

THE COUNSELOR CONNECTION



What's Inside?

- OCA Leadership Messages
 - Retirees' Reflections
 - Association News
- Continuing Education (CE) Opportunities
 - Legislative Updates
 - Get Involved!
 - Get Hired!
- News from the Field
 - Member Spotlight
- Self-Care Spotlight: Self-Compassion Edition
 - Recognition & Congratulations!

It has been a wonderful six years working with the leaders of OCA, including Presidents Kara Kaelber, Martha Flemming, Yegan Pillay, Adrienne Johnson, Martina Moore, and DoHee Kim-Appel. I especially loved working with our Treasurer, Alma Moore, who helped the OCA get financially organized and created our first Strategic Reserve account to protect the future of the OCA.

When I started with the OCA, the All Ohio Counselors Conference (AOCC) was held at the Hilton Easton but was quickly outgrowing that venue. It was wonderful to see us stretch our legs and move downtown to the Hyatt Regency (the largest hotel in Central Ohio)!

We launched the OCA Spring Conference four years ago, which was held live for two years before we were taught by COVID-19 to learn together online! This has offered a great balance to AOCC, but there is nothing better than getting together face to face!

I experienced two website redesigns, six presidencies, five new divisions, and lots of live and online meetings and events. All of it taught me about the profession of counseling and afforded me the opportunity to get to know professional counselors across Ohio.

FAREWELL MESSAGE:

**FMR. OCA EXEC. DIR.
BOB THOMAS**

My future holds more RV trips with my family, visits to friends and family around Ohio, Michigan, and elsewhere, and some relaxing time in the backyard - breaking then fixing things - so I stay out of my wife's hair!

Thank you all for your patience, support, and friendship these past six years. I hope you all are as helpful and open with your next OCA Executive Director, Amy! - bob

OCA Leadership Messages

Incoming OCA President - Staci Tessmer

Hello OCA Members!

As I move into my presidency term, I have been reflecting on this past year. I would like to take a moment to thank everyone who serves within OCA and all its chapters, divisions, and committees. It truly takes a village, and I am so appreciative of you all. Your work does not go unseen! I would also like to thank Bob for his years of work and dedication to our organization.

You will be missed, but we know you are looking forward to your retirement! Also, I'd like to give a big, warm welcome to our incoming Executive Director: Amy! Welcome Amy, we are so excited to have you and look forward to our work with you!

For the upcoming year, my hope is to continue to work on expanding our membership, as well as increasing our legislative and advocacy efforts. I also am focusing on continuing DoHee's diversity, equity, and inclusion efforts. I have been working closely with WillaMarie (OSCA's President-Elect) to plan AOCC 2022, so stay tuned for updates along the way. We are planning some exciting interactive activities!

One of the things I value most is communication and interaction. This past year, DoHee and I started virtual Meet and Greets, allowing us to connect with members. I will continue to host these with the upcoming president-elect. For Counseling Awareness Month, we had Nominate a Counselor and a Poster Contest, where our members were able to nominate a fellow peer and vote on their favorite poster. I am looking forward to creating more ways of engaging our members and interacting with one another! If you have any thoughts or suggestions on what you would like to see from OCA, please do not hesitate to reach out!

Warmly,
Staci Tessmer, M.A., LPCC-S, NCC, BC-TMH
stacistessmer@gmail.com



OCA Leadership

Incoming Past President - DoHee Kim-Appel



Dear members,

It was my great honor and privilege to have served as the President of the Ohio Counseling Association. I experienced amazing insights, support, and encouragement from my colleagues, peers, students, executive director, AOCC organizer, OSCA, lobbyists, and community partners. And I became engaged in opportunities to implement initiatives and conferences as we planned together and tested out ideas from members to build on our association's collective strength. We communicated, advocated, shared visions, exchanged innovative ideas, as we implemented and embraced our members' outside box thinking, including hiring a new executive director while ensuring a fiscally sound association.

As I look back, it was a truly collaborative effort; as someone said, "it takes a village," all of us at OCA did it together! In my statement of candidacy for President-Elect of the OCA in 2020, I wrote about leading with "a beginner's mindset", commitment, and humility. "A beginner's mindset" enabled me to proactively listen to the members' needs by attending numerous OCA divisions, chapters, and committee meetings as well as having to conversations with individual members. My experiences at OCA have inspired my commitment to all of you and beyond. These experiences have bolstered my faith in that OCA members can work towards strengthening the purpose of OCA-- "to advance the discipline of counseling" by embracing our members collectively - diverse, inclusive, equity, cultural dignity of all members and the leadership. Lastly, I sought out constructive collective collaboration with other mental health professionals --as I value integrative and interdisciplinary practice while supporting the vision for the Counseling profession as a leader in Behavioral Health in Ohio.

I genuinely hope OCA continues to have thoughtful dialogues and create space for all members. I thank all of the OCA presidents before me. It was such a pleasure serving OCA with Executive Council members, past president Jason McGlothlin, President-Elect Staci Tessmer, Treasure Alma Moore, Secretary Kelsey Jager, Parliamentarian Tamarine Foreman, Executive Director Bob Thomas, and all division/chapter/committee leaders. Thank you! I look forward to assisting the soon-to-be President Staci Tessmer and President-elect Sherdene Simpson, our new Executive Director Amy Barcelo, and serving OCA as a past president for 2022-2023.

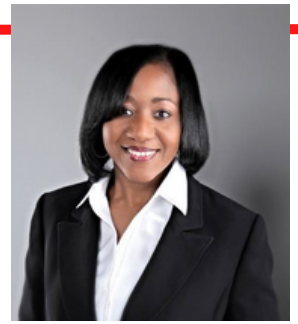
Sincerely,

DoHee Kim-Appel

2021-22 OCA President

OCA Leadership

Incoming President-elect Sherdene Simpson



Dear OCA Members and Partners,

It is my greatest honor and privilege to serve as President-elect of the Ohio Counseling Association (OCA). I want to acknowledge our current president, president-elect, OCA membership, partners, current leadership, and the Executive Council members. I look forward to working with all of you to cultivate and preserve a culture of inclusion and create a sense of community with our diverse membership and community partners. I am most looking forward to building community and engaging in dialogue about issues affecting our profession and the diverse communities we serve. I am hopeful that we will develop a culture of safety that will emerge into brave spaces that will cultivate open and honest dialogue with the goal to advance our association and the professional field of counseling. I am excited about working collaboratively with all of you as we join to create purposeful approaches and identify action steps that will lead to positive results.

I seek collaboration and engagement and know that in working as a team, OCA will make a difference in the lives of others. I am eager to explore the following:

1. Strengthen inclusiveness and equity of all members, leaders, and partners that will create engagement, and collaboration, which aligns with the purpose of OCA to advance the discipline of counseling.
2. Strengthen and build a sense of community that will engage diverse voices. Through the journey of building community and engagement, it is essential for OCA to work to create a bridge that will increase the involvement and representation of graduate students, new professionals, and clinicians in community settings.
3. Engage and mentor the next generation of members and leaders who are the life-blood of OCA. This will assist our organization to remain innovative in meeting the needs of counselors and the communities in which they serve. This can surely be accomplished through thoughtful and strategic planning and working together to have open communication and taking bold steps.
4. Strengthening collaboration and engagement between OCA divisions/chapters/committees while increasing diversity in leadership and membership.

Our world is evolving and so is the counseling profession. We are at a critical time that requires us to collaborate and engage our membership in ways that will create responsive and meaningful action as a counseling profession.

I am here to serve OCA's membership, leadership, and our community partners. I plan to maintain open communication and serve you as a heart with ears. I want to have candid and honest conversations that will serve as a catalyst for change and growth.

My desire is to be a leader that will collaborate, encourage, mentor, support by creating a safe and positive environment that will foster successful collegiality and positive working alliances.

OCA Leadership

Welcome, Executive Director Amy Barcelo!



Dear OCA Members,

I am so fortunate to have this new opportunity to serve as your Executive Director. I thank you for the warm welcome I have received, and I hope to meet you all in the years to come. It is inspiring to see the time and passion being poured into this organization, and I am energized by this active group of go-getters!

My previous work experience includes teaching junior high and high school mathematics and serving as the Director of Admissions for a parochial high school. My most recent work experience has been caring for my 3-year-old son (Kaden) and 1-year-old daughter (Quinn), who are clones of my husband, Kevin! While I have loved reenacting emergencies from Paw Patrol and singing/dancing to the tunes of Cocomelon, I am excited to incorporate adult interactions back into my days!

I enjoy helping people, and I hope to help you in any way that I can. You have been in wonderful hands with Bob, and he has been a gracious teacher while showing me the ED (very organized) ropes. I appreciate your patience as I learn this new role, and I look forward to working with you! I live in Brecksville but frequent the Fairlawn/Akron/Cuyahoga Falls areas. If you are nearby and ever want to meet in person, I'd love to get together.

Finally, as a friendly reminder, you are invited to represent the OCA by attending the Addictions and Mental Health Networking Lunches listed below. Please contact me if you plan to attend a luncheon so that I can provide you with materials and further information. These free lunches are a great opportunity to network with peers and facility managers from your area and promote the OCA and obtain potential sponsors and exhibitors for the AOCC.

Cincinnati:

Meets 3rd Friday of the month (monthly)

11:45 am - 1:15 pm at Trio Bistro - Kenwood, OH

Contacts: Barbara Thompson (513-515-9895) and Justin Crowder (513-314-5131 / jcrowder@ContactAAC.com)

Cleveland:

Meets 2nd Wednesday of the month (monthly)

11:30 am - 1:30 pm at Burntwood Tavern - Lyndhurst, OH

Contact: Tory Mintz (216-407-3094 / vmintz@lakeviewhealth.com)

Columbus:

Meets 2nd Friday of the month (monthly)

11:30 am - 1 pm at Brio Tuscan Grille - Polaris Fashion Place

Contacts: Rachel Hughes (614-738-2398 / rhughes1377@gmail.com) and Jennie McConnaughey (614-398-8421 / jmcconnaughey@ethancrossingspringfield.com)

Dayton:

Meets quarterly

11:45 am - 1:15 pm at Montgomery County Business Solutions Center

Contacts: Maria Sulcer (513-508-2689) and Michele Garber (937-838-3568 / michele.garber@ketteringhealth.org)

Thank you for your dedication to the OCA and for all the good you're putting into the world!

Take care,

Amy Barcelo (Bar-sell-o)

Retirees' Reflections

I have been a member of OCA since I first took my position as a Counselor Educator at Ohio University in 1985. Previously, I had been encouraged to join the Virginia Personnel and Guidance Association (now VCA) while completing my counselor training at the University of Virginia. They were in the process of passing the first licensure law for Professional Counselors and I found myself in the thick of it. I received an education not only in counseling but in how legal recognition can make or break a profession and VCA members were the leading advocates and lobbyists for licensure.

When I was offered a Counselor Educator position at Ohio University I immediately joined OCA and witnessed another struggle for counselor licensure; successful thanks to the advocacy and lobbying of OCA members like Tom Sweeney, Susan Sears and Mel Witmer. Working with them and Tom Davis taught me first-hand why active involvement in the professional associations is crucial to maintaining and enhancing our profession.

Many practicing counselors are only marginally involved in OCA. They are busy supporting themselves and their families. Joining a professional association, like OCA, may be a convenient way to access CEUs and keep their license, but greater involvement does not interest them. I have learned to respect that but at the same time realize that those Professional Counselors who are actively involved in OCA are protecting and advocating for all Ohio counselors whether they are members or not.

One of the greatest benefits of OCA in my career centered around the All Ohio Counselors' Conference. I have fond memories of joining BGSU Counselor Educator, Ron Partin who would lead a caravan of students down to the AOCC. The conference was a once-a-year extravaganza where we heard presentations and learned latest best practices. For me, the social benefits equaled the educational benefits. The AOCC offered me an opportunity to meet, share ideas, and have fun with Professional Counselors from all over Ohio.

Dr. Martin Ritchie



I am also grateful for involvement in OCA divisions, like OACES where I could learn and share with other Counselor Educators, and with NWOCA where those of us in the Northwest region joined together to discuss and tackle issues of local importance.

Professional Counselors in Ohio enjoy some of the greatest privileges of all counselors in terms of quality training, licensure, scope of practice, and legal recognition. It is easy to take these privileges for granted. However, mental health professions are competitive and each one seeks to enhance its own privileges, sometimes at the expense of other professions. OCA, because of its numbers and the commitment of its leaders, work with lobbyists, licensure boards, and legislators to safeguard our privileges. OCA members support our profession and enhance our professional identity.

OCA played a vital role in preparing me for my profession and enhancing my identity as a Professional Counselor. It offered me numerous opportunities to lead and follow leaders as our profession has grown in importance and recognition. I cannot imagine what my career might have been without my involvement in OCA.

Dr. Martin Ritchie,
Professor Emeritus,
The University of Toledo

Association News

OCA Division, Chapter, Committee, & Task Force Updates

Central Ohio Counseling Association - (COCA)



Upcoming Events & COCA News

We are excited about a number of professional events on the horizon for Central Ohio counselors in the coming year. Please see below and mark your calendars!

New Professionals Day

Sunday, July 17th, 1-3:30pm

**Park of Roses Shelter House, Whetstone Park
3901 N. High St, Columbus, OH 43214**

Graduate students and counselors early in their careers are invited to attend this FREE event! This day will feature a panel discussion with experienced counseling professionals working in a wide range of settings and with many different client populations. Panelists will answer questions, provide advice for new professionals, and give information from their experiences and expertise. Participants are encouraged to bring questions to guide the discussion. Following the panel discussion will be open networking time devoted to conversation among the attendees and panelists. Appetizers will be provided.

The event is held at Whetstone Park of Roses Shelter house. The street address for the Park of Roses Shelter House is 3901 N. High St. The Shelter house entrance is one-half mile west on Hollenback Road within Whetstone Park.

To register: <https://www.eventbrite.com/e/new-professionals-day-tickets-331165634327>

Crisis Response Planning for Suicide Prevention

Join us in September for a full day of training on crisis response planning for suicide prevention!

The Crisis Response Plan (CRP) is a brief, empirically supported procedure used to reduce an individual's risk for suicidal behavior. The CRP is created collaboratively between a suicidal individual and a trained individual and is typically handwritten on an index card for easy, convenient access during times of need. The CRP serves as a checklist to follow during periods of intense emotional distress. This full-day workshop, with 6.5 Continuing Education credits available, will teach professionals the function of suicidal thoughts and behaviors, the mechanics of crisis response planning, and implementation strategies with your clients.

For more information,
email C. Rosie Bauder
at rosiebauder@gmail.com.

Association News

OCA Division, Chapter, Committee, & Task Force Updates

Update from Michael Lewis,

OCA's Liaison to the Ohio Counselor, Social Worker, and Marriage and Family Therapist Board (CSWMFT):

This spring has brought about several new rule changes from the Ohio CSWMFT Board, primarily concerned with continuing education. In recognition of how licensees are connecting to continuing education through a variety of means (e.g., online, public agencies, out of state), the board has amended rules on this topic. Now, CEs approved by another state's board will also be accepted by Ohio's Board as will CEs directly related to scope of practice provided by State of Ohio agencies. These may include the Ohio Chemical Dependency Professionals Board, Department of Developmental Disabilities, and Department of Youth Services, among others. For more information about CEs please visit the board's website at <https://cswmft.ohio.gov/license-renewal/renewal-resources/Sources%20of%20Continuing%20Education>. A preapproved list of CE programs can be found using CE Broker at <http://courses.cebroke.com/search/oh>.

Teletherapy rules have been revised and adopted to allow for some of the same flexibilities offered during the pandemic. This includes not needing to have an initial session in person before engaging in teletherapy but does need to establish informed consent outlining teletherapy, limitations to confidentiality, security risks, and other potential issues that may occur in the online practice. Counselors should also work to be competent with the use of teletherapy and be sure that multicultural and developmental best practices for the individual client are observed. For more details search for Rule 4757-3-01 of the Ohio Administrative Code (OAC).



**We are planning Vol. 1, Issue III
of *TCC*, and count
on your participation!
Submit your contribution
today!**

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

Continuing Education (CE) Opportunities



Ohio Center for Relationship & Sexual Health

Contact: Ashley Grinonneau-Denton

Email: dr.ashley@ocrsh.org

Phone: 2162007928

Oral Sex Across the Gender Spectrum

This training is right for you if you would like to gain a greater understanding of the how to's of giving and receiving oral sex, understand the barriers of discussing oral sex for vulva owners, and obtain tools to address the concept of oral sex on vulva owners in clinical, educational, and personal settings.

25 Jun 2022

3:00 PM - 6:00 PM

Location

Virtual

Cost: \$105 for training
(3 AASECT CEUs available)

<https://ohiocounseling.org/event-4839060>

These programs meet the requirements of the American Association of Sexuality Educators, Counselors, and Therapists (AASECT) and are approved for CE credits. Participants may be expected to complete a post webinar assignment as part of the completion of the AASECT CE's requirement. These CE credits may be applied toward AASECT certification and renewal of certification through the Sexuality Training Institute. Completion of this program does not ensure or guarantee AASECT Certification.

For further information please check out CEU Posting on OCA's web page under events!

For a complete list of CEU events and details visit:

<https://ohiocounseling.org/events>

Integrating a Feminist Perspective in your Work as a Sexual Health Professional

After the presentation, participants should be able to:

- 1. Define feminism and the relevance of awareness regarding sex ed, counseling, and therapy*
- 2. Understand the ways that awareness of feminist theory enhances/ expands the work of sexual health professionals*
- 3. Understand the ways in which feminist theory/ values can influence the work of sexual health professionals and their work in a positive way*

25 Jun 2022

12:00 PM - 2:30 PM

Location

Virtual

<https://ohiocounseling.org/event-4839057>

Continuing Education (CE) Opportunities



Ohio Center for Relationship & Sexual Health

Search...

The Art and Science of Masturbation

13 Jul 2022
4:30 PM - 6:30 PM
Location
Virtual

This program meets the requirements of the American Association of Sexuality Educators, Counselors, and Therapists (AASECT) and is approved for 3 CE credits and is considered synchronous learning if in attendance to the live webinar. Participants will be expected to complete a post webinar assignment as part of the completion of the 3AASECT CE's. These CE credits may be applied toward AASECT certification and renewal of certification through the Sexuality Training Institute. Completion of this program does not ensure or guarantee AASECT Certification. For further information please contact ce@aasect.org.

Core Knowledge Area: M.
Pleasure enhancement skills.

<https://ohiocounseling.org/event-4839064>

Psychosexual Education Skills for Sex Therapists and Counselors

15 Jul 2022
9:00 AM - 1:00 PM
Location
Virtual

Cost: \$140 for training
(4 AASECT CEUs
available)

This webinar will teach psychoeducational skills that can be applied within the context of Sex Therapy/Sex Counseling sessions to enhance clinical work. Real life case examples and applied learning strategies will be included to compliment didactic content.

After the presentation, participants will have learned about...

1. Relevant sexual health and reproductive concepts and challenges TGD clients and families face
2. Suggestions for sexuality professionals that are focused on promoting the health and positive development of youth that identify as TGD while eliminating discrimination and stigma

This program meets the requirements of the American Association of Sexuality Educators, Counselors, and Therapists (AASECT) and is approved for 4 CE credits and is considered synchronous learning if in attendance to the live webinar. These 4 CE credits may be applied toward AASECT certification and renewal of certification through the Sexuality Training Institute. Completion of this program does not ensure or guarantee AASECT Certification.
<https://ohiocounseling.org/event-4839067>

Continuing Education (CE) Opportunities

Psychological Theories for Sexual Issues: Systems

Learn at least two ways that systems theory can be integrated in sexuality work

Explore the concept of first and second order change as it applies to commonly presenting concerns in sexuality work

Identify at least one intervention that can be used in clinical or educational settings

06 Jul 2022

5:00 PM - 7:00 PM

Location
Virtual

08 Jul 2022

2:00 PM - 4:00 PM

Location
Virtual

<https://ohio.counseling.org/event-4839064>

Tier 1: Introduction to Military Culture and Deployment

23 Jun 2022

8:00 AM - 4:30 PM

Location
The Ohio State University at Lima, Life Science

Free full day of CEUs on working with Veterans and Military Members and their families.

Full class participation is required for CEs. No partial credit. If you require other accommodations, please reach out within two weeks of event for seamless access.

<https://ohio.counseling.org/event-4837086>

Radical Rest: Dismantling Productivity and Reclaiming Self Care

When

21 Jul 2022

2:00 PM - 5:00 PM

Location
Online

Presented by Abbey Carter Logan, LPCC-S and Kurstie Bevelhymer-Rangel, LSW

Thursday, July 21st
2:00pm-5:00pm EST
3 CEs

This webinar will aim to acknowledge how current events are impacting our daily lives as well as guide you through practical ways to manage distressing results such as collective trauma, pandemic and compassion fatigue.

<https://ohio.counseling.org/event-4856344>

Continuing Education (CE) Opportunities

Wellness Counselor Certification

Intensive Weekend Training

August 12-14, 2022

Join us for an intensive weekend training in order to gain Certification as a Wellness Counselor!

Certification Training is recognized by approved by the Ohio State Board of Career Colleges and Schools.

Participants will:

- Learn How to do Wellness Counseling
- Understand the Business of Wellness Counseling
- Learn about the 8 Domains of Wellness
- Have information on Wellness Theory and Models
- Practice Techniques for Assessment & Treatment
- How to help clients set S.M.A.R.T. goals
- Legal and Ethical Aspects of Wellness Counseling
- Learn about Complimentary & Alternative Treatments
- Learn & Practice Mindfulness & Relaxation Techniques

Benefits:

- Receive State of Ohio recognized credential as a Certified Wellness Counselor (CWC)
- Receive 20.5 CEU's from the State Board of Counseling, Social Work, and Marriage and Family Therapists (CEU's applied for pending approval)
- Be able to market yourself as a counselor with a specialty in Wellness Counseling.
- Understand how to competently treat clients from a wellness paradigm.

When: August 12-14, 2022

Where: Dragonfly Counseling & Wellness
850 Michigan Avenue
Columbus, OH 43215

COST: \$950.00 inclusive of tuition, fees, and all materials.

Checks or credit cards accepted first day of training.

For Further Information and to Register online:

<http://counselorwellnesscertificate.com/intensive-weekend.php>

<https://ohiocounseling.org/event-4861131>

Legislative Updates

The Ohio Counselor, Social Worker, and Marriage and Family Therapist (CSWMFT) Board wants you to know...



Ohio Enters the Interstate Counseling Compact

OCA is excited to announce that Ohio is among the latest states to sign the interstate Counseling Compact into law! The Counseling Compact allows professional counselors licensed and residing in a compact member state to practice in other compact member states without the need for multiple licenses.

Please note: only LPCs and LPCCs will be able to participate in the Counseling Compact. Work is underway on a social work compact. Until the Compact is fully operational, counselors seeking a license in another state will have to do so under existing reciprocity/endorsement requirements. The next step toward implementing the Compact will be in October 2022 when the Compact Commission meets.

You can find more details about the Compact at <https://counselingcompact.org/>. The Ohio CSWMFT Board will share more information as the details of the Compact emerge.

**LET'S BE
AWARE**



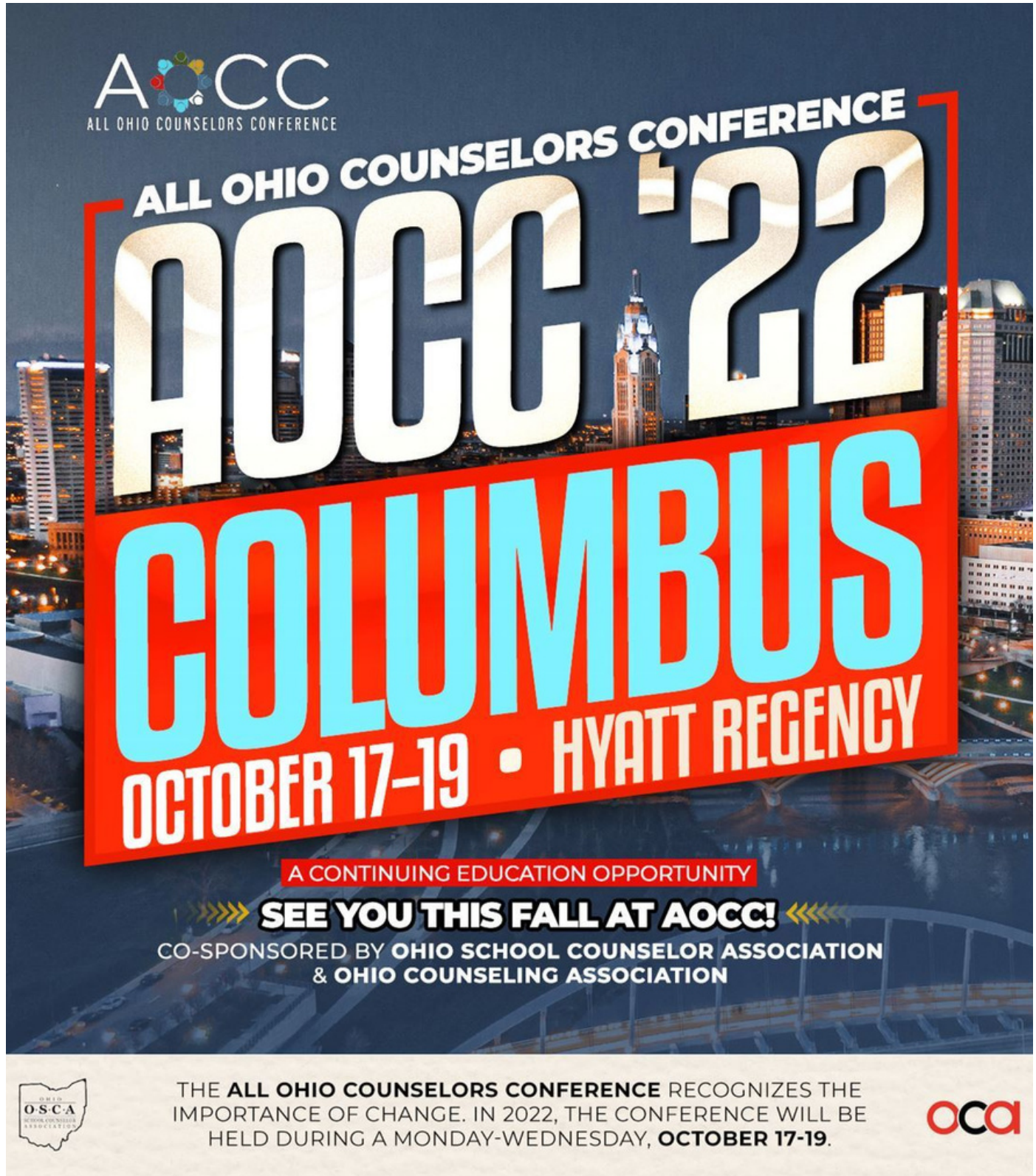
Legislative Updates

On October 19, 2021, Reps. Gary Click (R) and Diane V. Grendell (R) of the Ohio House of Representatives introduced House Bill 454 (HB 454), or the “Save Adolescents from Experimentation (SAFE) Act.” On October 26, 2021, HB 454 was referred to the House Families Aging, and Human Services Committee. On February 17, 2022, the committee held its first proponent testimony hearing on HB 454. The committee has scheduled a second round of proponent testimony on HB 454 to occur this Thursday, May 19, 2022. HB 454, egregiously referred to as the “SAFE Act”, would prohibit medical procedures which seek to affirm a minor’s gender identity and expression regardless of parental consent, including gender affirmation surgery, as well as the prescription of puberty blockers and gender-affirming hormone therapy. HB 454 would also force school staff, administrators, and counselors to disclose a student’s gender identity and expression to their parents. Further, HB 454 would prohibit insurance, both public and private, from providing funds to cover medicalized gender-affirming treatment for adolescents. The legislation, if enacted, would threaten to withdraw public funds from any medical facility where such procedures occur, in addition to removing a physician or other healthcare provider’s license (including counselors) by defining such treatments as “unprofessional conduct” to such an extent that making an “actual or threatened violation” of the legislation is reasonable grounds for a lawsuit. Gender-affirming medical care is endorsed by the American Academy of Pediatrics, the Endocrine Society, and the American Academy of Family Physicians, and is viewed by the American Psychiatric Association (APA), the American Academy of Child and Adolescent Psychiatry (AACAP), and the Society for Sexual, Affective, Intersex, and Gender Expansive Identities (SAIGE; formerly ALGBTIC) as evidence-based care.

OCA Strongly Opposes House Bill (HB) 454

Transgender and gender expansive youth are two to three times more likely to experience depression and anxiety disorders as compared to their cisgender peers, and attempt suicide at inordinately higher rates. Studies show that gender-affirming hormone therapy, including the prescription of puberty blockers, is associated with improvements in anxiety, depression, and overall quality of life in both adolescence and adulthood. Following medicalized gender affirming treatment, the psychological functioning of transgender and gender expansive adolescents is elevated to a comparable or higher level than their cisgender peers. Schools and their staff, including school counselors, faculty, and administrators, have served as safe spaces for transgender and gender expansive youth to explore their identities and freely express themselves. According to data obtained from the Human Rights Campaign (HRC), only one in four lesbian, gay, bisexual, transgender, gender expansive, queer, intersex, asexual, and/or pan/polysexual (LGBTGEQIAP+) youth “definitely” feel like they can be themselves as an LGBTGEQIAP+ person at home. HB 454 would result in the elimination of schools as a safe space for LGBTGEQIAP+ youth and could further create an unstable home life. HB 454 is a blatant attack on the human rights and well-being of transgender and gender expansive youth. Following the introduction of similar legislation against trans youth in the state of Texas (i.e., HB 25), the Trevor Project has reported a 150% increase in crisis contacts between January 1, 2021, through August 30, 2021. Legislative attempts to regulate the access to medical care for transgender and gender expansive youth only serve to perpetuate institutional oppression and eradicate the rights of transgender youth to make an informed decision about their health in collaboration with their families and their healthcare providers. Therefore, OCA strongly opposes HB 454.

Get Involved!

A promotional poster for the All Ohio Counselors Conference (AOC) 2022. The background is a night cityscape of Columbus, Ohio, featuring the Hyatt Regency hotel. The text is arranged in a dynamic, overlapping layout. At the top left is the AOC logo with the text 'ALL OHIO COUNSELORS CONFERENCE'. The main title 'AOC '22' is in large, white, 3D-style letters. Below it, 'COLUMBUS' is written in large, light blue letters on a red banner. Underneath that, 'OCTOBER 17-19 • HYATT REGENCY' is written in white on the same red banner. A red box contains the text 'A CONTINUING EDUCATION OPPORTUNITY'. Below that, 'SEE YOU THIS FALL AT AOC!' is written in white with yellow arrowheads on either side. At the bottom, it says 'CO-SPONSORED BY OHIO SCHOOL COUNSELOR ASSOCIATION & OHIO COUNSELING ASSOCIATION'. The bottom left corner has the OSCA logo (Ohio School Counselor Association) and the bottom right corner has the OCA logo (Ohio Counseling Association).

AOC
ALL OHIO COUNSELORS CONFERENCE

AOC '22

COLUMBUS



OCTOBER 17-19 • HYATT REGENCY

A CONTINUING EDUCATION OPPORTUNITY

SEE YOU THIS FALL AT AOC!

CO-SPONSORED BY OHIO SCHOOL COUNSELOR ASSOCIATION
& OHIO COUNSELING ASSOCIATION

THE **ALL OHIO COUNSELORS CONFERENCE** RECOGNIZES THE IMPORTANCE OF CHANGE. IN 2022, THE CONFERENCE WILL BE HELD DURING A MONDAY-WEDNESDAY, **OCTOBER 17-19.**

Get all the details at:

<https://aocc.site/index.html>

October 17-19, 2022 ● Hyatt Regency ● Columbus, Ohio

CALL FOR GRADUATE STUDENT POSTER SESSIONS

Poster Presentation Submission Deadline 6/30/2022

The OCA expects to attract over 1,000 licensed and future counselors from across Ohio, including academic leaders, private practitioners, and student delegates. Graduate student poster session presentations will be held on October 18th, at the Awards Reception.

Graduate Poster Session Proposal Criteria:

Poster Presentation Title

Presenter Name(s), School, Contact Info

Faculty Advisor Name

Provide 2-3 Learning Objectives or Goals of your presentation

100-word Description of Poster Session Focus

Justification that your presentation will benefit other Graduate Students & Counselors from Ohio attending this Conference

List 2-3 research citations relevant to the topic

Please include a copy of your CV or Resume

OCA membership is required to present at the conference

Posters must be on foam core or similar backing

All accepted presenters must be registered attendees for the AOCC Conference

What content area will be addressed?

Human Growth & Development, Counseling Techniques, Counseling Theory, Diagnosis, Group Dynamics, Family Systems, Special Populations, Intervention & Prevention, Professional Ethics, Research & Evaluation, Supervision & Counselor Development, Assessment,

Lifestyle & Career Development, Sociological/Cultural Foundations, Psychopathology & Abnormal Behavior

Submit your proposal [HERE](#) today!

Get Involved!



Ohio Counseling Association **Leadership Program**

What is it?

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

How does it work?

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

Who is involved?

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

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

Fall Series:

**September - November 2022 REGISTRATION WILL OPEN IN JULY
(Live Zoom modules TBD)**

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

Get Involved!



Did you know?
**You can follow OCA
on LinkedIn!**

LinkedIn is the free, go-to business networking platform for every profession and every professional. By joining you can stay on top of current trends in mental health and counseling through groups and organizations that are leading and influencing our work.

**Ohio Counseling Association
Chi Sigma Iota
American Civil Liberties Union
American Counseling Association
National Alliance on Mental Illness
American Mental Health Counselors Association
...just to name a few!**

Connect with fellow students, colleagues, supervisors, and educators! LinkedIn allows you to create your own personal profile, post your resume or curriculum vitae, and connect with professionals, resources, employment opportunities, companies, and information related to the profession of counseling.



Get the App - Today!

Get Involved!

Postvention Convention - Suicide Survivors

Save the Date - Live Event Aug. 12 in Stark County

Call for Presentations is now open for the 2022 Postvention Convention. The event will be held at the Kent State University at Stark Conference Center on Friday, August 12, 2022. More information about the hybrid format will be released with registration in Spring. This all-day conference will feature clinical training and presentations on how to work with suicide loss survivors (individuals that have had someone in their life die by suicide).

At this time, we are now accepting presentation applications for our 60-minute breakout sessions. We are looking for presentations that focus on preparing mental health clinicians to better therapeutically support suicide loss survivors in their work on grief and trauma. We are particularly interested in presentations that focus on work with military-connected suicide loss survivors, LGBTQ+ suicide loss survivors, youth suicide loss survivors and parents as suicide loss survivors.

When:
12 Aug 2022
8:30 AM - 5:00 PM
Location:
Kent State
University's Stark
Conference Center



2022 Postvention Convention
Save the Date

Creating a community of support for suicide survivors in Stark County. A full day conference dedicated to assisting mental health clinicians to appropriately identify trauma in and provide support to suicide loss survivors. Featuring two nationally recognized key note speakers.

Friday August 12, 2022 at Kent State University at Stark's Conference Center
8:30-5pm

5.5 CE's available for Counselors, Social Workers & Marriage and Family Therapists (\$50)

Call for Programs will be announced in early 2022

 lightafterlossstark@gmail.com
<https://lightafterlossstark.org/>

Get Hired!



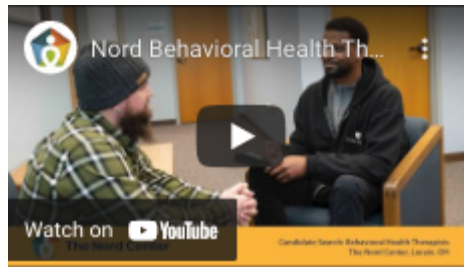
The Nord Center provides industry-leading behavioral health programs, prevention, education and client advocacy that focuses on individual recovery and well-being. We focus on creating positive outcomes that lead to healthier lives and a stronger community.



6140 South Broadway
Lorain, OH 44053
Phone: 440.233.7232
Fax: 440.204.4383
1.866.888.NORD (6673)



[Learn more about The Nord Center](#)



[Learn more about becoming a Behavioral Health Therapist](#)

[Learn more about becoming a Clinical Case Manager](#)

Check out all Job Opportunities Here!

<https://recruiting.ultipro.com/NOR1053TNC/JobBoard/fd5a19fd-91fb-49a2-be8e-941ca77ba7a7/?q=&o=postedDateDesc>

Check out all Nord's Employee Benefits Here!

<https://www.nordcenter.org/wp-content/uploads/2022/04/Work-At-Nord-Center.pdf>



[Case Manager / Assertive Community Treatment](#)
[Mental Health Case Manager Bilingual \(English/Spanish\)](#)
[Crisis Assistant \(Weekend/Part Time\)](#)

News from the Field

Ouch! A Counselors Guide to Chronic Pain and How to Help Clients who Have it!

Submitted by: Zac Martin, CT,
and Payne Sigman, CT



Pain is defined as an unpleasant experience felt in the body, generated by the brain, to motivate the organism to change its behavior. Over the past few decades, the scientific and medical communities have shifted their understanding of pain. Pain has typically been seen as purely a result of damage occurring in the body. Now that we have an expanded understanding of the brain, pain is seen as a protector that serves to prevent one from danger. The brain produces pain based on the meaning it assigns to various stimuli that the body encounters. Understanding the functionality of pain is important to both counselors and clients as many Americans struggle with the management of chronic pain. Additionally, there is a high correlation between chronic pain and other mental health disorders. Counselors can help these clients by promoting conversations about chronic pain. There are multiple simple ways to better communicate with a client in pain. For instance, counselors can ask clients more about their diagnosis/pain during the intake process and throughout the therapeutic journey. This not only allows for empathic responses but can aid the client in preparing appropriate questions for medical appointments and/or scans. Once the chronic pain has been discussed, the counselor can begin to offer various interventions. Psychoeducation about pain would of course be important, yet one intervention has proven to be particularly effective. Butler and Mosely (2015) identified two categories of factors in which a client's chronic pain could be impacted. A DIM (Danger In Me) is anything that is dangerous to your physiological and psychological wellbeing while a SIM (Safety In Me) is anything that promotes a sense of safety. By using a Protectometer, a tool to indicate the overall level of danger or safety in a client, the counselor can help the client foster a greater sense of safety, which in turn lowers the brain's pain response by the client. As a result, clients learn to experience pain differently and their wellness path more positively.

Mosely, G. L., & Butler, D. S. (2015) *Protectometer: The Explain Pain Handbook*

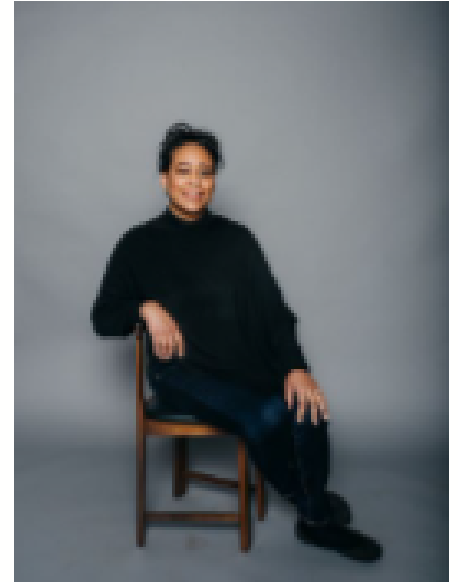


Member Spotlight




Meet Caroline M. Sanders

I am a licensed professional clinical counselor specializing in individual therapy and maintain a practice in Cincinnati, Ohio. I specialize in helping women navigate life challenges and relationship difficulties so they can live fulfilling and meaningful lives. I combine my experience, knowledge, and personalized approach to help my clients meet their goals and overcome many of life's obstacles. My areas of expertise include early childhood abandonment, anxiety, self-esteem issues, depression, and interpersonal and relationship difficulties. My goal is to help clients chart the path that affirms their sense of self in a healthy and productive way.



My primary theoretical orientation consists of Interpersonal Process Therapy (IPT) and Cognitive Behavioral Therapy (CBT).

- Education: M.A. in Counseling, Cincinnati Christian University, 2013
- Professional Memberships: Ohio Counseling Association; American Counseling Association
- Certifications: Certified Clinical Trauma Professional; Mindfulness Credential from Monash University; Certified Meditation & Mindfulness Teacher Certification Program from School of Positive Psychology; Grief Counseling Specialist.
- Specialized Training: EMDR; Trauma Training
- Adjunct Professor in Counseling Ethics, 2017-2019



The OCA MPRM Committee welcomes member spotlight submissions as a new featured section of *TCC*! Please submit your Member Spotlight contribution for the Oct. 2022 issue on [OCA's LinkTree](#)!

Self-Care Spotlight: Self-Compassion Edition

Self-love

As counselors, we are deeply passionate about our professional work, the communities and populations we serve, and the lives we help transform while making a difference and sustaining an impact in the field of mental health. However, the utilization of empathy, unconditional positive regard, warmth, etc., can quickly lead to burnout and compassion fatigue. Practicing self-love provides a great balance. The energy and attention given to clients must be prioritized as a reciprocal act towards ourselves. Mental health professionals are humans too. It is possible, counselors may be currently or have faced similar challenges as the persons we are helping. An important aspect to appreciate concerns valuing the worth of our own mental health deserving of equal demonstrations. Therefore, self-love is an amazing highlight of effective self-care techniques. So, feel free to give yourself a hug, repeat an affirmation, write an encouraging note and/or engage in another self-care activity of your choice! You rock!

Submitted by: Catherine Strain



A Mental Health Check-In Idea!

Submitted by: Kea Khudu

As a second-year doctoral student, I have come across many self-care strategies. Here are some of my favorites: taking a walk in the morning (when it's warm), working out, meditation, affirmations, setting boundaries, putting on a face mask and watching my favorite show on a Sunday evening, painting or having Sunday dinner with two of my friends. And two which surprised me because I hated doing them as a child – cleaning the house and washing dishes.

Cleaning has brought me so much peace and helped me to reset.

Self-care looks different for everyone; it comes down to setting time aside to do something you really enjoy. An activity that helps you relax and forget about your troubles for a minute, forget about your busy schedule or what you are expected to do and remember why you're doing it! Center yourself. Put yourself first. Allow rest and peace at that moment.

Here is a quick one to try!

Mental health check-in -I came across this self-care technique from a self-care page on Instagram (@selfcareisforeveryone)

Ask yourself the following question:

“How have I been speaking to myself lately?”

- a. My inner critique has been loud lately.
- b. I have been hard on myself.
- c. I have been distracting myself.
- d. With curiosity.
- e. With kindness.
- f. With encouragement

Take a moment to ask yourself “how have I been doing this and how can I make it more positive?” And with kindness and encouragement, ask yourself, “how can I keep this up?”



Self-Care Spotlight: Self-Compassion Edition

One valuable self-care tool is the practice of self-compassion. Self-compassion consists of three key components: self-kindness, common humanity, and mindfulness. It is an adaptive coping strategy whether used proactively, allowing a person to approach and accept negative life experiences, or reactively, used to regulate emotions by decreasing self-judgment, self-criticism, feelings of isolation, and avoidance of distressing thoughts, feelings, and experience. Kristin Neff has written extensively on the topic (see <https://self-compassion.org>).

Here are two brief self-compassion exercises that I incorporate in my life and share with my clients, supervisees, and students. The first is called Transforming Negativity (Neff, 2011). The purpose is to try to generate positive feelings when one is feeling overwhelmed. To start, acknowledge your struggle. "It's hard to feel _____ right now. Feeling _____ is part of the human experience. What can I do to make myself happier in this moment?" (Neff, 2011, p. 249).

The first part acknowledges the negative feelings without judgment, while the second reminds us that suffering is a part of life. The final sentence connects us with a desire to feel better. We can then identify something to do to move ourselves in that direction, even if it is taking one small step. A second exercise is a Self-Compassion Break.

You can access this 5-minute exercise at https://youtu.be/_i2zpirOwhI. For more information on self-compassion, see <https://self-compassion.org/>

Recognition & Congratulations!

OCA Poster Contest Submissions & Winner

Hayle Fisher,
LPC, BC-TMH
won a reduced
registration to
AOCC 2022!



Thank you to all participants!



Recognition & Congratulations!



2022 SAIGEO Gene Dockery Excellence in Advocacy Award

is presented with pride, on behalf of the
2021-22 SAIGEO Executive Board, to:

Gene Dockery

for your exemplary efforts toward establishing more
equitable, just, celebratory, and liberatory social
conditions for all queer and trans individuals.

Chase Morgan-Swaney
2021-22 SAIGEO President

June 11, 2022

Recognition & Congratulations!



OHIO SCHOOL COUNSELOR ASSOCIATION
EMPOWER • UNITE • SUPPORT

Congratulations to our 2022 OSCA
Graduate Scholarship Recipients

Kaitlyn Gephart
Bowling Green State University

Raeanne Wirrig
University of Dayton

Laura Wills
Reynoldsburg City Schools

Tutsy Asmus
Eastwood Local Schools

Melissa Nowicki
Knox County Career Center

**CONGRATULATIONS TO OUR
2022 OSCA GRANT RECIPIENTS**

Recognition & Congratulations!

Ohio Career Development Association - Poetry and Art Contest -

**1st Place:
Jamie Brian**

I.
A boy's fear fades as
he listens to an AI companion
read novels and comic books
while his nurse injects a vaccine.

II.
Helicopters hover over the sea
while a rescue team lowers
a robotic man into the waves
to carry the lost swimmer ashore.

III.
A teacher bridges cultural
differences in her class with
an AI assistant who speaks
every child's language fluently.

IV.
In a heartland warehouse,
metal arms work alongside humans,
assembling the batteries that will
power our ambulances and buses.

V.
A carpenter's AI program scans
an apartment building for wear
to prevent collapse from happening,
so residents can focus on living.

VI.
The greatest scene is the one
that hasn't been written yet;
the one you create with your
courage, talent, and determination.

Ohio Career
Development Association
(OCDA), which is a
division of the Ohio
Counseling Association,
as well as a division of
the National Career
Development Association
(NCDA). OCDA held its
annual Poetry & Art
contest

2nd Place: Erin Liggett



Faux Nostalgia

Oh, how I miss the times
When I had to check my phone

To check the time.
Now I can see it
All the time
Top right of my right eye.

Oh, how I miss the times
When I had to open an app
To open my heart.
Now I can see it
All the time
Top right of my eye, and yours.

Oh, how I miss the times
When I had to ask Google Maps
For directions.
Now I can see them
All the time

Right in front of my eye.
Oh, how I miss
Being a human

Attached to technology
Instead of
Being a technology
Attached to a human.

3rd Place: Michaela Dengg

THE COUNSELOR CONNECTION

EDITORIAL STAFF



The Counselor Connection editorial staff would like to thank everyone who contributed to Vol. 1, Issue II of TCC.

We are accepting submissions via Google Form on a rolling basis for consideration for publication: SUBMIT HERE TODAY!

The **deadline** for consideration for publication in the October 2022 issue is **September 15, 2022.**

Chase Morgan-Swaney, LPCC NCC
Editor-in-Chief, *The Counselor Connection*
Chair, OCA Media, Public Relations, and Membership (MPRM) Committee

Christine McCrone, Ph.D., LPC, NCC
Editor, *The Counselor Connection*
Secretary, OCA MPRM Committee

Kathleen (Kelly) Bylewski
Associate Editor, *The Counselor Connection*
Member, OCA MPRM Committee

*Don't want to wait for the next issue of *The Counselor Connection* to advertise your endeavors? We don't blame you!*

Email the OCA MPRM Cmte. (oca.mprm.cmte@gmail.com), and we will advertise on your behalf on the OCA membership listserv and on OCA's social media platforms.

Follow OCA on social media!