure to keep up with those continuing education hours! As a membership service, Linda, NMCA's Executive Director ([nmcalinda@yahoo.com](mailto:nmcalinda@yahoo.com)) is keeping information from those flyers that we all receive in the mail. If you're a NMCA member and need some hours, or misplace a flyer, contact her for information. Also, check out the NMCA web page ([www.nmca-nm.org](http://www.nmca-nm.org)), as both NMCA and some of the divisions offer continuing education and may have information available. Check this issue, too. You'll find information about some continuing education opportunities.



NMCA is a branch of ACA, and all NMCA members follow the ACA Ethical Code. This code can be found at [www.counseling.org](http://www.counseling.org).

## NMCA History

The New Mexico Counseling Association, formerly known as the New Mexico Association for Counseling and Development, and the New Mexico Personnel and Guidance Association, was chartered on March 26, 1956.

The first president was Dr. A.A. Welck.

*We have not yet been able to learn of all of the past presidents—so if you know of people who served as president between the late '50's and early '80's, that information is needed. Meanwhile, here is a partial list. The \* indicates they continue to be current members.*

### NMCA presidents....

2006-2007	Rhonda Neswald-Potter *
2005-06	Sara Simon *
2004-05	Bob Butziger
2003-04	James Herrera
2002-03	Mary Ann Landry
2001-02	Diane Wilhoite *
2000-01	Diane Wilhoite *
1999-0	Linda Davis
1998-99	Larry Winn
1997-98	Leslie Otero
1996-97	Mary Cecilia Guterrez
1995-96	Sam Shaffer
1994-95	Jean Farrar
1993-94	John Bach
1992-93	Pam Micker
1991-92	Lois Mayland
1990-91	Joyce Dean
1989-90	Denise Pontious
1988-89	Carol Schwendimann
1987-88	Linda Rounds-Nichols (Maruska) *
1987-89	Rob Sharp
1985-86	Phil Mitchell
1984-85	Bill Krieger *
1983-84	Paul Fornell
1956	Dr. A.A. Welck

## Nominations Needed!

Linda Rounds-Nichols, NCC, LPC,  
 NMCA Executive Director, past president: NMSCA, NMASERVIC, NMCA

Each year both NMCA and the divisions need nominations for officers. You are welcome to nominate yourself, a friend, or someone you've noticed at workshops and conferences.

### What's needed?

**NMCA:** President-Elect-Elect. This person will serve as president-elect-elect in 2008-2009, president-elect in 2009-2010, and past president in 2010-2011.

Vice President for Professional Development. This is a one-year term, which can be extended if the person would like to be nominated again for additional year.

Committee Chairs. If you are interested in serving as a committee chair, please contact Kelly Brooks. If you have a nomination for president-elect-elect or Vice President for Professional Development, please contact Jenna Crabb or Linda Rounds-Nichols.

**Divisions:** Your division needs either a president elect or president elect-elect, and other officers. If you are interested, or if you have suggestions for nominees, please contact your division president or president-elect.

### What's expected?

We are all members of NMCA. As part of the membership, we are granted membership in one division, and some of us choose to join additional divisions. So, serving as an officer means we have a number of responsibilities to both our division and to NMCA. As a division board member, you will have a job description. You will be expected to attend division board meetings, division workshops/conferences. Division board members are also expected to support NMCA through participation in NMCA workshops/conferences.

As president of a division, you will be a member of the NMCA board. The other NMCA officers are also NMCA board members and have a job description. Board members are expected to participate in NMCA board meetings, NMCA workshops/conferences, and to submit articles for Sunspots.

### Why?

I first became involved in our professional organization when I was a counselor in the schools. It was a way to meet people from throughout the state, learn about what others were doing and about leadership. After serving as NMSCA president, I became involved in some committees in ASCA, and was able to meet people from throughout the country and learn even more. It helped me become a better counselor. When NMCA (then NMCD) needed a president, I took on that challenge, and again, met people, learned a lot, and supported my profession. Later I became president of NMASERVIC. Again, I met people, again supported something I believed in, and again, learned much.

We become involved in leadership because it is what professionals do. We become involved in leadership because it is a way to support our profession. We become involved in leadership because we can meet people, learn about ourselves, our profession, and leadership. We become in leadership because it is a challenge, fun, and promotes personal and professional growth!

You are needed --- is it time for you to accept the challenge to show your professionalism, support your profession, meet people, learn, and grow?



**New Mexico Counseling Association's 2008 Annual Conference**  
**RENEWING THE SPIRIT. SUSTAINING THE FUTURE**

September 18-20, 2008—ABQ Marriott  
 Watch for details on our website: [www.nmca-nm.org](http://www.nmca-nm.org).

## Intentional Ethical Decision-Making

Jeannette Otero, Ed.D., LPC, NMCA President Elect-Elect  
Associate Professor of Counseling  
NMHU-Rio Rancho Center

Counselors are expected to engage in a systematic ethical decision-making process when faced with an ethical dilemma (ACA, 2005). This means counselors must be familiar with a model of decision making that enables them to break down a decision into its components, lay them out in an orderly manner, and trace the sequence of events that may follow from choosing one course over another. While there is no specific decision-making model that is most effective, the *ACA Code of ethics* states “counselors are expected to be familiar with a credible model of decision making that can bear public scrutiny and its application” (ACA, 2005, p.3).

Because the ethical decision-making process can be complex it helps to have a systematic process to guide one’s reasoning (Herlihy & Corey, 2006). The literature offers several decision-making models including those offered by Corey, Corey, & Callanan (2007); Cottone (2001); Forrester-Miller & Davis (1996); Steinman, Richardson, & McEnroe (1998); Tarvydas (2007) and Welfel (2002). Carolyn Stone’s Solutions to Ethical Problems in the Schools (STEPS) model was developed for school settings to address the unique circumstances faced by school counselors. The table on the next page presents a visual illustration that allows for a comparative analysis.

These models structure the ethical decision making process to help counselors exercise professional judgment. Tarvydas and Cottone (2007) believe “ethical dilemmas are not so much a failure of ethical codes as a natural and appropriate indicator of the importance of professional judgment” (p. 86). To exercise professional judgment, counselors must be prepared to recognize and identify ethical principles, apply appropriate standards and laws, consider potential consequences of various decisions, consult, take action and evaluate and reflect on the experience. It is important to examine ethical decision-making models and select one or a combination of models that works best.

Professional, ethical behavior is not limited to a step-by-step process of counselors acting in compliance with minimal standards, it involves ethical reasoning. In 1984, Kitchener wrote about ethical decision making in counseling that involves certain moral principles or values in society. These moral principles, autonomy, nonmaleficence, beneficence, justice and fidelity, are seen as being essential to counseling practice.

**Autonomy** refers to independence and self determination; counselors refrain from imposing their goals, avoid being judgmental, and are accepting of different values. **Nonmaleficence** means to do no harm; refrain from actions that may place clients at risk, including practicing within the boundaries of competence (C.2.a.). **Beneficence** means to promote good, or mental health and wellness. **Justice** includes consideration of quality of services, allocation of time and resources, establishment of fees, and access to counseling services. This principle also refers to the fair treatment of an individual when his or her interests need to be considered in the context of the rights and interests of others. And finally, **fidelity**; counselors make honest promises and honor their commitments to clients, students and supervisees (confidentiality and informed consent). This principle involves creating a trusting and therapeutic climate in which people can search for their own solutions, and taking care not to deceive or exploit clients (Herlihy & Corey, 2006).

Sadler (1986) suggests applying three simple tests to ensure an ethical decision is appropriate: (a) would you treat others in this situation the same way, (b) would you want your behavior reported in the press, and (c) could you recommend the same course of action to another counselor in the same situation.

While it may seem ethical decision making is a linear, procedural way to reach a resolution on ethical issues, it is not. Ethical decision making is a process that involves thoughtful reflection, collaboration, consultation and the courage to ensure welfare of the client and uphold the integrity of the counseling profession.

## Ethical Decision-Making Models

Corey, Corey, & Callanan (2007)	Forester-Miller & Davis (1996)	Steinman, Richardson, & McEnroe (1998)	Tarvydas (2007)	Welfel (2002)	Carolyn Stone STEPS model (2005)
Identify the problem	Identify the problem	Identify the problem	Stage I. Interpreting the situation through awareness and fact finding (3 components)	Develop ethical sensitivity	Define the problem emotionally and intellectually
Identify potential issues involved				Define the dilemma and options	
Review relevant ethical guidelines	Apply the ACA code of ethics	Identify the relevant ethical standard		Refer to professional standards	Apply the ASCA & ACA ethical codes & the law
			Stage II. Formulating an ethical decision (6 components)		Consider the students' chronological & developmental levels
					Consider the setting, parental rights and minors' rights
			Stage III. Selecting an action by weighing competing nonmoral values, personal blind spots, or prejudices (3 components)		Apply the moral principles
Know applicable laws & regulations	Determine nature of the dilemma	Determine possible ethical traps		Examine relevant laws and regulations	
Obtain consultation	Generate potential courses of action	Frame preliminary response		Search out ethics scholarship	Determine potential course of action & their consequences
Consider possible & probable courses of action	Consider potential consequences, determine course of action	Consider consequences of that response		Apply ethical principle to situation	Evaluate the selected action
Enumerate consequences of various decisions				Consult with supervisor and peers	Consult
Decide on best course of action		Prepare an ethical resolution	Stage IV. Planning & executing the selected course of action (3 components)	Deliberate and decide	Implement course of action
	Evaluate selected course of action	Get feedback from peers & supervisor			
	Implement course of action	Take action		Inform supervisor & take action	
				Reflect on the experience	

## Intentional Ethical Decision-Making References

American Counseling Association. (2005). *ACA code of ethics*. Alexandria, VA: Author.

Corey, G., Corey M.S., & Callanan, P. (2007). *Issues and ethics in the helping professions* (7<sup>th</sup> ed.). Belmont, CA: Thompson Brooks/Cole.

Forester-Miller, H., & Davis, T.E. (1996). *A practitioner's guide to ethical decision making*. Alexandria, VA: American Counseling Association.

Herlihy, B & Corey, G. (2006). *ACA ethical standards casebook*. (6<sup>th</sup> ed.). Alexandria, VA: American Counseling Association.

Kitchener, K.S. (1984). Intuitions, critical evaluation and ethical principles: The foundation for ethical decisions in counseling psychology. *The Counseling Psychologist*, 12(3), 43-55

Steinman, S.O., Richardson, N.F. & McEnroe, T. (1998). *The ethical decision making manual for helping professionals*. Pacific Grove, CA: Brooks/Cole.

Stone, C. (2005). *School counseling principles; Ethics and law*. Alexandria, VA: American School Counselor Association.

Tarvydas, V.M., & Cottone, R. R. (2007). *Counseling ethics and decision making*. Columbus, OH: Pearson Merrill/ Prentice Hall.

Welfel, E.R. (2002). *Ethics in counseling and psychotherapy: Standards, research, and emerging issues* (2<sup>nd</sup> ed.). Pacific Grove, CA: Brooks/Cole

Note: A six-week course in Mental Health Ethics, Practice and Law will be offered this summer at the NMHU-Rio Rancho Center. Students can earn 3 credits and counselors receive 45 ethics CEU's. Contact Dr. Otero for more information at [jvotero@nmhu.edu](mailto:jvotero@nmhu.edu)

### Continuing Education Credit for NMCA Members



*For continuing education credit..... After reading the article, complete the quiz, and send the quiz and a check for \$10.00 (payable to NMCA), and this form to:*

*Linda Rounds-Nichols, PO Box 1959, Gallup, NM 87305*

*Continuing education credits for past articles are no longer available. All quizzes for this article must be received by **May 15, 2008**.*

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address: \_\_\_\_\_

Type of License/certification and number: \_\_\_\_\_

Name for your certificate (please print clearly): \_\_\_\_\_

I certify that I completed the quiz without receiving help. Signature: \_\_\_\_\_

Remember, your quiz and \$10.00 check (made out to NMCA) must be sent to Linda Rounds-Nichols, PO Box 1959, Gallup, NM 87305, and postmarked no later than May 15. This opportunity is for current members only. Not a member? Membership information is available at [www.nmca-nm.org](http://www.nmca-nm.org).

### SUNSPOTS QUIZ

Ethics Question: Select one of the ethical decision making models [or a combination] and resolve the following ethical dilemma. Be sure to consider the moral principles and reflect on your resolution.

*I am a counselor and have been working with a client regularly for several years. I think the usefulness of the therapeutic relationship is over; I think I have taken her as far as I can. I've been leading her toward the idea of termination fairly firmly, but without any effect. I've talked it over with my supervisor, who makes the point that continuing to see her is probably not doing her any harm, plus, she says, my client is one of the few we have who pays the full fee and does so on time. What should I do?*

## **NMASJ “Village Work”**

Barbara Conroy, President, NMASJ

“Village Work” is the tentative term NM Advocates for Social Justice uses to evolve the new approach initiated by our fall Governing Council meeting and introduced in the last Sunspots issue. Carol Chavez, our Treasurer, has been the beacon light for this exciting new approach. My contacts with other members have largely been receptive to this concept. ...And, now we are gradually shaping this concept into a meaningful program.

One third of our members live and work outside the Albuquerque/Santa Fe center. Daily we are in touch with our communities through our clients, agencies and civic involvements. We see and experience situations, organizations, policies and practices. Being folks possessed of keen social justice consciousness, we are likely to recognize where inequity, injustice, and lack of access and participation are present.

Then come the questions: What do I want to do about this? Is this a place I choose to act for change? What are my options? What are the implications? Who can help? What do I need?

NMASJ's members constitute a thoughtful and perceptive group of counselors and students who care that 22% of our New Mexico population suffers from substance abuse and mental disorder, that services and housing for the homeless and abused are lacking, that each school counselor is expected to serve an average number of 450 students for social/emotional wellness and academic achievement. What we see and experience touches us and becomes our motivating passion or our personal nemesis.

Within our membership we have a network of support to help each member who wishes to take on issues or actions to bring about conscious, positive efforts. We have a mentorship program to assist those who reach for broad or specific aims with an experienced colleague. We have skilled and adept members with experience on many fronts who can give ideas, options, strategies and a listening ear. We can help with research and networking to find resources that may be needed. And, most of all we have heart to connect with during challenging times.

We are all village people doing village work.

## **Publication Opportunity!**

One person can make a difference. We all know of someone—maybe famous or maybe not so famous, who makes a difference. Maybe this person smiled and said hello just when you needed a friendly greeting. Maybe this person is Oprah, who is promoting reading so much that her reading program is mentioned in movies. Something that seems natural or insignificant to one may be a new thought or possibility to another.

The important thing is the sharing. What do you do all day? What do you do for your clients, family, your friends, your community, yourself? Maybe what seems like just a normal little thing to you could make a huge difference in the lives of our readers.

The deadline for the next issue is May 15— articles need to be sent to Linda at [nmc Linda@yahoo.com](mailto:nmc Linda@yahoo.com). For more information, call 505-863-6176.

## You Never Know When You Make A Difference

Rev. Melissa Pickett, MA LPCC  
NMASERVIC President

If you are like me, you have had those days as a counselor, when you ask yourself the question, "Am I really making a difference?" Often after spending hours on the phone with insurance companies, seeing more clients in a day than we can handle, or just trying to find a positive word when our own lives seem to be falling apart, it is easy to go into a place of overwhelm. The demands upon us are huge, and sometimes burnout seems to be right on the other side of the door.

Recently, I came across this story, and it reminded me that we might not always know the difference we are truly making, but we are making one nevertheless. I'd like to share the story with you.

### Stories to Make You Cry

A teacher in New York decided to honor each of her seniors in high school by telling them the difference they each made. She called each student to the front of the class, one at a time. First she told each of them how they had made a difference to her and the class. Then she presented each of them with a blue ribbon imprinted with gold letters, which read, "Who I Am Makes a Difference."

Afterwards the teacher decided to do a class project to see what kind of impact recognition would have on a community. She gave each of the students three more ribbons and instructed them to go out and spread this acknowledgment ceremony. Then they were to follow up on the results, see who honored whom and report back to the class in about a week.

One of the boys in the class went to a junior executive in a nearby company and honored him for helping him with his career planning. He gave him a blue ribbon and put it on his shirt. Then he gave him two extra ribbons and said, "We're doing a class project on recognition, we'd like you to go out, find somebody to honor, give them a blue ribbon, then give them the extra blue ribbon so they can acknowledge a third person to keep this acknowledgment ceremony going. Then please report back to me and tell me what happened."

Later that day the junior executive went in to see his boss, who had been noted, by the way, as being kind of a grouchy fellow. He sat his boss down and he told him that he deeply admired him for being a creative genius. The boss seemed very surprised. The junior executive asked him if he would accept the gift of the blue ribbon and would he give him permission to put it on him. His surprised boss said, "Well, sure." The junior executive took the blue ribbon and placed it right on his boss's jacket above his heart. As he gave him the last extra ribbon, he said, "Would you do me a favor? Would you take this extra ribbon and pass it on by honoring somebody else? The young boy who first gave me the ribbons is doing a project in school and we want to keep this recognition ceremony going and find out how it affects people."

That night the boss came home to his 14-year-old son and sat him down. He said, "The most incredible thing happened to me today. I was in my office and one of the junior executives came in and told me he admired me and gave me a blue ribbon for being a creative genius. Imagine. He thinks I'm a creative genius. Then he put this blue ribbon that says, "Who I Am Makes a Difference" on my jacket above my heart. He gave me an extra ribbon and asked me to find somebody else to honor. As I was driving home tonight, I started thinking about whom I would honor with this ribbon and I thought about you. I want to honor you. My days are really hectic and when I come home I don't pay a lot of attention to you. Sometimes I scream at you for not getting good enough grades in school and for your bedroom being a mess, but somehow tonight, I just wanted to sit here and well, just let you know that I want to honor you. My days are really hectic and when I come home I don't pay a lot of attention to you. Sometimes I scream at you for not getting good enough grades in school

and for your bedroom being a mess, but somehow tonight, I just wanted to sit here and well, just let you know that you do make a difference to me. Besides your mother, you are the most important person in my life. You're a great kid and I love you!"

The startled boy started to sob and sob, and he couldn't stop crying. His whole body shook. He looked up at his father and said through his tears, "Dad, earlier tonight I sat in my room and wrote a letter to you and Mom explaining why I had killed myself and asking you to forgive me. I was going to commit suicide tonight after you were asleep. I just didn't think that you cared at all. The letter is upstairs. I don't think I need it after all." His father walked upstairs and found a heartfelt letter full of anguish and pain. The envelope was addressed, "Mom and Dad."

The boss went back to work a changed man. He was no longer a grouch but made sure to let all his employees know that they made a difference. The junior executive helped several other young people with career planning and never forgot to let them know that they made a difference in his life ... one being the boss's son. And the young boy and his classmates learned a valuable lesson. Who you are DOES make difference.

As I was preparing this article, I was considering what New Year's gift I could offer to each of you, my fellow counseling colleagues. If I had a ribbon, with gold writing that says, "**You Make A Difference**," I would give one to each of you who are reading this article. Please accept this story as the gift.

These times are challenging, and sometimes we need courage to show up and continue to share our wisdom, our healing words, and be of cheer-filled support. I honor you all, and it is my wish and blessing that you receive this gift and pass it along. Be proud of who you are and what you do!

[Note: original source of the story is unknown.]

## News from NMASERVIC

NMASERVIC is an organization of counselors and human development professionals who believe spiritual, ethical and religious values are essential to the overall development of the personal and are committed to integrating these values into the counseling process.

We have adopted the national mission statement, which is: "ASERVIC creates an environment that empowers and enables the expression, exploration development and research of evolving spiritual, ethical, and religious values as they relate to the person, to society and to the profession of counseling and human development."

This NMCA division has been very active with many new programs and initiatives.

The annual Western Region Conference will be held March 6-8 in Santa Fe. Rosemary Eads, Conference Chair has put this year's conference in action. Entitled "Maintaining your Center in Challenging Times," this conference draws on the expertise of many counseling professionals, provocative speakers, who have come together to present lively and interesting topics.

Member communications is a priority this year, and our Communication's Co-Chairs, Peggy Lesniewicz, has created a wonderful e-newsletter, with two issues already published, one more to be published this program year, and Mary Ellen O'Leary is busy working on the website project. We have held one membership luncheon and another one is scheduled for April. We have combined a membership lunch with an Ethics CEU offering. It's a great time for members to come together and share our wisdom and experiences.

Amy Cortese, Leadership Chair, has been working to develop a Core Competencies program. She brings a wealth of interest about stories, and is currently conducting research to support this project. (continued)

NMASERVIC, continued.....

Kelly Brooks has done a fine job keeping NMASERVIC financially solvent, which is very important to future programs and growth.

Arlene Einwalter is chairing the mentorship program, and we have our mentor/mentoree in place.

The board is considering altruistic projects with member churches across the state. Members are encouraged to submit their project requests to the NMASERVIC board.

The theme for the board this year is "Leadership at the Edge," and our dynamic, active board members have proven they are Leaders for sure.

Onward!

## **School Counseling Issues in the 2008 Legislature**

Betty Whiton, MA, LPC, Government Chair, NMSCA, Professional School Counselor

The 2008 legislative session in NM was interesting this year. There were exceptional opportunities to promote counseling in the schools, as well as advocate for increased funding for Career Pathway salaries statewide.

A Memorial was successfully passed last year which mandated PED and the Governor's office to provide accurate financial projections of cost to implement Three Tier salary schedules to ISPs. In December, the report to LESC was, as expected, under previous estimates. The total cost for implementation for every school counselor statewide was only \$1.1 million.

At that hearing, I had the honor of testifying before the LESC as an advocate for school counseling. I took questions for almost a half hour, which ranged from some sincere questions about professional expectations to concerns about the need for more school counselors and the important services they provide our children. With NCLB, school counselors are necessary more than ever to ensure academic achievement, increased graduation rates, fewer drop-outs, and to provide counseling services to every student.

In the formal Legislative sessions, we had some victories, increased support, and no real surprises. There was an Educational Funding Formula bill, sponsored by Rep. Mimi Stewart, asking for \$320 million. With strong lobbying, there were some changes to include wording to promote counseling. It stalled in the Senate Finance Committee but passed all hurdles to that point. Hopefully, there will be more time to pass this bill next year and find the funding for it.

A bill to address the Education Retiree Health Care Authority shortfall which would require more out of school counselor paychecks and fewer benefits was also left in SFC at the end of the session. SB67 does attempt to correct problems, but we asked that the bill be tabled for now. Hopefully, a future fix would require employers (school districts) to pay for the increases in contributions.

All school counselors will receive a 2% raise, thanks to HB2 and HB3, plus an additional paid instructional day.

A new member of the legislature and already a strong advocate for school counseling, Rep. Nathan Cote from Las Cruces, sponsored a memorial to study the need for appropriate pay to maintain our school counselors and nurses, which passed the House unanimously, and the Senate, 29-1.

NO ONE is as powerful an advocate or communicator than a counselor! With a simple email, many counselors around the state respond to the issues by making calls or writing emails and asking for legislative support to benefit NM counselors. Thank you to the many counselors who worked for all of us in Santa Fe this year!

## Family Professional Support Through the Separation/Divorce Process

It is almost a given that people enter into co-habiting relationships, particularly marriage expecting it will be long lasting, if not forever-lasting. Thus when a breakdown occurs, there is at least upset, disappointment and disillusionment. In view of same, some might argue that it would be of benefit to the parties, subject to the separation or divorce to obtain at least emotional support to facilitate the separation process.

Now imagine you are child whose parents are in the throws of a separation. Children are not only subject to the same emotional upheaval, but also draw their sense of security, safety, well-being and personal worth at the hands of their parents. Regardless of the quality of parenting, to some degree or other, from one or other parent, their needs are addressed. Separation/divorce interrupts the provision of care and undermines stability, certainty and continuity of relationships at times when the child's cognitive capacity, by virtue of age, may be unable to interpret events reasonable to the situation.

Notwithstanding the issues common to every separation/divorce, there are yet other issues that heighten concern in terms of the outcome for the parties and their children. In the presence of multiple concerns, the risk of poor outcomes increases. Further, the actual concerns themselves must be assessed in the context of their intensity, frequency and duration.

The following concerns represent risk factors to parties subject to divorce. The risks include anything from; contested divorce; to loss of relationships; to the undermined development and success of children; to injury and death of any family member(s). In the presence of any and particularly multiple or severe concerns, the value of family professional support increases:

- Pre-existing mental disorder
- Criminal activity or history
- Overly passive, docile personality disposition
- Overly dominant, aggressive personality disposition
- History of parental domestic violence, child abuse, parental alcoholism (from one's family of origin when a child)
- Domestic violence, child abuse, alcoholism within current family
- Alcohol consumption greater than 6 standard beverages weekly or more than 5 standard beverages per occasion, at least once per month
- Recreational drug use/abuse
- Extra-marital affair
- Cold, uncommunicative behaviour
- Conflicting religious beliefs
- Restrictive beliefs, social or religious practices
- Job loss(es)
- Learning disability (parent or child)
- Physical or developmental disability (parent or child)
- Any other special needs on the part of a child

At the very least, it is in a family's best interest to obtain a consultation from a person trained in assessing concerns in the context of separation and divorce. The family professional consultant must meet with both parties, either together or separately and the children, to interview and obtain data relative to concerns and offer guidance to mitigate risks as assessed. Therein the consultant may also offer guidance in order to meet the children's ongoing needs and relationships between the parents.

Gary Direnfeld, MSW, RSW, [gary@yoursocialworker.com](mailto:gary@yoursocialworker.com), <http://www.yoursocialworker.com>

Gary Direnfeld is a social worker. Courts in Ontario, Canada, consider him an expert on child development, parent-child relations, marital and family therapy, custody and access recommendations, social work and an expert for the purpose of giving a critique on a Section 112 (social work) report. Call him for your next conference and for expert opinion on family matters. Services include counselling, mediation, assessment, assessment critiques and workshops.

## Upcoming Events

**March 6-8, 2008. NMASERVIC Western Region Conference:**

**Holding your Center in Challenging Times - Santa Fe.**

For information, contact Rosemary Eads. 505-983-7799; [rosemary@sagecounseling.org](mailto:rosemary@sagecounseling.org).

**March 14, 2008. NMCDA - Careers Conference - Albuquerque**

For information, contact Karin Kase: [karnada@msn.com](mailto:karnada@msn.com).



**March 26-30, 2008. American Counseling Association. Annual Conference and Exposition. – Honolulu.**

For information, contact ACA: [www.counseling.org](http://www.counseling.org).

**April 3-4, 2008. NMSCA - New Mexico Counselors Academy**

For details, check the [NMSCA web site: www.nmsca.org](http://www.nmsca.org).

**April 12, 2008. NMMHCA's Ethics Workshop - Cloudcroft**

For information, contact Suzanne Schmidt: [cmilagra@yahoo.com](mailto:cmilagra@yahoo.com). 575.687-2365, or Linda Solomone: [lslpcc@zianet.com](mailto:lslpcc@zianet.com).

**April 30 and May 1. NMSCA: Carolyn Stone – Ethics and the Law.**

This workshop is scheduled for Albuquerque on April 30 and Las Cruces on May 1.

For more information, contact Frieda Trujillo.505.315-8213. [trujillo\\_f@aps.edu](mailto:trujillo_f@aps.edu).



**September 18-20, 2008:**

**NMCA Conference: Renewing the Spirit, Sustaining the Future – Albuquerque.**

Details coming soon. Volunteers needed to help with the pre-conference tasks. Presenters will be needed—so watch for the RFP: Call for Programs! Contact Kelly Brooks if you are able to help: [kellyannettebrooks@gmail.com](mailto:kellyannettebrooks@gmail.com)

# You are invited to the NEW MEXICO COUNSELORS' ACADEMY

April 3<sup>rd</sup> and 4<sup>th</sup>, 2008

University of New Mexico, Student Union Building, Albuquerque, NM

Presented by the College Success Network,

New Mexico School Counselor Association\* and our Partners



Continental breakfasts!  
Gourmet lunches!  
Door prizes!  
Lots of resources!  
15 NBCC CEUs!\*



Keynote speakers and breakout sessions on topics within the academic, career and personal social domains for Pre-K – 12 Professionals School Counselors

Registration Fee: \$100.00

Space is limited to the first 200 registrants

Please register at [www.collegenm.org](http://www.collegenm.org)

Up to five registration scholarships will be awarded based upon a letter of request. Please submit letters detailing your need for a scholarship to [support@collegenm.org](mailto:support@collegenm.org)

Reserve your hotel today to receive the discounted College Success Network Rate:  
The MCM Elegante – (505) 884-2511: \$79.00 Single and \$89.00 for a double plus tax and a free Shuttle to UNM

*Proud Partners of the Counselors' Academy*



\*NMSCA, a division of NMCA, is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines.

## NMSCA\* presents School Ethics and the Law

### *Professional Learning Opportunity*

6.0 NBCC CEU's will be awarded\*

**Two Opportunities for you to attend:**

<p><b><u>Date:</u> April 30, 2008</b>  <b><u>Time:</u> 8:00 a.m. to 3:00 p.m.</b>  <b><u>Location:</u> Highland High School PAC</b>          4700 Coal Avenue SE          Albuquerque, NM 87108</p> <p>Contact Freida Trujillo at 315-8213 or <a href="mailto:trujillo_f@aps.edu">trujillo_f@aps.edu</a> for more information.</p>	<p><b><u>Date:</u> May 1, 2008</b>  <b><u>Time:</u> 8:00 a.m. to 3:00 p.m.</b>  <b><u>Location:</u> Gadsden High School</b>          6301 Highway 28          Anthony, NM 88021</p> <p>Contact Robert Miller at 882-6311 or <a href="mailto:rrmiller@gisd.k12.nm.us">rrmiller@gisd.k12.nm.us</a> for more information.</p>
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The school environment poses competing interests between a student's need for confidentiality and the legal rights of parents as established by the U.S. Supreme Court to be the guiding voice in their children lives in value-laden issues. Participants will develop an ethical decision making framework for analyzing and resolving ethical issues through the application of ethical codes, case and statutory law, school board rules, and community standards. Through small group and large group discussion of 40 case studies, participants will be given the opportunity to increase their understanding of the complexities of respecting a minor's right to confidentiality, to develop sensitivity to the need to consider their actions in context of each situation for each individual student, and to understand the rights of parents. Topics of discussion will include areas such as confidentiality and duty to warn, minors' rights to privacy, counselors' responsibilities toward suicidal children, civil and criminal liability, sexually active minor clients, birth control, abortion counseling, defamation, child abuse, HIV positive students, case notes and educational records, malpractice in academic advising, sexual harassment, the Hatch Amendment and guidance curriculum, and personal conduct.

The Ethics and the Law workshop is designed to stimulate self-examination of one's values/philosophies in ethical decision-making and to teach a tolerance for ambiguity in ethical decision-making as opposed to rigid responses. Additionally, the workshop is designed to reduce fear and anxiety and to demonstrate that legal entanglements are easily avoided in schools when counselors practice within the minimum standard of care for the reasonably competent professional. Legislation, court cases, statutes, school board policy will be taught. Each attendee will receive a copy of:

- American School Counselor Association Code of Ethics and Standards of practice
- 40 case scenarios
- ACA Professional Counselor's Guide to Federal Law on Student Records
- A reference guide listing books, journals, and internet resources
- A summary of laws and court cases referenced for the 40 cases.

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**NMSCA PRESENTS:  
Carolyn Stone – Ethics and the Law  
Registration Form**

6.0 NBCC CEU's will be provided.\*

**ALBUQUERQUE: April 30, 2008.** 8:00-3:00, at Highland High School PAC, 4700 Coal Avenue SE, ABQ, NM 87108. **This conference is free to employees of the Albuquerque Public Schools District. All others will need to pay \$25.00.**

**MAKE CHECK OUT TO: NMSCA .** If you wish to attend the Albuquerque conference, please send completed registration form & your check or money order to: **NMSCA, PO Box 94706, ABQ, NM 87199-4106.** For information contact Frieda Trujillo: [Trujillo\\_f@aps.edu](mailto:Trujillo_f@aps.edu).

**LAS CRUCES/ANTHONY: May 1, 2008.** 8:00-3:00, at Gadsden High School, 6301 Highway 28, Anthony, NM 88021. **This conference is free to employees of the Gadsden Independent School District and Las Cruces Public Schools. All others will need to pay \$25.00.** The nationally acclaimed award-winning GHS Culinary Arts Department will be selling gourmet brown bag lunches for \$7.00. One choice will be vegetarian. **MAKE CHECK OUT TO: Gadsden Independent School District.** If you wish to attend the Las Cruces/Anthony conference, please send completed registration form & your check or money order to: **Robert Miller at Gadsden High School, 6301 Highway 28, Anthony, NM 88021.** For more information, contact: [rrmiller@gisd.k12.nm.us](mailto:rrmiller@gisd.k12.nm.us)

Name: \_\_\_\_\_  
(Please print)

School: \_\_\_\_\_

School Phone #: \_\_\_\_\_

E-Mail: \_\_\_\_\_

***Please use one form per participant. This form may be copied as needed***

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*Professionalism In Action*

**NEW MEXICO COUNSELING ASSOCIATION**

**[www.nmca-nm.org](http://www.nmca-nm.org) ... e-mail: [nmcalinda@yahoo.com](mailto:nmcalinda@yahoo.com) ... Phone: 505-863-6176 (Linda Rounds-Nichols, Ex. Dir.)**

*Sunspots* is published quarterly and is distributed to members of the New Mexico Counseling Association.

Send address changes to the  
Executive Director at: NMCA,  
P.O. Box 13120, Albuquerque, NM 87192-3120, or [nmcalinda@yahoo.com](mailto:nmcalinda@yahoo.com).

Newsletter submissions may be e-mailed to [nmcalinda@yahoo.com](mailto:nmcalinda@yahoo.com).  
The Executive Director the right to select and edit submissions based on space availability.

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1/4 page \$100

1/2 page \$150

Full page \$200

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Articles are due by the 15th of February, May, August or November. Division articles are sent by the division presidents; other articles may also be submitted for possible publication. Articles should be sent, as an attachment - in WORD to: [nmcalinda@yahoo.com](mailto:nmcalinda@yahoo.com)