

**North Dakota Mental Health Counselors Association**

**Pre-conference Workshops**

February 6, 2020

**Virtual Conference**

**1. Morning Session: The Impact Of COVID-19 On Mental Health**

February 6, 2020 from 8:30am-11:30am-registration from 8-8:30am

Virtual Conference

3 CEUs available from a variety of boards

**2. Afternoon Session: Internet Safety: What The Kids Are Doing These Days**

February 6, 2020 from 1pm-4pm-registration from 12:30-1pm

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**Registration Rates**

\*NDCA member: 1 session (Morning OR Afternoon) \$40.00

Choose One: Morning\_\_\_\_\_ Afternoon\_\_\_\_\_

\*NDCA member: Both sessions (Morning AND Afternoon) \$75

\*NDCA Graduate Student Members: 1 session (Morning OR Afternoon) \$20.00

Choose One: Morning\_\_\_\_\_ Afternoon\_\_\_\_\_

\*NDCA Graduate Student Members: Both Sessions (Morning AND Afternoon) \$30

\*Non-NDCA members: 1 session (Morning OR Afternoon) \$65

Choose One: Morning\_\_\_\_\_ Afternoon\_\_\_\_\_

\*Non-NDCA Members: Both sessions (Morning AND Afternoon) \$120

Name\_\_\_\_\_ License Held\_\_\_\_\_

Address\_\_\_\_\_ Phone\_\_\_\_\_

City, State, Zip\_\_\_\_\_ E-mail\_\_\_\_\_

Occupation\_\_\_\_\_ Payment\_\_\_\_\_

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Radisson Hotel, 605 E Broadway Ave, Bismarck, ND

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How did you hear about this workshop? \_\_\_\_\_

Do you have any dietary restrictions? \_\_\_\_\_

Mail form and payment to: \_\_\_\_\_ Or pay through PayPal at

www.ndcounseling.org

Jenise Wilson  
402 E. Brandon Drive  
Bismarck, ND 58503

For Questions, Contact:

Lory Hellman, LPCC, CCMHC  
(701)426-1816 contactndmhca@gmail.com

Torina McConnachie, LAPC  
(701)333-9329

torina.mcconnachie@outlook.com

CEU approval pending through the following licensure boards: North Dakota Board of Counselor Examiners, North Dakota Board of Social Work Examiners, North Dakota Board of Addiction Counselor Examiners, North Dakota Marriage and Family Therapy Licensure Board, North Dakota State Board of Psychologist Examiners.

This workshop is sponsored by the North Dakota Mental Health Counselors Association.

**Presentation Titles: Morning-The Impact Of COVID-19 On Mental Health**

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**Afternoon- Internet Safety: What The Kids Are Doing These Days**

**Presenter:** Lucas Mitzel, LCSW

Dakota Family Services

**Program Goals: The Impact Of COVID-19 On Mental Health**

1. Discuss the Impacts that COVID-19 has had on the mental health of all.
2. Look at how COVID-19 will continue to affect us in the future.
3. Lessons learned from COVID-19.

**Program Goals: - Internet Safety: What The Kids Are Doing These Days**

1. Explore places on the Internet that are popular with youth today.
2. Discuss the dangers of the Internet.
3. Learn the effect that the Internet has on the mental health of youth.

**Morning Schedule:** Registration begins at 8:00 am and the workshop begins at 8:30am. It will be over at 11:30am.

**Afternoon Schedule:** Registration begins at 12:30pm and the workshop begins at 1:00pm. It will be over at 4:00pm.

Lucas Mitzel, LCSW works at Dakota Family Services in Fargo ND. Lucas provides outpatient therapy for children, adolescents, and adults ages 5-30. He typically practices CBT but also implements other forms of therapy with clients. Lucas earned his master's degree in

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Social Work from the University of North Dakota. He believes building relationships with clients is the most important piece of successful therapy.