



# IMHCA NEWSLETTER

VOLUME 5, ISSUE 2

SUMMER 2008

## 2008 BOARD MEMBERS:

- **PRESIDENT:**  
Laurie Geren
- **PRESIDENT ELECT:**  
Janet Allen
- **PAST PRESIDENT:**  
Diana Pals
- **TREASURER:**  
Nichole Jordan
- **SECRETARY:**  
Cathy Kotter
- **MEMBERSHIP:**  
Rosemary Luque
- **ETHICS:** Dana Unruh
- **PUBLICATIONS:**  
Charmagne Westcott
- **NORTH ID REP:**  
Dean Allen

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## Message from the President



**President:**  
**Laurie Geren**

Greetings from the Idaho Mental Health Counselors Association!

First of all, I would like to thank your board of officers for their continual support, and especially for keeping me on my toes of the do's and don't of being your IMHCA President.

Four of your officers were

able to attend ICA training in June at Trinity Pines in Cascade, Idaho. Renewing relationships with the different divisions of ICA is always rewarding, and the training is invaluable for all Emerging Leaders.

Wow, what an exciting AMHCA Conference I attended in San Diego, CA the week of July 15<sup>th</sup> -19<sup>th</sup>. Embracing Diversity: Relationships Across Cultures and Generations was an incredible experience for almost 300 Counselors throughout the US and abroad. In addition, the

AMHCA held an AWESOME training for first and second year officers. Our president elect, Janet Allen, and I will be sharing this information with your board on September 12<sup>th</sup> in Boise. All members are invited to attend. See page 5 for time and place.

This fall we will continue to offer Professional Ethics classes. Please contact us if we can be of any help. My cell phone is the best way to contact me and that is 208-539-5751. If I don't know the answer, I will direct you to someone who does!

## IMHCA Receives Outstanding Chapter Website Award!

Laurie Geren

Probably the most exciting part of the AMHCA Conference this year was the Awards luncheon, where your Idaho Chapter Website was awarded the Outstanding Chapter Website Award at the National Level!

I was humbled to accept on behalf of Charmagne Westcott, who created your website, as well as many of our publications, including this newsletter.

I received so many compliments from the BIG officers, and officers from other states, asking for advice. I refer all credit to Charmagne.

Idaho Mental Health Counselors Association  
Welcome to the Idaho Mental Health Counselors Association  
dedicated exclusively to the needs of professional mental health counselors

home join IMHCA news & events find a counselor policy and legislation links

**About IMHCA**  
IMHCA bylaws  
Why should you join?  
Join or renew your membership now!

**We want YOU to be a presenter during the Fall Ethics Presentations!**  
We are currently recruiting presenters for the Lewiston, OR and Twin Falls locations! If you are interested, IMHCA will provide the training and you will receive your CEUs. This is a great networking opportunity!  
For more information, please contact our ethics chair, Dana Unruh at: dunruh@idahomentalhealthcounselor.org

# 2008 IMHCA Fall Ethics Schedule

All Things Childlike: The Ethical and Legal Considerations when counseling Children

**Boise**  
**Friday, October 24, 2008**  
**2:00-5:00 PM**  
 Women's and Children's Alliance  
 720 Washington St  
**PRESENTER:** Dana Hunt Unruh LCPC  
 NO CELL PHONES, STREET PARKING ONLY

**Bonnors Ferry**  
**Saturday, October 18, 2008**  
**8:00-11:00 AM**  
 Kootenai River Inn  
**PRESENTER:** Mona Kim Brown LCPC

**Caldwell**  
**Saturday, October 25**  
**9:00-12:00 PM**  
 Perkins Restaurant  
 909 Specht St at exit 29 off I-84  
**PRESENTER:** Dana Hunt Unruh LCPC

**Idaho Falls**  
**Friday, October 17, 2008**  
**3:00 PM-6:00 PM**  
 Creekside Counseling, 2375 Sunnyside  
**PRESENTERS:** Janet Allen LCPC, Cathy Kotter LPC

**Lewiston**  
**Friday, November 7, 2008**  
**12:30 PM-3:30 PM**  
 State Office Building, Third Floor Conference Room  
 1118 F Street  
**PRESENTER:** Deborah Lind, LCPC

**Moscow**  
**Friday October 10, 2008**  
**1:00-4:00 PM**  
 Gritman Medical Center, 700 S Main St  
**PRESENTER:** Diana Pals LCPC

**Post Falls**  
**Friday, November 14, 2008**  
**12:00 PM-4:00 PM**  
 Red Lion Templin, 414 E First Ave  
**PRESENTER:** Kriss Mitchell, LPC

**Sandpoint**  
**Saturday, October 18, 2008**  
**9:00-12:00 PM**  
 513 N 4th Ave., Sandpoint ID  
**PRESENTER:** Jason Munzke LPC

**Twin Falls**  
**Friday, October 10, 2008**  
**12:00 PM-4:00 PM**  
 Perkin's Restaurant, North Blue Lakes Blvd  
**PRESENTER:** Laurie Geren, LCPC

**REGISTRATION FORM: Check all of the above that you wish to attend**

**Early Registration Price (must be received one week prior to class) :**

IMHCA Member: **\$60** for 3 CEUs (groups of 5 or more, \$50 each)      Non-member: **\$90** for 3 CEUs (groups of 5 or more, \$80 each)

**Late Registration Prices:**

IMHCA Member: **\$75** for 3 CEUs (groups of 5 or more, \$65 each)      Non-member: **\$105** for 3 CEUs (groups of 5 or more, \$95 each)

**Audit fee \$30 ( NO CERTIFICATE GIVEN )**

*NO refunds will be given but payment can be applied to a future session if notified NO LATER THAN 2 days prior to scheduled class*

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_  IMHCA Member       Non-IMHCA Member

Total \$ enclosed : \_\_\_\_\_ Check # \_\_\_\_\_  Early Registration       Late Registration

**Mail Entire page with payment to: IMHCA—Ethics Registration, 3709 N Locust Grove Rd, Meridian Idaho 83646**  
**Make checks payable to "IMHCA"**

# AMHCA Conference Highlights

Laurie Geren



**IMHCA President, Laurie Geren and Dr. Lisa Boesky**

Brief Structural Therapy. Dr. Szapocznik held a one - day track on Embracing Diversity, sharing his research on many cultures.

I was fortunate to attend a two-day tract, "Suicide & Self Injury: What you NEED to know about Adolescents and Young Adults Who Want to Die or Who Cut or Burn Themselves," led by Lisa Boesky, Ph.D. She is the author of the new book

"When to Worry: How to Tell if Your Teen Needs Help and What to Do About it," and has been featured on national television and radio, as well as national magazines and newspapers including USA Today.

Dr. Lisa emphasized the increasing numbers of young people that are engaging in self-injury, which includes: cutting, carving, scratching, burning and head banging. She pointed out that self-injury is often confused with suicide, though these behaviors are very different. She further states that the key to prevention is learning to identify, manage, and treat adolescents and young people who suffer from Depression, Dysthymia, and Bipolar Disorder, including new research, current controversies and cultural issues related to these conditions.

Please check out the AMHCA website: [www.amhca.org](http://www.amhca.org), for pictures and more highlights of the conference.

Wow, what an exciting training and conference I attended in San Diego, CA, the week of July 15<sup>th</sup> - 19<sup>th</sup>!

Dr. Jose Szapocznik was our keynote Speaker. He is the developer of One-Person Family Therapy and

## Licensure Board Update

Diana Pals

The minutes of the May 2008 meeting of the Licensing Board noted that the Board is considering a change in policy to limit online continuing education credits.

The Board approved to propose a rule to limit online continuing education to a maximum of 10 hours and clarify that the **three hours of ethics can not be obtained online.**

In addition, the board has disciplined another counselor who has failed to complete ethics credits as required. The fine is \$250 plus \$100 fee.

**Counselors take note: Three Hours of Ethics Required!**

## IMHCA Membership Update

**Rosemary Luque**

IMHCA membership remains strong. We hope everybody is taking advantage of their membership status and going online with our web directory.

We would like to welcome the following as new members of IMHCA:

- Nancy Roth,
- Frances Wright,
- Michael Pitts,
- Patricia Kuntz.



## Just Say, "Yes"



*Dr. Janet O. Allen LCPC is IMHCA's president-elect. She is the owner and director of Creekside Counseling in Idaho Falls*

A year ago, I was attending some training in the Portland area. Our instructor asked each of us to come up with a phrase that summed up our life's philosophy.

It was an interesting challenge, to be sure. One man sitting down from me was the first to raise his hand. He shared with the rest of us his 'Just say yes' philosophy to life. He explained how Nike's motto is 'Just do it' and Barbara Bush said 'Just say no (to drugs)' but that his personal motto was 'Just say yes' and let the pieces fall where they may. We had a chance to process every one's life philosophy during the remainder

of the day, but it was this man's motto that really stuck.

As I think about what we do as counselors...so much of it is to assist our clients in confronting their fears in an effort to become their best selves. As counselors, I know we have to be committed to taking the same risks. So much of what we do as humans, we have to do before we feel ready, without adequate preparation. We go to first grade feeling scared to death. We have to jump in a pool for the very first time. We move away from home not knowing what experiences lay ahead. Certainly, we attempt to secure a life

partner knowing precious little about sustaining a life time intimate relationship. And surprisingly...it all works out. It works out...one way or the other...because we had the courage to 'just say yes.'

Life is abundant. We are bombarded every day with opportunities to grow. Professionally speaking, we can take more classes, get a new credential, join a professional organization, meet new people, learn new skills...the list is endless. To all of you mental health professionals out there who are really 'walking the walk' and just saying 'yes...' I commend you.

*"More than 1.5 million troops have deployed to Iraq and Afghanistan since 2001"*

## Military Health System Launches New Website

According to a press release from the Department of Defense, the Military Health System launched a behavioral health Web portal on August 5, 2008. The Web site, after-deployment.org, is the "Department of Defense's response to a congressional mandate to develop a behavioral health Web portal focused on post-deployment problems".

According to the department of defense, "More than 1.5 million troops have deployed to Iraq and Afghanistan since 2001" and it is estimated that "up to 15-20 percent of returning troops" have mental health related problems after returning home...".

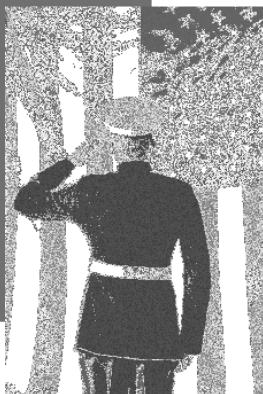
The department of defense notes that "Multiple reports have highlighted the need for Web-based behavioral health tools to reach the many service members who do not seek out face-to-face care". In addition to barriers to care, such as scheduling appointments, getting time off from work, or transportation costs, "many service members fear the stigma that talking to a counselor will damage their career or be seen as a sign of weakness".

The Web site "offers self-care tools for the entire military community 24/7 anywhere an internet connection is available" and "the materials can be used anonymously". In addition, mental health practitioners can use the site's materials to learn more about com-

mon issues those in the military face, and can access additional contact information for available resources.

The web-site's twelve programs focus on: "Adjusting to War Memories; Dealing with Depression; Handling Stress; Improving Relationships; Succeeding at Work; Overcoming Anger; Sleeping Better; Controlling Alcohol and Drugs; Helping Kids Deal with Deployment; Seeking Spiritual Fitness; Living with Physical Injuries; and Balancing Your Life. Self-assessments provide tailored feedback and recommendations".

"The fully functional site is expected to be released late-September 2008".



[www.afterdeployment.org](http://www.afterdeployment.org)

# New Secretary, Cathy Kotter



**IMHCA Secretary,  
Cathy Kotter**

Please welcome Cathy Kotter to the IMHCA Board. Cathy graduated from Idaho State University with a Masters Degree in Mental Health Counseling. In addition, she has a background in working with victims of domestic violence,

survivors of sexual assault, batterers, and youth offenders. She is currently a neutral evaluator for domestic violence. She works with adolescents, adults, couples and groups.

Cathy has experience in trauma recovery, self-harming behaviors, mood disorders, and anxiety.

Prior to counseling, Cathy worked as a developmental specialist, writing program plans for adults and youth. She co-

authored a summer youth program centered on communication and relationship skill building for this population.

Her career in mental health was preceded by a lengthy career in marketing and commercial photography. This unique combination of experience has enabled her to teach as adjunct faculty in both psychology and art departments at a university level.

## Newly Elected Board Members

Charmagne Westcott

The votes are in! We received a record number of votes through our online ballot this year. Thank you to all the members who took the time to give us your feedback!

Our new board members began their roles in July.



Our new president-elect is Dr. Janet O. Allen, LCPC.

You can read her article, "Just Say, Yes" on page 5. Janet is the owner and director of Creekside Counseling in Idaho Falls.



Nichole Jordan, M.Coun., LPC, is our newly-elected

Treasurer. Nichole has played an integral part on our board for the last year as our Public Awareness Chair.

### IMHCA BOARD MEETING

All members are welcome to attend the next IMHCA board meeting:

**DATE:**

Friday September 12

**TIME:** 9:00 to 11:00 AM

**PLACE:** Green Leaves Counseling, 3709 N Locust Grove, Meridian.

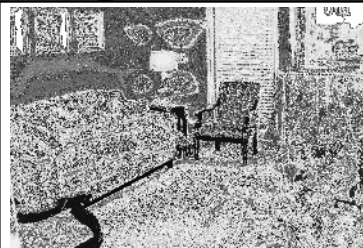
*Ethics Training will begin after the meeting.*

## Advertise your Available Office Space Here!

**IMHCA is now offering free advertisement to our members for available office-space! Your open office space will be mentioned in our quarterly newsletter as well as emailed through our membership listserv. If you have open office space available, please contact us at: [info@idaho.mentalhealthcounselor.org](mailto:info@idaho.mentalhealthcounselor.org). Photo's welcome!**

### OFFICE SPACE TO SHARE

**IN BOISE:** Large office space with 5 large windows available to share half-time, on Orchard, near I-84. Comfortable waiting room. Office is on the second floor and has a loveseat, two chairs, a desk with chair, two end tables, a small coffee table, bookshelf and an extensive sandtray/art area with room to store additional art supplies. \$250/mo. Contact Pat Alexander at 208-724-2448



### FOR RENT IN MERIDIAN:

Fully furnished lobby, breakroom and all utilities included (including phone, fax and website) in this

13x13 office space available in Meridian: 3709 N. Locust Grove. All renters will be independent practitioners of Green Leaves Counseling. \$600/mo. Contact Dana Unruh: 208-890-0073.



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Meridian, ID 83680**

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**IMHCA**

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[info@idahomentalhealthcounselor.org](mailto:info@idahomentalhealthcounselor.org)

[www.idahomentalhealthcounselor.org](http://www.idahomentalhealthcounselor.org)

Now is the best time to join IMHCA!

- Receive a free listing and personal profile on our website in order to promote your practice on the world wide web and enhance client access to your services!
- Receive a quarterly newsletter containing the latest news in policy, licensure, conferences, training courses and other issues and events that affect you and your practice
- Have access to a confidential 24 hour online screening tool for depression, anxiety, bi-polar and PTSD for your clients.
- Have the ability to network with other counselors and counselor educators via email and while attending presentations and other events in your area.
- Receive a discount on conferences, workshops, ethics training courses and other services offered exclusively for mental health counselors
- Have a voice and the opportunity to be actively involved in public policy and legislation that protects your interests.

**Join Online Today!**