Professional Development for Counselors & Other Helping Professionals

CNED 2000: NDCA Conference
(1 Professional Development Credit)

An educational four-day experience with application to the professional counseling setting

North Dakota School Counselor Association (NDSCA) Pre-Conference OR North Dakota Mental Health Counselor Association (NDMHC) Pre-conference
AND
North Dakota Counseling Association (NDCA) Midwinter Conference

LOCATIONS & DATES:
NDSCA Pre-conference: Bismarck Public School Career Academy (February 9, 2019)
NDMHC Pre-conference: Bismarck Radisson Hotel (February 9, 2019)
NDCA Midwinter Conference: Bismarck Radisson Hotel (February 10-12, 2019)
Bismarck, North Dakota

Cost: $75.00 for 1 continuing education credit

INSTRUCTOR:
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NDSCA PRE-CONFERENCE GUEST PRESENTER: Julia V. Taylor, Ph.D.

Julia V. Taylor, Ph.D., is an Assistant Professor of Counselor Education in the Curry School of Education at the University of Virginia in Charlottesville, VA. Prior to academia, Taylor worked as middle and high school counselor for eight years. Afterward, she was appointed to the founding leadership team for Wake County Public School’s first single gender academy, where she served as the Dean of Student Services. During her time as a practitioner, she focused the majority of her research on body image, media literacy, relational aggression, and girls’ leadership development. In turn, Taylor authored The Body Image Workbook for Teens, The Bullying Workbook for Teens, Salvaging Sisterhood, G.I.R.L.S: Group Counseling Activities for Enhancing Social and Emotional Development (G.I.R.L.S. is two separate curricula, one for secondary ages, and another for elementary ages), and a children's book, Perfectly You.

Taylor frequently presents this line of research to parents, educators, school counselors, and students.
across the country. She has a passion for helping girls develop a true sense of self, stand up to unrealistic media expectations, take healthy risks, and cultivate meaningful relationships. When not working, she enjoys yoga, running, reading, and spending time with friends and family in Brooklyn, NY - her home away from home.

**NDMHCA PRE-CONFERENCE GUEST PRESENTERS:** James Korcuska, Ph.D. and Megan Deganstein, M.Ed.

Dr. James S. Korcuska is a professor of counseling at director of the Community Counseling Services, the counseling program’s training clinic at NDSU. In addition to teaching doctoral courses on supervision, he has published and presented on the topic, as well. He is the current editor of the journal, Counselor Education and Supervision. Megan Degenstein is a mental health counselor at Concordia College. She is currently in the Counselor Education and Supervision doctoral program at NDSU where she focuses on supervision and clinical practice. Megan is also the Clinic Supervisor for the NDSU counselor training clinic, NDSU Community Counseling Services.

Description: This presentation will provide participants with a selection of current supervision models, techniques and special topics. Ethical considerations will be included for each. Case studies combined with small and large group discussions will be utilized to expand and personalize this knowledge base and its applications. Morning Session: Vygotsky’s Zone of Proximal Development, Information Processing Theory, Ethical Considerations, Working with LGBTQ supervisee, Ethical considerations. Afternoon Session: Minimizing resistance and maximizing Collaboration, utilizing interpersonal process recall, motivational interviewing, ethical considerations, gatekeeping and pre-licensure supervisees, findings from supervisors in the field, ethical considerations.

**COURSE OVERVIEW:**

This course is designed to assist helping professionals increase their understanding of effective counseling practices, to provide professionals with current counseling-related research, and to give opportunities to share effective counseling methods and activities with other professionals. Attendance at the 2019 NDCA Midwinter Conference is required for this course. In addition, attendance at either the 2019 NDSCA Pre-Conference OR the 2019 NDMHCA Pre-conference is required.

**NATIONAL BOARD FOR PROFESSIONAL TEACHING STANDARDS:**

The National Board for Professional Teaching Standards seeks to identify and recognize teachers who effectively enhance student learning and demonstrate the high level of knowledge, skills, abilities and commitments. This course aligns with #4 of those standards.

4. *Teachers think systematically about their practice and learn from experience.*

**COURSE LEARNING OBJECTIVES:**

Participants will:
1. Be updated on current counseling-related research.
2. Be provided opportunities to share effective counseling methods and activities with other professionals.
3. Learn about best practices in counseling.
REQUIRED TEXTBOOKS

There is no textbook required for this course.

TOPICAL OUTLINE:

OPTION 1: NDSCA Pre-Conference

Saturday, February 9, 2019 = 7 hrs.
8:30-10:00 a.m. Pre-conference workshop
10:00-10:15 a.m. Break
10:15 a.m.-12:00 p.m. Pre-conference workshop
12:00 p.m.-12:30 p.m. Lunch
12:30-2:00 p.m. Pre-conference workshop
2:00-2:15 p.m. Break
2:15-4:00 p.m. Pre-conference workshop

OPTION 2: NDMHCA Pre-Conference

Saturday, February 9, 2019 = 6 hrs.
9:00-10:30 a.m. Pre-conference workshop
10:30:10:45 a.m. Break
10:45 a.m.-12:00 p.m. Pre-conference workshop
12:00-1:00 p.m. Lunch
1:00-2:30 p.m. Pre-conference workshop
2:30-2:45 p.m. Break
2:45-4:00 p.m. Pre-conference workshop

NDCA Conference Schedule:

Sunday, February 10, 2019 = 5 hrs.
12:00-12:30 p.m. Opening General Session
12:30-1:30 p.m. Keynote Speaker: Laetitia Mizero Hellerud
2:00 – 2:50 p.m. Breakout Sessions (1)
3:00 – 3:50 p.m. Breakout Sessions (2)
4:00 – 4:50 p.m. Breakout Sessions (3)

Monday, February 11, 2019 = 7 hrs.
9:30-10:30 a.m. Keynote Speaker: Gerald Lawson
11:00-11:50 a.m. Breakout Sessions (4)
12:30-1:20 p.m. NDCA general business meeting
1:30 – 2:20 p.m. Breakout Sessions (5)
2:30-4:30 p.m. Keynote Speaker: David Kaplan

Tuesday, February 12, 2019 = 3 hrs.
9:00 – 9:50 a.m. Breakout Sessions (6)
10:00 a.m.-12:00 p.m. Closing Keynote Speaker: Mark Lindquist
COURSE REQUIREMENTS:

1. CONFERENCE HOURS DOCUMENTATION LOG  
   (Due March 31, 2019)  
   5 points
   
   A. Attendance and active participation at the 2018 NDCA Midwinter conference and one of the pre-conferences sponsored by either NDSCA or NDMHCA is required. A minimum of fifteen (15) documented hours must be completed by attending one of the pre-conferences, AND attending NDCA conference content sessions and keynote presentations. Conference presenters may also include the sessions that they present in their total NDCA Midwinter conference breakout sessions.

   B. SUBMIT a conference hours documentation log which lists the dates, times, and titles for the breakout sessions, keynote presentations, and NDCA general sessions that you attend during the NDCA conference. Also document the hours for the preconference workshop that you attend.

2. PRE-CONFERENCE APPLICATION/REACTION PAPER  
   (Due March 31, 2019)  
   20 Points
   
   A. Describe how you would utilize the information presented in the pre-conference workshop that you attended within your work setting.

   B. Write a personal reaction to the pre-conference workshops that you attended including what you learned by attending it and what you thought about the information provided.

   C. This paper should be a minimum of two FULL double-spaced typed pages.

3. CONFERENCE CONTENT SESSIONS & KEYNOTE SPEAKERS SUMMARY PAPER  
   20 Points  
   (Due March 31, 2019)
   
   D. List the NDCA Midwinter conference content sessions and keynote speaker presentations that you attended and provide a brief summary of each session and presentation attended.

   E. Include a description of what you learned by attending the conference sessions and keynote presentations. In addition, discuss the practical application of the information provided in the sessions and presentations.

   F. This paper should be a minimum of two FULL double-spaced typed pages.

COURSE ASSESSMENT:

<table>
<thead>
<tr>
<th>Course Requirements</th>
<th>Total Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conference Hours Log</td>
<td>5</td>
</tr>
<tr>
<td>Pre-Conference Application/Reaction Paper</td>
<td>20</td>
</tr>
<tr>
<td>Conference Content Sessions &amp; Keynote Presentations</td>
<td>20</td>
</tr>
</tbody>
</table>
GRADING:

A - All work illustrates is high quality and fulfills all requirements (A = 90 % and above)
B - All work illustrates good quality and fulfills all requirements (B = 80 to 89 %)
C - All work is completed but does not fulfill all requirements (C = 70 to 79 %)
D - Majority of work is completed but does not fulfill all requirements (D = 60 to 69 %)
F – Unsatisfactory or incomplete at time of due date (F = Below 60 %)

PLEASE NOTE:

A. NOTE: ALL assignments must be:
   - Typed
   - Times New Roman 12 point font
   - Double spaced
   - 1 inch margins

B. E-mail your completed assignments by March 31, 2019 to Dr. Buchholz Holland at the following e-mail address: Carol.E.Buchholz@ndsu.edu

ACADEMIC HONESTY:

All work in this course must be completed in a manner consistent with NDSU University Senate Policy, Section 335: Code of Academic Responsibility and Conduct. Please review this policy on this Web site:

www.ndsu.edu/fileadmin/policy/335.pdf

STUDENTS WITH DISABILITIES:

Any students with disabilities or other special needs who need special accommodations in this course are invited to share these concerns or requests with the instructor as soon as possible.