



IMHCA NEWSLETTER

VOLUME 5, ISSUE 3

FALL/WINTER 2008

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- **PUBLICATIONS:**
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- **PROFESSIONAL DEVELOPMENT:**
Heidi Lasser
- **NORTH ID REP:**
Dean Allen

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Message from the President

Greetings! It seems it was just a few days ago since our last newsletter, and now here it is almost the holidays! Our Ethics Fall Workshops are now complete. *All Things Childlike: The Ethical and Legal Considerations When Counseling Children*, has been well received by all attendees. Please go to our website to share your ideas for our Spring presentations, or even better, sign up to be a presenter and you can earn up to 5 CEUs! Many thanks to Dana Hunt-Unruh for her research and professional expertise regarding the information presented.

In October I took part in Western region teleconference. Mark Hamilton, AMHCA President, and all

states in the Western Region were represented in fine fashion. All offered great insight and encouragement in regard to serving our members in better ways.

Our longtime Membership Chair, Rosemary Luque, has asked to step-down from her position. We are sorry for Rosemary's recent loss of her husband. She has devoted many years on your IMHCA board. Thank you Rosemary.

IMHCA's own President – Elect, Dr. Janet Allen, has graciously agreed to be our distinguished speaker at the ICA Conference in January. Dr. Allen will present insight regarding her full-day seminars: *Understanding Sex Addic-*



President:
Laurie Geren

tion: The New Psychological Pandemic. Beginning in April, she will be presenting her full-day seminars throughout Idaho. Specific dates and locations will be posted on our website soon (see page 3 for North Idaho's date and time).

We are pleased to welcome our two newest board members, Lori Farrens and Heidi Lasser (see page 2). A Big thank you to all our members for representing IMHCA as Professional Counselors. If I can be of further assistance please contact me at: lgeren@idahomentalhealthcounselor.org

Happy Holidays!

New Topic Needed for Spring Ethics Presentations

Dana Hunt-Unruh

We have had a wonderful participation this Fall in the ethics classes that have been offered.

For the Spring we are asking members to submit questions and ideas to Dana Hunt Unruh, the Ethics Chair, at: dunruh@idahomentalhealthcounselor.org. This will build the next module for classes.

Please have your questions to Dana no later than December 15th, so that she has time to put together the material for the Spring. So far the most frequently asked question continues to surround

the issue of confidentiality. We are close to beginning a new round of our topics and perhaps this should be the first one.

Your input is very valuable to us and we do listen and take to heart your comments on the evaluations after your session.

And remember, if you would like to present Ethics material in the Spring you will have an opportunity to earn up to 5 Ethics units! We would love to have you. Contact Dana, or go to the Ethics Page of our Website to sign up!

New Professional Development Chair, Heidi Lasser



Heidi Lasser, LCPC

The IMHCA Board would like to introduce and welcome Heidi Lasser to the position of Professional Development Chair.

Heidi graduated from Eastern Michigan University in 1994 with her Masters degree in Guidance and Counseling, Community Counseling. She moved from Michigan to Idaho in 2004. She is a Licensed Clinical Professional Counselor in Idaho. She has 23 years of experience working in various settings that include residential treatment

programs for serious felony offender juveniles, community mental health agencies, and private practice counseling.

Heidi has provided counseling to children, adolescents, families and adults. Her areas of expertise are trauma, abuse, anxiety, oppositional problems, depression, and family issues. She is trained in Level II EMDR and has several years experience successfully using EMDR therapy. In addition, she is a trained mediator for divorce, parenting time, ten-

ant/landlord disputes and contracts.

Heidi has over 10 years experience providing group therapy, which includes facilitating DBT groups for clients with emotional regulation problems. Heidi also supervises counselors, and provides training for professionals on a variety of mental health issues in children and adolescents.

Her private practice is at Green Leaves Counseling in Meridian. She lives in Boise with her husband and two children.

*This year's Theme:
"Counselors as a
Catalyst for
Change: A Call to
Action"*

2009 Annual ICA Conference, January 29-31

Online registration is now available for the 2009 ICA Conference. In Coeur d'Alene. The conference will take place at the Coeur d'Alene Golf and Spa Resort, Thursday, January 29th through Saturday, January 31st. Pre-conference topics will take place on Thursday and include Clinician Supervision, Wilderness Therapy, "The Rhythms of Therapy" and "Creating Close Connections". IMHCAs Keynote Speaker will be Janet Allen (see article above right).

Round Trip Charter Bus Service is available for only \$60. Early Bird registration ends December 20th and is \$135 for regular ICA members. You can find more information and register online by going to the ICA website: www.idahocounseling.org.

New Membership Chair, Lori Farrens



Lori Farrens, LPC

The IMHCA Board would like to introduce and welcome Lori Farrens to the position of Membership Chair.

Lori is the Clinical Director of The Center for Behavioral Health in Meridian, a private outpatient narcotic treatment program, providing treatment for opiate, nicotine and alcohol addiction. The community has referred to the Center as "the methadone clinic" as it is the first clinic in Idaho to offer methadone treatment. The center requires mental health counseling in order for clients to receive treatment with medication.

As Clinical Director, Lori supervises counselors and nurses and provides individual, couple, group and family therapy.

In addition, Lori works part-time at Integrity Therapeutic Services in Caldwell, primarily serving the Medicaid population. She also has her own DUI Evaluation business and is in the process of developing a DUI Education class with an agency in Nampa.

Lori graduated with honors from Idaho State University in 2007 and is currently Licensed Professional Counselor in the State of Idaho.

IMHCA President-Elect, Janet Allen, to Present at 2009 ICA Conference



IMHCA President Elect, Janet Allen

Janet Allen will be IMHCA's Distinguished Speaker at the 2009 ICA Conference in Coeur d'Alene, presenting the topic: *Understanding Sex Addiction: The New Psychological Pandemic*, .

Sex Addiction is reaching epidemic proportions. With the advent of the internet, more and more people are exposed to pornography (40% of internet pornography users are women) and struggling with its devastating effects. The effects

of sex addiction are far reaching and impact the lives of many. It can destroy individuals, families, finances and reputations. As is the case with all addiction—treatment is long and arduous but necessary if people's lives and relationships are to be restored.

Sex addiction manifests itself in a variety of ways; serial affairs, relationship addiction, pornography and compulsive masturbation...just to name a few. Research in the field is compelling. It's more important now than ever for clinicians to become aware of its genesis and escalation of sex addiction over time. Treatment options are available but need to be carefully studied and skill-

fully applied. Trauma recovery is at the heart of the recovery process. Beyond mere abstinence...real sobriety means learning to be intimate. Honesty, accountability and community are at the core of any successful outcome.

Janet will present her North Idaho, full-day seminar on Friday, 3/13/09, in Moscow, 8:30-4:00, at the Gritman Hospital Community Room. Online registration, and additional Idaho dates and times will be available on our website soon! 6.25 CEUs available!

New Mental Health Study Could Mean Changes in State Services

Dean Allen

This year the Legislature authorized a study of the State's mental health and substance abuse offices as part of their consideration to redesign the system.

This produced a report called "WICHE". The report is available on this web site: http://www.legislature.idaho.gov/sessioninfo/2008/interim/mentalhealth_WICHE.pdf, or by going to the "members only" webpage of the IMHCA Website and clicking on the "WICHE"

link. Please take a look at the proposal's in this report as they may concern you or your business. If you have concerns contact the Legislative mental health subcommittee, Senator Stegner, to present your concerns.

One of the main items included in the study suggests that the state becomes the guarantor of contracted mental health services, instead of providing direct services

through Health and Welfare and other State Agencies. Another key component that could come about more quickly – even this next year, is to create a regionally operated, integrated mental health and substance abuse authority to plan, administer, and manage/deliver services for children and adults. There are many other recommendations, but these two stand out as a major change of business.

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Advertise and Network through IMHCA!

IMHCA is now offering free advertising and networking to all members! If you have information regarding available office space, services, positions, CEU opportunities, conferences or public policy issues, just click on the "member postings" link on our website and complete the new form. Your information will be shared with all IMHCA members through our listserv, website and in our Newsletter!

Office Space for Lease - Boise.

Advantage Psychological Services, PLLC, has one fully furnished office space for lease in our facility located directly across the street from Saint Alphonsus hospital. \$500.00 per month! With a one year rental agreement we will give you the first month rent free. Contact Leah Reagan at 208-284-7208.

LCPC or LMFT Wanted—Nampa:

LCPC or LMFT counselor position available. Desire experience working with families, children and Medicaid requirements. Full time or part time, work your own hours. Please fax resume to: Rona Brumpton at (208) 466-5226.

DBT Group for Clients - Eagle.

Contact Kristen Ware 884-1705. Our skills group will be held on Tuesdays from 1-3 pm at the Eagle Counseling Center. The cost is \$50 per two hour group. Most insurances accepted.



**PO Box 1217
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IMHCA

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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!