



"A Branch of the American Counseling Association"

KCA NEWS

VOLUME 15, ISSUE 2

KANSAS COUNSELING ASSOCIATION

JANUARY 2009

PRESIDENT'S MESSAGE . . . Paul Kyle



I want to first thank you all for all you hard work and your commitment to helping your clients. Your efforts as you engage with clients and their families, does make a positive impact on their lives.

I hope you were able during the Holiday season to take time to embrace all the fun associated with the season. I hope you took time to look at the lights, the decorations and stand under a mistletoe(standing under it as long as you needed). I hope you took time to smell the pine, the cinnamon and the baked bread. Saver the taste of chocolate, of gingerbread, of turkey/ham and a snow flake if you can.

I hope you took in the sounds of bells, of Christmas music, of children laughing and the stillness of silence. I hope you embraced the feelings connected with a hug, a smile, a kiss and holding hands. To be still and embrace the sense of peace associated with being with family, a friend, yourself and other love ones. If you were not able to enjoy some or all of the things connected with the Holidays, you still can. The spirit of the holidays can be anytime.

On the KCA front, a team of us went to the Mid-West Regional Leadership conference near Chicago. After hearing some of the reports from other regions, KCA is very healthy. KCA is healthy because of you and your dedication to the mission of helping the people of Kansas. We all play a part in impacting clients and their families regardless if you come from the school counseling perspective or the private sector of counseling.

Update on the initiatives we have tackled this year:

- Decide which KCA Strategic Initiatives can be operational zed.

We are making progress in the areas of Graduate student involvement and programming processes to make them more of the fabric of our operations.

- Create and Develop a KCA Journal

Harold Hula and his team are making great progress in our efforts to establish a KCA Journal. **If you have an interest in this idea, please contact Harold.**

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The Kansas Counseling Association will not knowingly engage in activities that discriminate on the basis of race, color, religion, national origin, sexual orientation, disability or age.



"A Branch of the American Counseling Association"

KCA EXECUTIVE COUNCIL July 1, 2008 – June 30, 2009

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Nadines Notes

President-elect

Help us put the "GREAT" in Great Bend's KCA Convention!!! Convention registration is due to Lyndel Adams by February 13th and hotel reservations are to be made directly with Highland Hotel and Convention Center by February 25, 2009. Choose from four pre-convention workshops that have been scheduled for Wednesday, March 11th from 6:30-9:30 p.m and twenty-four breakout sessions on March 12th and 13th. Darcie Sims, Dr. Mark Taylor, and Dr. Coleen Logan will be our guest speakers. Will you "seize the opportunity and make your connection" by coming to Great Bend?

KCA was represented at the Mid-West Region Leadership Training Conference in Evanston, Illinois, by President, Paul Kyle; President-Elect, Nadine Bailey; Past-President, Jim Flax; Executive Secretary, Dana Wood; and Emerging Leader, Christine Perez.

Keynote speakers were, Dr. Courtland Lee who addressed the ACAF Social Action Grant Program and its affect on second century ACA Counselors; Dr. Coleen Logan, ACA President, spoke of ACA's future and where each of us fit; and Sherene McHenry shared how each of us as well as our clients, can learn to live above uncertainty, chaos, and fear. Dr. David Kaplan presented the 20/20: Vision for the Future of Counseling Principles for Unifying and Strengthening the Profession: share a common identity, advocate for professional issues, create a portability system for licensure, expand and promote the research base, focus on prospective students and, promote client welfare. Mid-West endorsed the statement of principles.

Please contact me via e-mail at bailey@usd367.org with your comments, questions, or suggestions.

As always, continue to make a difference...

President's Message *(continued from page 1)*

- How can Mentoring and Leadership Development work together to grow our KCA leaders for tomorrow?
Our membership chair Kris Burkholder and the Leadership chair Rosanne Haberman, in cooperation with our past president Jim Flax, have done a tremendous job of challenging us to implement strategies to improve our involvement with the KCA membership.
- With our current Economic challenges, how can we meet the programming needs of our members?
Given the current economic challenges we have decided to conduct a podcast of the two key note speakers for the conference. This will allow those members who cannot attend the conference to take advantage of some to excellent programming at the conference.
- Continue to provide quality programming to our members.
You will have a variety of diverse programming opportunities, at the Spring conference, that will help you in your personal and professional growth. Read Nadine's article for more details.

In closing thanks again for all of your hard work and dedication to the people of Kansas.

Paul Kyle, President

Regions and Divisions

**Remember to bring items
for the Casino Night
prizes.**



Convention 2009 Report December 2008



Save the dates: March 12 & 13, 2009!!

We are excited about the upcoming convention in Great Bend. I know many of you think it may be too far to travel, but please consider that our members from western and central Kansas travel “all the way across the state” to the east side for most of the KCA events, and we would like to offer our Central and Western hospitality in return.

Before the conference, please consider:

March 11 (Wednesday) -- Our pre-conference workshops will include 3-hour seminars on Ethics, substance abuse and dependence diagnostic criteria, as well as a 6-hour small-group workshop on counselor burnout.

We have Cheyenne Bottoms, one of the world’s three major water stops for migrating birds.....very necessary to keep nature’s balance in the world. By the time we have the convention, a brand-new visitor’s center will be open t Cheyenne Bottoms.

We have four lovely gift/decorating stores, a brand new mini-mall, and the Fuller Brush factory store. We can arrange for a tour of Fuller Brush, and , if you’re interested in golf, (and the weather cooperates) that will be available too.

For the convention itself

We are changing the format a bit this year – offering a three-hour keynote speaker on “Generation X “ by Mark Taylor, and a two-hour keynote on anger and grief in children, “The Storm Within,” by Darcie Sims. The convention time will be jam-packed with other opportunities for CEU’s as well. Many of our colleagues have submitted proposals for programs which will interest mental health counselors, school counselors, or both! We will have vendors, a talk and breakout session by our current ACA president, Colleen Logan, and an opportunity for you to attend your region and division meetings.

Because there is not a lot of activity in Great Bend after dark, we are planning a Casino Night, complete with blackjack and craps tables, and a silent auction to spend your “funny money” on. This will be held in conjunction with the president’s reception. We will cap off the convention with our Awards Banquet, which will include the drawing for vendor prizes.



We promise to wear you out with the wealth of offerings and to fill you up with new ideas, friendships and fun.

REGISTRATION FORM
KANSAS COUNSELING ASSOCIATION CONVENTION
MARCH 12-13, 2009
(PRE-CONFERENCE WORKSHOPS MARCH 11, 2009)
Highland Hotel and Convention Center, Great Bend, KS
“Seize Opportunities.....Make Connections”

Name _____
 Address _____
 City _____ State _____ Zip _____
 Home Phone _____ Work Phone _____ EMail _____
 School or Workplace _____
 Please Check: Presenter _____ 1st Timer _____ LCPC _____ LPC _____ NCC _____ GEM _____ Grad Student _____
 After completion of the convention, the KCA secretary will send a convention rebate to the following region or division you select.
 Please circle one: NW SW NC SC NE SE KAADA KACES KAMFC KCDA KMHCA KSCA KASCW KCCA KMCD
 Retiring? _____ Total Professional Years _____ Direct Counseling Years _____

CONVENTION FEES

	2-Day Pre-Registered	2-Day On-Site	1-Day Pre-Registered	1-Day On-Site
KCA Member *	___\$100	___\$145	___\$ 70	___\$115
Non-Member**	___\$150	___\$195	___\$110	___\$135
Student/Emeritus	___\$50	___\$ 95	___\$ 40	___\$ 75

Pre Conference Workshop(s) (\$30.00 ea. Session on 3/11/08) A ___ B ___ C ___

*You must be a current KCA member to qualify for this rate. Check your KCA expiration date.
 **You may choose to join KCA at this time and qualify for the member rate. A completed membership application form (included as part of this mailing) and membership fees must be included with this registration in order to receive this rate.

PAYMENT &/OR PURCHASE ORDER COPY MUST ACCOMPANY REGISTRATION

⌚ **Payment & registration must be postmarked by February 13, 2009 to receive the pre-registration rate. No refunds or cancellations after that date.**

PAYMENT METHOD: ___ CHECK (Make Payable to KCA) Total Enclosed: _____
 ___ PURCHASE ORDER (Copy Attached)
 ___ MASTER CARD ___ VISA (complete information below)

Please bill my: ___ Master Card or ___ Visa for my KCA convention 2009 fees.
 Print Account Number: _____ Expiration Date: _____
 Name on Card: _____
 Address: _____ City: _____ State _____ Zip _____
 Phone: _____
 Signature: _____

Mail registration and payment to: Lyndell Adams counseloradams@yahoo.com
1248 N. Ash St. (785) 525-6244
Russell, KS 67665

KANSAS COUNSELING ASSOCIATION
 "Seize Opportunities and Make Connections"
 CONVENTION HOTEL REGISTRATION FORM

Highland Hotel and Convention Center
 3017 10th Street

Great Bend, Kansas 67530
 (620) 720-2431 - 1-886-212-7122

www.highlandhotel-gb.com

March 11- 13, 2009

HOTEL RESERESERVATIONS MUST BE MADE DIRECTLY WITH THE HOTEL

Please reserve the following accommodations @ \$72.00/room/night. Please note rates do not include state & local taxes. Attention: To secure the \$72/night (1-4 occupants) rate, all reservations must be received by February 25, 2009. After this date, reservations requests will be honored on a space and rate available basis. NOTE: PLEASE IDENTIFY YOURSELF WITH THE KANSAS COUNSELING ASSOCIATION WHEN CALLING IN A RESERVATION.

Please check the type of room you are requesting:

Single (1 bed, 1 person) Double (1 or 2 beds, 2 people)

Triple (2 beds, 3 people) Quad (2 beds, 4 people)

Number of Nights _____ Arrival Date _____ Departure Date _____

Name _____ School or Work _____

Address _____ Phone _____

City _____ State _____ Zip _____

E-mail address _____ Fax# _____

Names of people sharing room (first and last name):

One _____ Two _____

Three _____ Four _____

Special Requests: Smoking Non-Smoking

Other: _____

Reservations must be guaranteed by:

Advance deposit: One night room and tax deposit with the reservation

Credit card. Card Type _____ Card # _____ Exp Date _____

Check in 4:00 p.m. Check out 11:00 a.m.

Reservations are held until 4:00 p.m. on the day of arrival unless accompanied by a deposit or guarantee of payment. To avoid charges for 1 night's room and tax, cancellations must be called in by 4:00 p.m. of arrival date.



Group Guidepost Fred Bradley

What follows in the second group activity in the series provided by KASGW members.

Note questions or comments about the following activity can be directed to Shelly Ingram, Middle School Counselor, Junction City Middle School, 785-717-4445 or shellyingram@usd475.org.



Coping When a Parent is Deployed Session 1: Introductions

*Note cards:

Has your deployed parent contacted you in the last week?
Have you emailed, written, or phoned your deployed parent in the last week?
What have you heard in the news, TV, radio that has concerned you?
How is life at home?
How is life at school?

*Ask each student who feels comfortable to share their information with the group. Discuss the importance of confidentiality and group rules.

Session 2: Tell us about you and your deployed parent

*Collage: Describe with words, pictures, or phrases you and your deployed parent. One half of the poster will describe you, the other half, your parent. These collages will be displayed during the group time and shared with each other.

Materials needed: Poster paper, magazines, scissors, glue, markers, etc.

Session 3: Growing up in a military family- What do we all have in common?

*The Newly Friend Game- "More Activities That Teach" by Tom Jackson

*Create questions for fishbowl- Go-around activity. Each student writes one question they have for the group that relates to having family members deployed. The questions are then asked anonymously by the group leader and discussed with the entire group.

Materials needed: note cards, pencils

Session 4: What Changes when dad/mom is deployed?

*Family Tree- What does your tree look like when mom or dad is deployed? Each member constructs a family tree that indicates who is deployed and who lives in the house during a deployment. These projects are discussed and shared as a group. *Materials needed:* Poster paper, Family Tree Outline

**"What is War" PowerPoint- Copyright 2003 Janet Bender, M. ED.
www.janetbender.com/war.html

Session 5: Feelings/Emotions

*Stress Questionnaire- Take a Look at This

*Stress Journal

*Don't Lose Your Cool Activity

-All activities in this session taken from the following website:

www.minnesotanationalguard.org/families/assets/Emotional%20Intelligence%20ages%2013-18.pdf

Session 6: Corresponding with our deployed parent/Celebration of being a Military Child

* Create Cards/Care package/Letters

*What makes us unique and how can we support each other after the group has ended?

Materials Needed: Paper, construction paper, markers, etc



Advocacy and Legislation

December, 2008

Elaine Ptacek, Legislative Advocate**Kansas**

The MHCC is did a conference call on Dec. 5th. Ron wants as many agencies to write letters of support or testify on the BCBS bill. I have contacted some as well as other members of the MHCC and I will be contacting a couple of others. We are hoping to have 20-25 supporters in this area. We will have a bill number the end of December or early January. We will be asking for your help in contacting your house and senate members as soon as we have the bill number. It sounds like we may run this bill in both the house and senate at the same time.

We are also interested in any members who are friends or pretty familiar with the new members of the Kansas House and Senate. Please e-mail me and let me know so we will have help in working with them. We need constituents in their district to make the contacts.

US Congress.

Medicare will be a big issue again this year. We are so close but with the financial situation this country is in, who knows. Both House and Senate have approved counselor coverage language with in the past four years, so hopefully, we can get it added this year.

TRICARE has been working on regulations to establish criteria that licensed mental health counselor shall meet in order to be able to independently provide care to TRICARE beneficiaries. Both ACA and AMHCA are working hard on this change so we will be included.

The Elementary and Secondary Counseling Program funding was put off until March. ACA is pushing Congress to support the Senate approved funding level of \$52 million. We'll keep you informed on this issue.

Loan forgiveness for School Counselors which allows student loan forgiveness for individuals serving in 'national need' areas has been enacted by Congress and President Bush in the High Education Opportunity Act of 2008. The Department of Education has to finalize the regulations to implement the program and loan forgiveness will be provided subject to the availability of annual funding by Congress.

If you have questions for know new members of the House or Senate, please let me know. Thanks for your past support and let's hope we are successful in 2009. eptacek@networksplus.net

KAADA,

Cathie Hay, President

Signs of the times:

My Humana bulletin contains an article on Social Life 101, which includes tips on dating (look for common interests, ignore superficial qualities in favor of personality, don't talk about previous spouses or lovers). It also includes some ways to meet people: e.g., Scenario--grocery store. Man asks woman if she likes chocolate cookies, and when she says yes, he opens the package and hands her one. Does not say whether the cookies were his, the store's, or hers!

On a more serious note, the Federal Trade Commission is sponsoring a web page called Who Cares: Sources of Information about Health Care Products and Services. It's available at www.ftc.gov/bcp/edu, and it addresses a much wider range of items of interest to older consumers than one might think. Included are items about home, care and services, pills and products, scams and frauds, how to find health information online, how to file a complaint, and partner resources (sorry, I didn't check this last one out). If you have found other sources that are of great value to older adults, please share them with me so I can forward the information here.

Meanwhile, I hope each of you finds joy during the holiday season and in the months after. See you in Great Bend. c.hay@juno.com

ACT Announces Spring Conference*Al Urich*

The Kansas ACT State Organization will hold a spring conference in Topeka on Thursday, April 2, 2009. One of the keynote presentations will feature Dr. Alexa Posney, Kansas Commissioner of Education. Counselors will receive information early in 2009. This annual conference gives participants an opportunity to learn about new initiatives from ACT, to hear speakers on important education topics, and to honor those Kansas students who have earned a score of 36 on the ACT.

Speaking of the ACT, and also speaking of EXPLORE and PLAN, I'm reminded that one of the most important features of these instruments is the interest inventory and its related career exploration information. I find the information gained from the PLAN to be especially helpful. The PLAN, usually administered to sophomores, gives students information which they can use to increase their readiness for higher education and career training. You can read all about ACT products and research at www.act.org. Happy Holidays/!



KACES Report
Jon Sward, President

KACES has not had any activity since the annual spring/summer meeting in Wichita on June 5th and 6th. President Sward is planning to do an email survey of the membership regarding the desirability of a winter meeting sometime in February to meet and discuss the new CACREP standards and their implementation, and also discuss present course syllabi and their correlation with the BSRB requirements.

KACES will provide the faculty to offer two KCA pre-convention workshops in the spring. One will be a three hour workshop on Diagnostic Issues to be offered on Wednesday afternoon. The other will be a workshop on ethical Issues to be offered on Wednesday evening. Jon Sward, Ph.D., and Phil Wurtz, Ph.D. from Emporia State University will lead the ethics workshop looking at the some of the similarities and differences between the ACA code of ethics and the BSRB code. The Psychopathology and Diagnostic Workshop specifics are still being planned as of this writing. Both are scheduled for March 11.

The Summer KACES convention is scheduled for June 4 & 5 in Wichita. The meeting will be in the same location at the Best Western Hotel at I-35 and 53rd Street where it has been the past several years. The golf tournament will be scheduled on the 4th at the nearby Rolling Hills Golf Course.

AWARDS *Lori Mitchell-Kandt, Chairman*

The KCA Awards Committee plans a winter meeting Saturday, January 24, 2009, to finalize plans and duties for the KCA Awards Luncheon at Convention in March. Counselor of the Year and Hall of Fame paperwork was due to Lori Mitchell-Kandt, Awards Chair, Friday, December 19, 2008.

The Awards Committee is responsible for the Awards luncheon at convention, which honors and highlights peer accomplishments in our field. So please plan to attend and celebrate our peers as they are recognized and rewarded for their innovations and hard work!

KCCA Report *Christine Perez, President*

KCCA will be hosting their 2nd Annual College Networking Seminar on January 9, 2009 at Kansas State University. Registration will be at 8:30 with a keynote starting at 9:00. Rick Hanson, Ph.D. will be our Keynote speaker for the day. Dr. Hanson is in his twelfth year at the Rockhurst University Counseling Center in Kansas City. He is currently on the Executive Council of the American College Counseling Association serving as Past President. His work with ACCA also includes serving as Chair of the Media Committee, list serve manager, and member of the Professional Advocacy and Public Awareness committee. He has presented at national and regional conferences on topics related to college counseling including: trends in college counseling, the impact of college counseling on retention, the role of counseling professionals in leadership development, millennial generation students, counseling student athletes, alcohol education, first year transition programs, and the use of solution focused brief therapy with the college population. Dr. Hanson has also been active on his own campus, serving as Chair of the Alcohol Task Force and Leadership Task Force, and as a member of the Crisis Response Team, Students at Risk Committee, Programming Committee, and Assessment Committee. Rick received his Masters degree in Counseling Psychology from the University of Kansas and his doctorate in Counseling Psychology from Michigan State University. In addition to college mental health, Dr. Hanson has also worked in emergency psychiatric services. He has taught as an adjunct and part-time instructor at the undergraduate and graduate levels. Rick is married and has a daughter and twin boys. Breakout sessions will include information on:

- Techniques for Working with Alcohol and Drug Abuse
- Techniques for Working with Depression and Anxiety
- Techniques for Working with Eating Disorders
- Techniques for Working with Learning Disabilities, ADHD, Dyslexia, and Test Anxiety
- Techniques for Working with PTSD
- General Exchange of Information

We look forward to a great conference where counselors in the college and university realm can connect and network with one another, while earning much needed CEU's. For more information on the conference please contact Christine Perez at cperez@pittstate.edu.

KCA Past President's Report

Jim Flax

At our last KCA Executive Board meeting, President Elect Nadine Bailey, shared information about an initiative of ACA entitled: 20/20: A Vision for the Future of Counseling.

This was a representative process in which 30 counseling associations and organizations worked over a span of 3 years to identify where the counseling profession wants to be in the year 2020 and what it will take to get there. As we approach the 100th anniversary of professional counseling, 7 principles have been identified by the 20/20 committee, as important in moving the counseling profession forward.

The 7 Principles are as follows:

- I. Sharing a common professional identity is crucial for counselors.
- II. Presenting ourselves as a unified profession has multiple benefits.
- III. Working together to improve the public perception of counseling and to advocate for professional issues will strengthen the profession.
- IV. Creating a portability system for licensure will benefit counselors and strengthen the counseling profession.
- V. Expanding and promoting our research base is essential to the efficacy of professional counselors and to the public perception of the profession.
- VI. Focusing on students and prospective students is necessary to ensure the ongoing health of the counseling profession.
- VII. Promote client welfare and advocating for the populations we serve is a primary focus of the counseling profession.

Since I am the Kansas representative to the Midwest Region of ACA Task Force of 20/20, I will be working with other Task Force members to help identify the needs and wants of the state branches in accordance with the 7 Principles.



MEDIA REPORT December 2008

The KCA conference registration and hotel registration forms are available at the KCA website. Remember that the passwords to the website are

counselor and helping

The way to remember these passwords is to think of who you are: counselor and what you do: helping

Please be sure to check your part of the website to be sure everything is up-to-date. The website is only as good as the information we put on it!

Carol Dellinger



Southeast . . . Sheryl VanDyne, President

Lafayette Community College was the host site for the fall meeting of the Southeast Kansas Counseling Association meeting held on September 30, 2008. The college prepared a delicious lasagna dinner complete with dessert. LCC students are very fortunate to have not only a wonderful cafeteria, but also many new programs and opportunities for students to expand career and educational fields.

The theme for this year's SEKCA meetings is the "Three R's for Counselors" – Replenish Your Resources (network and read); Renew Your Passion (journal-reconnect to the whys); and Revitalize Your Life (embrace personal goals and take care of yourself). Dr. Mary Scott, LCC Professor, began the program for the fall meeting by speaking about health and wellness for your life and career. She informed her audience about the dangers of having unresolved stress on your physical body, and the chemical and scientific drain that stress can play in all aspects of health and wellness. Equipped with this vital information we enjoyed some stress-free door prizes, an idea swap, and our regular business meeting agenda.

Upcoming Events:

- Winter meeting at Pittsburg State University, January 29th at 5:30, we will be continuing our theme with a wellness fair. Local university and community businesses will be in attendance with health checks, massage therapy, and various stress-free spa-type products to try. It should be a fun and relaxing evening as we enjoy each others company and learn how to de-stress our lives. It promises to completely take away those winter doldrums! Please make your reservations by Dec. 19th through email: cperez@pittstate.edu; tsangler@usd250.org; ssvandyne@terraworld.net; or call Sheryl Van Dyne at (620) 778-3324.
- KCA Conference- March 11-13, Great Bend, KS- Awesome speakers, breakouts, casino night fun, and network opportunities.
- Spring Picnic – Greenbush Educational Center Pavilion, May 7th. Bring the whole family for a relaxing picnic, awards, and silent auction to help benefit activities. Jim Rodman is the master grill-chef so mark this one on your calendar now!



Northeast . . . Jeri McBeth President

NEKCA held a Board Meeting at the Fall Conference and decided that we would plan a Winter meeting to be held sometime in February. We are researching speakers right now to present to our group. Also, of interest to all NEKCA members – we are selling NEKCA polo's for all members. They are really sharp, and would make a great Christmas gift. Just email our Secretary, Wendy Karr at dkarr913@comcast.net, and we will make arrangements for you to get one of our shirts. We all want to wear them at the Spring Conference in March, so that everyone will be able to identify our members just by seeing our great shirts!
Have a Wonderful Holiday Season!



North Central . . . Teryl Goeckel, President

The North Central region held its' fall meeting in Salina at the Elks Country Club. A wonderful meal was served and we had the privilege of hearing from Kansas own Sue Greenleaf, current Southwest President, on the experiences before, during and after the devastating tornado. Sue did a fantastic job. We were pleased to have as a special guest at our meeting the KCA President, Paul Kyle.



Northwest . . . Vickie Chance, President

I had my first NWKCA meeting as the new president. Following Lyndel Adams is somewhat daunting but thankfully she is still available for moral support and has agreed to continue the basket and poem for convention. We had 10 members attend the September meeting. We discussed sending another student to spring convention and paying both convention fees and motel expenses. It was good to hear that the students we have sent in the past have all become KCA members. All members were encouraged to submit names and it was agreed that we would contact Ft. Hays University to see if they have any students that would be interested. Elaine Ptacek also reported on legislative activity. How fortunate we are to have someone of Elaine's caliber and dedication to represent all of us. It was approved to set aside \$400 to help Elaine with expenses pertaining to her legislative work.

A program was presented by the Northwest Kansas Domestic Violence and Sexual Violence Services. This organization explained how they assist clients of all ages and especially those dealing with a stalker. They gave out pamphlets that we could pass along to someone in need.

Our next meeting is set for January 21st in Quinter. If you would like more information you can contact me at vchance@usd105.org.



Southwest . . . Sue Greenleaf, President

Greetings from Southwest Kansas. Just a few more days of 2008. The time just keeps going faster. I saw several of you at the excellent fall conference in Emporia in November and am looking forward to seeing all of you in Great Bend in March. Many people, especially, Nadine Bailey, have been doing an excellent job making sure the convention in Great Bend is a Great one. Get it? What will make it GREAT is having everyone there. We learn so much from each other, that just networking over coffee and lunch should count as continuing education. Mark your calendars now and plan on a trip to central Kansas for a Great convention.



South Central . . . Joyce Johnson, President

Happy Winter Greetings!

I was thinking this morning about an assignment I got as a high school student that got a lot of adults in my community all wound up. The teacher told us to do something we'd never done before and write about it. We had all semester to complete this task, and I found it to be pretty threatening (as did some of the parents, obviously) – I was not a risk-taker then. I am a risk-taker now and I would like to challenge each of you to do something you've never done before **THAT WILL POSITIVELY IMPACT SOMEONE ELSE IN THE WORLD**. I know, you do that all the time – Counselors positively impact people all the time. I always get a little bent out of shape when people ask educators to volunteer MORE – but this is very very different. I challenge you to complete this task consciously and purposely. You have all year to do this and I know that like the "Pay It Forward" movie theory, 3 to the millionth power is unbelievably strong! Let me know it goes for you!

SCKCA had a great meeting in October. We met at a downtown café for supper and speakers from FirstStep Counseling, Inc. A few obstacles fell in our way, but we avoided the problems they could have caused.

Our second meeting of the year will be held at the same location on January 12, 2009 and we will enjoy a speaker from Red Cross. It should be a great night for friendship, professional conversation, and a good bowl of soup!

Good luck with your 2009 challenge!

**Professional Development Team
Deb Woodard, KCA Professional Development Chair**

Vision: The Professional Development Team is a group of dedicated counselors willing to share their knowledge and expertise with counselors and non-counselor professionals and clients. The team's work will open the doors to an expanded shared leadership, resulting in impacting the larger group, supporting members, and promoting the counseling profession.

Mission: To support the work of the KCA board through a statewide sharing of expertise, person-power, advocacy, and grass-roots input on organizational issues and value added services.

Members of the Professional Development Team met at the spring 2008 convention to action plan for the coming year. This group has included many of the past award finalists and winners, each year's honorees, KCA board members, members of the awards committee, and others interested in supporting the three initiatives. During the spring 2009 convention, we will all meet again directly following the Awards luncheon on Friday. You are cordially invited to join us and work to develop the plans listed below.

Following will be a brief description of the three plans and a point person to contact if you would like to be involved in this exciting project. We would like to encourage you to study the outlines of these plans, to think about your own strengths and how you might be able to contribute to their completion, and then contact the point person. We look forward to seeing you at the spring convention at this very important meeting!

Speaker's Bureau Action Steps

1. Promote the Speaker's Bureau
 - a. On KCA Website
 - i. Database will be put onto the website in a secure area
 - ii. Topic list and a contact phone number will be put on to the website in a non-secure area.
 - iii. Contact members in the following regions to add members to the database for speakers. Persons responsible:
 1. Sylvia Schmidt – SC region
sylviaschmidt_2000@yahoo.com
 2. Carol Dellinger – SW region dellingerc@bartonccc.edu
 3. Carla Hattan – NW region chattan@fhsu.edu
 - a. Through a brochure
 - i. Design Brochure
 1. Angie Gerdes will have a brochure drawn up by a graphic arts student at her school. Noted on the brochure will be:
 2. No speaker's fee
 3. Expenses as agreed
 4. Mileage at state rate
 - ii. Find funding and a printer
 1. Jim Rodman will get the brochure printed once it has been approved by the committee.

- iii. Jeri McBeth will serve as the contact person on the brochure for persons or organizations needing a speaker.
- b. Develop a follow-up survey to evaluate the speaker's effectiveness. No action taken to date.

Speaker's Bureau Point Persons for 2008-2009:

Sylvia Schmidt sylviaschmidt_2000@yahoo.com and Diann Flaflick
dfaflick@usd259.net

Media Coverage/Advocacy of Profession Action Steps**Concern:**

- Media Coverage--promotes our passion
- Advocacy--notes the "importance"
- Validity—gives it to what organization does
 - One Region meeting held at a close major University--to encourage graduate students to attend
- Many counselors are not aware of the differences between KCA and its divisions

Realistic Goal:

- Knowledge of Counselor's role and KSCA organization
- Benefits of membership

Action Steps:

- A "panel" will be made up of one Elementary, one Middle School, and one High School Counselor to visit college classes. This will promote membership and share different levels
- of counseling experiences.
- Information about the KCA COY information is sent to respective papers for publications

Obstacles:

- "Shortage" of Counselors
- Sharing with others the honors that have been received. Many individuals are uncomfortable "tooting their own horn" in sharing their successes with others.
- Large schools vs smaller schools in job opportunities

Resources:

We are our own resources.....we need to tap into them!!

Action Steps:

- Promote National School Counselor Week
- Put newspaper articles in community papers to promote awareness Counseling panel to visit University classes
- Encourage "Poster Presentations" by graduate students at Convention

Media Point Persons for 2008-2009:

Val Beikmann vbeikmann@usd239.org and Nadine Bailey
bailey@usd367.k12.ks.us

Kansas Counseling Association Mentorship Program Action Steps

Kansas Counseling Association is beginning a resource directory for our membership. This is in an effort to provide mentoring opportunities to our members as well as provide a list of topics/subject areas that can be used as a resource guide for everyone.

The Executive Council is asking you to provide a list of areas/subjects about which you would feel comfortable talking to another counselor. Examples might be: getting started in a new private practice, how does one set up a payment system for insurance reimbursement, elementary, middle and/or high school counseling issues, the grieving process, anger management, bully prevention, character education, self-mutilation, putting on a career fair, etc., etc.

Please fill out the space below and return your information to Rosanne Haberman. You can email the information to www.rhaberma@topeka.k12.ks.us or mail to 4937 NW Brickyard Rd., Topeka, Kansas 66618. Once a contact has been established, the hope is that counselors will continue this relationship for future questions and also to encourage attendance at convention, region and division meetings. We can answer questions and support each other while strengthening the identity of our profession. Sign up now !!!!!

NAME _____

ADDRESS _____

WORK PHONE # _____

WORK E-MAIL ADDRESS _____

AREAS OF INTEREST _____

Mentoring point persons for 2008-2009:

Lyndel Adams counseloradams@yahoo.com, and Rosanne Haberman
www.rhaberma@topeka.k12.ks.us

For additional information or to share input and ideas, contact Deb Woodard at
woodardd@umkc.edu The Profession Development Team needs you!
We would be glad to have you involved in any way possible.

KCA Membership

Kris Burkholder

The KCA executive board members will be calling and visiting with all KCA members before the end of February. We value each one of you as a member of KCA, and we believe that the strength of this association lies in our membership. Therefore, as a KCA member, your ideas, thoughts, and suggestions about this association are vitally important. Please share this information with the KCA executive board member who contacts you or feel free to contact Kris Burkholder, membership chair at anytime.

At the fall counseling conference, many counselors either renewed their KCA membership or joined KCA for the first time. We greatly appreciate each one of you being a member of KCA! However, if you know of any counselors in your area who would like more information concerning KCA who are not members, please have them contact one of the executive board members.

We hope to see each one of you at Spring Convention in Great Bend. At this time of year, we often reflect on our blessings. Each one of you is truly a blessing to KCA and to the counseling profession!



KSCA News
Deb Woodard, KSCA President



The school year is slipping by us so quickly that, although it is difficult to imagine as I look out at the snow, it will soon be spring! This fall has been a whirlwind of activities. Your board met for an additional session in October to prepare for the Fall Conference in Emporia and to strategically plan for our future. The KSCA board is here to serve your needs. As we are working to provide you with even more services, please continue to communicate with us about ideas for consideration and implementation! **We will be meeting again on January 10th**. Please feel free to contact any member of the board to share a suggestion, question, or concern. Remember, you can always find us at:

<http://www.kssca.com/ksscachomepage.html>

The **Fall Conference** was an incredible success! Thanks to Dr. Pat Neufeld and Kent Reed for giving us all an excellent opportunity for professional development and networking. Many of you renewed your membership or joined KCA/KSCA at the conference and we are grateful to have you all as a part of one of the best and strongest organizations in our profession. Many of you picked up a magnet with the **Everyone deserves a School Counselor** theme and/or materials from ASCA. Look for the KSCA table at the spring KCA Convention. There will be more items available there. This will be our next outstanding opportunity for professional growth. If you have not already considered attending, it is time to let your school districts know that this will be a convention not to be missed!

The **Friend to Friend Conference** that was held at ESU on November 17th brought in rave reviews from the students and sponsors involved. The keynote speaker, Jerri Kemble, was a huge success and the student leadership team from ESU was invaluable to the process. Thanks to Kris Burkholder and her committee for helping to make this one of the most important member service because it supports our students! The committee will be meeting soon for next year's conference. If you have any suggestions for a keynote speaker, please contact Kris at Burkhkri@usd408.com.

Please plan to attend the **KSCA business meeting** at the spring convention. We will be awarding the Kansas School Counselor of the Year award, electing officers, sharing the treasurer's report, and having a good time! Don't wait to be asked about joining the board...**get on board** right now by contacting Kris Burkholder at the email address above. "Teamwork is working together — even when apart." See you there!!!!

KSCA Opportunities
Deb Woodard, KSCA President

Attached you are going to find a lesson plan to be used with girls from 6th to 8th grade. The lesson plan has been created to help with developing healthy relationships. Thanks to **Courtney Johnson** for sharing her work! Please feel free to use it as long as you give her credit as the source.

- Opportunity #1: Be sure to look at the **spring issue of the KSCA newsletter** where you will see other lesson plans and activities, all developed around diversity issues!
- Opportunity #2: Be a part of that issue by sending in a lesson plan or activity of your own! Please forward it to Paula Russell at prussell@pikevalley.com by **January 15th**!
- Opportunity #3: **Send one or more lessons** to Deb Woodard at woodardd@umkc.edu I will save them in a pdf format and create CD's for all of the participants!!! When you come to the KSCA business meeting, anyone who has participated will receive their CD!!! (You could end up with a CD full of lessons to use in your counseling setting)
- Opportunity #4: I will make sure to bring **extra copies** in case you want to buy one but don't have the time to send in a lesson plan. They will be no more than \$5 apiece.



Join in the fun and let's learn from each other!!!!

Build a Friend Lesson Plan
Courtney Johnson
MA Graduate Student:

Counseling and Guidance with an Emphasis in School Counseling

Unit Concept	The unit is centered on relationships and forming healthy relationships that will last for a lifetime. It is also based on the understanding that middle school students often struggle to fit into certain "clicks" and will help them find some individuality in the school setting.
Specific Grade Level	6 th -8 th grade students
Rationale for unit and lesson	Students in middle school often feel a great deal of pressure to succeed in the area of social acceptance. They often do things they would not otherwise do to gain acceptance and to make people notice them. This unit/lesson is intended to help students focus their attention on being themselves and avoiding the peer pressure to be someone else. It is also intended to help them understand what they value in others so they can more clearly judge their own value and worth.
Kansas Comprehensive Guidance Standards/Model	Personal and Social Development
Standard 1	The student will acquire knowledge, attitudes, and interpersonal skills to help them understand and respect self and others.
Benchmark 2	The student will acquire and use interpersonal skills.

Indicators	The student... 1. demonstrates appropriate interpersonal skills 2. exhibits respect for differing points of view 3. demonstrates appropriate ways of communicating feelings 4. applies appropriate interpersonal skills 5. demonstrates appreciation and respect for diversity
Counselor Objective	The student will assess the quality of her current relationships and will create a goal for future relationships.
Time necessary for the Lesson	1 hour
Materials Needed	-Barbie & more unfortunate doll -Build a Friend worksheet (see attached)- 1 class set -Build a Friend character worksheet (see attached)- 1 class set (To avoid too many paper copies, I have included the poems and the questions that the students will answer in the lesson plan, but a counselor could make a short packet including all of the items necessary to pass out to students) -Colored pencils, crayons, markers -Notebook paper -Whiteboard & markers
Procedure	
Anticipatory Set	I will bring in two dolls. One is Malibu beach Barbie with her beautiful blonde hair and blue eyes. The other is my poor Cabbage patch doll with her brown hair matted and cut to shreds and her brown eyes covered in various colors of make up from my early years as an unlicensed beautician. I will place both dolls on the counter in front of the class and ask them which one looks like more fun to play with. <i>Class discusses the question.</i> I will then hand out a worksheet (Build a Friend) and ask students to answer the questions and then to draw their image of the ideal friend. (This is not to be collected) <i>Students will complete the worksheet and draw their image on the back side of the worksheet.</i>
Instructional Method(s)	1. After the students have finished with their worksheets and their drawings, we will discuss the drawings. I will ask questions like the following to lead the discussion: <ul style="list-style-type: none"> • How many of you drew friends who actually look very similar to you? • How many of you drew friends who look very similar to a current friend? • If you were the figure you drew, would the roles be reversed (would the figure draw you)? Why or why not? • If you struggled with drawing your ideal friend, what was your dilemma? • If this was easy for you, what made it easy? <p>As the discussion unfolds, I will take opportunities to gather more information based on where their answers lead.</p> <p>2. Input: I will read this poem to the students:</p>

	<p style="text-align: center;"><u>My Best Friend</u> Today I found a friend, Who knew everything I felt. She knew my every weakness, And the problems I've been dealt.</p> <p style="text-align: center;">She understood my wonders, And listened to my dreams. She listened to how I felt about life and love, And knew what it all means.</p> <p style="text-align: center;">Not once did she interrupt me, Or tell me I was wrong. She understood what I was going through, And promised she'd stay long</p> <p style="text-align: center;">I reached out to this friend To show her that I care To pull her close and let her know How much I need her there</p> <p style="text-align: center;">I went to hold her hand To pull her a bit nearer And realized that this perfect friend I found Was nothing but my mirror.</p> <p>Ask the students "What does the poem say to you about the best kind of friend you could possibly create?" <i>Possible student answers:</i> <i>Someone just like me</i> <i>Someone with my characteristics</i> <i>Someone who understands me the way I understand me</i></p>
<p>Check for Understanding</p>	<p>I will ask the students the following questions and ask them to record their answers (probably should also write them on the board or if an overhead is available, make a transparency or they could be made into a worksheet). Once they are finished recording, they are to choose someone in the room they feel comfortable with and then share their ideas. (Depending on the group, the counselor may stay back and simply observe but in some cases, the counselor may walk around or even offer herself as a partner to a student in need)</p> <ol style="list-style-type: none"> 1. How often do you seek approval from others around you? 2. Do you feel that your friends do or do not support you as a person? 3. When you feel left out, what would you do to join the group? 4. In what ways do your friends resemble who you are as a person? In what ways are they unlike who you are? 5. How can you use the strengths and qualities you have to be a better friend to those around you? How do you expect your friends to use their qualities to be good friends to you?
<p>Guided Practice</p>	<p>I will read this short comparison between simple friends and real friends.</p>

As I read, I will ask the students to make tally marks on two different sides of their paper (one side for simple friends, one side for real friends) symbolizing how often this has been the case in their lives. One tally mark per comparison will be sufficient to see and understand the difference real friends can make.

Simple vs Real

Anyone can stand by you when you are right, but a Friend will stand by you even when you are wrong...

A simple friend identifies himself when he calls. A real friend doesn't have to.

A simple friend opens a conversation with a full news bulletin on his life.

A real friend says, "What's new with you?"

A simple friend thinks the problems you whine about are recent.

A real friend says, "You've been whining about the same thing for 14 years. Get off your duff and do something about it."

A simple friend has never seen you cry. A real friend has shoulders soggy from your tears.

A simple friend doesn't know your parents' first names. A real friend has their phone numbers in his address book.

A simple friend hates it when you call after he has gone to bed. A real friend asks you why you took so long to call.

A simple friend seeks to talk with you about your problems. A real friend seeks to help you with your problems.

A simple friend, when visiting, acts like a guest. A real friend opens your refrigerator and helps himself.

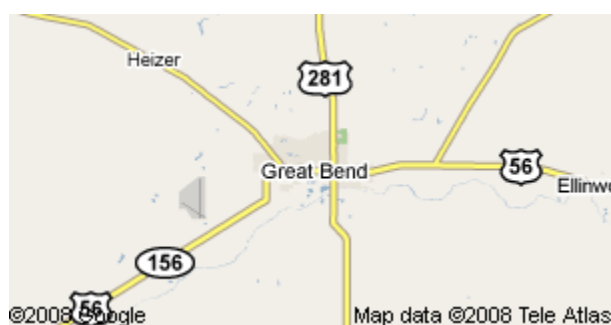
A simple friend thinks the friendship is over when you have an argument.

A real friend knows that it's not a friendship until after you've had a fight.

A simple friend expects you to always be there for them. A real friend expects to always be there for you!

	I will give the students an opportunity to discuss the tally marks and to share a few stories if they would like time to discuss.
Individual Practice	<p>I will bring the dolls back to the front of the room for a quick summary discussion.</p> <p>I will ask the students: "Which doll do you think earned the most love and affection from me when I was growing up?" "What do your friends look like from your love and affection? What do you look like from the affection of your friends?"</p> <p>The students will then complete a different "Build a Friend" worksheet than the one before. This time, they are building qualities and characteristics they would choose rather than just the outward appearance.</p>
Assessment Method(s)	<p>The students will write a brief paragraph about their goals for friendship. They can treat it like a pros and cons list or a dos and don'ts list or however they choose to write it. If the students have time, they can decorate their lists/paragraphs about what friendship should be and I will collect and laminate them so they can be kept intact.</p> <p>This will assess what the students have taken from this lesson as well as give them an archival piece to help them remember what their expectations are of real friendship.</p>
Sources for Material	<p>Anonymous. (2008). My Best Friend. Retrieved December 1, 2008 from http://www.indianchild.com/best_friend_poems.htm</p> <p>Anonymous. (2008). Simple vs. Real. Retrieved December 1, 2008 from http://www.indianchild.com/best_friend_poems.htm</p> <p>Original Lesson Plan by Courtney Johnson Original Worksheets by Courtney Johnson</p>

The Road to Great Bend . . .



Can't wait to see you there!!

**KANSAS COUNSELING ASSOCIATION
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