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The Art of Continuing Education

Anna Thompson, MS, NCC, LPCC, RPT NDCA President

I believe I will be a forever student, and that is just fine with me. I know many of you experience this – you are sitting in a meeting or a session with a student or client and you start thinking, “I need to know more about this topic. I need to find a training on this.” How many of you have lists of these topics a mile long? I know I do. It can be overwhelming at times to think of all the issues I don’t know enough about or treatments I want to learn. At the same time, it’s a great motivator to continue my “forever student” status.

In March I was fortunate enough to continue working on my learning journey by attending the 2015 American Counseling Association Conference in sunny Orlando. Everybody said to me, “Orlando...I bet you’re so excited!” Of course I was grateful for the opportunity to have this valuable learning and networking experience, but this was also my first time away from my twins. I am proud to say that I made it through just fine. And along the way met some wonderful people and gained a wealth of knowledge.

Our opening Keynote was Mariel Hemmingway. For those of you who don’t know her as an actress, I’m sure you notice the last name. Additionally, I’m sure you know what her grandfather is famous for: writing and drinking. Unfortunately for Mariel, the issues with alcoholism did not end with her grandfather and she shared her story of how her family’s issues with mental illness and addiction impacted her life. It is always powerful to hear someone share such a story and I walked away thinking how brave she is

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to travel around the country sharing her story. I am currently reading her book *Out Came the Sun: Overcoming the Legacy of Mental Illness, Addiction, and Suicide in My Family*. I highly recommend it.

I attended some great sessions on play therapy and trauma. These are two of my favorite topics. The play therapy sessions gave me a few new tools for my toolbox, and that equals a success in my book. I also listened to “Fostering Resiliency, Healing, and Trauma Recovery after the Sandy Hook School Shooting: A Trauma Informed Model” presented by Deb Del Vecchio-Scully and Lori Leyden, two therapists who counseled people in the Sandy Hook community following the school shooting tragedy. They talked about using treatments that were focused on the mind/body relationship with how trauma is experienced in the limbic system, stored in our mind and body’s memory and needs to be healed, processed, and released in those same places. The specific treatments discussed were Somatic Release Therapies, such as Emotional Freedom Techniques (EFT), Eye Movement Desensitization Reprocessing (EMDR), and Somatic Experiencing (SE). As I sat in this session I was very excited because it confirmed for me that I was going in the right direction with my trauma therapy.

In addition to attending the Keynote and learning sessions, I got a chance to network with experienced professionals at the social and Midwest Region meeting. I also managed to squeeze in a little self-care in the sun! There is nothing quite like the smell of blooming flowers in the spring. Aaaahhhhhh...

On a final note, this will be my last article in the FOCUS as NDCA’s President. I would like to thank the NDCA members for giving me this opportunity to grow as a professional and leader. It was such a pleasure to get to know and work

with so many of you. You are an amazing group of people. I also want to extend a special thank you to a few people who provided invaluable support to me through this whole process: Marcia Foss, Kris Long, Jennifer Lunde, Dotti Dixon, Jason Marotzke, Stacey Meehl, and my mom. There are many more of you I haven’t mentioned by name, but you know who you are. THANK YOU!

2015 National ACA Conference - Orlando

The national ACA conference was held in sunny Orlando, Fl. this year March 12-15. I would love to say that the weather made it perfect but that happen to be the same weekend it was 70 in parts of North Dakota. It was still great to feel the warmth after a long cold winter.

I had the privilege to represent NDCA as President Elect-Elect. The ACA conference is a wonderful time to connect with those counselors you have met at previous events across the country and a chance to meet new friends. The national conference I found is also a great place to realize as a state ND has many challenges similar to other states but most importantly it is great to hear that our state is surpassing many other states in the promotion of counseling as a profession. Our state has many reasons to be proud, counseling is one area to be proud of. This is not to say that I don’t think our state can continue to grow the profession to be even better.

The conference was held in the beautiful Hyatt Regency in the downtown Orlando area. The conference allowed for any individual to gather more than 15 CEU’s not including preconference CEU’s. The breakout sessions were varied in

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topic from PTSD, play therapy, ethics, OCD, minority counseling, to establishing your own practice. The breakout sessions were a great way to improve on the skill set of any counselor, whether it was learning a new technique or gaining knowledge, to confirming that you as a counselor are actually doing it correctly. I personally developed a deeper understanding of PTSD, gained extra knowledge in OCD behaviors, gained more training in ethics, and developed a deeper understanding of psychopharmacology.

The exhibit hall is a great avenue to see all of the new technology available to counselors in any field, get wonderful resources to help your clients, seek out new educational opportunities, see the various facilities across the country, and most important self-care. Attending the conference opens your eyes and mind to all of the possibilities to grow as a professional.

Personally, the keynote address of Dr. Jeffrey Kottler and Dr. Richard Balkin on the power of relationships in counseling was the most uplifting part of the conference. Dr. Kottler an expert in relationships and Dr. Balkin an expert in statistics spoke on the power that the human connection in counseling creates the biggest impact in the success of counseling. As counselors, our ability to connect with individuals through the sharing of their stories is a healing process for the clients while we grow as counselors. The impact of storytelling was profoundly spoken by both individuals and reminds us to stop and listen not only as counselors but as individuals.

I look forward to the next national conference in Montreal Canada April 1-3, 2016. I would strongly encourage every counselor to attend one national conference to experience the world of counseling.

Stacey Meehl

2016 NDCA MidWinter Conference

It feels like we just finished our 2015 Midwinter Conference but it is time to look forward to our 2016 Midwinter Conference. The theme for the upcoming conference is "Make Every Moment an Adventure". I am a strong believer in making the most of every moment and making it all that it can be. This includes our 2016 Midwinter Conference. The conference will be held February 14-16 at the Radisson Hotel in Bismarck, ND. It will be returning to the Sunday through Tuesday schedule this year.

I am presently in the process of booking out keynote speakers keeping looking at the FOCUS or online for an announcement of who they will be. I am hoping to make this year's conference truly an ADVENTURE in finding yourself and growing as a counselor.

Some exciting changes already in place will be the silent auction. The silence auction will start Sunday at noon and conclude the following Monday at noon in connection with our awards luncheon. This will allow all individuals to look at what we have and make the auction bigger than ever. The success of the silent auction however falls upon the donation of auction items. I would like to see each branch have a silent auction item available. Remember a donation of an item does not have to cost you, I know that we have many talented members of NDCA that could share their talents.

Remember to keep an eye on the FOCUS and the website for information for information on the 2016 Midwinter Conference.

Stacey Meehl

North Dakota Counseling Association - Graduate Scholarship Awards Program

I am here today to recognize two graduate students for their achievements in the field of counseling.

Before I do that, I would like to recognize members of the scholarship committee. They are Joan Copenhaver from Carrington, Erin Klingenberg from Valley City, and Jen Lubinski from Grand Forks.

Each year as applications are read through, we are reassured that the future of counseling is in the hands of highly qualified professionals.

Our committee would like to recognize the five universities in this region for the professional training of these nominees:

- North Dakota State University
- University of North Dakota
- University of Mary
- Minnesota State University – Moorhead
- Northern State University in Aberdeen

Thank you for a job well done!

Now, I will introduce our scholarship recipients. Each was notified and has already received the scholarship money. Thank you to our executive director Marcia Foss for taking care in getting that scholarship money to our recipients when this semester began.

North Dakota Counseling Association Graduate Scholarship Recipient

Stephanie Pelletier
North Dakota State University

Our graduate scholarship recipient is Stephanie Pelletier. Stephanie was born in

Maryland and moved with her family at age 6 to Bismarck where she attended school and graduated from Bismarck High School. Stephanie spent her undergraduate and graduate years at NDSU where she currently is working on completing course work for a Master's degree in clinical mental health counseling.

Stephanie is currently in her last semester of graduate school as she will graduate in May. She has spent this school year as an intern at Valley City State University in the counseling center as well as working on an independent study of animal-assisted therapy. Both of these have given her a wealth of learning experiences and networking opportunities. After graduation, Stephanie hopes to begin work with veterans and military families while planning a wedding with her fiancé Cole for the summer of 2016 and continuing with the many hobbies she enjoys including photography, scrapbooking, reading, crocheting, snowboarding and camping.

Stephanie says that a desire to continue her education, to obtain a degree that would allow her to do the work that she is excited to do and to achieve a goal that she has held for herself for many years is what brought her to graduate school. Stephanie attributes this along with the support of her parents, Tom and Carol; brother, Eric; and fiancé for her ability to take all of life's transitions in stride.

Stephanie's advisor is Dr. Jill R. Nelson at NDSU's Counseling Program.

Please join me in congratulating Stephanie Pelletier; she is the NDCA Graduate Scholarship recipient for 2015.

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North Dakota Counseling Association Silent Auction Scholarship Recipient

Heidi Fiechtner Minnesota State University – Moorhead

Our silent auction scholarship recipient is Heidi Fiechtner. Heidi was born in Australia and raised in Fargo where she graduated from Fargo North High School. Heidi earned her undergraduate degree at Jamestown College and is currently at MSU-M working on completing course work for a Master's degree in counseling and student affairs with an emphasis in school counseling.

Heidi has worked as a behavioral health technician at the North Dakota State Hospital in Jamestown and as a paraprofessional in the Fargo Public Schools. Currently, Heidi is a graduate assistant in the counseling and student affairs office at MSU-M while she is finishing her final semester before graduation in May. After graduation, Heidi hopes to become employed as a school counselor and continue working toward becoming a licensed professional counselor. She also plans to continue to stay active with playing basketball and volleyball in city leagues and tournaments in addition to playing guitar, reading, traveling, and learning or trying new things.

Heidi says that after taking a few years off after graduating from Jamestown College, all things lead to her wanting to work with children and adolescents and school counseling seemed to be the right fit.

Heidi's advisor is Dr. Lisa Karch at MSU-M's Counseling Program.

Please join me in congratulating Heidi Fiechtner; she is the NDCA Silent Auction Scholarship recipient for 2015.

Free Supervision Workshop to be held June 4, 2015

Thanks to support and a grant from NDCA, NDACES will be co-sponsoring a FREE supervision workshop for NDCA members on Thursday, June 4 from 9:00 a.m.-4:30 p.m. Registration will begin at 8:30 a.m. Free CEU's will be available to the first 50 people who register for this workshop.

Supervision topics that will be covered during this workshop are: Supervision 101, Using Motivational Interviewing in Supervision, Ethical Issues in Supervision, and Using Relational Cultural Theory in Supervision.

The workshop will be hosted in Fargo and IVN sites will be available in the following locations:

Bismarck- VoTech 238

Minot- MiSU Admin 359

Williston- Stevens Hall 120

If you are interested in attending this workshop, please e-mail the following information to Dr. Carol Buchholz Holland, NDACES President, at carol.e.buchholz@ndsu.edu:

1. Full name
2. Professional position
3. E-mail address
4. Phone number
5. What site would you like to attend the workshop?
 - a. Fargo (host site)
 - b. Bismarck
 - c. Minot
 - d. Williston

Seating is limited at the sites so it is important to register early. Also, please note that you must be a CURRENT NDCA member to register for this workshop.

2015 MidWinter and ACA Annual Conference a Success

Looking back at the last couple of months, it truly has been a whirlwind of activity. I want to start off by thanking everyone that was involved and attended 2015 MidWinter Conference. It was great to see everyone there and hearing about your experience. My hope is that you are using something from your experience in your practice today.

From there it was off to ACA's annual conference which was nothing less than spectacular. There are so many great sessions that are available dealing with all sorts of issues. Thinking back to the sessions, one that jumps out right away was one on Minorities, the police and Counselors: A call of Conscience. It was a session in response to the recent events of violence involving minorities and police and had a panel discussing different social issues and a counselors commences and roles in these situations. It was the type of session that you leave with many questions and self-reflection. What is my role as a counselor and as a member of a community when there are social injustices around us, and what roles do our Associations play in these situations as well. This was the first session in what is planned to be a series of discussions that I hope to be able to keep up on.

While at the ACA Conference I was also able to attend several regional and national meeting with some exciting results. The first one I want to share with you was with ACA President Elect Thelma Duffey. She assumes her role as President as of July 1st and is already working on her year. She is promoting counselor's work in the realm bullying or relationship aggression. This is a topic that I know at some point we have all worked with. The request from Dr. Duffey is, think of what you do in this area and highlight it. She is asking that we share this line of work

to help promote ourselves as counselors and the work we do with our clients. So don't be surprised when you get a request to share what you are doing.

Other items from our ACA Midwest region include and individual from our region running for ACA President Elect Elect, Dr. Christopher Roseman, who is our outgoing Governing Council Representative. Keep an eye out for his bio along with the voting procedures. Regionally we will be electing a new Governing Council Representative on the same ballot from two choices: Dr. Mathew Mimms and Dr. Michele Kerulis. Again watch for their bios when the ballots come out from ACA.

Lastly, some more exciting news regionally from ACA Midwest Region, Minnesota was chosen as the location for the 2016 Midwest Region Leadership Conference. Start planning now to attend in Minneapolis in the fall.

Jason Marotzke

NDMHCA Division Report

This year NDMHCA and NDSCA collaborated in hosting the pre-conference at Bismarck Public School's Career Academy Center on Bismarck State College's campus. The speaker was Dr. Ed Jacobs on from West Virginia. He talked about different theoretical approaches and how he incorporates theory into his approach called "Impact Therapy." We had 120 attendees. The evaluations and comments indicated that the audience enjoyed the speaker, the location, and the food provided. We have discussed

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collaborating with NDSCA again next year pending the topic of the conference which has yet to be determined. Our service project this year was Haley's Hope in Fargo that assesses and treats students with dyslexia. They were very appreciative of the donation and stated that it was put towards funds to help students afford services.

A new official was elected this year. Our new President -Elect, Jada Johns. Jada has a private practice in Reeder, ND. Dr. James Korcuska was honored with the Outstanding Mental Health Counselor Award.

At our annual business meeting we discussed bills in the legislature right now and the negative impact that HB 1338 could have on mental health professionals and their clients who are deceased as a result of domestic violence. This bill would make it so that mental health professionals would have to hand those records over to a committee to be reviewed. There are ethical concerns about protecting the client's confidentiality in the event of their death. Law would supersede ethics and mental health professionals would have no choice. We are encouraging members to read the bill and contact their legislative representatives to oppose this bill as it is currently written.

We will be posting more updates on our website (ndmhca.org) and featuring monthly profiles of our board members. We also invite new members or prospective members to attend our annual business meeting to learn more about our organization, meet current members, and learn about leadership opportunities.

Jen Eberle, LPC

NDMHCA President

NDCA Award Recipients

Congratulations to our exemplary individuals honored at the NDCA Mid-Winter Conference! Thank you also to all those who took the time to submit nominations. These awards would not be possible without you honoring your colleagues in this way!

NDCA Graduate Scholarship Awards

Stephanie Pelletier from NDSU

\$1000 Scholarship Recipient

Heidi Fiechtner from MSUM

Silent Auction Recipient

NDSCA Scholarship Recipient

Samantha Goerger

NDACES Supervisor of the Year Award

Debra Boyer

NDMHA Outstanding Mental Health Counselor Award

Dr. James S. Korcuska

NDSCA Award for Counseling Excellence

Ben Franklin Middle School – Fargo

Cheney Middle School – West Fargo

Jamestown High School – Jamestown

NDSCA School Counselor of the Year Awards

Debra Boyer – Aurora Elementary School,
West Fargo Elementary School

Melissa Mickelson – Central High School,
Grand Forks High School

NDCA Outstanding New Professional Award

April Hendrickson – Litchville-Marion and
Gackle-Streeter Public Schools

NDCA Friend of Counseling Award

The "Big 5" of Grand Forks Public Schools:

Jody Thompson, Assistant Superintendent

Terry Brenner, CIAPD Director

Eric Ripley, CTE Director

Kelly Peters, RRHS Associate Principal

Mike LaMoine, J. Nelson Kelly Elementary
Principal

North Dakota College Fairs 2015

Date	Time	Location
Monday 9/14/15	1:00 to 2:30 p.m.	Williston College Fair, Williston State College
Tuesday 9/15/15	9:30 a.m. to 12:00 p.m.	Futurepalooza, Minot State University
Tuesday 9/15/15	1:00 to 3:00 p.m.	Minot College Fair, Minot High School
Wednesday 9/16/15	9:00 to 10:00 a.m.	Bottineau College Fair, Dakota College at Bottineau
Wednesday 9/16/15	1:00 to 2:30 p.m.	Devils Lake College Fair, Lake Region State College
Thursday 9/17/15	9:00 to 10:30 a.m.	Grafton College Fair, Grafton High School
Monday 9/21/15	9:00 to 11:00 a.m.	Bismarck Day Fair, Natl. Energy Center of Excellence, BSC Campus
Monday 9/21/15	12:30 to 2:00 p.m. (MST)	Dickinson College Fair, Biesiot Activities Center, DSU Campus
Monday 9/21/15	6:00 to 7:30 p.m.	Bismarck Night Fair, Natl. Energy Center of Excellence, BSC Campus
Tuesday 9/22/15	9:30 to 10:30 a.m.	Beulah College Fair, Beulah High School
Tuesday 9/22/15	1:30 to 2:30 p.m.	Linton College Fair, Linton High School
Wednesday 9/23/15	9:00 to 10:00 a.m.	Oakes College Fair, Oakes High School
Wednesday 9/23/15	1:00 to 2:30 p.m.	Wahpeton College Fair, Blikre Activities Center, NDSCS campus
Monday 9/28/15	9:00 to 11:00 a.m.	Fargo/Moorhead Day Fair, Scheels Arena
Monday 9/28/15	6:00 to 7:30 p.m.	Fargo/Moorhead Night Fair, Scheels Arena
Tuesday 9/29/15	9:15 to 10:30 a.m.	Jamestown College Fair, Jamestown High School
Tuesday 9/29/15	1:00 to 2:30 p.m.	Valley City College Fair, W.E. Osmon Fieldhouse, VCSU campus
Wednesday 9/30/15	9:30 to 11:00 a.m.	Mayville College Fair, MSU campus

DACAC-ND contact information:

Kaleen Peterson, Executive Director, kaleen.peterson@vcsu.edu

<http://www.dacac.com/nd-home.html>

Youth Employment & Training Program

The Workforce Investment Act (WIA) Youth Employment and Training Program provides youth with a broad range of year-round coordinated services. These services include assistance in academic and occupational learning, development of leadership skills, preparation for further education, additional training, and eventual employment.

The purpose of the WIA Youth Employment & Training program is to:

- ▶ Provide youth seeking assistance in academic and employment success with:
 - Options for improved educational and skill competencies
 - Connections to employers through work experience opportunities
 - Programs that promote youth development and citizenship
 - Leadership development through voluntary community service opportunities
 - Training opportunities

Qualified youth must be:

- ▶ Fourteen through twenty-one years of age; and
 - A low-income individual determined by one of the following criteria;
 - Family income below the poverty line; or seventy percent of the lower living standard income level; or
 - Is a member of a household that received or has been determined eligible to receive food assistance within the last six months; or
 - Receives or is a member of a family that receives cash public assistance payments; or
 - Publicly supported foster child; or
 - Homeless; or

- Individual with a disability that can be considered as a family of one; and
- ▶ Be one or more of the following:
 - Deficient in basic literacy skills
 - A school dropout
 - Homeless, a runaway, or a foster child
 - Pregnant or a parent
 - An offender; or
 - An individual (including a youth with a disability) who requires additional assistance to complete an educational program, or to secure and hold employment

Youth Employment and Training Program activities included are:

- ▶ Tutoring, study skills training, and instruction leading to secondary school completion
- ▶ Alternative secondary school offerings
- ▶ Summer employment opportunities directly linked to academic and occupational learning
- ▶ Paid and unpaid work experiences, internships, and job shadowing
- ▶ Occupational skill training
- ▶ Leadership development opportunities
- ▶ Adult mentoring;
- ▶ Comprehensive guidance and counseling

JOB SERVICE LOCATIONS IN NORTH DAKOTA ARE LISTED ON THE NEXT PAGE.

Job Service Locations In North Dakota

Beulah
119 E Main St
Beulah, ND 58523
Ph: 701-873-5607

Harvey
119 9th St W
Harvey, ND 58341
Ph: 701-324-4552

Wahpeton
524 2nd Ave N
Wahpeton, ND 58075
Ph: 701-671-1550

Bismarck
1601 E Century Ave
Bismarck, ND 58503
Ph: 701-328-5000

Jamestown
1307 12th Ave NE, Ste 3
Jamestown, ND 58401
Ph: 701-253-6200

Williston
422 1st Ave W
Williston, ND 58801
Ph: 701-774-7900

Devils Lake
301 College Dr S
Devils Lake, ND 58301
Ph: 701-662-9300

Minot
3416 N Broadway
Minot, ND 58703
Ph: 701-857-7500

TTY Relay ND
800-366-6888
7-1-1

Dickinson
66 Osborn Dr
Dickinson, ND 58601
Ph: 701-227-3100

New Town
204 Main St, Ste 2
New Town, ND 58763
Ph: 701-627-4390

Fargo
1350 32nd St S
Fargo, ND 58103
Ph: 701-239-7300

Oakes
924 S 7th St
Oakes, ND 58474
Ph: 701-742-2546

Grafton
927 12th St W
Grafton, ND 58237
Ph: 701-352-4450

Rolla
103 E Main Ave
Rolla, ND 58367
Ph: 701-477-5631

Grand Forks
1501 28th Ave S
Grand Forks, ND 58201
Ph: 701-795-3700

Valley City
325 2nd St NW
Valley City, ND 58072
Ph: 701-845-8860