



THE NATIONAL CERTIFIED COUNSELOR

THE OFFICIAL NEWSLETTER OF THE NATIONAL BOARD FOR CERTIFIED COUNSELORS

Counseling Issues in Congress Include VA, TRICARE, Medicare

Not since the 1994 elections, when Republicans won the majority of seats in the House of Representatives for the first time in 40 years, have Democrats controlled both the House, Senate, and Presidency. The election of Barack Obama and the gain of additional seats in both chambers of Congress not only return Democrats to total control of the federal government but hand them stronger positions from which to pursue their legislative agenda.

While the President let it be known that he intended to proceed cautiously on a number of issues, the Democratic-controlled Congress in the beginning days of the legislative sessions charged ahead and tackled reauthorization of the State Children's Health Insurance Program, SCHIP, as well as the ambitious economic stimulus package. The unresolved Fiscal Year 2009 appropriations bills, which were extended into March by a continuing resolution, were pushed down the calendar. Only three appropriations bills were passed in time last year; they were the Defense, Homeland Security, and Veterans Affairs/Military Construction

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NBCC Celebrates NCCs at ACA Conference

The annual American Counseling Association (ACA) conference in Charlotte, NC, is just down the road from NBCC headquarters in Greensboro. Given its proximity to the event location, NBCC will have a more defined presence to inform conference attendees about NBCC and to celebrate and support all NCCs.



The expanded NBCC booth in the exhibition hall will offer a comprehensive array of information and personal assistance. Many NBCC staff members will be on hand to answer questions and meet attending NCCs.

NBCC will host a special reception to honor all NCCs attending the conference and to give them an opportunity to enjoy refreshments and mingle with other NCCs from around the globe. We will be at the Westin Hotel in Grand Ballroom A on Sunday March 22 from 5 p.m. to 7 p.m. This is a chance for NBCC to say "thank you" to NCCs for their continuing participation in counselor certification programs.

The ACA convention is an ideal time to arrange meetings between the leadership of NBCC, ACA and the Council for Accreditation of Counseling and Related Educational Programs (CACREP). We value collaboration between the professional counseling membership, accreditation and certification organizations. Regular meetings among these groups assist in the identification of goals and issues important to the continued growth of the profession.

NBCC looks forward to seeing the largest number of NCCs to ever attend an ACA Conference in Charlotte March 19-23.

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Counseling Issues in Congress Include VA, TRICARE, Medicare


Appropriations bills. After the FY 2009 bills are cleared, Congress will begin the budget-writing and appropriations process for FY 2010.

What does the new session of Congress and political makeup of the House, Senate, and Administration mean for counselors and the counseling profession?

We anticipate that a number of issues of importance to NBCC and NCCs will come to the forefront. Federal priorities for NBCC in the legislative session include:


- Promoting the implementation of the law recognizing licensed professional counselors as mental health specialists within the Department of Veterans Affairs. NBCC played a critical role in passage of this legislation and in the VA's recent decision to begin the credentialing process, although it has not been determined whether counselors will have a separate federal job series or share one with the MFTs. NBCC has testified at legislative hearings, has enlisted support and letters from members of Congress, and has pursued a myriad of avenues to open the program to the profession and will continue to push for a separate classification.
- Working to pass legislation allowing mental health counselors to be reimbursed by Medicare.
- Representing the interests of counselors before Congress and the Administration during the highly anticipated health care reform debate.
- Establishing recognition of counselors by the Department of Defense and removing restrictions on TRICARE participation. Working with the Institute of Medicine to develop a fair and accurate study of the counseling profession as provided for in the FY 2008 Defense Authorization.

CCE Update


 The Center for Credentialing and Education (CCE) is accepting applications for the Human Services- Board Certified Practitioner (HS-BCP) credential. Individuals applying prior to November 15, 2009, will be reviewed under the grandparenting requirements and will participate in the norming examination process. The credential is designed for qualifying human services practitioners, including those holding associates, bachelors, and advanced degrees.

 The Global Career Development Facilitator

(GCDF) certification program is now active in Bulgaria, Canada, China, Germany, Greece, Japan, Korea, New Zealand, Turkey, Romania, and the United States. GCDF program development is currently under way in Macedonia and Portugal. NCCs are eligible to apply for GCDF certification upon completion of the 120-hour GCDF training program and verification of 1,400 career development related experience hours.

 The Counselor Preparation Comprehensive Examination (CPCE) is now in use by approximately 250 counselor

education programs throughout the U.S. and in Canada. In 2008, there were more than 600 administrations of the CPCE, with approximately 6,500 students taking the exam. The CPCE assesses counseling students' knowledge of counseling information viewed as important by counselor preparation programs. It also provides feedback that can be used by programs in developing and adapting curricula.

 Visit www.cce-global.org or call (336) 482-2856 for more information about CCE's programs and services.

Agencies in China, Afghanistan Thank NBCC for Assistance

NBCC's efforts to help meet the special mental health needs in China and Afghanistan have drawn commendations from both governments.

The China Youth Development Foundation issued a Certificate of Appreciation to NBCC International for its contribution to relief efforts in the region devastated by a major earthquake last May.

The certificate specifically thanked NBCC-I "for providing its Mental Health Facilitator curriculum and training of trainers without cost to help improve the mental health of teachers and students in the Sichuan earthquake zone."

Through a grant from the NBCC Foundation, NBCC-I gave its China partner, Psych-cn, the Mental Health Facilitator (MHF) curriculum and approved the Chinese translation at no charge.



Quake damage in Hanwang in China's Sichuan Province.

NBCC-I is also arranging for former Board Chair Dr. John Bloom of Brownsburg, IN, to travel to Sichuan Province to serve as a master trainer. The other master trainer will be an instructor from Psych-cn.

The donation followed a visit to the quake area in late October by NBCC-I Executive Vice President Ted Iliff. He said the severity and extent of the devastation was beyond description, and his conversations with survivors and mental health professionals there underscored the need for assistance.

"Not only are school children showing the effects of the quake trauma," Iliff said, "but so are teachers. MHF training in the region will help to address immediate mental health needs, and we hope it will also serve as a starting point for a more comprehensive system providing counseling during the long recovery period ahead."

The MHF training program teaches basic mental health skills and concepts to helpers and first responders who are not working in the mental health fields. NBCC International developed the curriculum in consultation with the World Health Organization.

In Afghanistan, the Ministry of Education prepared a letter of thanks to NBCC-I for its help in the creation of a school counseling curriculum to be taught in its teacher training schools. During a site visit arranged by UNESCO, Iliff discussed elements of the Global Career Development Facilitator program and the MHF program and how elements of both could be folded into the school counseling curriculum.

School counselor training has already started in two provinces, and the ministry hopes to eventually spread it to every province. The ultimate goal is to place at least two trained counselors in every school in Afghanistan.

Visiting Scholar in Residence From Malaysia

Dr. See Ching Mey, a counselor educator from Malaysia and member of the NBCC International Advisory Council, will spend part of her sabbatical as a visiting scholar in residence at NBCC headquarters in Greensboro, NC.



See

Dr. See, known to her friends and colleagues as Susie, is a professor at Universiti Sains Malaysia in Penang and serves on the Malaysia Board of Counselors. She is the founder president of the Penang Association of Counseling and Psychology (PACP) and a board member of the Asia-Pacific Education and Counseling Association (APECA).

Dr. See helped to organize the world's first university-based training of trainers for NBCC-I's Mental Health Facilitator program at her university. In January, she organized an International Counseling and Social Work Symposium at her university.

She has served on the advisory council since its creation in 2006. During her two months in Greensboro as part of the NBCC International Counselor in Residence program, Dr. See will help to develop continuing education modules for the MHF program, work with NBCC staff on scholarly articles, and consult on other issues regarding the development of counseling in Southeast Asia.

NCC Corner

New Look for the NBCC Web Site

Since launching the newly designed Web site in January, NBCC has received many complimentary phone calls and e-mails. “Services for NCCs” is the portion of the site dedicated specifically to National Certified Counselors. There are two links on the home page that will direct users to this section: one in the blue, left navigation menu under “NBCC,” and another in the orange box at the bottom of the page. NCCs who want to change their status or would like to access documents to assist them in promoting their certification should visit the “Services” area.

E-Newsletter - a Sign of the Times

This is the first copy of The National Certified Counselor being distributed by e-mail. Not all NCCs have valid e-mail addresses in the NBCC database. If you have an NCC friend or colleague who did not receive this issue, please urge them to contact us at nbcc@nbcc.org. We are pleased to be part of the “greening” of America by saving trees used in paper production of the newsletter. In addition, e-mailing the newsletter saves postage so that we can use more of your annual maintenance funds to support advocacy programs.

ACA Conference –Visit the NBCC Booth

NBCC will be well represented at the ACA conference in March, and we encourage you to come by for your NCC ribbon. Specialty certification and NBCC-Approved Continuing Educator provider ribbons will also be available. We have spoken to so many of you regarding your certification and recertification over the years, and it is such a delight for us to meet you face to face. Of course, as always, we will have lots of information and a fun giveaway.

Newly Approved CE Providers

Boston University--Institute for Geriatric Social Work
Boston, MA #6378

Center for Integrative Therapy
Roswell, GA #6367

Center for Relational Care
Austin, TX #6382

Collaborative Medical Educ. Institute
Soquel, CA #6370

College of St. Rose
Albany, NY #4536

GoodTherapy.org
Anchorage, AK #6380

Husson University
Bangor, ME #4537

Integrative Counseling Services
Oswego, NY #6384

Pine Grove Behavioral Health & Addiction Services
Hattiesburg, MS #6392

R. Cassidy Seminars
Santa Rosa, CA #6375

Renaissance Center
Cantonsville, MD #6383

Rutgers Univ. School of Social Work
Piscataway, NJ #6389

Sims Consult. and Clinical Serv., Inc.
Salisbury, NC #6386

Society for the Arts in Healthcare, Inc.
Washington, DC #6379

Voluntary Audits

674 Joseph C. Ciechalski
Greenville, NC

6271 Luigi J. DeGregorio
Raton, NM

83395 Brenda S. Lovold
Crawfordsville, IN

53648 Cynthia L. Marcolina
Harleysville, PA

83524 Linda L. Peavler
Peoria, IL

51782 Sharon Spector
Baltimore, MD

21506 Vanessa M. Villafane-Gregory
Carolina, PR

31734 Katharine L. Weber
Half Moon Bay, CA

Washington School of Psychiatry
Washington, DC #6388

West Chester University of PA
West Chester, PA #4538

The place for NCCs



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- Update your contact information
- Check your status
- Change your areas of practice

From the Ethics Officer

Important Changes to NBCC Ethics Program

Holly Hartwig Moorhead, NBCC Ethics Officer

Two important changes that have occurred in the NBCC and Affiliates, Inc. ethics program.

First, although the NBCC Web site (www.nbcc.org) has undergone significant restructuring, ethics resources that NCCs may have previously accessed continue to be available. When visiting the Ethics page of the NBCC Web site (www.nbcc.org/ethics), NCCs can still obtain free downloads of NBCC ethics documents and policies, including the NBCC *Code of Ethics*, *Ethics Case Procedures*, *The Practice of Internet Counseling* standards, and information about the policy found on the NBCC *Statement of Annual Maintenance Fees* which requires NCCs to report to NBCC within 60 days any legal and professional matters, complaints or other similar actions.



McCaskill

Another update is the addition of Kristi McCaskill as a second NBCC and Affiliates, Inc., Ethics Officer. Ms. McCaskill brings valuable experience to this new role including association management experience and serving as NBCC's Director of Professional Advocacy. Prior to working for NBCC, Ms. McCaskill earned a Masters of Education degree with a specialization in School Counseling from the University of North Carolina at Chapel Hill and worked as a school counselor for almost 10 years. Ms.

McCaskill is a National Certified Counselor and a National Certified School Counselor.

For more information about the NBCC and Affiliates, Inc., ethics program, visit www.nbcc.org/ethics.

Certification Action

Taylor, Lafredia, #233333, Alabama, Certification Relinquished.

Disciplinary Actions

The following NCCs were disciplined by NBCC pursuant to the NBCC *Ethics Case Procedures*. These matters represent final decisions by the NBCC Ethics Officer, Ethics Hearing Committee, or Board Ethics Appeals Committee, in accordance with the NBCC *Code of Ethics* and *Ethics Case Procedures*.

Hansen, Deborah, #87250, Arizona, Public Reprimand for violations of NBCC *Code of Ethics* Sections A.13 and A.16, and NBCC *Ethics Case Procedures* Section A.7.

Jonas, Dawn, #57192, Minnesota, Public Reprimand for violations of NBCC *Code of Ethics* Sections A.1, A.8, A.9, and A.16 and NBCC *Ethics Case Procedures* Section A.7.

Mental Health Observances

March 2009

Mental Retardation Awareness Month
National Nutrition Month
1-7 National Problem Gambling Awareness Week
2-6 National School Breakfast Week

April 2009

Counseling Awareness Month
National Autism Awareness Month
National Child Abuse Prevention Month
National Minority Health Awareness Month
Alcohol Awareness Month
6-12 National Public Health Week
8 Sexual Assault Awareness Day of Action
9 National Alcohol Screening Day
18 National Healthy Kids Day
31 World No Tobacco Day

May 2009

Mental Health Month
National Teen Pregnancy Prevention Month
Older Americans Month
6-12 National Mental Health Counseling Week
10-16 National Women's Health Week
11-17 National Stuttering Awareness Week
24-30 Older Americans Mental Health Week

June 2009

7 National Cancer Survivors Day
7-13 National Headache Awareness Week
15-21 National Men's Health Week

Source: National Health Information Center

Editor's note: This section is intended to let NCCs inform their peers of important professional accomplishments and developments in their careers. If you have an item for NCC Network, please submit it to newsletter@nbcc.org. For updated formatting and content guidelines, please go to <http://sbv.nbcc.org/newsletter/guidelines>.

Judith Barr, NCC, NCMHC, of Brookfield, Connecticut, has recently released the DVD, *The Truth About Power*. Through this DVD, she teaches both professionals and laypeople the truth about the roots of our relationships with power, how these relationships affect our lives as well as our world, and how we can heal the wounds that foster the abuse of power in our world. For more information, visit www.judithbarr.com/PowerAbusedPowerHealed/pages/order-dvd.htm

In addition, Ms. Barr has also released a new home study course based on a series of her articles entitled, *Are You a Powerful Therapist?* (Professional Development Resources) This course will help participants explore their own relationships with power – on a personal and professional level – and that of clients. This course is being offered to health and mental health professionals, and offers two CE credits. For more information, visit www.judithbarr.com/PowerAbusedPowerHealed/pages/home-study.htm.

Kim Dever-Johnson, NCC, of Queensbury, New York, recently published *You GROW Girl!* a self-empowerment workbook for tween/teen girls. The co-author developed *Grow Girl!* workshops & camps which empowers young girls to become advocates for their own health by making changes in how they view their bodies, talk about weight, and deal with stress. Workbooks are available at www.larsonpublications.com, Amazon.com, or found at select Barnes and Nobles and Borders.

Justine J. Reel, NCC, of Salt Lake City, UT, recently released the book, *The Hidden Faces of Eating Disorders and Body Image*. The book examines assessment, treatment and prevention issues related to body image and eating disorders for diverse populations including race, religion, ability, sexuality, age and athletes. It is available for purchase on the AAHPERD Web site www.aahperd.org or by e-mailing nagws@aahperd.org. Ms. Reel recently became an Assistant Professor in the Department of Health Promotion and Education at the University of Utah. She continues her private practice counseling eating disorder clients.

GOT NEWS?

If you would like to submit an item for NCC Network, refer to the guidelines and deadlines on our Web site:
<http://sbv.nbcc.org/newsletter/guidelines>

NCC Annual Fees Going Up \$15

Rising costs for almost every cost center have forced NBCC to raise annual fees for counselor certifications.

In a letter to National Certified Counselors, NBCC President Dr. Thomas Clawson said the increase of \$15 to \$75 per year was predictable as costs of operation rise.

“In order to maintain our level of service and advocacy,” the letter said, “we have found it necessary to increase our annual fee. Even at the new rate, our fees are among the lowest in comparison to other professions.”

It is the first fee increase in three years, during which NBCC has expanded its services and advocacy efforts on behalf of NCCs and the entire counseling profession.

Among the many activities requiring the fee increase are intensified lobbying efforts in Washington, DC, where the Department of Veterans Affairs has yet to implement a congressional mandate to hire more counselors, and in California, the only state without counselor licensure. In the future, more advocacy is planned as well as maintaining our current projects and services reported in this newsletter. Legal fees for ethics processes and business concerns are an unavoidable expense increase.

Dr. Clawson added that NBCC was able to hold down the amount of the increase through careful budgetary management and spending restraints, particularly in the areas of travel, meetings, publications, and strategic staffing/outourcing during the current fiscal year.



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4/16-4/17	Smyrna, GA
4/23-4/24	Tacoma, WA
4/30-5/1	Greensboro, NC
4/30-5/1	Springfield, IL

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NBCC Foundation Update

Recent Donors to the NBCC Foundation

NBCC would like to thank the following people for generously supporting the NBCC Foundation. The NBCC Foundation is dedicated to promoting mental health through the advancement of professional counseling and credentialing.

To support the foundation's work with a donation, please contact David Bergman,
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3 Terrace Way, Greensboro, NC 27403
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E-mail: foundation@nbcc.org.

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NBCC Foundation Creates Scholarships

The NBCC Foundation Board of Trustees has created new scholarships for military personnel and individuals from rural areas seeking a profession in counseling.

The board action was among several decisions made at its November meeting in Washington, DC.

The scholarships are the Foundation's first ongoing funding program since its creation in 2005. They are intended to expand access to counseling services in those areas with the greatest need.

"There is a great need to address the mental health issues of our service men and women, and those in remote areas who have no provider, and this is our contribution to help meet that need," said Dr. Wayne Lanning, Chair of the Foundation Board.

The scholarships will be in the amount of \$3,000. Five of each type of scholarship will be offered every year. The military scholarships will be available to individuals with recent military experience who enroll in a counseling education program. Residence in a rural area will be a requirement for the rural scholarships. The Foundation hopes to have the program finalized and available this spring.

In addition to the scholarships, the Foundation approved funding for the Mental Health Facilitator (MHF) training program in two Asian countries. The Board provided \$6,000 to introduce training of trainers in the Himalayan kingdom of Bhutan, and it also authorized funds for emergency MHF training in China's earthquake-ravaged Sichuan Province.

Foundation revenue continues to grow, with individual contributions reaching more than \$30,000 in 2008. Sixty-one individuals contributed \$100 or more in 2008, and three contributed \$1,000. In all, 918 individuals chose to support the NBCC Foundation with contributions last year.

The Board also voted to retain its current slate of officers, with Dr. Wayne Lanning as Chair, Dr. William Byxbee as Vice Chair, and Dr. Carol Hightower Parker as Secretary-Treasurer. The other Trustees are Dr. Brenda Freeman and Ms. Harriet Fulbright.

The NBCC Foundation is dedicated to promoting mental health through the advancement of professional counseling and credentialing. Inquiries can be e-mailed to foundation@nbcc.org.

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MHF Program Helping Teachers, Students in Malawi Schools

A year after the world's first Mental Health Facilitator (MHF) training course, benefits are already being documented in Malawi.

Kenneth Hamwaka, director of the Guidance Counselling and Youth Development Centre for Africa, reports that teachers who received MHF training there last year are putting their new skills to work in creative and unforeseen ways.



One-on-one practice session during the first MHF training of trainers in Lilongwe, Malawi in February 2008.

The best example, Hamwaka reports, is the creation of MHF clubs in schools. MHF-trained teachers hold regular sessions for colleagues and pupils to discuss a range of mental health issues covered in the training.

Topics for the clubs include stress, distress and disorder issues, relationships and family issues, crises and trauma, suicide, depression and alcohol use disorders.

“There has been a tremendous excitement over the programme,” Hamwaka said in his report to NBCC International. “It covers a wide range of beneficiaries, such as communities, schools, etc. It also includes other professionals.”

Teachers organizing the MHF clubs have also expressed their enthusiasm and appreciation for the training program.

Comments from teachers in Hamwaka's report included:

Grace Mulima: After the MHF training, I am not the same person. I have personally made positive adjustments to my life, and I have assisted my learners in my school to form clubs. We held a career fair where MHF issues were highlighted. There is even a CD developed on it.

Godfrey Mbewe: My school has benefited a lot from the MHF club. The pupils are now able to counsel one another with the difficulties.

Hassen Juma: Great thanks to NBCC for introducing a good programme. There is need for more trainings in order to equip more teachers. I recommend that this should be introduced in the teacher training colleges in Malawi and Africa as a whole.

Hamwaka says another training-of-trainers session is being organized for later this year involving teachers, government workers and other professionals from several African nations. The training was organized following encouragement of the MHF program from education ministers in African nations represented on the governing board of the center in Lilongwe, Malawi's capital.

NBCC International supports the center with regular financial contributions and book donations.