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Living Legends in Counseling

Jennifer Lunde, NDCA President

As part of my duties as President of NDCA, I had the opportunity to attend the ACA Conference in Honolulu, Hawaii. It certainly seems more like a privilege than a duty, and honestly it was a privilege for again I was amongst the greats in counseling. My previous conferences I attended, I was thrilled for the opportunity to attend sessions with Yalom, Corey, and Ivey and because of my fascination with them I was anxious to have the prospect to be in



their presence again. The education session was "Living Legends in Counseling: Personal Development and Professional Wisdom" with prominent authors, theoreticians, and practitioners including Jon Carlson, Jeffrey A. Kottler, Howard Kirschenbaum, Gerald

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Corey, Debbie Joffe Ellis, Robert E. Wubbolding, and Marchetta Evans. It promised to be an intimate, revealing, honest and provocative discussion where our guests “walk their talk” and practice in their personal lives what they teach others.

My time spent with them was well worth it and confirmed why they are legends and why we are in the profession of counseling. The first question was “What’s your legacy you hope to be remembered for?” Corey used comedy to answer this question and revealed he is just glad he is a living legacy vs a dead one. Debbie Ellis was so very passionate about her work in REBT and had said she does her best to do no harm, contribute positively, and practice what she preaches. Bob quoted Cousins “lighten the burden of another human being” and to make a difference in someone’s life. Howie wanted to be remembered for promoting Carl Rogers ... person centered, unconditional positive regard, congruence, empathy, the relationship.



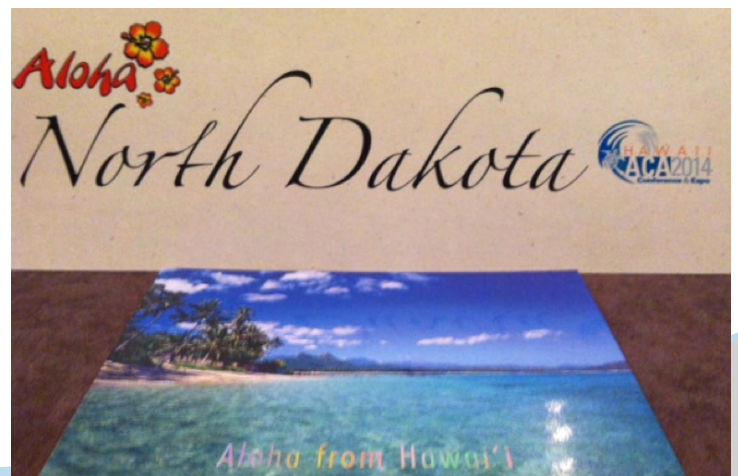
And my personal favorite...Jeffrey Kottler thought he would be remembered for talking about the forbidden, the power of relationships, and his personal motive to understand. He went on to encourage us to find our own voice.

The other question I found much edification

in was “What advice do you have for students in counseling?” Kottler again referred to finding your own voice and to stop imitating or mimicking ... interesting as Kottler was voicing this, the rest of the panel was nodding and interjecting how important it was to find what theories, techniques, etc. fit for you, BUT to make them your own and find your own voice. Again similar to Kottler, Howie’s advice was to trust your instincts and learn to trust ourselves. Bob used the analogy of a basketball game, and how we are a member of a team and to focus on the positive teammates and cheering and not the 5 negative opponents against you. Debbie encouraged us to help people help themselves and to look for ways to give hope to our clients ... be with, listen, and feel with our clients. Corey was adamant we take care of ourselves and do our own work, including taking care of our own demons. He encouraged us to find our passions and dream the impossible dream.

I found it so interesting that all of the legends in counseling were still so unpretentious and felt they yet had so much to learn and work to do. Their years and years of experience had built a wealth of knowledge and expertise and still were so very humble.

I want to thank you for the opportunity to serve you as president and I hope I can do as much justice to the profession of counseling as our living legends have.



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. Stephen Wonderlich from Fargo, ND. He talked about the effects of trauma and its relation to eating disorders and self-injurious behavior. We had 116 attendees. The evaluations and comments indicated that the audience enjoyed the speaker and the new location. We have discussed collaborating with NDSCA again next year pending the topic of the conference which has yet to be determined. Our service project this year was the Treatment Collaborative for Traumatize Youth.

Our new officers elected this year include our new President -Elect, Rebecca Salinas; Awards and Silent Auction, Dan Sturgill; and Member at Large is Geraldine Cariveau. Gaylynn Becker was honored with the Outstanding Mental Health Counselor Award.

At our annual luncheon we discussed strategic planning to lobby Medicare reimbursement for mental health counselors and more employment opportunities at VA hospitals to our state representatives. It is important that our counselors in rural areas are able to bill Medicare and Medicaid to address the needs of the elderly and poor populations in rural communities where licensed clinical counselors may be the only mental health provider in that community. We also discussed how to increase membership. To attract more members, we will be trying to reach out through our website, social media, and talking with potential members about the benefits of being involved in their state professional organizations. 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 luncheon to learn more about our organization, meet current members, and learn about leadership opportunities.

*Jen Eberle, LPC
NDMHCA President*

What Do People Want Most In Their Jobs?

1. Recognition for a job well done
2. A healthy work environment
3. Meaningful work
4. Responsibility
5. Accountability
6. Equitable compensation
7. The chance to learn
8. The opportunity to do great work
9. Understanding
10. The chance to work with interesting, motivated, and responsible people whose personal and professional goals are in line with yours! www.prairiebizmag.com

Pam Schorsch-ND Employment Counselors Association

Staying Positively Positive

Happy Spring! Ok, so as this article title says, I'm trying to be positive. Spring will come eventually...I promise.

Another NDCA MidWinter Conference has come and gone, filled with wonderful speakers and enjoyable networking experiences. I take away many gems from each conference, and one of those gems sticking with me this year is the keynote presentation by Dr. Wicks. His message was full of insights as to what we should be doing on a daily basis to keep ourselves whole, resilient, and healthy. It made me think of how easy it is for negative thoughts to creep in and take over, especially during our long, hard winters. As counselors, we know what to do to combat negative or irrational thinking. But do we always practice what we preach?

Growing up in the Midwest, I was always taught that being humble is a virtue. But how many of us hear humble and have decided that means we can never accept a compliment and must be self-deprecating on a daily basis, or we may *gasp* become too proud? What happens after years of hearing ourselves and others remind us to "not get a big head"? We develop negative thinking patterns that lead to feeling anxious, depressed, and critical of ourselves. As we all know, our thoughts and beliefs about ourselves are directly tied to our feelings. So if we think negatively about ourselves, how do we expect to have a positive attitude toward our own ability to be happy, healthy, and successful?

We all struggle with irrational beliefs. Some of us create these negative thoughts as a protective measure, such as catastrophizing – seeing only the worst possible outcome of a situation. I often hear people say, "If I expect the worst, then I am prepared." However, the problem comes with the idea of a self-fulfilling prophecy. If we go into a situation expecting to worst, we often don't put forth our best, and therefore skew the results.

Then we can say, "See, I told you so." But who wins in this scenario?

Developing a positive attitude toward yourself and the world around you comes through challenging the negative thought patterns you have developed over the years and accepting the positive messages that others send your way. When you are thinking negative thoughts about yourself, stop and ask yourself, "Would I say this to a close friend who was a lot like me and had a similar problem?" Another helpful technique is to do a cost-benefit analysis by asking, "How will it help me to believe this negative thought and how will it hurt me?" I often ask clients how worry helps them to change a situation. The answer is often, "It doesn't." But worry can cause a lot of hurt, waste time and energy, and negatively impact your relationships.

Why are we so hard on ourselves? Many of us show compassion to others every day, but if we make one misstep, we find it hard to show ourselves compassion. As Kristin Neff, author of the book "Self-Compassion", writes, "Who ever said you were supposed to be perfect?...Having compassion for yourself means that you honor and accept your humanness. Things will not always go the way you want them to. You will encounter frustrations, losses will occur, you will make mistakes... This is the human condition, a reality shared by all of us. The more you open your heart to this reality instead of constantly fighting against it, the more you will be able to feel compassion for yourself and all your fellow humans in the experience of life."

So give yourself a break. And when it's really hard to love yourself, look into the eyes of someone who does love you and try to see all the good that they see in you. And remember... summer is just around the corner!

*Anna J. Thompson, MS, NCC, LPCC
NDCA President-Elect*

NDSCA Website Update

I was wondering when I was going to find ten minutes to sit down and get something together for this issue of the FOCUS and much to my dismay, with Spring seeming to be MIA, I am stuck inside and so figured I would give a general update on how the NDSCA website. I am currently finishing out my first year as the Interactive Technologist who is in charge of maintain updates on the website and with all the wonderful help and support from the other NDSCA board members along with our website creator, Mike, I am slowly becoming comfortable with the position, learning as I go.

The website, as I have searched it too many times to count in the last year, holds great information for anyone to check out and use. Some of my favorites are: a calendar that may tell of important and upcoming events, a resources page where one can find the counseling curriculum standards along with lesson plan ideas and activities, links to other sites that are useful to counselors, various award nomination forms (Outstanding Counselor Award, ACE Award and Essay Contest Application), information about the history of NDSCA along with the current governing board members, information on how to join NDSCA or to order NDSCA clothing apparel and much more if one just takes the time to look.

A few things to look forward to in the near future (hopefully summer of 2014) would be listings for professional development and counselor job openings under the resources page. Also, making the list for school counselor mentors available to all members. I would like to be able to add all paid NDSCA members into the database so that they can have access to additional perks on the website (which are still to be determined). I think it would be fun to have a “What’s Happening” or

scrapbook page on the website so we can share with members special events or fun activities that will be or have already taken place.

So, if you haven’t checked out www.ndsca.org just yet, please take 5 minutes and do so. Don’t forget our FaceBook page either, so find us at “North Dakota School Counselor Association”!

Best wishes to everyone for a wonderful rest of the 2013-2014 school year!

Jacky Boyeff

NDSCA Interactive Technologist

Participate In A Research Study

Genevieve Covert is a substance abuse counselor at Chestnut Health Systems and a graduate student at Illinois State University in the Clinical-Counseling Psychology Masters program. She is working on a thesis research project and is hoping that NDCA members will participate in an online survey exploring career interests among professionals in the field. This research is approved by Illinois State University’s Institutional Review Board (IRB) 2014-0037 and is under the direction of Dr. Jeffrey Kahn.

The survey is designed to take as little time as possible. After completing this questionnaire you will have the option of entering your name into a raffle prize to win a \$25 gift card. If you have any questions, address them to gacovert@chestnut.org.

To take the survey, go to the following link: <https://survey.lilt.ilstu.edu/TakeSurvey.aspx?SurveyID=m84H7n4Kpp>

How To Educate Your Clients On Managing Their Fears

As a published author of a popular managing fear book, I have struggled with fear and anxiety for over 20 years. In that time, I was always on the lookout for helpful information in regards to finding the answers to my fears. Here are a few tips on what counselors can look for in helping their clients find useful information in managing their fears and mental health issues:

1. **Quick Reads are Best** – Many people have hectic schedules and do not have time to read a 300 page book on managing their fears and anxieties. Always look for material that will not overwhelm your clients.

2. **Non-technical Information Works Best** – The everyday person does not understand the technical jargon that many counselors use in writing their books. Always look for information that your clients can easily read and understand.

3. **Price is Important** – Many people work two jobs nowadays and many can't afford anything that is expensive. Make sure that the informational

resources you provide to your clients can match their everyday price range.

4. **Give Your Clients Many Options** – What works for one person may not work for another. Always look for information for your clients that provides many different techniques in how to deal with fear and anxiety. This will increase your client's success in getting the results they need.

5. **Let Your Clients Decide** – Many professionals may see something that could be useful but because it doesn't match his or her high standards, a professional may disregard that information.

Let your clients make the choice of what they want to use. Always relate to your client's needs.

These are just some of the ways in how to help your clients find the information they need in managing their fears. Always be persistent in finding additional ways to help your clients.

www.managingfear.com

Stan Popovich

CONGRATULATIONS!

*Congratulations to Jason Marotzke
for being elected ACA Midwest
Region Chair Elect!*

North Dakota Counseling Association Scholarship Recipients

Graduate Scholarship Recipient Stephanie Gramlow North Dakota State University

Our graduate scholarship recipient is Stephanie Gramlow. Stephanie grew up in Fullerton, North Dakota and attended Oakes High School. After graduating from high school, she attended NDSU and earned a Bachelor of Science Degree in Human Development and Family Science. Stephanie is currently working toward completing a Master of Education Degree in Clinical Mental Health Counseling at NDSU.

Throughout her undergraduate and graduate work, Stephanie has worked in childcare, has had volunteer and internship opportunities with Hospice of the Red River Valley and Altru's Hospice Camp Good Mourning and has been a graduate assistant for the Service Learning and Civic Engagement Department at NDSU. Stephanie is currently working as a Counseling Intern at Concordia College in Moorhead.

Stephanie's interest in working in the helping profession, guidance from mentors, and her own experiences has brought her to the point of completing her graduate training this coming May.

Stephanie is very thankful for an incredibly supportive family through her journey to becoming a counselor. She enjoys time in the fall sitting in a tree stand with her compound bow while mostly observing nature, target shooting and watching Bison football. Stephanie expressed appreciation of being awarded this scholarship and wants to thank everyone who contributed to this scholarship.

Stephanie's advisor is Dr. Brenda Hall at NDSU's Counseling Program.

Silent Auction Scholarship Recipient Justus Foss Minnesota State University – Moorhead

Our silent auction scholarship recipient is Justus Foss. Justus was born, raised, and educated in Fargo graduating from high school at Fargo South, then earning a Bachelor of Arts Degree in Psychology from Concordia College in Moorhead, and is currently working to complete a Master of Science Degree in School Counseling from MSU-M.

Justus has worked or had internships in a variety of setting during his undergraduate and graduate years. Justus has worked as a psychological technician at Prairie St. John's and has had an internship with a Fargo psychologist. He has also been kept busy providing private lessons to soccer players as well as head coaching numerous soccer teams. Currently, Justus is completing a school counseling internship at Davies High School and Discovery Middle School in Fargo.

Justus was drawn to the area of counseling as a result of wanting to provide a service to the individuals of his community. He is very aware of the love and support from his mom, dad, brother, and two sisters throughout his educational endeavors.

Justus is a proponent and diehard broomball player. Athletics seem to come naturally to him, as in high school and college, he won awards for his involvement in sports.

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

NDCA Award Recipients

Congratulations to these extraordinary individuals who were honored at the 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 Gramlow

\$1000 Scholarship Recipient

Justus Foss

Silent Auction Recipient

Outstanding Mental Health Counselor Award

Gaylynn Becker

School Counselor of the Year Awards

Stacey Eskelson – Rickard Elementary School, Williston Elementary School

Melissa Wahlin – Horizon Middle School, Bismarck Middle School

Dolores Manson – Maple Valley High School, Tower City High School

Counseling Practice Survey

The Association for Assessment and Research in Counseling (AARC), a division of the American Counseling Association, would like to hear from you about your counseling practice in North Dakota. They are interested in learning how North Dakota counselors collect and analyze information in their practice, such as through client satisfaction surveys, program evaluation, student observations and outcome measures, client/student feedback, utilization patterns, and demographic trends, among other things. AARC's object is to use this information to guide them in creating support services for counselors here and across the nation.

To that end, they have designed a short 20-minute survey which can be accessed at this web address:

<https://www.surveymonkey.com/s/AARCNeedsAssessment>

Following data collection, AARC has offered to share aggregate results (no personal information will be included) with our members so that we can see patterns of North Dakota counseling practice as they compare to national trends.

Christina Hamme Peterson, PsyD

Supervision Basics

Have you recently been approached to supervise a mental health counseling or a school counseling trainee? Being approached to supervise the work of an aspiring professional can be both flattering and a bit daunting. If you are a first-time supervisor, or if you are looking for a few helpful hints, we hope the information below will help will make your transition into becoming a supervisor a bit easier.

A supervisory contract is necessary. This contract can aid in developing and maintaining an effective supervisory relationship. Obsorn and Davis (1996) have a good template for this. A contract includes scheduling regular meetings and a location. A chief complaint among supervisees is inconsistent supervision meetings. If the supervision involves a university that the student is attending, make sure that you have a contract with them as well.

Supervision is professional development. Supervision is more than listening to what occurred during sessions, providing feedback, and signing notes if appropriate. What often can get overlooked is assisting the supervisee as she develops and strengthens her conceptualization, assessment, and intervention skills. This is professional development. A supervisory record form is a good idea, for you and the supervisee. Supervision forms allow supervisees a way to prepare prior to supervision. A supervisory record form covers client related issues such clinical issues and case management issues. These forms should be simple to complete. Falvey, Caldwell, and Cohen (2001) have a helpful book on documentation in supervision (Documentation in Supervision: The Focused Risk Management Supervision System (FoRMSS)).

Evaluation is a part of supervision. While your primary goal is to assist your supervisee in the areas of training and professional development, evaluating various competencies is important for the supervisee's growth and for protecting future clients and students, something that is of the utmost importance. Bernarnd and Goodyear (2014), as well as Falvey, Caldwell, and Cohen (2001) have examples of evaluation forms. If you are working with a university, it is likely they will have their own forms.

This article was written by Dr. Kathleen Tillman (University of North Dakota) and Dr. James Korcuska (North Dakota State University) and was submitted on behalf of NDACES.

Research Request

Are you currently pursuing licensure in your state? Do you wish to share your experiences with others? If so, you are invited to complete a brief survey for a study I am conducting entitled, "Supervised experience requirements for professional counseling licensure: A survey of recent graduates". I want to explore the positive and negative aspects of individuals pursuing full licensure in their respected states. The survey will consist of approximately 28 questions and it should take approximately 15-25 minutes to complete. Questions will ask about a myriad of issues including supervision, emotional experiences, financial costs, and the process of obtaining direct hours. All information will be kept confidential. Participants have the option of being entered into a raffle to receive a \$50 Visa

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Gift Card. If you choose to be in the raffle you will be asked to provide an email address which will remain private and secure. Additionally, you will have the option to be contacted by one of the researchers for a follow-up live interview. This is not mandatory and your decision to opt-in for the interview will have no impact on your standing in this study, your relationship with the researchers, or your odds of winning the gift card.

Your participation is voluntary and you may withdraw from this study at any time with no penalty. If you have additional questions please contact Tyler Wilkinson at tyler.wilkinson@iup.edu.

https://iup.qualtrics.com/SE/?SID=SV_0V7jGZCRDKMaOwR

How To Run Meetings People Actually Want To Attend

“How to Run Meetings People Actually Want to Attend” was the focus of the Midwest Summit in Chicago. I had the opportunity to attend the seminar by a speaker, Dr. Sherene McHenry, we have had for one of our pre conference workshops at mid winter. I am hoping to effectively be able to put her strategies to use as I enter into the President position for NDSCA. If any or all of you have ever sat in meetings and it seemed like the wheel was being reinvented or things were just spinning and nothing productive was happening, Dr. McHenry had excellent strategies. I won't go in depth with all she presented, but give key points:

*Distribute tight, achievable agendas in advance

*Don't speak over chatting members, wait for their attention

*Set the tone: “I'm committed to not waiting your time, so I am going to work hard to keep things moving.”

*Stay on task!

*Use group skills to cut off Dominators some suggestions looked like:

“In two sentences, what would you like the group to remember?”

“And the action you'd like us to take is?”

*Encourage introverts to add to meeting by maybe saying:

“Let's hear from the rest of you.”

“I see several of you nodding.”

“Those of you who perhaps haven't shared, what do you all think might be the best course of action?”

Dr. McHenry also shared her book, Pick Choose to Create a Life You Love! If you are needing an energizer or a quick pick me up especially before the next school year starts, I highly recommend this book. Using her own life experience and coping strategies, she effectively uses great analogies in that we do have choices and picking positive healthier ones encourages us to pursue a life of peace, purpose and passion in our dedication to helping others.

Perhaps we will get the pleasure of Dr. Sherene McHenry to present once again at one of our mid winter conferences. I look forward to taking on the new position and I know with the team of counselors I have the honor and privilege to work along side in the great state of ND we will enrich our association.

Norma E. Theis
Elementary Guidance Counselor

What NOT To Say At An Interview

- I am not wanted in this state.
- How many pretty, young women work here?
- The resolution to the problem was that we were both fired.
- I would be a great asset to the events team because I like to party all the time.
- Cross dressing is not a problem, is it?
- What do you want me to do if it is raining and I can't walk to work? Will you pick me up?
- Can we wrap this up fairly quickly? I have some place I need to be.
- If this doesn't work out, can I call you sometime to go out?
- How big are the bonuses once I get through the probation period? I hear it is some serious cash.
- If you offer me this job, how long do I have before I have to take the drug test?
- When you do background checks on applicants, do things like public drunkenness arrest show up?
- I was fired from my last job because they were forcing me to attend anger management classes.
- My parents told me to get a job so that's why I am here.
- My boss didn't like me so one day I just left and here I am!
- I am really not a big learner, you know. I would much rather work at a place where the job is pretty stagnant and doesn't change a lot.
- You should probably know that I mud wrestle on the weekends.
- I will have to check with my Mom to see when I could start.
- Well, I did steal some equipment from my old job and I had to pay to replace it all.
- May I have a cup of coffee? I think I am a little hung over from last night.
- My leadership skills really excel when I am online in the world of video poker.
- I want to be up front and tell you that I often oversleep because I have trouble getting out of bed in the morning.
- These dress shoes are killing me. Do you want to see my blisters?

Careerbuilder.com

Pam Schorsch NDECA

North Dakota Division of Vocational Rehabilitation (DVR)

2014 Teacher Internship Project

The DVR Teacher Internship Project is designed to provide secondary transition teachers with an opportunity to work closely with their local DVR office and transition counselors. The project is intended to provide teachers with information regarding the DVR program and process, adult agencies, employers' needs, labor market information, disability legislation, etc.

The teacher will participate in a three-week internship program.

- It begins with an in depth orientation to the VR process on May 28th, 29th, and 30th in Bismarck (DPI will reimburse lodging and meal expenses).
- Following orientation, teachers will intern in their home region from June 2nd through June 13th with the agencies listed below.
- Forty-five contact hours will be required upon completion of the internship (15 hours will be the Bismarck orientation and 30 hours in the region).
- Three graduate credits will be offered through Minot State University.
- A small stipend from DVR will be provided to the teacher at successful completion of the program.

For more information, contact Barbara Burghart, bburghart@nd.gov, 701-328-8927 or Regional Vocational Rehabilitation office
Application deadline April 1, 2014

North Dakota Division of Vocational Rehabilitation (DVR)

Summer Work Experience Program

Effective May 27, 2014 to September 1, 2014
Please start to coordinate the work experience prior to the end of the school year.

ELIGIBILITY CRITERIA

1. Must be:
 - A junior or senior in secondary education
 - 18-21 years old and in secondary education
2. Determined eligible for the Division of Vocational Rehabilitation (DVR) services and be off the wait list.

The student may be determined eligible for DVR services without having a 504 or IEP.

The ideal placement will be 20 hours per week for 13 weeks. DVR will provide an employment specialist to help obtain and maintain the job. The job is not meant to be permanent, but occasionally the employer offers a permanent position to the student after the work experience is over. The program is designed to help develop the work skills students need to get started in a career. It is not designed for students with intense needs.

For more information, contact Barbara Burghart, bburghart@nd.gov, 701-328-8927 or Regional Vocational Rehabilitation office