

SUNDAY, FEBRUARY 1, 2009

“WORKING TOGETHER. . . HELPING PEOPLE ”

8:30 a.m. **Worship and Remembrance - Sheyenne Room**

9:00 - 11:00 a.m. **NDSCA Board Meeting -Governor’s Room**

10:00 - 4:00 p.m. **Registration - Coat Room by Ballrooms**

11:00 - 1:00 p.m. **NDMHCA Member Business Meeting/Lunch -**
Cannonball Room

11:30 a.m. **NDSCA Advisory Board Luncheon - Room 2160**
First Timers & New Member Orientation -Heart
Room

EXHIBITS OPEN IN COURTYARD - - 1:00 P.M.

Please take the time to visit with all of our exhibitors and let them know that we appreciate them attending our conference.

1:00 p.m. OPENING SESSION: Ballrooms

Opening Activities

Welcome:

Janis Wallender, NDCA President

Bruce Wold, NDCA President-Elect

1:30 p.m. KEYNOTE ADDRESS: Ballrooms

“RACHEL’S CHALLENGE

Rachel Scott was the first person killed at Columbine High School on April 20, 1999, but her shining example of love and acceptance was not defeated that day. Her acts of kindness and compassion coupled with the contents of her six diaries have become the foundation for one of the most life changing programs in America, Rachel's Challenge.

Rachel's Challenge is the largest school assembly program in America. It is designed to help school administrators, parents, and students create a safer and more productive places to learn and achieve. The goal is to motivate and equip students and administrators to embrace new values of kindness and compassion so that no one is left behind because of fear and violence in their school.

It is our mission to eradicate violence, prejudice, bullying, and overall hatred in our nation. We are doing this by passing on the legacy of Rachel Scott nationwide in hopes that people will follow her example and accept her challenge to spread kindness and compassion to others. Powerful footage of Rachel's life and the Columbine tragedy holds audiences spellbound during the one hour keynote that motivates and encourages people to make positive change in the way they treat others.

Rachel's Challenge is impacting lives all across America, as well as in Canada, Australia, Bermuda, and several other countries. The lives of administrators, community leaders, parents, and students will be impacted through the keynote and breakout sessions. Your conference will never be the same after being exposed to Rachel's Challenge.

2:30 BREAK - - Courtyard Area- - Visit the EXHIBITS!

3:00 - 3:50 p.m. CONCURRENT SESSIONS

1. PRACTICAL STRATEGIES FOR IDENTIFYING & TREATING EATING DISORDERS (100 minutes)

**Sara Bennetts
Room**

Grand Pacific

This program will focus on gaining the preliminary skills to identify disorder eating behaviors, body image issues and eating disorders in a variety of populations. Information will also be given on how to work with this population along with when to refer this population on to more intensive services & who to refer them to.

2. RACHEL'S CHALLENGE

Patterson Room

Further discussion will continue from the keynote presentation.

3. EGOR AND FITZ

**Dr. Gaylynn Becker & Claire Fitzgerald
Lamborn Room**

The presenters will demonstrate counseling characters they have used in helping people in the delivery of counseling and career development lessons. This concept of using a character can be applied in any content and counseling setting. What character is in you?

4. School Counseling 101: Data-Driven Programs Made Easy

**Dr. Carol E. Buchholz
Room**

Heart

Accountability, assessment, data, action plans and results reports. Do hearing these words increase your stress level? In this session, the presenter will cover the basics of assessment and data-driven school counseling programs. In addition, examples of assessment tools such as pre & post tests, and sample results report PowerPoints for school boards and school administration will be provided.

5. Mr. Potato Head and Other Elementary Ideas

**Janis Wallender
Room**

Sheyenne

Calling all Elementary School Counselors . . . join me in this session where I'll share a little about Mr. Potato Head and a few of my other favorite things. I look forward to sharing with you.

6. Chocolate Therapy 101: Refresher

**Bryn Halgrimson
Cannonball Room**

What can you do today that will be a deliberate act of self nurturing? What can you do today that will be an engaging act of self-discovery? What can you do today that will be a deliberate act of self-expression? Can you answer Chocolate to all 3 questions? Discover your Inner Center!

7. Being a Hero to Your Kids

**Brent Lysne
Governor's Room**

This will be a presentation on "How to be a HERO to your Kids". We have started a small group session at the high school for teen-age mothers and expecting mothers. I will also present information that can be given at an open house or evening with the parents.

8. The Truth be Told: An Investigation of Employer Recruiting Practices in North Dakota

Kevin Allan

Room 2160

There is a myriad of information available to career/employment professionals regarding the job

search. Some information is contradictory and may prove damaging to prospective employees. Times change so professionals need to arm themselves with current information to provide their constituents. This workshop will highlight what employers really want from those seeking employment, challenge existing beliefs, and provide new counseling perspectives.

9. College SAVE

Lance Hill

Room 3160

Saving for college is more important now than ever as costs continue to rise. The sooner a student and their family starts saving the more likely they are to have a sizable down payment for their education. This session will provide information on College SAVE, North Dakota's 529 college savings plan administered by Bank of North Dakota. Come to learn more about matching grants, tax incentives and how to get started.

4:00 to 4:50 p.m. CONCURRENT SESSIONS

10. Practical Strategies for Identifying and Treating Eating Disorders

**Sara Bennetts
Room**

Grand Pacific

Continuation of Session #1

11. Climb Theatre

**Zach Johnson
Room**

Patterson

CLIMB Theatre, located in Inver Grove Heights, MN is a nationally recognized non-profit company that has

provided programming to K-12 schools for 33 years. CLIMB'S theatre artists write, produce and present plays and drama classes on topics like bullying, self-control, respect, friendship, acceptance of differences, methamphetamine-use prevention, and the environment. In the last school year, CLIMB reached nearly 450,000 students and their teachers in 1,250 schools. CLIMB's mission is : to create and perform plays, classes and other creative works that inspire and propel young people toward actions that benefit themselves, each other, and the community.

11. T'ai Chi Chih, Joy Through Movement

Room Dale Carrier Lamborn

T'ai Chi chih (Tie Chee Chuh) is a series of slow, soft movements that help to circulate energy/chi throughout the body. When done regularly it can produce relaxation, create more energy and improve physical and mental health. Come and learn more about it and experience some of the movement for yourself.

**12. NDACES Business Meeting
Heart Room**

13. Practicing Counselors' Perceptions of the Use of Intuition in the Counseling Relationship

**Rachel R.R. Daigle Sheyenne
Room**

This presentation will focus on a qualitative study which examined the perspectives of five, female, practicing counselors who were interviewed regarding their perceptions of intuition and the role intuition plays in their practice. A discussion of results will be included with recommendations for further research.

14. **Education Tax Benefits/Credits & Education Financing**

**Rosie Jamison
Room**

Cannonball

This session provides a summary of the Tax Benefits and Credits for Education available for students and parents as tax payers. Eligibility, availability, comparisons and forms will be discussed along with insight for counselors to help guide their students/clients to options to assist them with education financing and affordability.

15. **Cognitive Therapy: The Aaron T. Beck Model**

**Dr. Wesley J. Erwin & Tara Hollenbeck
Governor's Room**

Aaron T. Beck's model of cognitive therapy will be presented. The principles upon which this model is based and the cognitive conceptualization, including core beliefs, intermediate beliefs, and automatic thoughts, will be described. The structure related to conducting therapy will be outlined. Case examples will be discussed and a handout will be provided.

16. **Tuition Assistance and Career Opportunities with the ND Army National Guard**

Room 2160

Whether students need help achieving their GED, paying tuition for higher education or paying back student loans, the ND Army National Guard offers a variety of opportunities. We also offer training in over 50 career fields with opportunities for full or part-time employment across the state. Students can qualify for a cash enlistment bonus worth up to \$20,000. They can earn college credits for Basic Combat Training and Advanced Individual Training. And there are programs that allow them to enlist in the Guard without deployment while attending school.

17. **Help Wanted: \$72,000 per year.**

**Dave Farnsworth & Kent Ellis
3160**

Room

ND's energy industry needs to hire 3,000-4,000 new employees per year for the next four or five years. According to Job Service North Dakota, the average 2008 salary in the energy industry was \$72,000. This session will examine the necessary training and career opportunities available to your students in North Dakota's energy industry.

5:00 p.m. BUSINESS MEETINGS:

NDECA Grand Pacific Room

NDSCA Patterson Room

NDSSWA Lamborn Room

7:00 p.m. SOCIAL AND SILENT AUCTION

Heart, Sheyenne, Cannonball Rooms

MONDAY, FEBRUARY 2, 2009

9:00 to 9:50 a.m. CONCURRENT SESSIONS

18. **“What You See is What You Get . . . If You Come to a Fork in the Road, Take It” (100 minutes)**

**Tim Ludwig
Pacific Room**

Grand

The presenter will share with his audience a number of activities he uses with students to demonstrate how many of their destructive emotions and behaviors are the result of “faulty perceptions”.

19. **Practical Strategies for Identifying and Treating Eating Disorders (100 minutes) - - Repeat Session 1**

20. **Mr. Potato Head and other Elementary Ideas - - Repeat Session 5**

21. **Assessing Recidivism Risk in Adult Offenders**

**Dennis Larkin
Room**

Heart

The object of the presentation would be for people to learn the assessment tool used to assess recidivism risk

in sex offenders, DV batterers and violent offenders in general.

22. Helping Adolescents Build Resilience Using the Developmental Assets

**Dr. Jill Nelson & Mary Onungwe
Room**

Sheyenne

The presenters will define and describe resilience, particularly how resilience can be related to adolescents. The presenters will also describe the Developmental Assets. Ways that the developmental assets can be incorporated into counseling practice to increase practice to increase teen resilience will be described. Handouts will be provided at this interactive session.

23. Mission Possible: Working Together to Meet North Dakota's Workforce Challenges

**Bryn R. Halgrimson
Cannonball Room**

The Mission: Job Service North Dakota provides customer-focused services to meet the current and emerging workforce needs of the state. Your Assignment: Discover how your local Job Service Office can work with you, your students, or clients to meet their skill and employment needs. This offer does not self-destruct!

24. "That's So Gay" Experiences of Lesbian, Gay, Bisexual, Transgender and Questioning Youth in ND Schools

**Sherri Paxon
Governor's Room**

School is often not a safe and nurturing space for lesbian, gay, bisexual, transgender and questioning youth, their allies and children of LGBT parents. Suffering derogatory remarks, harassment and violence, the discrimination and bias faced by these students is devastating and results in mental and physical distress, absenteeism, poorer grades and higher drop-out rates.

25. Super Visions: The Basics of Counselor Supervision (100 minutes)

**NDACES Executive Board
2160**

Room

The Executive Board of NDACES leads you into the world of counselor supervision. The first part will focus on ‘basics’ of supervisions—what all supervisors should know before being one. The second part will split the audience and focus on supervision concerns unique to either school counselors or community counselors.

10:00 to 10:20 - - Break - - Courtyard

Visit the Exhibits

26. What You See is What you Get . . . If you Come To a Fork in the Road Take it - - Continuation of Session #18

27. Practical Strategies for Identifying and Treating Eating Disorders - - Continuation of Session #19

28. High School Sharing Session

Jen Lunde

Lamborn Room

Roundtable discussion on the ethical and legal dilemmas secondary school counselors deal with on a regular basis. Questions and concerns about such topics as confidentiality, parent rights, new technology issues, danger to self or others, dual relationships and others will be discussed.

29. Heartview

Kay Miller

Heart Room

A presentation on the services provided at Heartview Foundation including the new residential treatment program. The presenter will also provide information on current drug use and the age groups being provided services.

30. Military OneSource

Angela Messmer

Sheyenne Room

Military OneSource is provided by the Department of Defense at no cost to active duty, Guard and Reserve and their families. Whether it's help with child care, personal finances, emotional support during deployments,

relocation information, or resources needed for special circumstances. Military OneSource is there for military personnel and their families. . . . 24/7/365! Our services are available by phone and online. When you call Military OneSource, you'll talk to a master's level consultant, trained to offer confidential support and practical solutions. Our interactive web site includes locators for education, child care and elder care. You can also go online to order free materials, get referrals to military and community resources, use financial calculators, participate in online Webinars, subscribe to monthly newsletters and join our discussion boards. Additional resources include brief videos of consultants addressing common issues such as communicating as a couple, budgeting and managing anger.

31. "A New Earth" for Mental Health

**Mary Ann Brauhn
Cannonball Room**

Translating Eckhart Tolle's philosophy into therapeutic tools for our mental health clients.

32. A Bridges Update!

**Whitney Williams and Kathy Holle
Governor's Room**

This session will review the latest and upcoming enhancements to Choices Explorer, Choices Planner and testGEAR, brought to you by Student Loans of ND and available statewide at www.nd.bridges.com. She will also give an overview of new and revised products on the horizon at Bridges.com.

**33. Super Visions: the Basics of Counselor Supervision -- -
Continuation of Session #25**

11:25 to 1:00 p.m.

NDCDA Lunch - - Business Meeting

Heart Room

1: 00 to 1:50 CONCURRENT SESSIONS:

34. Elementary Counselor's Sharing Session - - (100 minutes)

**Chris Pettersen
Room**

Grand Pacific

All elementary counselors are encouraged to attend the 2009 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-hour format at the request of our membership. 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 favorite classroom lesson/idea 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>) Please attend and help make this our best sharing session ever!

35. Rimrock Foundation Teen Drug and Alcohol Use

**Coralee Goni
Room**

Patterson

Educators and treatment professionals can work together to create a supportive and drug free environment for our young people by offering services that often begin within the school. This presentation will provide an understanding of adolescent substance use and the role of student assistance programs within the school.

36. Keep the Kid in You

Pam Schorsch

Lamborn Room

Using Humor to improve Communication, reduce Stress, and get Energized. A humorous look at aging and shifting responsibilities and expectations. Whether you are a student

moving on to college or a real-working adult, learn ways to cope and adapt. Keep the fun and playfulness and still be considered a professional.

37. 2-1-1 ND There's Always an Answer: Connecting People to Services

**Susan Rae Helgeland
Room**

Heart

This presentation will cover three ways to access information:

- 1. 2-1-1 ND Information and Referral Crisis Line*
- 2. www.211nd.org ONLINE*
- 3. www.mhand.org WEBSITE*

38. Why Try? Innovative Interventions that provide Hope and Motivate Youth to Overcome Poverty, Violence & Failure

Erika Joye

Sheyenne Room

The presentation will provide the audience with tools to help youth answer the question, "Why try in life?" Erika will walk the audience through several practical methods to teach emotional intelligence and important life skills such as anger management, problem solving, overcoming peer pressure, keeping laws and rules, building support systems, and having a vision of their future. This workshop will emphasize a strength-based approach to helping youth overcome their challenges using "multiple intelligence" methods that emphasize the youths' learning styles, including visual analogies (pictures), music, and hands-on activities, to teach youth in ways that they will understand and remember.

39. Chocolate Therapy 101 Refresher - - repeat of Session # 6 - - Cannonball Room

Bryn Halgrimson

40. Technology Education: Not just "Wood Shop" anymore

**Matthew Strinden
Governor's Room**

My intention is to provide participants with an overview of the most recent Technology Education curriculum and provide them

some insight on the changes that these programs have undergone over the past few years. I will cover the state Engineering by Design curriculum and also touch on “Project Lead the Way” to show participants that Technology Education classes apply to high achieving students as well.

41. Suicide Postvention - - (100 minutes)

Dr. Carol E. Buchholz

Room 2160

This session will provide an introduction to suicide postvention. The primary purpose of suicide postvention is to support survivors in their recovery and to prevent copycat suicidal behavior. Suicide postvention tasks, postvention guidelines, comprehensive program components and cultural considerations will be discussed.

2:00 to 2:50 p.m. CONCURRENT SESSIONS

42. Elementary Counselor’s Sharing Session - - continuation of Session # 34

43. Youth Who Grieve

**Melissa Godfread & Denise Loftus Krejci
Patterson Room**

Altru Hospice Camp Good Morning Director, Melissa Godfread, teams with School Counselor, Denise Loftus Krejci, to present a dynamic session about youth who grieve. Content is based on existential theory as well as the presenter’s own experiences with grief groups. Tips for use of music in groups and testimonials from youth participants will be shared.

**44. CLIMB Theatre - - repeat of Session #10
Lamborn Room**

45. Alcohol/Drug Education 101

**Donald O. Olson
Room**

Heart

This prevention will identify risk factors in families. Participants will be able to define tolerance, trigger levels, and how alcohol and drugs are processed on the body. Participants will learn the difference and effects of stimulant and depressant drugs and how they affect the central nervous system; participants will learn about half-life of drugs and will gain knowledge of how drug use and abuse affects our students. All discussions are welcome.

46. Are We There Yet . . . ?!?

Gail Wold

Sheyenne Room

Students in our school simply cannot fall through the cracks; we have too many systems in place to monitor their academic progress and too many concerned adults involved in implementation of those systems. Kids learn quickly that if they do not perform they will be answering to a coordinated team of staff members who will insist they put in extra time and get the help necessary to succeed. If a student in our school experiences difficulty, it will not fall to a single teacher to solve the problem. Beulah Middle School's pyramid of interventions has resulted in an increase of 18 percentage points in math on the ND State Assessment from 2004 to 2007 and a failure rate of less than 1% each of the past three quarters. We are not there yet . . . but we are getting there!

47. Stress and Gender: Is There a Difference?

**Dr. Erin Klingenberg and Dr. Rachelle Vettern
Cannonball Room**

"Fight or Flight" response to stress may be common among males . . . females may have a response to stress called "tend and befriend". While these gender generalizations don't always hold, they may be useful to keep in mind personally and professionally. Distrust can occur from different responses to the same stressors. Practical applications will be discussed.

48. MyLife Junior, a cost of living activity for Middle School Students

Steve Beutler
Governor's Room

Through this web based activity, middle school students will develop a simulation of their fantasy future, determine their future monthly bills, and calculate the hourly wage needed to support their lifestyle choices.

- 49. Suicide Postvention - - Continuation of Session #41
 Room 2160**

2:50 to 3:10 - - BREAK - - COURTYARD - - -VISIT THE EXHIBITS!!

3:20 TO 4:10 CONCURRENT SESSIONS

- 50. Middle School Sharing Session**

Mary Beth Stensgard
Pacific Room

Grand

Please bring 40 copies of a lesson or idea to share with fellow school counselors. This session will focus on what works and helps students from your school counseling program. The lesson should be geared for the middle school/junior high students. All counseling students welcome!

- 51. Creating a Healthy School Environment (100 minutes)**

Jane Reisenauer
Room

Patterson

This presentation includes valuable information to use for a teacher/staff in-service in regards to creating a "healthy school environment while addressing bullying/harassment and school violence issues". It is imperative that all staff members be on the same page when addressing these problems and this presentation will help you, the school counselor in leading this discussion with your district employees.

- 52. Life After the Spellings Report**

Shannon Balerud
Room

Lamborn

In 2006, a Commission appointed by U.S. Secretary of Education, Margaret Spellings, Published "A Test of Leadership, Charting the Future of U.S. Higher Education." This document focused on the challenges facing institutions of higher education today. The commission found much to applaud and much that required urgent reform. This presentation will provide a broad overview of the report and what has begun to happen in the 2 years since its publication.

53. Why Be SADD?

**Lee Erickson
Room**

Heart

This informative and fast-paced workshop will highlight the programming and strategies of the Students Against Destructive Decisions program in ND, which has grown from 6 to roughly 70 chapters in 10 years. SADD's multimedia and internet-based networking tools will be featured, as will its social marketing efforts and the Reality Check elementary grade curriculum.

54. Igniting School Counseling Accountability

**Donette Rasmussen
Room**

Sheyenne

Showing teachers, school boards, and administration how students are different as a result of what counselors do, can be a real challenge. Doing this in the amount of time counselors have available adds to this challenge. Ideas for documenting successes in a very time-efficient manner will be presented.

55. Cyber Communication: Our Students are Typing What?

**Lisa Hanson and Dr. Duane Halbur
Cannonball Room**

Come hear about trends in how students are communicating online, where they are going and what they are saying. Tips for safety and suggestions to give parents will be offered.

56. Students with IEP's and 504's - -Where do We Go From Here?

**Marlene Swenson Seaworth/Panel
Governor's Room**

View excerpts from the new and expanded DVD "Taking the Next Step: Helping Students with Disabilities Transition from High School to College or the Workforce". Afterwards, a panel consisting of Gerry Teevens, ND Department of Public Instruction Special Education Transition Coordinator; Cheryl Hess, ND Rehabilitation Consulting and Services Program Administrator; Evelyn Klimpel, Minot State University Disability Services Coordinator and Marlene Swenson Seaworth, Bismarck State College Veterans Services and Student Accessibility Coordinator will be available to answer questions that you may have about transitioning students with disabilities into post secondary career options. Each participant will receive a free copy of the newly released DVD to take back to their office.

57. Clinical Supervision: Supervisor Competencies, Contracts and Challenges

Dr. Jill Schoen

Room 2160

During this session clinical supervision will be defined. Successful supervisor competencies will be addressed. A model of a supervision contract will be shared. Finally challenges such as ethical and legal issues, boundary and dual relationship issues and special concerns with distant supervision will be explored.

4:20 to 5:10 CONCURRENT SESSIONS

58. School Counselor's Response to Relational Aggression

**Chasity Odden Heide
Pacific Room**

Grand

"I won't be your friend unless . . . " "They're spreading rumors about me . . . " Relational aggression, the covert and often unseen form of aggression in schools, has been documented and researched. Little is known however, about how school counselors are responding to relational aggression in school. Preliminary results from a survey of school counselors on their perceived preparedness, attitudes towards and interventions for relational aggression will be discussed.

59. **Creating a Healthy School Environment - - Continuation of Session #51**

60. **Identifying Clinical Barriers When Counseling Native American Adolescents**

**Danielle Ficek
Room**

Heart

Multicultural counseling is an obstacle many if not all mental health professionals are challenged with daily. Being immersed as a minority into the Native American culture is overwhelming but rewarding. During this session barriers to counseling Native American adolescents will be identified. Implications for mental health professionals and treatment will be emphasized.

61. **Helping Students Prepare for Excellent Careers in Health Care**

**Dr. Kimberly Vess Halbur and Dana Davis
Sheyenne Room**

School counselors are invited to this special reception where the College of Pharmacy, Nursing and Allied Sciences will discuss their programs in pharmacy, nursing, radiologic sciences, respiratory care, and clinical laboratory science. Attendees will enjoy refreshments and leave with valuable information about free speaking engagements for their K-12 students to learn more about the helping and health careers at NDSU.

62. **Proposed Criteria for the Licensing of LAPC Supervisors**

**Paul Millner and Tim Austin
Cannonball Room**

We will review the American Association of State Counseling Boards survey of which states license counselor supervisors and the criteria for this process. We will review tentative plans being considered by the North Dakota Board of Counselor Examiners.

63. **Implementing the North Dakota Career Clusters and Plans of Study**

**Claire Fitzgerald & Donna Fricke
Governor's Room**

The presentation will focus on implementation of the North Dakota Career Clusters and related individual student Plans of Study in the registration process and student career planning curricula. Examples of "school customized" plans of study, registration materials, and classroom activities from several ND school systems will be shared.

64. Counselor Education at NDSU

**Bob Nielsen, Carol Buchholz, Brenda Hall, and Jill Nelson
Room 2160**

Take a virtual tour of the new Counselor Education facilities and get an update on the Master's and Ph.D. programs. Questions are encouraged.

5:30 to 7:30 p.m.

Bridges Advisory Meeting - - Governor's Room

By Invitation Only

Chi Sigma Iota Meeting

Room 2160

TUESDAY, FEBRUARY 3, 2009

8:00 A.M. BREAKFAST SERVED - - - BALLROOMS

8:45 A.M. NDCA BUSINESS MEETING - - BALLROOMS

9:15 A.M. NDCA AWARDS PRESENTATIONS - - BALLROOMS

10:00 A.M. KEYNOTE: Terry Fleck
"Death, Taxes and Change"

THANK YOU FOR ATTENDING THIS YEAR'S CONFERENCE - DRIVE SAFELY!