



2017 SDCA Conference Schedule

Sioux Falls Best Western Ramkota Hotel and Convention Center

(The programming times are subject to change. Last updated 12/29/16)

21.5 CEs possible if attending all of conference and pre-conference



The South Dakota Counseling Association has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2042. Programs that do not qualify for NBCC credit are clearly identified. The South Dakota Counseling Association is solely responsible for all aspects of the programs.

Wednesday, May 3rd

5:00pm – 9:00pm	Registration Opens
6:00pm	SDCA Board Meeting
8:00pm	SDSCA Board Meeting

Thursday, May 4th (8.5 CEs if you attend preconference as well)

8:00am	Conference & Preconference Registration Opens	
8:30am – 4:00pm	Preconference Workshops with Julia Taylor (lunch on your own)	6.0 CEs

Morning Workshop Title: Counseling Techniques to Help Adolescent Girls Manage Relational Aggression
Description: Navigating the cultural and social context of girl world is not an easy task. Relationally aggressive behavior is often prevalent during the tumultuous adolescent years, and intensified by the use social media. And while relational aggression in youth continues to receive national attention, resources that address this behavior remain scarce. This workshop will focus on the cultural context of relational aggression, current research including the role of bystanders, and prevention and intervention strategies to help girls manage this behavior.

Afternoon Workshop Title: An Introduction to Trauma-Informed Counseling for Youth
Description: A growing number of youth are impacted by trauma. As research continues to grow in this area, we are understanding more about the devastating consequences trauma has on childhood outcomes. It is imperative for practitioners to recognize, understand, and address the unique needs of this population. This workshop will provide an overview of trauma, cognitive and behavioral implications of trauma in youth, and prevention and intervention strategies for counselors.

Presentation Title: The Princess and the Pea: Girls & Women with Asperger's (High Functioning Autism Disorder) Anne Dilenschneider (Journey Counseling Services)

Description: "Everything we thought was true of autism seems only to be true for boys." Many girls and women with hfASD suffer in silence. Others, like the princess bruised by a pea hidden under many mattresses, they are misdiagnosed and labeled as problem patients. No wonder they come to us battered and bruised, with no way to explain what is wrong. This presentation will normalize symptoms, explain neurological differences, offer strategies and resources for working with these girls and women.

Presentation Title: When You Lose, Don't Lose the Lesson: Helping Adolescents to Embrace Challenges, Failures, and Losses, as a Path to Excellence. Jessie Daw (Executive Director, Huether Family Match Pointe)

Description: In our achievement-oriented and esteem-protecting society, losses and failures are often seen as results to be avoided. This session examines losses, failures, and challenges as important for growth, with a focus on school settings. Discussion will address how loss/failure are currently viewed, and strategies to challenge maladaptive/misguided views of failure with adolescents in "teachable moments." Additionally, we will discuss school culture and the importance placed on success/winning, and how to challenge, and attempt to change, school culture so that all recognize and embrace the role of loss/failure in growth and improvement.

Presentation Title: Facilitating Best Practices When Working With Culturally Diverse LGBT Clients

Ahmet Can (Assistant Professor, Northern State University) & Karyl Meister (Assistant Professor, Northern State University)

Description: Although the helping professions celebrate diversity and seek to demonstrate sensitivity towards diverse populations, some professionals admit to not knowing how to effectively work from a multicultural approach in LGBT clients. Becoming cross-culturally competent professional counselors, we must be intentional in working with our diverse clients/students and address the many dimensions (e.g., gender, sexual identity, SES, lifespan development) of their lives in a sensitive manner. This session will encourage attendees to discuss their personal struggles in their daily work with LGBT clients. This presentation will introduce terms and provide valuable knowledge-skills for working with diverse background LGBT clients from different countries in the world.

Presentation Title: SMART (Stress Management and Resiliency Training) for Counselors Sheila Anderson (Britton-Hecla School District) & Kami Norland (CEO, Integrative Re-Sources)

Description: The SMART (Stress Management and Resiliency Training) for counselors program will share evidence-based research in a format that is simple, participatory and fun. This presentation will enhance understanding of the neurosciences, philosophy and psychology of stress and well-being, utilizing the research and coursework for improving resiliency of Dr. Amit Sood, Mayo Clinic, Global Center for Resiliency and Well-being, (stressfree.org). These teachings prepare counselors for recognizing and celebrating the hard work it takes to care for others; so we want to help you take care of yourself, so you can continue to care for others. This program has been tested in over ten completed

research studies at the Mayo Clinic with the results indicating improvement in stress, anxiety, resilience, mindfulness, productivity, happiness and positive health behaviors.

Presentation Title: The African Perspective of Human Connections Emmanuel Nwala

Description: Many people from Africa come to the U.S. without their family members and face significant difficulties in the acclimatization process. Some of the priorities for the African population in the U.S include but are not limited to (a) providing financially for the family back home in Africa; (b) staying connected to their African way of life; (c) establishing sustainable relationships that are interdependent in nature; and (d) creating some means to rejoin with family members. The African world-view is that the world is a communal ground where people take care of each other, and the actualization of the humanness of being is realized in the community. Though there may be fights, clashes and disputes, there is a strong quest for a sense of belonging and recognition in the African culture. The human connection in the African context relates to how the African person reaches the quest for recognition and a sense of belonging. Thus, this one hour program is used as an educational session that can create some awareness in working with an African.

5:30pm-6:30pm	Optional Chapter Meeting Time-Chapters meeting will be listed in the program	
7:00pm-8:30pm	OPENING KEYNOTE Juvenile Justice Panel (Speakers TBD)	1.5 CEs
8:30pm	SDCA Social Recognizing First Timers and Retirees (Band 8:30-11:30pm)	

Friday, May 5th (8 CEs)

7:00am-8:00am	Counselor Wellness/Yoga Session (Description Pending)	1.0 CE
8:00am	Conference Registration Opens	
9:00am-10:30am	Keynote address with Julia Taylor	1.5 CEs

Strengthening Sisterhood: Empowering Girls to Resist Societal Pressures, Fight Unrealistic Media Standards, and Develop a Healthy Body Image

Description: Today's standards of beauty are unrealistic and unattainable. It's not a coincidence that body image disturbances are widespread, contagious, and toxic. Girls are inundated with confusing messages that often interfere with their ability to learn, lead, and develop authentic relationships. This keynote will address these important issues, with a focus on helping girls develop leadership skills to combat and revive a generation that has become exhausted by media saturation, the myth of perfection, and body bullying.

10:30am – 11:00am	Morning Break (Vendor Bingo Time)	
11:00am- 11:50pm	60 Min Breakout Session II	1.0 CE

Presentation Title: My Career Story William Briddick (Associate Professor, South Dakota State University) & Hande Sensoy-Briddick (Associate Professor, South Dakota State University)

Description: This presentation provides brief overview Career Construction Theory (CCT) as well as an overview of a helpful, free resource entitled My Career Story (MCS), which can be, used with high school age populations and beyond. MCS is rooted in CCT and is based on the work of Mark L. Savickas (Savickas, 2002, 2005) in Career Construction Theory (Savickas et al., 2009; Savickas, 2012). My Career Story is the work of Savickas & Hartung (2012).

Program Title: Tell you story with confidence and competence: The ethics, law, and practice of providing affidavits, court testimony, and investigative interviews. Erin Stolsmark (Erin Stolsmark Inc.), Jessica Lewis (Academic Advising, South Dakota State University) & Paul Lewis (Moody County State's Attorney)

Description: Going to court can be a stressful experience. Counselors's unique positions mean they are often called to provide court testimony and investigative interviews regarding their clients and/or area of practice. This program will address ACA ethical guidelines for providing written and verbal legal communication, engage participants through practice testimony and review of legal processes and procedures related to giving court testimony, written documentation, and sworn affidavits. Participants will be able to share their story legally, ethically, and confidently.

Program Title: Surfing the Tsunami: Navigating Sensory Processing Issues Anne Dilenschneider & Lori Menneke (Journey Counseling Services)

Description: Persons with sensory processing issues live in a tsunami of information from all 8 sensory systems. They may feel helpless, trapped, and frustrated at school, work, and home. Advocating for accommodations can feel like swimming in a rip tide. Taking our cue from those who surf the highest waves, we'll normalize symptoms, explain neurological causes, offer strategies, and provide resources for empowering children, adults, and families to find the balance to ride the waves rather than wipe out.

Program Title: Empowerment, collaboration, and engagement – A leadership journey Jessica Lewis (Academic Advising, South Dakota State University), Lane Madsen (Rapid City Area School District), Julie Nelson (Rapid City Area School District), Betsy Hughes (Vermillion School District)

Description: Counselors work everyday to enhance human potential and thus are well-equipped to serve as leaders in a dynamic and changing world. Leadership empowers professionals to work for change within and front of organizations. Bold or reserved SDCA invites each counselor to author his or her leadership story with confidence. This program highlights unique leadership journeys that intersected in Minneapolis, MN at the ACA Midwest Region 2016 Leadership Training. The program will engage participants through story telling, as well as roundtable conversations and paired dialogs. Attendees will make connections and gain confidence. Counselors will interact with their colleagues, learn about leadership development opportunities, find areas to use their talents and interest to grow as a professional, a leader, and a member of SDCA.

Program Title: Thinking Outside the Gender Box Terri Carlson

Description: One of the most fundamental aspects of a person's identity (gender) deeply influences every part of one's life. In a society where this aspect of self has been so narrowly defined and rigidly reinforced, individuals who exist outside its norms face innumerable challenges. Participants will hear

the stories that have changed hearts and minds of others. Through thoughtful consideration of the uniqueness and validity of every person's experience of self, we can develop a greater acceptance for all, and provide a safe and welcoming learning environment for gender and sexually diverse students.

12:00pm – 1:50pm

SDSCA/SDMHCA Luncheons and Business Meetings

2:00pm – 3:30pm

Breakout Session III (90 min)

1.5 CEs

Program Title: Embracing the Story in Our Lives Lisbeth Leagjeld (Doctoral Student, University of South Dakota) & Allison Boughn (Doctoral Student, University of South Dakota)

Description: Stories are an important part for defining who we are. Whether the stories are histories passed down through generations, tales told for some specific purpose, or our own recounting of life experiences. This telling and the listening are important. As counselors, we have a unique opportunity to bear witness to insight, catharsis, and healing as we listen, with unconditional positive regard, to our client's stories. Come and join us as we discuss the power of intentional telling and listening. You will have an opportunity to express your own story through poetry and art!

Program Title: The STEPs Method for Progress Notes Rhonda Sutton (Wellness Counselor, Hilton Head Health)

Description: Counselors appreciate the stories their clients share, but when it comes what to include in their progress notes, counselors are often left wondering what to write. Knowing how to effectively write a note can help counselors better connect with their clients as this documentation guides their clinical work. This program provides a way for how to conceptualize progress notes. A role play will be utilized to show how to use the STEPs method to efficiently and ethically write progress notes.

Program Title: Tell Your Story – Hear Their Story Debra Butman-Perkins & Clark Perkins (Circle of Encouragement)

Description: We all have stories to TELL. We all have stories that need to be HEARD! Come learn a variety of storytelling techniques that give everyone the freedom and permission to share. This presentation will utilize interactive play therapy techniques to develop interest & desire to share their stories with exuberance!!

Program Title: 10 Strategies Proven to Inspire & Engage EVERY Student Christian Moore (Creator & Co-Founder, Why Try LLC)

Description: Want to engage every student in your classroom? This session will demonstrate 10 strategies proven effective at building resilience, strengthening relationships, grabbing attention, and inspiring every student in your classroom. These strategies have helped over 2 million youth in 20,000 K-12 schools, mental health, and correctional organizations in the areas of academic success, dropout prevention, class management, and bullying prevention.

Program Title: Our Story: Integrating School, Private, Agency and Community Counseling for Youth and Families Erin Stolsmark (Erin Stolsmark Inc.), Jeff Heavlin (Sioux Falls Catholic Schools), & Duane Kavanaugh (Lutheran Social Services)

Description: With the changing dynamics in the lives of youth and families, many questions have come up in regards to effective interventions. This presentation will address how we as counselors we can improve the system for the better and move our profession forward. By the end of this presentation counselors will have a better understanding of their roles of their co-professionals (agency, private practice, school and community counseling). This is the ongoing story of how counseling professionals can work to improve the outcome of the consumers we serve.

3:30pm – 3:45pm Break (Vendor Bingo Time)

3:45pm – 4:45pm 60 Min Breakout Session IV 1.0 CE

Program Title: Not Just Male or Female: Gaining Familiarity With the Gender Non-Conformance Kristine Ramsay-Seaner (Assistant Professor, South Dakota State University) & Staci Born (Assistant Professor, South Dakota State University)

Description: This presentation will provide mental health counselors, school counselors, counselors-in-training, and educators with information aimed at expanding the understanding of the term “gender”. This will include exploration of the gender spectrum, which includes genders such as transgender, gender fluid, gender neutral, and more. Explanations of the differences between gender, biological sex, and sexual orientation will also be presented. An educational handout will be provided.

Program Title: Success! For Students with ADD/ADHD and Executive Brain Dysfunction Sara Holmberg (Rutland School District) & Lara Langelett (Brookings School District)

Description: Struggling with students who have ADHD or Executive Function Deficits? School counselors, mental health counselors, and parents will find this presentation helpful, encouraging, and hopeful. Participants will be introduced to the most recent research that describes the link between ADHD and academic performance as well as medications that are used with ADHD. Classroom management and challenging behaviors will be demonstrated, and resources about ADHD will be provided.

Program Title: Breakthroughs and Benefits from Neuroscience Research: A Path to Brain Health Cathy Larsen (Catholic Social Services)

Description: Have you ever walked into a room and wondered, “Now what did I come in here for?” Have you ever thought, “If my memory is this bad now, what will it be like in 10-20 years?” Neuroscience research has good news for us: there are many lifestyle changes within our control that can prevent brain deterioration as we age. This session will be part lecture and part interaction...no power point here. Come to the session and find out why.

Program Title: The Client’s God Story: God Attachment in Psychotherapy Michael E. Wheaton (Journey Counseling Services)

Description: A client's story of God and how they relate with God impacts the therapeutic journey in powerful ways. This presentation will assist participants in determining a client's attachment style in relationship with God, as they understand God. It will also address some of the implications of a client's God story and how that resulting attachment style impacts their ability to experience safety in relationship to God and others.

Program Title: Get the Inside Scoop and Write Your Story with the 2016 ASCA Ethical Standards for School Counselors Yolanda Price (Hansen School District) & Alyssa Krogstrand (Pierre School District)

Description: Curious what the new ASCA Ethical Standards updates are? Come learn more about the ASCA Ethical Standards for School Counselors that were released in July 2016. Receive a copy and dive into the additional sections and the new clarifications.

4:45pm-5:45pm

60 Min Breakout Session V

1.0 CE

Program Title: Lakota Circles of Hope - Culture specific prevention curriculum for Middle School grades 6th to 8th. James Kinyon (Catholic Social Services) & Gwen Holmes (Catholic Social Services)

Description: Lakota Circles of Hope is an innovative culturally specific prevention curriculum that teaches students how to use their culture to deal more effectively with risky behaviors such as drugs, alcohol, commercial tobacco use, bullying, and suicide. The curriculum is intended to foster a positive Lakota/Dakota identity and enhance students' understanding of Lakota/Dakota culture. Lakota Circles of Hope is an elementary (K-5) and middle school (6-8) curriculum. Lakota Circles of Hope incorporates South Dakota State Educational Standards as well as the Oceti Sakowin Essential Understandings & Standards.

Program Title: A Journey Interrupted: The Impact of Trauma on Adolescent Development Kathleen Brown-Rice (Assistant Professor, University of South Dakota) & Luanna Olthoff (Restoration Counseling and Consulting, Inc.)

Description: Due to adolescents' neurobiology, they have unique counseling needs when they have experienced trauma or been exposed to trauma. This presentation will: a) explain how trauma effects adolescents' brains; b) provide information on the environmental, social, and cultural conditions that impact adolescents' behavior; and c) provide participants strategies to use with this population. Information will be provided for utilization in both school and clinical mental health settings.

Program Title: SoulCollage®, Dreamwork and Native Americans Denise Curtis (Saint Francis Indian School)

Description: SoulCollage® is a creative and intuitive collage process. A client or student makes their own collage card representing one aspect of their personality or Soul. They can then use the cards intuitively to answer life's questions and participate in self-discovery. They joyfully deepen their understanding of the relationships between their personality parts, their selves and their family/community/world, and their **dreams**, symbols, and Spirit. Participants will engage in making one SoulCollage® Card and participate in art making in community. This art-making in community is healing in itself and really resonates with Native Cultures. After making one card, participants will engage in processing the cards

in a group circle. The circle is also a powerful entity in Native Cultures. The presenter will provide all of the materials.

Program Title: A Case of Mistaken Identity: What If the Culprit is not ADHD? Anne Dilenschneider
(Journey Counseling Services)

Description: A person has difficulty focusing at school or work, doesn't remember instructions, and has a hard time sitting still. It's easy to jump to the conclusion that s/he has ADHD. Yet this may be a case of mistaken identity. There are several conditions with the same symptoms, and each requires a different treatment. This presentation will describe the criteria for ADHD diagnosis, identify other conditions that exhibit the same symptoms, and describe the clues that suggest a client may not have ADHD.

Program Title: Creating the Supportive Group Counseling Environment: Best Practice for Psychoeducational Groups for Working with Children and Adolescents in Schools. Ahmet Can
(Assistant Professor, Northern State University)

Description: As a school counselor, do you want to feel more competent leading psychoeducational groups when working with children and adolescents in schools? Participants in this workshop will discover how to create and structure psychoeducational groups for students in their personal/social, academic and career development in school system. This comprehensive session provides professional school counselors with all materials, creative techniques and necessary resources for immediate implementation, including specific activities, handouts and suggested timelines.

5:45pm-6:30pm Optional Chapter Meeting Time-Chapters meeting will be listed in the program

7:00pm – 7:30pm President's Reception & Social

7:30pm SDCA Awards Banquet

Saturday, May 5th (5 CEs)

7:00am-8:00am Counselor Wellness/Yoga Session (Description Pending) **1.0 CE**

8:00am Conference Registration Table Opens

8:30am – 12:30pm Ethics/Supervision Presentation TBD **4.0 CEs**

OR

8:30am – 12:30pm School Counselor Round Tables **4.0 CEs**

******Additional Presentation will be added******

Round Table 1: Family Connection/Children's Connection John Hegg (Adjunct Professor, University of South Dakota) & Gretchen Fjerkenstad (Director, Family and Children's Connection)

Description: Children’s Connection, used in the Sioux Falls School District, is a group support program with an established curriculum for children with an incarcerated parent. In an effort to reach all children, this United Way funded program is willing to share their curriculum and support with any agency or school throughout the state.

Round Table 2: Making Human Connections with High-Achieving Low-Income Students Julie Nelson (Rapid City Area School District)

Description: High-achieving and low-income students...is that possible? Why yes, it is. Come learn about a non-profit organization known as QuestBridge and what it can do for the high-achieving and low-income students you work with in schools and communities. Participants will walk away with a firm understanding of the goals of the organization, programs available for juniors and seniors, and resources to identify and mentor these students.

Round Table 3: College Readiness for Under-Resourced Students Deb Thorstenson (Project Director, Jump Start)

Description: Under-resourced students frequently struggle in college. Learn different factors that can be taken into account when preparing secondary students to consider a postsecondary education. Also learn about South Dakota Jump Start, a federally funded project that assisted over 300 Native American or low-income students to achieve a 70% persistence rate from freshmen to sophomore year in college as opposed to a 65% retention rate among comparison groups.

Round Table 4: A tale of two systems: An update of dual credit choices in South Dakota Jessica Lewis (Academic Advising, South Dakota State University)

Description: The process of course exploration, registration, to grade completion can be a challenging journey for any dual credit student. In 2017, the SD Board of Regents Gen Ed requirements will undergo significant changes, adding new unknowns to students’ paths. Framing forthcoming conversations in post-modern career development approaches can transform Gen Ed conversations from “box checking” to career building. The session is designed to help counselors navigate new SDBOR requirements and explore how social constructive career counseling theory can inform and support course selection.

Round Table 5: Check out the *new & improved* South Dakota Comprehensive School Counseling Program Model Andrea Diehm (South Dakota Department of Education)

Description: A comprehensive school counseling program shows how school counseling curriculum, responsive services, and individual planning are aimed to serve *all* students, and shows how efforts impact student achievement and success. Round Table session attendees will leave with a copy of the updated model as well as tools to implement a comprehensive school counseling program in their schools.

Round Table 6: LIFE SKILLS – Classroom prevention curriculum TEAMMATES Mentoring program. Jackie Kary (Spearfish School District)

Description: *LifeSkills* overview (LST) is a research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social

and psychological factors that promote the initiation of substance use and other risky behaviors. This is a comprehensive and exciting classroom prevention program. TEAMMATES mentoring program is our greatest human connection story. At risk students are paired with a BHSU education and psychology students who spend one hour per week in our buildings meeting with our students.

Round Table 7: Make RAMP Part of Your Story Elizabeth Rus (Brandon Valley School District)

Description: RAMP is a reality that is possible for all school counselors. Learn how the RAMP process will positively affect your school counseling program and come away with practical ideas and resources to take your school counseling program to the next level.