

# Connectedness



QUARTERLY NEWSLETTER OF THE IDAHO COUNSELING ASSOCIATION

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Summer 2008

## President's Address



Hello my friends. I hope that this summer you are finding creative ways to beat the heat

and are working to take care of yourself. As many of you know ICA held its annual Leadership Development Institute in Cascade Idaho the weekend of June 20<sup>th</sup>. The Institute was a great opportunity to plan for the coming year, to outline the directions we will move in as an association, and finally, to begin working with a next generation of ICA leaders. We were honored to have Richard Yep, the Executive Director for ACA be in attendance and conduct a leadership workshop for us. I viewed the workshop as an opportunity to reflect on the past year and serve as a springboard for the coming year. In the past year I have learned that while we are growing in strength as an association we still have plenty of growth left in us. I also had the opportunity to see first hand the quality of leaders and professional counselors who are the lifeblood of the Idaho Counseling Association. My highlight of the

past year was getting to meet new friends both on the phone and in person as a traveled across the state. My belief in what we do as counselors has been affirmed through my interactions with you.

In looking forward to the coming year, I would like to remind you of the theme for the 2009 ICA conference in Coeur d'Alene: "*Counselors as Catalysts for Change: A Call to Action.*" In the coming year it is essential to remember that as counselors we truly are catalysts for change. More importantly, it is imperative that as a counseling association we take action to effect change. In keeping with this I would like to share some goals for the coming year that will take action on our part to see any change. Over the course of the year I intend to expand on each of these goals in future newsletters and online via the website.

1. Increase our presence and strengthen our voice with our state and US politicians.
2. Increase our efforts to recruit, mentor, and nurture leaders.
3. Increase communication amongst counselors across the state.

Encourage each licensed professional counselor in Idaho to call, write, or email three legislators/politicians. Ask them what they do to support Licensed Professional Counseling (in all areas of specialty), School Counseling, and Career Counseling within the state of Idaho. We can then ask how they have done so by way of their vote, because it is the vote that counts

These modest goals will be driven by following our strategic plan which Dr. Tom Trotter will outline in the next newsletter. They will also be driven by you as members of ICA and as Licensed Professional Counselors who are committed to your profession and want to ensure its growth and health for future generations of counselors. At the 2008 Annual Conference in Boise I challenged each member to give five hours of service to their professional counseling association over the course of the next year. I look forward to hearing from you to talk about what you have done, can do, and will do to support your professional counseling association. Until I see you, I wish you well and look forward to the next time we meet

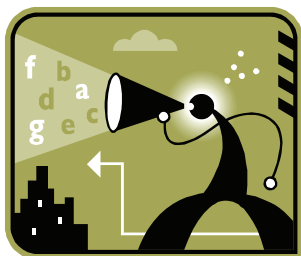
Linwood

## We're on the Web! [Idahocounseling.org](http://Idahocounseling.org)

- NEW! WELLNESS COLUMN
- NEW! MEMBER OPINIONS
- 2009 ICA CONFERENCE DETAILS

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Do you have an issue you would like to Sound Off on? Share your opinion with other members, submit an editorial/opinion to *Connectedness*.

“IT WOULD BE DEVASTATING TO MY PROFESSION, AS WELL AS STUDENTS EVERYWHERE, IF SCHOOL COUNSELORS WERE SEPARATED FROM THE COUNSELING PROFESSION.”

## DIVISION NEWS

### IACES

IACES President, Laura Harrawood, attended the ICA Leadership Development Institute in June. During the Council of Leaders Business meeting it was determined that IACES will continue to promote the graduate student poster session at the annual conference. Additionally, to better serve

ICA's members on its website IACES will be implementing a contact/referral list of professionals along with their specialties. Individuals listed will be able to specify his or her availability. Look for an upcoming email inviting individuals to submit their contact information, specialty areas, and availability.

### ISCA

The Idaho School Counseling Association will hold its Annual Conference on October 2 & 3 at the Grove Hotel in Boise. For more information, visit [idaho-schoolcounselor.org](http://idaho-schoolcounselor.org)

**The following letter appeared in Counseling Today in response to a previous article, and is reprinted here with permission of the author.**

This email is long over due as I read your article in the March issue of Counseling Today and I am just now replying. I had strong reactions to your article. I am a counselor working in an alternate school setting in Idaho. I was a teacher for 13 years before I became a counselor. I am a counselor first and foremost. All other clerical and administrative work I do is secondary to the work I do with students. It

would be devastating to my profession, as well as students every where, if school counselors were separated from the counseling profession. In today's world our youth need more than just the archaic guidance counselor of the past to help them cope with the environment they live with daily. I agree strongly that school counselors should stay under the umbrella of professional counseling. Not

to, would be detrimental to the students we serve. Because I feel so strongly on this issue and it is so very alarming to me, I would like to offer any support I can to encourage the leadership of the ACA and ASCA to stay affiliated. Let me know if there is anything a small voice from Idaho can do!  
Cindy Youngstrom, LPC  
New Horizon High School  
Pocatello, ID

## Leadership Development Institute: Executive Director's Report

The Leadership Development Institute (LDI) was held in June at the Trinity Pines Camp and Conference Center in Cascade. This was the first time we had used these facilities and everyone seemed to enjoy the camp. It was a time for the leaders in ICA and its divisions to come together to discuss ideas and learn from each other. We had a great turnout, with almost 30 people in attendance. I look

forward to returning next year.

One of the best parts of LDI was getting together to talk about activities within ICA and its divisions, to exchange ideas, and build relationships. It was also a privilege to have Richard Yep, the ACA Executive Director, with us at LDI. He had some helpful ideas on how to retain members.

ICA's calendar year has just started and now is a great time to

become involved in ICA and there are several committee openings available. The annual conference is coming up in Coeur d'Alene in January, which is always a great learning and networking opportunity. If you are interested in getting involved and don't know where to start, email me at [suem@holmes.myrf.net](mailto:suem@holmes.myrf.net), or contact one of the ICA board members and let them know your interests.



This year's LDI was held at Trinity Pines Conference Center in Cascade, ID.



Join us at the lakeside resort in Coeur d'Alene!

## 2009 ICA Conference is fast approaching!

### Conference Highlights:

- The conference this year will be in Coeur d'Alene at the Coeur d'Alene Golf & Spa Resort, January 29-31.
- Fun Bus from Boise for a round-trip cost of \$60. Limited seating, so reserve your seat ASAP. Contact [ica2009@gmail.com](mailto:ica2009@gmail.com) for more information or to put your name on the list.
- Friday night social - Evening Cruise of Lake Coeur d'Alene. Join us for a time to socialize, network, and have lots of fun.
- One stop shop! Attend one of the Pre-Conferences in addition to the conference and get your 20 required CEUs for the year.- including 3 hours of Ethics

Pre-Conferences - Thursday, January 29th

Jeff Derry, MA, NCC - Clinical Director of the SUWS Wilderness Program

### *"Wilderness Therapy, an Office Outdoors".*

Exploration of wilderness therapy and wilderness therapy programming, including discussions on the evolution of wilderness, current practices theory and outcome studies and acceptance of Wilderness therapy by the general public. Discussions will also include; common techniques of wilderness therapy and programs, safety with clients, families and the environment, "leave no trace" thinking and the future growth.

Mark Young, PhD - Gonzaga University Faculty

### *Creating Close Connections*

Counselors act as catalysts when working to change the level of closeness in couple and family relationships. This pre-conference workshop will examine obstacles that threaten and impede closeness and will offer techniques for counselors to help couples and families build close connections.

Rebecca Koltz

### *Clinical Supervision*

A complete training (15 CEU's) to be made available during the conference. Half the training on Thursday and the remaining to be made on Friday. More details to come...

### **Keynote Speaker:**

**James Robert Bitter, Ed.D.**

Dr. Bitter is a professor of counseling in the Department of Human Development & Learning at East Tennessee State University. He is a Diplomate in Adlerian Psychology, with special interests in Adlerian counseling and therapy; Gestalt therapy; group counseling and therapy; couples and family therapy; and Narrative therapy. He is a Nationally Certified Counselor as well as a Nationally Certified Family Therapist and a founding board member of the National Academy of Marriage and Family Therapy.

Contributing numerous articles and books to the profession of counseling, Dr. Bitter is a prolific writer. He has also collaborated with many of the most notable names in counseling such as Michael White, Virginia Satir and others. He received the Outstanding Scholar Award, Claudius Clemmer College of Education, 2004-2005.

In addition to his work at East Tennessee State University, Dr. Bitter has studied and taught around the world From New Zealand to Slovakia, and St. Lucie, Florida to Boise, Idaho.

His leadership in the field of counseling includes service as President, Faculty Senate, East Tennessee State University, Academic Senate, California State University at Fullerton, 1988-1991; Executive Committee treasurer, President, Faculty Council, West Virginia College of Graduate Studies, president, Governing Council, Avanta Network (Virginia Satir's Training Staff).

MORE INFORMATION AND  
REGISTRATION AVAILABLE  
ONLINE! VISIT:  
[IDAHO�OUNSELING.ORG](http://IDAHO�OUNSELING.ORG)



Take a cruise on the lake during the Friday evening social.



Beronica utilizes her bilingual skills in her counseling practice.

### Member Spotlight: Beronica Salazar

Beronica Salazar was nominated at the Idaho Counseling Association's Back to Basics conference as an emerging leader in the field of counseling. She has been recognized as an advocate and leader with exemplary potential. Originally from the small town of Crystal City, Texas, Beronica moved to Idaho after high school and is pursuing a master's degree in counseling at Northwest Nazarene College. Beronica is an advocate for the underserved and Hispanic populations. In fact, acting as an interpreter sparked her desire to become a counselor. While working at a community clinic, she was often used by counselors and doctors as an interpreter. Beronica experienced firsthand the challenges that language barriers create for individuals seeking help. Interpreting for clients motivated Beronica to continue her education. She believes Spanish speaking clients should not have to settle for an interpreter; they should be cared for by a professional who speaks their language. Beronica plans to continue advocating for the underserved and Spanish speaking populations after receiving her master's degree. She is interested in obtaining employment with a non for profit agency that will utilize her bilingual skills while she practices counseling. Beronica is also considering pursuing a doctorate degree in counseling.



"ICA HAS GIVEN

A VOICE TO DEVELOPING COUNSELORS, CREATING A UNITY AND UNDERSTANDING AMONG COUNSELING PROFESSIONALS."

The Back to Basics conference provided two moving experiences for Beronica. She described the teleconference with Dr. Irvin Yalom as a breathtaking and unforgettable learning experience. In addition, the Inaugural Emerging Leaders Breakfast was enlightening for Beronica. The breakfast was a tremendous opportunity for her to connect with leaders and advocates for the profession of counseling. This experience allowed Beronica to more fully understand the dynamics of ICA and other professional organizations. She would like to see the ICA Emerging Leader Breakfast continue because she recognizes how beneficial bringing together prospective future leaders and current leaders is for the prosperity of counseling professionals and their clients.

Beronica attributes the ICA with helping her develop her professional identity. She has utilized the resources provided by ICA to connect with other professionals. Beronica also believes that ICA has assisted her to become active within the counseling profession even at the student level. ICA provided a forum for Beronica to disseminate her collaborative project among seasoned and new professionals from the community during the



BECOME A LEADER!

Volunteer to serve a position in the ICA, or one of it's many divisions!!

### Bon Voyage!

The ICA would like to say goodbye, and thank-you, to the following individuals who will no longer serve on the Council of Leaders. Good luck on your next endeavors!

Dr. Carrie Alexander-Albritton, bylaws Chair

Connie Collins, Professional Standards Chair

Dr. Nikki Freeburg, Media Chair

Joe VanWinkle, IAMFC President

## Wellness Corner!

As the “lazy days” of summer unfold, I realize with surprise that I am still feeling rushed, frazzled, and overwhelmed. I have lost the peacefulness, the calm, the contentment, the connection with myself and important people in my life that is part of being a balanced, healthy person. What has gotten in my way? What happens to you in similar situations?

I suppose the relaxation encapsulated in the term “lazy days” requires effort and commitment from me as opposed to just luxuriating in particular days of the calendar year. It seems so easy to get caught up in the practical demands of daily living. Getting the bills paid, mowing the lawn, finish-

ing a project at work, and similar activities take over, while spending time with family and friends, exercising, and having fun seem to be the first things given up when life gets busy. To reconnect with ourselves, we need to be intentional about the following:

- Take a step back from life and consider how you invest your time and energy. Is it consistent with your values and priorities? If family, recreation, or self-care is important to you, are you spending an adequate amount of time and energy in these areas?
- Remember that living a balanced, healthy life includes recreational activities and self-

pampering activities. How do you take care of these aspects of yourself?

Establish a boundary about how much time and energy you want to invest in work and other areas of your life. Learn to say “No” to responsibilities or requests that infringe on your non-work time.

These three suggestions seem simple; we have heard them all before. However, putting them into practice when we feel overwhelmed can be difficult. As the “lazy days” of summer continue, let us focus on being more intentional in consistently taking care of ourselves.

-Dr. Nicole R. Hill



Do you have a Wellness tip to share with fellow ICA members? Submit it to *Connectedness!*

## 2008-2009 ICA COUNCIL OF LEADERS

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ICA President Elect	Lori Fairgrieve	<a href="mailto:lafairgrieve@nnu.edu">lafairgrieve@nnu.edu</a>
Treasurer	Kay Lisenbe	<a href="http://kay@lisenbe.com">kay@lisenbe.com</a>
Finance Committee Chair		
Secretary	Laura Harrawood	<a href="mailto:harrlaur@isu.edu">harrlaur@isu.edu</a>
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Professional Standards Chair	Vacant	
Bylaws Committee Chair	Vacant	
PP&L	Vacant	
Media Chair	Ann McCaughan	<a href="mailto:mccaann@isu.edu">mccaann@isu.edu</a>
Humanitarian Chair	Vacant	
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Conference Planning Chair	Heather Thompson	<a href="mailto:ica2009@gmail.com">ica2009@gmail.com</a>
Strategic Planning Chair	Tom Trotter	<a href="mailto:doctrotter@roadrunner.com">doctrotter@roadrunner.com</a>

If you would like to submit articles to **Connectedness**, please contact **Ann McCaughan**:

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QUARTERLY NEWSLETTER OF THE IDAHO COUNSELING ASSOCIATION

**ICA WOULD LIKE TO  
WELCOME OUR NEW  
MEMBERS:**

James Jensen

Charles Jewell

Nancy Roth

April Rubino

Victor Bennett

**The Idaho Counseling Association** is an organization of counseling and human development professionals who work in education, health care, residential treatment, private practice, community agency, governments and business/industry settings.

Our mission is to enhance human development throughout the life span and to promote the counseling and human development profession.

**Election Results Are In....**

**CONGRATULATIONS!**

**Laurie Fairgrieve, ICA President Elect**

**Laura Harrawood, ICA Secretary**