



Viewpoint

“The Voice of the Practitioner in Alabama”

Fall 2003

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President's Message

By Gary Williams, Ed.S., LPC, CRC

Only three months ago I commented that the summer was only getting started. But already the leaves are falling and sweaters are necessary wardrobe. I do love the distinct and still surprising seasons in Alabama!

Much has happened since the last *Viewpoint* was issued. Sandee Loew attended the wonderful AMHCA leadership training and conference in Seattle, Washington. Other ALMHCA members attended the conference, as well. I again encourage you to give the AMHCA national conference a try. Besides just offering a very rewarding conference, for the second year in a row we have attended a presentation that was so excellent, we immediately began to enter preliminary negotiations to hire the presenter for our own annual winter workshop. Sandee just informed me that she has indeed confirmed this speaker and will be bringing him to Alabama in February. We are very excited about the presenter and his topic. I will say no more for now, but do clear your calendar for February 21.

Sandee has also secured Bill Wheeler, Immediate Past-President of

AMHCA, as our luncheon speaker and has tended to all the other ALMHCA details for the ALCA conference. Dr. Wheeler has extensive experiences as a counselor, counselor educator, and has held local, regional and national positions in service to the profession. His experiences give him unique insights into our direction as a profession. Please do attend the luncheon as much effort goes into making it a very special event, and it is an extraordinary value in every sense of the word. Please also attend the annual ALMHCA Chat Room on Thursday of the conference. As I recall, for at least the last 2 years, ideas and concerns generated by membership at the chat room have literally resulted in the primary goals and initiatives of the Board in the following year. So, this is an important meeting, and besides, Sandee will have arranged refreshments and snacks for this late afternoon meeting!

For a variety of reasons, ALCA has opted to host an awards breakfast instead of presenting awards during the closing session as in years past. There is a cost associated with the breakfast. Details can be

found in your ALCA conference registration information. ALMHCA was honored with 3 awards last year and Anita Neuer has done the difficult work of submitting four nominees for consideration this year. I invite you to join us for breakfast on Friday morning of the conference.

I am pleased to announce that our membership answered the call for programs for the ALCA conference this year (see inside for more details). Those of us serving on the selection committee were impressed with the number and quality of programs submitted. There were many clinical programs to choose from this year, and I believe that you will notice a more balanced conference. The selection

Inside this issue

- ??Fall Conference Highlights
- ??CEU Opportunities
- ??Around The State
- ??Medicare Coverage Report
- ??Year of Mental Health
- ??Annual Fall Luncheon

PRESIDENT'S MESSAGE*continued from page 1*

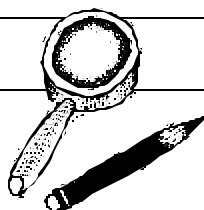
committee worked well together to ensure as many interesting proposals as possible made the final cut. Thanks to all of you who stepped up to satisfy our need for content sessions that match our professional interests and for giving the committee enough proposals to actually choose from.

You might remember that we have been participating in and even hosting meetings of the Alabama Mental Health Professionals interdisciplinary group. This group is thus far composed of the Alabama Association of Marriage and Family Counselors, Alabama Association for Marriage and Family Therapy, Alabama Psychological Association, Alabama Society for Clinical Social Work, and ALMHCA. I believe that we may have found some common, appropriate and positive ground that is win-win for all groups and fits beautifully within our own goals for this year. While still in negotiation, I will be prepared to discuss this group's proposed "project" in detail at the chat room in November.

Congratulations to the New York Mental Health Counseling Association who asked us to announce their first annual State conference that will be held in April. Of course, we gladly included this event in our CEU section. I strongly believe that their success in establishing a state licensing board will dramatically decrease the amount of misinformed media regarding our profession in the popular press. Donna Marsh and the Board are actively working on plans to conduct our own public awareness campaign.

As always...Take care of yourselves so you can help your clients take care of themselves!

Gary Williams, Ed.S., LPC



Winter Workshop Preview

Plan Ahead! Our Annual Winter Workshop will be held on Saturday, February 21, 2004. Mark your calendars now to hear Dr. Mike O'Connor, who has traveled the world (Ireland, Bhutan, etc.) doing workshops on "Psyche and Soul." We are very excited that he is coming to Alabama, so plan on being there! More information will be available at the ALCA Conference and in the Winter Viewpoint.

What matters, therefore, is not the meaning of life in general,

but rather the specific meaning of a person's life at a given moment.

Viktor E. Frankl

Congratulations ALMHCA Members!

The following ALMHCA members recently became Licensed Professional Counselors

*Daphne Benefield – Dothan, AL
Mary E. Gamel-Rasco – Pinson, AL
Shonda (Shelly) Johnson – Helena, AL
Scott Charles Kincaid – Decatur, AL
Wendy McIntosh – Orange Beach, AL
Donna Melder – Gardendale, AL*

The following ALMHCA members recently became Associate Licensed Counselors

*Daphne Drenne – Birmingham, AL
Michelle McLendon – Glenwood, AL
Jane Taylor – Prattville, AL*

Content Sessions To Watch For At The ALCA Conference

The following is a list of some of the sessions that are being presented by ALMHCA members and/or might interest our general membership. Please refer to your program at the convention for times and complete summaries.

Title: Understanding Suicide from the Perspective of the Bereaved

Presenter: Judith Harrington, Advocates for the Prevention of Suicide/Jeanette Dean

In the spirit of public education, prevention and advocacy, family members who have lost a loved one to suicide and have now become advocates for prevention present their stories, including factors leading up to the suicide by presenting their perceptions of struggles, their perceptions of mental health and vulnerability, and their subsequent grief experience. The session will be conversational in nature with handouts provided.

Title: The Changing Face of Disaster Counseling in the 21st Century

Presenter(s): Joy Strong, B.L.A., Brenda James, B.L.A., Graduate Students at A.U.M.

The presentation will explore the ways in which disaster counseling must change to keep up with the changing nature of our world. Training methods for volunteers will be discussed as well as models from other countries.

Title: Two Therapists, One Couple, Same Session: Why and How

Presenters: Anita Neuer, LPC, CRC, NCC / Gary Williams, LPC, CRC, NCC

Program describes benefits and challenges of "conjoint-conjoint" therapy. Two counselors who work with both partners simultaneously will describe their experiences with boundaries, ethics, pricing, process issues, marketing, case conceptualization and therapeutic outcomes.

Title: Disenfranchised Grief

Presenter(s): Kathleen McGuigan

Disenfranchised Grief – what is it, why study it, how is it manifested, hidden and processed; how does recognizing/treating disenfranchised grief impact the counseling field? Interventions that assist the normalization process will be provided and discussed.

Title: Positive Psychology, Altruism, Optimism and Applications for Counselors

Presenter(s): Vaughn S. Millner, Ph.D. / Elizabeth K. Ullery, Ph.D. / John B. Alleman, B.S.

This presentation will describe benefits of using positive psychology components such as optimism and altruism as counseling techniques. Applications include cognitive strategies against depression, character development facilitation, and exploration of meaning.

Title: Group Work With Couples / Individuals Adopting Internationally

Presenter(s): Patricia A. Donaldson

International adoption has gained widespread popularity among couples and individuals. However, what motivates them to travel to another country to adopt a child and are these motives always in the best interest of the child?

Title: A Model For Facilitating a Group Designed to Promote Step Family Unity

Presenter(s): Tracey Deal

Individuals who attend this session can expect to receive information on how to implement a twelve-week group experience on developing unity in stepfamilies. This session will provide attendees with experiential exercises that will enhance the group experience.

Title: Trauma Reenactment Syndrome: Rethinking Borderline Personality Disorder

Presenter(s): Robyn L. Trippany, Ed.D., LPC, RPT, Troy State University Montgomery / Fonda Brooks

This workshop focuses on reviewing the symptomatic features often exhibited by survivors of childhood sexual abuse from a trauma framework. The presenters will discuss why (TRS) symptoms may more accurately be a reflection of TRS than BPD.

Title: Metaphors in Counseling: Linking Awareness and Application

Presenter(s): Judith Harrington, Ph.D., LPC / Gary Williams, Ed.S., LPC

This session focuses on deepening awareness of metaphor-identity and "how-to" practical concepts among counselors, clients, and supervisees. Metaphor-minded helpers will participate and identify overarching and micro-metaphors, thematic and specific language, structure and development, delivery, samples, and clinical observations supported by literature, case studies, and findings from a "metaphor retreat."

Title: Drug Use or Abstinence as a Function of Perceived Stressors Among Federally Supervised Offenders

Presenter(s): John Gurley, Ph.D., Probation Officer / Jamie Satcher, Ph.D., Professor, UA

Provides results of a study of federal offenders to determine if perceptions of life stressor differed between those who used drugs or did not use drugs while under supervision.

Title: Good Grief: Establishing Effective Grief Support Groups for Children and Teens

Presenter(s): Amelia Center staff - Brian S. Rodgers, M.A., Robert Smith, M.A., Erin Anderson, M.A., Theresa Clark, MS, RPT

Grief touches the lives of thousands of children throughout Alabama. Come and learn effective strategies for establishing grief support groups to better serve your clients. Techniques -Focused & Interactive.

ALCA Content Sessions , continued

Title: Impact of Substance Abuse on the Family System

Presenter: Dr. Deborah Grant, University of Montevallo

The presentation will focus on the impact of substance abuse on the family system and those supports which lie outside the traditional family. I focus on educating families about substance abuse, helping them get in touch with their feelings, and a "solution-focused" approach to therapy.

Title: Working with Resistant Adolescent Clients: Tearing Down the Walls

Presenter: James Lloyd Jackson, Jr.

The initial portion of the program will focus on exploring and normalizing adolescent resistance to counseling. Next, strategies for dealing with resistance will be presented, including methods for dealing with initial resistance as well as techniques for working with "tough" adolescents.

Title: Surviving LPC Supervision: Qualifications, Application Procedures, Supervision, and Licensure

Presenters: Marvin Jenkins, Ed.D., L.P.C., / Rosa Statom, A.L.C.,

This program will present an overview of the process of providing supervision for the Associate Licensed Counselor. The information will be presented as an interactive and participatory experience, designed to meet the needs of seminar attendees.

Title: Multicultural Counseling & Development-Learning Across Differences: Counselors-in-training on the road to self-discovery.

Presenters: Angela D. Coker, Ph.D., LPC, NCC / Jeffrey Moore, Ed.S.

The purpose of this presentation is to report and discuss findings of a qualitative study conducted to explore the intellectual and affective processes of counselors -in-training (N=16) who are enrolled in a multicultural counseling class.

Title: Snapshots of the 16 Types

Presenter: Anita A. Neuer, LPC, CRC, NCC

This presentation will show type distribution by gender and U.S. geographic location, along with political affiliation, values, work habits, relationships, stress/coping, and spirituality. Typewatchers and MBTI-users, this one's for you. Results of 2 surveys will be reviewed.

Title: Suicide Contracts: Helpful or Harmful?

Presenters: Jeane B. Lee, Ph.D., LPC / Mary L. Bartlett, M.A., LPC

There is no data verifying that contracts for safety are the standard of care nor that they are effective in reducing suicide risk. Assessment tools, management guidelines using flow charts for decision-making, and treatment alternatives will be explored.

Title: Prediction and Assessment of Healthy Family Functioning

Presenter: Dr. Melanie Roudkovski

This program is a presentation of research concerning family functioning, including discussions of factors predictive of healthy family functioning with emphasis on multicultural families, assessment of family systems using the Family Health Inventory, and research applications.

(Part I) Title: Two Approaches to Couple Therapy

Presenter(s): Winfred Dunham / Tanya Shaver / Tiffany Brewer / Jamie Davis

A video demonstration of Solution Focused Brief Therapy. Insoo Kim Berg will interview a couple using the technique she developed with her husband, Steve de Shazer.

(Part II) Title: Two Approaches to Couple Therapy

Presenter(s): Harriet Schaffer / Kelly Driver / Mary Barr

A video demonstration of Narrative Therapy with Michael White interviewing the same couple previously interviewed by Insoo Kim Berg. He developed his technique in Australia where he resides.

Title: The Secret World of Drawings

Presenter: R. Bryan Kennedy

The program will examine the Jungian approach to the interpretation of drawings and its application in everyday therapy. Recent work has shown that the utilization of drawings is very effective with adults, disturbed adolescents, and siblings and parents of very ill children.

Title: HELP! We're Getting Divorced and We Can't Move On

Presenter: T. David Cunningham/Rose Statom, CED Mental Health Center

This program will offer information on working with families going through a divorce. The presenters will share their experiences with implementing The Families in Transition Program and being involved in custody cases involving Parental Alienation Syndrome.

ALCA Content Sessions , continued

Title: Incorporating Rituals in the Counseling Experience

Presenter: Sandee Loew, Ph.D, LPC, NCC

Explore the ordinary rituals that take place in counseling sessions, brainstorm ways to acknowledge and use them therapeutically. Discuss occasions inherent in counseling, such as beginnings/endings, and how to ritualize those. Handouts, discussion, experiences.

Title: Improving Addiction Treatment

Presenter: Joan E. Leary/The Southern Coast Addiction Technology Transfer Center

Evidence-based practice...researched-based interventions...science-based services...science-verified practice...empirically supported practices...What do all of these mean? Current terminology for bringing what we have found to be effective through research into everyday practice can be mind-boggling. Every time you turn around there is a new "catch phrase".

Title: Treating Posttraumatic Stress Disorder and Addiction

Presenter(s): Julie Lindsey, M.S.

This workshop focuses on integrating treatment approaches for clients with chemical dependency and Posttraumatic Stress Disorder. Such an approach provides for the simultaneous treatment of the coexisting disorders and condenses interventions in a coordinated fashion.

Title: How Hip Hop Music Can be Incorporated into Therapy: The Cognitive Behavioral Influences of the Hip Hop Culture in Children.

Presenter(s): Jeffrey G. Moore, M.A., Ed.S., ALC, at UAB Center for the Advancement of Youth Health

The purpose of this presentation is to help counselors develop and apply a model for delivering cognitive and behavioral preventive interventions to African American adolescents. The proposal model is designed to reduce at-risk teen's behaviors through a small group methodology incorporating hip hop music.

Title: Recognizing Eating Disorders

Presenter(s): Ashley Hampton, M.Ed.

Don't wait until you need to know about Eating Disorders to learn how to recognize one! We'll discuss anorexia, bulimia, and binge eating disorder, along with their symptoms, warning signs, and preventions/interventions for males and females.



Fall Conference

E V E N T S

ALMHCA Luncheon at ALCA Conference

ALMHCA will hold its annual luncheon at the ALCA Conference in Birmingham on Thursday, November 20. Our guest speaker will be Dr. Bill Wheeler, Past-President of AMHCA, and his topic will be: Current and Future Issues and Directions in Mental Health Counseling. Dr. Wheeler is a Mississippi College Professor and is also an LPC doing counseling in the MC Scott Counseling Clinic. In addition to the numerous leadership positions in state and national professional organizations that he has held, he has had a wide variety of experiences in the counseling profession. Those include working at the Boston State (Psychiatric) Hospital, Maryland State Department of Education, Liberty University Counseling Center, and River's Bend Adolescent Residential Treatment Center. You will definitely enjoy his talk and you will learn about the important challenges and exciting opportunities in our field.

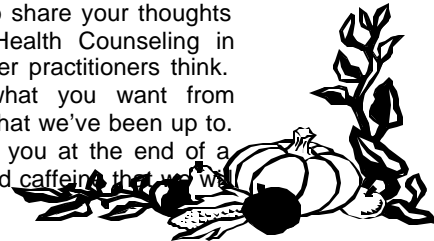
The menu will consist of Hibachi Chicken, an Asian seasoned chicken breast with steamed rice, sweet Thai chili sauce and steamed vegetables. There will be salad, dessert and coffee, tea, etc. There will be door prizes

and grab bags and the fun of networking. All of this for \$10 for ALMHCA members and \$15 for non-members! Use the form on the back of the Viewpoint by November 10th to make a reservation. Any questions, comments, or requests for accommodations can be sent to Sandee Loew at saloew@una.edu

Go to our website, www.almhca.com for more information about Dr. Wheeler and the luncheon.

ALMHCA Chat Room and Reception

On Thursday, November 20 we will hold our annual Chat Room and Divisional Meeting. This serves as your opportunity to share your thoughts on the "Future of Mental Health Counseling in Alabama" and hear what other practitioners think. You can tell the Board what you want from ALMHCA and we'll tell you what we've been up to. The camaraderie will refresh you at the end of a long day, as will the sugar and caffeine that we will supply.



AMHCA Leadership Conference

In July I had the opportunity to go to Seattle for the Annual AMHCA Leadership Conference which preceded the AMHCA Conference. The theme was "Principle Centered Leadership" and focused on member services, public awareness, professional development and other topics. We got practical advice on budgeting and managing the fiscal affairs of state MHCAs, and learned about the chapter services that AMHCA provides.

The best part was the opportunity to network with other states' President-Elects and learn about the challenges they face, and the things they do well. I came away feeling quite proud of our newsletter and website because many states don't have such high quality member services.

Some of the prevailing issues are membership (everyone wants more members and wonders how to make that happen), Medicare reimbursement for counselors, and licensure portability. One thing that I came away very excited about is the Mental Health Awareness Stamp. In order for this stamp to be made, enough people must sign petitions requesting it. There will be petitions for you to sign at the ALMHCA table at ALCA, and there will be petitions to take and copy so that you may gather more signatures.

Next year's AMHCA Conference will be in Washington, D.C., and I hope many of you will consider going to both the AMHCA Conference and the Leadership Conference. There is no requirement that you be an elected officer to attend the Leadership Conference – you only have to be interested. So if you want to hear more about my experience, e-mail me at saloew@una.edu or grab me at the ALCA Conference – I would love to talk to you about it!

Sandee Loew, Ph.D, LPC, NCC

Efforts Continue for Medicare Coverage of LPC's

Alabama's Licensed Professional Counselors and Marriage & Family Therapists have been closely watching the efforts of ACA, AMHCA, and AAMFT as efforts continue to approve LPC's and LMFT's as providers under Medicare. The culmination of many years of work was witnessed in June when the Senate, during debate on broad Medicare prescription drug legislation, added provisions to establish Medicare coverage of state-licensed professional counselors. The Senate passed the underlying bill, S. 1, the "Medicare Prescription Drug Benefit Improvement Act," in the early hours of June 27.

This success, however, is only the first hurdle. In order to become law the provision must now survive a House/Senate conference committee, where differences in the two versions of the prescription drug bills must be reconciled. There is no equivalent provision in the House version of the Medicare bill, which was approved by that chamber on June 27. Medicare currently covers only physicians, psychologists, psychiatric nurses, and clinical social workers as mental health service providers.

ACA credits a tremendous grassroots response for the success thus far of this provision. There were 400 e-mails sent to members of Congress in June alone, and this does not include the countless calls that were made to Senate offices urging support for Medicare coverage of LPCs. Many other counselors went to their Senators' local offices to make a bid for inclusion in the Senate's Medicare bill. This effort on the part of hundreds of counselors made a real, tangible difference in the decisions made by several Senators. Hearing from their constituents caused some Senators to sign onto S. 310 as

cosponsors and others to agree to support the Thomas/Lincoln amendment in the Senate Finance Committee.

The assistance of Alabama Counselors is still desperately needed!! The provision, for Medicare reimbursement of LPC's which passed the Senate as part of its Medicare prescription drug bill S. 1, was not included in the House version of the legislation. Therefore, House conferees must agree with the Senate provision if LPC coverage is to be enacted this year. For this reason, ACA is concentrating lobbying and grassroots strategy on the House of Representatives, especially members of the Republican majority.

The finish line is in sight! If you have not called your Representative's office in the past three weeks, we encourage you to do so today--a call is still helpful. The Capitol Switchboard, (202) 225-3121, can connect you to your Representative. You can also find the name of your representative and email links on our "Legislative Issues" page at our website: www.almhca.com.

Members are urged to call their Congressman and ask them to "call the Medicare conferees and ask them to retain the Thomas/Lincoln provision from the Senate bill to cover Licensed Professional Counselors for mental health treatment." Additional information and a sample message can be found at the ACA website address: http://www.counseling.org/site/PageServer?pagename=public_august5

Paul Hard, ALMHCA Government & Professional Relations

CALENDAR OF CONTINUING EDUCATION EVENTS

by Judith Harrington, Ph.D., LPC

ALMHCA does not necessarily endorse or guarantee the quality of the following CEU opportunities.

<u>DATE</u>	<u>LOCATION</u>	<u>SEMINAR</u>	<u>CONTACT INFORMATION</u>
10/1-3/2003	Gallant, AL	AADAA Fall Conference	Fax: 205-823-1073 aadaa.com
10/3-4/2003	New Orleans, LA	Brain Injury: Impact & Outcomes	856-429-5637 www.bancroftneurohealth.org
10/8/2003	*Mobile, AL	Parent Empowerment: Positive Child-Rearing Practices	800-397-0180 www.crosscountryuniversity.com
10/9/2003	*Montgomery, AL	Parent Empowerment: Positive Child-Rearing Practices	800-397-0180 www.crosscountryuniversity.com
10/10/2003	*Birmingham, AL	Parent Empowerment: Positive Child-Rearing Practices	800-397-0180 www.crosscountryuniversity.com
10/16-19/2003	Marco Island, FL	Summit for Clinical Excellence	800-643-0797
10/16-17/2003	Tuscaloosa, AL	Assessing & Treating Traum'ized Children	205-348-3000 http://bama.ua.edu/~pmdp.html
10/22/2003	* Birmingham, AL	Bipolar: New Slant on the Disorder	800-397-0180 www.crosscountryuniversity.com
10/28-30/2003	Birmingham, AL	Biennial S.E. Regional Conf. On Family Support	334-262-5993 www.cfckids.com
11/4/2003	Mobile, AL	Bereavement: Grief & Loss	800-839-4584 www.health-ed.com
11/5/2003	Tuscaloosa, AL	Ministerial Perspectives on Death & Grief	205-348-3000 http://bama.ua.edu/~pmdp.html
11/5/2003	Birmingham, AL	Bereavement: Grief & Loss	800-839-4584 www.health-ed.com
11/5/2003	Birmingham, AL	Living Leadership: Power of Executing Greatness	800-498-5598 www.livingleadership.com
11/6-7/2003	Mobile, AL	20 th Gulf Coast Conference on Alcohol & Drug Abuse "Reclaiming Innocence: Journey of Healing Relationships"	251-431-6536
11/6-7/2003	Birmingham, AL	Autism, Asperger's Disorder, & ADHD	www.naceonline.com 954-723-0057
11/6/2003	* Montgomery, AL	Over-Indulged Children: At Risk Youth and their Parents	877-800-5221 www.aspeonline.com
11/7/2003	* Birmingham, AL	Over-Indulged Children: At Risk Youth and their Parents	877-800-5221 www.aspeonline.com
11/7/2003	Birmingham, AL	Mental Health & The Law	www.meds-pdn.com 715-836-9900
11/12/2003	* Birmingham, AL	Personality Disorders in Social Work and Health Care	800-397-0180 www.crosscountryuniversity.com
11/13/2003	Tuscaloosa, AL	20 th Annual Grief and Bereavement Seminar	205-348-3000 http://bama.ua.edu/~pmdp.html
11/17-19/2003	Tuscaloosa, AL	Therapeutic Approaches to Tx'ing Trauma	205-348-3000 http://bama.ua.edu/~pmdp.html
11/19-21/2003	Birmingham, AL	ALCA Annual Convention	205-652-1712 http://alca.sumternet.com
11/21/2003	Atlanta, GA	Promoting Change: Trauma & Intimacy	800-598-2040 www.riveroakshospital.com
12/12/2003	Birmingham, AL	What MHP's Should Know about ADHD	www.meds-pdn.com 715-836-9900

CEUs . . .

ALMHCA does not necessarily endorse or guarantee the quality of the following CEU opportunities.

2/25-27/2004	Tuscaloosa, AL	Overview of Post Traumatic Stress	205-348-3000 http://bama.ua.edu/~pmdp.html
3/16-19/2004	Huntsville, AL	20 th Annual Nat'l Symposium on Child Abuse	256-327-3863 www.nationalcac.org
4/12/2004	Tuscaloosa, AL	Gender Issues in Response to Loss	205-348-3000 http://bama.ua.edu/~pmdp.html
4/13/2004	Tuscaloosa, AL	Childhood Response to Loss	205-348-3000 http://bama.ua.edu/~pmdp.html
4/14/2004	Tuscaloosa, AL	Sudden, Unexpected Loss	205-348-3000 http://bama.ua.edu/~pmdp.html
4/15/2004	Tuscaloosa, AL	Anticipatory Grief and Complicated Grief	205-348-3000 http://bama.ua.edu/~pmdp.html
4/16-18/2004	Albany, NY	"A New York State of Mind: Celebrating a New Era in Clinical Counseling" New York Mental Health Counselors Assn First Annual Conference	www.nymhca.org
4/22-23/2004	Tuscaloosa, AL	Interventions for Acute Trauma	205-348-3000 http://bama.ua.edu/~pmdp.html
10/13-15/2004	Tuscaloosa, AL	Assessing & Treating Traum'zed Children	205-348-3000 http://bama.ua.edu/~pmdp.html
11/17-19/2004	Tuscaloosa, AL	Therapeutic Approaches to Tx'ing Trauma	205-348-3000 http://bama.ua.edu/~pmdp.html
11-12/2004	Multiple listings	Myers-Briggs Type Indicator / APT 45 offerings all year, nationally	847-375-4717 www.aptcntral.org

*** Check by phone or website for multiple locations and dates.**

Also of interest. . . Home Study Options for CEU Credit, Websites and OnLine Education

Alabama Alcohol & Drug Abuse Association			www.aadaa.com
American Counseling Association OnLine courses		800-347-6647	www.counseling.org
American Hypnosis Training Academy		800-343-9915	
American Mental Health Counselors Association		800-326-2642	www.amhca.org
American Schools Association	NBCC credit	800-230-2263	asaceu@hotmail.com
Appalachian School for Alcohol & Other Drug Studies		800-634-7199	www.apsads.org
CE Calendar - National/International Mental Health Cont. Ed.			www.athealth.com
CPE Continuing Psychology Education	NBCC credit	800-281-5068	www.texcpe.com
Clinical Skills & Practice Skills Update	NBCC credit	800-795-9213	www.pdresources.org
CCE National Counselor Exam for Licensure		877-PREP-4 NCE	
CMR Home Study	NBCC credit	818-706-1671	cmrhomestudy@cmrhomestudy.com
Continuing Education Calendar Online			fpn@athealth.com
Directions in Mental Health Counseling	NBCC credit	800-367-2550	www.hatherleigh.com
The Fielding Institute			www.fielding.edu/ce/online
GROW Counseling & Resources	NBCC credit	800-700-GROW	www.growpublications.com
Hazelden Distance Learning Center for Addiction Studies		800-328-9000	www.dlcas.com or graduateschool@hazelden.org or www.hazelden.org
Healthcare Training Inst. Audio Tapes Courses	NBCC Credit	812-332-9126	www.homestudycrredit.com
IAA/CEU Institute.com	NBCC credit		IAACEUInstitute.com
International Critical Incident Stress Foundation, Inc.		410-750-9600	www.icisf.org
Jacksonville State University Office of Continuing Edn		800-634-7199	www.jsucc.jus.edu
Laban's Training Approved Home Study	NBCC credit	800-795-5278	www.last-homestudy.com
Lorman Education Services		715-833-3940	www.lorman.com
Medical Educational Services	NBCC credit	715-836-9900	www.meds-pdn.com
Mental Health Counselor's Clinical Practice Companion: A Continuing Education Program (home study by AMHCA)		800-338-8290	
Mountain View Hospital CEU Schedule		800-245-3645	www.mtnviewhospital.com or mtview@internetpro.net
National Association for Continuing Education		866-266-6223	www.naceonline.com
NCE Exam Preparation Guide for NBCC and LPC		800-451-1923	
Professional CEU Online Continuing Education			www.professionalCEU.com
Professional Development Resources		800-979-9899	www.pdresources.org

Year of Mental Health Designated

As many of you may have noticed in the last issue of *The Advocate* (September 2003), AMHCA has recently launched the "Year of Mental Health Awareness," articulating a wide range of goals and recommendations for bringing better information about mental health to all communities. With a grateful sense of serendipity, we are pleased and energized that our own Public Awareness chairperson, Donna Marsh, has indeed recommended a similar concept and has been brainstorming possibilities. We believe it is important for ALMHCA to educate Alabama citizens about the nature of counseling, the credentials of counselors, and the variety of opportunities available for potential consumers of mental health services.

AMHCA has designated the period from 9/11/03 to 9/10/04 as "The Year of Mental Health Awareness" and some of the goals include: advancing the Mental Health Awareness Postage Stamp Project, creating and selling awareness-oriented souvenirs, and increasing media exposure in radio, magazines, and newspapers. We have discussed some similar ideas at ALMHCA and would like to have your input and support. Of course, increased awareness helps us all! If you have any ideas or suggestions, contact Donna Marsh and add your voice to the conversation.

Around the State

Dothan Area

Work continues on the regional directory for the southeast area. Please call 334-671-1280 or fax (334-671-0475) and include information such as your name, address, phone number, etc., that you would like listed. Lauren Spooner and Daphne Benefield are the contact persons for this project. We hope this directory will assist you in marketing your own practice, making referrals, and networking with other counselors in your region.

Mobile Area

The Mobile Licensed Professional Counselors Association (MLPCA) is sponsoring CEU activities for the upcoming months. On January 15th, Dr. Philip Hemphill will speak on Internet Addiction. Dr. Harvey Joanning will present on Couples Therapy March 18th. Meetings are held at noon at the Ramada Inn in Mobile for licensed professional counselors.

Montgomery Area

The Mental Health Association in Montgomery, located at 1116 S. Hull Street, hosts monthly roundtable discussions on current mental health topics during the noon lunch hour on the third Thursday of each month. FREE continuing education credits have been approved for these one-hour brown-bag seminars for counselors, nurses, social workers and nursing home administrators. These seminars are co-sponsored by the Alabama Department of Mental Health and Mental Retardation. Call (334)262-5500 for more information.

Shoals Area

The Upsilon Nu Alpha Chapter (U.N.A.) of Chi Sigma Iota will be hosting their annual Fall Breakfast on Saturday, October 25 at Coby Hall on the University of North Alabama campus. Freda Coleman-Reed, who is the Regional Director of the Therapeutic Foster Care program, will be presenting a program on *Common Childhood Disorders: Assessment and Intervention*, and a full catered breakfast will be served. Fees to attend are: \$10 for students, \$12 for CSI members, and \$15 for non-CSI Members. CEUs are available. For more information visit the University of North Alabama Chi Sigma Iota website at www.csi-org.net/upsilon_nu_alpha. Contacts are listed on this website.

South Central Alabama

South Central Alabama Mental Health Center's 28 day residential substance abuse program, "First Step", is relocating to a much needed new building in Luverne. South Central serves mentally ill, mentally retarded, and substance abuse consumers from a four county area.

Contact Numbers and Email Addresses

President	Gary Williams	205-410-3582	garywill@hiwaay.net
President-Elect	Sandee Loew	256-766-5318	saloew@una.edu
Secretary	Angela Stowe	205-934-5816	amstowe@uab.edu
Past-Pres.— Awards	Anita Neuer	205-807-1850	anitaneuer@att.net
Public Awareness	Donna Marsh	205-939-6601	donna-marsh@childrensharbor.com
Statewide Liaison Chair	Lisa Patterson	334-222-7094	hobbit@alaweb.com
Website	Brian Rodgers	205-251-3430	brian.rodgers@chsys.org
Newsletter	Rhonda Bogus	256-627-1908	thebogguys@yahoo.com

Register for the ALMHCA Annual Fall Luncheon

Send in your registration by November 10th!

Mail registration information with check for \$10 for ALMHCA members
or \$15 for non-members (made payable to ALMHCA) to:

Sandee Loew, University of North Alabama, UNA Box 5157, Florence, AL 35632-0001

ALMHCA Annual Fall Luncheon — Thursday, November 20, 2003
Birmingham, Alabama: *The Future of Mental Health Counseling*

Name: _____

Address: _____

Phone (work) _____ (home) _____

Email: _____

**Alabama Mental Health
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Mental Health: Keep It In Mind!