

# NCA Newsletter

Spring Edition

April 2017



## APRIL IS COUNSELING AWARENESS MONTH

### Upcoming Events

#### **NCA Fall Conference**

October 27th, 2017

Lincoln at Winsor Stables

#### **Next Full Board Meeting**

Saturday, June 17th, 2017

10am - 2pm

More information to follow.

This year's campaign, "Train Your Brain With Counseling" focuses on educating the public about the ways in which counselors can help people to learn to challenge the unhealthy thoughts and behaviors keeping them from personal growth. The goal is to help people understand that counseling is a powerful therapeutic relationship.

What can you do?

Spread the Word  
Share Resources  
Plan Your Own Event or Media Pitch  
Participate in the Hashtag Challenge

Find everything you need [here!](#)

\* *The article is adapted from ACA website.*

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**What will you do TODAY to educate the public about the profession, and promote counseling awareness?**



## Reflections From the President

One of the most influential and profound experiences working as a counselor is to see the work that goes on at the legislative level to advocate for mental health. I have to be honest for a second and admit that I gravely took this behind the scenes advocacy for granted. Much of what Nicole Kauk has accomplished voluntarily, on behalf of NCA and all counselors throughout the state, cannot go unnoticed. *We as an association* need to come together and realize the impact that *we as counselors* have to make a difference in advocacy at the state and national level.

After seeing this work play out at Day on the Hill this year, members cannot continually ask "where is my membership money going". Your answer resides in the countless hours Nicole (on behalf of you, your clientele, and the counseling profes-

sion) has spent advocating for the mental health profession. Please take a look at her column in this newsletter to learn more about the bills NCA is supporting.

To say we appreciate your membership with the NCA would be an understatement. We are grateful for every member of the NCA, not only for the dues you pay in, but for the work you are doing at the grassroots level in working within this profession.

**Please take a moment to spread the news about what NCA is doing in staying abreast of legislative issues that are impacting our profession.**

**A very special thank you to Nicole Kauk for all of the work she has done in this legislative session. The NCA is lucky to have you!**

Jordan McCoy

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



## From Public Policy and Legislation Chair

Nicole Kauk

Public Policy and Legislation Chair

[nkauk@adultspancounseling.com](mailto:nkauk@adultspancounseling.com)

This past year has been an excellent learning and growing opportunity as the chair of the PP&L committee. When I first took this position 18 months ago, my knowledge of government and advocacy was limited, but I was ready for the challenge! One of the greatest opportunities thus far was attending the International Leadership Training last summer in Washington, D.C. through a scholarship from the NCA and ACA. It was exciting to meet leaders from all over the US, as well as the current president of the ACA. The training was focused on branch leadership, as well as advocacy. I am thankful that I was able to attend, and hope to see Nebraska represented at this conference in the years to come.

Another fantastic opportunity that I have greatly enjoyed is attending the monthly NABHO (Nebraska Association of Behavioral Health Organizations) meetings as the NCA representative. This has been an excellent way to be at the table with other leaders in the state and to make connections, to learn more about advocacy in our state, and to stay abreast of current topics in our state. Through our dues at NABHO we have access to a lobbyist, and the invaluable information she provides. I have also joined the subcommittee on Legislation, and attend these conference calls throughout the legislative session. For more information on these meetings, I will be posting information on the members only section of our website at [www.necounseling.org](http://www.necounseling.org).

NABHO has also provided another opportunity, as I am currently in their mentor program. As part of this program, I am able to attend executive meetings, as well as their strategic planning sessions, and regular meetings with heads of DHHS and the managed care companies. It's exciting to observe the inner workings of the largest behavioral health organization in our state. This has been a great way to learn and bring back ideas for how we can continue to grow the Nebraska Counseling Association.

I am also thrilled to report that our annual Day on the Hill was another great success! We had 18 NCA attendees this year, and this event continues to grow each year. This year we met with our senators and their staff to discuss the state budget and LB442, a bill that would create an oversight committee of the new Managed Care System (Heritage Health). If you would like further information on legislative action in the state, feel free to contact me with any questions or concerns. I continue to share information to the NCA Facebook page regularly, as well as the members only section of the website.

One of the questions I hear most often as chair is “I know I should be doing something about legislation, but I just don’t know where to start. What do I do?” I recently created a worksheet with 7 simple ideas to get started, and that can be found over on the Facebook page, as well as on the members only page of the website. Which one will you choose to do today?

Lastly, I want to share some of my goals for PP&L this year. I wish to grow to a multi-member committee that meets regularly throughout the legislative session, working to assist members with legislative issues, education, and lobbying senators. If you are interested in learning more about this opportunity, please email me at [nkawk@adultspancounseling.com](mailto:nkawk@adultspancounseling.com).

Thank you again to our membership for this opportunity that you have given me, and as always, contact me with any ideas, questions, or concerns!

#### Who is NCA?

- Nebraska Counseling Association, the state branch of the American Counseling Association or ACA.
- The Nebraska Counseling Association (NCA) is an organization of counseling and human development professionals who work in educational, health care, residential, private practice, community agency, government, and business and industry settings.

#### What does NCA do?

- NCA provides a collective voice and advocates for the counseling profession at the state level by providing education on legislative issues to its members, as well as advocating at the State Capitol via Day on the Hill
- NCA stays abreast of issues on the state and national level that affect counselors, and assists its members in navigating the challenges
- NCA provides education in the form of CEU’s, typically at its yearly conference in October
- NCA provides community and peer support via bringing its members together at the fall conference, district meetings and various other events. We also provide a mentorship program to support new professionals. 3
- NCA provides special interest Divisions for furthering the counseling field
- NCA provides leadership opportunities, open to all of its members. We are a volunteer ran organization, and we depend on the strength and growth of our members. We also send members to National ACA events to represent us.
- NCA provides recognition to its hard working members in the form of awards and scholarships at the Fall Conference

#### Public Policy and Legislation

##### -NCA Standing Committee

(from the handbook) The role and responsibilities of the Public Policy and Legislation Committee shall be to:

- Be concerned with all levels and matters of government activities that affect the Association and the counseling profession.
- Establish the Association’s legislative platform.
- Direct member initiatives in legislative activity.
- Coordinate the Association’s advocacy of legislative issues including a “Day on the Hill” effort to bring counseling related issues to the attention of legislators.
- Be informed about national and state legislation.
- Develop legislation as directed by the NCA Board of Directors.
- Develop a network of state districts for legislative advocacy and action.
- Educate members as to legislative affairs.
- Make official contact with legislators.

#### Contact Info:

ACA: [www.counseling.org](http://www.counseling.org)

NCA: [www.necounseling.org](http://www.necounseling.org)

We are also on Facebook. Search “Nebraska Counseling Association”. Several Districts also have their own pages!

# Strategic Plan for Nebraska Counseling Association

## Current as of March 18, 2017

### Vision Statement

The strategic plan for NCA aims to further the following organizational vision:

Efficiently provide excellent counselor training and CEU's. Effectively recruit and retain members. Stay apprised of, and act on, current counseling/legislative issues. Provide an environment for NCA leaders to communicate effectively.

### Mission Statement

The mission of NCA is to educate, advocate, and elevate the counseling profession.

### Executive Summary

The strategic plan for NCA consists of the following high-level objectives and action steps:

Strategies

Training - Jordan McCoy & Tobin Streff

Educate counselors in best practices: ethics, testifying in court, trauma-focused

Inform Nebraska of upcoming trainings by way of Facebook and email

Monthly CE opportunities utilizing gotomeeting and ask each district/division to host these for free or at a low cost. Divisions would host a 1-hour webinar pertinent to their speciality. Districts pertaining to topics that would be of interest in their community.

One-day conference in the fall; mini-conference online or half day speciality (more focused topic) conference in spring

To get more interest in being active and in attendance with board meeting. In-person training or NCA pays for 1-hour training where CEs can be obtained. There's many of ACA that can be paid for and accessed online.

2. Recruiting/Retention - Yao Zheng, Daniel Tipton, Greg Mucklow

3. Legislation - Nicole Kauk, Kipp Lanning,

4. Succession – Tina Chasek & Randy Hagen

Keep a record of all Board meeting minutes

Financial

Membership

Activities Attended, Sponsored, Annual Calendar

Goals

Document the role and expectations of each position on the Board

Job Descriptions for Executive Board

Divisional Purpose/Mission Statements

Membership Trends

Tie-In to national organization (ACA)

Document planning and execution of annual Fall Conference

Steps used to plan (subcommittees)

Budget vs actual expenses

Themes, Breakout Sessions, Keynote Speakers

Marketing/Branding

Mechanics – itineraries, digital files, sample program, meals

Post evaluations – membership and board

Resources and opportunities for further leadership training (list)

Grants utilized in past

ACA money for travel to Nat'l Conference

Other Branch contacts/ideas (other states more developed)



- Guests such as Dr. Carter for strategic planning
- Expectations for maintaining and passing along succession materials
- Upload all pertinent documents, notes, and plans to digital repository (Google Docs, DropBox, Private Website, etc. yet to be created)
- Coordinate through NCA Administrative Assistant (yet to be funded)
- Start with collecting current notes, reports and plans and add previous years as we can locate (The Brain, Board Note-books, etc.)

5. Graduate Student Involvement – David Carter, Lauren Bush

**Business and Team Summary**

The primary business of NCA consists of the following:

To protect and strengthen the counseling profession and its members.

The leadership team members of NCA are as follows:

1. Jordan McCoy - President
2. J. Kipp Lanning - Executive Director
3. Daniel Tipton - Past President/Treasurer
4. Jamie Scott - President Elect
5. Lauren Bush - President Elect-Elect
6. Nicole Kaub - Public Policy & Legislation



**Analysis of Strengths, Weaknesses, Opportunities, and Threats**

<b>Strengths</b>	<b>Opportunities</b>
Strong Leadership	Increase graduate student membership
Legislative monitoring	Increase member participation
Newsletter	Increase number of articles submitted to newsletter
Fiscal stability	Seek out grants to support NCA initiatives
<b>Weaknesses</b>	<b>Threats</b>
Limited participation in legislative events	CEU's offered on-line at low costs
Low recruitment and retention efforts	Counselors lack of leadership
Same few leaders conduct much of the work	Counselors unaware of the role NCA plays in a changing environment

The marketing strategy of NCA consists of the following elements.



Our strategies include:

1. Providing quality counselor training and CEU's at an affordable price.
2. Effectively recruit new members.
3. Effectively retain new members.
4. Stay apprised of and act on current counseling and legislative issues.
5. Seek out grants to support NCA activities.

Target customers include:

Mental Health Counselor

University and College Counselors

Career Counselors

Marriage and Family Counselors

Addiction and Offender Counselors

LGBT Counselors

## College Counseling Committee

Dear NCA Members,

I have just taken over the duties of the Chair for the NCA College Counseling Committee, a position that I first held in 1998 prior to serving as NCA President. I am in the process of recruiting members for the committee and would like to invite you to become a member. Please contact me at my email or phone number listed below. I look forward to serving with you on this committee.

David

Contact College Counseling Committee

Dr. David Carter

[dcarter@unomaha.edu](mailto:dcarter@unomaha.edu)



# Nebraska Career Development Association Division

Chair – Dr. Abby Bjornsen (abjornsen@unomaha.edu)

## Article Recommendation from NCDA

02/01/2017

### Beyond Career Assessment: Preparing Students for Life After High School

By Anthony P. Carnevale and Jennifer Landis-Santos

Talking with students about life after graduation can be challenging — most often students do not have a realistic concept of what their options are. They hear “go to college!” but feel overwhelmed with how to choose a school and consider a major (Kolko, 2013). Students from homes with family members who have attended college have an advantage over students without that history. Yet, the college admissions process has changed so much in the last 20 years, that it has become challenging for all students to navigate the myriad of information available. How do counselors help students in high school understand and explore their career options and achieve success after high school?

Counselors who work with students around planning for life after graduation must provide them with a larger picture of the United States job market and help them see how their talents fit in. Counselors need to accompany the “follow your passion” message with opportunities for career exploration, which includes self-reflection on values, priorities, skills and abilities, as well as feedback on earnings data and occupational outlook information. In particular, students should also consider what industries are growing and their respective educational requirements and anticipated earnings.

#### Career Planning Tools

Effective career planning is critical not only to helping students find a good fit for their skills, interests, values, and abilities, but also to prepare them for today’s economic realities. Decisions should not be made solely on the basis of earnings, but on avoiding debt and underemployment. In addition to information on colleges, it is important for counselors to help students explore other options, such as career and technical education, which can lead to middle class wages (Carnevale, Rose, & Cheah, 2011).

The following tools are designed to help students maximize their opportunity for success after graduation by assisting with the career planning process:

1. Encourage students to realize what is important to them in life as they pursue a career path. Changing their career path later and/or frequently can lead to debt, no degree, and frustration. The Bureau of Labor and Statistics offers an interest inventory in [English](#) and [Spanish](#) that helps students think about what they like doing, and generates career possibilities. Teach students to use the [Department of Labor’s ONET](#) and explore “[Bright Outlook](#)” occupations, which can help them move confidently into a field that offers job security.
2. Equip high school students with the information to determine which college is a good fit. Some colleges are better than others at supporting students during their studies, graduating students without debt, and helping them find a job. The [Department of Education’s College Scorecard](#) provides this information. Additionally, for families earning \$48,000 or less a year, Money magazine has a [tool](#) to help students think about budgeting and tuition.

3. Provide students with information on majors and earnings to help them make informed decisions, and address their concerns regarding lifestyle or money. The Georgetown Center's research (Carnevale, Cheah, & Hanson, 2015) shows that what you major in is more important than which college you attend. The tool is available in English and [Spanish](#): [cew.georgetown.edu/earnings](http://cew.georgetown.edu/earnings).
4. Help students see the difference in lifetime earnings for different types of education after high school. Students will need to realize how much salaries increase as degree attainment increases. Education is particularly important for women as they earn less than men with the same educational attainment (Carnevale, Rose, & Cheah, 2011)
5. Provide students with an [overview of options](#) for certificates, certifications, and licenses so they can understand what options exist in addition to the "traditional" four-year college path.
6. Provide information on [skills employers want](#) and encourage students to seek opportunities to develop and practice those skills.
7. Encourage students to get paid internships: research (Carnevale & Hanson, 2015) shows that students who complete a paid internship see higher starting salaries (\$52,000 vs \$36,000 for unpaid internships) and are more likely to receive a job offer. High school students can look for internships on their own through school, the internet, and by visiting a nonprofit resource site such as <http://idealists.org>.

### Helping All Students with Career Planning

With a large caseload, multiple educational options and a variety of industries, it can be challenging to advise students on the next steps after high school. Providing them with resources and personalized guidance to sort through their skills, interests, values, abilities, in relation to "good jobs" will help them in the process of career planning. Career planning is important for all students to avoid debt and underemployment. The Georgetown University Center on Education and the Workforce offers resources for counselors to address many of the above points through its [Diversity Initiative](#). The goal of this work is to close the information gap on majors and earnings for all students, particularly the underrepresented students.

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# Nebraska Association of Addiction and Offender Counseling NAAOC

Hello NAAOC Members! Welcome to the NAAOC Newsletter Column Spring Edition!

## A note from the Chair.....

This past month I presented at the American Counseling Association on Recovery Advocacy. It was an amazing turn out with great discussion. There are so many things we can do to change the conversation from Addiction to Recovery. Have you ever considered that we often use language that highlight the problems of addiction rather than the hope of recovery? Take a look...

### Addiction Focus

- Addict
- Addicted to
- Alcoholic
- Substance Abuser

### Recovery Focus

- Person with a Substance Use Disorder
- Person with an Alcohol Use Disorder
- Substance Use Disorder

## HOW TO ADVOCATE FOR RECOVERY

**CHALLENGE YOURSELF AND START USING RECOVERY LANGUAGE**

**BE VOCAL ABOUT RECOVERY; SHARE RECOVERY STORIES**

**WORDS MATTER: USE PERSON FIRST LANGUAGE**

**PARTICIPATE IN NATIONAL RECOVERY MONTH HELD EVERY SEPTEMBER NATIONWIDE**

**SUPPORT RECOVERY AND ADDICTION TREATMENT LEGISLATION IN YOUR STATE AND IN WASHINGTON D.C.**

**SET UP A SCREENING OF *THE ANONYMOUS PEOPLE*; ENGAGE IN DIALOG AFTER THE EVENT**

**SHARE ON SOCIAL MEDIA ABOUT RECOVERY**

**FOLLOW AND/OR GET INVOLVED: INSTITUTE FOR RECOVERY ADVOCACY, FACES AND VOICE OF RECOVERY, AMERICAN SOCIETY OF ADDICTION MEDICINE,**

**NATIONAL BEHAVIORAL HEALTH COUNCIL, SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION, OFFICE OF NATIONAL DRUG CONTROL POLICY**

Have a story of recovery? Send it and we will highlight it so we can begin to see that addiction does not have to be the end of the story! [Chasekcl@unk.edu](mailto:Chasekcl@unk.edu)

## Research Corner



Behavioral Addictions-what are they? The research column this edition focuses on behavioral addictions. Although the DSM 5 did not formally recognize behavioral addictions outside of Gambling, they are certainly showing up in the counseling office. Here is a paper that discuss this important topic.

### **Social Media Addiction**

**Peggy Deaver**

**University of Nebraska at Kearney**

Facebook, Instagram, LinkedIn, Twitter, Snapchat; we've all heard of these social media sites and probably have some personal ties and/or experience with them as well. Connecting us to people all over the world, these social mediums are becoming quite the phenomenon in our world today. Along with the positives of utilizing these tools for connection, accessibility, employment, free advertisement, etc; we are also seeing some of the negative effects that these social networking sites are contributing to individual's personal life. The purpose of this paper is to uncover the addictive nature of social media, implications of their usage, as well as the future direction of care and treatment in regards to mental health and behavioral addictions. Behavioral addictions, more specifically, social media usage is quickly becoming an issue in our society and needs to be studied in greater detail in order to prepare and treat this new wave of addiction.

#### **Social Media as a Behavioral Addiction**

As of the second quarter of 2015 there were 1.48 billion active Facebook users (Eroglu, 2015). Facebook is one of many social media network sites that is free to the public to generate and utilize. Facebook along with Twitter, LinkedIn, are also some of the social network services available to the public. These SNS are web-based services that allow individuals to construct public or semi-public profiles and connect with others (Xu, Lin & Haridakis, 2015). Researchers are finding that the overuse of SNS can be a health issue that may require professional treatment. Evidences of this are seen in individual's being late for school, loosing track of time, and feeling addicted to SNS (Xu et al., 2015).

Facebook addiction is defined as having difficulty in controlling and limiting the amount of time spent on Facebook (Lee, Cheung & Thadani, 2012). Addiction to this social media site is leading to psychological and social problems in the lives of users. More specifically the SMS addiction leads to a decrease in individual's feelings of living the moment and their life satisfaction as well as an association with depression (Eroglu, 2015). Based on a literature review, Nadkarni and Hofmann (2012, p. 243) create a theoretical framework in order to distinguish two fundamental motivations for Facebook usage: "(1) The need to belong and (2) the need for self-presentation."

Addiction has long since been tied to mainly substances however now we are seeing the emergence of several behavioral addictions disrupting the lives of individuals. According to the APA, (1994):

The criteria include tolerance (a need for more substance to achieve the same effect), withdrawal (a syndrome that results if the substance use is reduced or stopped), preoccupation with the substance (persistent desire for the substance), heavy use (a great deal of time spent on using it), centralized activities to gain more of the substance (the substance is taken in larger amounts than is intended), loss of interest in other activities (forget about school, family, or work) and disregard for the physical or psychological consequences (continue to use the substance despite physical or mental problems).

Internet addiction essentially is an impulse control disorder that does not involve intoxicants. Utilizing these social media platforms allows individuals to be captivated in a fictional world, making them less willing or able to lead a normal life (Dumitru, 2013). Instead of facing reality, one can simply escape by creating this fictional world online where they have the opportunity to make “life” perfect but unfortunately this is not true reality.

A risk factor for addiction often points to one’s difficulty of emotional regulation (Hormes, Kearns & Timko, 2014). Experiential avoidance has been looked at to be a core mechanism in the development and maintenance of addictive disorders, with substance use serving to down-regulate unpleasant emotional states, thus facilitating avoidance (Hormes et al., 2014). Using online social media is now serving as a way of escaping reality and coping with stress, depression and worry; distracting from negative thoughts or feelings that aids in down-regulating feelings of loneliness, sadness or anxiety (Hormes et al., 2014).

## **Implications**

Living in a society that is consistently looking for instant gratification, avoidance of pain and real-life struggles and seeking ways to numb reality; the consequences of these actions are quite alarming. No longer are we just seeing substance addictions play a role in culture, behavioral addictions are strongly dominating our society as well. As a practitioner of clinical mental health the research and knowledge of treatment of this “newer” addiction must take precedence in current training programs. Given the ten years of social media studies there still is very little known about the usage and effects it has on individuals. People act very differently on social media, often doing and saying things they would not in a face-to-face relationship. We are more likely to see individuals being more relaxed, more disinhibited and thus more freely presentation of self-online. This is known as the disinhibited effect (Dumitru, 2013). It is a two-fold effect: Sometimes people share very personal things about themselves- hidden emotions, fears, desires – or resort to unusual acts of kindness and generosity, it is spontaneity benign on the other hand, there is a toxic disinhibition, which manifested through foul language, tough criticism, anger, hatred and even threats by exploring sites showing pornographic or explicit violence, places that these people would actually visit (Dumitru, 2013). In regards to the benign perspective, disinhibition indicates an attempt to understand and to explore the self, to solve problems and discover new ways of being (Dumitru, 2013). Whereas toxic spontaneity is a catharsis act, an expression of needs and desires unhealthy without a personal development goal (Dumitru, 2013). The following factors are likely determinants of this effect:

- Dissociative anonymity (“I do not know”);
- Invisibility (“I can not see”)
- Asynchronicity (“see you later”);
- Insight (“it’s all in my head”);
- Dissociative imagination (“it’s just a game”);
- Minimizing Authority (“we are all equal”);
- Personal variables;
- True constellation of personality/true self (Dumitru, 2013)

In addition to the individual personas that are taken on in the social media world, there is much that is unknown about social media users and usage. Most social media sites distribute very little factual information on the usage of their sites. The development of disordered usage is a very new issue in our society as well. So where do we go from here?

## **Future Direction**

Internet addiction has gained increasing attention with practitioners and especially with the DSM IV manual. It currently is not specifically mentioned but continues to be a scope of area in need of further research. This addiction is highly prevalent in our society, has a strong association with dysfunctional social behaviors and mood and attention deficit disorders (Hormes et al., 2014). It should be noted that internet addiction resembles similar defining features of substance dependence, including excessive use, tolerance, withdrawal and negative repercussions from use (Hormes et al., 2014).

Internet addiction is not necessarily the issue instead the development of addictions to specific online applications such as Facebook or Instagram. This needs to be focused on in order to better help clients who are struggling with this behavioral addiction. It was interesting to find in the research that the prevalence rates in the samples taken were very comparable to the incidence of both substance use and eating disorders in the general population. It would be crucial to focus on these specific entities and their effects on individuals to better forecast an effective treatment and care plan for the struggling individual.

One of the studies that looked at University students usage on Facebook found the most at risk students for social media addictions were those who were trying to compensate for their shortcomings in low self-worth and poor social skills (Eroglu, 2015). With this in mind, providing classes, workshops, etc on campus on social skill building, college life, problem solving skills, etc could be helpful treatment options for those more susceptible to this addiction. In addition, continued research in this field is a must as it certainly isn't going to phase out anytime soon. The link to other emotional problems, including anxiety and depression would be beneficial to study as well. Social media addiction has the potential to worsen in the coming years as we continue to move forward in a highly technologically advanced world. As well as seeing our communication transfer to more online mediums, the face-to-face relationships are losing their importance in our society.

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If you have a cutting edge paper or research that you would like consider for this column, please send it to~ [chasekcl@unk.edu](mailto:chasekcl@unk.edu).

#### MEMBERSHIP COMMITTEE MEMBERS

Chair: Christine Chasek

Vice-Chair: Tobin Stref

Let's get more in Leadership- Contact me today!

[Chasekcl@unk.edu](mailto:Chasekcl@unk.edu)



## NCA Full Board Contact Information (Updated)

WE ARE ON THE  
WEB

[WWW.NECOUNSELING.ORG/](http://WWW.NECOUNSELING.ORG/)

WE ARE ON  
FACEBOOK  
[WWW.FACEBOOK.COM/NEBRASKA-COUNSELING-ASSOCIATION-150263648499409/](http://WWW.FACEBOOK.COM/NEBRASKA-COUNSELING-ASSOCIATION-150263648499409/)



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### Call for Articles:

If you would like to submit an article to be considered for publishing in the future NCA newsletters, please contact Yao Zheng at [cz.yaozheng@gmail.com](mailto:cz.yaozheng@gmail.com). Thank you for your time and support!