



Upcoming Events & Due Dates:

Applications Due Feb 13, 2015 for \$500 Academic Scholarships & \$200 Conference Scholarships

IMHCA Annual Conference Monday, April 13, 2015 & Tuesday, April 14, 2015

Board Meeting 1/24/15 9 am to noon [All Members Welcome—contact a Board Member for details]

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Successful Golf Fundraiser

By Amy Mooney , LMHC, IMHCA Fundraising Chair



The 2nd annual IMHCA golf fundraiser was a highly successful and well-attended tournament. Thank you to all that provided support to the IMHCA Foundation. Your commitment to community mental health education and scholarship in Iowa is truly appreciated.

The event was highly successful. This year we raised over

9000.00! This will allow two scholarships for 2014-2015 and advancement of community mental health awareness throughout Iowa.

The day started out with a bit of rain. However, everyone was in the spirit of the occasion and cause. With more time inside for about a 45 minute delayed start, we were able to

enjoy breakfast, purchase tickets for the large raffle item (a 60 inch smart TV) and hear the live radio show of Mel in the Morning right on site at Coldwater Creek. Several IMHCA board members did live interviews .

As you can see, we had many sponsors for our event. To highlight a few,

Continued on pg. 7

President's Corner: NBCC ACEP Application

Kristy Johnson, LMHC, IMHCA President



Kristy Johnson

Exciting news! IMHCA is in the process of applying for our own Approved Continuing Education Provider (ACEP) number with the National Board for Certified Counselors (NBCC). As our association continues to grow, we are seeing a larger need for this. By having our own NBCC ACEP number, we will be able to speed up the process in approving applicants for CEUs with

our annual state conference held every April, because as an association, we would be able to self-approve. In addition to self-approving CEUs for our state conference, it gives us more flexibility to offer other self-approved CEU workshops, opening up our options to do so throughout the state in person or by doing webinars.

By holding the NBCC ACEP, IMHCA will be responsible for ensuring that all aspects of the

continuing education being offered will be in compliance with the NBCC Continuing Education Policies and Procedures. It is important to note that the NBCC does not endorse any particular theory or method. NBCC will work closely with IMHCA to ensure the highest of standards are met in the mental health trainings provided.

Coming Soon! Watch for this logo to start appearing next to IMHCA CEU opportunities!



CALL FOR PROGRAMS

2015 IMHCA Annual Conference

April 13-14, 2015
Holiday Inn—Merle Hay, Des Moines, IA

CALL FOR PRESENTATIONS

We invite all IMHCA members and health care professionals to share your expertise at the 2015 IMHCA Conference by presenting a 90 minute or 3 hour breakout session. The sessions will take place throughout the day on Monday, April 13th. We are looking for 6-8 presenters on topics related to the field of Mental Health Counseling.

Take this opportunity to become involved and share your work with your colleagues at the only state-wide conference devoted entirely to the mental health counseling profession.

We are currently accepting applications for programs. If you would like to apply for consideration, please send the following to Christy Johnston, LMHC cjohnston@broadlawns.org OR at www.imhca.net under the conference link.

- * Title of Presentation
- * Presenter(s) name(s) and bios including license/certification information
- * Brief Program Description
- * Summary including learning objectives/goals

Applications must be received by December 1, 2014.

Presenters will receive a complimentary registration (limited to two if it is a team presentation) to the 2015 IMHCA Conference including certificate for CEU's (tentative schedule indicates approximately 12.5 CEU's).

CALL FOR STUDENT POSTERS

As part of the 2015 IMHCA Conference, we also invite graduate students in counseling to offer poster presentations of your current research.

We are currently accepting applications for poster presentations. If you would like to apply for consideration, please send the following to Christy Johnston, LMHC cjohnston@broadlawns.org OR at www.imhca.net under the conference link.

- * Title of Presentation
- * Presenter(s) name(s) and bios
- * College/University Affiliation
- * Faculty Advisor Name(s)
- * Letter of recommendation from Faculty Advisor
- * Brief Description of your research

Applications must be received by December 1, 2014. Research and poster need not be completed at the time of application.

Student Poster Presenters will receive half-price conference fees for the two-day conference.



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Piney Ridge Center

Ethical Decision-Making: ACA Requirements

Chad Brownfield, IMHCA Ethics Committee Chair

How do counselors make an ethical decision?

As early as the first day on the job or in the 15th year of practice, counselors learn that ethical decision-making is not a black and white process. Despite the human tendency to want to make situations clean, neat, and dichotomous, we know that is not the case. If problems are not clearly right and wrong, then how do we make ethical choices? These shades of grey are the main reason for the new requirement of having a counselor document their decision-making process when faced with ethical dilemmas.

The American Counseling Association (ACA) does not require adherence to a specific decision making model, but simply that you utilize one and document it. There are several popular models published, such as Tarvidas (1998) integra-

tive processes. However, the AMHCA understands that some counselors may prefer one model and simply require the use of one of these models. It is also required that the counselor document their rationale and use of the model in their note.

Documentation of the decision-making process forces counselors to be deliberate, cog- nizant, and thoughtful in the way they make ethical decisions. This may require more work in the beginning, but will improve decision-making processes and most certainly save the counselor trouble in the end should

ACA Ethics and, thus Iowa law, now require the use of an ethical decision making model, documentation of the decision-making process, and documentation of the model used.

a situation be called into court. Documentation of the rationale is important because many state's laws and statutes are written with references to "a reasonable person." The reasonable person is a construct in law that is often written as "what a reasonable person would do in a like situation" or "to a reasonable degree of medical certainty." As the result, documentation of the counselor's ethical decision-making process not only improves the ethical practices of counselors, but also reduces the chances for litigation.

Tarvydas, V. M. (1998). Ethical decision making processes. In R. R. Cottone & V.M. Tarvydas (Eds.), *Ethical and professional issues in counseling* (pp. 144-158). Upper Saddle River, NJ: Prentice-Hall

2015 Conference Update

Christy Johnston, LMHC, Conference Committee Chair

The Annual IMHCA Conference will be held on April 13 and 14, 2015 this year at the Merle Hay Holiday Inn. Our theme this year is "Bringing Out The Best In Our Selves And Our Clients". Our main speaker will be Jeff Zeig, Ph. D, Founder and Director of the Milton Erickson Foundation, who will present on The Self-Developing Clinician on April 14th.

We will be offering Ethics again this year on April 13th for anyone that wants to get a jump start on their licensure renewal. Another exciting speaker we are bringing in this year is Terry Kottman, Ph.D, who founded the

Encouragement Zone and is a registered play therapist. We will have a lot of focus this year on becoming better therapists both through the use of our therapy skills as well as our own self-care.

The hotel will have all of their guest rooms remodeled prior to our conference. I got to see a model of what they will look like and they are beautiful and very modern, which will be a plus for anyone staying at the hotel this year.

We are accepting Calls for Proposals. Some possible topics would be Play Therapy, Grief and Loss, Somatic Ex-

periencing-Trauma, Adventure Therapy, Self-Care, Psychotropic Medications, Justice/Offenders Programs, Animal Assisted Therapy, Bringing out the Best in your clients, etc.

We will have prizes, raffles and some other new surprises this year. We have changed the room set up to make it flow better and make it less confusing for attendees. We will also have some fun, new exhibitors this year for you to check out. You definitely won't want to miss out on our annual IMHCA conference so start planning to attend.

IMHCA Scholarships: How To Apply

By Jessica Volk, Membership Committee Chair

IMHCA’s membership continues to grow larger! IMHCA membership consists of Regular/Associate, Unified (AMHCA), Student, and Retired members. Our organization currently stands at 206 members, 57 of which are students and 67 of which are AMHCA unified members. If you aren’t already, please visit our website at www.imhca.net to sign up online today!

There are many of benefits to joining IMHCA, including our upcoming scholarships which will be awarded at our next Conference!

Scholarships are awarded to four members annually. Two \$500 academic scholarship will be awarded to a graduate student member. Additionally, two \$200 scholarships will be offered to cover the price of the annual conference (one will be awarded to any member and one specifically for a student member).

If you would like to join the Membership committee or have any questions about membership, please contact Jessica Volk at membership@imhca.net. IMHCA is also on LinkedIn and Facebook!

REQUIREMENTS FOR \$500 ACADEMIC SCHOLARSHIP:

- * Applicant is a current member of IMHCA
- * Completed application by the appropriate date
- * One submitted letter of recommendation by a graduate-level faculty member within the student’s program

REQUIREMENTS FOR \$200 CONFERENCE SCHOLARSHIPS:

- * Applicant is a current member of IMHCA
- * Completed application by the appropriate date
- * Letter of involvement
- * Attendance at previous year’s IMHCA annual conference

APPLICATION AND SELECTION PROCESS:

Applications and more information is located on our website: <http://www.imhca.net/>

Scholarship applications are due February 13, 2014

IMHCA board members will select scholarship recipients

Length of membership and involvement will be also considered for conference scholarships

IMHCA is an active organization involved in the many processes that affect Mental Health Counseling in Iowa. Joining means that you will be informed, that your membership dues will be used to further the interests of mental health counseling, and that you will have opportunities to be involved.

Log on to <http://www.imhca.net/> to join us!

Iowa Mental Health Counselors Association

<p>IMHCA Home <small>return to the home page</small></p> <p>About Us <small>mission & affiliation, board members, contact us</small></p> <p>Become a Member <small>member benefits, sign up now</small></p> <p>For Members Only <small>member directory, meeting minutes</small></p> <p>Resources <small>licensure info, newsletter, job board, useful links</small></p> <p>Legislative News <small>get involved to improve public policy</small></p> <p>Events <small>view upcoming events</small></p> <p>Annual Conference <small>conference details, register today</small></p>	<div style="background-color: #f1e0c0; padding: 10px; border: 1px solid #ccc;"> <p style="text-align: center;">IMHCA Annual Conference</p> <p style="text-align: center;">Monday, April 14, 2014 to Tuesday, April 15, 2014</p> <p style="text-align: center;">View all upcoming events</p> </div> <p style="margin-top: 20px;">Welcome</p> <p>Thank you for visiting our site! There are many resources for both IMHCA members and non-members. Follow the links to the left to learn more.</p> <p>Are you a member? If so, please login to view your membership status and gain exclusive access to all areas of our site.</p> <p>If you are not a member, please consider joining today! Membership is always open.</p> <p>Thank you for visiting!</p>	<div style="border: 1px solid #ccc; padding: 10px;"> <p style="text-align: center;">Member login</p> <p>Username *</p> <input style="width: 90%;" type="text"/> <p>Password *</p> <input style="width: 90%;" type="password"/> <ul style="list-style-type: none"> • Create new account • Request new password <p style="text-align: center;"><input type="button" value="Log in"/></p> </div>
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Mention the IMHCA Conference for a 20% discount on all services.

Golf Tournament, Help Us Celebrate our Contributors!

Wilson Toyota providing a Hole in One car! Hy-Vee generously donated lunch for all golfers. We had corporate sponsorship for each hole! Banker Trust provide a \$100 prize for the winner of the putting competition. Lastly, many companies provided small gifts for each golfer when they registered.

If you interested in sponsoring, golfing or volunteering for the 2015 IMHCA golf event please contact our fundraiser chair

Amy Mooney at 515-337-1380 or fundraising@imhca.net

I think it's safe to say that everyone's presence had a generous impact on the success of the event. Our sincerest thanks to you!



2014 Team Winners Trent Mussmann, Daniel Van Roeckel, Nick Wagner, and Sean Jones with IMHCA Fundraising Chair Amy Mooney



IMHCA 2ND ANNUAL GOLF FUNDRAISER

A BIG THANK YOU TO OUR SPONSORS!

We can't hold a successful event without our generous sponsors!

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- Story Construction
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- Upside Consulting Group
- Gene Johnson Hunziker Assc.

Media Sponsor

- 1430 KASI New-Talk - Mel in the Morning





Iowa Mental Health Counselors Association

The Iowa Mental Health Counselors Association is a chapter of the American Mental Health Counselors Association. IMHCA is the only organization dedicated exclusively to meeting the professional needs of mental health counselors in Iowa. Its sole purpose is to promote the profession of mental health counseling and the needs of our clients.

www.imhca.net

To contact the entire board, please e-mail boardmembers@imhca.net

IMHCA Board Members

President	Kristy Johnson	2013-2015
President-Elect	Don Gilbert	2014-2015
Treasurer	Open Position	2014-2016
Secretary	Jessica Romey	2014-2016
Membership Chair	Jessica Volk	2013-2015
Conference Committee Chair	Christy Johnston	2013-2015
Ethics Committee Chair	Chad Brownfield	2013-2015
Government Relations Chair	Kacey Peterson	2013-2015
Member-at-Large	Connie Frank	2014-2016
Member-at-Large	Katie Blair	2014-2016
Fundraising Chair	Amy Mooney	2014-2016
Nominations Committee Chair	Stacie Papineau	2014-2016
Public Relations Chair/ Website Coordinator	Jason Stark	2014-2015
Publications Committee Chair	Carol Hinman	2014-2016
Student Member	Emily Michener	2014-2016
Student Member	Racheal Gibbons	2014-2016

The IMHCA Newsletter, written by and for Iowa Counselors, is published quarterly by the Iowa Mental Health Counselors Association. Advertising rates set for the 2014 year by the IMHCA Board are: ¼ page - \$25.00 for year, \$7.50 for single issue; ½ page- \$50.00 for year, \$15.00 for single issue; Full page- \$100.00, \$30.00 for single issue. Advertisers should submit a prepared advertisement in PDF form to publications@imhca.net and should submit payment by check or money order to: Donald Gilbert, IMHCA Treasurer; 225 NW School St.; Ankeny, IA 50023. Members may submit one 1/4 page advertisement per year for free. Advertisements by employers seeking employees should also review the job board on the IMHCA website and consider posting there. All submissions to the IMHCA Newsletter will be reviewed for appropriateness as to the intent of the newsletter.

Open Treasurer Position

Our President-Elect is currently balancing the responsibilities of two offices, President-Elect and Treasurer. We NEED to resolve this issue by finding a new Treasurer! The Treasurer serves as a member of the Executive Council, meaning the Treasurer is actively involved in the decision-making processes in the business of the IMHCA. In other words, the Treasurer is not just involved in maintaining money, but is active in all aspects of the association. If you have any questions about this position, please email our President-Elect Don Gilbert newlife50021@gmail.com

Here's the official job description:

Treasurer - this is a two-year term (July 2014-July 2016). The Treasurer has custody of all funds of the Association and other properties belonging to the Association. The Treasurer assures the receipt and expenditure of funds in accordance with the directives established by the Board of Directors.