



PENNSYLVANIA COUNSELING
ASSOCIATION

A Branch of the American Counseling Association

PCA, Inc.

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2010-2011 PCA Officers

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From the President: Taunya Marie Tinsley, Ph.D., NCC, LPC

Did you know that the four seasons are determined by the changing sunlight, not the temperature level? As we have transitioned into the spring season, the popular adage still stands, "April showers bring May flowers!" Let's hope with the May flowers, we also get more sun and higher temperature levels!



As the seasons transition, so does the membership of the Pennsylvania Counseling Association (PCA) Executive Council! At the May executive council meeting, I will be passing the gavel to Dr. Jennifer Barna, our current President-Elect. Additionally, the executive council will have new leaders as well as returning leaders which will bring yet another strong group of leaders who represent Pennsylvania Professional Counselors and their clients. Finally, when I pass the gavel, I am proud to say that PCA has a great group of active members.

However, despite a strong leadership at the executive level and an active membership, PCA still has a goal of growing and increasing our organization. Just as the past two PCA Presidents have stated, in which I agree, we cannot emphasize enough the importance of having a strong leadership at the state level as well as an increased membership. I am asking each of you who read this newsletter to encourage your colleagues, your students and your friends who identify with the counseling profession to join PCA.

As I reflect on my past year, or almost past year, of my presidency term, PCA has endured some challenges yet has been successful in many areas that I highlighted in the winter newsletter. As we transition into a new term, I thought it would be beneficial to share the top 20 tips and strategies for Jen Barna, the "new" executive council, and the PCA membership on

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how to be successful within a professional organization (please note, that although I share these tips and strategies, I was better at some than others!):

1. Know that as an organization, we need to maintain professionalism at all times which is defined as follows: a. the way in which a person relies on a personal high standard of competence in providing professional services, b. the means by which a person promotes or maintains the image of the profession, c. a person's willingness to pursue professional development opportunities that will continue to improve the skills within the profession, d. the pursuit of quality and ideals within the profession, and e. a person's sense of pride about the profession (VanZANDT, 1990).
2. "Get crystal clear on the core reason you feel passionate about a cause [and about the organization]" (Ziemann, 2009).
3. Notice the difference between fighting for something and leading your members and colleagues toward your vision (Ziemann, 2009).
4. "Give up the need for approval. The more you look for approval, the less you will get" (Ziemann, 2009).
5. "Tell more by saying less. Extra, unnecessary words will cover your passion like a heavy wet blanket" (Ziemann, 2009).
6. Reach back and pull forward continue to inspire and assist others.
7. Be the best YOU that you can be!
8. Engage in self-care activities to maintain and promote your physical, emotional, mental and spiritual well-being to best meet your professional responsibilities (American Counseling Association, 2005).
9. Understand the *ACA Code of Ethics and the PCA Code of Ethics*.

Below are ten *Timeless Truths* (2011) have been reproduced and shared with permission of Edward J. Kesgen, Ph.D. (<http://www.kesgen.com/blog/message.html>). These simple insights can be beneficial for changing your life, both personally and professionally, especially while serving in the Pennsylvania Counseling Association.

1. Remember, there is not a single shred of scientific evidence that suggests life is meant to be taken seriously. Cultivate a lightness of spirit that will vaccinate you against troubling times.
2. Happiest are those who live in integrity – a state where one's thoughts, words and actions are all in agreement. Develop a Personal Mission Statement as a compass for everything that you do, and follow it with integrity.
3. Include in your closest circle of friends only those sparkling souls who regularly bring happiness and harmony into your life. Avoid those who see only the negative – eyes downcast, walking under a private rain cloud that they never seem able to outdistance – criticizing everything that they encounter.
4. Never miss an opportunity to tell those who are dear ones in your life that you love them. Without any forewarning, it may in an instant become too late to do so. At the close of a telephone conversation, make the last thing you say to someone you cherish . . . I love you.
5. Don't take yourself on a guilt trip. Unpack your bags. There are no mistakes, only learning experiences. All is as it should be in the grand scheme of things. How could it be otherwise?
6. Identify those who provoke you to uncontrollable belly laughs – tears streaming down your

face, guffawing with reckless abandon. Stay in touch with them, for they are needed to help banish dark nights of the soul.

7. Never look at grieving as a failure of faith. Allowing emotional scars to heal takes time, and must be done according to an internal metronome beyond your conscious manipulation.

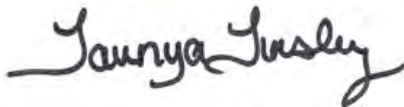
8. The person you are now is a necessary step in becoming the person you are to be. You are a work in progress – an instrument learning to play a part in a great orchestra. Enjoy the music that is you.

9. Mark not your success in life by clinging to the glitter and gadgets you have accumulated during your time on this planet. Instead, take stock of your EarthSchool experience by noticing the lives you have touched and the burdens of others you have eased.

10. Do not dread the transition of a life completed. Death is an end to life in the same sense that awakening is an end to slumber. With a welcoming heart, greet the dawning of a new adventure. It is absolutely impossible for you to be kicked out of the universe.

So as we transition from one season to the next, I wish Dr. Jen Barna, PCA President-Elect, the PCA Executive Council, and the PCA membership well! Thank you to the Executive Council and to the American Counseling Association staff for all of your assistance this past year. And, thank you to all the PCA members for the opportunity to represent and serve you.

Happy Spring!



References

American Counseling Association. (2005). *ACA code of ethics*. Alexandria, VA: Author

Kesgen, E. J. (2011). *Timeless Truths*. Personal Communications.

VanZANDT, C. E., (1990). Professionalism: A matter of personal initiative. *Journal of Counseling & Development*, 68, 243-245.

Ziemann, P. (September 18, 2009). *5 tips for NPO executive directors who want to externalize the passion they feel inside*. Retrieved from <http://ezinearticles.com/?5-Tips-For-NPO-Executive-Directors-Who-Want-to-Externalize-the-Passion-They-Feel-Inside&id=2948372>



From PCA Past-President: Holly Branthoover, Ed.D., NCC, LPC

As Past President of PCA, I am also serving in the critical role as Chair for the PCA Nominations and Elections Committee. I am currently accepting nominations for the following PCA positions:

- Treasurer
- President Elect

Please send any nominations (including self nominations) to hbranthoover@comcast.net. Feel free to contact me with questions about getting involved in PCA in any capacity. My personal and professional experience serving PCA has been positive and enriching on so many levels! I plan to resume my role as membership committee chair once my tenure as Past-President comes to an end. In addition, I plan to support the Executive Council through continued assistance with the PACES division. In July, I will assume my position as Chair of the North Atlantic Region (NAR) of ACA. I will be involved in many NAR activities at the upcoming ACA Conference in New Orleans. Stop by and see me at the NAR table in the exhibition hall. PCA will be sharing the table along with the other associations of the North Atlantic Region. My service to PCA has served to strengthen my belief in the importance of professional involvement as an integral part of being a current, competent counselor and counselor educator. I am grateful to have made professional connections and life-long friends during my service at PCA and hope to continue that trend on a more regional level with my position in NAR. We hope you can attend!

From PCA President-Elect: Jennifer Barna, Ph.D., NCC

As I write my President-Elect message, I can't help but hear the howling winds and see the inches of snow still left on our tree farm. It is usually around this time of year after I've scraped my car off for the 100th time, that I begin to long for the warmer days of Spring (17 days as of 3/3/11...not that I'm counting!). Spring is a time for new beginnings and will also mark my transition to the role of PCA President. As I continue to get to know the Executive Council and learn organizational policies and procedures, I remain convinced that great things are happening within PCA. I am committed to keeping the momentum going through collaboration, communication, and an open door policy for the exchange of new ideas.

Since October, I have been involved with several projects I hope will benefit PCA members. First, the new PCA Career Center link has been updated and is ready to meet your job hunting needs! If you are looking for a counseling position or would like to post a position, please visit the PCA website and follow these simple steps. Click on the Members Only link and enter your user name and password. Then click on the Career Center link and set up your free account. Happy hunting!





PENNSYLVANIA COUNSELING
ASSOCIATION

A Branch of the American Counseling Association

SAVE THE DATE

43rd Annual PCA Conference

October 21 to 23, 2011

Penn Stater Conference Center Hotel

State College, PA

Creativity in Counseling

Keynote Speaker: Dr. Ed Jacobs

Please check the PCA website for more details

Secondly, we are working hard to provide you with an outstanding conference loaded with professional development and networking opportunities. The 2011 conference theme will be “Celebrating Creativity in Counseling”, and will be held at the Penn Stater Conference Center Hotel in State College, PA from October 21st – 23rd. Our keynote speaker will be Dr. Ed Jacobs, Professor of Counseling from West Virginia University. Dr. Jacobs is the founder of Impact Therapy Associates (www.impacttherapy.com) and has presented over 400 workshops on creative counseling, group counseling, and REBT. We will also offer several interactive and informative pre conference learning institutes that we hope you will take advantage of. **Most importantly, if you have ever considered submitting a proposal, the 2011 conference is the time! Whether you are a practicing counselor, counselor educator, or a student, we all have expertise to share with our colleagues. Please see the Call for Proposals in this edition of the newsletter to learn more about criteria for submissions.** Finally, a huge thank you to conference chairs Jennifer Barch and Rebecca Willow who have patiently guided me and answered all of my questions!

With my term as President just around the corner, I have begun to think about how I can best serve PCA over the next year. One significant need that has surfaced is the importance of increasing membership as well as encouraging current members to become more involved. Currently, there are several Executive Council and committee positions that are waiting to be filled by excited and dedicated counselors. Also, we welcome ideas for ways to get the word out about the benefits of becoming a PCA member. Please contact me to share your thoughts or if you are interested in learning more about leadership roles in PCA (jbarna@marywood.edu).
With Warmest Regards,
Jennifer Barna
PCA-President Elect

Meet the 2011 PCA Conference Keynote Speaker Dr. Ed Jacobs



Ed Jacobs is the coordinator of the masters’ program in the Counseling, Counseling Psychology, and Rehabilitation Department at West Virginia University. He received his MA in psychology from the University of Texas at Austin and his Ph.D. in counselor education from Florida State University. Professional publications include 30 articles in books and journals as well as four books on counseling techniques: *Impact Therapy*, *Creative Counseling Techniques: An Illustrated Guide*, *Group Counseling in Correctional Settings*, and *Group Counseling: Strategies and Skills*, which is now in the 7th edition.

Ed is the founder and director of Impact Therapy Associates. He is a licensed professional counselor in West Virginia and has been in private practice for over 25 years. Each year, Ed presents throughout the United States and Canada over 20 workshops on Impact Therapy and group counseling for agencies, school districts, and organizations. Ed is known for his practical, down-to-earth style in both his presentations and his books. Each summer, Ed conducts training institutes on Impact Therapy.

Ed has been recognized for his outstanding teaching and contribution to the field. In 2006, he was given the Outstanding Teacher Award in his college. Also in 2006 he was given by the Association for Creativity in Counseling the Innovator of the Year Award. In the past he was recognized for his contributions in group work by being given the Professional Advancement Award and selected as a Fellow in the Association for Specialists in Group Work. Ed is on the advisory board for the National Association for Cognitive-Behavioral Therapists.

Looking for a Counseling Job? PCA CAN HELP!

CHECK OUT THE PCA CAREER CENTER!

Finally – A place where you
can develop your career...

PCA has a new and improved career center
for all your job searching needs!

At the career center, you'll find jobs that are specific to
counseling professionals. These are targeted opportunities
that can't be found on larger job board websites.

Why should you visit PCA's Career Center?

Find positions targeted for counselors
Post your resume anonymously
Create personalized job alerts
Save searches, store jobs, keep notes,
communicate with employers through an internal
messaging system, and more!



The Pennsylvania
Counseling Association is an organization of professional
counselors who value a collegial community, continuous learning,
service to others, visionary leadership, and a commitment to
professional ethics and standards of practice.

To Access the Career Center:

- Go to www.pcacounseling.org
- At the top right, click on the Members Only link
- Enter your user ID & password
- Upon entering the Job Target site, you'll be prompted to create a free account
- Customer Service is available M-F from 9 a.m. to 7 p.m.

Want to Post a Job? Check
out the **Employers section**
for more information on
advertising counseling
positions.

From the Desk of PALGBTIC

PALGBTIC members met recently for a productive afternoon of information sharing and planning. We have begun planning for LGBT-related presentation proposals for an LGBT learning track at the 2011 PCA conference, and plan to firm things up at our next meeting prior to the submission deadline. While PALGBTIC members will attempt to submit their proposals in a batch to make it easier on the conference planning folks, other PCA members are encouraged to submit proposals with LGBT-related themes if they have an interest. If you would like to be part of the track, kindly note on your proposal that you would like your presentation included in the PALGBTIC track in order to assist the conference planners.

PALGBTIC members plan to attend Pennsylvania LGBT Pride festivals again this summer and have resource tables at each. Last year's experiences were very positive and the possibility to attend more this year is exciting. By doing this, we are able to make PALGBTIC (and PCA) more visible as well as provide much needed counseling and other resources to the LGBT communities in Pennsylvania. Ideas for resources at the events are welcome. Feel free to forward any that you believe would be of value for counselors and/or the LGBT community to Paul Datti at pdatti@yahoo.com. We are also planning for the possibility of LGBT-related trainings in the state in order to assist counseling and related professionals with competencies in this area.

Among other things, we discussed implementing a mentorship program, posed by Ryan Gruber, to assist new professionals by developing an environment to process training and education in LGBT-affirming practices, as well as assist new professionals with personal and professional LGBT issues as they embark on their careers. We plan continue to develop this program and hope to share details with everyone at the upcoming conference. In addition, as a result of the last two PCA meetings, PALGBTIC was integral in bringing to light the need to address appropriate LGBT-related issues and guidelines for advertisers and entities who wish to affiliate with PCA. As a result, members of our division will work with other division members on the Professional Development Committee to address updated policies and procedures.

As in years past, PALGBTIC remains a strong and vibrant division committed to social justice and advocacy. Other PCA and PCA division members are always encouraged to join PALGBTIC. If you would like further information, please contact Paul Datti.

Respectfully submitted,
Paul A. Datti, Ph.D., CRC,
PALGBTIC President

Graduate Certificate in Sports Counseling

1 0 0 % O N L I N E



Are you a practicing counselor, trainer or educator with a strong interest in working with athletes?

The 100% online Graduate Certificate in Sports Counseling is designed for practicing counselors, counselors-in-training (post 48-credits), educators and/or other helping professionals who desire a specialty area of training with youth, adolescent, young adult, or adult athletes across a variety of settings.

The Cal U Sports Counseling certificate program provides counselor training competencies in:

- Foundations of sports counseling
- Contextual dimensions of sports counseling
- Knowledge and skills for the practice of sports counseling

Interested in a full masters degree option?

Cal U also offers:

- Master of Education in School Counseling (Elementary, Secondary or Dual K-12)
- Master of Science in Community Agency Counseling
- Master of Science in Sport Management with a Sports Counseling track.

If you are interested in learning more e-mail calugo@calu.edu, call 1-866-595-6348 or visit www.calu.edu/go.

Note: The Graduate Certificate in Sports Counseling will not certify you as a professional counselor. However, courses may be utilized for additional credits toward licensure or for continuing education credits (CEU's).



California University of Pennsylvania
School of Graduate Studies and Research
Building Character. Building Careers.

A proud member of the Pennsylvania State System of Higher Education.

CALU
GLOBAL ONLINE

43rd Annual PCA Conference
“Creativity in Counseling”
October 21 to 23, 2010
Penn Stater Conference Center Hotel
State College, PA

CALL FOR PROGRAMS

The Pennsylvania Counseling Association (PCA) is pleased to announce the Call for Proposals for the **43rd Annual PCA Conference: *Creativity in Counseling***. We invite innovative and quality proposals for the 43rd Annual PCA Conference that address any area of counseling, counselor education, and supervision, specifically those that are both practical and research-based. Professional counselors, working in a variety of settings, including: researchers, educators, spiritual/religious leaders, students, and other helping professionals are encouraged to submit a proposal for consideration.

Presenter policies and instructions

- **Proposals are due no later than May 1, 2011.** Proposals received past the deadline of May 1, 2011 may be considered contingent upon available time and space.
- Presenters are responsible for all expenses including, but not limited to, travel, lodging, and transportation.
- A flip chart, easel, and overhead projector will be provided in each presentation room. **Presenters are responsible** for all other audio/visual needs and presentation equipment. Information about renting additional equipment is available by contacting the Penn Stater directly.
- An individual may not submit or appear on more than two proposals, either as primary presenter or co-presenter.
- Acceptance of presenters for two presentations will be done with consideration for conference schedule limitations. All presentations will be scheduled on Saturday and Sunday (October 22 and 23).
- Proposal acceptance is considered provisional pending confirmation of a paid registration from each presenter. All presenters are required to register for the PCA Annual Conference. Signatures confirming this understanding must appear on this proposal application.
- The conference rate for all presenters, regardless of the time of registration, will be equivalent to the early conference registration fee (\$180.00 for members and \$255.00 for non-members; \$85 for student members and \$110.00 for student non-members).
- Presentation acceptance may be revoked if registration and payment are not received by August 31, 2011.
- Provisional acceptance notices will be made by August 15, 2011 to the Lead Presenter Only
- Confirmation of the scheduled date and time of the presentation will be made upon receipt of a paid/completed registration form for each presenter and once all proposal application acceptances have been finalized.

- Presenters encouraging the solicitation of materials or services will not be accepted. Presenters who wish to sell materials must purchase exhibit space and confine promotional efforts to the exhibit area.

Presenter policies and instructions

- Please provide all requested information. Attachments should be used as indicated.
- Incomplete proposals may not be considered for selection.
- The information included in the proposal, including all attachments, may be published in the conference program.
- Bachelors level presenters may submit proposals. **However**, proposals must include a Masters or Doctoral level presenter in order to be eligible to award CEUs to session participants.

Presenter Checklist

- **Title**
- **Synopsis (50 word max.)**
- **Description (500 word max.)**
- **Brief CV or resume included in both versions (no more than 3 pages)**
- **Electronic Copy sent/no signature needed (willow004@gannon.edu)**
- **Hard Copy sent with signatures of all presenters to:**

Dr. Becky Willow
PCA Conference Committee
Gannon University
Community Counseling Program
109 University Square
Erie, PA 16541

Please attach page 3 of this document to the front of your proposal.

43rd Annual PCA Conference Program Proposal
Please use this form as the cover sheet to your proposal attachments

1. Lead Presenter/Contact Person: (If there are additional presenters, please attach the same information for each of them. Only the lead presenter will be contacted.)

Name and credentials as they should appear in the program booklet:

Address:

Home Phone: _____ **Cell Phone:** _____

Email : _____ **Fax #:** _____

2. This proposal is being submitted as a:

_____ **Educational Session (2 hours):** educates the attendees about research or counseling topics that are highly significant to the counseling profession.

_____ **Educational Session (1 hour):** educates the attendees about research or counseling topics that are highly significant to the counseling profession.

_____ **Poster Session (30 minutes):** conveys research findings and/or novel approaches in counseling using a poster format.

Please attach the following:

3. Program Title:

4. Program Synopsis: (for publication in the conference program, limited to 50 words):

5. Presentation Description: (limited to 500 words)

Please include presentation goals, learning objectives, presentation method (panel, lecture, activity, etc.)

6. Confirmation of Conference Attendance:

By signing this form, I/we understand and agree to abide by the terms listed above.

Presenter(s) Signatures and date:
