



HCA NEWSLETTER

Message from the President:

Inside this issue:

A Call to Action
Calendar of Events
TCA Conference
HCA Leadership
Quotable Quotes
Counselor Kudos
History/Emblem

As I began my term of office this summer, I was inspired by the knowledge gained at the TCA Leadership Conference in Frisco, Texas when I met with the leaders of other chapters and divisions throughout our entire state. Then I was delighted with the vast experience and enthusiasm of our outstanding Board, Officers and Chairpersons who braved flooded Houston streets as we met for our first planning meeting. And now I am honored to address you, as we kick off the new year.



In our profession, we are creators of hope and proponents of personal growth.

HCA shares and embraces these goals, too. Our organization gives hope to the community by making a strong visual presence to help educate others about the wonderful things counselors do and the benefits of seeking our services. Since so much of a counselor's work is done behind closed doors in a confidential setting, it is vital for us to have this organization to advocate for us.

HCA provides opportunities for professional growth at affordable rates. And HCA provides hope to fellow counselors through information sharing, scholarships, awards, networking opportunities and support as only one counselor can give to another.

In a spirit of camaraderie, I encourage you to become an active member HCA. Let us help each other maintain a positive focus as we stand united in this legislative year. Let us challenge one another to seek out new members to allow our united voice to be a strong one that will be heard.

And just as important, let's enjoy the joy of sharing time with other counselors.

Sharon Takahashi

What is the Houston Counseling Association ?

What is the Houston Counseling Association (HCA)? We are the local chapter of the Texas Counseling Association (TCA); which is the state chapter of the American Counseling Association (ACA). The Houston Counseling Association serves four counties. Through our affiliation with TCA and ACA, we are kept abreast of all that is occurring within our profession on the local, state and national levels. HCA addresses the professional concerns of all counselors, from those in private practice and in community agencies to those in schools and in counselor educator programs, as well as counselor retirees. HCA is your organization.

WHAT IS HCA?

- Local chapter of Texas Counseling Association
- An organization for all counselors
- Your organization

Volume 1, Issue 1

A Call to Action - Priority Issues

Letters and phone calls from constituents are the most effective way of getting members of Congress to take action. The following are a few high priority federal policy issues where contacts by counselors can make a big difference in the level of success. Remember, in any communication with your elected officials be sure to leave your name and postal address.

1. Appropriations for Elementary and Secondary School Counseling Programs

Issue: Appropriation of \$75 million for ESSCP for FY 2005 to allow support of secondary as well as elementary schools

Contact: Your Senators and Representatives

www.house.gov

www.senate.gov

2. Medicare Reimbursement of Licensed Professional Counselor

Issue: Push House members to sponsor and support Medicare reimbursement legislation for counselors

Contact: Your Representatives

www.house.gov

3. Suicide Prevention and Campus Counseling Legislation

Issue: The Garrett Lee Smith Memorial Act (S.2634) was passed by the Senate to help develop and implement statewide suicide prevention programs and expand and strengthen mental health services on college campuses. Companion legislation has been introduced in the House (H.R. 4799) but has not been acted upon as of yet. If passed by the House, H.R. 4799 which is identical to the already passed Senate bill, it can be sent to the president for signature

Contact: Your Representatives

www.house.gov

American Counseling Assn.

Chris Campbell

800-347-6647 ext 241

ccampbell@counseling.org

Internet briefing paper:

www.counseling.org/public

Dara Alpert

800-347-6647 ext 242

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“Never doubt that a small group of thoughtful, committed citizens can change the world.

Indeed, it is the only thing that ever has”

-Margaret Mead

Calendar of Events

August 10	<u>Board Meeting</u>	January 31	<u>Board Meeting</u>	April 5	<u>Board Meeting</u>
August 30	NEWSLETTER	February	Counselor Appreciation Month	May 12	HCA General Meeting
September 27	<u>Board Meeting</u>	February 7	NEWSLETTER	July 1	Terms of New Officers
October 21	HCA Ethics Workshop And General Meeting (3 LPC credits)	February 15	Community Service Project		& Board Members Begin
November 3-6	TCA Professional Growth Conference	March 3	HCA General Meeting/Workshop (3 LPC credits)		
November 16	<u>Board Meeting</u>				
December 2	Holiday General Meeting/Silent Auction				

TCA CONFERENCE – NOVEMBER 3-6 2004

144 WORKSHOPS! NETWORKING! CUTTING EDGE INFORMATION! BE THERE!

KEYNOTE SPEAKERS

William J. Doherty, Ph.D., professor of Family Social Services and Director of the Marriage and Family Therapy Program at the University of Minnesota, is Past-President of the National Council on Family Relations. Dr. Doherty was named one of the 10 most innovative therapists in the United States, for his work on moral and community issues in therapy. He is an award-winning author, having published more than eight books on family studies and therapy and over 100 scholarly articles. Nationally renowned, it is no wonder that Dr. Doherty received the Significant Contribution to the Field of Marriage and Family Therapy Award from the American Association for Marriage and Family Therapists.

Michele Weiner-Davis, M.S.W., is a therapist specializing in a revolutionary approach that helps couples make their relationships better than ever. Her best selling book, *Divorce Busting*, is credited with helping thousands of couples fall in love again by offering immediate solutions to relationship challenges. A speaker on the national and international circuits, Ms. Weiner-Davis is a frequent guest on shows such as Oprah, 48 House, CBS News and CNN.

REGISTER TODAY FOR THE TCA PROFESSIONAL GROWTH CONFERENCE

Quotable Quotes:

Insights for Reaching Your Dreams

“If you keep doing what you have always done, you’ll always get what you have always gotten.

There are only two types of people when it comes to growth: those who are growing and those who are resisting growth. Successful and unsuccessful people do not vary greatly in their abilities. They vary in their desire to reach their full potential”

.-John Maxwell

Counselor Kudos Corner

Attention Members– If you have received a professional award, honor or your professional work was published please notify us at:

stakahas@houstoncounselor.org

Top Ten Reasons to Join HCA

- #10 You get to receive a great newsletter and can donate articles too!
- #9 You can access our website and other excellent links.
- #8 We provide scholarships to students studying to become counselors
- #7 As the local chapter of TCA, there's strength in numbers, let the counselor's voice be heard!
- #6 It's a matter of ethics-support your professional organization today!
- #5 We have workshops! Cheap, too, for members.
- #4 Parties! Celebrations! Awards!
- #3 We're fun-maybe irreverent but never irrelevant.
- #2 Your circle of friends will always understand.

And the #1 reason to join HCA is:

You get to network with outstanding, caring professionals.

HCA History

On May 202, we began our 50th year and celebrated our Golden Anniversary. With the collective spirit of our membership we will continue to grow and positively impact our counselors and the clients they serve. (Check our website for more information on HCA's amazing history.)

**HOUSTON COUNSELING ASSOCIATION,
A CHAPTER OF THE
TEXAS COUNSELING ASSOCIATION**

P.O. Box 22069

Houston, Texas 77227

Website: www.houstoncounselor.org

President's Phone: (wk) 281-368-2140 x318

Email:



The Meaning of the HCA Emblem

All inclusive the complete emblem upholds the uniting bond between counselor and client.

- The outer circle signifies the total educational process in counseling.
- The inner circle represents HCA
- The three sides of the triangle's significance is two fold:
 - *It symbolizes the three counselor characteristics of knowledge, flexibility and accessibility
 - *It also symbolizes the acceptance, the confidence and assistance the client seeks
- The flame signifies the radiating warmth of the counseling situation
- The reversible cords symbolizes the reciprocal support by HCA to the counselor and client

Did you know HCA was awarded Outstanding Chapter for the membership year 2001-2002?

Great ideas and volunteers are always welcomed, wanted and needed!

Do you have ideas/expertise/contacts on:

- Workshop topics
 - Speakers
 - Possible award recipients
 - Expanding our membership
 - Newsletter
- Community Service Project(s)
 - Locations for workshops/events
 - Media Contacts
 - Items for the silent auction
 - Website

We are always looking for new ideas and approaches to meet the needs of all of our members and make this Chapter an outstanding one.

Call, write or [email us](#) with your ideas.

2004-2005 HCA Officers

President: Sharon Takahashi

President-Elect: Sara Rodriguez

Secretary: Yolanda Lewis

Secretary-Elect: Alice Leonard

Treasurer: Virginia Hayward

Co-Treasurer: Irma Billette

TCA Senator: Lisa Pearson

Past President : Irma Billette

Board of Directors

Gerry Aitken

Dalia Gonzalez

Shirley McDermand-Raby

Belva Parrish

Susan Putman

Debra Rimmer-Mayorga

Rosa Lee Robinson

Diana Villarreal

Chairpersons

Awards: Lauren Askew

Public Relations: Cris Garza

Community Service: Cris Garza

Hospitality: Gail Rosenthal

Legislative: Marlene Rubin

Membership & Website: Susan Putman

Prof. Development: Diana Villarreal

Scholarship: Dionne Redmond

Scrapbook: Rachel Flores

Silent Auction: Maurine Garza

Nominations/Elections: Irma Billette