

## This Week at AMHCA

### AMHCA News Updates

AMHCA's Resource Site for COVID-19 - **Continuously Updated**  
We are grateful for all that you -- AMHCA members -- and our partners are doing on the ground to support the health, safety, and well-being of people with mental health conditions. The AMHCA team is so proud to be working for you knowing during this crisis, as you are on the frontlines providing critically important treatments and services to vulnerable Americans who suffer from an array of conditions such as depressive, anxiety, panic, PTSD, trauma-related, and other mental health disorders. We will continue to update our site with information as soon as we get it. Please also look for a new Coronavirus-edition of our newsletter that is coming out every two weeks with the latest updates.

[COVID-19 Resources](#)

### Joel Miller, AMHCA Executive Director and CEO, presents on Advocacy

**Biden Expected to Unwind Dozens of Trump's Health Care Policy Reversals**

- Regulatory actions and executive orders will be chief pathway
- Biden likely to bring back Obama alumns to steer the ship
- Whoever is on the Biden health care team, they will be ACA champions.
- Biden administration will likely try to ease the pathway to Medicaid for lower-income Americans

AMHCA Executive Director and CEO, Joel Miller, presents on advocacy and what can expect in the upcoming months and years for mental health counselor legislation after the election.

[Watch Presentation](#)

**TherapyNotes** - Reduce Practice Management Software for Behavioral Health  
Less Paperwork. More Time for Quality Care. [Try 2 Months FREE](#)

### Continuing Education

**Working with the Trauma Story**  
December 2, 2020 from 1:00 PM to 2:00 PM EST  
With Michelle Crumbly, NCC, LPC

This interactive workshop will focus on the trauma story and working with victims so they can tell their story.  
Objectives:  
- Differentiate between the attached and detached trauma story  
- Become familiar with strategies and methods to navigate moving from the detached story to the attached story  
- Learn techniques for working with clients to develop healthy coping skills to deal with trauma.

Current AMHCA Members in All Categories: \$10  
Non-Members: \$20

[More information and Register](#)

**Supporting Your Clients with Co-Occurring Conditions During COVID-19**  
December 3, 2020 from 1:00 PM to 2:00 PM EST

The COVID-19 pandemic has taken its toll on all of us, and it presents particular challenges for individuals with co-occurring anxiety and substance use conditions. With the right tools and techniques, you can support your clients that are experiencing increased stress, anxiety and substance use and help them build resilience to face the difficult days ahead.

Join the American Mental Health Counselors Association and the National Council on Thursday, December 3, at 1:00 p.m. ET for a special 75-minute webinar as we present "Strategies to Support Clients with Increased Stress and Substance Use during the COVID-19 Pandemic"

Fredrick Dombrowski, PhD, LMHC, Associate Professor at the University of Bridgeport, and Amelia Roeschlein, DSW, MA, LMFT, consultant for trauma-informed services at the National Council will lend their expertise and tackle the tough questions surrounding the impact of the COVID-19 pandemic on individuals living with these co-occurring disorders.

You'll leave this webinar with newfound insights and solutions, including:

- Greater understanding of the impact of COVID-19 on those living with co-occurring anxiety and substance use disorders.
- Ways to serve your clients during the COVID-19 pandemic using mindfulness and cognitive-based interventions incorporating specific skills and techniques to promote resilience.
- Identification of at least three activities to help those living with co-occurring anxiety and substance use disorders increase calm, lessen anxiety and prevent relapse during COVID-19 and the holidays.

[More information and Register](#)

**Building Therapeutic Alliance Across Time and Space**  
December 8, 2020 from 3:00 PM to 4:00 PM EST

with Anita A. Neuer Colburn, PhD, LPC (VA), LCMHCS (NC), BC-TMH, ACS, NCC

For almost a year, Clinical Mental Health Counselors across the globe have been forced to pivot to the use of technology assisted counseling as a result of COVID-19. In this webinar, Dr. Anita Neuer Colburn will examine the opportunities and threats posed by video-based counseling. Specifically, the challenges to and strategies for building a strong therapeutic working alliance screen-to-screen will be explored. A review of current scholarship addressing perceptions of both counselors and clients will be included. The webinar will conclude with considerations for the future of clinical mental health counseling.

- Objectives:
- Attendees will identify possible advantages and disadvantages to the use of video-based counseling
  - Attendees will consider the difficulties of developing a strong working alliance with clients when counseling using a video conferencing platform
  - Attendees will explore strategies for building relationships with clients when using video-based counseling

[More information and Register](#)

### 2021 Conference Updates

**Viva Las AMHCA! Early Bird is OPEN!**  
We are headed to Vegas for AMHCA's Annual Conference Wednesday, June 23 - Friday, June 25, 2021  
Early bird is open and we are anticipating our call for proposals to come out in the next month or two. Join colleagues in Vegas next year at the LINQ for empowering sessions and energizing fellowship. This year's theme is UNITE! Recognize. Reframe. Restore.

[Register](#)

The 2021 AMHCA Annual Conference call for posters is still open and we want to hear from you! This year's theme is UNITE! Recognize. Reframe. Restore. We hope that you will consider submitting a poster to present at this year's conference. This is an excellent opportunity to get your name out there!

If you have any questions, please contact Rebecca Woodson, AMHCA's Director of Events, at rwoodson@amhca.org or 703-548-6002 x108.

Call for Posters

[Call for Posters](#)

### Publications



#### The Journal of Mental Health Counseling: October 2020

with guest editors *Angele Moss-Baker and Dr. Beverly Smith*  
**Member Reflections:** CMHCs can help Black clients through pain and suffering -by Napoleon Harrington  
**Counseling Tips:** Improving cultural competence for behavioral health professionals  
**Promoting Sanity in Insane Times** -by Dr. Courtland Lee  
**Facilitating Difficult Conversations About Power, Race, and Privilege** -by Dr. Fredrick B. Dombrowski  
**Microaggressions as a Mental Health Concern. What is our role?** -by Dr. Elisa Niles  
**Police Violence, Racial Injustice, and Police Burnout in the Aftermath of George Floyd's Death** -by Dr. Norman Hoffman, Ekem Essien and Aaron Norton  
**Inside AMHCA**  
**Congress Passes Historic Mental Health Counseling Medicare Legislation**  
**Diversity, Equity, & Inclusion: Owning Our Voice, Sharing Our Voice**  
**Mental Health Disorders Are Soaring Dramatically This Year: AMHCA Releases New "Beyond a Perfect Storm Report Documenting the Trend**  
**Licensure Portability-A Path Forward**  
**Attend a Monthly Neuroscience Webinar**

Plus  
From the President's Perspective: We're Energized, Empowered, Unified!  
From AMHCA's Executive Director/CEO: Making America Mentally Healthy

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#### The Advocate Magazine: Special Focus on Diversity & Justice

with guest editors *Angele Moss-Baker and Dr. Beverly Smith*  
**Member Reflections:** CMHCs can help Black clients through pain and suffering -by Napoleon Harrington  
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#### AMHCA released a report on the number of Americans reporting mental health distress over the last few months.

AMHCA released a major report yesterday on the number of Americans reporting mental health distress over the last few months. Please see our new study -- Beyond the Perfect Storm -- How Racism, Covid-19, and Economic Meltdown Imperil Our Mental Health -- and our press release on the study.

Based on the AMHCA report, nearly 41 percent of adults nationally are reporting that they are suffering from a mental health disorder -- or about 103 million adults in the U.S.

[Press Release](#)

[Download Report](#)

**2020 AMHCA Standards for the Practice of Clinical Mental Health Counseling**  
The 'AMHCA Standards' bridge professional expectations with clinical practice. "AMHCA Standards" is a living document that is updated on a continuing basis by AMHCA's Advancement for Clinical Practice Committee to meet the needs of the public and the profession. In addition to standards of practice, it includes training and supervision standards. Download the revised 2020 edition for free at AMHCA.org.

[Learn More](#)

**2020 AMHCA Code of Ethics**  
The "AMHCA Code" is an essential component of practicing clinical mental health counseling with professionalism and integrity. While ethical guidance for the practice of clinical mental health counseling is its primary purpose, it is also intended to prompt pondering about ethical thinking and practice. Download the revised 2020 edition and see our other great ethics resources for free at AMHCA.org.

[Learn More](#)

**AMHCA Practice Guidelines**  
AMHCA Practice Guidelines provide technical assistance, identify best practices and highlight lessons learned on successful positioning strategies for practitioners on a range of areas related to the delivery and financing of mental health services in the era of health care reform and implications on clinical practice.

[Learn More](#)

**Declaring with Pride the Fundamental Values Held by Clinical Mental Health Counselors**  
The Declaration serves as a concise public statement of professional standards, values, and ideals. It is a voluntary pronouncement. If you desire, you are encouraged to display the Declaration in your office. It may also be used at graduations or for other appropriate occasions.

[Learn More](#)

**SoberLink** - Treatment teaches new behavior. SoberLink reinforces it.  
[Free Pilot Program](#) or [Download Presentation Today](#)

### Chapter News and Events

**Chapter Leaders: List your chapter event on AMHCA.org!**  
Widen your audience to the entire AMHCA membership! Register your event with AMHCA and have it listed on our calendar.

[List Your Event](#)

### Latest Jobs

**Clinical Screener Integrated Assessment Program, La Rabida Children's Hospital, Chicago, Illinois**

[View Job](#)

**Licensed Professional Counselor, University of Virginia Health System Physidians Group, Harrisonburg, Virginia**

[View Job](#)

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