

# NEWSNOTES

National Board for Certified Counselors

Volume 11, Number 1

Summer 1994

## NEW NBCC BOARD MEMBERS AND OFFICERS NAMED

Wyatt Kirk, Sandra Lopez-Baez, Richard Page, Michael Shahnasarian, and Virginia Villarreal-Mann were elected to the NBCC Board of Directors effective July 1. Elinor Waters was elected for a second term.

Kirk and Lopez-Baez hold general directorships on the Board. They replace outgoing board members John Dolan and Joe Wittmer. Kirk is chairperson of the Human Development and Services Department at North Carolina A&T State University. Lopez-Baez is a professor and Director of Graduate Studies in Counseling and Human Development at Walsh University.

Page represents the new NBCC addictions specialty certification. The chair of the NBCC/IAAOC Task Force, he is a professor in the Counseling and Human Development Services Department at the University of Georgia.

Shahnasarian serves as the career specialty representative. The executive director of Career Consultants of America, Inc., he replaces Juliet Miller. Villarreal-Mann, an elementary/special education counselor with the McAllen Independent School District, succeeds Doris Rhea Coy as the school specialty director. Waters remains the gerontological specialty director and is an associate professor at Oakland University.

The NBCC Board of Directors officers for fiscal year 1995 are Richard Percy, chairperson; John Bloom, chairperson-elect; and Janine Bernard, secretary. The board now has 12 members. □

## LEHRMANN SPEAKS IN MINNEAPOLIS

*Eugene Lehrmann, president of the American Association of Retired Persons (AARP), spoke on health-care reform at the American Counseling Association's annual convention in Minneapolis, MN, on April 25. Lehrmann, a former member of the NBCC Board of Directors, addressed AARP's position on health-care reform and the role of counselors in the health-care reform process. NBCC and the Association for Adult Development and Aging (AADA) sponsored the special session. Here is his speech:*

### **The Role of Counselors in Health-Care Reform**

When I think about where we're at with health-care reform, I am reminded of the story about the Supreme Court Justice, Oliver Wendell Holmes, who once found himself on a train unable to locate his ticket.

While the conductor watched, Justice Holmes searched through all his pockets in vain. The conductor, recognizing Holmes, said, "Don't worry; you don't need your ticket. You'll probably find it when you get off the train. Just mail it

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## NEW ETHICS OFFICER STARTS

Cathryn Alschuler has been selected as the first ethics officer for NBCC. The position was established by the NBCC Board of Directors to help expedite a continually growing caseload and to move the process toward a less formal, legalistic one.

A native Californian, Alschuler has been a school counselor, assistant principal, private counselor, and consultant and is presently involved with court mediation. While her position with NBCC is not one of mediation, those skills gained in becoming certified by the Academy of Family Mediators will no doubt be helpful in this position. Also her degrees in philosophy (B.A.—California State, Long Beach), counseling (M.S.—California State, Long Beach), and psychological education (Ed.D.—University of Massachusetts) will be helpful in understanding the complexities of the ethics and discipline processes.

As ethics officer, Alschuler will be the first formal contact in all ethics case. She will act as hearing officer in suitable cases and direct some cases on to the discipline committee. □

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## LEHRMANN ON HEALTH-CARE REFORM

From Page 1

back to the Pennsylvania Railroad.”

With great irritation, Justice Holmes replied, “My dear sir, the problem is not ‘Where is my ticket? The problem is where am I going?’”

To me, this is a question that haunts all of us as we move full steam ahead toward reform of the nation’s health-care system. And it probably haunts the mental health professions—especially counselors—most.

It’s the question that brings us together this morning. I especially want to thank Tom Clawson for inviting me, and for the work he has done promoting mental health as part of health-care reform.

I am also pleased to see that Mark Anderson is with us this morning, representing Senator Paul Wellstone. As most of you probably know, Senator Wellstone has taken the lead in the Senate to strengthen support for mental health coverage in health-care reform. Like all of us, I will be interested to hear Mark’s comments this morning.

I would also like to applaud the contributions that counselors are making to the nation’s health care now—especially in providing gerontological counseling to older Americans, in working in community-based settings, and in helping people of all ages prevent more serious physical and mental conditions.

What I would like to do this morning is give you AARP’s position on health-care reform, discuss what I see as the role for counselors in a reformed health-care system, and then talk about the role counselors can play in the health-care reform process.

I don’t think there’s any doubt the time to reform our health-care system is long overdue. There is also no doubt that it is a complex and complicated issue.

That’s why we have established a clear set of principles to help all Americans determine whether any health-care reform proposal that emerges from the Congress is “real reform” and “valuable reform.”

These principles are designed to create a health-care reform plan that will cover *all* generations and will stand up to the nation’s needs for a long time to come. Here’s what health-care reform must provide for every American:

1. Guaranteed health-care coverage that cannot be taken away—legislated not as a vague promise, but on a timetable specified in the law and with a comprehensive package of benefits.
2. A long-term benefit that guarantees security and peace of mind to Americans of *all* ages faced with severe disabilities and chronic illnesses.
3. Prescription-drug coverage to ensure that no one is denied access to essential, often lifesaving, drug therapies.
4. System-wide cost containment that assures consumers affordability and doctors and hospitals a fair price.
5. And financing that is fair and adequate.

These five principles offer a straightforward guide through the difficult and constantly changing process of health-care reform. With these principles, we can sort out all of the proposals—regardless of how complex, confusing, or even contradictory they may be.

**NO ONE MUST EVER BE DENIED COVERAGE UNDER ANY PLAN THAT HOPES FOR AARP ENDORSEMENT.**

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**LEHRMANN ON HEALTH-CARE REFORM**

From Page 2

If that sounds too simple or easy, let me make it clear that we didn't just create those principles last week—or even last year. We were one of the first and loudest voices calling for reform—and have been now for more than 30 years.

Our principles may be stated simply, but achieving them will be much more difficult. Because, you see, our principles are not merely a wish list. They are basic requirements for any plan that AARP will support.

We want health-care reform that will protect everyone—whether young or old, rich or poor, sick or well—no one must ever be denied coverage under any plan that hopes for AARP endorsement.

We want long-term care for everyone regardless of age—that *includes* the one-third of those in need who are under 65.

We may have to remind the critics of long-term care of that statistic from time to time. They argue that long-term care was added to health-care reform to attract support from older Americans. They don't know or don't want the public to know—that long-term care isn't only for older Americans.

AARP's support for prescription-drug coverage is also intergenerational—we want a plan that covers everyone. Whatever may be happening to drug prices now, the fact is that drug costs increased at three to four times the average rate of inflation for more than a decade. Some people have had to cut back on their medicines in order to have money for food or heat. And that's unacceptable.

Long-term care, prescription-drug coverage, cost controls, and a fair and equitable way of financing health-care reform—these are all prerequisites for AARP, right from the beginning.

With our principles in mind, we have looked at all the plans offered so far—and will look at the others that inevitably will appear in the course of this year.

At this point, all plans fall short—in some degree—of meeting all our requirements. As such, we have not endorsed any plan—despite what you may be led to believe by others. We do believe, however, that the Clinton plan does make a good start. It is the strongest and most realistic blueprint to date.

We've been saying that for some time now—and for good reason.

The Clinton plan provides basic home-based and community-based long-term care services regardless of income to the 3.1 million severely disabled or chronically ill people in this country, young and old, regardless of income.

That's a dramatic improvement over our current institutional welfare system. Most of the other proposals fail to include any coverage at all for long-term care.

In our view, it doesn't make any sense to protect a family against \$20,000 in hospital expenses, but leave them with \$20,000 in uncovered expenses.

And let me remind you that an AARP survey has shown that, when long-term care is included in a health-care reform proposal, support for the proposal goes up from 46 to 82 percent.

For those of us already in the Medicare system, the President's plan promises we will continue to be covered. But the biggest plus—the all-important new benefit—is prescription-drug coverage.

Still another plus in the Clinton plan is the protection afforded another group of those without insurance. I'm talking about people who've retired early, lost their jobs late in their careers, or have been widowed or divorced and, as a result, don't have adequate health insurance. The Clinton plan would make

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**VOLUNTARY  
AUDITS**

The following NCCs have passed the Voluntary Audit by completing and documenting more than 130 hours of continuing education activities in the five-year certification cycle. They are recognized for outstanding achievement in continuing education. These professionals have demonstrated their dedication to excellence, and NBCC salutes them. Congratulations!

- Sergio A. Colon-Velez**, #1130  
Orlando, FL
- Linda J. Cowden**, #21926, O'Fallon, IL
- Timothy J. Fenske**, #7145  
North Royalton, OH
- Richard J. Hayden**, #2707  
Tacoma, WA
- Emily A. Hooker**, #4822, Orlando, FL
- Lynn Kirson**, #12624, Upper Nyak, NY
- Harriet L. Knighten**, #4972  
Albuquerque, NM
- Anita Byorek Langley**, #3290  
Duluth, GA
- Robert E. McCarthy**, #32887  
Saratoga Springs, NY
- George P. McGregor**, #4751  
Montville, NJ
- Janet S. Oliver**, #0834, Koloa, HI
- Rhonda E. Paul**, #0831, Detroit, MI
- Janet Valente**, #18237, Portland, ME

**DISCONTINUED  
PROVIDERS**

- #6020 Carol Rogne
- #5310 Family Therapy Institute of Alexandria
- #5132 Marion's Support System
- #5459 The Psychiatric Institute of Montgomery Co. (Potomac Ridge Treatment Center)

## LEHRMANN ON HEALTH-CARE REFORM

From Page 3

these people eligible for protection.

Along with universal coverage, these are some of the things we like about the President's proposal. They are matched by a list of concerns.

We're concerned about the cuts in Medicare included in the proposal. For example, the \$118 billion in proposed reductions comes on top of \$56 billion in cuts enacted just three months ago as part of the budget.

Unless there is real system-wide cost containment, and spending reductions in the private sector as well, the Medicare program can't sustain the level of reductions the President proposes without creating quality and access problems for Medicare beneficiaries.

In fact, we're already seeing access problems. We hear from more and more of our members that doctors won't take them because they are on Medicare. And it's only getting worse.

When it comes to mental-health coverage, the Clinton plan offers an important start. It would expand access by removing limits imposed by pre-existing conditions and lifetime caps. And, it would emphasize providing the most effective treatment in the least restrictive setting—whether it be residential, home-based, or outpatient care.

But the Clinton approach also raises many concerns. For example, it limits the days and number of visits, and it does not change the current high mental-health coinsurance rate from 50 percent to the standard 20 percent. These limitations will prevent some people from receiving services.

So, while we appreciate the fact that President Clinton's plan includes mental-health and substance-abuse coverage, we would like to see it provide access to all Americans. We want to see mental-health care placed

on par with physical-health care.

The mind and body are inherently linked in our view of *health* and should be linked in our discussion of health-care reform—and, indeed they are.

I think it's clear to all of us here that our nation will not have universal and truly *comprehensive* coverage unless mental health is included in that coverage.

One of the keys to adequate and effective reform of our health-care system is to make it possible for the right professionals to provide the appropriate care at the appropriate level in the appropriate setting.

Once we are able to do that, I think it's clear that counselors can be effective in long-term care settings

**HEALTH INSURANCE PLANS THAT PROVIDE FOR A WIDE ARRAY OF MENTAL-HEALTH SERVICES DEMONSTRATE HIGHER USE OF LOWER-COST SERVICES.**

and in reducing the cost of health care. They may also play a critical role in prevention of more serious conditions—both physical and mental.

There is substantial debate over the costs and potential offsets of including mental-health coverage in health-care reform. But, evidence exists to suggest that the inclusion of mental-health benefits can reduce overall health-care costs.

Health insurance plans that provide for a wide array of mental-health services demonstrate higher use of lower-cost services—outpatient visits instead of hospitalization, for example.

McDonnell Douglas Corporation introduced an employee assistance plan that managed individual and

family health care and reduced mental health-care costs by 50 percent and physical health-care cost by 29 percent over four years.

The Group Health Association, a Washington, DC, HMO, reported that, once patients started using mental-health counseling benefits, they reduced their non-psychiatric physician visits by 31 percent and lab and x-ray services by 30 percent.

By including mental-health services in their health-care coverage, many organizations and insurance companies are finding that they are actually *reducing* their overall health-care costs, not increasing them as some predict.

But cost is not the only reason for including mental-health coverage in health-care reform. During the last 20 years, we have learned a lot about how to treat mental illness effectively in community-based systems.

Psychiatric rehabilitation and case management are effective in helping those who have been disabled by major mental illness to relearn skills lost because of their illness—taking care of their daily needs, going back to work, and getting along with colleagues.

Not only do these services generally offset hospitalization costs, but they increase an adult's ability to live independently.

And for children, community-based treatment can prevent the painful family separations that occur when a child is placed in a residential treatment center.

But we can't take advantage of these advances *unless* health-care reform includes both long-term care and mental-health coverage.

Most advocates of health-care reform agree that the most expensive choice in health care is to do nothing. **More on Page 5**

# LEHRMANN ON HEALTH-CARE REFORM

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But many of these same people don't understand that this is especially true for mental health.

Without community-based services, many people who suffer from severe mental illness are likely to incur high costs in the health-care system for hospitalization and emergency room services.

And, they are likely to incur high costs in other social services as well.

So what can you do about it? What role can counselors play in the health-care reform process.

Our most important task—and our most difficult one—is to educate our policy-makers about mental health. We need to give them the facts.

According to the National Advisory Mental Health Counsel:

- ❑ Mental disorders affect 22 percent of the adult population—about the same proportion that suffers from cardiovascular disorders.
- ❑ About 5 million Americans experience a severe mental illness in any year. And 15 million experience depression over a lifetime.
- ❑ Some 4 million people have Alzheimer's disease. And, according to various estimates, anywhere from 10 to 30 million people are problem drinkers.

You need to help your senators and representatives overcome the negative stereotypes and out-dated information that are so prevalent in discussions about mental health.

You need to help them understand that mental illnesses can be diagnosed and treated—like physical illnesses—and in some cases, even more effectively.

A National Institute of Mental Health Study has shown that six-month success rates are greater for pa-

tients who are given state-of-the-art treatments for schizophrenia, panic disorders, manic-depressive illness, and major depression than for patients with heart disease who undergo angioplasty to open blocked arteries.

You need to tell them that it's time to cover mental disorders and substance abuse to the same extent that physical health problems are covered.

At AARP, we have found that, when older people have access to mental health services, they will use them. But, because they aren't as accessible as physical health services, many older people don't receive any treatment at all.

You need to tell them that one

**YOU NEED TO HELP THEM UNDERSTAND THAT MENTAL ILLNESSES CAN BE DIAGNOSED AND TREATED—LIKE PHYSICAL ILLNESSES.**

reason mental-health treatment is not available to older Americans is because the co-insurance for mental-health therapy services under Medicare is 50 percent—not the standard 20 percent for physical health coverage. Too many older people simply can't afford it.

Another problem is that Medicare does not now have a prescription-drug benefit. This discourages older Americans with some disorders from seeking treatments.

For example, studies have shown that 80 percent of clinical depression cases can be treated successfully with a combination of pharmaceutical and therapy. But without adequate coverage for either the prescription drugs or the therapy, people are reluctant to seek treatment.

More adults receive mental-

health services from their primary-care physicians than from mental-health professionals. And they seek help from clergy, social service agencies, friends, and family.

I won't deny that all of these sources can provide help for many emotional problems, but more serious problems require treatment by mental-health professionals. Unfortunately, because of the disparity in our health-care system, they can't get the help they need.

As mental health professionals, it's largely up to you to educate our policy-makers on these issues. It's up to you to help them understand that mental-health coverage is vital to health-care reform.

You have the experiences. You see people who need help every day. And our streets and communities are filled with people who can't get the help they need.

At AARP, we want to see mental health coverage included in health-care reform. We are involved with the ACA—and about 40 other national organizations—in the Mental Health Liaison Group and are very active in the Coalition on Mental Health and Aging.

We can talk about the numbers and the trends. We can ask key questions. For example, "How can health care be considered universal and comprehensive if the 15 million Americans who experience depression during their lifetime don't have access to the system?"

Unlike Justice Holmes on the train searching for his ticket, you know where you're going. Now it's up to you to let your legislators know where *they* are going, too, as the train leaves the station. And the destination is clear: We're headed for health-care reform that treats the mind and the body as one. ❑

# CCMHC BULLETIN BOARD

## CHAMPUS Mental Health Contractor Won't Review Care For Some Patients

CHAMPUS national mental health contractor will no longer review mental health care for some patients in certain parts of the country. The contractor for most mental health care review in the United States is Health Management Strategies International, Inc. (HMS), of Alexandria, VA.

In some areas where managed-care programs are in operation, the CHAMPUS contractors for those regions will review mental health care for CHAMPUS patients who live in the managed-care regions and for those who don't live in these regions, but who get mental health treatment there. The affected areas are: California; Hawaii; in Louisiana, New Orleans and the areas around England Air Force Base and Fort Polk; and in Texas, the areas around Bergstrom

and Carswell Air Force Bases. In the case of military bases, the change is the result of military base realignment and closure activities.

The effective dates for this change in mental health review procedures are: February 1, 1994, for California and Hawaii, and April 1, 1994, for the Texas and Louisiana sites.

At several other military base realignment/closure sites where managed-care programs recently have been established, HMS will continue to review mental health care. The sites are: Loring Air Force Base, ME; Fort Devens, MA; Fort Dix, NJ; Fort Benjamin Harrison, IN; Grissom Air Force Base, IN; Chanute Air Force Base, IL; and Wurtsmith Air Force Base, MI. The managed-care programs began at these locations on March 1, 1994.

## CHAMPUS' Northern Region Contractor Changes Name

The claims processing contractor for CHAMPUS' 19-state Northern Region has changed its name. The contractor's name is now AdminaStar Defense Services, Inc. The old name was Uniformed Services Benefit Plans, Inc. (USBPI). The mailing addresses for all states in this region otherwise remain the same, as do the toll-free phone numbers. States in this region include: Connecticut, Delaware, Illinois, Indiana, Iowa, Kentucky (except the Fort Campbell area), Maine, Massachusetts, Michigan, Minnesota, New Hampshire, New Jersey, New York, Ohio, Pennsylvania, Rhode Island, Vermont, West Virginia, and Wisconsin.

## Delaware, Pennsylvania Move To New CHAMPUS Region

Effective March 1, 1994, the states of Delaware and Pennsylvania became

part of CHAMPUS' Northern Claims Processing Region. Claims for civilian care under CHAMPUS received in these two states should be addressed as follows:

### Delaware claims:

AdminaStar Defense Services  
P.O. Box 3076  
Columbus, IN 47202-3076

### Pennsylvania claims for ZIP Codes 15001 through 15299 and 19001 through 19199:

AdminaStar Defense Services  
P.O. Box 3074  
Columbus, IN 47202-3074

### All other Pennsylvania claims:

AdminaStar Defense Services  
P.O. Box 3075  
Columbus, IN 47202-3075.

The contractor's toll-free phone number for both states is 800-842-4333.

## Remember: CHAMPUS Claims Filing Rules Are Changing

If you received (or provided) care under CHAMPUS any time in 1993, you have until the end of 1994 to get your claims into the hands of your regional CHAMPUS claims processing contractor.

But beginning with CHAMPUS care received (or provided) in 1994, you must file the claim within one year of the date a service is provided—or, for inpatient care, within one year after a patient's date of discharge from an inpatient facility.

Beginning January 1, 1995, CHAMPUS claims will be denied if they are received by the CHAMPUS claims processor more than one year from the date on which the service was provided, or more than one year from the date of the patient's discharge for inpatient care. □

## NOTE FROM THE EDITOR

Certificants will see a new look in the newsletter beginning this fall. The continuing education calendar, provider updates, and home study information will become a separate publication in September. You will receive issues of the new *Continuing Education Update* in September, December, March, and June. You will continue to receive the newsletter in November, February, May, and August. NBCC is continually enhancing certification services. □

# CONTINUING EDUCATION CALENDAR

The following is a list of activities submitted by NBCC-approved continuing education providers. For information about a specific activity, contact the sponsor directly. NBCC approves sponsoring organizations, not specific offerings. The format for the listing is: date; location (state, city); title; sponsor; contact person; telephone number.

**An Important Note:** Continuing education activities eligible for NBCC renewal credit are not limited to those that appear in this section listing. Hundreds of additional organizations have undergone rigorous voluntary review by NBCC and are approved to offer continuing education to NCCs. Refer to the complete provider listing sent to you with your continuing education folder.

## ALABAMA

### August

4-5 Tuscaloosa—1994 Faculty Institute: "Survey Research Methods"; **The University of Alabama College of Continuing Studies**; Geri L. Stone; 205-348-6225.

11-12 Tuscaloosa—1994 Faculty Institute: "Statistical Methods Renewal"; **The University of Alabama College of Continuing Studies**; Geri L. Stone; 205-348-6225.

19 Tuscaloosa—Coping with Emergency Situations Outside of Acute Settings; **The University of Alabama College of Continuing Studies**; Geri L. Stone; 205-348-6225.

26 Tuscaloosa—The Severely Mentally Ill Adult: Clinical and Service Issues; **The University of Alabama College of Continuing Studies**; Geri L. Stone; 205-348-6225.

### September

16 Tuscaloosa—Care for Alzheimer's Patients in Rural Alabama; **The University of Alabama College of Continuing Studies**; Geri L. Stone; 205-348-6225.

21-23 Tuscaloosa—NIF Leadership Training Institute; **The University of Alabama College of Continuing Studies**; Geri L. Stone; 205-348-6225.

## ARIZONA

### September

23-24 Phoenix—EMDR Basic Training; **EMDR Institute, Inc.**; Karen Miller; 408-372-3900.

## CALIFORNIA

### September

9-10 San Francisco—EMDR Basic Training; **EMDR Institute, Inc.**; Karen Miller; 408-372-3900.

## COLORADO

### July-August

31-Aug. 2 Boulder—Multi-Party/Environmental (Advanced); **CDR Associates**; Barbara McLaughlin; 303-442-7367 or 1-800-MEDIATE.

### September

12-14 Boulder—Facilitation; **CDR Associates**; Barbara McLaughlin; 303-442-7367 or 1-800-MEDIATE.

13-15 Boulder—Negotiation; **CDR Associates**; Barbara McLaughlin; 303-442-7367 or 1-800-MEDIATE.

21-23 Boulder—Practicum for Experienced Mediators; **CDR Associates**; Barbara McLaughlin; 303-442-7367 or 1-800-MEDIATE.

27-29 Boulder—Practicum for Experienced Mediators; **CDR Associates**; Barbara McLaughlin; 303-442-7367 or 1-800-MEDIATE.

## GEORGIA

### September

15-16 Atlanta—Violence Intervention and Prevention; **West Georgia College**; Richard A. Brown; 404-836-6610.

30-Oct. 1 Atlanta—EMDR Basic Training; **EMDR Institute, Inc.**; Karen Miller; 408-372-3900.

## ILLINOIS

### September

23 Park Ridge—Treating Clients with Mild Depression; **AATP**; Jan Gomien; 217-787-9321.

## KANSAS

### September

16-17 Topeka—Cognitive Therapy Featuring Bruce Liese, Ph.D.; **The Menninger Clinic**; Brenda Vink; 1-800-288-7377.

26-27 Topeka—Transition from Clinician to Manager: Administration In Human Service Organizations; **The Menninger Clinic**; Brenda Vink; 1-800-288-7377.

## KENTUCKY

### August

19 Louisville—Treatment of Sexual Compulsivity: Adults and Adolescents; **Masters and Johnson Sexual Trauma, Compulsivity and Dissociative Disorders Programs, River Oaks Hospital**; Barbara Bolongaro; 504-734-1740.

## LOUISIANA

### August

22 Pineville—Counseling the Mentally and Emotionally Disturbed; **Department of Pastoral Care, Central Louisiana State Hospital**; Chaplain W. Carlton Vance; 318-484-6357.

### September

7 New Orleans—Secondary Educators' Workshop; **American College Testing (ACT)**; Gary M. Lavergne; 512-345-1949.

7-11 New Orleans—NLP 5-Day Intensive Training; **South Central Institute of NLP**; Sid Jacobson; 504-626-7424.

8 Baton Rouge—Secondary Educators' Workshop; **American College Testing (ACT)**; Gary M. Lavergne; 512-345-1949.

9 Lake Charles—Secondary Educators' Workshop; **American College Testing (ACT)**; Gary M. Lavergne; 512-345-1949.

12 Grambling—Secondary Educators' Workshop; **American College Testing (ACT)**; Gary M. Lavergne; 512-345-1949.

13 Bossier City—Secondary Educators' Workshop; **American College Testing (ACT)**; Gary M. Lavergne; 512-345-1949.

14 Alexandria—Secondary Educators' Workshop; **American College Testing (ACT)**; Gary M. Lavergne; 512-345-1949.

## MAINE

### September

21-24 Portland—RTS Counselor/Coordinator Training; **RTS Bereavement Services**; Caren K. Yang; 608-791-4747.

## MARYLAND

### September

8 Baltimore—Deepak Chopra Seminar; **LifeCycle Learning Resources**; Dr. Robert Aylmer; 1-800-962-9992.

## MASSACHUSETTS

### September

21 Andover—Strategic Intervention; **Individual Psychotherapy with Adult Trauma Survivors**; Lisa Kaplan; 508-774-0815.

29 Andover—Strategic Intervention; **Community Program Innovations**; Lisa Kaplan; 508-774-0815.

# CONTINUING EDUCATION CALENDAR

- 30 Boston—*Fast/Effective Treatments for Depression/Anxiety*; **David R. Lima, ACSW, Inc.**; David R. Lima; 216-255-3299.

## MICHIGAN

### September

- 11 Rochester—*How to Design and Present A Training*; **Oakland University Continuum Center**; Cynthia Appleton; 810-370-3033.
- 16-17 Mt. Pleasant—*EMDR Basic Training*; **EMDR Institute, Inc.**; Karen Miller; 408-372-3900.
- 26 Rochester—*Art Therapy*; **Oakland University Continuum Center**; Cynthia Appleton; 810-370-3033.

## MINNESOTA

### August

- 4 St. Cloud—*Infection Control*; **Minnesota Institute for Professional Development, Inc.**; Karen Schafer or Kathleen Unzen; 612-253-4841.
- 9 St. Cloud—*Rapid Treatment of the Shame-Based Identity*; **Minnesota Institute for Professional Development, Inc.**; Karen Schafer or Kathleen Unzen; 612-253-4841.
- 10 St. Cloud—*Working with Clients Who Desire Trauma Memory Retrieval: Guidelines for Practice*; **Minnesota Institute for Professional Development, Inc.**; Karen Schafer or Kathleen Unzen; 612-253-4841.
- 23 St. Cloud—*Nurse Telephone Care: Assessment and Triage*; **Minnesota Institute for Professional Development, Inc.**; Karen Schafer or Kathleen Unzen; 612-253-4841.
- 25 St. Cloud—*Exploring the Heart of Healing: Minding the Body, Mending the Mind and Soul*; **Minnesota Institute for Professional Development, Inc.**; Karen Schafer or Kathleen Unzen; 612-253-4841.

### September

- 10-11 Minneapolis—*EMDR Basic Training*; **EMDR Institute, Inc.**; Karen Miller; 408-372-3900.

## NEBRASKA

### August

- 23 Omaha—*Deepak Chopra Seminar*; **LifeCycle Learning Resources**; Dr. Robert Aylmer; 1-800-962-9992.

## NEW JERSEY

### August

- 5-6 Somerset—*Treatment of Sexual Trauma Dissociative Disorders and Sexual Compulsivity*; **Masters and Johnson Sexual Trauma, Compulsivity and Dissociative Disorders Programs, River Oaks Hospital**; Barbara Bolongaro; 504-734-1740.

## NEW YORK

### September

- 30 New York—*Certificate in Adult Career Planning and Development*; **New York University**; Letitia A. Chamberlain; 212-998-7060.

## NORTH CAROLINA

### August

- 3 Fayetteville—*Computer Training for Health Care Practitioners: dBase III Plus (Day 1 of 2)*; **Fayetteville Area Health Education Center (FAHEC)**; Joyce Loughlin; 910-678-7207.
- 4 Fayetteville—*Computer Training for Health Care Practitioners: dBase III Plus (Day 2 of 2)*; **Fayetteville Area Health Education Center (FAHEC)**; Joyce Loughlin; 910-678-7207.

### September

- 8 Fayetteville—*Family Therapy for Adolescent Substance Abuse (Day 1 of 2)*; **Fayetteville Area Health Education Center (FAHEC)**; Joyce Loughlin; 910-678-7207.
- 9 Fayetteville—*Family Therapy for Adolescent Substance Abuse (Day 2 of 2)*; **Fayetteville Area Health Education Center (FAHEC)**; Joyce Loughlin; 910-678-7207.
- 14 Fayetteville—*Assessment and Treatment of Adult Sexual Offenders (Day 1 of 2)*; **Fayetteville Area Health Education Center (FAHEC)**; Joyce Loughlin; 910-678-7207.
- 15 Fayetteville—*Assessment and Treatment of Adult Sexual Offenders (Day 2 of 2)*; **Fayetteville Area Health Education Center (FAHEC)**; Joyce Loughlin; 910-678-7207.
- 16 Charlotte—*Treatment of Adults with Post-Traumatic Stress Disorder*; **David R. Lima, ACSW, Inc.**; David R. Lima; 216-255-3299.
- 24 Greensboro—*Review and Preparation Course for the National Counselor Examination*; **The University of North Carolina at Greensboro**; Dr. James Benschhoff and Dr. Mary Avery; 910-334-5100.

## OHIO

### September

- 16-17 Columbus—*Treatment of Sexual Trauma Dissociative Disorders and Sexual Compulsivity*; **Masters and Johnson Sexual Trauma, Compulsivity and Dissociative Disorders Programs, River Oaks Hospital**; Barbara Bolongaro; 504-734-1740.

- 19 Columbus—*Psychoneuroimmunology-Mind/Body*; **David R. Lima, ACSW, Inc.**; David R. Lima; 216-255-3299.

- 20 Cleveland—*Psychoneuroimmunology-Mind/Body*; **David R. Lima, ACSW, Inc.**; David R. Lima; 216-255-3299.

## OREGON

### August

- 6-7 Portland—*EMDR Basic Training*; **EMDR Institute, Inc.**; Karen Miller; 408-372-3900.

### September

- 30-Oct. 1 Portland—*DSM-IV*; **Portland State University Continuing Education/School of Education**; Cindy Dunn; 503-725-4670.

## PENNSYLVANIA

### September

- 30 Topton—*Paradox in Psychotherapy: Application with Individuals, Couples, and Families*; **Family Life Services, The Lutheran Home at Topton**; Debbie Kohler; 610-682-1337.

## TEXAS

### September

- 7 Dallas—*Using the DSM-IV with Children And Adolescents*; **Virginia Tech Center for Continuing Education**; Dr. Roy Jones; 703-231-9448.
- 9 Houston—*Using the DSM-IV with Children And Adolescents*; **Virginia Tech Center for Continuing Education**; Dr. Roy Jones; 703-231-9448.
- 9 Hurst—*HIV/AIDS Education*; **Office of Continuing Education and Department of Mental Health Program**; Rhonda Jackson or Dolores Sutter; 817-788-6417 or 817-788-6614.
- 15 Austin—*Secondary Educators' Workshop*; **American College Testing (ACT)**; Gary M. Laverne; 512-345-1949.
- 16 Hurst—*Treating the Juvenile Offender*; **Office of Continuing Education and Department of Mental Health Program**; Rhonda Jackson or Dolores Sutter; 817-788-6417 or 817-788-6614.
- 16 San Antonio—*Secondary Educators' Workshop*; **American College Testing (ACT)**; Gary M. Laverne; 512-345-1949.
- 19 Amarillo—*Secondary Educators' Workshop*; **American College Testing (ACT)**; Gary M. Laverne; 512-345-1949.
- 20 Lubbock—*Secondary Educators' Workshop*; **American College Testing (ACT)**; Gary M. Laverne; 512-345-1949.

## CONTINUING EDUCATION CALENDAR

- 21 Midland—*Secondary Educators' Workshop*; **American College Testing (ACT)**; Gary M. Lavergne; 512-345-1949.
- 22 El Paso—*Secondary Educators' Workshop*; **American College Testing (ACT)**; Gary M. Lavergne; 512-345-1949.
- 23 Hurst—*Compulsive Gambling*; **Office of Continuing Education and Department of Mental Health Program**; Rhonda Jackson or Dolores Sutter; 817-788-6417 or 817-788-6614.
- 26 Commerce—*Secondary Educators' Workshop*; **American College Testing (ACT)**; Gary M. Lavergne; 512-345-1949.
- 27 Dallas—*Secondary Educators' Workshop*; **American College Testing (ACT)**; Gary M. Lavergne; 512-345-1949.
- 28 Fort Worth—*Secondary Educators' Workshop*; **American College Testing (ACT)**; Gary M. Lavergne; 512-345-1949.
- 29 Waco—*Secondary Educators' Workshop*; **American College Testing (ACT)**; Gary M. Lavergne; 512-345-1949.
- 30 Houston—*Secondary Educators' Workshop*; **American College Testing (ACT)**; Gary M. Lavergne; 512-345-1949.

### VIRGINIA

#### September

- 16 Williamsburg—*Daylong Workshop with Jay Haley on Directive Therapy*; **Old Dominion University Counseling Program**; Lisa Mitchell; 804-683-3686.
- 30 Virginia Beach—*Groups: Process and Practice with Gerald Corey, Ed.D. and Marianne Corey, M.A.*; **School of Counseling and Human Services, Regent University**; Lynnette Watson; 804-579-4266.

### WEST VIRGINIA

#### August

- 28-31 Canaan Valley—*Gestalt Therapy Training and Personal Growth in a Wilderness Setting*; **True Nature Mountain Institute**; Patti Boll Hinckley; 304-866-4024 or 1-800-789-WOLF.

#### September

- 15-18 Canaan Valley—*Gestalt Therapy Training and Personal Growth in a Wilderness Setting*; **True Nature Mountain Institute**; Patti Boll Hinckley; 304-866-4024 or 1-800-789-WOLF.

## DISPLAY YOUR PRIDE IN YOUR PROFESSIONAL CREDENTIAL

### NBCC DISPLAY PLAQUE



- NBCC's logo is reproduced in metallic gold on a silkscreened, burgundy background.
- The NBCC logo is suspended in crystal clear acrylic on a 5/8" solid, boardroom-walnut finished hardwood.
- Plaques feature a wall-mount and measure 6 3/4" x 9 1/4".
- Your name is custom engraved on the acrylic panel.
- Perfect for display in your office or practice.

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**Order today!**

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NBCC  
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Greensboro, NC 27403**

### NBCC LAPEL PINS



- The NBCC Logo lapel pin features a classic cloisonne design in burgundy and gray enamel on a gold-tone background. The NBCC logo is etched in metallic gold onto the enamel and features the NCC designation. **\$6.75 including postage and handling**

**NCC**

- The NCC lapel pin is coated in metallic gold and displays the NCC designation with simplicity. A popular item worn separately or with the NBCC Logo pin. **\$5.50 including postage & handling**

**NCCC**

- The Specialty lapel pin features either the NCCC, NCGC, NCSC, or CCMHC designation etched in metallic gold onto a colored enamel background. **\$5.50 including postage & handling**

### ORDER INFORMATION

**ENGRAVING:** Please indicate desired engraving, one character per space.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

HOME PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_

Enclosed is my check or money order in the amount of \$ \_\_\_\_\_

Charge Order

Please charge my \_\_\_ VISA \_\_\_ MasterCard \_\_\_ Amex/Optima

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

# RECERTIFICATION BULLETIN BOARD

## NCCs Who Hold Specialty Certifications: Important Announcement

The NBCC Board of Directors recently voted to allow each specialty academy to decide whether to continue the current recertification requirement of 25 contact hours in the area of specialization. The academy voted to drop the requirement for CCMHCs. The other academies had not yet voted at the time of this printing.

For CCMHCs, the requirement is now 100 total hours, 50 of which must come from the clinical topic areas. News regarding the other specialties

will be in this column in future NewsNotes.

## Presenters Get Recertification Credit

The NBCC Board of Directors voted to allow NCCs who present programs and workshops on professional counseling topics to receive up to 20 hours of credit (under the Publications/Presentations category) toward recertification during a five-year cycle. Presentations may only be used once per period, and no time is allowed for preparation. Only the actual presentation time may be counted. Documentation required is a

letter from the sponsor or colleague and a summary of evaluations.

## Retiring Doesn't Change Your Status

Retirement from your counseling career does not automatically change your status with NBCC. Your certification remains active until you formally request that your status be changed (or unless you fail to pay your annual fee in which case your certification is suspended until payment is made). Please note that if you want your status to be changed to "Retired/Inactive" you must fill out the proper forms and pay all fees.

## DO NOT Send Continuing Education Materials Unless You Are Audited

Many NCCs begin to worry when the time for recertification draws near and think that they had better send in their continuing education documents. **Please don't.** Under the audit system, only ten percent of all NCCs scheduled for recertification on a given date are selected for audit. Only these NCCs are required to send in the documents for continuing education contact hours along with the signed form and fee payments. All other NCCs who are not selected for audit are required to send in the form and fee payments without documentation. You will receive your recertification form in the mail about six weeks before your expiration date.

## If You Are Audited

When your recertification time arrives, you will find out whether or not you have been selected for the mandatory audit. If you are selected, please make sure to send only copies—and not originals—of your documents of attendance. If your

More on page 12

## NEW PROVIDERS OF CE ACTIVITIES

We would like to recognize the following new providers of continuing education. Please keep this update with your complete provider list.

### Related Organizations and Individuals

- #5588 AL, Huntsville, Family Services Center
- #5589 WA, Federal Way, Behavioral Sciences Institute
- #5590 FL, Jacksonville, Professional Development Resources
- #5591 MA, Lenox, Kripalu Center
- #5592 WI, Altoona, Medical Educational Services
- #5593 NC, Chapel Hill, Satir Institute Southeast
- #5594 ID, Payette, Association of Oregon Mental Health Programs
- #5595 AL, Birmingham, Alabama School Psychologists
- #5596 MA, Barnstable, Commonwealth Educational Seminars
- #5597 NC, Wilmington, Coastal NC AEHC

- #5598 WV, Davis, True Nature Mountain Institute
- #5599 PA, Lancaster, J&K Seminars
- #5600 MS, Ocean Springs, Mississippi Psychological Association
- #5601 AL, Huntsville, Alabama EAPA

### Reinstated Providers

- #5460 WA, Issaquah, The Wellness Institute
- #5462 NM, Albuquerque, SW Regional Substance Abuse Center
- #5309 MA, Cambridge, Radcliffe Career Services
- #6008 CO, Boulder, Michele Packard
- #5131 NY, Ardsley-on-Hudson, Career Resource Center
- #5303 NM, Las Cruces, Mesilla Valley Hospital

*Please see the Approved Home Study list in this issue for the new home study programs.*

## NCCs OF NOTE

NBCC is pleased to recognize the following National Certified Counselors' personal achievements.

**Fred L. Adair**, NCC, of Williamsburg, VA, recently was appointed to the National Commission for Certifying Agencies as the second psychometrician assisting the Commission in its accreditation and standards development work. Adair is an adjunct professor at Old Dominion University School of Education in Norfolk, VA. He is also a professor emeritus in the School of Education in the College of William and Mary in Williamsburg, VA.

**Elizabeth Branstead**, NCC, NCCC, of Pleasanton, CA, has been appointed a Fellow of the International Association of Career Management Professionals. She was one of the first four to be appointed worldwide, in recognition of her continued and long-standing leadership. As a Fellow, she will serve as a mentor to applicants for Associate and Fellow status within the career management profession.



Elizabeth  
Branstead

**Bernard Hawkins**, NCC, of Melville, NY, recently was awarded the Prevention Services Award at the Coalition on Child Abuse and Neglect of Nassau County Fifth Annual Recognition Awards ceremony.

**Michael W. Ladwig**, NCC, of Daytona Beach, FL, has been selected as the state of Florida's Mental Health Counselor of the Year. Ladwig was recognized by the Florida Mental Health Counselor's Association, a professional association for more than 1,500 mental health counselors in the state.

**Clayton C. Maguire**, NCC, CCMHC, of Virginia Beach, VA, recently was honored by the Licensed Professional Counselors Association of Hampton Roads. For dedicated service to the organization, he received the "Lifetime Leadership Award."

**Kelley Martino**, NCCC, of Kaneohe, HI, recently received the Francis E. Clark award from the Hawaii Counseling Association. She was given the award for "outstanding contributions to the field of counseling over an extended period of time." The award was made at the group's annual award and installation banquet. At a separate event, she also was given the Soroptomist's Women of Distinction Award by the Soroptomist International of Winward Oahu. This award is given to women in the field of education.

**Cassandra Versteeg Mitchell**, NCC, of Raleigh, NC, was a presenter at the International Parent to Parent Conference in Asheville, NC, in April. The conference is held every two years and is for parents and professionals who work with families who

have members with special needs. She is the manager of the TTY service for the CDC National AIDS Hotline.

**Michael E. Nahl**, NCC, CCMHC, of Virginia Beach, VA, recently was honored by the Licensed Professional Counselors Association of Hampton Roads with a "Lifetime Leadership Award" for his dedicated service to the organization.

**Yola Nolan**, NCC, DuBois, PA, has published her doctoral dissertation, "Personality and Drunk Driving: Identification of DUI Types Using the Hogan Personality Inventory," in the *APA Journal of Psychological Assessment*. Nolan clarified previous findings on DUI personality types and established a case for tailoring different methods of treatment to different types of DUI offenders. □

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*Congratulations to the NCCs listed. If you recently have received professional recognition and would like to submit information for publication, write to NCCs of Note, 3-D Terrace Way, Greensboro, NC 27403.*

## ADDICTIONS SPECIALTY TASK FORCE REPORT

The NBCC/IAAOC Task Force will be meeting in Greensboro, NC, on August 2-3 to continue work on the development of the addictions counseling specialty credential. The title of the specialty is still to be determined.

Representatives from the Certification Commission of the National Association of Alcoholism and Drug Abuse Counselors (NAADAC) joined the task force on May 26. Avenues are being explored as to how different certification groups can work together to strengthen the profession. The International Certification Reciprocity Consortium (ICRC) and the Commission on Rehabilitation Counselor Certification (CRCC) as well as NAADAC will attend the August meeting. The task force expects to present specific information regarding the specialty requirements in the November newsletter. The specialty will become effective January 1995. □

## RECERTIFICATION BULLETINS BOARD

### From Page 10

folder should get lost in the mail, you would still have proof of attendance and could still recertify. If you have questions regarding the audit, please call the Recertification Department.

### Continuing Education Limits

Many of you have called to ask if there is a limit to the number of hours that an NCC can accrue through home study courses. The answer is no.

An NCC could get all 100 hours through home study. However, there are limits to the number of hours that can be counted for supervision (25), leadership activities (20), dissertation (45), and publications/presentations (20).

Details regarding each of these areas can be found on the document in your NBCC Continuing Education File folders called "Directions for Maintaining The NBCC Continuing Education File." □

*If you have questions about recertification issues, contact Pam Leary, Recertification and Continuing Education Coordinator, at 910-547-0607.*

## NBCC DIRECTORY COMING SOON

NBCC will be creating a directory for all National Certified Counselors. A survey will be sent out in **August** to all current NCCs to update information that will be included in the directory. To be placed in the directory, the NCC must return the survey to NBCC at 3-D Terrace Way, Greensboro, NC 27403. □

## A COUNSELOR-CLIENT CONTRACT

By Joseph Wittmer, Ph.D., NCC, and Theodore P. Remley J.D., Ph.D., NCC

The following statement was written by Joe Wittmer, Ph.D., NCC, and Theodore P. Remley J.D., Ph.D., NCC. Wittmer is Distinguished Service Professor and Department Chair, Department of Counselor Education, at the University of Florida, Gainesville. Remley holds both a law degree and a Ph.D. in Counselor Education. He is chairperson of the Counselor Education Department at the University of New Orleans.

Our profession is becoming more attuned to client rights as well as to counselor accountability. The client-counselor contract given below addresses both of these important issues. Please feel free to change and use the contract as you deem appropriate. However, be aware of the laws in your state, the uniqueness of your own setting, and your own competencies in your use of the contract. NBCC considers this document particular helpful to those formulating state mandated disclosure statements used in most licensure states.

### INFORMATION AND CONSENT

#### Qualification/Experience:

I am pleased you have selected me as your counselor. This document is designed to inform you about my background and to insure that you understand our professional relationship.

I am licensed by (your state) as a Professional Counselor. In addition, I am certified by the National Board for Certified Counselors, a private national counselor certifying agency. My counseling practice is limited to (types of clients, i.e. adolescents, personal, career, marriage, etc.).

#### Nature Of Counseling:

I hold a (your post graduate degree or degrees relevant to counseling) from (name of institution[s]) and have been a professional counselor since (year of your master's degree in counseling or related field.)

I accept only clients in my private practice who I believe have the capacity to resolve their own problems with my assistance. I believe that as people become more accepting of themselves, they are more capable of finding happiness and contentment in their lives. However, self-awareness and self-acceptance are goals that sometimes take a long time to achieve. Some clients need only a few counseling sessions to achieve these goals, while others may require months or even years of counseling relationship at any point. I will be supportive of that decision. If counseling is successful, you should feel that you are able to face life's challenges in the future without my support or intervention.

Although our sessions may be very intimate emotionally and psychologically, it is important for you to realize that we have a professional relationship rather than a personal one. Our contact will be limited to the paid sessions you have with me. Please do not invite me to social gatherings, offer gifts, or ask me to relate to you in any way other than in the professional context of our counseling sessions. You will be best served if our relationship remains strictly professional and if our sessions concentrate exclusively on your concerns. You will learn a great deal about me as we work together during your counseling experience. However, it is important for you to remember that you are experiencing me only in my professional role.

**Referrals:**

If at any time for any reason you are dissatisfied with my services, please let me know. If I am not able to resolve your concerns, you may report your complaints to the Board for Professional Counselors in (your state) at (phone number) or the National Board for Certified Counselors in Greensboro, NC, at 910-547-0607.

**Fees, Cancellation And Insurance Reimbursement:**

In return for a fee of \$\_\_\_\_\_ per individual session, \$\_\_\_\_\_per couple/family session, and/or \$\_\_\_\_\_ per group session, I agree to provide services for you. The fee for each session will be due and must be paid at the conclusion of each session. Cash or personal checks are acceptable for payment. In the event that you will not be able to keep an appointment, you must notify me 24 hours in advance. If I do not receive such advance notice, you will be responsible for paying for the session that you missed.

Some health insurance companies will reimburse clients for my counseling services and some will not. In addition, most will require that I diagnose your mental health condition and indicate that you have an “illness” before they will agree to reimburse you. Some conditions for which people seek counseling do not qualify for reimbursement. If a qualifying diagnosis is appropriate in you case, I will inform you of the diagnosis I plan to render before I submit it to the health insurance company. Any diagnosis made will become part of your permanent insurance records.

If you wish to seek reimbursement for my services from your health insurance company, I will be happy to complete any forms related to your reimbursement provided by you or the insurance company. Because you will be paying me each session for my services, any later reimbursement from the insurance company should be sent directly to you. Please do not assign any payments to me.

Those insurance companies that do reimburse for counselors usually require that a standard amount be paid (a “deductible”) by you before reimbursement is allowed, and then usually only a percentage of my fee is reimbursable. You should contact a company representative to determine whether your insurance company will reimburse you and what schedule of reimbursement is used.

**Records And Confidentiality:**

All of our communication becomes part of the clinical record, which is accessible to you on request. I will keep confidential anything you say to me, with the following exceptions: a) you direct me to tell someone else, b) I determine that you are a danger to yourself or others, or c) I am ordered by a court to disclose information.

By your signature below (please sign both copies, keep one for your files and return the other copy to me), you are indicating that you have read and understood this statement, and/or that any questions you have had about this statement have been answered to your satisfaction.

\_\_\_\_\_  
(Counselor’s Name and Signature)

\_\_\_\_\_  
(Client’s Name and Signature)

Date: \_\_\_\_\_

Date: \_\_\_\_\_

**STATE COUNSELOR  
LICENSURE/  
CERTIFICATION  
UPDATE AND  
CHANGES**

**District of Columbia**

Dr. C. Yvonne Crawford  
Administrator  
D.C. Board of Professional Counselors  
Room LL-202  
605 “G” Street, N.W.  
Washington, DC 20001  
202-727-7454

**Kansas**

Cheryl H. Kinderknecht  
Behavioral Sciences Regulatory Board  
712 S. Kansas Avenue  
Topeka, KS 66603-3817  
913-296-3240

**Michigan**

Doris Foley, Administrative Assistant  
Michigan Board of Counseling  
P.O. Box 30018  
Lansing, MI 48909  
517-373-1870

**New Mexico**

1599 St. Francis Drive  
Santa Fe, NM 87504

**New Jersey**

C/O Gateway Counseling Associates

**North Carolina**

NCRPC is now NCLPC

**Oregon**

1st Floor, Suite G  
3218 Pringle Road, SE  
Salem, OR 97302-6312

**Utah**

Utah—Law Passed 1994  
Ronald Bingham, Contact  
320-A McKay Building  
Birgham Young University  
Provo, UT 84602  
801-378-4839

**Virginia**

6606 W. Broad Street, Fourth Floor  
Richmond, VA 23230

## APPROVED HOME STUDY PROGRAMS

The following is a total list of home study programs offered by NBCC-approved providers. They have been reviewed by NBCC and are acceptable for NBCC recertification credit. For further information on programs, contact the provider.

Provider #1000: **The American Counseling Association**, 5999 Stevenson Ave. Alexandria, VA 22304 • 800-347-6647 ext. 270

"Youth at Risk" .....	15 hours
"Innovative Techniques for Building Positive Self-Esteem" .....	15 hours
"Accurate Diagnosis and Treatment Planning Using DSM III" .....	15 hours
"Intervention Strategies for Sexual Abuse" ....	15 hours
"On the Road to Mastery in Gerontological Counseling" .....	15 hours
"Finding Success in Gerontological Counseling" .....	15 hours
"Getting a Grip on Gerontological Counseling" .....	15 hours
"Special Techniques for Working with Older Adults" .....	15 hours
"Anger Management" .....	15 hours
"Legal Aspects of Counseling" .....	15 hours

Provider #5416: **Affect +**, 19860 NE 24th Court, Miami, FL 33180 • 305-935-2111

"The Evaluation and Treatment of Marital Conflict" .....	18 hours
"Grief: The Mourning After" .....	18 hours
"Treating Troubled Adolescents" .....	18 hours
"On Being a Therapist" .....	8 hours
"Jungian Dream Interpretation" .....	10 hours
"Love's Executioner" .....	10 hours
"Tarasoff and Beyond" .....	4 hours
"Resolving the Trauma of Incest" .....	18 hours
"Positive Endings in Psychotherapy" .....	8 hours
"Compulsive Exercise and the Eating Disorder" .....	12 hours
"Suicide Risk: Assessment and Response Guidelines" .....	10 hours
"Psychotherapy With Older Adults" .....	10 hours
"Old Loyalties, New Ties: Therapeutic Strategies with Stepfamilies" .....	12 hours
"The Narcissistic Borderline Couple" .....	12 hours

Provider #5277: **President's Preference/CEU's at Leisure**, PO Box 370004, San Diego, CA 92137-0004 • 619-222-1879

"The Rehabilitation Expert Witness Course" ..	12 hours
"Workforce and Labor Market Trends" .....	11 hours
"Insurance Rehabilitation: Overview" .....	11 hours
"Alcohol Abuse: Identification and Treatment" .....	10 hours
"Effective Job Placement" .....	7 hours
"Job Seeking Skills: Update" .....	10 hours
"New Light on Depression" .....	12 hours
"Guerrilla Tactics in the New Job Market" ...	10 hours
"Traumatic Brain Injury Rehabilitation" .....	10 hours
"Dr. John Wallace: The Alcoholism Papers" ..	15 hours
"Second Careers: Job Placement for People Over 50" .....	20 hours

"Placement Strategies for People with Disabilities" .....
 11 hours |

Provider #5418: **Professional Continuing Education Corporation**, P.O. Box 280549, Tampa, FL 33682-0549 • 813-949-9236

"The Helping Interview" .....	15 hours
"Counselor's Guide to Career Assessment Instruments" .....	15 hours
"A Guide for Therapists and Patients to Short-Term Psychotherapy" .....	10 hours
"A Guide to Vocational Assessment" .....	15 hours

Provider #5448: **Hatherleigh Company/Directions Programs**, 420 East 51st St., New York, NY 10022 • 800-367-2550

"Directions in Mental Health Counseling" .....	24 hours
"Directions in Rehabilitation Counseling" .....	30 hours
"Directions in Clinical Psychology" .....	25 hours
"Understanding the ADA" .....	10 hours
"Directions in Substance Abuse" .....	10 hours
"Ethical Issues in Professional Counseling" ...	10 hours
"Directions in Marriage and Family Therapy" .....	10 hours

Provider #5536: **PsychoEducational Resources**, Department of Psychology, University of Florida, Gainesville, FL 32611 • 904-392-0612

"Using Repertory Grid Techniques in Career Counseling" .....	5 hours
"Constructivist Perspectives on Career Counseling" .....	6 hours
"The Meaning of Work" .....	3 hours

Provider #5474: **Professional Resource Exchange, Inc.**, 2033 Wood St., Suite 215, Sarasota, FL 34237 • 813-366-7913

"Innovations in Clinical Practice Vol. 8" .....	20 hours
"Innovations in Clinical Practice Vol. 9" .....	20 hours
"Innovations in Clinical Practice Vol. 10" .....	20 hours
"Innovations in Clinical Practice Vol. 11" .....	20 hours
"Innovations in Clinical Practice Vol. 12" .....	20 hours
"Keeping up the Good Work Ethics Module" ..	5 hours

Provider #5484: **CMR Home Study**, 2899 Agoura Rd., #160, Westlake Village, CA 91361-3200 818-865-0513

"ADA Perspectives: Employment for Individuals with Disabilities" .....	10 hours
"Job Analysis Strategies" .....	15 hours
"More Effective Interviewing" .....	15 hours
"Stress in the Workplace" .....	15 hours
"ADA Technical Assistance: Title I" .....	25 hours
"Medical, Psychosocial and Vocational Aspects of Disability" .....	20 hours
"Workplace Accommodation" .....	15 hours
"Litigated Disability" .....	20 hours
"The Social Security Vocational Expert" .....	10 hours
"Ergonomics in Job Accommodation" .....	6 hours

Provider #6000: **John Swanson: The P. O. Professor**, c/o Susan Goodman, 2453 25th Ave. SE, Albany, OR 97321 • 503-928-3544

"Contemporary Men's Issues: The Challenge for Counselors" .....	18 hours
"A Counselor's Guide to AIDS" .....	18 hours
"Gestalt Experiential Training" .....	8 hours

Provider #5106: **American Healthcare Institute**, 801 Wayne Ave., Suite 200, Silver Spring, MD 20910 • 301-565-9200

"Depression and Suicide: Multidisciplinary Assessment and Treatment" .....	7 hours
"Understanding Loss and Facilitating Grief" ....	7 hours
"Brief Therapy With Personality Disorders" ....	7 hours

## DOES THIS ACTIVITY COUNT?

This is the question asked by NCCs every day. Before you call our office to ask this question, please refer to the information in your continuing education folder. The "Recertification Guidelines" booklet, as well as "Directions for Maintaining the NBCC Continuing Education File" and "How to Determine If Your Activity Meets NBCC Guidelines," should answer your questions.

If you cannot find your folder or documents, please call and request another. Be sure to read all of the documents before calling NBCC. □

## REMINDER: GET THOSE CERTIFICATES OF ATTENDANCE

Many NCCs who call shortly before recertification time are concerned because, even though they have attended many conferences and workshops, they have not picked up the necessary document of attendance. These documents usually are at the registration tables, or you may have to submit a request and an extra fee. It is much easier to get the documentation at the time of the conference than years later.

**Remember: Do not send the documents to NBCC except at recertification time and then only if you are selected for the audit.** It is against NBCC policy for conference sponsors to send documentation directly to NBCC. The documentation should be sent to you. □

# NBCC REQUEST FORM

Please indicate the quantity for each item selected, figure total cost, include credit card information or check or money order payable to NBCC, and complete your shipping address.

QTY	ITEM	PRICE	TOTAL
	Client Rights and Responsibilities Brochures	\$5.00/25	
	NCCs: Dedicated to Helping You Brochures	\$5.00/25	
	NBCC Lapel Pin w/NCC Designation (cloisonne)	\$6.75	
	NBCC Lapel Pin (cloisonne and suitable for non-NCCs)	\$8.50	
	Specialty Pins (NCS, NCCC, NCGC, CCMHC)	\$5.50	
	NBCC Counselor Certification Video	\$9.50	
	NBCC Display Plaque (complete engraving information below)*	\$29.95	
	NBCC's <i>Work Behavior Analysis of Professional Counselors</i>	\$24.95	
	State Counselor Licensure List	No charge	
	General Practice (NCC) Application	No charge	
	Specialty Application (School, Career, Gerontological)	No charge	
	Mental Health Specialty Application	No charge	
	Application for NBCC Provider Approval of CE Activities (for private agencies, community colleges, school districts, etc.)	No charge	
	NBCC Code of Ethics	No charge	
		<b>Total</b>	

**Complete this section only if you are ordering the NBCC Display Plaque.** \*ENGRAVING: Please indicate engraving desired below, one character per space.

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## SHIPPING/PAYMENT INFORMATION

NCC CERTIFICATE # \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

HOME PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_

- Check here if this is a new address.
- Enclosed is my check or money order in the amount of \$ \_\_\_\_\_
- Charge Order  
Please charge my \_\_\_ VISA \_\_\_ MasterCard \_\_\_ Amex/Optima  
Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

# NCCC BULLETIN BOARD

## NOICC REDESIGNS OCCUPATIONAL INFORMATION SYSTEM

The National Occupational Information Coordinating Committee (NOICC) has launched the first major redesign of the Occupational Information System (OIS) since the development of the microcomputer-based OIS in 1993-94, according to the latest NOICC/SOICC status report. The report also reflects an increasing emphasis by NOICC and the SOICCs on career development programs, projects, and activities. For information, contact Jim Weeks at 202-653-5665.

## "PROJECT GREECE" LAUNCHED

Allegany Rehabilitation Associates, Inc. launched "Project Greece" June 1. The year-long project is designed to raise \$10,000 from the community to send a group of local mentally ill individuals (The Innovators) as ambassadors to Greece. The purpose of the trip is to witness first hand a mental health system that is considered third rate by U.S. standards. For more information, contact the Wellsville Continuing Treatment and Case Management Services, 4222 Bolivar Road, Wellsville, NY, or call 716-593-1655. □

## Fee for Releasing NCE Scores to State Boards

Please remember that there is a \$5.00 handling fee for the release of your NCE scores to state credentialing boards. The request must be in writing and have the complete address of where scores are to be sent. Allow three to four weeks for processing these requests. □

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## NCC NETWORK

**Patrick McGrath**, NCC, and John Axelson, of Evanston, IL, recently published *Accessing Awareness and Developing Knowledge: Foundation for Skill in a Multicultural Society* (Brooks/Cole Publisher, 800-432-0563). *Accessing Awareness* is a 265-page experiential learning manual that addresses awareness of self and “others of difference,” and the influence of differing values and belief systems when they interact. The manual includes more than 60 activities to discover “awareness” and hundreds of “questions for reflection” by individuals or within groups. It also includes an interesting appendix of theater plays, rental movies, books, and organizations that address multicultural themes.

**Paul Engelhart**, NCC, CEAP, CRC, of New York, NY, recently has written a manual, *The Road to Work Recovery, A Training Manual for Substance Abuse Treatment Staff*. The manual is being disseminated to 2,500 counselors nationally and internationally through organizations such as the American Counseling Association, the American Rehabilitation Counseling Association, National Association of Addiction Treatment Providers, the National Association of Alcoholism and Drug Abuse Counselors, the National Association of State Alcohol and Drug Abuse Directors, the National Rehabilitation Counseling Association, and the International Association of Addiction Counselors. □

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