



***Jamaica Association of Guidance Counsellors
in Education
Membership Booklet***



**Alone we can do so little, together we can do so much.
-Helen Keller-**

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This booklet was printed courtesy of the President and the 2021
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MISSION STATEMENT:

The Jamaica Association of Guidance Counsellors in Education facilitates the economic, intellectual and professional development of the Counsellor, in order to encourage efficient and effective delivery of counselling services to educational institutions and to the wider society – through its preventive, interventive, supportive and administrative components.

Ten reasons to join the Jamaica Association of Guidance Counsellors in Education

1. To educate and empower counsellors on continuous changes relevant to the profession of Guidance Counsellors and their own development.
2. To be a part of an active association that focuses on our own needs, and holistic development.
3. To empower Guidance counsellors and liaise with other stakeholders on the issue of salaries, conditions of service and policy developments.
4. To plan and execute professional development of Guidance Counsellors through seminars eg. Half yearly, Annual Conference, and other training activities.
5. To seek opportunities for Guidance Counsellors and their families and share benefits to interested members.
6. To develop a structured and organized way of communicating concerns and updating Guidance Counsellors on relevant issues relating to the practice.
7. Provide professional status and support for members.
8. Provide awards and recognition of deserving members.
9. Support members in times of difficulties in responsible and positive ways to include psychological support.
10. To be the voice of the Guidance and Counselling fraternity in national and international arenas.

TYPES OF MEMBERSHIP

Membership Categories: This Association shall consist of five membership categories:

Ordinary Membership:

Ordinary Members must hold a Diploma or higher in counselling or the substantial equivalent as stated by the Ministry of Education and the Jamaica Teaching Council and must be credentialed as a school counsellor by the credentialing agency of Jamaica or must be employed as counsellor educators.

Retired Members:

Members who are in retirement and do not hold full time positions in school counselling are eligible for retired membership. Persons who were employed as school counsellors and counsellor educators.

Student Members:

Individuals who are enrolled in a Bachelor's degree programme that prepares them to serve as Guidance Counsellors.

Associate Members:

Certified persons involved in Guidance and Counselling outside of the Education System.

Honorary Members:

Shall be individual members and shall constitute persons eminent in related or allied areas, whether or not such persons are involved in Guidance Counselling, and who, by their interest or ability to contribute are recommended for the approval of the Executive and General assembly.

SELF CARE FOR COUNSELLORS

TO INTEGRATE SELF-CARE INTO YOUR DAILY LIFE, BARNETT AND SARNEL (2003) RECOMMEND

- Make adequate time for yourself. Schedule breaks throughout the day.
- Do things you enjoy. Engage in hobbies.
- Take care of yourself physically and spiritually.
- Take care of the relationships in your life.
- Say NO!
- Don't isolate yourself.
- Keep in mind that self-care is a good thing.
- Watch out for warning signs, such as violating boundaries, self-medicating, wishing patients would not show up, finding it difficult to focus on the task at hand, boredom, fatigue, and/or missing appointments.
- Watch out for distress, burnout, and competence problems in your colleagues.
- Conduct periodic distress and competence self-assessments and seek help when it is needed.
- Focus on prevention.
- Make time for self-care!
- Seek out personal psychotherapy.
- Use colleague assistance programs.
- Participate in peer support groups.
- Accept that you're human, in need of assistance, and a work in progress.
- Don't try to be perfect, to have it all, or do it all. Know your limits and be realistic.

Who is a Guidance Counsellor?

Guidance Counsellors are professionals who work in and out of the school system. Outside of the school system these professionals focus and interest is more on counselling and as a result are called counsellors. Guidance Counsellors form a part of the helping profession. They are professional helpers who have had graduate level training in the study of human behaviour, have a variety of helping techniques and supervised internships, counselling individuals and groups. Gibson and Mitchell (1999) describes a helping profession as one in which the members are specially trained and licensed or certified to perform a unique needed service for fellow human beings.

What Is the Role of a School Guidance Counsellor?

The role of Guidance Counsellors in schools is to work with students and parents to help guide students' academic, behavioral and social growth.

PROCEDURE FOR MEMBERSHIP

Ordinary Members

Any counsellor desiring to be a member shall make written application to the Association. The applicant shall become a member of the Association upon approval of the application and the payment of the required fee.

Associate Members

Application for membership in the association shall be the same as that for ordinary members.

Honorary Members

These shall be approved by the association upon recommendation made by the EXECUTIVE

Member Associations

Every request for admission as a member shall be recommended by a minimum of three ordinary members of the JAGCE.

FEES AND PRIVILEGES OF MEMBERS

1. There shall be an annual subscription fee of an amount as approved and ratified by the general conference.
2. Ordinary and Retired members shall pay the stated subscription and shall be entitled to all rights and privileges of the Association including the right to become officers of The Guidance Association or members of the Executive.
3. Associate Members shall pay the stated subscription and shall be entitled to all the privileges of The Guidance Association but shall not be eligible to become officers of The Guidance Association or members of the Executive.

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4. Honorary Members shall be exempted from all payments but may contribute meaningfully if they so desire to The Guidance Association and shall enjoy all the privileges of ordinary members but shall not be eligible to become officers of The Guidance Association or members of the Executive nor have voting rights in any matter concerning The Guidance Association.
5. Student Members shall pay 50% of the approved annual subscription.
6. Members association(s) shall pay an annual subscription of 50% per member of the approved subscription for members. Such member(s) shall be entitled to all the privileges of The Guidance Association but shall not be entitled to hold any office in The Guidance Association nor have voting rights in any matter concerning the Association.

WITHDRAWAL AND EXPULSION OF MEMBERS

1. Any member of the Association may withdraw from the association by signifying their intention in writing to the Association.
2. Any ordinary member who has ceased practicing guidance and counseling in a recognized educational institution within Jamaica forfeits their right to such membership. Should any such persons so affected wish to continue their involvement with the association may do so in another category membership for which they are suited.
3. Any ordinary member, associate member, student member, member association who shall in respect of one year, omit after a special application of the treasurer to pay the annual membership fee shall be reported by the treasurer to the Executive Committee who may give directions for the removal of the name of the defaulting member Association from the of this association or may take such action with regard to the member or the member association as is decided upon.
4. Any member may be asked to resign or be expelled from the association for reasons of:
 - a. Conduct, which tend to injure the association or to adversely affect its' reputation.
 - b. Infractions of the Constitution or the Code of Ethics of the Guidance Association.

Such a member shall be given written notice of the charge against him and shall be invited to a hearing of the charge and given the opportunity to defend himself before the dispute resolution and or constitution and code of ethics committee, duly constituted for the purpose. The member may further appeal to the Executive, but the decision of the Executive is final. A legal advisor may be co-opted to either of those committees for the purpose of the issues if this is deemed necessary.