



SEPTEMBER NEWSLETTER

South Dakota Counseling Association

September 2015

Message from the President

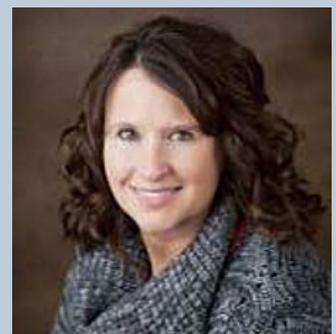
Happy fall to all the counselors in South Dakota. I want to wish all the school counselors and Counselor Educators a very happy back to school. It is always great to get back into the in a routine, but also sad to see summer go. There are a lot of great things coming this fall. The School Counseling Association will sponsor another year of Counselor Connections, Interlakes Chapter is hosting a play therapy workshop, and the SDCA 2016 Conference Call for programs will be available soon. See the Save the date section of the newsletter for more information on these events!!

SDCA has invested in a new membership management service to help us better serve our members. This will provide us with on-line registration for the conference and other workshops. It also allows for professional members to renew on-line and updated your personal information. There is a glitch with the student memberships, whose profile the program won't save. Don't worry you can still renew on-line you just need to sign up as though you have never been a member before. If you haven't renewed your SDCA membership for 2015 yet, you will want to do so fast. You won't want to miss out on the great events coming this year!!

Now that the new membership management service is up and running, we will be working on getting our webinar program up and running. I hope that we will have an opportunity to offer some professional development over this service in the coming months. I will keep you posted on the webinar program and how it will be utilized to give you the most for your membership dues.

As always feel free to contact me at the e-mail below with your ideas, thoughts, or concerns. You make our organization amazing and SDCA is here to support you and our profession!

Stacy Solsaa,
SDCA President 2015-2016



Chapter Spotlight

North Central Chapter



Cindy Goehring– President

“PROUD TO BE IN THE NCC!”

cindy@breakthroughpsychservices.com

The North Central Chapter is gearing up for an exciting year. Not only is the SDCA Conference in Aberdeen this year, there are several other fun and inspirational events to look forward to. Here are some things to watch for:

MEMBER SPOTLIGHT: North Central Chapter Members will have a chance to share their ***“Superpowers”*** each month on the website. Watch for an email the 1st week in September that will include a link to a quick questionnaire for members to complete about themselves and the important work they do. Each member completing the questionnaire will be featured on the website throughout the membership year.

NOVEMBER TRAINING: We are planning a training in mid-November that will be discounted for all SDCA and NCC members - Topics will be announced in September.

MEMBERSHIP CERTIFICATES AND GEAR: Each new member who joins or renews this membership year beginning July 1, 2015 will receive a membership certificate they can proudly display as well as some "Proud to be in the NCC" tokens of appreciation.

The 2nd Annual **“Counselor Comradery”** event will be held in February. Last year's Magic Show was so much fun, we've decided to carry it out another year... We will again have some entertainment and activities that allow NCC members and their families to share stories, ideas, and their good work with each other while enjoying a nice meal and laughs.

These are just a few of the exciting future plans for the NCC so...

IF YOU HAVEN'T ALREADY - JOIN THE NCC AND SEE WHAT ELSE IS IN STORE FOR YOU AND YOUR COLLEGUES THIS YEAR!

ACA National Leadership Institute

Erin Stolsmark and Tracie Erdmann were honored to attend the 2015 ACA Institute for Leadership Training in the D.C. area this summer representing SDCA. The leadership conference had multiple breakout sessions, covering a variety of topics. They learned about how to get people involved and utilize their strengths, ethical issues, and made important connections with other leaders in the Midwest region. The highlight of the trip was the Day on the Hill where they were able to talk with staffers from our state legislature and even Senator Thune about Medicare reimbursement for Licensed Professional Counselors. They both returned from the conference with a renewed energy and sense of encouragement to get people involved and keep SDCA moving forward.



L to R Tracie Erdmann, Senator John Thune, and Erin Stolsmark

SAVE THE DATE!

Visit www.sdcounseling.org for more details

TRAININGS

September 25 :Trauma, Attachment, and Play Therapy Workshop

November 13-14 Counselor Connections

SOCIALS

September 24: Sioux Chapter Fall Mixer

CALL FOR PROGRAMS DUE DATES

September 20: Counselor Connections

COMING SOON: 2016 SDCA Conference Call for Programs

Best Practices

SDSCA

Jeff Heavlin– President

Technology: Friend and Foe

Counselors today are faced with the double edged sword of technology. We benefit from the ability to instantly traverse hundreds of miles to consult and collaborate with our colleagues or work with clients; but walk the tightrope of confidentiality and professional boundaries. As professionals, it is imperative that we not only educate ourselves regarding the ethical codes of our practice, but also any applicable laws that may apply to our use of technology.

Social media has been a phenomenal tool at helping people, businesses, and organizations to connect with one another. However, the potential to overshare information when trying to collaborate (whether it is via email, social networking sites, blogs, etc.) is a significant risk to the professional counselor and their client. While our intentions may be pure and aimed at helping, an overshare of information on a public or semi-public forum can be catastrophic to the confidential relationship and the expectations we promise to uphold. Particularly in a state like South Dakota, where many communities are small enough that everyone knows everyone else, even a little information can be too much.

Besides the potential threats to client confidentiality, social media also can create boundary issues. School counselors often find themselves with “friend” requests from students or parents of students and mental health counselors often find the same with clients and client families. Ethical codes clearly state that all counselors are expected to conduct themselves in a professional and appropriate manner when it comes to working with their clients. Accepting or seeking requests on websites like Facebook or Twitter, blur boundaries and create dual-relationships. To responsibly use social media, it is always a best practice to create pages and/or profiles that are clearly not an individual’s personal page or profile. Even with this in place, sound judgment must be used in what is posted or shared to continue keeping professional boundaries in place.

The maintenance of student or client records is another area that technology can be of great use, but potential pitfall. ACA’s Code of Ethics clearly states that first and foremost electronic record keeping must be in accordance with applicable laws and that the client must be informed of the method of record keeping as well as security measures in place to protect their confidentiality.

At the end of the day, common sense is one of the best tools we can utilize when using technology appropriately in our practice. Seeking out state and national laws and familiarizing yourself on ACA and ASCA Codes of Ethics help to make the profession counselor alert to potential hazards of technology use with clients. Maintaining both national and local membership with professional organizations will also help keep you up-to-date on the best practices when employing technology as well as connecting you with others who can share their success stories and cautionary tales. Technology cannot be ignored in our world, but as responsible professionals we owe it to our clients and ourselves to make sure that we uphold the integrity of who we are and what we do.

Tech Corner: So Much To See, So Much To Do!



Sarah Greene— Technology Chair

Hello Everyone! It is that time of year again - when SDCA becomes excitingly busy with conferences, chapter activities, and seasonal events - and you don't want to miss out on any of it!! Check out SDCA's website at www.sdca.org to stay updated on all of these fun happenings! On the website, you can see upcoming events (and mark your calendars!), advertise job positions, receive updates on local and national legislative news, gain access to information for the upcoming 2016 conference, and check out all of our chapter's individual websites!

To advertise on the SDCA website and/or Facebook page, go to the "Classifieds" page under the "Membership" tab, which is located at the top of SDCA's home page. Check out the "Advertising Policy" located on the right-hand side of the screen, email sdca.counseling@gmail.com with your job description and contact information, pay the \$25 advertising fee, and viola, your open position has just been advertised to SDCA's 400 members!

To learn even more about SDCA and stay connected with organizations such as the American School Counselor Association and the American Counseling Association, check out SDCA's Facebook page. Just search "South Dakota Counseling Association," "Like" our page, and stay connected!

Best Practices



Levi Reindl– President

Levi.Reindl@k12.sd.us

Palace-Pheasant Chapter

Back to school is in full swing! The school hallways are filled with the aroma of fresh wax, new paint, and teacher's classrooms are looking as enticing as ever! It's an exciting time of year for many students, however, it can cause extreme anxiety and stress for some. Here are a few best practice ideas to remind parents, students, and clients as they head out the door for the year.

Routine- Routine is good, you've been waiting all summer for it! Here's your chance to shine! For elementary age students, create a morning and night "to-do" list. For example the morning checklist might have things like, put on clothes, brush teeth, eat breakfast, get bag. The after school/night time checklist might include, homework, playtime, dinner, clothes for tomorrow, bath, reading. By creating easy to follow and simple checklists on marker boards or pieces of paper, you hopefully will eliminate some hustle and bustle of trying to find the shoe, combing the hair in the car, or eating breakfast on the way to school. Encourage your child to play a role in it, let them have ownership and prioritize what they think they can get done first and put it in order.

Language- Watch your tongue! We all do it, see it and hear it; and our children are the same! When talking about an issue you are having with a co-worker, client, or teacher or about them. Try to refrain from your children hearing your comments about others in a negative way. When talking about middle school or transitioning from one school to another, give hope. Try to refrain from talking about your horror stories when you were in middle school and how so and so wouldn't let you sit next to them because your cousin's best friends sisters nephew looked at Sally in a mean way. When we use negative talk or negative language or give off bad vibes about something, people notice and our children notice. Actions speak louder than words.

Stress- I don't even need to explain what stress is because we've all experienced it! There is no super human magic trick to eliminate stress, all we can do is manage it. Here are a few reminders about keeping your body and stress in check. Get enough rest! Proper rest helps fight off illness and build your immune system. It also helps balance hormones levels. Get some exercise! Feel good about yourself, burns calories, boost your self-esteem and regain energy by taking walks, stretch while you watch Netflix, or even do some squats in between classes! Eating healthy can also help reduce your stress levels. Avoid sugary foods and drinks, eat more vegetables and fruits, and watch your portions! You'll feel good knowing you are taking small steps to reduce your stress level!

These best practices ideas can help you refocus and gear up for another exciting school year!

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Interim Executive Director- Rebecca Christiansen

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SDSCA President Elect- Anna Eidem

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Interlakes President- Monica Jorgenson

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North Central President Elect- Kristi Burbank

Palace Pheasant President- Levi Reindl

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