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# OCA SUMMER 2021 NEWSLETTER

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READ ALL ABOUT IT

GET THE SCOUP !!!

Looking Inside:  
Supervision Workshop Information  
Fall Conference Information  
Articles from members



## OCA Fall Conference Registration

**September 30/October 1, 2021-----This will replace our Mid-Winter Conference.**

St. Crispin's Conference Center/Powell Lodge---Phone # 405-382-1619

36302 State Highway 9

Wewoka, Oklahoma, OK 74884--(Located East of Seminole, OK on Highway # 9)

**Plan to attend Oklahoma Counseling Association's Fall Conference**

Visit St. Crispin's website for directions to the facility.

**Room Space is limited so register early.**

***Please check the option that fits. Deadline September 7, 2021***

***After Sept 7 - add 20% to your selected option....***

\_\_\_\_\_ \$225.00—2 day conference includes 1 night lodging and 3 meals (Private rooms)

\_\_\_\_\_ \$175.00—2 day conference includes 1 night lodging and 3 meals (Double Occupancy)

**Roommate**

\_\_\_\_\_ \$125.00—**Students & retirees**---2 day conference includes 1 night lodging and 3 meals

\_\_\_\_\_ \$175.00—**Students & retirees Private room** “

\_\_\_\_\_ \$75.00—**Student & Retiree commuters**

\_\_\_\_\_ \$125.00—Commuters both days includes lunch

\_\_\_\_\_ \$70---ONE DAY ONLY(Please circle Thursday or Friday) Lunch included

\_\_\_\_\_ \$300.00—2 day conference +2 nights lodging and 3 meals. (Private room)

\_\_\_\_\_ \$230.00—2 day conference 2 nights lodging and 3 meals (Double Occupancy)

\_\_\_\_\_ \$300.00 Non-Members 2 day conference 1 night lodging plus 3 meals (private room)

***\*\*Other options. You make your own reservations and register with OCA as a commuter: Best Western Plus in Wewoka - 405-257-6777. Or Best Western in Seminole- 405-382-xxxx Both located 8 miles away.***

**CE's Pending approval-----Agenda will be posted on OCA website @ a later date.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City, St, Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone # \_\_\_\_\_

**Students Only:**

University \_\_\_\_\_ Professor Signature \_\_\_\_\_

**Student members who register on-site must be prepared to show their current valid student ID**

Visa/MC# \_\_\_\_\_ Exp \_\_\_\_\_ CVC code \_\_\_\_\_

Signature \_\_\_\_\_ Zip code \_\_\_\_\_

**PLEASE REGISTER VIA MAIL, EMAIL, OR at [www.oklahomacounseling.org](http://www.oklahomacounseling.org)**

**Purchase Orders Accepted ~ Must be included with registration**

**Mail or email registration to: Marilyn Kincade, 131 East 17<sup>th</sup> Street, Wewoka, Oklahoma 74884**

**[marilynkincade@gmail.com](mailto:marilynkincade@gmail.com) 405-683-2118 Checks payable to: Oklahoma Counseling Association**

# LPC BOARD APPROVED SUPERVISION

## Equivalency Course

*Note: This is the course that you need to become an approved LPC Supervisor in Oklahoma*

### Sponsored by the Oklahoma Counseling Association



#### About The Instructor

**Johnie Fredman, PsyD** will teach the course. He is an LPC and a National Certified Counselor. He owns Focus Mental Health Services in Shawnee, OK and is a professor at East Central University. Dr. Fredman currently serves on the Oklahoma Board of Behavioral Health Licensure.

He has been a counselor for over 25 years and has been doing supervision for the last nine years. He will bring to the course a long history of counseling experience as well as a good academic foundation for supervision.

#### Important Information

**When:** Friday, September 24, 2021 and  
Friday, November 5, 2021

**Note:** you must attend both days to get certification.

**Where:** Highland Church of Christ fellowship hall  
905 E. Walnut  
Tecumseh, OK 74873

**Time:** 8:30A.M. until 4:30P.M. Lunch is on your own.

**Book:** *Fundamentals of Clinical Supervision* by Bernard & Goodyear  
(6th Edition, ISBN-10-0134752511)

You can order at [www.Amazon.com](http://www.Amazon.com), or order at a bookstore near you. At Amazon, book sells for \$104.57 or rents for \$40.

**CEUs:** 15 CEUs approved by the LPC Board (includes 3 hours of ethics)

**Cost:** \$300 **NOTE:** This amount includes one year free membership in the Oklahoma Counseling Association.

[We accept cash, checks, purchase orders, and Visa or Master Card.]

#### Contact Information

**Marilyn Kincade, LPC, NCC**  
OCA Executive Director  
131 East 17th Street  
Wewoka, Oklahoma 74884

Phone: 405-683-2118

email:

[marilynkincade@gmail.com](mailto:marilynkincade@gmail.com)

**Note: For more information on the course, call**

Johnie Fredman @

405-397-3850 or email:

[johnie@focusmhs.com](mailto:johnie@focusmhs.com)

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

**Paid by**  **Check**  
(Make check payable to  
Oklahoma Counseling Association)

**Credit Card**  
 Master Card  VISA

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Card # \_\_\_\_\_

CVW \_\_\_\_\_

Expiration Date \_\_\_\_\_

(3-Digit Code on the  
Back of Your Credit  
Card)

Signature \_\_\_\_\_

#### Mail To:

**Marilyn Kincade, LPC, NCC**  
OCA Executive Director  
131 East 17th Street  
Wewoka, Oklahoma 74884

**Your Colleagues Need to Know!!! By Georgene Dwyer, LPC, NCC, CHTP**

One of the great benefits of being a LPC in Oklahoma is having our own lobbyist in OKC that looks out for us! OCA pays for our lobbyist, Linda Gray Murphy, to protect not only OCA members, but ALL LPC's in Oklahoma! I encourage you to speak with your colleagues about this great service as one of the reasons to join OCA.

Most of us can remember when someone told us about OCA, and why we should be a member. I encourage you to each tell just one person each month about OCA, why you are a member, and about the lobbyist that we pay to protect their license.

Invite someone to come to the Fall Conference, and to hear and meet our lobbyist who will be speaking at the luncheon. She will take time to answer questions, as well as tell us about some of the bills that may come up that would be of interest to us.

Hope to see you there!

**Your Colleagues Need to Know!!! By Georgene Dwyer, LPC, NCC, CHTP**



**Board of Directors  
Meeting Minutes  
July 9, 2021  
5:00 p.m.  
St Crispin's Conference  
Center**

**Seminole/Wewoka, Oklahoma 748884  
Located off Highway 9 East of Seminole, OK**

I. Roll Call Attendance – Meeting called to order at 5:07 and roll was called. Quorum was met. Lori O'Malley (President), Marilyn Kincade (Executive Director), Bonnie Ward (Treasurer), Karen Lemmings (Membership Chair), Kelly Collins (BBHL Liaison), Laessa Beliele (BBHL Liaison), Johnie Fredman (Ethics Liaison), Royce Caldron (Publicity and Parliamentarian), Dawn Shipman (Southeast Region President), Dnaydavina James (Central Region), Lea Ann Garcia (OKMHCA), Sherry Bynum (OAAC), Devon Brotherton (CAMOVAF), Rhonda Weaver (represented Southwest Region). Leigh Kirby took minutes in place of board appointed secretary.

II. Approval of meeting minutes

- a. Minutes were supposed to be sent via e-mail, but there was no attachment. Meeting minutes were read by Lori O'Malley. Devon Brotherton made a motion to approve minutes and Sherry Bynum seconded. Unanimous approval.

\*Royce Caldron discussed the voting of Board Members to new members attending the board meeting.

III. Reports

a. Executive Director

Thirty-seven preregistered for Summer Leadership. Considering moving fall conference up a week or a week later. Midwest Region – Lori O'Malley received an award from Midwest Region – 2020 leadership of excellence award.

Johnie Fredman will provide Supervision Workshop on September 24<sup>th</sup> and November 5<sup>th</sup>. Flyer was provided in Summer Leadership folder of information.

i. Unfilled cabinet positions

1. Johnie Fredman, Ethics Liaison (appointed position)
2. Kelly Collins and/or Laessa Beliele as BBHL Liaison (appointed positions)
3. President Elect – Talked about president elect during Summer Leadership conference to promote additional involvement from members. Due to not having a President Elect the Presidential

committee will serve in place of president elect and will be appointed by the executive board.

- ii. Action on Divisions and Regions – Some of the divisions are not meeting requirements based on OCA Bylaws and they do not have officers. Currently OKMHCA, CAMOVAF, and OAAC are current with officers and bylaws. Current numbers for each division of OCA:

OKMHCA - 456

OPSCO - 73

OAMCD - 54

OCCA - 109

OALGBTIC - 33

OACES - 51

CAMOVAF - 40

OAAC – 29

Royce Caldron read bylaws of Special Interest Groups. This would allow members to develop special interest groups and request money for conferences, etc. These groups would not be required to have officers or bylaws. Discussion from board members and new members of the board. Suggestion of using the word support instead of special interest group. Call the question: Approval of new Special Interest Groups bylaws. Unanimous approval.

Action on Divisions and Regions – initial letters of noncompliance were sent by Executive Director by discretion of the board to divisions who are not in compliance. The OAMCD, OCCA, OALGBTIC, and OACES are all in noncompliance. Notice of Intent to Revoke their charter for a division through certified mail and e-mail for the following: OAMCD, OCCA, OALGBTIC, OACES. Motion was read by Sherry Bynum and seconded by Dawn Shipman. Unanimously approved. The board voted to revoke charters of these 4 divisions. Certified letter and email will be sent to officers (president) of each division. Each division has 6 months to get back into compliance. If each division is not in compliance their charters will be revoked. These groups have the ability to become Special Interest Groups, build back up, and become a division again.

b. Membership Chair

- i. No new information provided by membership chair

c. Treasurer

Bonnie Ward reviewed current budget. Devon Brotherton made a motion to approve the treasurer report and Dawn Shipman seconded. Bonnie Ward reviewed the budget for the fiscal year 2021-2022. Devon Brotherton made a motion to approve the new budget and Dnaydavina James seconded. Unanimous approval.

IV. Old Business

- a. Supervision Class – flyers went out in packet for Summer Leadership. Location has not been determined at this time.
- b. Fall Conference – September 30 and October 1 and will be located at St. Crispins

V. New Business – No New Business.

VI. Adjournment

Devon Brotherton made a motion to adjourn. Rhonda Weaver seconded.

OKMHCA will be having an Ethics in the morning and Supervision in the afternoon Conference on December 3.

Minutes submitted by Leigh Kirby

## ***Using your Counseling Skills in Retirement***

*Though I retired a few years ago (and just this last year inactivated my LPC license), I have found some ways in which I can put my counseling skills to use in retirement. My involvement in these activities allows me to choose how involved I want to be. I don't bill myself as a counselor or as an LPC while volunteering but have found many of the skills I used in counseling can be very helpful tools while doing volunteer work.*

*Having a brother who spent a great deal of his life incarcerated in state, county and city lock-up, I have been exposed to numerous facilities in the prison system. It happens that there is a Department of Corrections approved half-way house located very near my church. I helped organize (and sort of became the contact person between our church and the half-way house) several of our church members to become involved. We took training from the Department of Corrections and became certified volunteers that permit us to have certain interactions with the men at the half-way house. Following the DOC guidelines limits what and how we can interact with these men. I have found that sometimes it is helpful to just listen to what they have to say and be supportive of the things they are trying to do to transition back into civilian life. Even during the pandemic, when the men were pretty much locked down and not allowed any visitors, we were able to do some projects to help provide them with some basic personal items and some other items. We have also fostered the men taking on new responsibilities and have even had some that have taught Sunday School class and been involved in the worship service in various capacities. One of the men was married in our church the day after he was released from DOC custody. I am in my fifth year of being a DOC certified volunteer and hope that I have contributed in a positive way to some of these guys.*

*Another area related to my church concerns the LGBTQ+ population. My denomination (the United Methodist Church) has prohibitions in church doctrine that prevent some people from being married in the church or serving in a ministerial position in the church. Even after same sex marriage became the law of the land, a couple with long time ties to our church could not get married in what they considered to be their "home" church and could not be married by their preferred minister. I helped*



*organize about twenty of our local members who were supportive of full inclusion of LGBTQ+ persons in the life of the church. We became an official reconciling group under the guidance of the Reconciling Ministries Network. We were active for less than a year before the pandemic shut things down. We managed to do a couple of service projects and have a guest speaker present a program. Being open to those with different beliefs and willing to lend an ear (as well as an occasional "helping hand") to others in our church and our community has been facilitated by many of the counseling skills I used while still actively working*

*Prior to retiring I took training from a local non-profit hospice organization. Serving as a hospice volunteer has been the most rewarding thing I have done in retirement and the place where I have best been able to utilize my counseling skills. I have done a variety of in-house and client contact things with hospice. I have patients that I see on a weekly basis (not as a medical person because I am not trained as a medical person). I visit with the patient, or sometimes just the families. I listen, I make observations, I write up reports of my observations and pass those on to the hospice staff. It amazes me that sometimes the client or family will sometimes disclose things to me that they haven't told the staff. There have been a few times when the written summary of my visit help the staff to head off or deal with issues that could have been detrimental to the welfare of the patient. My volunteer client contact hours help the hospice to meet certain standards for their certification so the things I do sort of accomplish double duty.*

*For those of you who are already retired or might be nearing retirement, I would encourage you to look around your local communities for opportunities to utilize the skills you have long been using as a professional. Not only can it be rewarding, but it can also help fill a need in your community. One last thing! Since I am a person that likes to sleep in as much as possible, I have found I can be an active volunteer and still have numerous opportunities to sleep in!*

My local church is Albright United Methodist Church. The halfway house is Bridgeway, Inc. and the hospice is Hospice of North Central Oklahoma. All are located in Ponca City, Oklahoma.

Royce Caldron

## Are you a Professional ??

Licensed Professional Counselor. Most of you reading this identify with that title. Of course, we shorten it to just “LPC” because that is much easier both to say and to write. How long has it been since you really thought about what it means to be a LPC, a Licensed Professional Counselor?

We are licensed by the State of Oklahoma (and some possibly by other states as well). This means that we have been vetted. We’ve passed a licensure examination. We have accrued a minimum number of graduate training hours in an approved program of study for the licensing board to give us their stamp of approval. We have achieved a significant task! Becoming licensed is often underrated, but it means something. It should mean something to us and also to those who come to us for assistance. Being licensed indicates that we have demonstrated a minimum level of competence both academically, through our graduate studies and licensure examination, and practically, through successfully completing practicum and internship hours while in our master’s program and completing the required hours during our candidacy period.

What are we licensed to do? We are licensed to counsel. We are licensed to help people. I submit to you that there is no greater calling and no greater good than to help others. We teach, we guide, we encourage, we lift up, we provide hope. Counseling is not about us; it is about our clients. Yes, we are benefitted as well when we help others, but ultimately it is about the other person’s good and benefitting their life, not ours. As a counselor, you make a difference in this world.

What about that middle word of our title though? What does it mean to be a professional? We think about our license on a regular basis as we attend trainings and earn CEUs to maintain that license. We think about counseling every day as we sit in front of our clients and do the work. How often do we think about the fact that we are to professionals? Being a professional is part of who we are – we are part of the profession of counseling. It should be much more than that though. Being a professional should describe the manner in which we conduct ourselves. It should describe the manner in which we conduct our counseling and how we behave towards our clients. However, we are representing our profession even when we are not sitting in front of a client. The people around us who know we are LPCs watch the way we conduct ourselves when in public. While we are not always “on the job”, we have an obligation to act like professionals in many settings outside of the counseling office. Several years ago, a counselor who worked for me went into a school to see a client and was told that they were in state-mandated testing so they would not be able to see their client on that particular day. There happened to be another counselor who worked for another agency in the school office at the same time to see a different client. The other counselor became very angry and began yelling at the school secretary and then began cursing at her because she could not see her client. Not only was it an embarrassment for that counselor, but it was also an embarrassment for our profession. In fact, the next year counselors were banned from seeing clients in that school.

How about one more example of being professional before we conclude? As I write this, our licensure board office is once again short-staffed. I believe this now makes five total staff people (out of an office of four!) who have resigned in the past few months. Why is this? Some may want to blame the Executive Director, but I assure you that no one works harder than he does. Some may say it is the heavy workload or the low rate of pay. Both of those could certainly be factors. Some of those who left were accepted jobs they had previously applied for before starting work in our office. However, there is one more thing that I believe is a factor in why staff keep leaving. It is because of the way some people, who are supposed to be professionals, conduct themselves when they contact the office. Yes, our staff has a heavy workload,

averaging around 500 phone calls and emails per day. Yes, as state employees the pay rate is not the highest. Many people are willing to push through those things though. What they are not willing to tolerate is being cursed at, berated, belittled, and talked down to, especially by people who are supposed to be professionals. Unfortunately, this type of behavior is an all-too-common occurrence.

We all get frustrated, and yes, sometimes things take longer to get processed than we would like. We don't always get our questions answered as quickly as we would like. Of course, these problems are now exacerbated by those who act so unprofessionally and contribute to our staff members leaving.

You are licensed. You are a counselor. Are you a professional? Do you conduct yourself in a professional manner and treat people as a professional, including those who we have contact with at the board office, in schools, in trainings, etc.? May we all truly become the professionals our title says we are. Let us truly talk and act in a way so that everyone recognizes us as Licensed PROFESSIONAL Counselors.

***Johnie D. Fredman, PsyD, LPC***