

## NBCC-I Attends VI AMOPP International Counseling Encounter

On October 2–4, NBCC International staff attended the VI International Encounter organized by the Asociación Mexicana de Orientación Psicológica y Psicoterapia (AMOPP: Mexican Association for Counseling and Psychotherapy). NBCC-I was a sponsor of this year’s conference, titled “Counseling and Psychotherapy: Challenges of Ageing,” held at Universidad Iberoamericana Puebla, in Puebla, Mexico.

Approximately 100 counselors, professors and students attended this conference in order to strengthen their skills and knowledge to address strengths and challenges related to aging. A wide variety of speakers, panelists and workshops addressed the issue from diverse perspectives during this two-and-a-half-day event. NBCC-I is honored to continue to be a part of these conferences and to count AMOPP as one of its earliest program partners.

## Mental Health Facilitator Program Update

NBCC International (NBCC-I) is pleased to announce the release of two new curricula for the Mental Health Facilitator (MHF) program, the MHF-*ASAP!* and the MHF-Educator’s Edition (MHF-EE).

The MHF-EE is designed to train teachers, administrators and school support staff members of K–12 schools in basic mental health knowledge and skills. The curriculum includes communication, helping and referral skills specific to students and schools. Prior to its release, the MHF-EE was piloted in school districts in the United States.

The MHF-*ASAP!* provides participants with core competencies from the original MHF curriculum in a condensed eight-hour training period. Ideal for people interested in basic community mental health education, the MHF-*ASAP!* was piloted in the United States and is available to interested organizations both domestically and abroad.

Participants in the MHF-EE and MHF-*ASAP!* trainings join a voluntary registry with other MHFs and become a valuable part of the MHF program’s mission to reduce the care-need gap in mental health worldwide.

## Choosing Distance Counseling Technology

different vendor will not be overly difficult. With this in mind, you may want to choose a vendor with fewer features and ask for a trial or a month-to-month contract as you get used to providing distance services. Once you have proven the use case and are regularly seeing clients, then look for the added benefits from more complex systems. Otherwise, you may spend a lot of time on unnecessary features that distract from the main purpose of the technology.

The search process doesn’t have to be daunting. Explore the options with an eye on the potential you’ll create with this new line of service. Armed with some good questions and a checklist, you’ll quickly narrow your search to a few options to evaluate. There are no perfect technologies, but some do a decent job at providing the primary services. Each one will improve as new versions become available, so check in from time to time to see if there are improvements in the marketplace.

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### REMEMBER!

Anytime your contact information changes, be sure to update it through ProCounselor (<https://procounselor.nbcc.org>), NBCC’s new online application and certification services platform. If it is your first time logging in, click “request a password.”

