

Sunspots

The Quarterly Newsletter of the
New Mexico Counseling Association



Winter 2010

Kim Jeffries, Editor



Dr. Dario Silva
2010-2011 President

NMCA MEMBERSHIP

NMSCA	92
NMMHCA	94
NMCDA	40
NMASERVIC	55
NMASJ	30

WELCOME NEW MEMBERS!

Kristin Birkeres
Christopher Chappell
Matthew Cornelius
Marilyn Dykman
Charlene Lutz
Dana Moore
Fran Perko
Anthony Rinaldi
Carol Rowley
Martha Stephens
Edward Thomas
Aniesa Trujillo
Charles Vopalka
Laura Woodring

Dear Colleague Counselors of New Mexico,

By the time you read this issue of Sunspots, we will have already begun the winter holiday season with Thanksgiving. It is only appropriate that I start out with the following quote:

“When we exist without thought or thanksgiving we are not men, but beast.”
M.F.K. Fisher (1908-1992)
American writer

My family has been celebrating Thanksgiving for the past fourteen years with the same four families. No blood relationship, just friends. In fact, we hardly see each other throughout the year but somehow we always manage to plan a wonderful Thanksgiving meal that leaves us all satisfied with full bellies and another year of memories. We have seen our kids grow from toddlerhood through teen years and now several graduating from college. We have kind of a set tradition that before the meal we all gather in a circle and each takes their turn to give thanks for something. The thanks given seem to vary in context from the younger members giving thanks to finally getting their driver's license, the college age kids giving thanks for the semester almost being over, and the adults tending to give

thanks for having jobs and that the kids are all healthy or thanks to friendship. Invariably, someone or various some ones always give thanks to how we can once again gather to just be with one another and share with one another. This commitment to gather once again and share our lives with one another may be the key to what has kept our loose knit but strong bond family tradition going for the past fourteen years.

I share this family history with you because I believe that since 1991 NMCA has had some type of gathering in the form of an annual convention. This year, for several reasons, the Board decided to hold off on a convention and to concentrate more on supporting Division programs. We have had several inquiries from counselors around the state asking about this year's conference. I see this as a good sign. I take this to mean that the tradition of an annual conference is important to the state's community of counselors. Let me assure you that the Board is planning a conference for 2011. The proposed theme is “A Gathering of Counselors: Body, Mind, Spirit, Service” to be held September 9th and 10th 2011 in Las Cruces, NM. You can mark these dates in your 2011 calendar now. More

information about the 2011 conference will be coming your way early next year as we send out a call for presentations.

Projects for the rest of this year and Spring 2011 include NMCA sponsored workshop series, an NMSCA and an NMSERVIC conference. The NMCA workshop series begins December 4th with Paul Fornell presenting a workshop on ethics. In January, Jenna Crabb will present a workshop on supervising a multigenerational staff, and Jeannette Baca will be presenting a workshop on technology and cyber bullying in February. Other workshops are planned for the rest of 2011 and if you wish to know more about the NMCA workshop series contact Caitlin Henke at: caitielulu@gmail.com. You may want to present a workshop in your area of the state and this is a good way in which you can share your expertise with the rest of the counseling community.

NMSCA and NMSERVIC will be holding their conferences early in the year, February and March respectively. Check with your divisions for more details. NMASJ sponsored a workshop early in November addressing Border issues. All indications are that the presentation and discussion was well received.

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NMCA is a branch of the American Counseling Association (ACA), and all NMCA members follow the ACA Ethical Code. This code can be found at www.counseling.org.

For National Information

American Counseling Association: www.counseling.org

American Mental Health Counselors Association: www.amhca.org

Association for Spiritual, Ethical and Religious Values in Counseling: www.aservic.org

American School Counselor Association: www.schoolcounselor.org

Counselors for Social Justice: www.counselorsforsocialjustice.com

National Career Development Association: www.ncda.org

For State Information

New Mexico Counseling Association: www.nmca-nm.org

New Mexico Counseling and Therapy Practice Board:
www.rld.state.nm.us/counseling/

2010-2011 NMCA Board

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Autumn Collins, Vice President Professional Development—
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Mikelynn Romero, President NMCD—mikelynn.romero@gmail.com

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NMCA History

The New Mexico Counseling Association, formerly known as the New Mexico Association for Counseling and Development, and the New Mexico Personnel and Guidance Association, was chartered on March 26, 1956. The first president was Dr. A.A. Wellock.

We have been unable to identify all of the past presidents—so if you know of anyone who served as president between the late '50's to late '70's, please contact NMCA. Meanwhile, here is a partial list.

NMCA Presidents....

2010-2011	Dario Silva
2009-2010	Jeannette Baca
2008-2009	Kelly Brooks
2007-2008	Jenna Crabb
2006-2007	Rhonda Neswald-Potter
2005-2006	Sara Simon
2004-2005	Bob Butziger
2003-2004	James Herrera
2002-2003	Mary Ann Landry
2001-2002	Diane Wilhoite
2000-2001	Diane Wilhoite
1999-2000	Linda Davis
1998-1999	Larry Winn
1997-1998	Leslie Otero
1996-1997	Mary Cecilia Guterrez
1995-1996	Sam Shaffer
1994-1995	Jean Farrar
1993-1994	John Bach
1992-1993	Pam Micker
1991-1992	Lois Mayland
1990-1991	Joyce Dean
1989-1990	Denise Pontious
1988-1989	Carol Schwendimann
1987-1988	Linda Rounds-Nichols (Maruska)
1986-1987	Rob Sharp
1985-1986	Phil Mitchell
1984-1985	Bill Krieger
1983-1984	Paul Fornell
1982-1983	Betsy Yost
1981-1982	James Kakos
1980-1981	Anthony Garcia
1979-1980	Beverly Bourquet
???	
1956	Dr. A.A. Wellock

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Despite the fact that NMCA did not sponsor a convention this year work continues in each Division to develop strong bonds amongst their membership. I along with the NMCA Board encourage this. We encourage that your influence on one another infects other professional counselors to join NMCA and your Division. Invite a non-member to one of your events. Give them the gift of feeling welcomed into your loosely knit but strong bonded family.

On behalf of NMCA Board I wish all of you a holiday season full of graceful moments. This is a tough time of the year for many. And, many reach out to you counselors for support. This can be a tough time for you as well. Take care of yourselves. Keep your body healthy, mind clear, and spirit pure as you serve others during this season.

NMCA Members are invited to participate in a
Qualitative Study/CEU Workshop

— — — — —

*The Effect of Viewing Cinematic Portrayals of Gay Males
 on Mental Health Clinicians' Attitudes and Perceptions*

— — — — —

Participants will be asked to view five full-length films (provided on DVD) prior to five corresponding two-hour focus group sessions, held every other Thursday evening over a ten-week period. The Albuquerque study will also include journaling, survey, and interview.

Eligible participants may receive 2.5 CEU units per session attended (for a maximum of 12.5 CEUs for the entire study).

Email ABQresearch@gmail.com for more information.
 Recruitment closes February 15, 2011.

ACA Calendar of Events and Deadlines for Branches December 15, 2010 - January 31, 2011

EVENTS

January 19-22, 2011

Idaho Counseling Association Annual Conference
 Pocatello, Idaho

Information: Heather Tustison - icaconference@yahoo.com

DEADLINES

January 1, 2011

Submissions for Division, Region & Branch News and Bulletin Board items (for January 2011 issue of *Counseling Today*)

Information: Lynne Shallcross - lshallcross@counseling.org

January 7, 2010 - 5:00 pm Eastern Standard Time

The ACA 2011 Branch Awards Entries

Information: Bob Schmidt - counselor.bob@hotmail.com or Denise Brown - dbrown@counseling.org

Looking Ahead

3rd Annual ACA Summer Institute for Leadership Training

July 27 through July 30, 2011

Information: Denise Brown - dbrown@counseling.org

2011 – 2014 Governing Council Meetings and Deadlines:

Information: Holly Clubb - hclubb@counseling.org

NMCA Service Opportunities

President Elect

President Elect-Elect

Committee Chairs:

Leadership
 Development

Financial Affairs

**If you are interested,
 please contact
 Dario Silva at
dasilva@nmsu.edu**

**Your division could also
 use your help!!
 Contact your division
 president!**

Get Jazzed

Plan Now to Attend the Largest Conference in Counseling

**Pre-conference
Learning Institutes***
23-24, 2011

**Annual Conference
& Exposition**
March 25-27, 2011



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Online: counseling.org/conference

Phone: 703-823-9800 x222
800-347-6647 x222
(M-F, 8 am to 7 pm ET)

	Summer Rate March 24 – Aug. 31, 2010	Super Saver Rate Sept. 1 – Nov. 30, 2010	Advance Rate Dec. 1, 2009 – Feb. 15, 2011	Onsite Rate Feb. 16 – Mar. 23, 2011
ACA Members Professional/Regular	\$300	\$325	\$375	\$425
New Professional/ Student/Retiree	\$200	\$225	\$270	\$300
Non-Members General Attendees	\$490	\$515	\$560	\$600
Non-Member Student	\$320	\$340	\$470	\$490

See you in New Orleans!

* Additional fees apply



AMERICAN COUNSELING
ASSOCIATION

From the Divisions

From the NMSCA:

Tis the Season Fellow School Counselors,

It seems like we have only just begun the school year and now it is time for the Holiday Season. My, how time flies. During this time, we often find students and families under duress from financial constraints, familial obligations, and other stressors in their lives. It is not only important to help our students and their families but to also remember to take care of ourselves in that process. I have listed a few ideas to support you, the helping professional. In addition, I have included a wonderful handout from Cheri Lovre to support our students during this holiday season.

Quick Relaxation Techniques:

1. Deep Breaths: Take a very deep breath, hold it for about 10 seconds, and exhale as if you are blowing up a balloon. Exhale as much of the air from your lungs as possible. Breathe normally for about 15-20 seconds, and repeat. Continue.
2. Circular Breathing: Take shallow, "tummy breaths" paying particular attention to there being a comfortable, constant in and out air flow without holding your breath between inhale and exhale, and exhale and inhale. This is the most relaxed kind of breathing and it usually causes the rest of your body to become more relaxed.
3. Letting Go: While sitting in a comfortable chair, or better still, while lying down, use your imagination to attempt to let gravity take over your body. Don't fight against gravity at all. Feel the regions of your body becoming heavier and sinking into the chair, bed, couch, etc. This is a good way to trick your muscles into becoming more relaxed.

Quick Meditation: Every time you inhale think the words "I AM" and when you exhale, think the word "RELAXED." Do this for about five minutes or more. Although it may feel silly if you've never meditated before, eventually the boring repetition of the nice words causes your mind to become more relaxed.

Source: University of Cincinnati Psychological Services center, and the Division of Student Affairs and Services. Retrieved November 18, 2010 <http://www.uc.edu/counseling.html>

Enjoy and Relax

Surviving the Holidays

Just by leading a couple of discussions (or activities that bring out the same information) we can give students coping skills for getting through the holidays. We know that many students function better with the anchor that school can be for them in their lives, so a two-week break can leave them at loose ends. Here are some simple ideas that can reap great benefits for students.

Begin with a statement of the obvious. "When the holidays approach, lots of us have excitement for things to which we look forward, and lots of us also have some things we dread. You know what it is like for you in your home, and you also know what it is like in homes of your friends. It can be quite different. Let's take some time to look at how we all get through the holidays. First let's make a list of all the kinds of things that kids might be looking forward to..." You notice we aren't saying "... that you look forward to..." because we want students to feel free to speak more generally and not have to self-disclose things about their own family. Most of them will, because that is their frame of reference, but the goal is to let them speak as though they might be brainstorming on behalf of others who struggle more than they. Creating this distance between self-disclosure and speaking more philosophically and generally makes it much safer for some students to enter into the conversation. "Let's make a list of the kinds of things that are exciting and fun about holidays." So the first step is to generate that which is safest to approach.

"We also know that some families and some kids have a difficult time at the holidays. There are lots of reasons for that. What are some of the kinds of things that might be difficult for students in America/Our Town?" So now we're generating a list of the board of challenges. That list might include children who are from divorced or separated families who won't have all of their loved ones in the same place at the same time. Those who have parents overseas in the military. Those who are homeless or impoverished. Those whose parents are unhappy or fight. So we acknowledge that there are difficulties for lots of families.

Finally, we ask the kids to help come up with coping skills and ideas. Go through the list. On some (like if the family is separated by divorce or military service) you can come up with ideas about sending pictures, Skyping, and any other ways you can stay connected. For kids who have families with challenges like fighting or tension, would it be OK for them to check out library books that they could keep through the whole vacation? Are there activities you can help them come up with that they can do in their rooms so they separate themselves from the stress? Can they play music that is soothing? Come up with the longest list you can with both the students' ideas and add your own toward the end as well.

Other options would be to have the same "assignments" for the lists kids would generate, but let them work in small groups. With younger students, you might have them draw about their solutions.

One of the keys for survival is knowing you aren't alone – that you aren't the only

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From the Divisions (Cont'd.)

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one that has whatever problems you have. It is helpful for kids to hear that others have the same worries and concerns. "Predict and Prepare" is a really helpful concept here – help kids predict what the hard parts might be and help them prepare ahead of time. Sometimes the "prepare" part is what they will do to protect themselves, and other times it is helping them think ahead of time about what they'll say when some particular thing happens. And don't just walk them through the process of Predict and Prepare, tell them about the concept; that thinking ahead of time and identifying problems and then problem-solving ahead of time helps us do better when bad things happen than if we just avoid thinking about them altogether. The goal is to help children recognize that any time they are anxious about something that is about to happen, we're better off to face it and think of solutions before we're in major stress because our brain works better when we aren't yet super stressed. Planning ahead keeps our brain functioning when we need it – when times are tough.

CMIA

MANAGEMENT
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(Source)

The New Mexico School Counselor Association is currently planning our upcoming spring conference to be held in February 2011. A 'save the date' post card will be sent to your email in December with more information about this exciting event. You may also follow our organization on Facebook. If you are interested in joining our NMSCA Board, please contact me at your convenience at lsanc@bosqueschool.org or 505.898.6388. Please check our website at www.nmsca.org for our current vacancies.

Thank you for your continued support. Warm wishes for a wonderful holiday season,

Lori Sanchez, PhD, LPC, NCC
NMSCA President 2010-2011

From the NMMHCA:

The holidays are quickly approaching, as I'm sure you're aware of. This time of the year is generally a time of family gatherings and getting together of friends and loved ones. It is a time of cheer and celebrations for many, but not for everyone.

For many people, especially, our some of our elders it is a sad time of the year due to memories of times passed or feelings of loneliness and loss. For this reason this time of the year is often associated with the holiday blues.

Holiday depression (or holiday blues) can strike anyone. I'm sure you've seen the holiday classic called Scrooge with his famous words, "Bah Hum Bug!" In my opinion it really doesn't get more depressing than that, but I'm sure it can. People all over the place (all around the world) dread the upcoming months due to many factors.

Holiday blues can be considered a form of depression that's connected to memories of the past. The memories could be associated with the loss of loved ones or the fact that this holiday season will be spent alone due to a separation or breakup. For the senior citizen, who feels trapped inside a nursing home with few visitors, this is probably one of the worst times of the year.

Another factor that could cause depression is the current economy. Your client could also be suffering (as many are) from financial worries. As a result he/she is besieged with memories of happier times when finances were more secure. During those times the table served more food and the tree had more gifts under it. With the

shape our economy is in currently this may be the unfortunate feeling of many and a reason to not celebrate the upcoming holiday.

Then, there is SAD.

Seasonal Affective Disorder, commonly known as SAD, is a form of depression that typically affects many, many people around the world. As reported by the Mayo Clinic its symptoms typically begin in the fall and carries on into the winter months. As with other forms of depression it steals energy from the body leaving the patient helplessly feeling moody and weak.

The Mayo Clinic reports ...Symptoms of winter depression are:

- Depression
- Hopelessness
- Anxiety
- Loss of energy
- Social withdrawal
- Oversleeping
- Loss of interest in activities you once enjoyed
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain
- Difficulty concentrating and processing information

SAD is reportedly believed to be caused by several factors according to the Mayo Clinic. One very popular belief is due to the decrease in natural sunlight as the earth rotates. As a result of this the circadian rhythms of some people may be negatively affected.

Melatonin and Serotonin could also be negatively affected by the change of seasons, which would naturally affect many systems within the body. If this is the case the mood of your client can change as well as the sleep patterns. All of which could dramatically affect the way we operate in our day-to-day functions.

Treatment

As a counselor I'm sure you know the

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From the Divisions (Cont'd.)

(Continued from page 6)

ways to help your client with depression. I would suggest first considering a physical by the primary care physician (if possible) to rule out any potential medical conditions your client might not be aware of.

There are many treatments for both the winter blues and SAD. You can help your client by assisting him/her in acknowledging the fact that the feelings being experienced are different. Your client is not imagining that the mood is changing. It is and it should be addressed. I have never read a rule, despite what many people say, that we have to be happy during the holidays. Since this is not a rule, then the client should not pressure him/herself to feel this way.

One way to battle a changing mood is to encourage your client to stay busy and active during the upcoming months. It has often been said that people typically gain five to fifteen pounds during the holidays. Is this because of lack of exercise and increased eating or does the body naturally store more calories to prepare for the colder weather? Either way an active person is typically a more distracted person. If you want to distract yourself from sad memories of the past, then one easy way to do this is to stay busy.

Of course you want to recommend increasing exercise and eating a healthy diet. As the counselor I'm sure you're helping your client via cognitive behavioral therapy work through the varied emotions he/she may be experiencing.

You can encourage your client to begin his/her own holiday traditions. Perhaps, if resources allow, your client can play secret Santa to a family in need. Another idea is to begin the new tradition of sharing holiday brunch with trusted friends. Your client can even teach his/her children the joy of giving by volunteering time at one of the many food shelters. There are many ways to establish new traditions for new and interesting memories.

Last, but not least, many studies show the positive effects of light therapy for individuals who suffer from seasonal affective disorder. This can be done naturally by assuring your patient gets more than an adequate share of sunshine (at least 20 minutes a day) by getting outside and doing something. It can also be done artificially by purchasing one of the many commercial products and using it as directed daily.

In the last newsletter I wrote I discussed the importance of relationships – all types. Human beings are social creatures. We need social connections also known as relationships. This time, more than others, I believe relationships are very important. If you know someone spending the holidays alone perhaps you would consider making a call or dropping by to say hello.

As a young enlisted man in the Air Force serving overseas it was a warm welcome to receive care packages and letters from friends and family members back home. Please, don't forget those on the other side of the world fighting for you.

As this year comes to close I hope you and your family have a blessed holiday season.

LaMarr Edgeron
NMMHCA President 2010-2011

From the NMCDA:

As the year comes to a close, we often pause and look to the coming year and make resolutions. As NMCDA President, I am excited about the upcoming events and activities that we have planned and resolve to make 2011 the best one yet for NMCDA!

We were unable to hold a conference this past fall, but are busy putting our energies into making the March 4th, 2011 NMCDA conference a great one! I would like to thank all of the NMCDA board members for their support and assistance in planning the conference, and thank the rest of you in advance for the work that has yet to be done.

We are excited to announce that we have secured Dr. Rich Feller as our keynote speaker for our upcoming NMCDA conference on March 4th, 2011. Charles Lehman, NMCDA Treasure, and I met Dr. Feller at the NCDA Annual Conference in San Francisco last summer. Charles had a chance to speak to Dr. Fuller and discuss how he could come to New Mexico and share some of his insight and wisdom regarding career development and the importance of STEM careers. His publications include three books: "Career Transitions in Turbulent Times", "Knowledge Nomads and the Nervously Employed", and "A Counselors Guide to Career Assessment Instruments"; the two film series "Tour of Your Tomorrow" and "Making the Most of Your Abilities"; and co-authorship of the Harrington-O'Shea Career Decision Making System, and the CDMInternet program used by over 14 million users. Dr. Feller is one of twelve University Distinguished Teaching Scholars at Colorado State University where he teaches counseling and career development courses.

The conference will also feature an experiential session drawing from the True Colors program to identify ways of honoring colleagues and clients by respecting and maximizing their strengths. This will be a fun and easy way to enhance our career practices immediately. I am very excited about this conference and hope that you find it a great way to get re-energized in the middle of your semesters.

I encourage all career counselors to join NMCDA and get involved as there is much more that needs to be done. Please log on to the website, <http://www.careers-nm.org> for the latest information, and feel free to contact me, or any of the board members with questions, concerns, or suggestions that you may have. Check out this website in preparing for the upcoming year.

Mikelynn Romero
NMCDA President 2010-2011

From the Divisions (Cont'd.)

From the NMASERVIC:

I recently have been listening to James Hunter's "SERVANT LEADERSHIP: Achieving Success Through Character, Bravery & Influence". It intrigues me and I believe it fits well with Spirituality and Counseling.

As spiritual beings and as members of our profession, families and communities, we are familiar with compassion and integrity. Our Code of Ethics demands that we follow rigorous standards in this regard. And this, says the author, is the essence of Servant Leadership.

Hunter also speaks to the role of character as being the basis for Servant Leadership. In our profession we are constantly touching base within ourselves to insure that we are aligned with our values and being true to our highest wisdom in our work and also in our lives.

The other point the author makes is that leadership is influence. As counselors we are constantly and consciously and conscientiously influencing others to be the best that they can be, as well as modeling the same for them.

So it seems to me that, as counselors, we are already being Servant Leaders. We, the Board of NMASERVIC, held a Leadership Retreat at the start of our year as a board. In it we were made eminently aware that leadership is not a role but a function. And that it is sacred.

Hunter's definition of a Servant Leader is "one who identifies and meets the legitimate *needs* (as opposed to *wants*) of others and has developed the skills of influencing people to enthusiastically contribute their hearts, minds and other resources toward goals identified as being for the common good."

As the 2010-2011 President of NMASERVIC, I am committed to the precepts of Servant Leadership and would like to attract our members to consciously becoming servant leaders in our profession, in

their lives and in their communities, and to join the partnership of leaders of our organization.

May you be happy
May you be peaceful
May you be free from suffering

Elizabeth Ebner
NMASERVIC President 2010-2011
505-602-4110
eaeber@comcast.net

Dana Moore LPCC, CADS and Bessel van der Kolk MD

Frontiers of Trauma Treatment Retreat
Kripalu Center for Yoga and Health;

Lenox, MA

January 7th-9th

<http://www.kripalu.org/program/view/FOTT-111/>

front-

[tiers_of_trauma_treatment_a_weekend_retreat](http://www.kripalu.org/program/view/FOTT-111/)

Interview with Dana and Bessel:

<http://www.kripalu.org/article/648/>

Dana Moore LPCC, CADS (assisting) Bessel van der Kolk MD

Trauma, Memory, and the Restoration of One's Self

Esalen Institute; Big Sur, CA

January 16th -21st

<http://webapp.esalen.org/workshops/8902>

Dana Moore LPCC, CADS (assisting) Bessel van der Kolk MD and Peter Levine PhD

The Body Keeps the Score: Mind, Brain and Body in the Transformation of Trauma

Esalen Institute; Big Sur, CA

January 21st to 23rd

<http://webapp.esalen.org/workshops/8905>

From the NMAJ:

Some of you may have heard the term used to describe a nourishing and fulfilling meal as a "square meal." Legend has it that the term was actually coined by hungry sailors who were served their daily ship rations on square plates with a deep circle cut out in

the center, reason being - this helped the service to remain balanced and not slip around with the movement of the ship. Combining both the square and the circle, provided stability ~ an equalizer if you will, insurance that one would be adequately fed.

Moving forward, as counselor advocates in this ever-changing, and sometimes turbulent climate ~ socially, politically, environmentally and otherwise ~ we can assist our clients by continuing to educate ourselves in a variety of ways, learning and managing different points of view, while practicing self-care. A circle of understanding within a square of competence will help us to provide our clients with service which is balanced and nourishing.

Your ASJ Governing Council has been working hard to provide a plan which will enrich 2011 with thoughtful programs, increased contact and intentional support. We want to engage each person in the organization and area of the state, toward active membership – hoping to expand individual awareness, promote collaboration among ourselves, and the work we do in our communities, and implement "square" judicious action.

Just recently, ASJ combined an inter-active workshop focusing on How Current Immigration Issues Effect Counseling Advocacy with our Annual Membership meeting. A film entitled Border Wars was reviewed followed by discussion. The format was well received, the discussion stimulating, and there were requests for additional topics as upcoming programs in 2011. Five new members came on board and links with other divisions were strengthened.

Additionally, utilizing the current and exceedingly popular social network of FACEBOOK, we have developed an online discussion "group." This is a closed group for our members, and invited guests, which protects privacy but allows participants to discuss timely topics or

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From the Divisions (Cont'd.)

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views openly. Look for NMCA Advocates for Social Justice on www.facebook.com.

Plans are to carry on the Essay Contest that was initiated last year. It will be open to counseling students throughout the state. Last year's entries were excellent and it was difficult to choose a winner. The prize went to Tim Hoyt whose provocative essay involved PTSD among Veterans, and sparked an interest for future seminar topics. Look for upcoming alerts about the contest in future newsletters.

For spring, ideas include another inter-active program on Advocacy Competencies, offered as means to measure our current abilities and gain knowledge on ways to improve the central mission of ASJ, and/or perhaps a debate on advocacy as a viable aspect of our roles as counselors.

Rounding out the year, we look forward to repeating the excellent "Star Power" Game which simulates ethical use of power in a society. This thought-provoking project was introduced by our former division President, Dan Best, receiving rave reviews and eager proposals to expand our audience.

If anyone has ideas, topics, interests in programs you would like to share; you would like to be on a Task Team, or are simply eager to connect with ASJ, please feel free to contact one of the ASJ Board Members.

New beginnings may be accompanied by mixed feelings of excitement and concern due to our own expectations along with those of others. As the president of New Mexico Counseling Advocates for Social Justice, it is my hope that together we can attend to this year with a curiosity and an appetite for discovery ... discovering new ways to pursue our passions, support our causes, and blend our blessings. If we can refrain from assigning to ourselves and others, rigid forms and localities, we can be open

to exploring an infinite number of possibilities ~ learning and growing as we go.

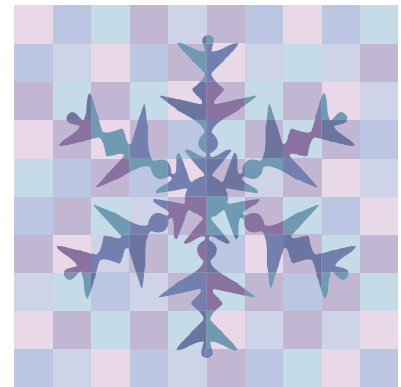
Winter and holiday seasons often are accompanied by increased feelings of hopelessness and despair for a variety of reasons. Persons who face additional stress due to marginalization, disenfranchisement, or prejudice are highly susceptible, with issues which often remain silent and invisible to those around them. As counselor/advocates we are trained and motivated to lift up those who find the upcoming season especially difficult. We can help to amend those disheartened by validating the concerns of someone recognized as socially challenged – giving voice and providing space for thoughts and feelings which often otherwise are held within. This provides a means for promoting their self-awareness, distinguishing beliefs and determining priorities, which may then be reframed or reorganized. The process, in turn, gives rise to making connections with appropriate information and resources which are related to their identified issues and then building strategies for improved perspectives and functioning. It could also be beneficial, with careful screening, of course, to link persons together who are noticeably feeling unprotected, vulnerable, ineffectual, or alone by offering to join with them in a Circle of Care. This can be done with minimal effort or money, with only a need for a comfortable space, chairs, some light refreshments and a few ground rules. It could mean the difference between a season fraught with anguish or one that brings light. If you are interested in learning more about Circles Process, please feel free to contact me.

Best Wishes for a Happy Holiday Season and a Bright New Year

Durelle Freeman, LPCC, NCC
NMAJ President 2010-2011
durelle@gilanet.com

The New Mexico Counseling Association Board Members and Division Presidents wish all of our members a safe, sane, restful and joyous holiday!

We look forward to providing you with a New Year full of exciting workshops, conferences and other professional development and networking opportunities.



The first board meeting of the New Year is scheduled to take place Saturday January 15, 2011 from 10 a.m. to 2 p.m. at the campus of the New Mexico State University in Las Cruces. Please contact Dario Silva at dasilva@nmsu.edu if interested in attending.

A Quick Click to a Healthy Mind

Online Mental Health Screening Program Leads to Effective Treatment

In 2010, technology reigns. The latest information on everything from international headlines to last night's game is at your fingertips. While smart phones and laptops keep us informed and media savvy, these new technologies can also help assess our mental health.

"Individuals are spending more and more time online," said Douglas G. Jacobs, M.D., associate clinical professor of psychiatry at Harvard Medical School and founder of Screening for Mental Health, Inc. (SMH). "The trick is to meet people where they are, online, to make it easy for them to assess their mental well-being."

Screening for Mental Health's innovative [online screening program](#) allows community organizations or mental health professionals to offer year-round, anonymous online screenings for mood and anxiety disorders, alcohol use disorders and eating disorders. Last year alone, 26,826 people took SMH's community screening online."

Most importantly, research has shown that these online screenings are effective in getting people the help they need. Research from a 2009 University of Connecticut independent study, found that these confidential mental health online screenings help connect people with treatment options. According to the research, 55 percent of study participants who completed an online depression screening sought treatment within three months. Moreover, the vast majority of participants were still in treatment three months following the screening.

The online screening accomplishes several important goals, including:

Giving community members the ability to take anonymous, confidential screenings from the privacy of their home and receive immediate feedback

Allows those who implement the program to receive utilization reports and demographic data to learn more about the population utilizing the screening. This information allows organizations to better understand and assess the mental health needs of their community members.

Connecting people in need with local resources: Once someone takes a screening, they receive immediate feedback and information on local resources, which can be complete customized – allowing an organization or mental health professional to refer people to their services, or other local community based services

"What is especially important (about the online screening program) is that users are able to identify local resources available to them," says Cara Hansen from Mental Health America of Wisconsin. **"Because of the ability to customize the tool, we are able to direct people to our online Agency Resource Directory, Therapist Directory and Support Group Directory."**

Each organization that utilizes SMH's online screening can customize an online module with their logo, company colors and a personalized welcome and referral message, directing users to the appropriate treatment resources. SMH also provides marketing support for organizations looking for help promoting online screening to their members. Organizations can take advantage of a variety of ready-made marketing materials such as customizable press releases and promotional emails.

To take a sample online screening please copy/paste this link into your browser:

www.mentalhealthscreening.org/screening/communitysample

For more information please [click here](#) for an informational flyer or you can contact me directly at email Sara Herman at sherman@mentalhealthscreening.org or 781-591-5233

Sincerely,
Sara Herman
Program Coordinator
Screening for Mental Health

Screening for Mental Health®

Offers New Ways to Stay Connected to Your Community

ONLINE Mental Health Screenings NOW AVAILABLE

Year-Round Online Screenings Available for Your Community!

Stay connected to your community by offering unlimited, year-round, anonymous, online screenings for mood and anxiety disorders, alcohol use disorders, and eating disorders (available in English and Spanish).

Customized Screenings!

After individuals complete the online questionnaire, they will learn about your organization's services and receive referrals for evaluation and treatment. Online screenings are user-friendly and can be customized with logos, company colors, and a personalized welcome and referral message.

Focus Your Resources!

Get access to utilization reports, which can be automatically generated—on your schedule, and provide critical data about usage and screening results. These reports allow your staff to focus its resources and customize their prevention, intervention, and treatment programs to groups that may be struggling and others who may not be aware of what your organization offers.

Research Supports Online Screenings!

Research results from a 2009 independent study, conducted by the University of Connecticut, commissioned by SMH, found that confidential online screenings, which are highly accessible and non-threatening to users - do help get people into treatment. The study showed that 55% of participants who completed an online depression screening sought treatment within three months of the screening.



Always - At Your Service!

- Participating sites receive bimonthly e-newsletters filled with helpful information, tips and tools, and other relevant resources
- Participating sites get access to free webinars featuring guest speakers addressing current topics in the mental health community
- Participating sites get individualized phone/email assistance with all aspects of their NDS event or online screenings

For two decades, Screening for Mental Health® (SMH), a leading developer of mental health education and screening programs, has worked with community organizations nationwide to educate, reduce stigma, and screen people for depression and other mental health disorders and alcohol problems.

To view a sample of the online screening program, go to:
www.mentalhealthscreening.org/screening/CommunitySample

(See reverse side for information on ordering the online screening)

New Mexico Counseling Association 2011 Workshop Series

New Mexico Counseling Association (NMCA) cordially invites you and your network of fellow counselors and healing arts practitioners to attend the NMCA's Workshop Series. This series will be held across New Mexico at our state colleges and Universities and community sites, starting January through July 2011. These events will focus on various counseling issues and topics. We invite you to attend and participate in professional development opportunities, roundtable discussions, and critical investigations of relevant topics in all areas of counseling and mental health. In addition to registering to attend the various workshops, please also consider presenting best practices, current research, or promising strategies.

Contact Caitlin Henke (caitielulu@gmail.com) if you wish to share your talents with the rest of the NMCA community. Details:

- Three (3) hour workshops, earning 3 CECs per workshop. Seven workshops are planned throughout Spring.
- Workshops will highlight diverse counseling issues.
- Workshops will be held on Saturdays from 9am -12 noon.
- These workshops are only \$25.00 each for NMCA members and \$35.00 for nonmembers.
- Register for the entire package and receive a 20% discount.
- Registration is limited. There is a 20 person cap for each workshop so register soon!
- Continental snack is provided

For more details about dates, times, and locations contact Caitlin Henke at: caitielulu@gmail.com.

Also check the NMCA website, www.nmca-nm.org for details on specific dates, times, and locations.

Date	Topic and Description (All workshops will be from 9 a.m. to 12 p.m.)	Location
January 15, 2011	Supervising a Multigenerational Staff Jenna Crabb MA, LPC Working with different and distinct personalities has always been a challenge in the workplace...now we throw in the mix -that for the first time in history - we are working with four generations under one roof. There is turmoil! This fun and informative workshop will focus on the various generations and their differences - as well as provide insight into managing and supervising our multiple generational staffs. Come find out what makes your generation distinct - but also what makes each of the other generations stand out!	The University of New Mexico, Career Services, Albuquerque, NM
February 5, 2011	Technology and Cyberbullying Jeannette Baca, Ed.D., LPC Description coming soon.	New Mexico Highlands University, Rio Rancho, NM
March 12, 2011	Ethics: Power and Control: When Counselors Abuse PART II Paul David Fornell, MS, NCC, LPCC Professional counselors should know what they do effectively and less effectively using power and control in counseling. Using the ACA Code of Ethics and cases studies we'll review, critique and develop more effective and ethical counseling strategies.	New Mexico Highlands University, Las Vegas, NM
April 16, 2011	TBA	
May 14, 2011	Elizabeth A. Ebner, MS, NCC, LPC, RYT, IAYT Create and design your authentic therapy practice. In this workshop you will learn how to: write a personal vision for your practice, develop a practice aligned with your needs and values, and have an action plan for making your authentic practice a reality.	Santa Fe Place TBA
June 11, 2011	TBA	
July 16, 2011	TBA	

Newsletter Advertising and Submissions Information

Sunspots is published quarterly.

Submit camera ready advertising to: jeffkimries@hotmail.com

Advertising rates, are as follows.

1/10 page (business card size) \$40

1/4 page \$100

1/2 page \$150

Full page \$200

Both the camera ready ad and the payment are due by the 1st of February, May, August or November.

Advertising fees should be mailed to:

NEW MEXICO COUNSELING ASSOCIATION—Treasurer

P.O. BOX 13120

ALBUQUERQUE, NM 87192-3120

Articles are due by the 15th of February, May, August or November. Division articles are sent by the division presidents; other articles may also be submitted for possible publication. Articles should be sent, as an attachment - in WORD to: jeffkimries@hotmail.com.

Current NMCA members who wish to advertise receive a 50% discount. Paid advertisements include: job postings, counseling seminars, workshops and conferences, counseling businesses. Job announcements are welcome as business card size ads. Division events that have been approved for using NMCA's NBCC continuing education number will also be advertised, at no cost to the division.

Sunspots does not guarantee the value or authenticity of products or services advertised in the classified section. The publication of an advertisement in Sunspots does not imply endorsement by NMCA of the advertiser or the products or services. NMCA does not knowingly accept ads that discriminate on the basis of race, sex, religion, national origin, sexual orientation, disability or age. Sunspots reserves the right to edit all copy and refuse ads that are not consistent with ACA Ethical Standards. Sunspots does not advertise special events that conflict with NMCA scheduled events.



New Mexico Counseling Association

P.O. Box 13120

Albuquerque, NM 87192-3120

TO: