



Sunspots

The Newsletter of the
New Mexico Counseling Association

May, 2008

Linda Rounds-Nichols, editor



From our president... Jenna Crabb

Hello! Well, this is my last letter to you. The year has gone by rather quickly – in a blink of an eye – we are facing another summer. This past year we have had a lot of great things going on with our organization and our divisions.

To look back on my year and reflect has been a time of reflection and quiet honor. I begin by looking back at my overall goals for my term as your NMCA President.

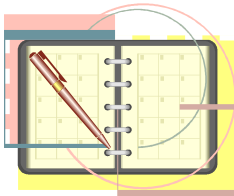
One of my goals was to increase our technology resources- and we have done so starting with Sunspots! Many of you have emailed me with great response to our online newsletter. The ability to read it on line and in color has received rave reviews! A big thank you to Linda Rounds-Nichols, the editor and organizer of Sunspots, without her, it would not happen as efficiently! Thank you!

At our last board meeting, we met with a Marketing expert who helped us with ideas and motivation to look at how we as an organization and as each division can increase our membership. Thank you to Jeannette Otero for making this happen and providing the link to our marketing expert! This was a step in the right direction; with a new board you can expect new ideas will emerge! Many of the divisions have already expressed a renewed interest in looking at creative and innovative ideas to entice new members to our organization. Many of us know how great we are – and what we can do with our members – now we need to share it and continue to grow. We have a new membership drive – where you – the current membership needs to motivate and encourage individuals you know to become members! By doing this, you will get a discount on your own renewal! But - we need you, our members, to make this work! We have lots of new professionals and new-to-New-Mexico-professionals wanting to get involved – but unsure how. We need mentors and leaders to reach out and connect to these new counselors. We can't succeed without you – our membership!

WELCOME NEW MEMBERS!

- Michelle Dingman
- Kelly Hyde
- Shelly Tsantes
- Melissa Watkins
- Bernardo Monserrat
- Kimberlee Boreson
- Doris Olivas
- Eva Hazlett Sanchez
- Sarah Clawson
- Denis Porter
- Ellen Cort
- Kimberly Byrne
- Traci Garcia

Mark Your Calendar!



The conference committee is off and running and planning this year's conference! Get involved and help out! Contact Kelly Brooks for more information! They need great presenters – so download the RFP and send one in today! This is a great opportunity to teach us what you know! We all have great skills and abilities- let's share our ideas! This year's conference will offer many great CEU opportunities along with providing an opportunity to get you motivated, renewed and connected. Register today by downloading the registration form on our website. Register Early for the best rates!

NMCA Conference

September 18-20,
2008

See this issue for
information!!

As my presidency ends and I say good bye to each of you – I have fond memories of all the hard work and dedication our NMCA Board provides to New Mexico. We have some of the most professional group of counselors around, and it was my privilege to be a part of this experience. I thank all of you for the opportunity you have given me to spread my wings and learn from all of you what it takes to provide leadership and heart to our organization. I know your next President, Kelly Brooks, and your President-Elect, Jeannette Otero, will achieve a lot for our organization. They both are wonderful individuals and outstanding leaders! The next board will continue to make strides and roads for our counselors in New Mexico. The journey is beginning! And, what a journey you will have. Thank you all for the support, friendship, guidance and smiles! It has been a road I would travel again with any of you!! *Jenna :)*

NMCA Seeking Officers!

In the last issue of Sunspots, members were asked to nominate themselves or colleagues to search NMCA. There was only one nomination and that was Sharon Pearson, who was nominated to continue as treasurer. She agreed and was elected by acclamation by the board. Since there was no other nominee for the position, a general election was not necessary. Congratulations and thanks go to Sharon for her dedication and commitment to NMCA!

NMCA is still seeking people to serve!!!

Needed: president-elect-elect, and vice president for professional development. Call or email Linda at 505-863-6176 or nmcalinda@yahoo.com for more information or to nominate or volunteer!



NMCA is a branch of ACA, and all NMCA members follow the ACA Ethical Code. This code can be found at www.counseling.org.

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. 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) 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), 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 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 *
1999-00	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



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

New Mexico Counseling Association Annual Conference
September 19-20, 2008
Albuquerque Marriott, Albuquerque, NM
Request For Proposals and Proposal Poster Presentation
(Deadline: July 19, 2008)

Title of Presentation: limit to 100 characters or less.

Brief Summary of the program: 50 word paragraph to appear in the conference program.

Contact Person: name, title, institution, address, city, state, postal code, phone, fax & email.

Presenters: name, title, institution, address, phone, fax & email of **EACH presenter.**

A brief bio of each presenter: include degrees, leadership and work experience, research, previous presentations, etc. with resume.

Indicate NBCC content area your proposal addresses:

Counseling Theory **Human Growth and Development** **Social and Cultural Foundations**

The Helping Relationship **Group Dynamics** **Professional Orientation**

Lifestyle/Career Development **Appraisal/Testing** **Research/Evaluation**

Content: Describe your (a) program goals, (b) summary of content, (c) format [panel, lecture, debate, interactive, innovative, etc.], (d) relevance to the conference theme, and (e) handouts.

Audio Visual: Equipment may be rented from the hotel at the **presenter's expense.** Contact hotel for arrangements.

Disability Accommodations: Please indicate whether you will need accommodations.

Target Audience: Please indicate the experience level that best describes your target audience:

Introductory: No prior knowledge of content area needed to participate fully

Intermediate: Those with basic knowledge will learn new skills and information.

Advanced: Those with substantial working knowledge and skills will refine or expand skills

Comprehensive: Suitable for introductory, intermediate or advanced audiences, regardless of knowledge or skills

Requirements: All proposals must be submitted electronically.

Presenters must register for the conference at the presenter rate.

Send your proposal electronically via an attachment in WORD to the following email address:

Kellyannettebrooks@gmail.com

You may also submit your proposal on a floppy disk or on a CD to the following mailing address:

NMCA Conference Proposal Committee, P.O. Box 13120, Albuquerque, NM 87192-3120.

How about a Poster Presentation?

Poster sessions are designed to share scholarly papers, research findings and/or innovative approaches to issues in a poster format. Conference participants will be encouraged to meet and visit with presenters of the sessions and engage in interactive dialogue. This is an excellent opportunity for **graduate students** to showcase their work (thesis, professional paper, research...) and engage in scholarly discussion.

The basic content of a Poster Session should include the following:

- * A title that appropriately describes the session
- * An outline of a thesis, research, problem or innovative approach
- * The method(s) used to achieve a solution to a problem or approach
- * If appropriate, statistical data should be titled and summarized in a clear, concise format
- A clear, concise summary or conclusion

The Poster Session will be located in the conference area lobby. Posters are limited to a 4X4 bulletin board. No audiovisual equipment will be provided. Presenters should set up poster sessions before 9:00am on Friday and removed by Saturday at 1:00pm. Posters must have a professional appearance. The use of large print graphs, charts or designs is encouraged. All type should be a minimum of 24-font. Posting of small print paper/report is not professional or acceptable. Presenters are encouraged to indicate a time when conference participants can visit with them and discuss their work.

Toni Drew, MA, LPCC / NM License 5696 Resiliency Therapy™
presents

Three Professional Workshops for Mental Health Counselors & Social Workers

Exploring Boundaries in Clinical Supervision Through Action Methods

Fri., June 20, 9:30 am - 12:30 pm
453 Cerrillos Rd. Bldg E, Santa Fe, NM
Cost \$65.00, 3 CEUs in Supervision.

Exploring Ethical Dilemmas Through Action Methods

Fri., July 18, 10 am - 5 pm
Puerta de la Luna, 546 Harkle Rd., Santa Fe, NM
Cost \$125.00, 6 CEUs in Ethics.

Gaining Cultural Competence Through Action Methods

Fri., August 8, 10 am - 5 pm
Puerta de la Luna, 546 Harkle Rd., Santa Fe, NM
Cost \$125.00, 6 CEUs in Cultural Competence.

Action Methods engage participants in physical activity, and in taking on dramatic roles. The creation of new, lived experiences will enhance your view of who is involved, what to do, and how to act with integrity.

About the Presenter: Presently in private practice, Toni Drew trained in Depth Psychology, Action Methods, and Cultural Anthropology. Founder and Director of The Resiliency Therapy Community Corrections Program, she holds 2 Master Degrees and has served on the Bioethics Committee at SV Regional Medical Center.

**To request a brochure or more info 505 989-7368
or email Drew.Resiliency@gmail.com**



Who, Me??



Maybe the question comes up as you read the newsletter.... Maybe it's when you are sitting in a room, waiting for a workshop to begin. Maybe you attend a division luncheon and hear an invitation.

You know — Officers are needed Committee chairs are needed Presenters are neededBook reviews or other articles for Sunspots are needed... and the little voice in your head goes off..... Oh, I could never do that What could I offer? Someone else is better at that sort of thing.... Someone else knows more than I do..... I don't do anything special..... Doesn't everyone do the same things I do—and in the same ways? Oh, sure I read that book that haunted me for days, but everyone else probably read it too, so why would they want to read my book review. Know the voice?

That's the voice that we tell our clients to fight or ignore, isn't it? Yep!!! So — when you read and hear the invitations—officers needed, send in your proposal—consider a poster session—yes, that means YOU!!!!!! You can do it!!

Help!! Who to Contact.....

Licensure information:

NM Counseling and Therapy
Practice Board: 505-476-4610,
[www.rld.state.nm.us/counseling/
index.html](http://www.rld.state.nm.us/counseling/index.html), email: [counseling-
board@state.nm.us](mailto:counseling-board@state.nm.us).

Text of the governing statute (the law): Conway Green Co.

www.conwaygreene.com, Go to
NM Statutes, then Statutory Chap-
ters, Chapter 61: Occupational and
Professional Licensing, Article 32.

NMCA and division information:

www.nmca-nm.org, 505-863-6176,
email: nmcalinda@yahoo.com.

NMCA Officers: see the last page
of this newsletter for names and
contact information.

Laban's Addiction Specific Trainings

P.O. Box 126307, Harrisburg PA 17112 www.last-homestudy.com **CALL: 1.800.795.5278**

Complete the programmed learning workbook, send us back the completed open book test, and your certificate is mailed back the SAME DAY.

All trainings approved by NBCC # 5867,
ASWB Provider # 1037 for social workers
NAADAC Provider 000105

15 hour courses- \$95 each

- Psychopharmacology in Addiction Settings
- Domestic Violence & Substance Abuse
- Dual Diagnosis: Personality Disorders
- Substance Abuse and Older Adults
- Three Theories of Counseling: Psychoanalytic, Cognitive & Reality Approaches
- Motivational Counseling
- Brief Interventions in Chemical Dependency
- Dual Diagnosis: Mood Disorders
- Working with Gambling Problems
- Brief Family Therapy for Adolescents

10 hour course – \$75

- Case Management Issues

8 hour courses – \$65 each

- Mental Status Assessment in Addiction Settings
- Health Issues for Addiction Setting Employees
- Understanding Withdrawal & Detoxification
- Drugs of Abuse
- Adolescent Treatment Issues

7 hour courses – \$60 each

- Criteria Based Documentation
- Group Counseling: Process & Techniques

6 hour courses- \$50 each

- 21st Century Ethics in Counseling
- Clinical Supervision Principles, Techniques & Methods
- Values Driven Addiction Supervision
- Defense Mechanisms/Coping Strategies
- Addiction Based Treatment Planning
- HIV/AIDS Training
- The AIDS Rollercoaster: Counseling the HIV Client
- Ethics Training
- Dual Diagnosis-Assessment Issues
- Aspirational Ethics
- Cultural Diversity in Counseling
- Cognitive-behavioral Treatment of Cocaine Addiction
- Clinical Supervision Foundations
- Exploring Ethical Issues
- Confidentiality Training
- 4 hour course – \$30**
- The Methadone Controversy

Ask about our 50% off BUDDY discount program!

Buy 2– deduct 10% Buy 3 – deduct 15% Buy 4 or more deduct 20%

1. Phone your order in M-F to 800.795.5278 –*Quickest method*
2. Fax your order & this page to 717.657.7996 with credit card information
3. Order online and check out our Web Specials! www.last-homestudy.com
4. Circle desired courses, complete below form, and return this page with check.

Full Name (print clearly) _____

Address/City/State/Zip: _____

Day / Evening Phone (_____) _____ Alternate Phone: (_____) _____

PLEASE CALL CREDIT CARD ORDERS IN TO THE ABOVE NUMBER OR ORDER ONLINE

MAIL ORDERS TO: LABAN'S TRAINING'S, PO BOX 126307, HARRISBURG PA 17112



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

You Are Invited!

**New Mexico Counseling Association
Ninth Annual Conference – September 19-20, 2008
Albuquerque Marriott Hotel Uptown, Albuquerque, NM**

φ September 19, 2008 – Networking Reception — φ September 19 & 20, 2008 – Workshops and Sessions
φ New This Year: Poster Presentations!

Please print legibly or type. Use one form per participant.

NAME _____

E-MAIL *req. for confirmation:* _____

ADDRESS: _____

CONTACT PHONE: _____

Members please indicate all division(s) to which you belong:

____NMSCA ____NMMHCA ____NMCD A ____NMA SERVIC ____NMA SJ

Note: If you are not a current member, you may attach a completed membership form and A SEPARATE CHECK for dues in order to receive the membership rate (form found at www.nmca-nm.org).

What do you get for \$175.00????

- φ Registration includes Friday night reception, breakfast, lunch and snacks for both days.
- φ Up to 15 contact hours have been approved for counselors and social workers.
- φ Door prizes and networking!
- φ See schedule at end of registration form!

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Members

Conference Rate \$175

Student*, primary presenter, retired \$135**

Registration postmarked after 8/29/08, add \$35

Non Members

Conference Rate \$235

Student* and primary presenter \$165**

Registration postmarked after 8/29/08, add \$35

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*Students currently taking 6 or more graduate credits are eligible to register at student rate with professor certification:

University _____ Professor's signature _____

** One primary presenter per session. Workshop title: _____

PLEASE NOTE:

- Cancellation deadline is 5 PM on August 29, 2008. Please see below for cancellation policy.
- There are a limited number of work exchange hours available for student members. Please see The next page for information.
- Special Accommodations needed (Must notify by 8/29/08): _____
- Vegetarian meals requested _____ (You will get a vegetarian ticket at registration. You will be asked to show the ticket at meal time for vegetarian meal.)
- All presenters must register for conference.

Make check payable to New Mexico Counseling Association.**Send registration to: NMCA, Conference Registration Chair, P.O. Box 13120, Albuquerque NM 87192-3120.****Check # _____ Purchase Order # _____***Purchase order must be attached.**Purchase orders not paid within 30 days of the conference will be charged a \$50 late fee.*

Cancellation Policy

Conference fees (minus a \$35 administrative fee) are refundable if the request is received in writing (letter or email) no later than 5 PM MST on September 5, 2008. After that date, no refunds will be given. Refund checks will be mailed after the conference.

Student Work Exchange Hours

There are a limited number of work-exchange hours available for student members. Student members willing to work for five (5) hours will receive one day of paid registration. Volunteer duties would include registration and room monitoring duties. Please contact **Sharon Pearson** (sharlynn1@comcast.net) to volunteer or if you have any questions. Deadline to sign up for student work exchange hours is August 29, 2008.

Hotel

Conference rates at the Marriott Albuquerque Uptown, 2101 Louisiana Blvd. NE, located at Louisiana and I-40 are \$99.00 per night for single or double occupancy. Please contact the hotel directly, **no later than August 28, 2008** at 1.800.334.2086 or www.marriott.com/ABQNM, preferably between 8:00 am and 5:00 pm MST. In order to receive the NMCA Conference rates, you must identify yourself with the NMCA 2008 Annual Conference.

Schedule of Events for Conference**Friday, Sept 19, 2008**

- 8:00-9:00 Registration, Poster Sessions and Light Continental Breakfast
- 9:00-10:00 Opening Speaker in Ballroom
- 10:15-11:45 Morning Sessions
- 12:00-1:15 Lunch and Speaker
- 1:30 – 3:00 Afternoon Sessions
- 3:00 – 3:15 Afternoon Break
- 3:15 – 4:45 Afternoon Sessions
- 5:15 - 7 :00 Reception

Saturday, Sept 20, 2008

- 8:00-9:00 Registration, Poster Sessions and Light Continental Breakfast
- 9:00-10:00 Morning Speaker in Ballroom
- 10:15-11:45 Morning Sessions
- 12:00-1:15 Lunch and Speaker
- 1:30-4:30 Afternoon Extended Sessions

Total CEUs Possible: 15

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

Reporting and Receiving Ethical Complaints

Jeannette Otero, Ed.D.,LPC
Ethics Committee Chair, President-elect-elect

When counselors become licensed they agree to abide by ethical standards of the profession, including applicable codes of ethics. The *New Mexico Counseling and Therapy Practice Board Rules, Regulations and Practice Act* (2006) states, “a licensed or registered individual is expected to behave according to the standards of professional integrity and competence as defined by rule or law” (p. 23). The American Counseling Association (ACA) *Code of Ethics*, which serves as an interpretive aid for the NM Counseling and Therapy Practice Act, further defines ethical behavior and best practices of counselors.

Professional counselors are obligated to behave in an ethical and professional manner to ensure client protection and welfare. Previous articles in *Sunspots* (see fall and winter issues) have discussed ethical decision-making to help counselors make thoughtful, deliberate decisions and avoid ethical complaints. While it is important to maintain professional integrity, it is imperative counselors take appropriate action when another counselor is acting in an unethical manner (see ACA Standard H.2.a). Peer monitoring enables the counseling profession to self-regulate and limit regulation by outsiders who may have little understanding of the profession.

One of the most distressing experiences counselors may face in their career is reporting an ethical violation or receiving a complaint letter from a licensing board or professional association’s ethics committee. Reactions to ethical inquiries range from hurtful feelings and depression to anger and hostility; some counselors become so stressed they jeopardize their own health. While most counselors do not have to deal with reporting ethical violations or responding to an official inquiry and complaint, it is best to be prepared for such events.

According to the *ACA Code of Ethics* (2005), when counselors have reason to believe another counselor is violating or has violated an ethical standard (be specific), they attempt **first** to resolve the issue informally with the other counselor, provided such action does not violate confidentiality rights that may be involved (refer to Standard H.2.b.). In many cases the issue is addressed at this level. If informal resolution is not possible, or if it is attempted without success, counselors should write a letter to the [ACA] Ethics Committee outlining the nature of the complaint. The ACA Ethics Committee will consider a complaint if the individual who is the subject of the complaint is a current member of ACA or was a member when the alleged violation occurred (for more information go to www.counseling.org).

To file a complaint with the New Mexico Counseling and Therapy Practice Board a *complaint form* must be filled out; dates, locations, and the nature of the violation must be included (the complaint form can be downloaded at www.rld.state.nm.us/counseling/complaint). Anonymous complaints are not considered. An initial evaluation is conducted by the NM Counseling and Practice Board to determine if all the information is provided. The Board Administrator, Complaint Committee, and the Complaint Liaison then conduct an initial evaluation of the allegation; this may entail obtaining additional information, clarification, a response from the Respondent, or initiating an investigation. If an investigation is conducted, once it is completed, the Compliance Liaison meets with the Board Administrator and/or Complaint Committee of the Board to determine if the complaint is ready to be presented to the full Board. If the Board believes a violation has occurred, it may request that a Notice of Contemplated Action (NCA) against the Respondent be initiated. The Respondent must request a hearing within a specific period. The board may also authorize the offer of other informal resolution of the complaint in lieu of an NCA.

A counselor on the receiving end of a formal inquiry or complaint, first needs to know who they are dealing with, and understand the nature of the complaint and potential consequences before responding. A licensing board has the authority to suspend or revoke a professional license; whereas a professional association's most severe sanction is likely to be expulsion from the association. It is also important to know whether a formal charge has been made or an informal inquiry is being conducted. Nonetheless, the response should be informed, thoughtful and cautious. This means having a clear, written explanation of the allegations and copies of the rules, procedures, or policies, including rights and options available.

It is essential to not respond to a complaint impulsively; this may be counterproductive. For example, contacting the complainant directly or indirectly is not appropriate. The matter is no longer subject to informal resolution and contact may be considered coercive or harassing. Obtain consultation! Consultation with an attorney is advised; some liability insurance policies provide coverage for legal consultation. It is important to note, consulting with close friends or colleagues may not provide objective counsel, it may be helpful to hire outside consultation.

Cooperate with investigations and proceedings. Organize a defense and respond to charges respectfully, carefully and thoughtfully in the allocated time period. Assess the credibility of the charge; know and understand appropriate ethical standards, and then limit the scope of the response to the areas and issues directly related to the content of the official complaint letter. The best defense is not a resounding offense! If the complaint accurately represents the events, but does not interpret them, provide an accurate, precise account with as much documentation as possible. If a violation has been committed, document the events and begin appropriate remediation immediately (professional supervision, personal counseling...). Seek legal counsel and know the rights of appeal.

Lastly, confide in someone who will be emotionally supportive throughout the process and take steps to minimize stress and anxiety; take care of personal emotions and seek professional counseling if necessary.

Reporting an ethical violation or receiving an ethical complaint is a distressing, emotional experience. It is vital for counselors to continually examine their own professional behavior, discuss ethical concerns, engage in professional development activities, consult, seek supervision and most importantly become active in professional associations.

References

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

New Mexico Counseling and Therapy Practice Board. (2006). *Rules, regulations and practice act*. Santa Fe, NM: Author



Please note..... One hour of continuing education is available. If you are interested, please contact our Executive Director, Linda, at nmcocalinda@yahoo.com. You will receive questions to answer.

Requests for questions must be made by July 15, 2008.



From our divisions....

New Mexico School Counselor Association

Freida A. Trujillo, president

As the school year and my term as NMSCA president comes to an end, I have been reflecting on all the many opportunities I have had over this year. I have been able to network with so many incredible professional school counselors, as well as other educators, legislators and community members regarding issues school counselors face here in NM. I believe that the community as a whole has a better understanding of the role of a professional school counselor, and there is more recognition of the value of your work. While we have definitely made progress, and there is a momentum of change for the better, the work has only begun. We need your dedication, your passion and your energy on the NMSCA Board. If you are interested in an NMSCA Board position, or you would like to be on a committee, please call or e-mail me at 505-315-8213 or trujillo_f@aps.edu.

It has truly been an incredible honor to serve you this year as president of NMSCA. It is my hope that you have found, and will continue to find your membership in NMSCA valuable. I have prepared an annual report for your review.

As I end my term, I want to give special thanks to my incredible board. I would not have survived this year without their hard work. I was really blessed to work with such wonderful professionals. I want to specially thank Betty Whiton, our wonderful legislative liaison, for her countless hours advocating on behalf of school counselors. I would also like to specially thank my Albuquerque Public School's (APS) Director, Lynn Pedraza. It is her support, her belief in community partnerships, and her belief that all NM students are "our" students, that has allowed Laura Owen, NMSCA Past-President and me to take professional leave and go out to various towns and cities in New Mexico to do professional development for school counselors. She has also helped NMSCA, by allowing us to partner with APS to bring Trish Hatch and Carolyn Stone to do their workshops for you. Special thanks also to Gadsden Public Schools and Las Cruces Public Schools who also partnered to bring Carolyn Stone to the Southwest part of the state.

Wow what a year this has been. Please take time to rest and have fun this summer break. You really deserve it! But before you do, please join me in welcoming the new NMSCA President, Roseann Cochran.

Annual Report to New Mexico Professional School Counselors

NMSCA MISSION STATEMENT:

The Mission of the New Mexico School Counselor Association is to promote excellence and ethical practice in the profession, by providing leadership, support and advocacy for school counselors

NMSCA's SUMMARY OF GOALS:

- To advocate for the role and programs of NM professional school counselors by promoting the implementation of the ASCA National Model
- To provide professional development opportunities
- To provide visionary and bold leadership for all NM professional school counselors

SUMMARY OF YEAR'S ACTIVITIES AND ACCOMPLISHMENTS:

Conducted "Crossover" activities and welcomed new board members, June 18-19, 2007
 President and Past-President Attended Delegate Assembly, June 21-22, 2007, Denver, CO
 Attended the NMCA LDI, June 29, 2007, Albuquerque, NM (continued)

President and President-Elect attended the ASCA LDI, July 25-28, 2007, Charleston, South Carolina
Conducted NMSCA Region Trainings on the ASCA National Model in Carlsbad (September 27, 2007), Las Cruces (October 18, 2007), and Santa Fe (June, 2-4, 2008)
Conducted/Attended Quarterly NMSCA Board Meetings (September 14, 2007, November 17, 2007, January 12, 2008, March 15, 2008)
President attends NMCA Board Meetings (September 14, 2007, December 8, 2007, January 26, 2008)
Collaborated with NMCA to put on the NMCA Fall Conference (September 14-15, 2007) which included a track for Professional School Counselors
President presented on Solution Focused School Counseling to Highlands University's school counseling class, October, 2007.
Collaborated with RMACAC, the New Mexico College Success Network, several NM Public and Private Schools and to put on a state-wide College Fair, Sunday, October 14, 2007
Collaborated with Albuquerque Public Schools to put on the "Data 102" Workshop with Trish Hatch, October 15-16, 2007
Conducted a General Membership meeting at the "Data 102" Workshop
Collaborated with the College Success Network (CSN), Albuquerque Public Schools (APS), The University of New Mexico, Central New Mexico Community College, New Mexico State University, New Mexico Student Loans, and New Mexico Gear Up to put on a state-wide "Counselor Academy"
Past-President presented at the CNM Careers Conference on Partnerships with Principals for Student Success, April 11, 2008
Collaborated with Albuquerque Public Schools to put on a state-wide training on "Ethics and The Law" with Carolyn Stone. Over 400 Professional School Counselors, Social Workers, School Psychologists, and Principals attended the training, April 30, 2008
Collaborated with Gadsden Public Schools and Las Cruces Public Schools to put on a region training on "Ethics and The Law" with Carolyn Stone, May 1, 2008
Collaborated with the New Mexico Public Education Department and many community agencies for a Family Advisory Council
Completed our NMSCA Board Position Descriptions
Updated and approved the NMSCA Bylaws
We are continuously updated our database of professional school counselors across the state
Filled all positions of our board
Secured Russ Sabella to come out in November (14th) to present on Solution Focused Brief School Counseling. We will likely partner with Albuquerque Public Schools on this workshop as well

SCHOOL COUNSELOR ADVOCACY & PUBLIC POLICY ACTIVITIES:

President presented to the Middle School Outreach Committee on the issues facing NM Professional School Counselors, June 28, 2008
Past-President presented at the New Mexico Coalition of School Administrators (NMCSA) Conference on Comprehensive School Counseling Programs, July 20, 2007
Bills we supported and advocated for during the legislature: HB241, and educational Funding Formula Bill (with modifications); and House Joint Memorial Bill 3, which asked for a review of why critical school
Represented NM Professional School Counselors at Coordinated School Health Day at the State Legislature, February 2, 2008
Collaborated with Albuquerque Teacher's Federation to communicate via letter with NM professional school counselors to garner their support and encourage their involvement in advocacy, public policy and legislative issues facing them here in New Mexico
Met with Dr. Veronica Garcia, Secretary of Education, NM Public Education Department, to discuss several key issues and concerns that are affecting the New Mexico school counseling profession, September 12, 2007
Submitted a RFP for the New Mexico Coalition of School Administrators (NMCSA) Summer Conference (July 2007)
Over 60 Principals and Assistant Principals attended the "Ethics and the Law" conference with Carolyn. It was our hope that this would help them to understand the complicated issues and ethics that professionals school counselors are faced with. (continued)

NMSCA, continued.. SUMMARY OF ISSUES AND NEEDS CONFRONTING COUNSELORS IN NM:

We are still working on a Counselor Career Pathways equitable to Teacher's Career Pathway for all counselors across the state. Many school districts have placed counselors on a comparable Career Pathway, but we still have many counselors who are being left behind in New Mexico

Oversight at the Public Education Department and their enforcement of NMAC 6.30.2.11.F and NMAC 6.63.6.9

Lower School Counselor to Student Ratios to the ASCA recommended 1:250

With 1-2 exceptions, there is a lack of University Professors involvement with ASCA, NMCA, NMSCA and school counselor professional development

Universities involvement with professional development for high schools on college advisement and updates on their college entrance requirements

IMPLICATIONS/RECOMMENDATIONS TO ASCA BASED ON THE ABOVE ISSUES AND NEEDS:

We need ASCA to continue its advocacy and leadership on a National Level regarding all the above issues. Thanks for your support!

FUTURE PLANS:

Continue to work on NMSCA membership recruitment

Continue to advocate for membership in ASCA

Some board positions have recently become vacant, so we will be looking to fill those NMSCA board positions

Continue to advocate for the need for professional school counselors in New Mexico

Outreach to areas of the state not yet reached to train on The National Model and Professional School Counseling Advocacy (Taos, Roswell, Northwest Region)

Continue to provide professional development opportunities for NM professional school counselor

Complete the NMSCA Strategic Plan for 2008-2013

Complete the NMSCA Comprehensive School Counseling Program Guide

New Mexico Mental Health Counselors Association

Suzanne Schmidt, president-elect

April Showers Knowledge on NMMHCA Workshop Participants. As April tantalized New Mexicans with thoughts of spring, climbing into the clouds proved to be an irresistible attraction for counselors in the southern reaches of the state as well as western Texas. And what they found when they arrived at the lovely cleft (clearing) on the mountaintop was a dynamic, interactive group of like-minded professionals seeking Ethics training.

Responding to expressed concerns about the necessity for counselors in the southern region of the state to travel to the Albuquerque area for continuing education and association activities, the New Mexico Mental Health Counselors Association designed this event as a member service. It was an experiment that proved to be highly successful.

The workshop featured presentations by Beth Armstead, NMMHCA Past President, Barbara Henderson, NMMHCA Ethics Chair, Suzanne Schmidt, NMMHCA President-Elect, and LaMarr Edgerson. Ethical standards from various professional associations and licensure boards were compared and contrasted, case studies were explored, and issues particular to supervision were examined.

Perhaps the most compelling feature of the day, however, was the intense, comfortable interaction among participants. It was a testament to everything we counselors learned in our initial training about the power of positive group dynamics. The open, safe atmosphere allowed for questions to be asked and answered freely, information and expertise to be shared, and concerns to be considered. (continued)

NMMHCA, continued.....

The tone was set for the weekend when early-arriving participants gathered on Friday evening at the home of Suzanne Schmidt and Dan Jones for cocktails and eats. Socialization paved the way for a smooth transition into the professional material of the Saturday workshop.

The outcomes from the weekend were many and varied. From excellent training, to new members for NMMHCA, to the development of a powerful professional network for the participants. And last, but certainly not least, was the benefit of a short stay 9,000 feet above stress level in lovely Cloudcroft.

New Mexico Career Development Association

A Division of the New Mexico Counseling Association

presents a One Day Workshop

“ETHICS FOR THE PROFESSIONAL COUNSELOR”

Santa Fe

Santa Fe Community College

6401 Richards Avenue

Friday, July 18, 2008

Albuquerque

ITT Technical College

5100 Masthead NE

Friday, August 15, 2008

9:00am – 3:45 pm

(Santa Fe workshop is cosponsored with the SFCC Counseling Department)

This six (6) CEU workshop provides a review of ethical principles and treatment of emerging ethical concerns and matters of liability and risk management including attention to personal virtues and character as context for ethical judgments. The presentation is instructive and interactive and includes a workbook. This is the fourth annual highly acclaimed workshop.

Dr. WAYNE MAES Professor Emeritus and Department Chair at UNM and an international consultant on competent and ethical practice. As presenter he provides an informative, highly relevant and entertaining workshop.

NMCDA, as 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.

REGISTRATION

Space is limited. Early registration is recommended.

	<i>Postmarked by <u>June 1</u></i>	<i>Postmarked by <u>July 1</u></i>	<i>Postmarked after July 1 <u>(No On Site)</u></i>
<i>NMCDA Member</i>	\$50	\$75	\$95
<i>NMCA Member</i>	\$75	\$100	\$120
<i>Non Member*</i>	\$95	\$125	\$150

*Annual membership \$60—application available at www.nmca-nm.org

Lunch and refreshments are included in registration fee. \$25 cancellation fee after July 5

Registration Form

Name _____

Address _____

Phone _____ email _____ (for confirmation notification only)

Santa Fe Albuquerque vegetarian lunch special accommodations
 Check for \$ _____ enclosed Purchase Order # _____ form enclosed

Mail registration and check or PO to: Ethics Workshop, NMCDA, Box 35906 Albuquerque, NM 87176

NMCDA, continued....

AGENDA

ETHICS FOR THE PROFESSIONAL COUNSELOR

Friday, July 18, 2008 Santa Fe

Friday, August 15, 2008 Albuquerque

8:30 am – 9:00 am	Registration
9:00 am – 3:45 pm	Workshop -- Begins and ends promptly
Noon – 12:45 pm	Box Lunch – included in registration
3:45 pm	CEU Certificates issued

FURTHER INFORMATION: Charles Lehman, 505.938.1282 or clehman@nm.net

New Mexico Advocates for Social Justice

Barbara Conroy, president

The Need for Advocacy. Change is afoot. The aware among us have an increasing concern about the deep and significant changes ahead, many of which affect counseling. Political leadership and priorities shift. Environmental impacts open worldwide competition for resources. Trends in our social infrastructure bring privatization of government services, provide minimal oversight, and diminish valuing the common good.

These and a myriad of other changes bring social justice issues to the doorstep of counselors. Most of these involve what is at stake in the decision making that brings and directs the changes that are made. Pressure around decisions will be intensified as people and organizations and countries do things differently. A major result (and contributing factor) will be greater stress and adjustment for clients, employers and even for the counseling profession at large.

At this time the structure of New Mexico behavioral service delivery is in a process of transition begun over three years ago. Significant change is likely to result in new patterns of credentialing and licensure, fee structures, treatment modalities, professional continuing education and funding requirements. Change indeed. Some of these changes are beneficial, some cause distress and most serve to institutionalize our professional practice. The lives of your clients, yourself and your communities will be affected to a greater or lesser degree.

The key question is: who makes the decisions and how.

Public input is now invited by the N.M. Behavioral Health Collaborative to help structure the next five years – a time of change – in our state's management of behavioral health care. The invitation has been significantly muted by silence, limitations, the large and complex nature of the issue, and lack of awareness and information – but the possibility still exists to influence the future. Yes, this is time for public decisions, a time to influence outcomes and a time to guide change in policy and process.

Most counselors are not aware and not taking acting to be involved in shaping the changes that are afoot. For two years NMASJ has sought to inform and alert NMCA of the implications of this large and emerging restructuring. But minimal interest has been shown. Yet, the Request for Proposals for the statewide entity responsible for delivering publicly funded behavioral health services 2009-2013 is now being drawn (continued)

NMASJ, continued...

to be available for bid July 1. Consumers and providers are being asked for their input on the rfp to be presented in writing before June 15th to the N.M. Behavioral Health Collaborative (www.bhc.state.nm.us or by mail to Angel Roybal, P.O. Box 2348, Santa Fe 87504) or in person on June 13th (1:00-4:00) at UNM in Albuquerque. At this point, individual input is expected more likely than a collective response.

So, this is a time for advocacy. Advocacy is vital in public decisions to influence outcomes, to change policies and processes that do not work, and to engage movement for social change when needed. Those who are affected by these changes are the ones who know best what is working and what isn't. Advocacy comes from a professional and social consciousness of social justice.

Advocacy is uncomfortable for many counselors. Yet, our current ACA Code of Ethics (2005) directs counselors to *"...advocate at individual, group, institutional, and societal levels to examine potential barriers and obstacles that inhibit access and/or the growth and development of clients."* (A.6.a) and *"Counselors obtain client consent prior to engaging in advocacy efforts on behalf of an identifiable client to improve the provision of services and to work toward removal of systemic barriers or obstacles that inhibit client access, growth, and development."* (A.6.b)

Counselors are concerned for their clients, agencies and organizations and the fabric of a caring society – as well as themselves. Consequently, bringing forward our concerns clearly, ascertaining the evidence, identifying partners and allies as well as the decision makers and levers for change, determining the feasibility of what we want and expressing ourselves – all this is vital for effective advocacy. We can use education, persuasion, monitoring and mobilizing to build our strategic action when we assess what change is needed. A significant part of our work as counselors is to be conscious of the larger context in we work and our clients live. When changes as large in scope as New Mexico's statewide behavioral health system are under way, being observant of the effects of decisions made, legislation proposed and enacted and extensive contracts let is crucial. It is part of our professional and civic responsibility.

NMASJ will continue to bring you information sometimes "under the radar" through our continuing education programs, annual conference sessions the Social Justice Newsletter and our meetings. Social justice issues relevant to counseling are the heart of our division. We seek to serve our members, other NMCA divisions and counseling in general in this "fifth dimension" of the profession. We support counselors when they want to become active on social justice issues with resources at state and national levels. And we invite you to join us.

New Mexico Association for Spiritual, Ethical, and Religious Values in Counseling

Melissa Pickett, president

A Quick Year in Review... NMASERVIC is pleased to announce its 2008-2009 Board:

President – Margaret Barnett, President Elect and 2009 Conference Chair– Judy Blaise, President Elect Elect – Open, Past President – Melissa Pickett, Treasurer – Judy Blaise, Leadership Chair – Mary Ellen O'Leary, Communication's Co-Chairs – Mary Ellen O'Leary and Elizabeth Ebner, Mentorship Chair – Arlene Einwalter, Membership Chair – Margaret Barnett

We are excited about the knowledge, commitment and enthusiasm of our new board, and we have many exciting plans for next program year. But in the meantime some wonderful accomplishments from this year...

Rosemary Eads successfully chaired the 2008 Conference Committee. This was our best conference yet. With about 70 participants, we explored many diverse and interesting topics focused on "Keeping Your Center in Challenging Times." We received rave reviews. Next year's conference will be held in Santa Fe, March 5-7, so mark your calendars. RFP's will be coming out soon.

Our mentorship program kicked off this year. We have one mentor and mentoree who are greatly enjoying their meetings and blossoming relationship. We hope to continue to expand this program to more mentors and mentorees. It's a great way to find connection and support each other.

Amy Cortese and the Leadership Committee have been working for most of the year on the Nine Core Competency Project. National ASERVIC's upcoming conference in North Carolina will be focused on the competencies, and we are happy to offer Alan DeSalome, one of our members a scholarship for his registration. We look forward to the information he will be bringing back. We are researching how to implement a program at the grass roots level. ACA has published a book, "Integrating Spirituality and Religion into Counseling, A guide to Competent Practice," which can be ordered on line at the ACA. Worth the read. We look forward to CE opportunity around this subject.

Mary Ellen O'Leary has been hard at work developing a NMASERVIC website. Soon to be completed, you can find all the info at <http://www.nmaservic.org/>. There is a library for member articles, information about NMASERVIC and its members, review of the nine core competencies, officer listings, member service listing, links to other important sites, updated inspirational messages and much more. Look for the website soon to be live. What a great job Mary Ellen!

This year we created "Counselor Connections," our E-newsletter. Peggy Lesniewicz has done an outstanding job as the editor. The newsletter is filled with great articles and information. Its professional look and content are top quality.

Kelly Brooks, our treasurer, has done a great job keeping us on track financially. Healthy finances are imperative to a strong organization.

We are grateful to everyone who has contributed to NMASERVIC. We continue to seek to support our membership in many important and innovative ways. We always look forward to hearing suggestions from our members. This is an organization run by members for members. This year we have taken steps to build upon what has been done in the past, and we are proud of the foundation we have created this year. The greatest benefit to participation in NMASERVIC is the connections we make and we invite our members to take leadership positions and bring new perspectives to us all. We are strong, together.

With Regret...

After many years of the energy, hopes, dreams, and valiant effort of many people, NMACES has been disbanded. The NMCA Bylaws require that divisions have a representative to the NMCA board, which is usually the division president; an active board, and at least 15 active members.

A few years ago, because NMACES was not able to continuously meet these requirements, the division became inactive. At that time, Grady Harlan stepped forward and worked toward reviving the division. He worked on this for a couple of years, and created interest in the organization. He was followed by David Olguin, who recreated the Bylaws and found people to serve on the board. However, the membership numbers fluctuated, and often the division didn't meet the membership requirement. At the fall, 2007 NMCA conference, interested members met and elected new officers, including president, Jeanette Otero. However, the problems continued.

At the last NMCA Board meeting, the board heard that, once again, the division was not in compliance with the bylaws. Jeanette suggested that it was time to disband, and the NMCA board members agreed to face the fact that the division was not in compliance. It was felt that it is unlikely that this is possible. Therefore, we no longer have NMACES.

Distress In Cross-Cultural Marriages

Gary Direnfeld

The vast majority of calls for marital counselling come from women. In cross-cultural marriages, the complaint is often that the husband is either verbally abusive or alternately, cold, rejecting and passive aggressive. In the first case, the woman is of British decent and in the second case, the woman is of Eastern European or Middle Eastern decent. The husband is from the contrasting culture.

As the marital therapy unfolds in the first case and issues of domestic violence are explored it becomes apparent that the husband is not hurling demeaning remarks and is not name-calling. Rather, he, as per the *Seinfeld* show, is a loud talker. Here the husband has only two settings on his volume control, off and full volume. Further, he is likely to come closer to his spouse than she is comfortable with, particularly in view of the loud volume. She on the other hand, being of British decent, tends to be far more quiet and subtle in her statements, demeanour and conversation. She is overwhelmed by him and quietly withdraws. He, feeling unheard due to the increasing distance or the subtlety of her reply, comes yet closer and actually increases the volume. She then feels verbally attacked and harassed and complains so. He, on the other hand, feels vilified and in upset and anger, manages to get louder still. The dynamic carries on until the relationship collapses. He is blamed as abusive.

In the second case, the woman of Eastern European or Middle Eastern decent complains her husband is cold and rejecting. Like above, as she advances loudly, he now retreats feeling overwhelmed and unable to cope with her intensity. He is vilified as passive-aggressive.

Although told from the point of view of the woman, these dynamics are as easily told from the point of view of the man. Underneath both sets of conflict however, is an abject lack of understanding and appreciation for the impact cultural differences between the couple. As a result of the lack of understanding, persons are apt to ascribe pejorative, negative motives onto the other person, believing their behaviour to be sinister in nature as opposed to simply being a culturally determined difference between them both.

While many of these same couples will argue they had the same goals and dreams upon marriage and even still, they now seek to end the relationship for the hurt feelings that have developed the result of their differences in communication, particularly as it relates to emotional expression and intensity.

Before throwing out the marriage and laying blame on each other, couples are advised to step back from the brink and give greater consideration to these cultural differences. Thereafter, they must discuss the impact of the differences upon their relationship and after that, discuss ways of accommodating to each other. While some may argue that "this is who I am" or "why do I have to change", they must understand that any good marriage requires the partners to make accommodations to each other for the higher goal of marital integrity. Neither person or culture should have to take a second seat to the other, but both must modify some behaviour to improve tolerance and management of the differences.

As cross-cultural marriages continue to rise, more attention to accommodating to the differences will improve marital relations and the children of these marriages can come to enjoy very rich and multifaceted heritages.

If you are in a cross-cultural marriage in distress, rather than looking badly upon your partner, consider discussing your differences in emotional expression and what this means to you. If you are loud, consider the impact of your style upon your partner and reduce the intensity. If you are quiet and reserved, hang in before removing yourself and let your partner know if you are feeling overwhelmed. Use your words, not behaviour. Couples can learn to accommodate to their cultural differences and clear up misunderstandings.

(Gary Direnfeld is second generation Canadian of mixed Polish and Russian decent.)

Gary Direnfeld is a social worker in private practice. Courts in Ontario, Canada, consider Gary 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. gary@yoursocialworker.com; www.yoursocialworker.com

Professionalism In Action

NEW MEXICO COUNSELING ASSOCIATION
www.nmca-nm.org ... e-mail: nmcalinda@yahoo.com ...
Phone: 505-863-6176 (Linda Rounds-Nichols, Ex. Dir.)

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The Executive Director has the right to select and edit submissions based on space availability.

NMCA Officers

President: Jenna Crabb ... jennas@unm.edu

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President Elect-Elect: Jeanette Otero ... jvotero@nmhu.edu

Treasurer: Sharon Pearson ... sharlynn1@comcast.net

Vice President for Professional Development: VACANT

Executive Director: Linda Rounds-Nichols - nmcalinda@yahoo.com

Newsletter Advertising Information

Sunspots is published quarterly.

Submit camera ready advertising to: nmcalinda@yahoo.com

Advertising rates, are as follows.

1/10 page (business card size) \$40

1/4 page \$100

1/2 page \$150

Full page \$200

Both the camera ready ad and the payment are due by the 1st of May, May, August or November.

Advertising fees should be mailed to:

NEW MEXICO COUNSELING ASSOCIATION—Treasurer

P.O. BOX 13120

ALBUQUERQUE, NM 87192-3120

Current NMCA members who wish to advertise receive a 50% discount.

Paid advertisements include: job postings, counseling seminars, workshops and conferences, counseling businesses.

Job announcements are welcome as business card size ads.



Sunspots does not guarantee the value or authenticity of products or services advertised in the classified section. The publication of an advertisement in *Sunspots* does not imply endorsement by NMCA of the advertiser or the products or services. NMCA does not knowingly accept ads that discriminate on the basis of race, sex, religion, national origin, sexual orientation, disability or age. *Sunspots* reserves the right to edit all copy and refuse ads that are not consistent with ACA Ethical Standards. *Sunspots* does not advertise special events that conflict with NMCA scheduled events.

Articles are due by the 15th of May, 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