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2016 Midwinter Conference **"Make Every Moment an Adventure"**

Stacey Meehl, NDCA Vice-President/Conference Chair

The 2016 Midwinter Conference is quickly approaching. The conference is February 14-16th at the Radisson Hotel in Bismarck. The opening speaker on Sunday will be Dr. Jeffrey Kottler. He will be talking about Storytelling in Counseling. Dr. Kottler will also be offering a breakout session on Storytelling. We are so fortunate to have Dr. Kottler at our conference. He is excited to be in Bismarck and looks forward to hearing our "stories". Our closing speaker will be Windie Lazenko – Executive Director and founder of 4her North Dakota. Ms. Lazenko will be sharing her knowledge about human trafficking in North Dakota and the impact that it has on the state.

The conference will take the theme to heart at the social on Sunday night. We will be having fun with "GAME NIGHT". Come prepared for a fun and a little competitive time with your fellow counselors across the state. What would be a better way to spend Valentine's night than having a fun time laughing with other counselors? The awards luncheon will be held on Monday. Our awards luncheon is a great time to honor all of the counselors for all of their hard work through the year. The conference will also feature a variety of breakout sessions in many different topics throughout the conference. We will be fortunate to have many exhibitors available during the conference to answer questions and to share their knowledge.

I am excited to have graduate students play an integral part of the conference this year. They will be helping with many

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behind the scenes activities, presenting breakout sessions, and hosting the Silent Auction. Make sure to bring your item for the silent auction. The proceeds of the silent auction go to our graduate student scholarship. Please have the silent auction available starting Sunday at noon. The silent auction will go Sunday at noon until the time of our awards luncheon.

Please look at the NDCA website for our conference registration and scheduling. I look forward to see everyone in Bismarck February 14-16. Any questions or concerns feel free to contact me.

NDCA Graduate Scholarship

The NDCA Graduate Scholarship Application was sent to counseling program advisors at NDSU, UND, MSU-M, University of Mary and NSU-Aberdeen to make available to students at the beginning of October. The deadline for application submission was November 12, 2015. Each student who submitted an application will be notified by phone or mail by the end of December in regard to the Scholarship Committee's decision on the awarding of the scholarship. Best wishes to all of our graduate students in their educational pursuits.

Calling All Nominators!

Is there someone you admire for their techniques, ideas, or actions? Please nominate them for a NDCA award! We love to present awards to those who excel in their field.

The criteria and guidelines for each award and the submission forms listed below are located on our webpage: www.ndcounseling.org under Awards.

Glenn Dolan Award – An individual who has demonstrated able leadership, excellent rapport and service to the community, outstanding contributions to their organization

Innovations Award – An individual who has made innovative contributions in research or published articles in the field of counseling

Friend of Counseling Award – An individual who has demonstrated support for counseling in the state of North Dakota through his/her profession

Outstanding New Professional Award – An individual who has developed an outstanding program and demonstrates exceptional interpersonal skills

Member Emeritus Award – for NDCA members who have retired

Please submit award nominations by December 30, 2015 to: Rebecca Porter, Minot State University, Registrar's Office, 500 University Ave W, Minot, ND 58707 or Fax: 701-858-3386 or Email: rebecca.porter@minotstateu.edu

Rebecca Porter

ND Counseling Association Graduate Scholarship Recipient

Stephanie Pelletier North Dakota State University

Our 2015 graduate scholarship recipient is Stephanie Pelletier. Stephanie was born in Maryland and moved with her family at age 6 to Bismarck where she attended school and graduated from Bismarck High School. Stephanie spent her undergraduate and graduate years at NDSU where she currently is working on completing course work for a Master's degree in clinical mental health counseling.

Stephanie is currently in her last semester of graduate school as she will graduate in May. She has spent this school year as an intern at Valley City State University in the counseling center as well as working on an independent study of animal-assisted therapy. Both of these have given her a wealth of learning experiences and networking opportunities. After graduation, Stephanie hopes to begin work with veterans and military families while planning a wedding with her fiancé Cole for the summer of 2016 and continuing with the many hobbies she enjoys including photography, scrapbooking, reading, crocheting, snowboarding and camping.

Stephanie says that a desire to continue her education, to obtain a degree that would allow her to do the work that she is excited to do and to achieve a goal that she has held for herself for many years is what brought her to graduate school. Stephanie attributes this along with the support of her parents, Tom and Carol; brother, Eric; and fiancé for her ability to take all of life's transitions in stride.

Stephanie's advisor is Dr. Jill R. Nelson at NDSU's Counseling Program.

ND Counseling Association Silent Auction Scholarship Recipient

Heidi Fiechtner Minnesota State University – Moorhead

Our 2015 silent auction scholarship recipient is Heidi Fiechtner. Heidi was born in Australia and raised in Fargo where she graduated from Fargo North High School. Heidi earned her undergraduate degree at Jamestown College and is currently at MSU-M working on completing course work for a Master's degree in counseling and student affairs with an emphasis in school counseling.

Heidi has worked as a behavioral health technician at the North Dakota State Hospital in Jamestown and as a paraprofessional in the Fargo Public Schools. Currently, Heidi is a graduate assistant in the counseling and student affairs office at MSU-M while she is finishing her final semester before graduation in May. After graduation, Heidi hopes to become employed as a school counselor and continue working toward becoming a licensed professional counselor. She also plans to continue to stay active with playing basketball and volleyball in city leagues and tournaments in addition to playing guitar, reading, traveling, and learning or trying new things.

Heidi says that after taking a few years off after graduating from Jamestown College, all things lead to her wanting to work with children and adolescents and school counseling seemed to be the right fit.

Heidi's advisor is Dr. Lisa Karch at MSU-M's Counseling Program.

Staying Positive When Days Are Not

Relishing no-shows; deep sighing when we think about tough clients on our schedule; saying “borderline client” with a bravado of martyrdom – these are just a few signs that it is time to stop for a moment and focus on ourselves. We all love to work with people that get better and attribute our work with their success. However, our best attitude is required on the days when our efforts are not immediately rewarded.

1) Expect that change may happen, even if we don’t see it in our sessions. Ever had clients that seemed to defy the odds - people who were stepped on during their early experiences and you wonder what got them through? If you start to ask questions, you will find that there was most likely a person who believed in him or her – extended family, a teacher, or maybe even a counselor. Sometimes, these caring people don’t see the changes, but the clients are able to recall the care of these individuals. This reminds me that sometimes we are the ones who are present for the change and sometimes we are the ones who plant the seeds for change. Imagining and expecting growth is an important part of our work, whether we witness it or not.

2) Focus on being a non-anxious presence. It is tempting to tense up and “try harder” when we feel ourselves at a loss for how to respond in session. Another way is to turn to Murray Bowen’s construct of “non-anxious presence.” As Dr. Bowen suggests, controlling emotional reactivity and avoiding judgment can be a key way of encouraging change. We can always offer our willingness to remain calm and present.

3) Be willing to give a client a new interpersonal experience. It is easy to experience anger and defensiveness when patients are openly hostile to us or the counseling process. However, taking a step back and thinking about how the world has likely responded to the individual in front of us gives us a profound opportunity – a chance to respond differently and open up the possibility of change.

4) Self-care. Here are three questions to ask yourself at home.

- a. What is one thing I can do tonight that will remind me of the beauty of life? (sights, sounds, smells that I can enjoy)
- b. What is one thing I can ask someone else to do that will show they care?
- c. What is one positive thing I can say to myself, even if I won’t hear it from others.

It is a difficult task that we are called to as counselors. On the one hand, we are expected to be accepting of the initially negative circumstances and/or mindset that others present us. On the other hand, we are asked to expect that something different is possible without becoming judgmental or impatient with the process. Let this article start a mindful approach to this challenge and a willingness to share your own positive approaches with our colleagues.

By Danial Sturgill

Greetings From NDMHCA

I hope this newsletter finds you well and that you are all enjoying the extended fall weather this year. With license renewals quickly approaching along with the holidays and the hustle and bustle of daily work, there will be more stress for most everyone. Holiday shopping, more stress, more traffic, more serious sessions and sadly more tragedies. Clients may be facing stress, family discord, substance use, financial challenges, custody issues and a host of other challenges and will look to you for assistance. With more challenging sessions all day long, you may be feeling stressed as well. Please take a moment to look at your day and see if you can get a little time to have some “me” time.

It can be a few minutes of meditation, maybe a short walk to just breathe and think about something else. Schedule a lunch with a friend perhaps to get some laughs in, whatever works for you. So many times, in talking with fellow counselors, we admit that we do not spend enough time doing something for ourselves. You have a tough job, people depend on you every day often at work and at home. Your words have the power to inspire people to be their best, to try again, to have hope when they feel like the deck is stacked against them.

This holiday season my wish for you is that you give yourself the gift of self-care. I look forward to seeing you again at the NDCA Conference 2016.
Rebecca Salinas, NDMCA President

College Degree Planners

We have designed our College Prep Program with much needed valuable information to help students attend the college of their choice in the most affordable way. This information is presented in such a way as NOT to replace the school counselor’s role in the process, but to reinforce it, by giving the counselor an added resource to help everyone in the process achieve the best end result for the student.

Our program allows the Counselor to

collaborate with both the parent and the student in this most important journey, helping your efforts stand a far better chance of making a positive difference and helping all students achieve their life goals. Counselors are the important link between academic success and applying knowledge to real-life experience.

We conduct a weekly live presentation, overview and Q & A session every Tuesday and Thursday at 7:00 p.m. Central - www.CollegeDegreePlanners.Info.
Rod Dockter

NDSCA Outstanding School Counselor Award Nominations Requested

Nominations for the North Dakota State School Counselor Award, which will be presented in February at the Midwinter Conference, must be submitted by January 1st, 2016.

Eligibility for nominations:

- * The nominee must be a current member of NDSCA.
- * The nominee must be a counselor who currently spends half his/her 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 five (5) 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, under the "About" drop-down box and in the "Awards" option at:

<http://www.ndsca.org/awards.cfm>

Or by contacting Natalie Heid, Awards Chair:

Wachter Middle School

1107 South 7th St.

Bismarck, ND 58504

Natalie_Heid@bismarckschools.org

NDCA Graduate Scholarship

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Make Your Hotel Reservations For The NDCA Conference

DEADLINE FOR BLOCK OF ROOMS IS
JANUARY 12TH, 2016

RADISSON, BISMARCK

\$80.10 FOR 1 PERSON

\$95.10 FOR 2 OR MORE PEOPLE

CALL 701-255-6000 OR DO IT ONLINE

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2016 Overview of NDCA Conference

Sunday, February 14, 2016

10:00 am	NDMHCA Division Meeting & Luncheon
10:30 am	NDSCA Board Meeting
11:30 am	New Member Orientation
Noon – 7:00 pm	Silent Auction is Open - - items can be left at the registration table
12:00 pm	Opening Session
12:30 pm	Keynote Speaker – Dr. Jeffrey Kottler – The Power of Stories in Counseling
1:40 – 2:30 pm	Breakout Sessions
2:40 – 3:20 pm	Breakout Sessions
3:40 – 4:30 pm	Breakout Sessions
3:40 – 5:45 pm	DACAC – ND Business Meeting
4:45 – 5:45 pm	NDECA Division Meeting NDACES Division Meeting (not confirmed) Graduate Student Meeting
6:00 pm	Social – it's Game Time – Time to have an Adventure!! Food and Drink

Monday, February 15, 2016

8:00 – 11:00 am	Silent Auction is Open for Bidding
8:15 am	Breakfast is SERVED – Sponsored by ND National Guard
9:30 – 10:20 am	Breakout Sessions
10:30 – 11:20 am	Breakout Sessions
11:30 – 1:00 pm	Awards Ceremony and Luncheon
1:30 – 2:20 pm	Breakout Sessions
2:30 – 3:20 pm	Breakout Sessions
3:45 – 4:35 pm	Breakout Sessions
4:45 – 5:45 pm	NDSCA Division General Business Meeting NDCDA Division Business Meeting (not confirmed)

Tuesday, February 16, 2016

8:00 – 9:00 am	Continental Breakfast
9:00 – 9:50 am	Breakout Sessions
10:00 – 10:50 am	NDCA General Business Meeting
11:00 – Noon	Closing Keynote Speaker – Windie Lazenko – Executive Director and Founder of 4her North Dakota – Human Trafficking in North Dakota

2016 NDCA Conference Breakout Sessions

Program proposals will be accepted until Nov. 30th

- *Storytelling
- *Overview of Counseling Military Members/Families
- *What is a Career Planning Portfolio
- *Who are You and what are you doing with my client? Bridging the gap between school and mental health counselor collaboration
- *Court Testimony: The Unwanted Adventure
- *Techniques and Innovative ways to work with immigrant students
- *10 Key Lessons Learned about using the Solution Focused Approach with Children/Adolescents
- *Exploring Supervisee's Authentic Counselor Identity
- *Helping Kids Deal with Death
- *Adventure of College Decision Making in ND
- *The Elephant in the room
- *Substance Abuse in Secondary Institutions: A school counselor's role
- *From Counselor to Counseling Psychologist: A step by step guide to advancing your education
- *Dive into the ND Career Resource Network
- *Group Counseling Sharing Session
- *LGBTQA+ Competency Training
- *Making your Internship Site a Positive Adventure for the Site Supervisor, Intern and Students
- *Professional Development for Yourself and to Carry into your work with Students
- *At-Risk Behaviors: What is the Youth Risk Behaviors Survey Telling US?
- *Creating Connections between Social Class and Careers through RU Ready ND.com
- *Planned Happenstance: How to Make the Most Out of Unplanned Life Event
- *Mental Health Service in Higher Education
- *Helping Kids Learn to Make and Keep Friends
- *Generational Diversity in the Workplace and Community
- *Public Relations for School Counselors
- *Youth Mental Health Training
- *New Career Advising Resource for working with Arts-Interested Students
- *Active, Healthy Students are Better Learners
- *10 Strategies Proven to Inspire and Engage Every Student
- *Self Care and the Mental Health Practitioner
- *Building Successful High School Counseling Programs
- *Helping Kids Deal with Parental Separation
- *Understanding Self-Harm
- *Bibliotherapy: Your magic Carpet for Counseling
- *Sharing Our Adventures in Secondary School Counseling
- *Private Practice Roundtable
- *Emerging Leadership Event
- *Getting out from behind the desk: counseling and connecting with youth
- *An adventure helping others (Red Cross DMH Volunteer)
- *W-I-O-A, W-I-O-A, in the Employment and Training Jungle
- *Acing the "ACE"
- *Leveraging the Senior Year
- *The Encore Career: Is it for you (or your clients?)
- *Exploration of the young mind through sensory tools