



IMHCA

Newsletter

From our President ...

Holiday greetings to all! I feel like I am writing a Christmas letter to all our friends and relatives in recapping some of the highlights from our Association recently. It has been a year of exciting things happening.

Conference in September

We recently held our annual conference on September 5 and 6 at Wartburg College in Waverly. What a beautiful facility! As many of you may remember, the past couple of years we co-hosted the conference with the Iowa Marriage and Family Therapists in Newton. This year we were determined to put on a conference on our own. This involved considerable effort, but the response from those who attended indicated it was well worth it. As with past conferences, many of our breakout sessions were done by members of IMHCA. One of IMHCA's long time board members, Isabell Lewis, was honored for her years of service to the board and profession.



Dr. Samuel Gladding was our keynote speaker and shared about using creativity in counseling. Dr. Gladding came to us from Winston-Salem, NC, where he is the chair and a professor in the counselor education program at Wake Forest University. He has degrees from Wake Forest University, Yale, and received his Ph.D. from University of North Carolina at Greensboro. He was the Director of Children's Services at the Rockingham County (North Carolina) Mental Health Center for five years before going into the academic world.

Dr. Gladding was eager to come to Iowa and present following reading about the flooding disasters across the state and generously donated his speaking fees towards a scholarship for students who were affected by the flooding. He provided an interactive presentation with audience participation and people came away feeling both reinvigorated and more knowledgeable. Dr. Gladding also took time to meet with graduate students at the University of Northern Iowa as he has been president of Chi Sigma Iota.

In addition to Dr. Gladding's keynote presentation, we offered four breakout sessions including Jim Wilwerding, presented on Adventure-Based Counseling; Kelly Wagner, presented on Children and

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Trauma: Effects on the Brain and Actions for Caregivers; Dr. Linda Nebbe, presented on Animal and Nature Assisted Therapy; and Dr. Paul Conditt presented on Positively Psychological: How to help your Clients become Happier.

On Saturday, September 6, Dr. Vilia Tarvydas from the University of Iowa, presented on Ethics. We were privileged to have someone with her credentials in ethics present to us. Dr. Tarvydas has published extensively on ethics, and ethical obligations counselors owe their clients including advocacy. Her scholarly works and national and international presentations have concentrated on the areas of ethics, ethical decision-making, and professional standards. Her most recent co-authored textbook (2007) is *Counseling Ethics and Decision Making* that is in its 3rd edition. She teaches graduate level courses on ethics and professional issues at the University of Iowa (UI) at both the Master's and doctoral level. She has chaired or been involved in drafting four major codes of ethics [ACA, Commission on Rehabilitation Counselor Certification (CRCC) and a center for independent living (CIL)] that have considered the issues and responsibilities of advocacy. She is a past member of the ACA Ethics Committee and Ethics Code Revision Taskforce that wrote the 2005 revision of the ACA Code. She has chaired several ethics committees in medical facilities and the CRCC Ethics Committee. Most recently, she was Chair of the Iowa State Board of Behavioral Science Examiners and Chair of its Disciplinary Committee for 9 years ending in May, 2008. Her extensive experience in ethics adjudications for ACA, CRCC, American Occupational Therapy Association and the Iowa state licensure board have provided ample opportunity to observe and consider the problems involved in operationalizing good ethical practices.

Her presentation was very thought provoking and challenging. If you haven't gotten a chance to hear her talk on ethics, you really must look for this opportunity.

We want to give a huge thanks to all who came for the conference and to the members who helped make this such a great success! We look forward to continuing to improve on this one for future conferences.

The conference took place Friday, September 5th and Saturday, September 6th, 2008. We were thrilled to secure Dr. Samuel T. Gladding as our keynote speaker! Our conference theme was "Celebrating Diversity through Creativity in Counseling". Dr. Gladding is one of the foremost authorities on using creative techniques in counseling. He offered several fun and interesting ideas to blend creative techniques into the counseling relationship and session. It was wonderful to have smiles and laughter fill an auditorium!

Dr. Gladding is the author of many books, including: *Family Therapy: History, Theory, and Practice(4th Edition)* (2006), *The Creative Arts in Counseling (3rd ed.)* (2005), *Becoming a Counselor: The Light, the Bright, and the Serious* (2002), *The Counseling Dictionary* (2001), *Counseling: A Comprehensive Profession (4th ed.)* (2000), *Group Work: A Counseling Specialty (3rd ed.)* (1999).

Thank you to all conference attendees! We appreciate the members of the IMHCA Committee Planning Board in putting everything together and ensuring our 2008 conference was a success!

Erik Oosterink, IMHCA Board President



IMHCA Scholarships for 2009-2010

IMHCA is pleased to announce the development of a special scholarship for the 2009-2010 school year. This scholarship is intended to assist students whose immediate families have been impacted by the floods of 2008. A scholarship committee has been formed and is in the process of developing the full criteria for these scholarships. We anticipate being able to offer two \$500.00 scholarships for students pursuing degrees in the mental health counseling field. Full details, including application forms and deadlines, will be posted on our website as soon as they are finalized. Please check www.imhca.net for scholarship updates, as well as other items of interest for our members.



Lobbying

The Board is seeking to contract for lobbying services before the next legislative session. Other than monitoring and providing input on legislation that is developed, we want to draft two pieces of legislation to be enacted. Both have been accomplished by other disciplines in the last session. The first will require the Iowa Department of Human Services to adopt rules to entitle LMHC's to receive payment for behavioral health services provided to recipients of medical assistance; in others words to get LMHC's Medicaid reimbursement through the Iowa Code. Currently, we are able to get reimbursement for Medicaid clients through Magellan's rules which allow for reimbursement to LMHC's, however, if the state were to contract with a different managed care organization, only the Licensed Social Workers and LMFT's would be guaranteed coverage.

During the last legislative session, the NASW Iowa Chapter successfully added language to an appropriations bill entitling LMSW's under the supervision of an LISW to get Medicaid reimbursement just like the LMFT's who were able to lobby for this. This is an inequity in that an LMSW just out of graduate school is able to get a job in a practice and be able to see clients on Title XIX under the supervision of an LISW, however, a clinician with a background in Mental Health Counseling who is not yet licensed as an LMHC would not be able to get reimbursement unless he or she was practicing in a Community Mental Health Center. With the new temporary LMHC license, these individuals should also be eligible for Medicaid reimbursement. This legislation may be more challenging as Magellan lobbied strongly last year to have Governor Culver strike the reimbursement for LMSW's.

As the legislative session starts, IMHCA will give more information on our progress and inform members of what actions are needed. Please inform other LMHC's of these issues and encourage them to join IMHCA as lobbying is expensive, but appears to be necessary to continue to advocate for our profession.

EMPLOYMENT OPPORTUNITIES

Partners Program (Marion County) - posted 11/14/08

Integrative Counseling Solutions, seeks an individual with a Graduate degree in Social Work, Mental Health Counseling or Marriage Family Therapy to join our growing Partners Program. Position available in Marion County. Student currently in (or starting soon) the internship phase of graduate school are welcome to apply. Year round position with flexible summer hours possible.

Duties Include: Developing specific skill development treatment plans. Providing individual and family skill development services with emphasis on reducing symptoms of DSM IV-R Diagnosis. Collaborating with school staff and school-based therapist to meet needs of children and families.

This Position requires: Master's degree or near completion of Master's degree in Mental Health Counseling, Social Work or Marriage Family Therapy. Experience providing therapeutic services to children, youth and families. Excellent verbal and written communication skills. Successful candidates must have clear background checks through the Division of Criminal Investigation and the Child Abuse Registry and must have a valid driver's license.

Interested candidates should send a cover letter, resume and references to:

Integrative Counseling Solutions

1200 Valley West Drive #302

West Des Moines, IA 50131

Phone-515-267-1340

Fax - 515-267-1355

integrativecounseling@q.com



School-Based Therapist (Marion County Schools) - posted 11/14/08

Integrative Counseling Solutions, seeks an individual with an LISW, LMSW, LMHC or LMFT, to join our growing School Based Team. Position available in Marion County Schools. Year round position with flexible summer hours possible.

Duties Include:

Evaluating and assessing children, parents and families and developing specific mental health treatment plan. Providing individual and family therapy services with emphasis on dealing with trauma and building resilience. Collaborating with school staff to meet needs of children and families.

Position requires:

Master's degree and licensure as an LISW, LMSW, LMHC or LMFT. Experience providing therapeutic services to children, youth and families. Excellent verbal and written communication skills. Successful candidates must have clear background checks through the Division of Criminal Investigation and the Child Abuse Registry and must have a valid driver's license.

Interested candidates should send a cover letter, resume and references to:

Integrative Counseling Solutions

1200 Valley West Drive #302

West Des Moines, IA 50131

Phone-515-567-1340

Fax - 515-267-1355

integrativecounseling@q.com

Cognitive-Behavioral Psychotherapist - posted 10/31/08

A part or full-time opportunity exists for an Iowa licensed mental health professional (LISW/LMHC/PhD/PsyD) to work in an independent, private practice using empirically validated treatments. Specialization in treating children, adolescents, and families is required. Ability to treat adults of all ages is desirable.

Send letter, resume, and contact information for 3 references to:

E-mail: nmccormick@cfu.net or

Naomi B. McCormick, Ph.D.
Clinical Health Psychologists (CHP)
3116 Brockway Rd
Waterloo IA 50701
<http://www.clinicalhealthpsychologists.com>

Mental Health Professional - posted 10/22/08

The Richmond Center, a nonprofit community mental health center, seeks an Iowa licensed mental health professional to provide therapeutic services. For 50 years The Center has been providing a full range of quality mental health services to a four county region. Family-like work environment, innovative service provision, excellent benefits, CEU stipend, and competitive salary. More information is available at www.richmondcenter.net EOE

Send cover letter and vitae to:
Office Manager, Richmond Center
125 S. 3rd St.
Ames , IA 50010

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Board News

In other news, our board has been going through more administrative challenges and changes. As we continue to have new people joining the board, we have learned ways to improve our processes. Unfortunately, we recognized some bookkeeping issues with our membership information and have been trying to figure out the best ways of tracking who our current members are. Some of you may have had confusing emails about this, but we are getting this system down and improving the process to ensure accurate records as well as recognition of our members. If you haven't received membership certificates yet, be on the look out for them. We also have a new treasurer in Jim Wilwerding, who brings experience to our board in the private practice arena. We have many committed board members who volunteer countless hours and experience to creating a successful board to serve our Mental Health Counselors across the state.

IMHCA Board Members

President

Erik Oostenink

President-Elect

Cynthia R. Boyle

Past-President

Molly Wertz

Secretary

Christy Johnston

Treasurer

Jim Wilwerding

Public Policy and Administration

Currently Open

Member-at-Large

Kelly Wagner

One Opening

Membership Development

Bridget Bencke

Student Member

Lindsey Shutt

One Opening

Non-voting positions of responsibility

Web site coordinator

Cindy Boyle

Conference coordinators

Bridget Bencke, Jim Wilwerding, Christy Royston

Newsletter editor

Karin Beschen



To contact all IMHCA board members at once, e-mail board-members@imhca.net

Our Board Members appreciate your input and feedback!

LICENSURE CHANGES

Hopefully, all IMHCA members had a chance to review the draft of potential changes to the Administrative Code regarding licensure rules for LMHC's put out by the Board of Behavioral Science in October. These rules are currently being given a final review by the Behavioral Science Board, but here is a brief synopsis of the changes that are likely to be finalized. As always, if there are any questions regarding licensure, check the website at http://www.idph.state.ia.us/licensure/board_home.asp?board=be and carefully read through the Laws and Rules section. Additionally, the board can be contacted at (515) 281-4422. After attending their recent board meeting, I learned how carefully the Board follows the letter of the law and code. If one has specific questions regarding a licensure issue, he or she will likely be referred back to the law and code. No one board member will answer specific questions regarding licensing issues as it is the whole board that makes decisions and decisions can set precedent for others seeking licensure. The Board does a great service to Iowans in seeking to ensure only qualified Mental Health Counselors who have sufficient training, experience, and supervision receive licensure and those who are licensed are practicing ethically.

In continuing to strive for qualified Mental Health Counselors, the Board is recommending a number of changes in the licensure process. First, in the last legislative session, the Iowa Legislature passed a law allowing for a temporary license for both LMHC's and LMFT's effective July 1, 2008. This was designed to allow those graduating from graduate programs to be eligible for licensure. For LMHC's, the rules as they were drafted would first of all allow anyone who starts a CACREP approved Mental Health Counseling program with 60 credit hours to be eligible for a temporary LMHC. The draft indicated a potential licensee would be eligible if they started a program after July 1, 2008. However, at the time of this article, the Board was looking to put wording into the code to grandfather those already graduated and those who are currently in graduate programs. In addition to the temporary license, the requirements for getting the full LMHC are becoming more stringent regarding the supervised experience. Instead of 1000 hours of clinical experience, the code will be increased to 2000. Instead of 200 hours of supervision, it will be increased to 300. Additionally, the supervisor will be required to have 3 years of post independent licensure experience.

Although some may be discouraged by the changes, there are many positives in here. First, the temporary license gives an additional level of licensure similar to LMSW's in Iowa and may help those seeking employment after graduate school to be more marketable by having a license. The 60 hour Master's program requirement is consistent with the newest CACREP standards also requiring 60 hour programs. Some non-CACREP programs though will likely have to change their programs to meet this requirement. For those who do not go through a CACREP program, those seeking licensure will have to pay an additional fee to a education review board through NBCC which will evaluate an applicants educational experience to check the extent to which it meets licensing requirements of the Board of Behavioral Science. This will not only reduce a lot of work for the Board, but will ensure consistency of the educational backgrounds of licensees. Finally, the increase in supervision and clinical hours puts Iowa standards on similar footing as most of the other states in the region as Iowa's requirements were more lax. As stated before, do not rely on this as the final rules, but verify them as they get finalized through reviewing the Code and Law on the Behavioral Science webpage. Overall, these changes continue to demonstrate the quality of our discipline and allow us to market ourselves more in comparison with other disciplines, so let's be proud of being Mental Health Counselors.

Conference Planning

A number of members of the Board and membership have begun planning for another conference. We are currently looking at hosting a conference in Des Moines in late April or early May of 2009. Since we have created a lot of documents for the last conference, most of the work is lining up a location, break out presentations, and a main speaker. We are hoping to have up to sixteen slots for break out sessions. We have a number of ideas in mind including presentations on providing clinical supervision, challenges in private practice, licensure changes, and others. As always, we rely on members and others across the state to volunteer to share their skills and expertise. If you have a topic you would be willing to share and present on at the conference, please contact president@imhca.net Breakout sessions may range from 1 ½ hours to 3 hours. We also will give free admittance to the entire conference for presenters.
