



Focus on NDCA

what's inside

Happy Birthday to the NDCA

**NDCA Professional
Organization for all
Counselors**

Skill Smart and Work Start

Notice of Annual Meeting

**Midwest Region 2016
Leadership Institute**

**Greetings From The ND
Mental Health Institute**

Come Celebrate 60 Years

Silent Auction

NDCA Award Nominations

**2017 Pre Conference
Workshops**

**Potential 2017 Breakout
Session Titles**

Happy Birthday to the NDCA!

Happy Birthday to the ND Counseling Association! I am so excited to Celebrate 60 years of the Many Facets of Counseling at our Midwinter Conference in February. Jean Baird has worked so hard in creating such a great celebration. The conference is such a great opportunity to learn newest information in counseling along with connecting with your peers. Make sure to register today, conference registration has been mailed to members or make sure to look at our website ndcounseling.org for the registration. While looking for your registration to the conference, don't forget to sign up for membership for the upcoming year.

I am excited as we look forward to our next 60 years of counseling in the state. I have had the pleasure to meet so many of our graduate students in the state this past fall. Their enthusiasm for counseling is so contagious and reminds me of why I started counseling so long ago. The future of counseling is strong in the state after meeting the students and faculty throughout the state.

Make sure to frequently check our website for information on the conference along with association information.

Hope to see everyone in February.

Stacey Meehl, PsyD, LPCC

NDCA Professional Organization for all Counselors

As counselors, there are multiple professional organizations to be affiliated with, leaving us potentially association poor. However, I would like to point out some of the benefits of belonging to the North Dakota Counseling Association at various points in your career.

Graduate Students: NDCA offers reduced membership price while you are completing your degree. As a student member, you are also eligible for one of two scholarships.

Beginning Counselors: NDCA connects you to mentors who can provide insight into how to be an effective counselor, provide support, as well as navigating the nuances of the field.

Seasoned Counselors: NDCA provides networking with people from across the state and divisions, giving you the opportunity to stay up-to-date with counseling trends.

For all: NDCA sponsors annual professional

development with the Mid-Winter Conference. Networking is also an important benefit of membership, leading to possible job opportunities and valuable counseling tips and ideas. NDCA also publishes FOCUS, a newsletter, containing articles and events. Finally, membership in NDCA provides you with access to all of its divisions: North Dakota School Counseling Association (NDSCA), North Dakota Career Development Association (NDCDA), North Dakota Mental Health Counselor's Association (NDMHCA), North Dakota Employment Counselor's Association (NDECA), and North Dakota Association of Counselor Educator Supervisors (NDACES).

With all of these benefits, I hope you seriously consider the North Dakota Counseling Association when deciding which professional organizations to join.

Kelly Pierce, President Elect

Skill Smart and Work Start

Community Options has two Brain Injury programs: Skill Smart and Work Start. The Skill Smart program is the first step in the vocational continuum of care for an individual with a brain injury. The purpose of the Skill Smart Program is to assist an individual to build skills while reintegrating them into the community. This program develops and builds on skills such as: stamina, social skills, confidence, communication, following instructions, appearance and time management. The ultimate goal is for an individual to develop pre-vocational skills in a volunteer setting to get them ready to re-enter the work force.

After an individual completes the first step in the vocational continuum of care, the Skill Smart program, then they move to the second step which is the Work Start program. The purpose of the

Work Start program is to assist an individual to re-enter the work force. The individual will work with a Community Options Employment Specialist to find, secure, and maintain employment. This program includes services such as: resume writing, application submission, interview assistance, job placement, on/off site coaching, and accommodation recommendations. The Work Start Program allows the individual to work in a competitive job, receive job supports and earn a pay check without the concern of time limits.

The best customer for the Skill Smart/Work Start program is someone who has the goal to re-enter the workforce. Also, the individual must be willing to participate in the program, be over the age of 18 and no longer in school, and meet North Dakota's mandated definition of a Brain Injury.

Midwest Region 2016 Leadership Institute

North Dakota was well represented at the Midwest Region 2016 Leadership Institute on October 14-16, 2016 at the University of St. Thomas in downtown Minneapolis, Minnesota. Attending the conference were Jean Baird (NDCA President-Elect), Kelly Pierce (NDCA President-Elect), Alison Orgaard (NDCDA President), Becky Meidlinger (NDSCA President-Elect-Elect), and student emerging leaders: Lynsey Morrell (NDCA Student Rep), Lindsay Severinson & Dariouse Gravely. Also attending from ND was Jason Marotzke (ACA Midwest Past President/Treasurer).

The Keynote Session was “Transformative Leadership through Mindfulness Practice” presented by Dr. William Brendel. His message highlighted how counselors are natural leaders

since characteristics of both overlap extensively. Breakout sessions included information on cultivating leadership, running effective meetings, motivating volunteers, using tech tools, generating non-dues revenue, event planning, fiduciary responsibility, legislative advocacy, tips for branch presidents, growing membership (and keeping them), bylaws, and topped off by a session on wellness and self-care for leaders.

Participants enjoyed sessions as well as networking with other participants from North Dakota and other Midwest states. The participants would like to thank the North Dakota Counseling Association for the opportunity to attend and gather more information to help lead North Dakota counselors into the future.

Greetings From The ND Mental Health Counselors

This can be an exciting time of year for many of us because the weather and the leaves are changing, the holidays are sneaking upon us and family and friends are planning visits. BUT . . . there are many of us who do not have family and friends coming to visit, the holidays are a painful time and the colder, shorter days mean an increase of depression and isolation. I challenge all of you as care providers, to not assume everyone has wonderful feelings about the holidays, and be able to ask how others are doing during this season and offer help in any way you can to those who are suffering and lonely.

Take the time to notice where you can make a difference and make time to take care of yourself. Are you providing self care? Are you able to laugh and have fun? Are you someone that others want

to be around? Make “mindfulness” part of your daily routine and you are increasing your odds of having a less stressful holiday season.

I also want to reach out to all of those professionals in the state who are required to get those pesky Ethics CEU’s annually or biennially. The NDMHCA has been working hard on putting together a pre conference that is an interactive and group atmosphere, with Dr. Erin Klingenberg (NDCA Ethics Chair) as our presenter, the afternoon before the opening of the conference. This way your travel day can be used to grab a few more CEU’s! Look for more information that was recently mailed to all NDCA members.

I do wish you all a wonderful Holiday Season. If you ever have questions about our division, or desire to be part of it, please do not hesitate to ask.

Jada Hofland, President

Come Celebrate 60 Years

The North Dakota Counseling Association is 60 years old! What better way is there to celebrate than to gather and celebrate counseling! We have some special events for you!!

Education

We have guests coming to share their expertise with North Dakota! Sam Gladding will be here to share a myriad of experience and knowledge. His keynote will be on Creativity in Counseling. We have two other guests visiting us from the American Counseling Association: Richard Yep and David Kaplan. Dr. Kaplan will give a keynote session on ethics in counseling with an optional breakout sessions. Mr. Yep will share his experience with us on current legislation and events that have affected counselors in our state and throughout the nation.

In addition to our keynote speakers, we have a wide variety of breakout sessions that will appeal to counselors in all areas of practice (private practice and school counselors). Graduate credit and Continuing Education Units will be available for those who attend the Saturday Pre-Conference in addition to the Conference

Celebrate Accomplishments & Network

This year we will celebrate our accomplishments and present our awards on Sunday evening at a banquet! It will be a wonderful time to celebrate, network with new colleagues and renew relationships with counseling friends!

We will also have NDCA clothing for sale to celebrate counseling with our new logo! Watch our website for more information on how to order these shirts.

Renewal & Fun

Midwinter Conference is a fantastic time to renew your spirit in the throes of winter and the middle of the school year. It can give you that boost of energy that will push you forward through until Spring and the beautiful weather of the upper Midwest! We're also planning to give away 60 door prizes to celebrate our 60 years!!

So plan to attend to educate, network and renew.....

Don't miss the celebration!

February 12-14, 2017

Radisson Hotel in Bismarck

Notice Of Annual Meeting

*Of the NORTH DAKOTA
COUNSELING ASSOCIATION
Tuesday, February 14, 2017
10:00 a.m.*

*Radisson Hotel, Bismarck, ND
Proposed by laws will be voted upon*

BRING AN ITEM FOR THE SILENT AUCTION

**The Proceeds go towards
our Graduate Student
Scholarship**

*You can turn the item in
at the registration table*

NDCA Award Nominations

It is time to nominate! Is there someone you admire for their processes, techniques, ideas, or actions? Please show them by nominating them for a NDCA award! We love to present awards to those who excel in their field.

The criteria and guidelines for each award and the submission forms listed below are located on our webpage: www.ndcounseling.org under Awards.

Glenn Dolan Award – An individual who has demonstrated able leadership, excellent rapport and service to the community, outstanding contributions to their organization

Innovations Award – An individual who has made innovative contributions in research or published articles in the field of counseling

Friend of Counseling Award – An individual who has demonstrated support for counseling in the state of North Dakota through his/her profession

Outstanding New Professional Award – An individual who has developed an outstanding program and demonstrates exceptional interpersonal skills

Member Emeritus Award – for NDCA members who have retired

Please submit award nominations by November 30, 2016 to: Rebecca Ringham, Minot State University, Registrar's Office, 500 University Ave W, Minot, ND 58707 or Fax: 701-858-3386 or Email: rebecca.ringham@minotstateu.edu

Rebecca Ringham

2017 Pre Conference Workshops To Be Held

Two separate divisions are sponsoring pre conference workshops in Bismarck on Saturday, February 11, 2017. The registration for these pre conference workshops is included on the regular NDCA conference registration form. A mailing was sent out October 24th with paper conference registration forms and the 2017 membership application. These can also be taken care of online at – www.ndcounseling.org.

SOLUTION-FOCUSED COUNSELING IN SCHOOLS, sponsored by NDSCA

8:00 a.m. – 3:45 p.m.; Bismarck Career Academy, 1221 College Drive

8:00 a.m. Check in and light breakfast

8:30 -3:30 Speaker

3:30 – 3:45 Evaluation and Wrap-up

Lunch is included in registration cost.

NDSCA member, before 1/15/17 \$50.00

NDSCA member, after 1/15/17	\$60.00
Non member, before 1/15/17	\$70.00
Non member, after 1/15/17	\$80.00

This workshop focuses on practical, solution-oriented techniques that are easily implemented in the time-conscious school environment. Through the use of humor and energetic teaching, the presenter introduces participants to an efficient model of counseling designed to move students toward positive change.

Learn to use language and a “yes-set” vocabulary to enhance student success

Identify achievable student goals

Enable students to identify their own solutions and facilitate change

Immediately implement flexible solutions-focused techniques

Maximize the effectiveness of single counseling sessions

Presenter: Dr. Paul E. Barnes, is a counselor educator at the University of Nebraska – Omaha

LEGAL AND ETHICAL ISSUES FOR PROFESSIONAL COUNSELORS AND MENTAL HEALTH PROVIDERS, sponsored by NDMHCA

1:00 – 4:00 p.m. at the Radisson Hotel, 605 E. Broadway Ave., Bismarck – light snack and beverage included in registration fee; approved for 3 CEU’s by NDBCE

Before January 1, 2017 –

Cost: 2017 current NDCA Members	\$40.00
2017 current Graduate Student Members	\$25.00
Non NDCA Members	\$50.00
After January 1, 2017 – everyone pays	\$60.00

Mandatory ethics, aspirational ethics and virtues ethics are all types of ethics that will be discussed. What are the differences among these types of ethics? What are the responsibilities of professional counselors and mental health providers? What are the limits of Code of Ethics? Which Code of Ethics must one follow?

Director of Models to determine Ethical Behavior will be discussed. What is Boundary Crossing versus Boundary Violations? How can one determine the limits within practice? What does ethics say (if anything) about text messages and/or emails? How is burn-out prevented and still maintain ethical behavior? How do ethics and legal situations enter into our practices?

Overview of types of ethics will be covered. Understanding and handling legal and ethical involvement will be discussed. Presentation will include cornerstone of ethical practices, office policies, boundaries, interaction between attendees will be encouraged; bring ethical or legal dilemmas that you would like to discuss (ethically of course) and receive input to resolve the dilemma.

Presenter: Erin D. Klingenberg, PhD, LPCC, NCC. Dr. Klingenberg is currently the Director of Counseling Services and Psychology Professor at Valley City State University. Klingenberg has served as NDCA Ethics Chair since 2004.

Potential 2017 Breakout Session Titles

The Nicotine Trap

Dual Credit and All the Changes

Career Guidance and Relevance of Career & Technical Education for YOUR Students

Engaging Parents in Career Development

Working with Transgender Youth

Raising the Bar: Critical New Concepts in the 2014 ACA Code of Ethics

Avoiding Death by Powerpoint

Healthy Aging Survival Kit

Secondary School Counseling Learn and Share

Remind and Smore Apps to promote Public Relations within your school counseling program

An Overview of the Revised 2016 ASCA Ethical Standards for School Counselors

Getting Down to the Nitty Gritty: Grit and the Cultivation of a Growth Mindset in the Counseling Profession

3 Cheers for Motivational Interviewing

Behavioral Health Integration in a Community Health Center: A Tale of Two Specialties

Advocacy, Action and Your Tax Dollars

Educating Parents: Effectively Communicating Life-After-High School Options

Applying for US Military Academies

Screening, Service Planning and Referral SSPR Behavioral Health Provider Location Tool

Making High School Count: AP/Dual Credit and Articulation in the Southwest Region

Student Success Skills: The Effects of a School Counselor Led Intervention on Student Achievement and Social-Emotional Outcomes

Career Advising for the Information Technology Cluster

Dream It, Do It North Dakota

Improving School Climate and Connectedness: The Role of School Counselors

Because Happiness Brings Results

Families and Schools Collaborating Together in the Event of a Student Death

Using Books in Counseling to Help Children Learn and Succeed

Sandtray Counseling with Children and Teens

Working with Teens who Self Injure

Vulnerability and Empathy within the Counseling Relationship

Food for the Soul: Addressing Existential Themes through Creative Interventions

Connecting students and Professionals with Video

Potential 2017 Breakout Session Titles

Best Practices in the Use of Suicide Risk Assessments

What is the North Dakota School Counseling Association and How Can it Help You

Learning from the Best: Why National Conferences are so important to your Development as a Counselor

Using Technology in School Counseling: A new approach to help and reach our students

The Toolbox Approach to Counseling Theories for School Counselors

Assessing and Relaying Student Needs in a Secondary Setting

High School Classroom Guidance: Fun and Informative Ideas to Engage your Students

Planned Happenstance: How to Make the Most Out of Unplanned Life Events

A Solution-Focused Approach to Identifying and Working with Students who Experience Suicide Ideation

Positive CBT: The Infusion of Positive Psychology & the Solution-Focused Brief Therapy into a Traditional Approach

Sexual Offender Stigma and Treatment

Basic Drug ID and Street Trends

Using Your ACT Data and Services for College and Career Counseling

Creating Your Counseling Website

Psychosis 101 – My Most Difficult Course

Leaving a Lasting Legacy: Mutual Respect, Mutual Responsibility

Working with Marginalized Populations in Military Families

Social Media and Career Exploration: Creating a Virtual Career Portfolio

Entitlementality & How to Teach Against It

Feeling Drained? How to Beat the Burnout & Make Work Fun Again

How to be the Type of Counselor that Changes Lives

Creativity for a Better World

The Real Causes of Apathy & Procrastination & How to Beat Them

Best Practices in Clinical Supervision

Watch D.O.G.S. (Dads of Great Students)

Tips and Tricks in Office 365

These are the break out sessions that have been turned in, but the selection of which sessions will be selected has not taken place as of yet.