



# Focus on NDCA

## What's Inside

- **"Aspire to Inspire"**
- **Outstanding Counseling Recipients Honored**
- **Women...Are You Sabotaging Your Career**
- **Scholarship Recipients Named**
- **ACA Professional Affairs Activities**
- **ND Area Health Education Center**
- **Riding on "The City of News Orleans"**
- **Candy Bar Wrappers**

## Creating Possibilities ...A Daily Experience

Bryn Halgrimson, President Elect

If I recall correctly, the quote is, "Nature abhors a vacuum." In project terms, this means as soon as you think you are done with a project, another one will present itself to suck up any time and breathing space you thought you were about to enjoy. I think the auxiliary to this is the blessing, "May you live in interesting times." This is not a blessing if you think about it!

I spent some time this past weekend sorting through paperwork and post-it notes (you cannot do a conference without many, many post-it notes) and feeding said paperwork that is no longer needed into my paper shredder. There is something very cathartic about the sound of the sharp teeth shredding paper, and clearing out files and removing stacks from surfaces. So now I am ready for the Universal Vacuum of Nature to discover my clean surfaces and my bag of recyclable shredded paper!

I reiterate my gratitude to all of you that assisted me with the 2011 conference with your past knowledge, supportive words, humor and advice. Dotti Dixon Schmeling, your current President Elect Elect, is already gathering her thoughts and ideas for the 2012 MidWinter Conference. Hopefully, you are thinking about **what you can do to be a part** of the next conference, whether it is **helping** Dotti out with her myriad of tasks, **presenting** a concurrent session or putting your name up for a **leadership** position, or mentioning the conference to a friend or new colleague.

If you are looking to **be active** in your association a bit earlier, your NDCA Board will be meeting in July to review, tweak and **develop** new ideas that will build upon past strategic plans that have shaped the look of our association, how we do business and continue to meet the needs of our membership.

If you have ideas, thoughts and suggestions regarding creating new experiences and opportunities, please **contact your division representative(s)** on the NDCA Board. Contact information for current divisional leadership can be found posted on the NDCA website.

# “Aspire to Inspire” With Wisdom, Vision, Innovation, Action and Results

Dotti Dixon Schmeling, Ph.D. ~ President –Elect NDCA

“**Aspire to Inspire with wisdom, vision, innovation, action, and results**” will be the theme of next year’s Mid-Winter Conference, which will be held the first weekend in February 2012. Save the date on your calendar today, for next year. It is Super Bowl weekend and our plan is to have a super conference!

Everyday, counselors **aspire to inspire** their clients/students. What constitutes success in the process?

First we **aspire to inspire** with wisdom. As I think back to the increased knowledge that I acquired from the past conference, there were many things that I learned and have already used or will be using in the future with my students. Here are some of the things that I learned as a result of attending the Mid-Winter Conference 2011. Did you know that 20% of teens have taken nude or semi-nude photos of themselves and sent them to someone or posted them online? Did you know that there was a retirement calculator to plan your financial future? Do you know of some of the new drugs being used in today’s society like K2/spice, and of some of the creative ways people are using to ingest the drugs? Did you know that if someone less than 13 years old starts drinking alcohol, they stand a 40% chance of becoming an alcoholic? These are some examples of new knowledge that was gained as a result of attending the conference this year, and by attending next year’s conference new wisdom will continue to drive your counseling practice.

Secondly, we **aspire to inspire** with vision. What will our clients/students need 5-10 years or 15-20 years into the future? It takes vision. Vision motivates, as it is the stretch that moves each of us towards greatness. Vision is clear, concrete, it is achievable, and fits with the highest values. Vision is easy to communicate, clear and simple, but we need to re-set our visions as time moves us forward. That is what the Mid-winter conference is all about—visioning and then moving towards that direction.

Next we **aspire to inspire** with innovation. New technology, new strategies, improved therapy, efficiency, creativity all make up innovation; that new

spark in our professional lives. For those of us that participated in the school counselor pre-conference workshop this year—innovations abounded with Dr. Russ Sebella’s presentation. Next year’s conference promises to stretch your mind with innovations to ponder and hopefully you will embrace new inventive ideas in your practices.

Fourthly, we **aspire to inspire** with action. Nothing happens without action—the purposeful movement that implements wisdom, vision, and innovation. I am hopeful that action has started to happen, as we have gone back home to implement what we learned at the past conference. How will our clients/students be better off? The action plan implemented with regularity. As a result of my new knowledge surrounding the adverse side –effects of synthetic marijuana, my students now have this knowledge to utilize when making good decisions in their lives. Through an action plan gleaned from conference wisdom, students/clients are now better educated.

Finally, we **aspire to inspire** through results. Results—the end achievement. We have statistically significant results, longitudinal results, performance results, closing the gap results, quick and the not so quick results. Accountability, evaluations, transformation—all results meant to inspire us to aspire to more and greater things. And then there are the ultimate results, the simple ones that say it all written on a sheet of paper ripped out of a notebook that say, “Thanks... you are a very important person in my life right now and a huge help”—signed by a student complete with a drawn heart.

I hope you will be inspired to return to our conference next year, that you might be inspired to present, inspired to participate, or inspired to bring a new member. Our goal will be to inspire you to return inspired with new wisdom, vision, innovation, action and results. I leave you with one of my favorite inspirational quotes by Joel Barker:

**V**ision without action is merely a dream.

**Action without vision just passes the time,**

**Vision with action can change the world.**

# Women...Are you Sabotaging Your Career?

Pam Schorsch NDECA

There are many mistakes that prevent women from reaching their career goals or potential. They don't happen because we are stupid or incompetent. We are strictly acting in ways consistent with our socialization. Author Lois P. Frankle, Ph.D has an interesting book titled *Nice Girls Don't Get the Corner Office*. She has identified over 100 things that we do to unconsciously sabotage our career success. Here are just 7 of the critical and common mistakes.

- 1. Women have an inordinate need to be liked.** We need to find a balance between being a "nice girl" and a headstrong woman. Share your opinions but also care about the opinions of others.
- 2. Women don't view the workplace as a playing field.** Every organization has boundaries and rules. You need to figure out what they are to succeed. Follow the superstars in your organization and play to win.
- 3. Women wait to be called on in meetings.** We may traditionally think it is polite to wait to be called upon, but speak up. Voice your opinion or offer feedback to others.
- 4. Women phrase their opinions in questions.** We don't want to come across too strong so we often softly state our opinions in questions. Stop that. We come off uncertain and lacking in confidence.
- 5. Women use minimizing language.** Kind of. Sort of. Maybe. These types of words diminish our credibility in the eyes of others. Be firm and direct when sharing your ideas.
- 6. Women ask permission.** This often reduces us to a child like role of asking permission. Try to inform others of your plans and ask for suggestions.
- 7. Women allow themselves to be scapegoats.** Women are less likely to stand up for themselves if something goes wrong and they are blamed. By doing this you forfeit the respect of your colleagues. Setting the record straight is about preventing yourself from being seen in a negative light.



Each year there is an opportunity to nominate a deserving colleague for recognition for the job that they do in your work place and community. In addition, to nominating our peers, there is also an opportunity to nominate people who have been advocates for the counseling profession. As we go forward into this next year, think about the people in your arena who would be good nominees for these awards. The award information is on the web page — [www.ndcounseling.org](http://www.ndcounseling.org) and will also be in the FOCUS in the Fall.

At this year's conference, the following counselors, counseling programs and Friends of Counseling were recognized:

## **Outstanding Mental Health Counselor**

Linda S. Becker

## **Outstanding School Counselor**

Bobbi Jo Jelinek, K-12

Mary Beth Stensgard Middle School

## **Award for Counseling Excellence (ACE)**

Jeannette Myhre Elementary School

Bismarck

Lincoln Elementary School

Jamestown

Carl Ben Eielson School

Fargo

## **Friend of Counseling**

Gordon Davis

Former Superintendent of New Salem

Our congratulations to all those who were nominated and for all of the of the award recipients! Thank you for the outstanding jobs that you do!



# Tara Geltel Named Graduate Scholarship Recipient

Tara was born and raised in Tioga, North Dakota. After graduating from Tioga High School, she went on to get a Bachelor of Arts degree in Psychology from Minot, North Dakota.

After receiving her degree she worked at the Richard P. Stadter Center in Grand Forks as a Mental Health Technician for two years. She found that she her passion was working with children and adolescents and decided to go on to graduate school in school counseling. The availability of the University of North Dakota distance program for School Counseling allowed her to keep her full time job and still obtain her Master's degree at the same time.

She is currently living in Williston and completing her School Counseling Internship at the Williston High School. It is clear from the five nomination letters recommending her for this award, she has the skill sets of an outstanding and exceptional counselor in this field. In addition to her professionalism she has a positive attitude and is willing to “jump in” and help where ever she is needed.

Tara and her husband will both be graduating from the University of North Dakota this May. She will be graduating with her Masters in Counseling and her husband, Ryan, will be graduating from the University of North Dakota School of Law. She is currently seeking job opportunities and would love to work in the Williston area.

She likes photography, reading, relaxing with family and friends, and burning off excess energy at the gym.

Tara's adviser is Professor Dory Walker at the University of North Dakota Counseling Program.

Congratulations Tara! She is the North Dakota Counseling Association Graduate Scholarship winner for 2011.

Submitted by: Ginny Blake, NDCA Scholarship Chair



# Kayla Welz Named Silent Auction Scholarship Recipient



Kayla was born and raised in Melrose, Minnesota. She attended St. Cloud State University and received a BA degree in Psychology. She is currently finishing up a MA degree in Counseling from the University of North Dakota.

She has demonstrated leadership, and championed women's issues in her work at the UND Women's Center and the Anna Marie's Alliance in St. Cloud. She has served as a child mentor, women's advocate, lead organizer of court monitoring, volunteered for battered women and children, co-facilitated the Central Minnesota Youth Social Justice Conference for two years on dating violence and gender issues.

Kayla has been selected to serve as a Graduate Teaching Assistant for a graduate course in the counseling department this semester. This is a rare occurrence for a Masters level student, as doctoral students fill most GTA positions.

She likes to hike and spend time at the lake with her family and friends in Minnesota.

In the next few months she will be completing her internship, working as a teaching assistant, completing her independent study, applying for careers in her field, working towards her licensure, and ... planning for her wedding in August.

Kayla's UND adviser is Professor Cindy Juntunen!

Congratulations Kayla! She is the NDCA Silence Auction Graduate Scholarship Award Winner for 2011.

Submitted by: Ginny Blake, NDCA Scholarship Chair

# ACA Professional Affairs Activities On Behalf of its Membership

Received from Kelly Duncan, MW Regional Governing Council Representative

ACA focuses on providing professional services and consultations in the areas of ethics, professional standards, career services, public policy and legislation, library services and continuing education.

In approximately the seven month period April through October 2010, the professional affairs staff provided just over 5,000 consultations to ACA members, an average of 700+ professional consultations per month. In addition, 246 non members were sent to Member Services Department to join ACA. The 5,000 member consultations by department include:

- 2,000+ ethics and professional standards consults
- 1,800+ career consults
- 380+ Public Policy and Legislation consults
- 145+ Library consults

In addition:

- ACA blogs were viewed 54,303 times
- ACA-ACES Syllabus Clearinghouse was searched 7,014 times
- Professional counselors can now earn continuing education through the popular ACA podcasts services. ACA now has a total

of 93 online offerings for continuing education available through their online learning portal.

- ACA Public Policy staff conducted 90 lobbying visits.
- 843 continuing education units were accrued by professional counselors from ACA
- Ethics complaints:
  - 12 ethics complaints were sent to ACA
  - 7 cases were accepted for adjudication
  - 2 complaints resulted in a “guilty of having violated one or more ethical codes” determination
  - 1 complaint was dismissed on the grounds that it had been heard to its fullest capacity at the highest legal level available.
- In their July 2010 issue, Consumers Report included professional counselors for the first time in their annual survey on depression.
- The VA developed their job description and so counselors will now – for the first time – be able to be employed by the VA and provide mental health services.
- The 20/20 delegates completed the consensus definition of counseling: Counseling is a professional relationship that empowers diverse individuals, families and groups to accomplish mental health, wellness, education and career goals.

## Congratulations and Best Wishes

**Claire Fitzgerald**  
**Supervisor of Career Development**  
**ND Department of Career & Technical Education**  
**On Your Retirement**  
**May 31, 2011**

**Thank you for your years of service to**  
**North Dakota and the**  
**North Dakota Counselors!**

**Have FUN golfing!**



★ ★ ★ NORTH DAKOTA NEEDS AHECs ★ ★ ★



**What is the North Dakota AHEC . . .**

ND AHEC focuses on providing support across the health care workforce pipeline to address health care workforce shortages through distribution, diversity, supply, and quality of health care professionals.

ND AHEC is a 1:1 matching program with federal dollars.

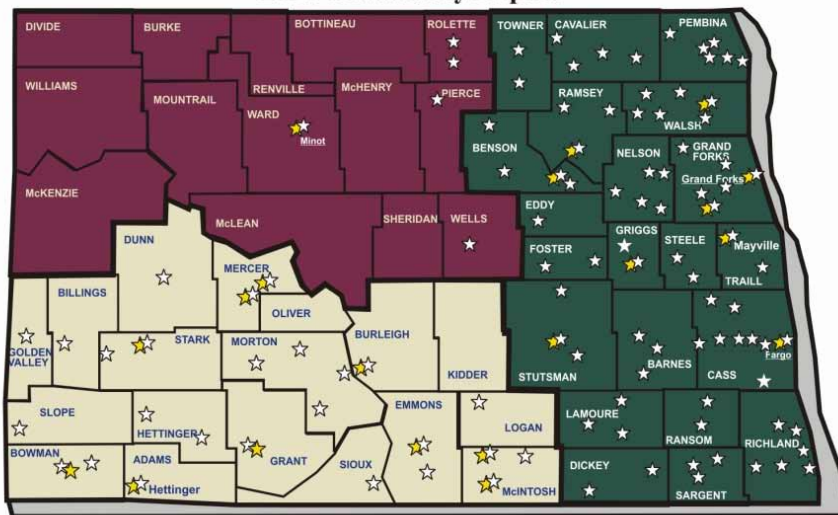


“AHEC, the kind of health care awareness program our students need.”  
Barnes County Citizen

**ND AHEC is Demonstrating Positive Outcomes and Return on Investment . . .**

- \* Over **3,000** health care providers have received continuing education support through AHEC opportunities.
- \* **Twenty-five** students received new rural rotation experiences in 2010.
- \* Provided critical connections between education programs and the needs of our rural health care facilities resulting in the first nursing students being enrolled at Mayville State University.
- \* North Dakota AHEC has provided funding for health career fairs/awareness and training programs resulting in **945** students trained.
- \* 48% of the health profession students participating in summer clinical experiences in 2010 indicated intent to practice in communities of 10,000 or less.

North Dakota Area Health Education Center  
2010 Community Impact



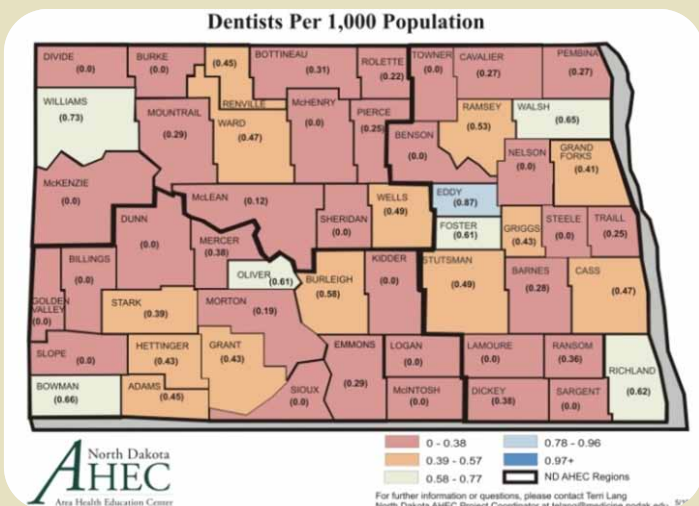
# Identifying the Health Care Workforce Need . . .



\* 11% of North Dakota's counties are deemed to have an adequate number of primary care health providers and 8% are not medically underserved.



\* 11% of North Dakota's counties have an adequate number of psychiatrists serving their population.



\* 4% of North Dakota's counties are at or above the national average of dentists per 1,000 population.

*"The month I spent at my rotation site in Belcourt was probably one of the best of my academic career. I think this summer experience has allowed me to broaden and strengthen my cultural competence."*



Julastene Dyer, Dental Student,  
 National Health Service Corps Scholar

*"I think that is what I enjoyed most about my rotation here in Hettinger, the diversity that you see every day. Throughout the entire four weeks I was here, I was able to see every age of person and so many different stages of life that they were in. I am grateful to the community for being so willing to help me learn and to better myself as a future doctor and a person."*



Megan Christianson,  
 UND Medical Student

**The National AHEC Program is a proven model for improving the health workforce pipeline. Over one million K-12 students, post-secondary education students and health professionals have received training from the 56 AHEC programs and approximately 235 regional centers in almost every state.**

## North Dakota Area Health Education Center

**Partners:** The University of North Dakota School of Medicine & Health Sciences Center for Rural Health, The University of North Dakota College of Nursing, North Dakota State University College of Pharmacy, Nursing and Allied Sciences, Mayville State University, Dakota Medical Foundation, and North Dakota Department of Commerce

# Riding on “The City Of New Orleans”

By Kris Long, NDCA President

As I prepare this FOCUS article I am also making my last minute trip arrangements to attend the 2011 National ACA Conference in New Orleans. As President of NDCA I feel truly honored to be representing NDCA at the ACA Conference and I would like to thank NDCA for providing this opportunity for me.

For those of you that know me well you know that I usually tend to think the journey is just as much fun as the destination. You also know that I have a tendency to get lost very easily so my wonderful Husband Chuck is traveling with me to New Orleans. We have never been to New Orleans so we are making the journey more of an adventure by traveling on “The City of New Orleans” train to New Orleans and flying back to ND from New Orleans.

I’m looking forward to the educational opportunities available to me at the conference as well as meeting other counselors from around the country and experiencing the beautiful culture, cuisine and history New Orleans has to offer. The list of conference session topics and keynote speakers looks awesome. Check it out at the ACA website: [www.counseling.org](http://www.counseling.org)

For those of you interested in the history of New Orleans the following story is attributed to New Orleans Metropolitan Convention and Visitors Bureau. 2020 St. Charles Avenue, New Orleans, LA 70130 504-566-5011 [www.nomcvb.com](http://www.nomcvb.com). This material may be reproduced for editorial purposes of promoting New Orleans.

## A Brief History of New Orleans

*New Orleans lingers on the threshold between the Old World and the New, between history and legend.*

## The City that Care Forgot

Jazz streams out into the moonlight French doors open to the nightbreezes, sweetolive scents the air. Nearby there is laughter, a cork popping, and cafe brulot aflame.

## Welcome to New Orleans.

Here, in this little corner of the American South, where European traditions blend with Caribbean influences, the history is as colorful as the local architecture; the food is the stuff of legend. Haitian and African Creoles developed an exotic, spicy cuisine and were instrumental in creating jazz and Zydeco.

Our street names are French and Spanish, our Creole architecture comes in a carnival of tropical colors, and our voodoo is a Caribbean import. The magic is irresistible.

A cultural gumbo, we celebrate our differences. In fact, we celebrate almost anything in the Big Easy. We have a saying: *LAISSEZ LE BONS TEMPS ROULER—LET THE GOOD TIMES ROLL*. It’s a reminder of our French heritage, a way of life that began three centuries ago.

## HISTORY: Vintage 1718

The party didn’t start right away. Like good wine, it took a while to mature after the initial fermentation. When Sieur de LaSalle explored the Mississippi in 1682, he claimed all lands drained by the river for France and named the territory for the reigning royal, King Louis XIV.

The Louisiana Territory consisted of 828,000 square miles and extended from the Mississippi to the Rockies, and the Gulf of Mexico to Canada. Eventually, French, Spanish, English, Independent, Confederate and Union flags would all fly over Louisiana. In 1718, when Sieur de Bienville founded a strategic port city five

feet below sea level, near the juncture of the Mississippi and the Gulf of Mexico, it had to be reclaimed from a swamp. The new city, or *ville*, was named *La nouvelle Orleans* for Philippe, Duc d’ Orleans, and centered around the *Place d’Arms* (later to be known as Jackson Square. It was confined to the area we now call the French Quarter or Vieux Carre (Old Square).

The society that settled on the bend of the Mississippi was French in origin and at heart.

Even so, in 1762, either because he lost a bet, or because the royal coffers were exhausted, Louis XV gave Louisiana to his Spanish cousin, King Charles III. Spanish rule was relatively short -- lasting until 1800 -- but Spain would leave its imprint.

In 1788, the City went up in flames, incinerating over 800 buildings. New Orleans was still recovering when a second fire in 1794 destroyed 200 structures.

From Spain, Louisiana was ceded back to France and was finally sold by Napoleon to the United States in the Louisiana Purchase of 1803, effectively doubling the size of the U.S.A. At a cost of fifteen **million dollars**, it was considered one of the greatest real estate bargains in history.

After the sale, Americans arrived en masse. Unwelcome in the Creole enclave of the French Quarter, they settled across Canal Street in what is known today as The Central Business District. The two factions skirmished often, and the Canal Street median became neutral territory. Since that time all city medians have been called neutral grounds.

## 1812: WAR AND PEACE

Louisiana joined the Union and New Orleans became the State



Capitol. **THE NEW ORLEANS**, the first steamboat to navigate the Mississippi successfully, arrived here from Pittsburgh. The voyage inaugurated the booming cotton and tobacco trade that soon transformed the Port of New Orleans into the nation's second wealthiest city, after New York.

The war of 1812 began, culminating in the Battle of New Orleans three years later. In 1815, British troops attacked near New Orleans and tried to persuade the pirate Jean Lafitte, to join them. Instead, Lafitte offered his men and guns to the Commander of the U.S. troops, General Andrew Jackson. On the morning of January 8, a polyglot band of 4,000 militia, frontiersmen, former Haitian slaves, and Lafitte's pirates outfought 8,000 British veterans at the Chalmette battlefield, just a few miles east of the French Quarter. Only eight Americans died in the battle and English casualties exceeded 2,000. The battlefield remains a place worthy of a visit.

## A PORT CITY

During the 18th and 19th centuries, New Orleans dominated the Caribbean as the most active port city and trade destination for island crops like sugar cane, rum, tobacco and fruit.

Thousands of refugees arrived from the Caribbean following the Haitian revolution of 1791 to 1804, and thousands more *gens de couleur libres*, or free people of color, arrived in New Orleans from Senegambia, now the area in Central Africa known as Benin. Their presence effectively doubled the size of the city.

## THE NEW PARIS

By the mid 1800s, the city in the bend of the river became the fourth largest in the U.S. and one of the richest, dazzling visitors with

chic Parisian couture, fabulous restaurants and sophisticated culture.

Society centered around the French Opera House, where professional opera and theatre companies played to full houses. In fact, opera was performed in New Orleans seven years before the Louisiana Purchase, and more than 400 operas premiered in the Crescent City during the 19th century.

## A CULTURAL GUMBO

Under French, Spanish and American flags, Creole society coalesced as Islanders, West Africans, slaves, free people of color and indentured servants poured into the city along with a mix of French aristocrats, merchants, farmers, soldiers, freed prisoners and nuns.

New Orleans was, for its time, a permissive society where educated *gens de couleur libres* were master builders who developed elegant Creole architecture and chefs who developed the city's sophisticated Creole cuisine.

European aristocrats and rich Creoles often had mistresses, sometimes the famed *quadroon* (one-quarter black) or *octoroons* (one-eighth black). Native author Anne Rice set one of her early historical novels, *The Feast of all Saints*, in 19th-century Creole society.

*Creole* is a chameleon term. It's a variety of tomato, an exotic cuisine, and a poetic architectural style.

It also refers to people, but the definition varies, depending on whom you ask. One thing is true of Creoles everywhere: they have always been colonials (vs European immigrants). The original New Orleans Creoles were thoroughbred French, who were the first generation to be born in the colonies. The word Creole derives from the Spanish criollo

or the Portuguese crioulo (again depending upon whom you ask), which distinguished a person born in the colonies from an immigrant or an imported slave. In present-day New Orleans, there are people of various combinations of French, Spanish, West Indian and African ancestry who proudly call themselves Creole.

*Cajuns*, on the other hand, are descended from a specific group of Catholic, French-speaking trappers and farmers who were exiled from Nova Scotia by the ruling English-Protestants in 1755. About 10,000 eventually settled in Southwest Louisiana, in what is now called Acadiana. Some later came to New Orleans neighborhoods like Westwego. Over a million people of Cajun descent live in Louisiana. Bobby Hebert, the former star quarterback of the Falcons, is of such heritage and is known in sports broadcast circles as "The Cajun Cannon."

Longfellow immortalized their story of loss and exile in his epic poem, "Evangeline." But Canada's expulsion was Louisiana's gain; Cajuns brought us their *joie de vivre*, lively music, and famed cuisine.

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# Thank you!



During this legislative session, the North Dakota Counseling Association presented each legislator and their staff members with a wrapped candy bar to thank them for their support of the counseling profession. The candy was met with enthusiasm and we are hopeful that they had a chance to look over the wrapper before consuming the chocolate!

I'm sure we can all think of a few people we would like to thank for their support throughout the year. If any of you are interested in using this candy wrapper, we would be happy to share it with you. You can email [kholle@nd.gov](mailto:kholle@nd.gov) and just ask for the NDCA candy bar wrapper.

Kathy Holle, Legislative Chair

## Thank you for your support of the counseling profession!

The North Dakota Counseling Association (NDCA) is the state association for professional counselors and is currently over 400 members strong!

NDCA strives to enhance the professionalism of counseling in North Dakota and provide new and expanding avenues for advancing counseling skills and knowledge.

**NDCA is a vital partnership of seven affiliated counseling and human development associations, well established as a united force for professional growth and support in our state.**

**NDCDA**—ND Career Development Association

**NDECA**—ND Employment Counselors Association

**NDSCA**—ND School Counselors Association

**NDSSWA**—ND School Social Workers Association

**NDMHCA**—ND Mental Health Counselors Association

**NDACES**—ND Association for Counselor Education and Supervision

**DACAC**—Dakota Association of College Admission Counselors

[www.ndcounseling.org](http://www.ndcounseling.org)