



# Focus on NDCA

## Greetings, NDCA members!

by Janis L. Wallender, NDCA President

As I write to you today, my hands are cold from scraping the frost off my windshield...the telltale signs of the winter to come. Although my hands are cold, thoughts of the fireplaces, pumpkin pies baking, scented candles, heavy quilts, good books, and good friends, brings warmth to my heart.

Kris Long and I had the opportunity to experience a little bit of fall in Chicago during the Midwest Regional Leadership Conference. We took a leisurely walk down to Lake Michigan on a brisk day, with leaves falling around us. It was fun to see dogs romping around the "dog beach", sailors out in the cold water in their sailboats, ducks swimming on the pond, and people spending time relaxing in the park. Sometimes I forget that big cities can garner the country feel in little pockets.

During our conference, Kris and I had the privilege of hearing Sherene McHenry speak. One of her talks centered on motivating volunteers. She talked about "five key languages" used to communicate with others. Words of affirmation people feel valued when they receive private and public recognition, statements of appreciation and encouragement. Quality time people feel most valued when receiving undivided, focused attention, quality conversation and shared activities. Gifts people feel most valued when they receive tokens of appreciation. Service people feel most appreciated when they receive services that support various needs. Finally, physical touch people feel most valued when they receive physical contact.

I believe that we all fit into one of these categories and sometimes more than one. Attending the NDCA Midwinter Conference in February will certainly give us all an opportunity to be motivated through words of affirmation from fellow counselors, to spend quality time with our peers across the state, to receive tokens of appreciation from our vendors and sponsors, and a chance to receive support for our programs through the rich sessions being offered at the conference. Of course, spending time together in Bismarck will also give us the chance to share a handshake, a pat on the back, or a much-needed hug for those of us who communicate best through physical touch.

I look forward to seeing you in February...but until then, best wishes for days filled with satisfying work, good health, and hope for a bright future!

## PRE-CONFERENCE WORKSHOP

Saturday,  
January 31, 2009  
in Bismarck

Speaker, Time,  
Place to follow

Watch the website for  
more information:  
[www.ndcounseling.org](http://www.ndcounseling.org)

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# NDSCA Outstanding School Counselor Award Nominations Requested

Nominations for the North Dakota State School Counselors Award, which will be presented in February at the Mid-Winter Conference, are due by January 1st.

## Eligibility for nominations:

- \*The nominee must be a current member of NDSCA.
- \*The nominee must be a counselor who currently spends half their school time engaged in counseling activities at any grade level (pre-k-12) in a public or private school in North Dakota.
- \*The nominee must have a minimum of three (3) years of school counseling experience and hold a current ND professional guidance credential.

## Guidelines for Nominations:

- \*Nominations may be made by any school or community member.
- \*The nominee must have extensive service and leadership conducting counseling/guidance activities in his/her school and preferably have involvement at the NDSCA level.
- \*Nominations must be accompanied by a minimum of two letters of recommendation and support from colleagues, parents, students or community members.

Application forms may be secured through the NDSCA website: [www.sendit.nodak.edu/ndsca/](http://www.sendit.nodak.edu/ndsca/)  
Completed applications must be returned by January 1st to the following address:

Patricia Bathie  
Carl Ben Eielson Middle School  
1601 13<sup>th</sup> Ave. South  
Fargo, ND 58103

# On Being a Gestalt Therapist

I begin the session at the door – taking notice of how my client walks in: how she carries herself, the congruency or incongruence of her face, body and conversation. I listen to her first sentence, as sometimes it is the key to what brought her here (the key that she is searching for but cannot find).

I watch her choose where to sit and notice how she organizes herself in the room. I excuse myself because I am thirsty and I sense her need to “settle in” without me.

Once addresses, phone numbers, and confidentiality are exchanged, the silence comes. I wait for how my client begins her story. I know how vulnerable she feels because I have sat in her chair.

I tell myself, “Breathe,” “Ground Yourself.” I practice shutting out all other stimulus, agendas, and personal turmoil to attend to my client with all my senses.

I begin taking in whatever emerges in front of me – a hand motion, a tone of voice, a piece of language, the order of the story or the lack of order – and at the same time I listen to the content. It’s like a whole symphony in front of me and her story is the best song she knows.

Periodically, I check back in with myself. I take note of how I’m feeling because I know I am the most valuable tool I have. I check my posture, my muscles, my breathing, and for just a moment my song drowns out hers. Now I return to a stance of anticipation, feeling full of respect for the uniqueness of her story as well as its universal ring.

One sentence gets sung that stands out for me and I underline it in my mind. I get more and more interested in that sentence as each part of the song seems to harmonize and take shape. This time the sentence is, “I never have felt I belonged.” I imagine my client as a small child “not belonging,” as a teenager “not belonging,” as an adult “not belonging” and ask her for examples of why she says “never” so I can give up my projections and move back to her experience of what “not belonging” means to her.

As she talks, I again tune in to both her song and mine, so that my boundaries are clearly differentiated from hers. I do this to protect myself from her pain and to stay clear and crisp about what her story elicits in me. By doing this, I can share a different experience with my client which will offer her new information, rather than the old tape she plays over and over.

At this point in the session my options are many. My years of experience allow me to draw from a multitude of choices with a spontaneity that is authentic. My goal is to meet my client where she is right now.

I ask her, “Are you willing to move away from your story for now and come into the room with me and struggle together?” I get permission so we move forward. Gently and carefully I ask for more, “Are you willing to look with me at how you are experiencing “belonging” or “not belonging” right now in our relationship as therapist and client?” She agrees to the work knowing that her risking and her retreating will be equally respected. And the energy that comes alive feels like a crescendo.

I know our work in the next few weeks will include exploring how her world did not allow her to “belong” as well as how she played a part in not letting herself “belong.” The music will have highs, lows, and dull thuds because we are human. But I know that I do not want to write her a new song. I only want us both to hear her original rendition in a new way.

Kay King, L.S.W.  
Clarion University of PA

.....article that I wrote for the Class I taught with an English colleague.....the class was called “Writing and Self Awareness.”

# The Un-Comfort Zone

## “Don’t Get Stuck in Reverse”

By Robert Wilson

I love this quote by Gandalf the Gray from the book *Lord of the Rings* by J. R. R. Tolkien, “When we despair we cease to choose well. We give in to short cuts.” It’s so true and we all know that we have been guilty of it at some point in our lives.

It reminds me of the Dot Com Bubble that burst in March of 2000 and caused the stock market to crash, I remember those heady days of “irrational exuberance” as Federal Reserve chairman, Alan Greenspan referred to it. It seemed like everyone was worried they were going to miss out on the digital revolution. They were motivated by the dreams of easy money. It was all about taking a short cut.

Several start ups approached me to help them promote their new Internet businesses in exchange for stock options. I looked at a couple of cobbled together companies that were little more than a guy with a website and the hopes of mining some venture capital. The idea was to generate web page hits with a clever name or gimmick, sell a ton of stock at the Initial Public Offering, then retire a millionaire. I decided to stick with those willing to pay in cash.

After the burst, I read about a repo man in Silicon Valley who repossessed the expensive cars of former Internet millionaires. He reported that he frequently found dozens of losing lottery tickets in the cars — evidence that the former car owners were acting out of despair and looking for short cuts back to the elusive wealth that had slipped from their grasp.

Beverly Sills, the famous opera soprano, once said, “There are no shortcuts to any place worth going.”

But, too often when times are good we pile on the responsibilities. Later on when we encounter adversity, we look backwards instead of forward. We attempt to go back to where we enjoyed success in the past even when it is counter-productive to our current goal.

In my seminars on innovation I conduct a fun exercise that demonstrates how we frequently feel we must go backwards before we can go forward. A volunteer from the audience is selected and sent out of the room. The audience chooses a simple behavior they want the volunteer to do (like jumping up and down on their left foot). What makes it fun is that the volunteer must guess the behavior. The audience can only help by saying the word, “yes” when the volunteer does anything that comes close to the desired behavior. They are not allowed to say, “no” or give any other hints.

Once the volunteer performs the desired behavior, the audience rewards it with a round of applause. I ask for a second volunteer, but this time we change the rules after the person leaves the room. When the desired behavior is reached, the audience goes silent, says nothing, and gives no applause. Since the volunteer is no longer getting feedback in the form of “yes” he or she will go back and repeat behaviors that did elicit a “yes.” The audience, however, remains silent.

As we watch the volunteer, we can see despair forming on his or her face. The volunteer will then go further backward to find a previous behavior that generated success. Eventually the volunteer quits going

backwards and starts initiating brand new behaviors in the hopes of regaining another, “yes.” It is after several new behaviors are performed that the audience is signaled to applaud and reward the volunteer for his or her efforts. The purpose of the exercise is to force the volunteer to backtrack to the point that they realize success can only be found by moving forward.

In life, the trick is to stay focused even when our luck seems to be changing. We may have to slow down or make changes in our methods, but the goal must remain the same. Henry David Thoreau observed, “We rarely hit where we do not aim.” In other words, if you’re moving backward you are moving away from your goal... and it’s hard to hit a target when you’re facing the wrong direction.

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](http://www.jumpstartyourmeeting.com).

### **Publishing Information**

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# Klingenberg Presents at ACA 2008, Honolulu

Erin Klingenberg, Ph.D.; LPCC; NCC presented at the American Counseling Association's annual conference and exposition held in Honolulu, Hawaii March 26-29<sup>th</sup>, 2008. Klingenberg's presentation was titled: **Successful Transition from High School to Higher Education: What Determines Success?** Material for this presentation was from the dissertation research conducted for the completion of her Ph.D. program. The presentation included the analysis of interviews conducted with first-year students and connects the findings to the retention efforts at Valley City State University. Implementation of prevention measures have been adopted at VCSU as well as shared with other professional across the state and at ACA. Research indicates that prevention is the key!

My experience presenting at ACA was wonderful. I would encourage any and all professionals to propose presentation topics to ACA for consideration. The process of proposals may be lengthy and early; however, the rewards are significant. During my presentation time, I was able to visit with many colleagues across the nation about common issues we share both as professionals in counseling and professionals in higher education. At times we may fall into the faulty, in my opinion, thinking that we might not have anything to share with others across the country. My experience in Hawaii could not have been further from that notion. I am still in contact with some of the professionals that I met and shared ideas, concerns, and proposals with during the ACA conference. This is a great networking opportunity as well as personal and professional growth opportunity.

Thank you to those who encouraged me to send in a proposal. I, in turn, encourage others to do the same. If you have specific questions about how, when, or other questions about my experience, I encourage you to contact me. PS~ the scenery wasn't bad either!

## ACA Public Policy

In late December of 2006, President Bush signed into law the Veterans Benefits, Healthcare, and Information Technology Act, now Public Law 109-461. The law included language establishing explicit recognition of mental health counselors as mental health care providers within health care programs operated by the Department of Veterans Affairs (VA).

Enactment of this legislation followed years of collaboration between ACA and the American Mental Health Counselors Association (AMHCA) to gain recognition of mental health counselors within the system. Although the VA has long employed rehabilitation counselors to provide readjustment counseling services to veterans, it has not recognized counselors as mental health specialists. The new law will allow the VA to hire licensed mental health counselors on par with clinical social workers, and will allow counselors to apply for supervisory positions open to clinical social workers and others.

Members of ACA and AMHCA have contacted both organizations to inquire about why this process is such a lengthy one. Although the legislation was enacted more than eighteen months ago, the VA is still in the process of finalizing regulations to implement the law. Until this happens, VA facilities across the country will not be able to use counselors as full-fledged mental health specialists.

Unfortunately, implementation of laws often takes nearly as long as getting them passed. In addition, VA headquarters staff responsible for implementing the law is stretched thinner than usual, given the difficulty of meeting the increased need for mental health care on the part of veterans. However, it is clear that the VA needs more mental health professionals, and recognition of counselors would significantly expand the pool of service providers.

Some progress is being made. VA staff recently conducted a survey of VA health care facilities to determine their overall mental health professional staff needs, and is using this information to see how best to fit mental health counselors into their staff. Nevertheless, we believe the VA can and should be moving more aggressively to increase veterans' access to trained mental health professionals by recognizing licensed professional mental health counselors. ACA and AMHCA are working with key Congressional and VA staff to help move implementation forward more quickly.

One key issue to be resolved is whether or not a new federal job description for licensed professional counselors is needed. Federal job classifications are written by the federal Office of Personnel Management (OPM), pursuant to requests from federal agencies such as the VA. ACA and AMHCA are advocating for the creation of a new job classification, instead of trying to squeeze counselors into an existing classification, in order to establish appropriate recognition of mental health counselors as a distinct profession. We have provided VA staff with a wealth of information regarding counselors, their education and training, practice patterns, recognition under other health programs, and state licensure requirements. It is important that counselors are given responsibilities and a scope of practice corresponding to their extensive training and experience.

We encourage counselors to help advocate for implementation of the VA law. If you have been prevented from working with veterans as a result of the lack of recognition of professional counselors, please consider contacting your members of Congress to describe your experience and communicate your desire for prompt implementation of the law. We also encourage you to share your anecdotes with us, as they are invaluable in illustrating why the VA needs to recognize licensed professional counselors as full-fledged mental health service providers.

For more information contact either myself or Beth Powell, AMHCA Director of Public Policy and Professional Issues (800-326-2642, ext. 105, e-mail: [bpowell@amhca.org](mailto:bpowell@amhca.org)).

# Working Together / Helping People

by Bruce Wold, President-Elect

I have been working together with many people - including many of you - in planning the upcoming NDCA Midwinter conference which will be held in Bismarck at the Ramkota Inn from February 1-3, 2009. I am excited about this year's conference, and believe it is going to be a great professional experience. The first day of the conference, like last year's conference, will feature one speaker the entire afternoon. Dr. Lisa Boesky will present "**Teens and Young Adults with Mental Health Disorders: Who They REALLY Are.**"

*Today's teens and young adults are often over, under, and misdiagnosed. Psychotropic medication is prescribed at the highest rates ever, with some clients taking two, three or even four different pills. Evidence-based treatment is all the rage. So why do so many struggling young people still slip through the cracks? Why do so many continue to abuse alcohol/drugs or experience mental health symptoms despite receiving "treatment?" Dr. Lisa addresses how Depression, Bipolar Disorder,*

*ADHD, Anxiety, PTSD, Conduct Disorder, Oppositional Defiant Disorder and Psychosis specifically manifest in adolescents and young adults. Key issues and current controversies over mental health diagnoses, "substance-abusing" clients, psychotropic medication, and the "acting out" vs. "mental health" distinction are also highlighted. This will be a fast moving, high-energy, thought-provoking presentation with video clips and case examples.*

Monday will bring some difficult choice as there are so many good presentations that I know it will be hard for you to choose which ones to attend. You will really need to study the conference program. I want to thank those who sent in conference program proposals and also those who offered to do so. It is uplifting to realize that we have so many talented counselors in the state who are doing such good things. I am pleased that you will have the opportunity to learn from professionals from across North Dakota.

Our closing session will include

our business meeting, awards ceremony, and a presentation called "**Death Taxes and Change**" by Terry Fleck. In addition, I hope that many of you will consider nominating colleagues for the various awards that are presented at that time. I think that it is always good to thank people for a job well-done and many of your co-workers are just those people who could be honored for their efforts in helping others.

In closing, I hope that you take time to register for this year's conference as we will have a chance to get together with others who really do believe in "working together" and "helping others." I believe there are three keys to a successful NDCA Midwinter conference: great keynote speakers, excellent breakout sessions presented by our peers, and time to learn from and support one another informally. I believe this conference will have all three keys as we have had in the past. I look forward to seeing you in Bismarck on February 1, 2009.

## Ethics Updates...

by Erin Klingenberg, Ph.D.; LPCC; NCC

*Ever wonder about your ethical obligations concerning the confidentiality of deceased clients?*

This information is from the Counseling Today Ethics Update dated 11-01-06. These are questions presented by ACA Chief Professional Officer David Kaplan along with the responses from Judy Miranti and Michael Kocet, two members of the ACA Ethics Code Revision Task Force.

This information is available in detail on the ACA website at [www.counseling.org/ethics](http://www.counseling.org/ethics)

*Standard B.3.f. Deceased Clients*  
*Counselors protect the confidentiality of deceased clients, consistent with legal requirements and agency or setting policies.*

Comments include:

**What is the role of informed consent in protecting the confidentiality of a deceased client?**

*Michael Kocet: It is now important to build the concept that confidentiality does not stop upon the death of a person into the informed consent process.*

**What should be done with the records of a deceased client?**

*Michael Kocet: The same rule applies as for the client who is living. The ACA Code of Ethics does not state a specific length of time to keep records. However, many*

*state licensing laws require that records be kept for seven years. Therefore, seven years is a reasonable amount of time to keep the file of a deceased client.*

**What is the appropriate way to react to a subpoena for information from the file of a deceased client?**

*Michael Kocet: If divulging information could in any way harm my deceased client, I would, with the assistance of the lawyer provided by my liability insurance company such as the ACA Insurance Trust, decline to provide information.*

*Judy Miranti: I would protect the client's confidentiality as much as possible, even after death.*

In summary:

*Michael Kocet: The key to Standard B.3.f is that the counseling relationship exists even through death. We continue to honor that relationship after the client dies. As such, whatever statements in the ACA Code of Ethics applies when the client, supervisee, student or research participant was alive continue to apply after they are deceased. If a counselor would not disclose information when a client was alive, they should not disclose that information in their death.*

The above excerpt from the Counseling Today Online is good food-for-thought as we continue to provide professional services to our clients.

## GRADUATE CREDIT

1 semester credit, NDSU  
\$75.00

Must attend  
Pre-Conference & Conference

Register for credit  
at Pre-Conference

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## NDCA SHIRTS

For those who have purchased  
NDCA shirts - - wear them on  
Sunday at the conference

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## FOOD PANTRY - COLLECTIONS

Bring a food pantry donation to  
the registration table at the  
conference. A name will be drawn;  
that person then gets to take the  
food items & donate to their food  
pantry in his/her community.

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## SILENT AUCTION

Don't forget to bring an item for  
the Silent Auction on Sunday  
night! Items can be dropped off at  
the registration area.

Items should be new -  
a craft - homemade product -

Please no "white elephant" items!

The money raised is for our  
2<sup>nd</sup> NDCA Graduate  
Student Scholarship.

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## 1<sup>st</sup> TIMERS/

## NEW MEMBERS

Attend an orientation session just  
for YOU on Sunday at 11:30 a.m.

## Breakout Sessions for 2009 NDCA Midwinter Conference

1. Creating A Healthy School Environment
2. Middle School Sharing Session
3. Elementary School Sharing Session
4. High School Sharing Session
5. School Counselor's Responses To Relational Aggression
6. Working Together To Meet North Dakota's Workforce Challenges
7. The Truth Be Told: An Investigation Of Employer Recruiting Practices In North Dakota
8. Cognitive Therapy: The Aaron T. Beck Model
9. Assessing Recidivism In Adult Offenders
10. Clinical Supervision: Supervisor Competencies, Contracts And Challenges
11. A Bridges Update
12. Chocolate Therapy 101 - Refresher
13. Stress And Gender: Is There A Difference
14. Keep The Kid In You
15. Helping Adolescents Build Resilience Using The Developmental Assets
16. Proposed Criteria For The Licensing Of LAPC Supervisors
17. Practical Strategies For Identifying And Treating Eating Disorders
18. T'ai Chi Chih, Joy Through Movement
19. Youth Who Grieve: Listen To Our Voices
20. Identifying Clinical Barriers When Counseling Native American Adolescents
21. "A New Earth" For Mental Health
22. Cyber Communication: Our Students Are Typing What?
23. What You See Is What You Get... When You Come to a Fork in the Road, Take It
24. Helping Students Prepare For Excellent Careers In Health Care!
25. Egor and Fitz
26. Implementing The North Dakota Career Clusters And Plans Of Study
27. Counselor Education At NDSU
28. Super Vision's: The Basics Of Counselor Supervision
29. Mr. Potato Head And Other Elementary Ideas
30. My Life Junior
31. How To Be a Hero To Our Kids
32. SADD
33. That's So Gay" - Experiences of Lesbian, Gay, Bisexual, Transgender and Questioning Youth in North Dakota Schools
34. Suicide Post-vention
35. Military One Source
36. Igniting School Counseling Accountability
37. Heartview Foundation
38. Climb Theatre
39. 211
40. Rimrock?
41. When Kids Don't Learn- One Schools Response
42. Alcohol/ Drug 101
43. Students with IEP's and 504's—Where Do We Go From Here?

## Conference Schedule at a Glance

### SATURDAY, FEBRUARY 1<sup>ST</sup>

Pre-Conference Workshop  
James Blundo PLLC  
"BEYOND ANGER MANAGEMENT"

### SUNDAY, FEBRUARY 2<sup>ND</sup>

8:30 - 9:00 a.m.      Worship and Remembrance – Sheyenne Room  
9:00 - 11:00 a.m.      NDSCA Board Meeting – Governor's Room  
11:00 a.m.              NDMHCA Membership & Business Meeting – Cannonball Room  
11:30 a.m.              First Timers/ New Member Orientation – Heart Room  
11:30 a.m.              NDSCA Advisory Board Luncheon – Room 2160  
1:00 p.m.               Exhibits Open  
                                 Opening Session/Keynote Speaker – Grand Pacific/Lamborn  
                                 Dr. Lisa Boesky  
5:30 p.m.                Business Meetings- NDECA,NDSCA,NDSSWAs  
7:30 p.m.                Social/Silent Auction – Heart, Sheyenne, Cannonball

### MONDAY, FEBRUARY 3<sup>RD</sup>

8:00 a.m.                Breakfast sponsored by the military – Grand Pacific  
                                 Exhibits Open  
9:00 a.m.                Concurrent sessions  
11:25 a.m.              NDCDA Luncheon & Business Meeting - Heart  
                                 Lunch on your own  
1:00 p.m.                Concurrent sessions  
5:30 p.m.                Bridges Advisory Committee Meeting by Invitation  
                                 NDACES Business Meeting  
                                 Chi Sigma Iota (NDSI) Room 2160

### TUESDAY, FEBRUARY 4<sup>TH</sup>

8:00 a.m.                Breakfast/NDCA Business Meeting- Ballrooms  
10:00 a.m.              Keynote Speaker- Terry Fleck- Ballrooms  
                                 Awards to Follow - Ballrooms

This is not necessarily a finalized schedule,  
but the general order of the conference will follow this very closely.

## AWARDS, AWARDS, AWARDS

Do not forget to nominate worthy professionals for the many awards that are available through NDCA.

It's important to recognize coworkers for the wonderful and very important contributions that they make to the work place and the profession.

All AWARDS information is available on our website:  
[www.ndcounseling.org](http://www.ndcounseling.org)

## INTERESTED IN LEADERSHIP!

CONSIDER SERVING NDCA  
AND RUN FOR PRESIDENT-ELECT-ELECT

The functions of this office are:

1. To fulfill the obligations and duties as set forth in the NDCA Constitution
2. To become knowledgeable about fiscal details and governance actions
3. To become knowledgeable about the NDCA Constitution, Policies and Procedures
4. To serve as Chair of the Membership Committee
5. To provide an article, ad for each issue of the FOCUS

Interested?

Contact NDCA Past-President LuAnn Wick  
at 701-510-0952 or  
at [lwick@restel.net](mailto:lwick@restel.net)

## ROOM RESERVATIONS

BEST WESTERN  
RAMKOTA, BISMARCK, ND  
701-258-7100

Rooms are held only  
til January 7<sup>th</sup>!

Don't forget to make your  
reservations early!

Single —  
\$55.00 per night

2 or more to a room —  
\$75.00 per night



**North Dakota Counseling Association**

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

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

# Promoting Counseling

by Dr. Gaylynn Becker, NDCA Public Relations Chair

Hello fellow counselors! I hope you are making plans to attend another great professional development experience.

Want to learn about counseling?

Want to hear some of the best counselors share some of their knowledge and skills?

Want to get a graduate credit in the process?

Want to increase your own counseling skills?

Do you want to network with counselors from across North Dakota and reach into the neighboring states as well?

If you've answered yes to any of the above, then the North Dakota Counseling Association's Annual Conference is for you. This year's conference theme is, "**Working Together Helping People.**"

**Here is the conference information:**

**What:** North Dakota Counseling Association Annual Conference

**When:** February 1-3, 2009

**Where:** Ramkota Inn, Bismarck, ND

Dr. Lisa Boesky will be the opening keynote presenter on Sunday. She is a clinical psychologist, author and speaker from San Diego, CA. Dr. Boesky's presentation is titled "**Teens and Young Adults with Mental Health Disorders: Who They Really Are.**"

In addition there will be a pre-conference on Saturday, January 31, 2009. Dr. Lisa Boesky will be the pre-conference presenter. Terry Fleck has a new presentation "**Death, Taxes, and Change**" and will wrap up the conference on Tuesday.

If you want to use the above information to write an article for your school newsletter or local newspaper, please use any or all parts of this article as your own. If you would like to see a copy of the article that I will submit to my local city newspaper, please check my website ([www.cplanning.org](http://www.cplanning.org)) by early January. You may copy all or part of my article and use it in your local paper as your own article. It may help remind some to attend and it may even prompt some people to consider attending. At a minimum, your local community will get a better idea of where you will be for a few days and that you are improving your professional knowledge and skills!

Have a great Christmas!