



Focus on NDCA

Dear Friends...

by Janis L. Wallender, NDCA President

It's interesting to me how time seemed to go so slowly as a child and now that I have moved beyond the point of 50...well, it goes by so quickly that I seem to lose it sometimes! By the time you read this Focus, our 2009 Conference will be history and our sights will be set on next year's conference. Thanks again to Bruce for the great job he did in planning this year's conference. (Take a minute to reflect back on your favorite part of the conference.)

I have thoroughly enjoyed seeing all of the white snow this winter...my husband doesn't really agree with my point of view. He, of course, is in charge of snow removal at our house and my job is to sit back and enjoy the white fluffy stuff as it ambles toward the ground. I guess maybe the word ambles only describes some days' snow, while other days it has come with a little more force. It takes me back to my childhood and the joys of romping in the snow with my sister, brother and the neighborhood kids. We had the biggest yard in the neighborhood and so it was the best place to play. Our school playground has some wonderful forts due to the abundance of snow...something many of our children are experiencing for the first time in their lives. (Take a minute to reflect back on a favorite childhood memory.)

Bruce and I are anticipating our trip to Charlotte, North Carolina, in mid-March with the hope that the ACA Conference will be a good learning experience. We will come back ready to share information with you through the Focus and/or our meetings next year. I have been informed that there will not be a MidWest Regional meeting in North Dakota in the fall due to budget constraints at the national level. (Take a minute to reflect on a trip you took for business and/or pleasure.)

During the three-day Presidents' Day weekend, I had the good fortune of spending time with my mom and dad. I sewed a quilt for my sister's birthday and my mom was chief in charge of ironing all of the seams. It was so nice to have her doing this and we turned out a beautiful quilt. My dad continues to lose ground in his daily living with Alzheimers. Although it was difficult to leave after spending three days with them, I feel blessed that I was given the opportunity to change the pattern of events for my mom for a few days and to spend time sitting with my dad as my mom enjoyed something we take so for granted like watching a movie. (Take a minute to reflect on something you enjoy doing for someone else or for yourself.)

In closing, I hope that you have a great day today...enjoy the time, don't rush it because before you know it...it will be rushing for you!



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Leading the Next Generation

by Pam Schorsch, NDECA

I am one of those people who rescue presenters if there is silence in the room and no one is answering or raising their hands. I tend to do more than my share but being involved on the board of NDCA or serving as your past president, was never something I conscientiously aspired to do. Our days are so busy it is hard to find time in our schedules for one more thing. That is why it can be difficult to say yes to serving NDCA as a board member or going the extra mile to contribute to the association. As a profession, we need to advocate for ourselves and those leaders and students who follow. We all take pride in the jobs we do to serve others. Being involved, really involved with some aspect of NDCA, is just one way to contribute to future generations. My time with NDCA continues to be an inspiration to me. It refreshes and renews me, has given me new friends and professional contacts. We all need to have good resources to lean on and NDCA offers the best. We may experience times of personal or professional dilemmas, especially when we feel that the world seems like an unstable place. I feel like I have received as much as I have given. And the giving was easy, pain-free, and rewarding. What can you contribute to the success of those that will walk behind us? I hope you can make a commitment to share your skills, knowledge, and time.

Report to the Midwest Region of the American Counseling Association

by Kelly Duncan, Governing Council Representative

March 2009

The Governing Council of the American Counseling Association met March 18-20, 2009 in Charlotte, North Carolina. Day One was spent involved in strategic planning for the organization.

The group reviewed information from a survey completed by Performance Strategies along with COPARC, staff, and the ACA Strategic Planning Task Force. The council then split into smaller groups to discuss strategies for enhancing the organization.

The core focus areas that the group then brought forward focused around the following themes:

- Reengineering Governance
- Improving Member Services and Benefits to Address 21st Century Needs
- Balancing Practice with Academia
- Advocating for the Profession
- Strengthening the Organization

The Governing Council adopting the above initiatives as a 5 Year Strategic Plan for ACA.

The budget for fiscal year 2010 was reviewed and approved. It reflects a proposed budget of \$9,159,639 in revenues and \$8,929,390 in expenses.

The Governing Council adopted a four year plan to eliminate the

Association's unrestricted fund deficit.

The Governing Council accepted the Alliance of Professional Counseling Organization (APCO) application from the Mexican Counseling and Psychotherapy Association.

A new membership menu plan was approved which will go into affect July 1, 2010.

Executive Director Rich Yep shared updates on a number of issues affecting the association. These are briefly described below.

- All masters level student members now receive student liability insurance along with their annual membership.

- The work being done in conjunction with Heritage of American to connect veterans to counselors continues to move forward.

- ACA will begin to offer as a member benefit a new program designed to allow member to receive one Contact Hour per month at no cost as part of a new professional development program.

Respectfully submitted,
Kelly Duncan, Ph.D., NCC, LPC
Midwest Region Representative to the American Counseling Assoc.
Governing Council



THE UN-COMFORT ZONE

“The Secret for People Who Don’t Believe in VooDoo”

By Robert Wilson

The latest fad in motivation is the Law of Attraction or more popularly *The Secret* after the motion picture and book by Rhonda Byrne. The idea being that if you use the power of *The Secret* you will attract health, wealth and friends to you in abundance.

The Secret takes an old idea and repackages it for our today’s society. The core idea is that your thoughts control the world around you. If you have positive thoughts, good things come your way. If you have negative thoughts then bad things come your way. In other words, if you wish hard enough for the things you want — you will get them. Simple. Or is it? If it were simple, then countless people throughout history would have figured it out over and over, and it would not be much of a secret. Perhaps it takes a little more effort than suggested – or perhaps it is just a pipe dream.

We, as modern educated people, need more proof. In order to make it palatable to the skeptic in us, *The Secret* adds an element of science. We are told that quantum physics has identified that all things at the subatomic level exist as both particles and as waves – constantly shifting between being solid matter and being pure energy. It is then proposed that our thoughts create brain waves which in turn influence the subatomic waves of the entire universe. *The Secret* claims that the more intent you are in your wish the faster the universe will act upon it. Is it real, or is it VooDoo.science?

If real, it sounds wonderful! Now, if I understand correctly, if I wish real hard I can become a concert pianist and play to a sold out audience in Carnegie Hall? I only

see one hitch: I’ve never had a piano lesson in my life.

The Secret also presents the Law of Attraction as if it had been intentionally kept hidden for centuries. That it was suppressed and held by a few conspirators so that they could control all the wealth of the world. Unfortunately, that notion is nothing other than a marketing ploy to generate interest in the book. It also contradicts the concept of Law of Attraction. The idea that a select group of people have kept it away from the masses intentionally preys on the destructively negative emotion of envy.

To the contrary, people who have understood the Law of Attraction have made numerous attempts at sharing it with the world at large. The best example is Andrew Carnegie, who was one of the most successful so-called “Robber Barons” of the Industrial Age. Carnegie hired Napoleon Hill to research the most successful people in the world, how they got that way, and then record his findings in a book. The book is *Think and Grow Rich* and was published in 1937.

The best thing about *Think and Grow Rich* is that it takes the mysticism out of the Law of Attraction. So, for those of you who find wishing on a star a bit difficult to swallow as a method for acquiring wealth, here is the real secret:

Identify your goal. Make a written plan to acquire that goal. Work your plan persistently. Give it your time, attention and energy. The more time and effort you give, the quicker you will achieve it. Visualize it coming to fruition. Draw it, illustrate it, photograph it, then keep it in front of you. Revise your plan as your knowledge grows. Be open-

minded to opportunities that arise that may deviate from your plan, but still move you toward your goal.

The world’s most successful people were extremely focused on achieving one goal. They focused to the exclusion of everything else including family, friends, lovers, recreation, entertainment, vacations and hobbies.

Next, tell everyone you know about your goal. Spread the word, so that people who can assist you are aware of your intentions. I truly believe that positive minded people attract more opportunities to themselves because they are so pleasant to deal with.

The formula is simple, but most of us compromise our goals because we want to enjoy a full balanced life. A life filled with friends, family and good times. We focus on our goals when time allows, and in turn, our goals take much longer to achieve. The true secret is staying focused on your goal.

Robert Evans Wilson, Jr. is a motivational speaker and humorist. He works with companies that want to be more competitive and with people who want to think like innovators. For more information on Robert’s programs please visit www.jumpstartyourmeeting.com.

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North Dakota Counseling Association Silent Auction Scholarship

Dorothy White
Minnesota State
University Moorhead



Dorothy White was born and raised in Maddock, North Dakota. She earned her Bachelor's degree in Psychology with a minor in Business from the University of North Dakota. Currently she is pursuing her Master's Degree in School Counseling from Minnesota State University Moorhead. She is the proud parent of 2 little girls ages 6 & 2. When she has any free time, she likes to scrapbook and travel.

Duane Halbur writes, ... "I believe the spirit of this scholarship is to support students who have the potential to be great counselors and great professionals. I believe Dorothy is one such student. She is a creative student who is a leader in the classroom. Additionally, she has a keen ability to take material from courses and apply it to her counseling practice. Her ability to take theoretical information and apply it should be commended."

"On a more personal note, Dorothy is an engaging, approachable, caring person. She is not only a vigilant full-time student but is also a full-time mother. Her success in effectively balancing her personal with her professional life is rare to find. I continue to be impressed with her. Additionally, she maturely uses her life experience to be empathetic and confident with her students. I believe Dorothy White is an excellent candidate for this scholarship."

This year's recipient of the Silent Auction Scholarship is Ms. Dorothy White.

"Seize the Day!"

by Kristina M. Long, MSED, LPC, NDCA President-Elect

"Seize the Day" is the theme for our 2010 NDCA Mid-Winter Conference. Each day we are presented with many beautiful opportunities to seize. Do we dare to dream? Do we dare to believe? Do we dare to inspire? As mental health professionals can we teach those we serve how to "Seize the Day" and help them develop the skills they need to seize their own opportunities to survive and thrive?

I'm delighted to announce that our Keynote speaker will be human relations expert, Dr. Sherene McHenry, LPC. Janis and I had the opportunity to listen to Dr. McHenry at MWR in 2008. We were very impressed with her informative, entertaining and motivational presentations.

Dr. Sherene McHenry is passionate about helping others live life to the fullest and empowering mental health professionals as they are continually asked to do more and more with fewer and fewer resources. She's a consultant, author and international speaker, as well as, a professor at Central Michigan University. Dr. Sherene McHenry has been featured with Dr. John Gray in *Conversations on Health and Wellness*, authored *How to Thrive in Today's Uncertain World*, *The Busy Student's Guide to College and Career Success* and multiple journal articles.

She received her Ph.D. in Counselor Education from the University of Wyoming in 1993 and has devoted almost two decades to training counselors. She's currently in the process of creating *In Half by 2020*, a foundation committed to drastically reducing the divorce rate in the U.S. and abroad. Known for keeping things fast paced and interweaving humor and stories into everything she does, Dr. Sherene McHenry empowers and equips participants to immediately implement what they've learned.

Dr. Sherene McHenry will focus her Keynote on "Thriving In Today's Uncertain World". The challenges of today's world can be both daunting and overwhelming, especially for mental health professionals. If you ever feel ill-equipped to deal with swelling workloads, undesired change, tragedy and the increasing severity of problems clients are experiencing, this presentation will help you and those you serve.

Thriving in Today's Uncertain World invites you to laugh and outlines specific strategies for effectively handling stress, chaos and change. Through focusing on controllable facets of life, participants position themselves and those around them to survive, seize the day and thrive in the years to come.

Dr. McHenry will also be providing up to 3 additional breakout sessions for us on various counseling topics directly following her keynote on the first day of our 2010 NDCA Mid-Winter Conference. I'm looking forward to the opportunity to learn from Dr. Sherene McHenry's insight and expertise.

I would like to encourage each one of you to consider being a presenter at our 2010 NDCA Mid-Winter Conference. There's a wealth of knowledge, insight, expertise and experience within each one of us that's too valuable not to be shared. We are each other's teachers and we are each other's students.

"Seize the Day"!

Dare to Dream! Dare to Believe! Dare to Inspire!

2009 NDCA Conference a Big Success

by Bruce Wold

Response from evaluations and feedback provided from many members indicate the 2009 NDCA Conference was a big success. Thanks again to the many members who stepped up and presented, especially those who presented twice. I was very happy with the conference and believe the Ramkota did an excellent job as our host facility. Thank you to Dr. Nielson and NDSU for providing the opportunity for graduate credit. Thanks to our sponsors, exhibitors, and all who helped in any way. Big thanks to the NDMHCA for organizing the Sunday evening social. It was apparent and, I imagine predictable, that the counselors were supporting the underdog in the Super Bowl game. I was also very impressed with the keynote and final speakers and many of you shared with me your satisfaction with these presenters. The meat of the conference, in my opinion, is the breakouts by the members and I believe the breakouts connect the conference to participants in meaningful ways. I have attended a few national conferences and don't believe they come close to the quality we provided right here in North Dakota.

I really enjoyed working with Marcia Foss, Janis Wallender, and the rest of the board on chairing this event. Kris Long will be chairing next year's conference. I have worked with Kris before and know she will do a great job next year. If Janis calls and asks you to consider running for president elect, please consider this opportunity and know there will be many people ready to support you in your duties right through the presidency. I am so glad that I accepted when Maxine Beckwith asked me to run for office. There was quite a bit of work but the rewards made it worth it.

Soon I will have the honor of serving as your president and look forward to the opportunity to continue moving our organization from very good to great. This summer we will be doing strategic planning as a board and will be looking at our strengths, weaknesses, and challenges as we move forward to be the best organization for our membership.

I will close by sharing a conversation I had with my wife after she presented a break-out session at the conference. Gail has presented at many conferences and stated that our members were the best audience she has ever had because it was so apparent that they just want to *help*. North Dakota Counselors Association members are truly *working together helping people*.

Introducing, NDCA'S New President-Elect-Elect:

Writing about yourself, like talking about yourself, should be the easiest thing to do. Who knows you better than you do? The tricky part is anticipating what you think your audience wants to know. I have no clue. Right off the bat, I will tell you that I am not precognitive! I get hunches, but nothing definitive. My name is Bryn Halgrimson and I was elected your next President-Elect-Elect. At this point, you may be going, aaah, the chocolate nut, which would be wrong because I don't like nuts in my chocolate, and in the counseling field it just isn't PC to call someone a nut! I have been a member of the North Dakota Counseling Association/ND Employment Counselors Association for 12 years. I am a graduate of Minot State University and a Certified Family Development Specialist through the National Resource Center of Family Centered Practice and the University of Iowa School of Social Work. I have worked primarily in the career exploration/employment counseling field for 19 years in SD and ND, through a variety of government programs that focus on specific populations such as youth, adults, 55+, farmers, displaced homemakers, and individuals with disabilities. I am currently employed with Job Service North Dakota in Minot.

Aside from being a chocoholic, I am an aunt to 3 nephews and a niece, and a slave to two aging cats. I am a native of Minot ND, and lived in SD for 6 years (heard it was warmer down south, it is a lie).

North Dakota Counseling Association Graduate Scholarship Recipient

Anthony Athmann
Minnesota State
University Moorhead



Anthony was born and raised on the White Earth Indian Reservation in the small town of Mahanomen, Minnesota and is a descendant of the White Earth Band of Ojibwa. After high school he attended college at Concordia-Moorhead for two years and later transferred to the University of Minnesota Morris, where he graduated with a B.S. in Psychology.

After finishing college he accepted a position as a Juvenile Probation Agent with the Hennepin County Juvenile Probation Department. In this position he supervised adolescents who had committed felony gun offenses. Later, he accepted a position as an Adult Probation Agent with the Minnesota Department of Corrections.

Currently he attends Minnesota State University Moorhead where he plans to graduate with a masters of science in school counseling this spring. He is currently employed as a school mental health counselor working with grades K-12 in Mahanomen.

Dr. Duane Halbur writes, "As a Counselor Educator, I have enjoyed working with counseling students and observing their many strength. Of these students, some stand out because of research ability, academic success, counseling skills, or personality. Anthony Athmann stands out in all of these areas." Anthony received outstanding acclimates in his application packet. We are proud to announce he is this year's recipient of the NDCA Graduate Scholarship.



FREE! **“Discovering Opportunities”**
 3 days and 2 nights
 lodging, meals and tours
June 16–18, 2009

High School Counselors, Teachers and Administrators are invited to Discover Opportunities in North Dakota through a 3-day/2-night all expense paid tour.

Take a ride with us and discover the great opportunities that 2-year colleges around our state have to offer.

Tour begins on June 16 at 9:30 am and ends on June 18 at 5:00 pm
 at Lake Region State College in Devils Lake , ND.

Discover the Opportunities at:

- Lake Region State College
- MSU Bottineau
- Williston State College
- Bismarck State College
- North Dakota State

June 16

June 17

June 18

Itinerary

- Tour Lake Region State College
- Tour MSU Bottineau
- Overnight in Williston
- Tour Williston State College
- Tour Bismarck State College
- Overnight in Wahpeton
- Tour North Dakota State College of Science
- Tour Skills and Technology Center in Fargo

Overnights in Williston and Wahpeton!

Registration is required by:
May 22, 2009

Limited to 30 participants
 First - come, first - served basis

Questions email
 Stephanie Shock at
stephanie.shock@lrsc.edu

Register online at www.lrsc.edu/workforce

Sponsored in part by ND Career and Technical Education

Effective Praising

by Pam Schorsch-NDECA

Great! Thanks so much! You did a fantastic job! We all like to hear that our hard work or contributions have paid off and were appreciated by others. But according to Nelson Motivation, Inc., there are guidelines for recognition and effective praising. Everyone we work with needs to hear that they are appreciated but *how* and *when* we do it can make a big difference with our students and clients.

Effective praising should be as soon as possible. Don't delay praise because timing is very important. You need to be sincere in why you are praising or your words will seem hollow. Try to be specific with your comments on any achievements.

Praise is best if you can do so in person when possible. Try to keep your comments only positive with any praise. It is not helpful and negates the previous comments if you end on a note of criticism.

Sometimes even progress towards goals needs to be rewarded with positive comments. Be proactive and share that you have noticed the steps towards a goal even though the long term goal is not yet finished. This places value on the behavior. When you share how the other persons actions made you feel, it gives your praise an emotional charge. "I saw what you did" with sincere praise can be such an effective counseling tool.

Problem-solving

Pam Schorsch-NDECA

No matter what our work setting, all of us are involved in helping others with learning critical thinking skills. We want all of our students or clients to be able to take ownership of their actions and use reasoning skills to help them problem solve. This takes them from the first step of trying to figure something out to resolving it. The Foundation for Critical Thinking is an excellent resource to examine the steps to being an effective problem-solver.

It is important to figure out and regularly articulate your goals, purpose, and needs. Problems are just the things that get in the way of you achieving your goals. Whenever possible, look at your problems one by one. Study the problem to determine the "kind" of problem you are dealing with and what you need to do to solve it. Separate them into two categories; areas where you have no control, and areas where your efforts will potentially solve them. This sounds reasonable and obvious but it may not seem so for everyone.

Figure out the information you need to solve your problem and where can you get it. Seek it out, begin to interpret your information, and analyze the pros and cons. Start to chart a course of action. What resources do you need? What can you do in the short term? Long term? Who can help? Recognize your limitations in terms of money, time, and power. Look at the advantages and disadvantages of each option you have evaluated. Consider all significant implications and consequences.

It is time to adopt a strategy and follow through on it. No problem gets solved by worry, wondering, and exploring options if no action is taken. When you act, be ready to modify your strategy if the situation requires it. As an accomplished problem-solver, you will be ready to take on your next challenge.

NDCA Award Recipients

Congratulations to these outstanding individuals who were honored at this year's conference and also to all of those who were nominated. A special Thank You to the individuals who took the time to nominate all of the worthy nominees.

Outstanding Mental Health Counselor of the Year
Erin Klingenberg, VCSU, Valley City, ND

Outstanding School Counselor of the Year
Elementary
Norma Tiser, Minot

Middle School
Michelle Weber, West Fargo

High School
Mary Monte Blumhagen, Drake, Anamoose and Goodrich Schools

Friend of Counseling Award
Jane Brandt, Publisher of the Hebron Herald

Innovations Award
Lori DeRemer, West Fargo

Glenn Dolan Award
Kathy Holle, ND Department of Career and Technical Education, Bismarck, ND

NDCA Scholarship Awards
Dorothy White, MSUM Graduate student

Anthony Athmann, MSUM Graduate student



North Dakota Counseling Association

Marcia Foss
Valley City State University
101 College Street SW
Valley City, ND 58072

Pre-sort Standard
U.S. Postage
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Valley City, ND
Permit #16

May is Mental Health Awareness Month

by Helena Gregoire, President-Elect for NDMHCA

As I write this message, I am very much aware of the difficult times people in our communities are experiencing because of flooding concerns. Perhaps it is redundant to say, but we must be aware of the mental and physical stress of those fighting the floods.

A number of you are in the midst of these struggles. Please take care of your own needs while reaching out to others.

The American Mental Health Counselors association has designated May as Mental Health Awareness Month, with specific dates indicated: May 6-12 as a National Mental Health Counseling Week,

May 7 as a Mental Health Awareness Day, and May 12, 2009 as a March for Mental Health, citing public awareness about mental health issues as a critical component to sound mental health. Representative Bob Filner (D-CA) is this year's Honorary Chair. Last year a number of you were involved in community activities to provide information to the public. If any of you are planning projects or activities this year, please let me know so we can pass the word on to our fellow counselors. Perhaps during the week of May 6-12 we could support our fellow counselors by making a phone call or sending an email to say hello?

As president-elect of NDMHCA, it is my responsibility to make arrangements for the upcoming 2010 pre-conference. If you have any suggestions regarding topics/speakers, I would like to hear from you as soon as possible. I have begun communication with Dotti Schmeling, NDSCA rep with whom I will be working to plan for 2010.

Please email me at hanlgreg@hotmail.com with your pre-conference suggestions and ideas for projects/activities recognizing May as Mental Health Awareness Month.