



# IMHCA NEWSLETTER

## 2006 IMHCA BOARD

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Diana Pals	President
Ken Calhoun	President-Elect
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Open	Professional Development
Rosemary Luque	Membership Services



From the President:  
**Diana Pals**

## Are you running fast enough?

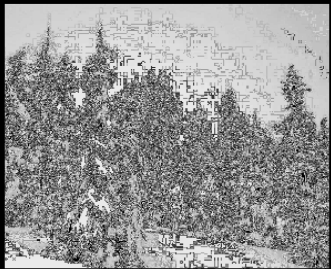
- ...to keep ahead of the paper work?
- ...to return phone calls?
- ...to do that marketing that needs to be done?
- ...to research the newest drug your patient is taking?

**Do you have your 3 Ethics CEU's for this year?** The work we do is demanding both emotionally and physically. How long can you sit? Don't neglect yourself in the process! (See the ethics training schedule on page 4)

**Developing our Creativity** is the theme of the Idaho Counseling Association Conference planned for Pocatello January 25-27. I will be teaching the Red Cross class required for deployment as a disaster mental health volunteer in a pre-conference workshop. This is a brand new class offered for the first time in 2006. My Red Cross experience with national deployment has been very positive. If you are considering local or national work with disasters, I hope you will join me! As a Red Cross volunteer in a national disaster, your travel, housing and food expenses are entirely compensated. The ICA conference also offers a total of 20 CEU's and 3 hours of ethics training. I hope to see you there!

**IMHCA Fall Regional Workshops** providing training in Emotion Focused Therapy and Attachment were held in Boise, Pocatello, and Moscow. These workshops brought some strong opinions, and discussion as well. See the articles regarding the membership input from our meetings under *Should PSR work count (p.5)* and *Licensed Professional Counselor to be Appointed to the Licensure Board (p. 3)*.

**Join the IMHCA Board!** We now have openings for: *President Elect-Elect, Professional Development Chair and Humanitarian Chair*. Those who serve one year on our board receive one year free membership in IMHCA. Persons outside of the Boise valley can participate via phone conference. Please contact me at [aepals@uidaho.edu](mailto:aepals@uidaho.edu), or any member of the Board if you are interested.



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## Carol Staben-Burroughs to Speak at ICA Conference in Pocatello

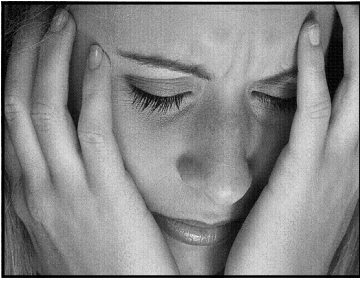
by Ken Calhoun

Carol Staben-Burroughs, former President of AMHCA, has graciously honored IMHCA's request to be our Division Distinguished Speaker at the upcoming ICA Conference in January. Her involvement with AMHCA on a national level, and her experience as a Private Practice Counselor (not to mention her affection for baseball), affords her a level of knowledge and insight which will be worth experiencing. I encourage you to attend the IMHCA Division Distinguished Speaker presentation on Friday, January 26th.

**ICA Conference Thursday, January 25th and Friday, January 26th!**

**Red Lion Hotel, Pocatello, Idaho**

- Beat the **early bird deadline!** Register online on or before **12/31/2006!**
- Limited space is available for a charter bus ride to Pocatello from Nampa, Boise, Mountain Home, Burley and Twin Falls! **\$40 round trip!**
- Register at: [Idahocounselor.org](http://Idahocounselor.org)



# National Depression Screening Day Update

By Nichole Jordan

National Depression Screening Day was a successful event this year thanks to our wonderful partners: Positive Connections in Twin Falls and YMCA, Downtown Boise.

A total of 21 screenings were conducted in Twin Falls. A big Thank You goes to Mark Lopshire with Positive Connections whose hard work guaranteed a successful event.

In Boise, IMHCA conducted 8 screenings. Thank you to the staff at the YMCA as well as the counselors who volunteered their time that day. We look forward to continuing our partnership with both organizations and have already begun planning for NDSO next year.

# Fall Regional Workshops

Pat Alexander, LCPC

The third annual Fall Regional Workshops were held in Boise, Pocatello, and Moscow this year.

Dr. Todd Frye, former ICA President and professor at NNU, presented at Boise and Moscow on Emotion Focused Couples Counseling. Those who attended really enjoyed his entertaining and clinically helpful presentation.

In Pocatello Dr. Mark Young, professor at Whitworth College, presented on Attachment Theory. The attendees to his workshop were extremely excited with the new information and strategies they learned to help with disrupted attachment.

A big thanks goes out to the regional coordinators, Diana Pals for Moscow, Sandi Bills for Pocatello, and Pat Alexander for Boise and the Statewide Fall Regional Coordinator.

## A CALL FOR PRESENTERS!

Each year the Ethics committee of IMHCA presents ethics classes so that counselors all over the state can meet the licensing renewal requirement of 3 contact hours of ethics. In order to accommodate that requirement we need presenters in all regions of the state who are willing to donate a couple of hours over a three month period to present the sessions.

To become a presenter all you need to do is attend a training day in Boise where you will be given all the materials you need to present on a topic. This is a great opportunity to meet and network with other counselors from all over the state! You will be eligible for partial reimbursement on your travel expenses to attend this training.

The areas to be covered are Boise, Caldwell, Twin Falls, Idaho Falls, Moscow and Coeur de Alene. If we can find people for Pocatello and Lewiston that would be great too! The class times are flexible. Each of the 3 topics can be presented individually during a mid-week lunch hour, all three can be presented at the same time on a Saturday or Sunday, or it can be presented in any other combination that works for the attendees of your area.

If you are interested in presenting a single class, or you are able to commit to three classes in your area, your efforts will be very much appreciated! We present three topics in the Spring and three in the Fall. We need volunteers for each season.

This Spring we could still use some people in Coeur d' Alene. The training will be on February 10<sup>th</sup> at the office of Mary Alice Rich in Boise at 1010 N. Orchard Ste 2. There will be another training for the Fall topics in September. We are always open to suggestions for topics too!

It is through participation that this organization continues to grow and provide guidance and leadership to all those who work in the many areas of professional counseling in the state of Idaho. We thank you in advance for your willingness to reach out to all those whom we represent! If you are interested in participating please contact: Dana Hunt Unruh via email at [dunruh@clearwire.net](mailto:dunruh@clearwire.net) or at her Meridian office at 208-888-1320 extension 2. You may also mail or fax the form below.

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

# of classes you would be interested in presenting: \_\_\_\_\_ Your geographic area: \_\_\_\_\_ Spring: \_\_\_\_\_ Fall: \_\_\_\_\_

**Mail or fax to:**  
**Dana Hunt Unruh**  
**934 E 5<sup>th</sup> Street**  
**Meridian, Idaho 83642**  
**Fax: 208-888-3018**



**Public  
Policy &  
Legislation**

**Chantel Jones**  
LCPC, NCC  
IMHCA PP&L Chair

## Medicaid Modernization

In the last legislative session, rules were passed regarding Medicaid Modernization. Through this modernization there are now two plan types for mental health coverage: the *basic plan* and the *enhanced plan*.

Unfortunately the eligibility criteria for the enhanced plan benefits are very limiting. An adult seeking additional services for mental health needs, would only qualify if they have one of seven diagnoses: schizophrenia, schizoaffective disorder, major depression recurrent severe, borderline personality disorder, bi-polar II or I, or psychotic disorder NOS (but only for an 120 day period). Before Medicaid modernization there were no limitations on coverage based on diagnosis.

Many diagnoses that need longer term treatment such as anxiety disorders, eating disorders, other types of depression and somatoform disorders are not included in the enhanced plan.

There are better ways to monitor Medicaid spending rather than deny people services for the help they need. This issue needs to be addressed during the next legislative session. If you are interested in supporting efforts to change this issue, please contact Chantel Jones, PP&L Chair at 376-4999 ext. 250.

### National Issues

Nationally AMHCA and ACA are working toward the ability for Counselors to bill Tricare and to receive reimbursement through Medicare. For more information regarding how you can get involved, contact you senator or representative.

For an easy way  
to contact your  
Senators and  
Representatives  
go to

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

or

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

Click on the  
**Legislative  
Action Center** or  
**Affect Public  
Policy** button and  
it will walk you  
through the steps.

## Licensed Professional Counselor to be Appointed to the Licensure Board

By Pat Alexander, LCPC

IMHCA has been in discussions with the licensure board as well as ICA, and the governor's office, for the last two years in an attempt to remedy the problem with the composition of the members of the board. Over the past eight years, both of the positions as set forth in the law for *a professional counselor primarily rendering counseling services* have been filled by a counselor educator.

When Dr. Fischer, a professor from the University of Idaho, was again re-appointed by the governor in August, IMHCA hired an attorney, Bill Mauk. Mr. Mauk immediately wrote a letter to the Attorney General's Office. In turn, they wrote a letter to the Bureau of Occupational Licensing Board. Dr. Fischer has since resigned. The governor will soon be appointing a licensed professional counselor, who primarily engages in counseling services, to the board.

In July Dr. Bobbe Birdsall will have completed two, four year terms on the licensure board and will be stepping down. It is our hope that we will be able to get the second appointment of a licensed professional counselor who *primarily renders counseling services* on the board. If this occurs, the composition of the Licensed Professional Counselor and Marriage and Family Therapist Board will finally, after eight years, be in accordance with the law.

*Serving on the licensure board is a huge time commitment. We appreciate the time and effort of all of the members of the licensure board.*

## SPRING 2007 ETHICS SESSION SCHEDULE AND REGISTRATION FORM

As you know all Licensed Counselors in Idaho need 3 contact hours (each hour equals .1CEU's for NBCC) for ethics each year when they renew their license. The Ethics Committee for IMHCA offers three hours in the Spring and three hours in the Fall so that everyone has an opportunity to reach that requirement. The following sessions will be offered this Spring (2007).  
*Please note: Anyone arriving more than 15 minutes late will NOT receive their certificate*

### BOISE: WCA 720 W. Washington St

*STREET PARKING ONLY. NO CELL PHONE USE PERMITTED INSIDE THE FACILITY*

TOPIC	PRESENTER	DATE	TIME
<input type="checkbox"/> Legal Issues for Counselors	Ken Calhoun, PhD, LCPC	Thursday, March 15th	12:15 to 1:15
<input type="checkbox"/> Counseling the HIV Client	Dana Hunt Unruh MS, LCPC	Thursday, April 12th	12:15 to 1:15
<input type="checkbox"/> Counseling the Suicidal Client	Ken Calhoun, PhD, LCPC	Thursday, May 10th	12:15 to 1:15

### CALDWELL: Perkins Restaurant 909 Spect St

TOPIC	PRESENTER	DATE	TIME
<input type="checkbox"/> All 3 sessions will be presented at the same time	Dana Hunt Unruh MS, LCPC	Saturday, March 17th	9:00 AM to noon

### IDAHO FALLS: Creekside Counseling Center 2375 E Sunnyside Rd.

TOPIC	PRESENTERS	DATE	TIME
<input type="checkbox"/> All 3 sessions will be presented at the same time	Janet Allen PhD, LCPC, Gracie Hargrave PhD, LCPC, Camille Couch LCPC, Cathy Kotter, LCPC	Thursday, March 1st	9:00 AM to Noon

### TWIN FALLS: Perkins Restaurant 1564 Blue Lakes Blvd North

TOPIC	PRESENTER	DATE	TIME
<input type="checkbox"/> All 3 sessions will be presented at the same time	Dana Hunt Unruh MS, LCPC	Saturday, April 28th	9:00 AM to noon

### LEWISTON: Mucullen's 1516 Main Street in the Garden Room ...lunch is available for purchase

TOPIC	PRESENTER	DATE	TIME
<input type="checkbox"/> All 3 sessions will be presented at the same time	Nina Woods LCPC	Friday, March 23rd	12:30 to 3:30

### COEUR D' ALENE: University of Idaho Dean's Conference Room, CdA Campus 1000 W Hubbard Ave., Ste 242

TOPIC	PRESENTER	DATE	TIME
<input type="checkbox"/> All three topics (Dual Relationships, Prof. Responsibility, & Couples) will be presented at the same time	Barry Brooks PhD., LCPC, LMHC	Thursday, February 8th	Noon to 3:00 PM

### MOSCOW: One World Cafe 533 S. Main Street

TOPIC	PRESENTER	DATE	TIME
<input type="checkbox"/> Legal Issues for Counselors	Diana Pals LCPC	Friday, February 23rd	12:15 to 1:15
<input type="checkbox"/> Counseling the HIV Client	Diana Pals LCPC	Friday, March 30th	12:15 to 1:15
<input type="checkbox"/> Counseling the Suicidal Client	Diana Pals LCPC	Friday, April 27th	12:15 to 1:15

### 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: \$20 per unit (\$60 for all 3)      Non-member: \$30 per unit (\$90 for all 3)

#### Late Registration Prices:

IMHCA Member: \$25 per unit (\$75 for all 3)      Non-member: \$35 per unit (\$105 for all 3)

*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 P.O. Box 45313 Boise, Idaho 83711-5313**

**IMHCA membership** is at an all time high of *199 members!* We welcome all of the new members to our association. We want to remind everyone to update your information on the counselors website. Send your information to [rluque@msn.com](mailto:rluque@msn.com) with the subject : IMHCA Website.

**WELCOME TO:** *Susan Bergen, Barry Brooks, Nancy Davis Cluff, Christina Dame, Laurie Geren, John Hochhalte, M. Cathi Jarvis, Mark Lopshire, Kris Mitchell and Holly Reese*

## Should PSR Work Count?

By Diana Pals

At the Fall regional meetings, IMHCA members were asked whether PSR work should count for licensure hours. As professionals, it was clear we DO NOT favor counting PSR work toward licensure. All over the state there was a strong sentiment that PSR work is confusing and misleading to the public and clients. This is especially true when advertisements for workers or workers themselves refer to PSR work as *therapy* or refer to themselves as *therapists* or *counselors*. The licensure board has specified that for PSR work to count it must be clearly clinical in nature. The person who is designated to decide what counts is the supervisor. Yet, neither supervisors nor supervisor trainers have been given notice of how to make these decisions. The IMHCA Board will be writing to the licensing board regarding our concerns. If you have input, please write me at [aepals@uidaho.edu](mailto:aepals@uidaho.edu).



**KEN  
CALHOUN**  
President  
Elect

## An Appeal to "A Good Life"

I recently read that in order to live a good life, all one must do is become less selfish on the way out than on the way in. Easily enough said, but putting such a concept into action is certainly a horse of a different color.

Over the course of the past year, it has been my honor to work with a number of individuals who, if the above statement has any truth to it, are certainly living a good life. I am of course referring to the IMHCA Board and Committee members. The selfless dedication and perseverance which they have demonstrated in conducting the affairs of the association have, without a doubt, maintained and expanded the mission of IMHCA: To be an organization dedicated to enhancing the profession of counseling and providing its members with value added products.

As we move towards 2007, providing training, lobbying efforts, advocating for the profession, and enhancing the quality and standing of Mental Health Counseling throughout Idaho will continue to be the focus of IMHCA. In so doing, we need your participation and assistance to make these things happen. We need your feedback to know how to better serve your membership. We need your willingness to step up to the plate and lend a hand with committees, organization and publicity. In essence, the quality of our organization will only be as high as the level of involvement of our members throughout the state of Idaho.

If you have not taken the opportunity to come to one of our Brown Bag Lunch Meetings, or participate in our regional professional development seminars, please check the IMHCA website and upcoming newsletters for times and locations, and make a commitment to attend. There are also opportunities available to become directly involved with the planning, organization and carrying out of these and other functions of the association. We need additional volunteers to fill board positions and committees.

The author of the statement I referred to in the beginning of this article had the wisdom to recognize that the quality of one's life is best measured by that which is given rather than that which is simply received. Looking for a way to better your life? Give some time to IMHCA! Many will benefit from the contribution you make towards enhancing your life.

## Idaho Falls Update

By Sandi Bills

We had a successful Fall Regional Workshop in Pocatello on October 20<sup>th</sup>.

The speaker, Mark Young, Ph. D., presented a one day workshop on attachment theory, where he looked at adult attachment issues in relationships.

Doctoral students in the Counseling program at Idaho State University presented a three hour ethics training the following day.

# Become an IMHCA Member!

You can join IMHCA or renew your membership by going on-line at the IMHCA Website or by filling out the following information and sending it to: IMHCA Membership, P. O. Box 45313, Boise, ID, Idaho 83711-5313

NAME: \_\_\_\_\_ EMPLOYER/SCHOOL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PHONE: \_\_\_\_\_

\_\_\_\_\_  
FAX: \_\_\_\_\_

EMAIL: \_\_\_\_\_

If a student, please supply the signature of your professor: \_\_\_\_\_

Enclose \$65 for regular membership, \$35 for students and retirees.

WEB DIRECTORY LISTING: \_\_\_\_\_

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

Office address and employer: \_\_\_\_\_

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

Website: \_\_\_\_\_

Professional Degrees and Credentials: \_\_\_\_\_

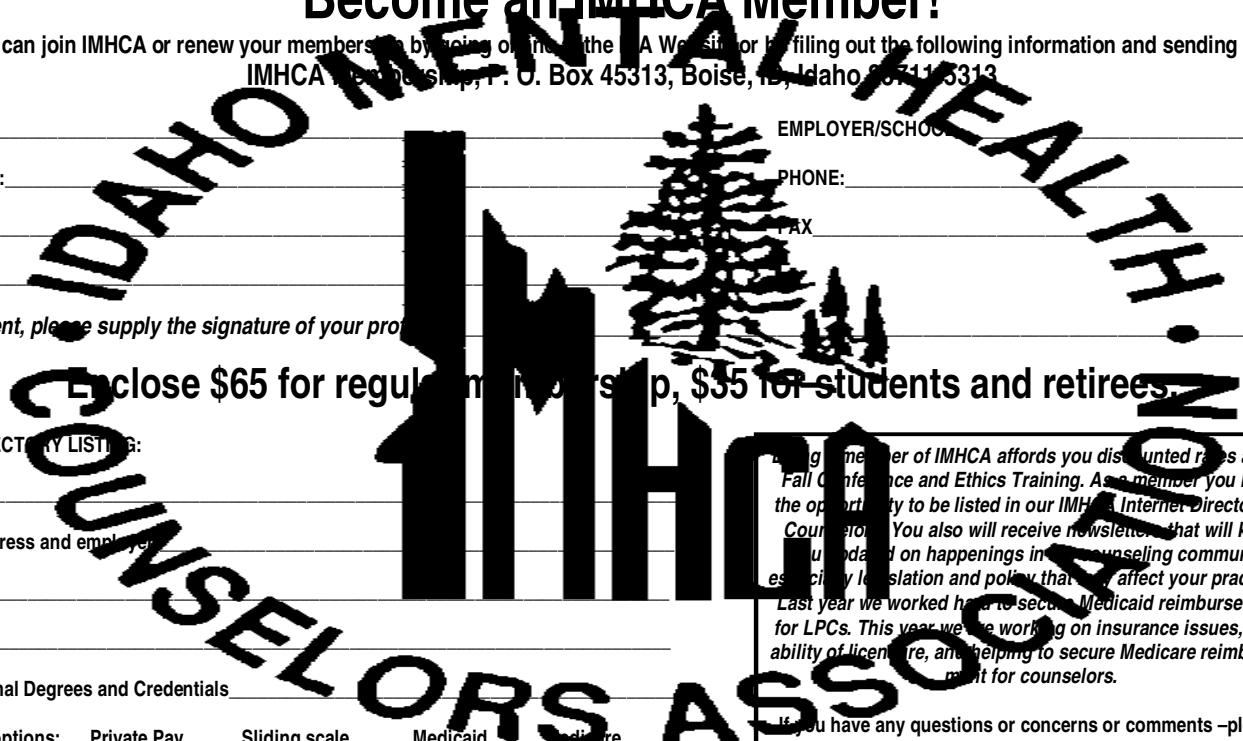
Payment options: Private Pay \_\_\_\_\_ Sliding scale \_\_\_\_\_ Medicaid \_\_\_\_\_ Medicare \_\_\_\_\_

Insurance: \_\_\_\_\_ Other: \_\_\_\_\_

Do you do Pro Bono? \_\_\_\_\_ Specialty areas: Choose five areas from the web site to be listed for you. If it is not there you may request that it be listed.

Becoming a member of IMHCA affords you discounted rates at our Fall Conference and Ethics Training. As a member you have the opportunity to be listed in our IMHCA Internet Directory of Counselors. You also will receive newsletters that will keep you updated on happenings in the counseling community especially legislation and policy that may affect your practices. Last year we worked hard to secure Medicaid reimbursement for LPCs. This year we are working on insurance issues, portability of licensure, and helping to secure Medicare reimbursement for counselors.

If you have any questions or concerns or comments -please feel free to contact  
Rosemary Luque at [rluque@msn.com](mailto:rluque@msn.com)



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