



Mississippi Counseling Association
A Branch of American Counseling Association
Serving Mississippi since 1950

MCA
PO BOX 353
LONG BEACH, MS 39560

SUMMER 2014

Government Relations Update

Karla Weir & Jayme Sullivan, Co-Chairs, MCA's Government Relations Committee

This is a very explosive time for the counseling field in Mississippi. School counselors, in particular, have three main areas of change and many of you have been involved in this process.

The first change is an update to the counselor statute that went into effect July 1, 2014. This change was an update to the statute already in existence. There have been many positive and negative responses and interpretations to this update. The main concern has been the wording of 80% of contractual time. This wording has been interpreted in many different ways. The government relations committee is working with our lobbyist and the Mississippi Department of Education (MDE) to address the concern.

The second change for school counselors is the implementation of the MCAR by MDE. This is a system created by MDE to provide an evaluation system for school counselors that is in line with the school teachers and school administrators. This instrument is totally separate from the new counselor statute. MDE will be conducting training to help school districts understand this instrument.

The third change will be an update of policies and procedures for counselors created by MDE. The intent of the school counselor update was to help enhance the role of school counselors and not to cause confusion. The government relations committee along with our lobbyist will continue to work to clarify these issues.

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THE COMPASS

WOW... just TWO (2) more months until Conference! What?? You haven't registered yet? We've made it super easy... REGISTER ONLINE at: www.msccounselor.org. Early Bird rates good until 9/15!

Below, is just a taste of this year's format and just some of the sessions we're offering – it's a True Color "teaser" menu. Keep watching emails for conference updates, more sessions & highlights!

There's a little something for everybody... Hope to see y'all this year at Conference!

<div> <div>2014 MCA CONFERENCE SESSIONS</div> <div> November 5th-7th Jackson Convention Center </div> <div>(Just a few for your review!)</div> </div>			
COLOR LEARNING STYLE	SESSION TITLE	SESSION TRAINER	SESSION TRACK
GOLD	MS Department of Education UPDATES (Part 1 & 2)	GSimmons	ACADEMIC
	Building a Pyramid of "Rtl" Interventions	AWinburn	ACADEMIC
	EXPOSURE THERAPY: First Responder Trauma De-briefing	SBanks	MENTAL HEALTH
GREEN	10 Strategies Proven to Inspire & Engage <u>EVERY</u> Student	CMoore	ACADEMIC
	PRACTICAL PARENTING: What We ALL Need To Know	WLacy	ACAEMIC/MH
	DEMYSTIFYING THE DSM: YouTube Review	AEssary	MENTAL HEALTH
BLUE	Wellness Zone: Ongoing Trauma Transformation	YHarris	ACADEMIC
	Integrating Spirituality & Promoting Ego Transformation	Dr. RNunnery	MENTAL HEALTH
	Using Brief Therapy for Self-Care (Part 1 & 2) Energy Psychology; Neuro-Linguistic Prgmg; Mindfulness; Positive Psychology	Dr. BWagner Dr. JLemon	MENTAL HEALTH
ORANGE	ADVENTURE THERAPY: Crisis & Opportunity in REAL Time	AStrickland	Academic/ MH
	Stress-LESS: Fun isn't Frivolous!	KSimmons	MENTAL HEALTH
	3 Quick Techniques Every Counselor Needs	NSeferlis	MENTAL HEALTH
TIE-DIE	ADDICTION AND THE FAMILY: Problem or Crisis	Dr. KHudson	CROSS-OVER BLUE
	MS LPC BOARD PANEL: Licensure Q&A/Ethics	Entire MS LPC BOARD	CROSS-OVER GOLD
	SHAME: Consequences & Implications for Therapy	DCarr	CROSS-OVER GREEN

TRUE COLORS PERSONALITY QUIZZES are free online at: www.msccounselor.org
MCA & Mistletoe Marketplace: November 5-7th in Jackson! Two great reasons to be HERE!
Kahne Simmons/2014 MCA Conference Chair

2014 MCA Conference Outline (with CEU/CE's possible)

Wednesday - Nov 5:	Learning Institutes (3)	1:00 – 4:15pm	3.0 hrs
	Keynote Speaker	5:30 – 7:00pm	1.5 rs
Thursday - Nov 6:	On-site Registration	7:30am	
	Exhibit Hall Open	8:00am	
	Sessions/Break-Outs	9:00am – noon	2.5 hrs*
	Awards Luncheon	12:00 - 1:30pm	2.5 hrs*
	Sessions/Break-Outs	1:45 – 5:00pm	2.5 hrs*
	Division Meetings	5:00pm	
Friday - Nov 7:	Exhibit Hall Open	8:00am	
	Sessions/Break-Outs	9:00 – 11:45am	2.5 hrs*
	CEU/CE Submission	11:45-12:30	

total hours possible: 14.5

* hours possible during this timeframe

Call for Nominations

Dawn Hosey, Past President

As summer winds down, we turn our eyes to fall and MCA Conference. I stand on the shoulders of many devoted and active officers who keep this organization focused on its goals. The Strategic Planning Committee requests your thoughtful consideration and response to step into the gap and up into a leadership role.

The rewards of service are immense! I have received so much more as an active member serving you than I could have ever imagined. The lifelong friends and colleagues I can call for professional and personal consultation, as well as a strengthening of my understanding of the role of advocate for our students, clients and members have enhanced my ability to stay a healthy, vibrant proponent in our field.

This year we are requesting candidates for **President Elect-Elect** and **Treasurer**.

- The **President Elect** is responsible for coordinating conference programs and has the opportunity to shadow the President and Strategic Planning Committee in order to learn the role and continue the forward progress towards MCA's mission and goals.
- The **Treasurer** works closely with the Executive Director and accountant to manage the day to day checks and balances of MCA finances. This position requires a good mind for detail and numbers.

Contact DawnMHoseyLPC@gmail.com or call (601) 329-9762 if you have questions or wish to submit your name and information for a position. The information needs to go out to the membership prior to Conference where the voting takes place. Let us move forward in excellence!

FROM THE DESK OF HOLLIE MCCOLISTER

Anxiety; we all experience it to some degree due to the stressors of daily life.

What is it? It can be anything and everything from mild nervousness to a constant feeling of dread. It may include muscle tension, muscle aches, or shaky feelings. For me, I get that little fluttering in my chest for no reason that I can identify at the moment. Some feel it in their stomach area; some experience it as an all-over body sensation.

The question is, "What can I do to help myself when this happens?"

If it is mild anxiety, there are a number of things you can do. The techniques that I use and recommend to my clients are the following:

1. Deep breathing. Take several deep breaths in through your nose and out through your mouth. I like to use a mantra as I breathe such as "I am love" or, if you're of a spiritual nature, "Come Holy Spirit." You can come up with a mantra that means something to you. Try to keep it positive as you're telling your brain to tell the rest of your body to relax.
2. If you're having anxiety inducing thoughts, one of the things you can do is wear a rubber band around your wrist and pop it every time you have a negative or anxiety inducing thought. You're not going to hurt yourself; it's just a technique to get you to recognize the thought and reframe it in a positive way.
3. When you have a thought that induces anxiety or you are feeling a bodily sensation that you recognize as anxiety, tell yourself, "I'm done with that!" It sounds a little silly, but I've seen it work for many people, myself included.
4. There's a spot in the center of your body that is said to connect the body to the mind. It is right in the center of your chest. Tap or rub here for 30 seconds to relieve feelings of anxiety.

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The Compass, Winter 2014

Article Submission Deadlines

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Editorial content and photos due
November 3, 2014

Email to susan@nonprofit-growth.com

FROM THE DESK OF HOLLIE MCCOLISTER CONT.

There are many more techniques to relieve anxiety. It's all about finding the one that works for you, and putting it into practice.

If your anxiety is severe, the best thing to do is find a good physician to rule out any physical problems, and seek out the guidance of a good therapist. Speaking of therapists, if you decide to go that route, find one that you're comfortable with and that will support you through this journey. There are some very good books on anxiety that can be purchased if you decide to go the self-help route. I've listed some of them below:

The 10 Best-Ever Anxiety Management Techniques: Understanding How Your Brain Makes You Anxious and What You Can... by Margaret Wehrenberg (Aug 11, 2008)

Anxiety: A concise guide to Anxiety Disorder: How to control and overcome anxiety disorder! (Coping with Anxiety... by Elizabeth Conrad (Mar 24, 2014)

The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry by Lisa M. Schab LCSW (Apr 1, 2008)

8 Minute Meditation: Quiet Your Mind. Change Your Life. Paperback by Victor Davich (Author)

These are just a few of the books that I recommend to my clients and also use myself. I hope this information has helped you in some way. See you again soon!

Hollie

Hollie McCollister is a Licensed Professional Counselor in private practice on the Mississippi Gulf Coast. She is currently President of the Mississippi Licensed Professional Counselor's Association and President Elect of the Mississippi Counseling Association. She is married and lives at home with her spouse and four dogs Bella, Bacchus, Buster, and Booboonoodle. She can be reached at mctherapy08@gmail.com with any questions.

CALENDAR OF EVENTS

September

September 9-11, 2014
MS Department of Mental
Health Conference
Jackson, MS

October

October 31, 2014
Deadline for submitting True
Colors Quiz

November

November 5-7, 2014
MCA Annual Fall Conference,
Jackson, MS

DID YOU KNOW...

- MCA began in 1948 as the Mississippi Guidance Association.
- In 1967 changed to Mississippi Personnel and Guidance Association.
- Became Mississippi Counseling Association in 1984

CONTRIBUTING AUTHORS WANTED

The Compass is searching for individuals who are interested in writing articles for the newsletter. If you are interested in contributing your expertise through an article, please contact Susan Nicolais at the following email. Thanks for your help!

susan@nonprofit-growth.com

Announcements

TRUE COLOR QUIZ

There is still time to take the True Colors Quiz. You can access it via the link below and take the quiz electronically. The program at this year's conference will be based on TRUE COLORS Personality-based training. Tracks will be designed to appeal to the learning styles of each of the 4 True Colors Personality types. To get the most out of the annual conference, take the True Color Quiz on our website so you can align your educational sessions with your personal style. To take the quiz online go to <https://www.surveymonkey.com/s/28C5YZ2>

NEW ONLINE TRAINING FOR APPROVED CLINICAL SUPERVISOR (ACS) CERTIFICATION

The Department of Counseling & Educational Development at the University of North Carolina, Greensboro, has created a 30-hour online clinical supervision course. To learn more or register, visit their website at <http://soe.uncg.edu/acs/>

Government Relations Update cont.

The MCA government relations committee is also continuing to work with our lobbyist to see LPC reimbursement by Medicaid. We made progress last year, and we are currently pursuing various avenues including those involving legislation and those involving policy change to attain our goal. We will continue to keep everyone posted on the progress. As always, we need advocates! The government relations committee would like to have a representative from every region/county in Mississippi to help with our process. We would like at least one school counselor and one MLPCA to serve on our committee from each region. We are at a very critical time in our profession in Mississippi and we need advocates. It is important for us to work together with accurate information. We all need to be sharing the same message. If you are willing to be involved, please email Karla Weir (mississippicounselingweir@gmail.com) or Jayme Sullivan (mississippicounselingsullivan@gmail.com). We look forward to working with you.

Executive Directors of MCA

Until 1985, MCA was an entirely volunteer run organization. The organization then took the step to hire an executive director. MCA has had only 4 executive directors. These individuals have helped MCA reach the levels of membership and service that make for a vibrant organization.

Dr. Charles W. Scott, 1985 - 1990

Janie G. Rugg, 1990 - 2000

Peggy Caldwell, 2001 - 2007

Diane Speed, 2007 - 2013

Carolyn Anderson, 2013 - present

Taken from the History of Guidance and Counseling and Its Professional Organizations in Mississippi, Vol. III

