



American Academy of Counseling Psychology

Bulletin of the American Academy of Counseling Psychology

Fall 2005

Dr. Jairo N. Fuertes

Christopher V. Blake

Editors

Graduate School of Education, Fordham University

American Academy of Counseling Psychology Update



Dr. Pat Munley

The Academy's annual meeting was held in Washington, D.C. in August in conjunction with the APA annual convention. During the meeting, the American Academy of Counseling Psychology (AACoP) 2005 Awards were presented to **Dr. Puncky Heppner** and **Dr. Tom Skovholt**. Pictures and a write-up on each award recipient are presented in this *Bulletin*. Congratulations to Puncky and Tom on their outstanding contributions to counseling psychology.

During the past year the American Academy of Counseling Psychology has continued to work to advance and support Board Certification in Counseling Psychology. The Academy maintains liaison functions with various boards and organizations promoting counseling psychology programs, including The Society of Counseling Psychology and the Council of Counseling Psychology Training Programs. The Academy also continues to have a close working relationship with the American Board of Counseling Psychology (ABCoP) and provides a mentoring program for candidates preparing for the Board Certification examination in counseling psychology.

This past year, the Academy participated in preparing the renewal petition for the recognition of counseling psychology as a specialty to APA's Commission for the Recognition of Specialties and Proficiencies in Professional Psychology (CRSPPP).

The Academy also served as a member and supported initiatives by the Council of Presidents of Psychology Specialty Academies (CPPSA) which represents all of the psychology specialties recognized by ABPP. CPPSA recently has taken steps to become a member of the American Association of Medical Colleges (AAMC). The specialty academies of the American Board of Medical Specialties belong to this organization, along with the Deans of Medical Schools. One of the anticipated benefits of membership by CPPSA in AAMC is believed to be increased visibility, representation, and recognition of ABPP Board Certification for all ABPP Diplomates within the broad health care arena.

AACoP has continued to regularly offer continuing education credits in conjunction with the American Board of Counseling Psychology Board Certification oral examination. We are very pleased to report that The American Academy of Counseling Psychology (AACoP) has received approval this year from APA to offer Home Study CE as an APA-approved sponsor of CE. **Dr. Robert Nelsen** of Gannon University, CE-Coordinator for the Academy, developed an initial home study CE package on ethics that served as the basis for APA's approval for us to begin to offer home study CE. Bob did an excellent job in accomplishing this goal and I want to express appreciation to him for his excellent work.

The CE package involves reading a text on the 2002 APA Ethics Code, which participants obtain on their own from the publisher or their library, and then completing questions pertaining to 4 case vignettes involving ethical dilemmas. This home study CE on the APA Ethics Code is being offered for 4 hours of CE credit. More information and a copy of the complete CE package is available from Bob via email at NELSEN001@gannon.edu. AACoP is making this home study CE available at no charge to current Fellows of the American Academy of Counseling Psychology, and to counseling candidates with approved Practice Samples preparing for the American Board of Counseling Psychology (ABCoP) oral examination. The initial Home Study Ethics CE is offered as a membership benefit to Academy Fellows and as a service to ABCoP candidates.

New AACoP Officers: **Dr. Steve Eichel** will be assuming the duties of President of the Academy as of January 1, 2006; **Dr. Marshall Goby** will be continuing to serve as Treasurer; **Dr. Ted Stachowiak** will assume responsibilities as President-Elect of the Academy; and **Dr. Sherry Benton** will begin her term as Secretary. **Dr. Bob Nelsen** will continue to serve as Coordinator of CE. On behalf of AACoP, I would like to express appreciation and thanks to **Dr. Ina Carlson** and to **Dr. Jeff Pollard** for their years of dedicated service as officers on the AACoP Board.

We would like to continue to encourage the involvement of Academy Fellows in a number of activities that are important to the Academy and to supporting Board Certification in Counseling Psychology. These include: mentoring new candidates, serving as work sample peer reviewers, serving on Academy committees, helping in the development of additional home study continuing education activities to be sponsored for APA-CE credit, and service on the Academy Board. Please consider becoming involved in supporting Board Certification in Counseling Psychology.

AACoP 2005 Awards

The American Academy of Counseling Psychology 2005 Awards Presentation

The American Academy of Counseling Psychology met on August 17, 2005 in Washington, DC, and presented "The Distinguished Service Award for Extraordinary National Leadership in Counseling Psychology" for 2005 to Dr. **Puncky Heppner** and the "W. James Cossé Award for Extraordinary Contributions to the Professional Practice of Counseling Psychology" for 2005 to Dr. **Tom Skovholt**.



Pictured from left to right: Pat Munley, Mary Heppner, Puncky Heppner, Arnie Spokane, Tom Skovholt, Joe Talley, Norma Simon, Dave Welch, Roy Crouse, Jairo Fuertes and Steve Eichel.

**Distinguished Service Award
for Extraordinary National Leadership in
Counseling Psychology**



Dr. Puncky P. Heppner

At the APA annual convention in Washington, DC in August, Dr. Puncky P. Heppner was presented with the 2005 American Academy of Counseling Psychology Distinguished Service Award for Extraordinary National Leadership in Counseling Psychology.

Puncky has a long and distinguished career as a Counseling Psychologist. His work has been characterized by distinguished service as a teacher, internationally renowned scholar, and as a national leader in Counseling Psychology. He is a full professor of Counseling Psychology in the Department of Educational, School, and Counseling Psychology at the University of Missouri-Columbia, and is a Fellow of Division 17, the Society of Counseling Psychology. He currently serves as Past-President of the Society. He has had a very distinguished career of service to Division 17 including: serving as Chair of the Scientific Affairs Committee from 1988-1990; Chair of the Project to Integrate Practice and Science (PIPS) from 1991-1993; and Executive Board Secretary from 1990-1993. His primary research focus has centered on how coping and problem-solving affect psychological and physical health. A Fulbright research and teaching scholar award to Taiwan helped to expand his research interests to multicultural issues and the relationship between coping and health in racial and ethnic minority populations.

Puncky's scholarship and publication record is quite extraordinary, with over 100 peer-reviewed publications and 5 books. His editorial work has included service on the editorial boards of the *Journal of Counseling Psychology*, the *Journal of Counseling and Development*, and *The Counseling Psychologist*. He served as editor for *The Counseling Psychologist* from 1997 – 2002 and demonstrated exemplary leadership for the journal and the field of Counseling Psychology.

Throughout his career, Dr. Heppner has been an exemplary leader in counseling psychology. His distinguished contributions to the field of counseling psychology and his leadership within the profession clearly reflect Extraordinary National Leadership in Counseling Psychology.

**W. James Cossé Award
for Extraordinary Contributions
to the Professional Practice of Counseling Psychology**



Dr. Tomas Skovholt

Dr. Tom Skovholt was presented with the 2005 W. James Cossé Award for Extraordinary Contributions to the Professional Practice of Counseling Psychology. Tom is a Professor in Counseling and Student Personnel Psychology at the University of Minnesota. He received his Ph.D. from the University of Missouri. His professional career includes a rich blend of teaching, research, and clinical practice. He is widely recognized for contributions to the Professional Practice of Psychology. During his academic career he has maintained his active involvement in the practice of counseling psychology. His work represents an exemplary professional model of involvement in teaching, practice and research.

Tom is a Fellow of the American Psychological Association and a Diplomate of the American Board of Counseling Psychology. His has demonstrated dedication and commitment to quality professional practice through his active involvement and support of the Board Certification process in Counseling Psychology. He has served as an examiner for the Board Certification examinations in Counseling Psychology for a number of years and he serves as current President of the American Board of Counseling Psychology.

In terms of his research and scholarship Tom has written several major publications and books pertaining to the characteristics of expert counselors and

therapists, the career development of counselors and therapists, burnout prevention and self-care strategies. He is widely recognized as a national expert in counseling psychology for his work on the professional development of counselors and therapists, and for his work on the characteristics of Master Therapists. His work in this area has made an important contribution in helping mental health professionals become better practicing counselors and therapists, and represents a major contribution to counseling psychology and to professional practice.

Dr. Tom Skovholt's professional career serves as an exemplary model for involvement in teaching, professional practice and research. His research and scholarship contributions have had a major influence on professional practice in terms of increasing and expanding awareness of the nature of counselor and therapist development, and enhancing understanding of the nature of expertise in counseling and therapy. His distinguished contributions to the field of counseling psychology clearly reflect Extraordinary Contributions to the Professional Practice of Counseling Psychology.

News from the American Board of Counseling Psychology

**Dr. Tomas Skovholt
President, ABCoP
University of Minnesota**

This year, the Board has continued on a theme of Board Certification in Counseling as a positive professional development process. This contrasts with a historic and unfounded stereotype of ABPP being an elite group that conducts a punitive exam process. More and more the Counseling certification process is supportive, affirming and respectful. We are respectful of candidates who choose to grow this way. We are also respectful in offering a stretching process for the candidates. We are most pleased when candidates finish the last step, the oral exam, and are thrilled about the day and the way they performed in front of the examiners. We are pleased with our work when they later say a version of the following: "The whole thing was a lot of work and I am tired but this process really helped me develop. I feel different about myself and I have become more of an expert."

The use of mentors and the granting of CE credits from the Academy has helped make the Board Certification process more positive. When someone does not pass the first time, we encourage them to do it again. This has worked well for all. We want all to complete with an outcome of pass. Of course, our obligation as gatekeeper is to maintain high standards and to deny anyone who does not attain a high level. As a note, all of ABPP has shifted to think of the standards as that used by medicine with 'the Boards' being something to do early in one's career and reflecting competence at that level.

Some news:

With three Counseling Board members living in the Twin Cities, we have been giving the exam there recently to control costs. We have a small budget.

The Board has recently opened up the senior option (15 years past the doctorate). A candidate can now have a video or audio of counseling/ therapy with a client,

supervision with a supervisee or consultation with a supervisor. The expanded options were added to reflect the work roles of senior counseling psychologists. Dr. **Arnie Spokane**, Dr. **Pat Munley** and I are in the process of writing to the Division 17 Fellows and telling them of this option.

As of January, 2006, Dr. **Norma Simon**, who has served the Counseling Board and ABPP with grace, expertise and tenacity of vision, will rotate off of the Counseling Board. Dr. **Gisela Lin**, after one term, has decided not to run for re-election because of other profession commitments. We appreciate their work. Dr. **Barbara Palombi** and Dr. **Jeff Pollard** were elected to join the Board in January. Dr. **Dave Welch** will begin his term as President at the same time and Dr. **Jairo Fuertes** will take over as Exam Chair.

The Board also is indebted to the extraordinary contribution of Academy President Dr. **Pat Munley**. He has 'lifted the boat' of the whole Counseling Certification effort in ABPP. Dr. **Steve Eichel** begins in this position in January and we, on the Counseling Board, welcome him.

Some of the project this year: Dr. **Charm Davidson** have been working with Dr. **Russ Bent** of Central Office on making the manual better, Drs **Gisela Lin**, **Barbara Palombi** and **Bill Parham** have led our Diversity work; the website at abcopsy.org (that is a c followed by an o) is gradually growing and getting better. We are now adding a Diversity statement and descriptions by those who recently passed the exam of their experience.

Academy Fellows - Announcements

Dr. Stewart Cooper, Valparaiso University, has authored a third book in the field of college mental health counseling that will be released late this Fall. This latest edited text is entitled **Evidence-Based Psychotherapy Practice in College Mental Health**. In 1998, Jim Archer and Stewart co-authored a book, **Counseling and Mental Health Services on Campus**. In 2002, Stewart Cooper, Jim Archer, and Leighton Whitaker co-edited **Case Book of Brief Psychotherapy with College Students**.

Dr. David Welch, has accepted the position of Dean of the Graduate School of Professional Psychology at the University of St. Thomas in Minneapolis, Minnesota. Dr. Welch's first day on the job was July 1, 2004. The Doctor of Psychology (PsyD) degree in Counseling Psychology at UST is an APA accredited program and only one of three in the United States which offers the PsyD in Counseling Psychology. Dr. Welch is the President-Elect of the American Board of Counseling Psychology.

Dr. Joe Talley, has been promoted to Clinical Professor of Medical Psychology in the Department of Psychiatry & Behavioral Sciences at Duke University Medical Center.

Dr. Jim Clack, a former president of ABCoP and of AUCCCD, has retired after a highly distinguished career spanning 45 years in the field of education.

Dr. Jairo Fuertes, received a Distinguished professorship from Fordham University and is now Magis Associate Professor of Education. He also received the Outstanding New Scholar award from the College of Education at the University of Maryland.

Dr. William Parham has been elected President-elect of Division 17, Society of Counseling psychology.

Dr. Pat Munley was elected Fellow of Division 17.

New Academy Fellows - Bios

Dr. Mindy Jacobs, a licensed psychologist and certified group therapist, has been in private practice in psychology in Washington, D.C. for approximately 25 years. Her practice consists of individual, group, and couples therapy with adults. Her approaches consist mostly of relational, psychodynamic, humanistic, systems, and cognitive interventions. She has a diverse practice, including but not limited to multicultural issues, gay and lesbian issues, women's issues, mood, anxiety and personality disorders, trauma, and sexual abuse.

Dr. Jacobs is a member of the American Psychological Association, American Group Psychotherapy Association, National Association of Social Workers, Clinical Social Work Society, and District of Columbia Psychological Association. She is involved in community activities for the local community clinic, Capitol Area Physicians for Human Rights, and does fund raisers for various local women's groups.

Her passions are keeping fit and healthy, walking in cities both here and abroad, music, and her Yorkshire Terrier, Madison. Dr. Jacobs lives in Dupont Circle in the heart of Washington, and also loves spending time in Miami Beach.

Dr. Terence P. Hannigan is the Director of Student Counseling Services and Disability Services for Students at Texas A & M International University in Laredo, Texas. He holds a Ph.D. in Counseling Psychology from Teachers College, Columbia University.

He is a licensed psychologist in the State of Texas and is bilingual (English/Spanish). Dr. Hannigan is interested in cross-cultural adjustment and has extensive experience working with international, Hispanic, and first generation college students. His interest in this area resulted from his personal experiences studying abroad (Madrid, Spain) and serving as a Peace Corps Volunteer (Chile, 1980-1982).

He has worked in higher education for 21 years as a counselor, international student advisor, and professor in psychology. He uses psychodynamic and cognitive behavioral perspectives in psychotherapy while attending to multicultural issues.

Dr. Charissa C. Camp received her Ph.D. in Counseling Psychology from Virginia Commonwealth University. She completed her Postdoctoral Residency in Professional Psychology at Vanderbilt University. Currently, she maintains a

private practice in Memphis, Tennessee where she sees adults and older adolescent psychotherapy clients. In addition, she works with adults with serious mental illness in an inpatient state psychiatric facility.

Dr. Kelly Meek is the training director at the University of West Florida (UWF) Counseling Center. She earned her Ph.D. in Counseling Psychology from the University of Houston and her Master's degree in Community Counseling from Georgia State University. She is currently working toward a goal of developing a pre-doctoral internship program at the UWF Counseling Center.

Academy Fellows - Profile

Working as the dean of St. Thomas' Graduate School of Professional Psychology by day keeps him busy enough, but when he's not doing what deans do, **Dr. David Welch** has an interesting second "gig": as children's book author.



**Dr. David
Welch**

A few years ago, Welch and his son Daniel, a 1998 Macalester graduate, came up with an idea for a kids' book about finding the courage to help someone. The result of their collaboration is *The Little Leopard* (14 pages, Trafford Publishing, 2004) by Daniel Davidson – a pen name for the co-authors.

The junior Welch, a fourth-grade teacher in Superior, Colo., created the book's charming and colorful illustrations.

The Little Leopard, for 4- to 8-year-old readers, is populated with animals from eastern Africa: giraffes, hyenas, zebras, leopards, elephants, lions, and birds. Their names come from Swahili, so the book can serve as an interesting introduction to world languages and cultures.

The book's title character is Paka, who finds himself atop a burning tree started by a mischievous lion cub, Tofali. Abu the giraffe has to overcome his dislike of leopards if he's going to help Paka. The moral of the story: "Giraffes have long necks, and sometimes you have to stick your neck out to get something done."

The Little Leopard is \$8.99 and available directly from [Trafford](#), via [amazon.com](#), and at St. Paul's [Red Balloon Bookshop](#), 891 Grand Ave.