



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

MCA
PO BOX 353
LONG BEACH, MS 39560

SPRING 2015

THE COMPASS

2015 ACA Branch Advocacy Award

DAWN M. BUCKLEY, MCA PAST PRESIDENT

Mississippi Counseling Association received the Branch Advocacy Award March 14, 2015 at the American Counseling Association Conference in Orlando, Florida for its work on the passage of a school counselor amendment. We are grateful to all the people who made this amendment a reality and who continue to educate legislators, school officials and the public about the role and responsibility of professional school counselors. While there is still work to be accomplished to make implementation of this law a reality in all schools, MCA counselors are leading the charge. The following information was included in the ACA Award booklet.

The Mississippi Counseling Association is pleased to announce the passage of an amendment to the 2002 MS Statute 37-9-79 outlining professional school counselor qualifications, comprehensive services, and code of ethics. In addition to the long-term advocacy efforts of many counselors, three key events occurred that led to the 2014 success.

- In September 2013, the Office of Career, Counseling, and Support Services of the Mississippi Department of Education created a committee composed of stakeholders from all levels of education, professional associations, and industry.



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MANAGING YOUR PERSISTENT FEARS, ANXIETIES, AND STRESSES

STANLEY POPOVICH

Everybody deals with anxiety and depression, however some people have a difficult time in managing it. As a result, here is a brief list of techniques that a person can use to help manage their most persistent fears and every day anxieties.

When facing a current or upcoming task that overwhelms you with a lot of anxiety, the first thing you can do is to divide the task into a series of smaller steps. Completing these smaller tasks one at a time will make the stress more manageable and increases your chances of success.

Sometimes we get stressed out when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could get some fresh air, listen to some music, or do an activity that will give them a fresh perspective on things.

Another technique that is very helpful is to have a small notebook of positive statements that makes you feel good. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you in your pocket. Whenever you feel depressed or frustrated, open up your small notebook and read those statements. This will help to manage your negative thinking.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your depression and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Remember that it never hurts to ask for help.

Stan Popovich is the author of “A Layman’s Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods”. Visit Stan’s website at <http://www.managingfear.com>

The Compass, Summer 2015

Article Submission Deadlines

Publication Date: August 31, 2015

Editorial content and photos due

August 3, 2015

Email to susan@nonprofit-growth.com

A WORD FROM OUR INCOMING PRESIDENT



JAYME SULLIVAN

I am pleased to serve as your incoming president. There are so many changes in the field of counseling, and it is exciting to serve as one of your leaders as we examine and explore options in the counseling field. The theme I have chosen for this year is The Power in Professional Counseling Relationships. It is my

hope that, as a team, we can work together to strengthen our organization and recognize the presence of counselors in the state of Mississippi. There is a great deal of work to be done, and I believe, if we strengthen our professional relationships we may accomplish these goals. Each member is an important part of our organization. We strongly encourage you to become involved at some level.

We are pleased to have a record number of applicants for the 2015-2016 Emerging Leader Class. If you applied and were not selected this year, or you did not apply and would like to have a role with MCA, we would love to find an area for you to use your skills. The Mississippi Counseling Association has been a leader in many areas across the nation. This accomplishment is because of our committed members. Notify us of the work you are doing in your area. We currently need representation in many areas from each region. Please review our current committees and see what areas you may serve as a team member. Together we will build positive Professional Counseling Relationships.

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

CALENDAR OF EVENTS

June

June 5 - 6, 2015 Non-Suicidal Self-Injury (NSSI) Training and Assessment Workshop
June 5 - 6, 2015 Board-Qualified Supervisor Training for the LPC-S credential

July

July 6 - 8, 2015, MCA Institute of Leadership Training

November

November 4-6, 2015
MCA Annual Fall Conference, Biloxi, MS

ANNOUNCEMENTS

Solutions to the Dropout Crisis

Tuesday, June 9, 2015
3:30 - 4:30 p.m. Eastern Time
Mark your calendar for the next National Dropout Prevention Center/Network TV Webcast!

Presented by: Joshua Cramer, Director of Family Engagement Initiatives, National Center for Families Learning

For more information contact the National Dropout Prevention Center/Network at ndpc@clemson.edu or 864-656-4139.

2015 ACA BRANCH ADVOCACY AWARD (CONT. FROM PAGE 1)

- The committee, the MCA Legislative Team and MCA lobbyists reviewed the 2002 counseling statute and made recommendations to clarify and align counselor duties with those outlined by the American School Counselor Association.
- In November 2013 at MCA Conference, representatives from the American School Counseling Association and the Mississippi Department of Education provided a full day seminar for superintendents and school administrators to discuss the ASCA School Counselor Model and Core Curriculum.
- During the 2014 legislative session, MCA members and lobbyists teamed with Senator Gray Tollison and Representative Carolyn Crawford to author amendments to the current counseling statute to align duties offering more services to the students of Mississippi. The amendment was passed during the 2014 session and was implemented for the 2014 -2015 school year.



Left to right: Carolyn Anderson, Lynn Etheridge, Dawn Buckley and Jayme Sullivan

SAVE THE DATE!

MCA Fall Conference

Theme: The Power in Professional Counseling Relationships

November 4 - 6, 2015
Gulf Coast Convention Center
Biloxi, MS
Conference Hotel: Beau Rivage

