

Issue 1 Volume 4

KY Mental Health Counseling

August 01, 2019

Introduction

This is a comprehensive newsletter for mental health counselors in Kentucky. The updates, notices, and personal reflections are comprised from current legal statutes, current and future opportunities in the field of mental health counseling, and personal stories and reflections of mental health counselors in the state.

Submissions by mental health counselors are welcome at any time. The next issue will be released on January 1st, 2020 and submissions will need to be made by December 15th, 2019 for review and consideration. We welcome notices of upcoming events within the state for mental health counselors, legislative concerns, and personal stories. Three major areas of interest are self-care, best practices, and personal stories related to growth and development within the field of mental health counseling.

Please submit your articles to anna.settle@lindsey.edu; please include a photo of yourself and short bio to be featured with your submission.

New Board Approved Counselors

Congratulations to all of our newly licensed clinicians! We all know the hard work and dedication it takes to make it this far!

- Alexander Aronson
- Jennifer Dieman
- Stephanie Gentile
- Jamie Benjamin
- Leslie Faulkner
- Molly Halpin
- Melissa Costa
- Deron Flichum

- Christopher Hamilton
- Rebecca Hamperian
- Micaiah Hetrick
- Sherri Jennings
- Krista Johnson
- Jenna Kamuf
- Charlene McDonald
- Neysa Mills
- Elizabeth Myers
- Jadora Parks
- Mary Ann Ritchey
- Talana Young

Spotlight



The [KMHCA Website](#) can still be used to find out the most current information regarding the annual conference, membership, regional chapters and current staff members.

Hey Members!

We need your help. To keep an updated and accurate list of our members we have created a fillable form for you to fill out. You will receive a certificate with proof of your membership upon completing the form. It can be accessed by clicking [here](#).

Don't Forget

October is renewal month. Renewal licensure applications can now be completed online. You can create an account [here](#) and fill out your application. Information concerning CEU requirements can be found on their [web page](#).



Is there certain information that you would like to see in the newsletter? Follow this link to vote for what you think could be a valuable asset to the newsletter. [Vote Here](#)

KMHCA has regional divisions

Are you interested in becoming more involved within the counseling community? KMHCA is searching for members within each division. Officer positions are still available in many of the divisions. Please visit our [website](#) to find the contact information for each division.

Divisional Chapter Updates

KMHCA's newest division is the **Green River Chapter**. They continue to grow and have held three meetings and plan to continue to meet at Lindsey Wilson College. They have also elected officers and we would like to congratulate them!

Chapter Meeting Dates and Locations

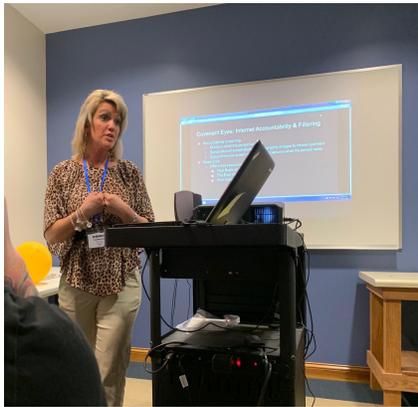
Below is the most up to date information available regarding meeting times and locations. If you have information concerning chapter dates, times, and locations please send them to the [editor](#).

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<u>Chapter</u>	<u>Counties Served</u>	<u>Meeting Times</u>	<u>Meeting Locations</u>
Central	Tremble, Oldham, Jefferson, Bulitt, Hardin, Nelson, Spencer, Henry, and Shelby counties.	Last Wednesday of the Month 6:00pm	Louisville Area
Western	Ballad, Carlisle, Hickman, Fulton, McCracken, Graves, Marshall, Calloway, and Livingston	Third Tuesday of the Month 6:30pm	
Green River	Washington, Marion, Larue, Green, Adair, Cumberland, Clinton, Russell, Casey, Lincoln and Taylor	Alternate between web meetings and face to face	Lindsey Wilson College
South Central	Butler, Logan, Simpson, Allen, Monroe, Metcalfe, Hart, Barren, Warren, and Edmonson	Fourth Thursday of the month at 5:30	Life Skills in Bowling Green or Warren Public Library
Bluegrass	Nicholas, Harrison, Scott, Franklin, Anderson, Mercer, Boyle, Garrard, Madison, Estill, Powell, Montgomery, Bourbon, Fayette, Woodford, Jessamine, and Clark		Helme Family Counseling LLC in Versailles
Five Co	Lawrence, Boyd, Elliot, Carter, and Greenup	Quarterly	Ashland Community & Technical College in Ashland
Mountain	Pike, Floyd, Magoffin, Johnson, and Martin		
Kentucky River	Wolfe, Lee, Owsley, Perry, Leslie, Letcher, Harlan, Knott, and Breathitt		
Upper Cumberland	Jackson, Rockcastle, Pulaski, Wayne, McCreary, Whitley, Knox, Bell, Clay, and Laurel		
West Central	Henderson, Union, Crittenden, Lyon, Trigg, Christian, Todd, Muhlenberg, Hopkins, Webster, and Caldwell		
Northern	Kenton, Campbell, Boone, Gallatin, Carroll, Owen, Grace, and Pendleton		
Mid North	Lewis, Mason, Brackon, Robertson, Fleming, Rowan, Morgan, Bath, and Manifee		

Past Events

KMHCA held its annual conference in April, with much success. We would like to thank everyone who attended the conference and we absolutely look forward to seeing you at the next one. We also want to thank those who participated in the planning and preparation of the conference with a special thank you to **Veronica Singleton** for chairing the conference planning. In addition we want to thank **Lindsey Wilson College** for hosting our conference and helping to plan and coordinate the event.



Events

6th Annual Tri-State Diversity & Inclusion Conference

This conference is designed to celebrate individuals from different backgrounds, experiences and perspectives and to share dialogue and engage in critical thinking exercises to enhance multicultural awareness. This year's focus is on "Equity in Education: Erasing Opportunity Gaps".

The Annual Conference will be hosted by Morehead State University and will take place Friday, September 27, 2019 at the Adron Doran University Center on the campus of MSU. Click on the [link](#) to find out more information or to [register](#).

Join us for KCA's Annual Conference! Louisville, KY. November 13-15

 <p>Opening Session Keynoter Wednesday 7:00pm</p> <p>Ed Johnson, MCA, LPC, CCS Program Manager (KY and Carolinas) Southeast Addiction Center (ATTC) Atlanta, GA</p>	 <p>Barbara McFarland, EdD General Session Keynoter Thursday 10:30am</p> <p>Psychologist, Author, Motivational Speaker <i>FlexLife</i>®, LLC Take Your Life Back! Achieving Work/Life Balance</p>
 <p>KCA KENTUCKY COUNSELING ASSOCIATION www.kyca.org</p>	 <p>Jon Akers Kentucky Center for School Safety Executive Director</p> <p>Educator, Administrator National Trainer of Emergency Management for US Dept. of Ed.</p> <p>Closing Brunch Keynoter Friday 10:30am</p>
<p>Meet you in Louisville! Save the Dates!!</p>	
<p>KCA Conference Nov. 13-15, 2019 Crowne Plaza Hotel - Louisville, KY Conference Registration: www.kyca.org</p>	
	<p>Conference Theme COUNSELING: Celebrating Human Resiliency</p> <p>KCA Member Discounts! 6-9 EILA/11.5 Clock Hours for Conference Includes Opening Reception, School or LPCC/LPCA Luncheon, Brunch. Relevant and timely Pre-conference workshops on Wednesday, Nov. 13th for additional EILA Credit & NBCC Hours. EarlyBird Discounts! Accepting Breakout Session Proposals online: April 15 - July 15 Vendors register online: April 15 - August 1</p> <p><small>The Kentucky Counseling Association (KCA) has been approved by NBCC as an Approved Continuing Education Provider, ACP No. 2018. Programs that do not qualify for NBCC credit are clearly identified. The Kentucky Counseling Association (KCA) is solely responsible for all aspects of the Programs.</small></p>

Focus On

Protecting Our Clients: Social Media and Stalking

By: Anna Settle, LPCC

Many individuals will experience some form of stalking at some point in their lives. With the advancement in technology, finding personal information is often only a keystroke away. More and more cases of cyberstalking is being reported due to the readily available personal information. Cyberstalking can have many consequences including an overwhelming impact on one's emotional wellbeing. Because of this emotional crisis, victims may choose to come to counseling. It is important that clinicians are aware of the different platforms in which stalking can occur, what the laws are concerning stalking, and how to teach our client's to protect themselves from current and future stalking. There are many terms that can be used to define stalking. Because of the variety of terms used by organizations and between states, the legal definitions are often used to define stalking. State laws define stalking as: "the willful, malicious, and repeated following and harassing of another person that threatens his or her safety". And "by course of conduct directed at a specific person that involves repeated visual or physical proximity, non-consensual communication, or verbal, written, or implied threats or a combination thereof, that would cause a reasonable person fear". Additionally, states require a "repeated pattern of behaviors that produce fear in the victims"(Stalking, 2013).

Traditionally, stalking is thought of as someone following another person around and giving them unwanted attention, such as showing up at the victim's place of work, home, or other social hangout or sending gifts and letters to their home or place of business. With the advances in technology, this traditional view of stalking does not always exist. Cyberstalking has become more recognized and allows for a greater amount of information to be obtained by the perpetrator. Technology allows for ease of access and at times unlimited access depending on the platform being used and the lack of privacy settings set on the victims social media and electronic accounts (DreBing, Bailer, Anders, Wagner, & Gallas, 2014).

Technology provides opportunities for stalkers to conceal their identity more easily in order to avoid being personally identified making it more difficult to locate and prosecute them. Oftentimes the victims have trouble even identifying that they are being stalked online and the crime will go unreported (King-Ries, 2011). Because of the amount of digital devices that are currently in use and the multiple avenues for internet platforms, almost everyone has the

potential to become a victim of stalking. These platforms can identify an individual's address, telephone number, age, and public mention on the internet. For a small fee, more personal information can be obtained online. Perpetrators can easily access and use spyware software and key logging hardware to gain information pertaining to login information for online accounts (Winkelman, Oomen-Early, Walker, Chu, & Yick-Flanagan, 2015). Cyberstalking victims not only have to deal with the aftermath of having their personal and private information compromised but they must also attempt to collect as much evidence as possible to prove to law enforcement that stalking has occurred. In addition, they must develop strategies for protecting their information from future stalking instances (Chung, 2017).

One of the most accessible and most commonly used platforms to engage in cyberstalking is email communication. Individuals may send email that threatens, insults, or harasses another person. They can disrupt the victim's email communication by flooding their email box with unwanted mail or by sending a virus to their email. Additionally, they may use the victim's email identity to send false messages to others or to purchase goods and services. There is also no shortage of websites available to help the perpetrator locate additional personal information on the victim (Baughman, 2010). Social media platforms such as Facebook, Instagram, and Twitter, allow users to post photos, comments, and other personal information. This type of information is never far away from perpetrators. Sometimes stalking victims will choose to delete all of their electronic accounts but even then, someone who is well versed in technology and social media platforms may be able to locate personal information by searching on the victim's family and friends pages (Baughman, 2010).

There are many privacy settings that can allow users to limit the availability of their information to specific individuals instead of the general public. It is wise to be cautious of accepting friend and following requests as perpetrators can easily create a fake account depicting to be another person (Baughman, 2010). If possible use a two-factor or double authentication security option for online accounts. Because of the amount of personal information on social media platforms, victims/potential victims should consider the amount of information that is being supplied on their public accounts. If you are being stalked tell friends not to post personal information without permission. Victims should not publicly respond to events that they plan on attending. Having strong and different passwords for each online account can help protect online accounts (“Cyberstalking,” 2015).

A list of references for this article can be found at [References](#)