



Focus on NDCA

Taking Time...

LuAnn Wick, NDCA President

Taking time. My husband I went to supper with friends and when we pulled into the parking lot at the restaurant, our friend in the front seat said – oh so seriously – “I bet LuAnn filled her car with gas today.” How did he know? After completing my day at school and before I left Williston for home, I filled my car with gas! After taking care of business at the cash register, I got back into the car, and only then decided to clean the windshield – so out of the car I went, but because I was in a hurry to get back to New Town I cleaned only the driver’s side. I didn’t take time to do the whole window, just half! That was painfully obvious in the sunset! Our friend pointed this half effort out to all three of us and then he began to laugh, and so did his wife and my husband. And so did I.

Taking time. From Memorial Day through Labor Day, I volunteer with the National Park Service and Amtrak as a guide with the Trails and Rails Program. This year I put in about 3000 miles on the train. As part of a team of volunteers, I act as guide giving information about the Lewis and Clark journey, tidbits about the small communities on the high line of western North Dakota and eastern Montana, and entertain children and adults with a suitcase of “stuff.” On one of my trips west

to Shelby, Montana, my partner and I stopped by the car designated for those with some disability that would prevent them from climbing the stairs to the upper level of the train. I pulled out the grizzly foot mold and a piece of flint and the striker to show a boy about ten years old and turn him loose on making sparks. His mom thanked me and said how much he had enjoyed his visit with me last year on the train. She was right, I now remembered them both, but this year was different. Last year I had visited with them in the observation car - one car away and up the stairs. What a difference a year had made in their lives. My partner and I talked about this chance visit when we departed the train at our stop, both of us glad we had taken the time.

Taking time to laugh, to stop and visit or to just to balance yourself after a teeter totter day – we all need to take time. I hope that you will consider joining your NDCA friends at this year’s conference February 10, 11, and 12. Taking time to rejuvenate and to grow professionally. And between now and then, take time to wash the whole windshield and if you get caught only doing half, enjoy the laughter of being found out by good friends!

AWARDS!!!

All the award nomination forms and criteria are on the NDCA web page - - ndcounseling.org

Please take the time to honor our members who have given exceptional service to the fields of counseling, those who are friends of counseling, and those who have retired from their positions.

The deadlines are from 12-29-07 to 1-10-08 depending on the award.

WE NEED TO HEAR FROM YOU!!!

What's Inside

- 2 • CaringBridge
- 3 • Take Time to...
- 4 • Robert's Rules for Idiots
- 5 • Dear School Health Team Partners
- 6 • Mid-winter Conference
- 7 • Mid-winter Conference



Fewer Aid Applications to Be Supplied

Reprinted from the AACRAO Newsletter, 9/20/2007

Starting next year, the US Department of Education will mail fewer paper copies of the Free Application for Federal Student Aid (FAFSA) to high schools. Last year, 94 percent of students submitted the FAFSA online.

High Schools will still be able to request paper forms in bulk for those students who prefer them or cannot access the online version. In addition, students will be able to request up to three copies by calling 1-800-4-FED-AID.

The move is expected to save millions of dollars in printing and shipping costs and ease the transition to a simplified FAFSA.

CaringBridge Offers Support and Encouragement When It's Needed Most

by Kara Kiphuth, M.Ed., LPCC

At the 2008 Mid-Winter Conference, NDCA in conjunction with NDMHCA will be collecting donations for a worthy organization. "Caring Bridge" is a not-for-profit organization that runs a free website for patients and their friends and family to communicate and support each other when illness and tragedy strike.

It's a needed service, that we all hope we will never need. At least that's how I felt last March, when my husband, Eddie, was in a serious motorcycle accident where he sustained broken bones and a traumatic brain injury. During the following 2-3 weeks as Eddie recovered in the rehab unit of MeritCare Hospital, Fargo, I relied on Caring Bridge to help me keep in touch with friends and family, give them updates on Eddie's progress

and gain needed emotional support for myself. When Eddie began to realize the full extent of his injuries, reading the caring messages and prayers that people left on his site was a day brightener and kept him going when he could have felt like giving up.

I'm very grateful to report that Eddie is recovering well from the accident. I also know we were blessed to have a tool such as Caring Bridge to keep us connected to the emotional support we needed when Eddie was in the hospital. I encourage you as readers, to check out www.caringbridge.org, to learn more about this organization, and better yet check out the special clock and cups to deposit your pocket change in for Caring Bridge at the NDCA Mid-Winter Conference. Be a bridge builder!

Dear NDMHCA Members,

Melissa Hammer and her husband Jason moved to Sioux Falls South Dakota in September so Melissa regretfully resigned from her office as President of NDMHCA.

Kris Long has taken on the office of President of NDMHCA. Kris also served as President of NDMHCA last year.

We extend hearty farewells and best wishes to Melissa and Jason as they embark on many new adventures in their lives.

*Sincerely,
Kristina M. Long, MSED, LPC
President, NDMHCA*

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/. Completed applications must be returned by January 1st to the following address:

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

Take Time to...

by Janis L. Wallender, President-Elect

It's "time" to "take time" to plan your attendance at this year's NDCA Midwinter conference which will be held in Bismarck at the Ramkota Inn from February 10-12, 2008. I am excited as I am immersed in the planning of the conference. It is a lot of work, don't get me wrong, but it is exciting to see it all coming together.

The first day of the conference will look a little different than conferences in the past as we will have only one featured speaker the whole afternoon. Cheri Lovre, director of the Crisis Management Institute, Salem, Oregon, will be our featured keynote speaker as she presents her keynote: "Get High, Slow Down, Go Deep," (see related article). Ms. Lovre has responded to school shooting crises in Lancaster, PA, Springfield, OR, Littleton, CO, and Red Lion, Pa. She has worked with natural disaster recovery in Louisiana and Sri Lanka and has assisted in post-vention with suicide clusters in several school districts. In addition to her keynote, Ms. Lovre will present three additional sessions titled: "Youth in Grief," "De-escalating Angry Youth," and "Self Injury." Although the topics may seem directed at those serving youth, Ms. Lovre states that the information shared can be transferred to counseling settings serving any population.

Monday will be a difficult day for man...there are so many good presentations that I know it will be hard for you to choose which ones to attend. You will need to "take time" to read and 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 my personal belief 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 North Dakota. It is exciting that we will also have presenters from South Dakota, Montana, Minnesota and California doing breakout sessions. I know that if you are in a session with a presenter from out of state, you will "take time" to give them a North Dakota welcome and thank you. If it is a presenter from our own state, please thank them for "taking the time" to prepare a presentation to share with you.

Our closing session will include our business meeting, awards ceremony, and a presentation called "BreakDown" that will feature North Dakota students. I am still working on the details of this program. 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. When we all get together to share, to learn, to laugh, to grow, to appreciate, to wonder, to reflect...it will be time well spent. I look forward to seeing you in Bismarck.

Cups Are Full in Lisbon

by Kris Long

I just wanted to let everyone know that our Mammography Machine and room at the Lisbon Area Health Services are all set up and we have been providing mammograms fulltime since 9/10/07. An open house was held on October 12th. The "pie ladies" baked pies to serve for lunch. During our fundraising efforts these three special retired ladies baked pies to help us raise money for the mammogram machine and their baking brought in **\$3,735.76**.

Our goal was to raise \$85,000.00 in dollars. With the help, support and prayers of many people we raised **\$90,868.47**. With the additional funds we were able to purchase additional enhancement equipment for the mammogram machine so the Mammographer is able to get more detailed images,

The hospital has hired a full time Registered Mammographer.

Elderly women from this area who have never had mammograms

before have told us they now have had their first mammogram. That's exactly the outcome we prayed for.

KVLY TV from Fargo came to Lisbon and interviewed all of us on the committee about our fund raising efforts and to see our new mammography room. I decorated the hospital with 35 pretty pink ribbons for Breast Cancer Awareness month. Three of the five of the committee are all cancer survivors. Between the three of us, we had almost 34 years of survivorship. That's pretty awesome!

Thank you everyone for your encouragement and support for our special project and a special thank you to all of you for allowing us to place our pink cups on the awards brunch tables last year and for donating **365.57** in pocket change to RCMF. Your pocket change will help save lives.

I was pretty excited to find out when we went through our RCMF bank statements a few weeks ago

the little hot pink plastic cups that I ordered and made the slogan for, **Help Us Keep Our Cups Filled... With Your Pocket Change**" brought in **\$3,026.46** in pocket change!

I spent several evenings after work visiting a dear friend and his family. He has been in and out of the hospital for the past 3½ years battling advanced stage prostate cancer. During one of our conversations he told me he was scared and that he was too young to die (51). I told him I totally agreed. I said goodbye to him and his family and wished them all a restful sleep. He said, "Restful sleep is good but waking up in the morning is even better because then I know I'm still alive for one more day to be with my family."

Take care everyone and celebrate the wonderful gift of waking up every morning.

Robert's Rules for Idiots

Prepared by Laressa Beliele, Oklahoma Counseling Assn.

Order of Business/ Steps in Motion

Below is a typical example of Order of Business for a meeting:

1. Call to Order
2. Roll Call of members present
3. Reading of minutes of last meeting
4. Officers reports
5. Committee reports
6. Special Orders – Important business previously designated for consideration at this meeting
7. Unfinished Business (Old Business)
8. New Business
9. Announcements
10. Adjournment

Steps in Motion:

1. A member makes a motion.
 - a. The member must seek recognition from the chair by raising a hand or standing up. After the chair recognizes the member, then the member is free to make the motion.
2. Another voting member must second the motion.
 - a. To second a motion is to publicly agree that the motion should be considered. The purpose of this step is to make sure that at least two members want to discuss the issue before the group spends time on it.
3. The chair states the motion.
 - a. The motion is formally placed before the assembly once the chair states the motion. At this point, the ownership of the motion is transferred from the individual who made the motion to the whole group.
4. The members debate the motion.
 - a. The motion is considered pending or “on the floor” at this point. Debate is limited to the specific motion being considered.
5. The chair calls for the question.
 - a. The chair restates the motion and calls for the vote.
6. The chair announces the results of the vote.
 - a. The first part of the announcement states which side has the necessary votes, the affirmative or negative. Next the motion is stated as being adopted or lost. The third part is the chair stating the effect of the vote. Finally, the chair announces the next item of business.

True or False

- ___ 1. The president can only vote to break a tie.
- ___ 2. The president can make motions and debate while presiding.
- ___ 3. Majority means more than half.
- ___ 4. If 101 votes are cast with 67 affirmative votes then the requirement for two-thirds is met.
- ___ 5. An abstention is not a vote.
- ___ 6. A “friendly amendment” must be adopted by the full body of the assembly.
- ___ 7. According to Robert's Rules of Order, a member perceived as having a conflict of interest must be compelled to refrain from voting.
- ___ 8. Debate must immediately cease and the pending question put to a vote if a member shouts out “Question” or “I call the question”.
- ___ 9. Minutes of a meeting should not include summaries of discussion.
- ___ 10. Resignations can only be withdrawn by permission of the assembly once it has been placed before an assembly for approval.
- ___ 11. It is proper to hold board meetings by conference calls.
- ___ 12. Point of order must be called immediately after the error is made.
- ___ 13. If a decision must be made and a quorum is not present then it is not considered an action of the group until it is ratified at the next meeting and a quorum is present.
- ___ 14. Board of directors meeting is open to all group members although only the specified board members may vote.
- ___ 15. Rules are intended to protect the rights of the members and should not infringe upon any members' rights.
- ___ 16. Robert's provides for less stringent rules for meetings with 12 or fewer members.
- ___ 17. *Ex officio* means a previous group officer.
- ___ 18. Robert's rules state that the president-elect is responsible for having ballots in case of a ballot vote.
- ___ 19. The parliamentarian makes final decisions or rules during a meeting.
- ___ 20. If a member calls out “division of assembly” after a vote then the presiding officer must call for another vote.

Answers to the Roberts Rules for Idiots

- | | | | | | | | |
|----|---|-----|---|-----|---|-----|---|
| 1. | F | 6. | T | 11. | T | 16. | T |
| 2. | F | 7. | F | 12. | T | 17. | F |
| 3. | T | 8. | F | 13. | T | 18. | F |
| 4. | F | 9. | T | 14. | F | 19. | F |
| 5. | T | 10. | T | 15. | T | 20. | T |

Dear School Health Team Partners:

The North Dakota Healthy Weight Council addresses issues that encompass the promotion of healthy weight. The council is composed of more than 60 members – including dietitians, nutritionists, nurses, physical activity educators, physicians and other health professionals who work in health-care institutions, schools, state agencies, nonprofit health advocacy groups and private industry.

The Healthy Weight Council recognizes that the number of overweight children in the United States (and in North Dakota) is increasing, which has caused many schools to consider measuring heights, weights and body mass index of their students. If your school elects to weigh and measure students, the Healthy Weight Council recommends that you protect each child's positive body image and self-esteem. With this in mind, the council is making the enclosed guidelines available to schools that outline the sensitive, supportive, and accurate way to collect heights and weights: **"Guidelines for Collecting Heights and Weights on Children and Adolescents in School Settings."**

These guidelines were developed by the University of California Berkeley, Center for Weight and Health, College of Natural Resources. The document has been listed on the DOH website under Publications MCH Nutrition:

<http://www.ndhealth.gov/NutrPhyAct/Publications.asp?DivisionID=6>

It is also listed under Frequently Requested: <http://www.ndhealth.gov/NutrPhyAct/>

You may also view the document online at: http://nature.berkeley.edu/cwh/PDFs/color_weighing.pdf.

Distribution of this document is intended to help educate school staff in the process of weighing and measuring students. School staff may include and is not limited to, school nurses, school counselors, physical education teachers, family and consumer science teachers, nutritionists, dietitians and others.

The information in these guidelines are recognized as appropriate and endorsed by these organizations:



"...where we live, learn, work and play."

Eating Disorders Institute,
Fargo, N.D.

North Dakota Academy
of Family Physicians

North Dakota American
Academy of Pediatrics

North Dakota Association
of Health, Physical Education,
Recreation and Dance

North Dakota Counseling Association

North Dakota Department of Health

North Dakota Department
of Public Instruction

North Dakota Dietetic Association

North Dakota Education Association
North Dakota Healthy Weight Council

North Dakota Nutrition Council

North Dakota School
Board Association

North Dakota School
Nurse Organization

North Dakota School
Nutrition Association

The Healthy Weight Council also is drafting a document titled "Weighing and Measuring Students in Schools: A Position Paper," in which the Berkeley guidelines are also used. The paper will be distributed this fall.

If you have any questions about these guidelines, please feel free to contact Katherine Black, Healthy Weight Council Chair, at 701.328.2496.

Sincerely,
The North Dakota
Healthy Weight Council

Find "Guidelines for Collecting Heights and Weights on Children and Adolescents in School Settings" inserted in this newsletter.

North Dakota ACT State Council

by Dennis Steele

A ND ACT State Organization is being formed. The purpose of a state organization is to:

- Serve as a communication link between educational institutions and agencies and ACT
- Coordinate and facilitate statewide professional development activities that are pertinent to ACT's mission
- Provide feedback on the utility and effectiveness of ACT programs and services
- Assist ACT regional office staff in identifying state educational issues and service needs
- Provide input and advice on future ACT programs and services
- Recognize exemplary applications of ACT's program and services

The benefits of Membership are:

- To provide input
- To network with colleagues
- To enjoy professional development opportunities
- Keep current on issues
- To access latest ACT policy reports and research

ACT is an independent, not for profit organization. Each year they serve millions of people in elementary and secondary schools, colleges, professional associations, businesses and government agencies, nationally and internationally. They have offices across the United States and throughout the world.

The Initiatives in North Dakota are to:

- Expand the State Organization's network of professionals who work to improve college and workforce success
- Support the ND P-16 initiative to increase readiness for college and the workforce
- Provide ND education professionals with key resources to help them prepare students for college and workforce success
- Provide professional development opportunities on effective use of ACT program data and resources.

*ND ACT State Organization
Executive Committee:*

Mary Bergstrom
State Rep., NDUS

David Heringer
Chair, U of Mary

Connie Armstrong
Chair-elect, Century HS

Dennis Steele
Secretary, St. Mary's

Jim Ekerberg
ACT Liaison

Elementary Guidance Sharing Session

by Chris Pettersen, Elem. VP

All elementary counselors are encouraged to attend the 2008 Elementary Guidance Sharing Session. Other counselors, especially all school counselors, are certainly welcome to attend! This year's sharing session will continue with the expanded two hours format at the request of our members. It has also been requested that those bringing handouts be the first to share and receive handouts. Others are certainly welcome to attend and share. If there are 'extra handouts' available, they, too, will be able to leave with handouts.

All counselors are encouraged to bring 80 copies of their classroom lesson/suggestions/ideas to be shared at this session. Please write your classroom lesson using the provided template format on the NDSCA website: (<http://www2.edutech.nodak.edu/ndsca/directory-login.htm>)

Also, all Elementary Counselors attending this year's sharing session are to consider bringing a give-away item—a video, book, or other guidance material that you are no longer using since you've updated and replaced with something newer. *It was shared that many new counselors entering our profession would probably be very happy to receive these materials!*

We'll find a fair way to distribute these materials.

Please help to make this our best sharing session ever!

SLEEPING ROOMS/ RATES

Best Western Ramkota
Bismarck, ND
701-258-7700

Reserve by Jan. 12th
to get conference rate!!

\$55.00/night for 1 person
\$75.00/night for 2 or more

WANTED

Quality Items for the NDCA Silent Auction

Each NDCA Division is asked to contribute an item and each member of NDCA is invited to make a donation.

Proceeds from the silent auction provide the funds for our second graduate scholarship.

The silent auction made over \$875.00 last year and can only get better with every members' participation.

Please bring your silent auction items to the registration desk at the 2008 NDCA Mid-Winter Conference.

The silent auction is held Sunday evening during the NDCA Social.

Be sure to fill out a card when you drop off your item that includes The following information: name of the item, value of the item and the name of the person or group that donated the item.

Please contact Mary Ann Brauhn with any silent auction questions at 701-483-9600 or maryann@ndsupernet.com

Take Time to... Attend a Breakout Session 2008

1. A Personal and Professional Journey in the Time of Your Life
2. Are We Crazy, or Is It Me
3. Batterers: Assessment and Treatment/Does It Work?
4. Bullying - What You Can Do To Stop It!
5. Counselor Education at NDSU - What's New
6. De-escalating Angry Youth
7. Elementary Counselors Sharing Session
8. All You Ever Wanted to Know About EMO. Yes, EMO.
9. Fifty Steps Closer: School counseling groups designed to improve relationships and functioning within family, school, and friendships
10. Finding Strengths in Those You Work With, It's Worth the Time
11. Hear the Latest on Elementary School Products from Bridges!
12. Job Trends and Skill Gaps
13. Living life in harmony with what is most important: An integration of best practices to effectively promote psychological health and time management
14. Maybe I Am Gay
15. Middle Level Sharing Session
16. Music Therapy Techniques and Grief Counseling
17. Paws for Therapy and Education
18. Peer to Peer Connection
19. Secondary Sharing Session
20. Self-Injury
21. Should I Report This? Training for Those Who are Mandated Reporters
22. SLND
23. Songs for Your Elementary Guidance Curriculum
24. Successful Transitions: Studying An Effective Ninth Grade Academy Model
25. Take Time for a Guidance Central Update!
26. Take Time for Emotional and Spiritual Healing
27. Take Time to Be: Setting and Maintaining Boundaries - How Faculty Can Model Appropriate Setting of Limits for Themselves and Graduate Students
28. Take Time to Care at the End of Life
29. Take Time to Check Your Baggage!
30. Take Time to Learn About Mental Health and Aging: The North Dakota Mental Health and Aging Education Project
31. Take Time to Make Plans for Retirement
32. Take Time to Observe and Listen: Student Substance Abuse Uncovered
33. Take Time to Start Something Good in Your Communities
34. Take Time to...Cultivate Mindfulness and Solution Building
35. Take Time to...Make the Transition
36. Take Time...To Relax
37. Teens Caring for Themselves and Each Other
38. The Effects of Deployment on Military Family Relationships
39. The Role of School Counselor in an On-Line Educational Setting
40. Things Counselors Need to Know About North Dakota's Regional Education Associations
41. Those Kids That Drive You Crazy: The Developmental Audit
42. We Took the Time So You Could Share
43. Why A Four-Year Degree Really Does Matter
44. Youth in Grief
45. NDACES

Anticipation...

by Bruce Wold

With the holiday season sneaking up on us, I am anticipating the opportunity to share time with family. Thanksgiving and Christmas are family times that are cherished. At this time of year I am also aware that some time with another group of special people is also approaching.

Of course I am talking about the NDCA Midwinter Conference and the opportunity to get together with many friends in the counseling field. I think by working together, we are so much stronger. Again this year the NDMHCA and the NDSCA are working together on a preconference workshop. Cheri Lovre's Trauma Training will be held on Saturday, November 9th. My co-worker in the Beulah Schools, Janis Wallender also has been working extremely hard with others to bring us a great midwinter conference. The team this year is "Take Time...to share, to care, to wonder, to learn, to grow, to hope, to reflect, to thank, to appreciate..."

It is also the time of year when we should be renewing our membership in NDCA and its divisions. Membership gives us a strong voice on legislative issues, offers us educational opportunities and a chance to connect with professionals, especially at the Midwinter. If you have not already done so, please turn in your membership application.

I hope to see you on Feb 9th or 10th at the Ramkota Inn. If you have misplaced this form you can go to the NDCA website – ndcounseling.org.

Best Wishes to you all for the holiday season and remember to "take time" to attend Cheri Lovre's Trauma Training and the NDCA Midwinter Conference, February 9-12, 2008.

Conference Schedule at a Glance

SATURDAY, FEBRUARY 9TH

PreConference Workshop by Cheri Lovre

SUNDAY, FEBRUARY 10TH

8:30 – 9:30 a.m.	Vespers - - Hotel
9:10 – 11:00 a.m.	NDSCA Board Meeting
11:00 a.m.	NDMHCA Membership & Business Luncheon
11:30 a.m.	First Timers & New Member Orientation
11:30 a.m.	NDSCA Advisory Board Luncheon
1:00 p.m.	Exhibits Open
	Opening Session / Keynote Address
2:10 p.m.	Concurrent Sessions Begin
5:30 p.m.	NDECA, NDSCA, NDSSWA Business Meetings
	NDSCA, Chi Sigma Iota
7:30 p.m.	Social/Silent Auction

MONDAY, FEBRUARY 11TH

8:00 a.m.	Breakfast sponsored by the Military
	Exhibits Open
9:00 a.m.	Concurrent Sessions
11:25 a.m.	NDCDA Luncheon & Business Meeting
	Lunch on your own
1:00 p.m.	Concurrent sessions
5:30 p.m.	Bridges Advisory Committee Meeting by Invitation Only

TUESDAY, FEBRUARY 12TH

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

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

"Get High, Slow Down, Go Deep" Cheri Lovre

When demands of our work grow and life seems to spiral out of our control, there is no better time to reflect on how to find renewal on a daily basis and connect with what it is that sustains us. This keynote will touch all of those places within us—we'll have moments of laughter and light, moments to slow down and consider life, and moments to go deep within in order to remind ourselves what it is that sustains us."

This featured keynote for the opening general session of the North Dakota Counseling Association's MidWinter conference is Cheri Lovre. In her work, Ms. Lovre sees the worst of humankind, and out of those times rise the best of human intentions. When she responds to catastrophic events, people's lives have been rocked to the core. For many, it is a time of questioning all that one held true or assumed about life. It is a delicate time, when people are vulnerable and how they make their ways toward a "new normal" will determine much about how they view life in the future. It is a time of great privilege, deep life lessons and life-long spiritual connections. Take this moment to consider how you, too, provide the insights and inspiration for those you serve day in and day out in your work.



North Dakota Counseling Association
Marcia Foss
Valley City State University
101 College Street SW
Valley City, ND 58072

Non-Profit Org.
U.S. Postage
PAID
Valley City, ND
Permit #16

