



CONNECTIONS

NU DELTA SIGMA CHAPTER NEWSLETTER

CHI SIGMA IOTA

NORTH DAKOTA STATE UNIVERSITY

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Aspire to Inspire

NDCA Midwinter Conference 2012

At the start of each new year, we are brought new beginnings; however, this year we were also brought new inspirations. Both students and faculty in the NDSU counseling program were challenged to be inspired at the 2012 North Dakota Counseling Association Midwinter Conference. With several NDSU students from both the mental health and school counseling tracks attending two and a half days packed with motivating speakers and presenters, it was not difficult to rise to the challenge.



Rebecca, Ashley, & Danielle taking in the conference

The keynote speakers for the conference included the president-elect of the American Counseling Association, the past president of the American School Counseling Association, and the founder of the "Why Try?" counseling curriculum. In addition, numerous presenters covered a range of topics, including play-therapy, managing anxiety and stress, anti-bullying programs, theatrical counseling, third party reimbursement, ethics, eating disorders, the influence of technology in counseling, and working with special populations.

Among the presenters who were spreading some inspiration were our own NDSU students Amanda Weston and Crystal Glanzer. Amanda seized the opportunity to present about a topic she is highly involved in at her school: Red Ribbon Week. Amanda feels that the program has been declining in recent years due to decreases in funding, which means that creative and cost-effective ideas are imperative to keep the spirit of Red Ribbon Week alive. To maintain the program while keeping students engaged, Amanda discussed several aspects including peer mentoring, community involvement, free resources, and other school-based activities. In addition, Amanda participated in the poster session with a display about using Gestalt therapy in the school.



Amanda presenting about Red Ribbon Week

Story continued on page 2...

NDCA Midwinter Conference Cont...



Crystal was also involved in two separate break-out sessions that educated about healthy romantic teen relationships and adolescent technology use. The first session focused on helping teenagers to understand the separate components that form healthy romantic relationships, while the second session was oriented towards educating teens about the implications of social media and sexting. Crystal has spent the past year actively involved with these important issues as part of her graduate assistantship with the NDSU Extension Service.



Crystal presenting on healthy teen relationships

Other individuals who represented NDSU at the conference included Natalie Reiser with her poster on Pediatric Autoimmune Neuropsychiatric Disorder Associate with Streptococcus (PANDAS), Dr. Carol Buchholz Holland with two presentations on solution-focused theory in the school and applying for the ACE award, Dr. James Korcuska with a break-out session on motivational interviewing, Dr. Bob Nielsen's famous cognitive-behavioral jeopardy, and an NDSU counseling program update from the faculty.

- Natalie Reiser

Thoughts From a Former Intern

I had the privilege of interning at the University of North Dakota Counseling Center and have nothing but positive about the training site. The counseling center as a whole holds in high regards their practicum and intern students and all staff is devoted to help each individual grow as a person and therapist. I would encourage any student from the program to take a look at how much the site has to offer each as an individual through this important part of growing.

-Tom Solem, M.ED, LAPC, LAC

Are you doing what makes you happy?

Happiness does not come from success;
success comes from happiness.

Shawn Achor: The Happy Secret to Better Work

www.ted.com

Volunteering in the Fargo/Moorhead Area

If you are interested in volunteering for one of these volunteer positions, or for one of the many others not listed, call FirstLink's Helpline at 235-7335 (SEEK) or 2-1-1

24 hours a day, 7 days a week.



Arts & Crafts Volunteers for the Celtic Festival

Fargo Park District is seeking individuals or groups ranging from 2-30 people over the age of 14 to assist children with various arts & craft projects including Celtic Shields, Greeting Cards, Celtic Knots and more. Volunteers are needed for the 9:30am-1:30pm and 1:00-5:00pm shifts on March 17, 2012 at the Hjemkomst Center located at 202 1st Ave N, Moorhead. The actual event hours will be from 10am-4pm.

Massage Therapist

Hospice of the Red River Valley is looking for licensed massage therapists to give one massage a week to their patients. Days and hours are flexible and will work around the volunteer and patient's schedule.

Exercise Transport Aide

Eventide in Moorhead is looking for individuals and older adults to greet residents in their room and provide transportation to the therapy room. The Exercise Transport Aide would also visit casually and provide transportation home. Volunteers are needed one or more days a week from 2:30-4:00pm Tuesday – Friday.

Heart Warmer

Ronald McDonald House Charities needs 'Heart Warmer' volunteers once a week (M-F), for two hours between 9am and 5pm to assist guests and guest staff.

Shelter Volunteers

The local shelters need assistance to get the shelter ready for the evening by putting down mattresses and so forth. They also need volunteers to provide oversight for individuals preparing to shower, to be present in the sleeping areas, and to clean up the area in the morning.

Gift Shop/Coffee Shop Attendant

Eventide is looking for two types of volunteers. Gift Shop Attendants: run merchandise sales on cash register and assist shoppers as needed with cards and gifts. Crossings Café Attendant: run coffee/snack and merchandise sales on cash register and assist shoppers as needed with cards and gifts. They will train volunteers on cash register. They are looking for individuals to help out one to five days a week or month from 10:30-1:30 or 1:30-4:30 at Eventide in Moorhead or 1:30-4:30 at Eventide at Sheyenne Crossings in West Fargo.

Retail Specialist

HERO is looking for individuals to assist customers and design displays of HERO product (wound care, personal hygiene, mobility items, etc.) Volunteer hours vary and HERO is open Monday-Friday 9am-5pm.

Food Distribution and /or Food Order

Dorothy Day Food Pantry is in need of volunteers to help clients with picking up food, stocking shelves, unloading food orders, and shelving the food orders. They are in need Monday-Thursday 11am-4pm and 6-8:30pm. Volunteers should be age 10 or older.

Big Brothers

Big Brothers Big Sisters is looking for male volunteers. Volunteers are asked to make a one year commitment and meet with a child every other week to participate in a variety of activities.

Meal Delivery Volunteers

Valley Senior Services is recruiting volunteers to assist with meal delivery in North, South, and West Fargo. It is about an hour time commitment and would be for the noon meal. Volunteers deliver the meals to homebound elderly in our community.

Upcoming Events

~ UPCOMING CONFERENCES ~

WHAT: ACA 2012 Annual Conference and Exposition

WHEN: March 21-25, 2012

WHERE: San Francisco, CA

WHO: Keynote Speaker Irvin D. Yalom

WEBSITE: <http://www.counseling.org/Convention/>

WHAT: Lutheran Social Services Building Bridges Conference: The Refugee Journey

WHEN: April 3-4, 2012

WHERE: Holiday Inn, Fargo, ND

WEBSITE: <http://www.lssnd.org/BuildingBridges/>

WHAT: ASCA Annual Conference

WHEN: June 23-26, 2012

WHERE: Minneapolis, MN

WHO: Keynote Speaker Dan Savage

WEBSITE: <http://www.schoolcounselor.org/content.asp?contentid=182>



~ CSI VOLUNTEER & ADVOCACY PROJECTS ~

WHAT: Volunteer at Churches United for the Homeless. Duties will include preparing beds, restocking linens, and cleaning overflow rooms.

WHEN: March 27 at 5:30 PM and April 14 at 12:00 PM

WHERE: Churches United for the Homeless. 1901 1st Avenue North Moorhead, MN

WHAT: Rape and Abuse Crisis Center's 22nd Annual Kids Are Our Business Breakfast

WHEN: April 24 at 7:30-8:30 AM

WHERE: Holiday Inn, Fargo, ND

Upcoming Events

~ OTHER VOLUNTEERING OPPORTUNITIES ~

WHAT: Relay For Life of NDSU, the signature fundraising event of the American Cancer Society. It is an overnight event filled with stories from cancer survivors, a remembrance of those lost to cancer, and a celebration of life! Money raised goes toward cancer research, education, advocacy, and patient services.

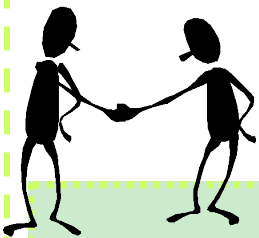
WHEN: Friday, April 20 at 6:00 PM through Saturday, April 21 at 6:00 AM

WHERE: Wallman Wellness Center, NDSU

WHAT: The Big Event, a day that the entire NDSU campus devotes time to volunteering in the community. Faculty, Staff, and students serve at many nonprofits and neighborhoods during the event.

WHEN: April 24 from 9:30 AM to 7 PM (Shifts are 9:30-11:30, 1:00-3:00, 3:00-5:00, and 5:00-7:00)

WHERE: Various nonprofits and neighborhoods in the Fargo-Moorhead Community

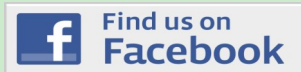


CSI Volunteer and Advocacy Initiatives

Since August 2011, our Chapter of CSI has logged 97 volunteer hours for the Bison Service Challenge. The student organization that completes the most volunteer hours per member will receive \$700 to donate to a nonprofit of their choice. The group that comes in second will receive \$300 to donate. If you complete any volunteer hours, please notify stephanie.gramlow@ndsu.edu so that they can be included in count.

On December 10th, Counselor Education students took part in the Rape and Abuse Crisis Center Holiday Gift Room. Volunteers greeted shoppers, wrapped gifts for families, cared for children while their guardians shopped, and supervised and restocked the two gift rooms. This was a great opportunity to meet the folks at the Rape and Abuse Crisis Center, as well as interact with those who utilize their services. Later that evening, several students and faculty enjoyed an NDSU Counselor Education holiday party at Fargo Billiard's and Gastro Pub.

- Stephanie Gramlow



Search "NDSU Counseling Program"

NDSU Counselor Educators



Dr. Nielsen, Dr. Hall, Dr. Nelson,
Dr. Buchholz Holland, Dr. Korcуска



Dr. Nelson, Dr. Korcуска, and three
graduate students at the 2011
Pride Parade in Fargo

Dr. Jill Nelson

Degree(s)/University: Ph.D. in Counselor Education and Supervision, Kent State University

Favorite Part about Teaching: My favorite part of teaching is opening a conversational space for new possibilities and understandings. Creating an atmosphere where students are comfortable sharing their ideas, questions, and struggles is always my goal. When it works and the reflections and ideas start emerging, I get very excited!

Best Vacation: My trip to Seattle this summer was one of the best trips in recent memory. I saw the sights (in the city and some of the beautiful nature outside of the city), ate at a lot of fantastic restaurants, and saw live bands almost every night. It was all of my favorite things wrapped up into one fantastic trip!

Area of Expertise: My area is Clinical Mental Health Counseling. I really enjoy working with adolescents and have written a book with a former student about that. I also am interested in issues facing women in academia.

Hobbies: My favorite thing to do is spend time with my friends; they are amazing people. I also work out a lot and am a fledgling runner. I am in the process of becoming a certified "Group Groove" instructor.

Favorite Quote: A quote I live by is from Eleanor Roosevelt, "Do one thing every day that scares you."

Dr. James S. Korcуска

Degree(s)/University: MS, Walsh University, OH; PhD, Kent State, OH

Favorite Part about Teaching: Being a witness to the moment when a student gets "it."

Best Vacation: Whenever and wherever my spouse, Lisa, and I take a get-away weekend

Area of Expertise: Counseling research methodology, counselor education, men's and gender studies, and addiction counseling

Hobbies: Writing, running, cooking, and gardening

Favorite Quote: "Look where you're going, not where you've been." (Unknown)

NDSU Counselor Educators

Dr. Robert Nielsen

Degree(s)/University: MS, NDSU; EdD, University of Northern Colorado. (1973)

Favorite Part about Teaching: Student engagement

Best Vacation: BWCAW - Boundary Waters Canoe Area Wilderness

Area of Expertise: Being a grandpa

Hobbies: Woodwork, Fishing & Golf

Favorite Quote: "Sometimes you have to do what you don't want to do in order to be able to do what you want to do." -- Zander

**Dr. Nielsen at the NDCA Conference
in February with four first-year
graduate students**



Dr. Brenda S. Hall

Degree(s)/University: Ed.D. Virginia Tech

Favorite Part about Teaching: Exchange of ideas and interactions with students

Best Vacation: Northern Coast of California

Area of Expertise: Personal Violence, School/Community Partnerships/Counselor Education Pedagogy

Hobbies: Civil War History, Hiking, Traveling

Favorite Quote: "Sometimes there just aren't enough rocks" (from movie Forrest Gump)



**Dr. Buchholz Holland with her advisees at
the very first hooding ceremony in 2007**

Dr. Carol Buchholz Holland

Degree(s)/University: Ph.D. Kansas State University; M.S. North Dakota State University; B.A. University of Minnesota, Morris

Favorite Part about Teaching: I love working with students and helping facilitate their skill development. I also really enjoy watching students have "ah ha" moments.

Best Vacation: My last trip to Cancun, Mexico with my husband, Cory

Area of Expertise: School Counseling, Solution-Focused approach, career education

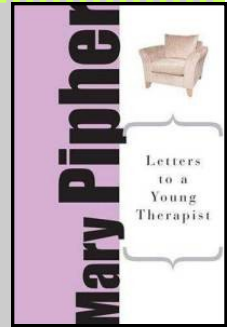
Hobbies: I love to travel, to go boating and fishing, to take long walks with my husband and my dog, and to garden with my dad.

Favorite Quote: "Perseverance: Our greatest glory lies not in never falling, but in rising every time we fall."

Book Reviews

Letters to a Young Therapist

By Mary Pipher



Like some of us, I can silently bristle at the notion of being called a therapist. Or even find ways to gently suggest to people that I engage in counseling, as opposed to therapy. However, I'm certainly glad this strong counselor identity did not stand in the way of enjoying Mary Pipher's warm and compassionate love letter to counselors and therapists a like. Pipher structures her book in the way of letters to her a young women she supervised, while working as a clinical supervisor at the University of Nebraska.

In her letters to Laura, Pipher discusses her own counseling style when she writes, "For me, the best trick is not to have tricks. When I attempt to be clever or sophisticated, I often confuse myself as well as my clients". In her description of her work, she summons images of solution focused techniques, narrative therapy, Relational Cultural Theory, and Existentialism all with very strengths based underpinnings. She touches on topics like navigating the family system, the realities of managed care, medication, and working with people who are resistant amongst others. One of my favorite letters focuses on self-care. I appreciate that Pipher names that counseling is hard work. Even goes so far as to admit there were times when she herself made fumbling attempts to act as a counselor when she was exhausted and over worked. As one of the anecdotes to the realities of exhaustion, Pipher suggests, "Because we spend our days talking and thinking it's good to have our off ours filled with tactile pleasures...Therapy is so damn ambiguous that we need to see a finished product now and then—a quilt, an oil painting or a refinished oak desk." I have found this to be very true, even in my beginning stages of my counseling career. Pipher also summons her vulnerability in bringing the shame of making mistakes as a counselor out into the light. "After all these years writing about my mistakes causes my stomach to hurt. I don't like to fail and I'm not one to easily let go." While many of us are the first to offer an affirmative response to someone ELSE having a moment of humanness, it seems that we are often hard on ourselves. I felt a certain sense of ease in hearing this from an established and world famous clinician. Although, I think it's just as important to speak to and hear from my own colleagues.

"I have found her words to be a great comfort and a source of inspiration."

I have found myself reaching for Pipher's text at various times in my development. At times when I was feeling inadequate as a counselor or times when I was feeling like I was getting the hang of it. Or sometimes when it was just a rough day. Regardless of the timing, I have found her words to be a great comfort and a source of inspiration. It will most certainly become a dog eared coffee stained classic in my collection of counselor books.

- Michelle Wilson

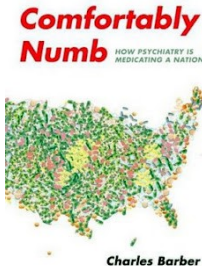
Comfortably Numb: How Psychiatry is Medicating a Nation

By Charles Barber

This book takes a shocking look at how SSRIs have swept the nation. Beginning around 1988 when Prozac became the popular drug, shortly followed by Paxil, Zoloft, and others, pharmaceuticals took on a massive role in treating those with depression and other mood instabilities. The author discusses how treatments such as DBT, CBT and MI, though efficacious in treating mental health concerns, do not receive the same advertisement or endorsement because pharmaceutical companies are not going to make billions of dollars off of these treatments.

This author has an interesting perspective on how mass media and Hollywood has played a role in the popularization of pharmaceuticals to treat mental illnesses as opposed to psychosocial treatments.

- Naomi Tabassum



Book Favorites from NDSU Professors

Dr. Nelson's Recommendation: Middlesex By Jeffrey Eugenides
Extremely Loud and Incredibly Close By Jonathan Safran Foer

Dr. Hall's Recommendations: Sea Biscuit: An American Legend
Unbroken By Laura Hillenbrand

Dr. Neilson's Recommendation: Watership Down By Richard Adams

Dr. Buchholz Holland's Recommendations: Man's Search for Meaning
By Viktor E. Frankl; Pride and Prejudice By Jane Austen

Dr. Korcuska: The Trial By Franz Kafka

Can You Break the Codes?

From HS Graduation to LPCC

While struggling as an ELL (ESL) student at DGF, MN HS, ADA helped and my ASVAB indicated “helping relationships”. Checking out MSUM and NDSU after HS graduation, I chose HDFS over SOE, TE; since my ACT and GPA were OK.

While working on my BS at NDSU, I played BB in the BSA and was a BMOC. I felt like, according to the DSM, that I had a DID because I switched from BB to academics so much but with help from my BFF, I graduated MCL, and a MS in CE at NDSU was started ASAP.

Classes were over the ND IVN and since CE was in the SOE, the program was accredited by NCATE and also CACREP. OMG, the stress led to some ADHD behavior and my GAF sometimes was low. Although I got a GA it kept me going between FLC and SGC. I learned about REBT and CBT, but I still liked PC counseling best.

Assessment instruments like the MBTI, POI, EPPS, and MMPI were interesting, but I liked the projective nature of the RISB and the TAT best. For IQ I liked the WAIS because it had the NVIQ and the VIQ which resulted in a FSIQ. In practicum I had a PhD supervisor who encouraged me to KISS. I was in the CMHC track therefore I prepared to take the NCE for my LAPC from the NDBCE.

Going to the NDCA conference helped me to see what ESPB and DPI did for credentialing school counselors. NDSCA and NDMHCA are active at NDCA and NDACES elected Dr. K as PE. After getting my MS and working for two years I plan to get my LPC and a bit later take the NMHC exam for my LPCC.

Wishing CSI members LOL - RCN



No Peeking!

Acronym Key

HS	High School
LPCC	Licensed Professional Clinical Counselor
ELL (ESL)	English Language Learner (English as a Second Language)
DGF	Dilworth Glyndon Felton
MN	Minnesota
ADA	American Disabilities Act
ASVAB	Armed Services Vocational Aptitude Battery
MSUM	Minnesota State University Moorhead
NDSU	North Dakota State University
HDFS	Human Development & Family Science

SOE	School of Education
TE	Teacher Education
ACT	American College Testing
GPA	Grade {Point Average
OK	Okay
BS	Bachelor of Science
BB	Basketball
BSA	Bison Sports Arena
BMOC	Big Man On Campus
DSM	Diagnostic & Statistical Manual (of Mental Disorders)
DID	Dissociative Identity Disorder
BFF	Best Friend Forever
MCA	Magna Cum Laude
MS	Master of Science
CE	Counselor Education
ASAP	As Soon As Possible
ND IVN	North Dakota Interactive Video Network
NCATE	National Council for Accreditation of Teacher Education
CACREP	Council for Accreditation of Counseling and Related Educational Programs
OMG	Oh My Gosh
ADHD	Attention-Deficit/Hyperactivity Disorder
GAF	Global Assessment of Functioning
GA	Graduate Assistantship
FLC	Family Life Center
SGC	Stop-N-Go Center
REBT	Rational Emotive Behavior Therapy
CBT	Cognitive Behavior Therapy
PC	Person Centered
MBTI	Myers-Briggs Type Indicator
POI	Personal Orientation Inventory
EPSS	Edwards Personal Preference Schedule
MMPI	Minnesota Multiphasic Personality Inventory
RISB	Rotter Incomplete Sentence Blank
TAT	Thematic Apperception Test
IQ	Intelligence Quotient
WAIS	Wechsler Adult Intelligence Scale
NVIQ	Non-Verbal Intelligence Quotient
VIQ	Verbal Intelligence Quotient
FSIQ	Full Scale Intelligence Quotient
PhD	Doctor of Philosophy
KISS	Keep It Simple Sweetie
CMHC	Clinical Mental Health Counseling
NCE	National Counseling Exam
LAPC	Licensed Associate Professional Counselor
NDBCE	North Dakota Board of Counselor Examiners
NDCA	North Dakota Counseling Association
ESPB	Education Standards and Practice Board
DPI	Department of Instruction
NDSCA	North Dakota School Counselor Association
NDMHCA	North Dakota Mental Health Counselor Association
NDACES	North Dakota Association of Counselor Education & Supervision
PE	President-Elect
LPC	Licensed Professional Counselor
NMHC	National Mental Health Counselor
LPCC	Licensed Professional Clinical Counselor
CSI	Chi Sigma Iota
LOL	Lots Of Laughs (Lots Of Love)
RCN	Robert Carol Nielsen

Celebrations & Announcements

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Alumni Updates

Laura A Kemper (Seabold) Sokolofsky

Graduation year: 2003

Current job title: Professional school counselor at Jefferson Elementary School; Fargo, ND

Other thoughts: I had my first child, Jack, while in the NDSU G&C Master's program and he is now almost 10 years old! Since graduation, I remarried Brian Sokolofsky our local On The Minds Of Moms (OTMOM) magazine "Rad Dad", and we together have a daughter, Ellie, now 7 years old.

After 8 years as the counselor here at Jefferson, my co-workers nominated me for the ND Elementary Counselor of the Year award and I was honored to be chosen to receive it at the NDCA midwinter conference Feb 2012. It was an amazing, yet humbling feeling to have my work appreciated and recognized.

If I can give any advice to new counselors, it is to work hard to build and have a relationship with all students (hallway greetings, assemblies, school wide activities/ spirit days, engaging guidance lessons, etc) yet take the time for those that need you most. Make your presence in your building known and that your support is needed by your students, staff and parents. Counselors have a wonderful opportunity to be a school leader, if you take the challenge. I also highly recommend attending the annual the NDCA Midwinter conference; the professional development, sharing, networking, and personal growth experience is unlike any I get anywhere else.



Share With Us

Email your news, announcements, and exciting life events to Ashley
ashley_smette@hotmail.com

Feel free to include a picture!

~Wedding, baby, family trip, new job, update~

Erica Skoglund

Graduation year: 2007

Current job title: Professional school counselor at Williston Elementary (K-6) School; Williston, ND

Other thoughts: I live with my husband Jeremy Skoglund who works at American State Bank & Trust in Williston as the Chief Financial Officer. Since my graduation from NDSU, we have had two daughters. Adeline (Addie) is almost four years old and Kjersten is almost one year old.

Professionally we deal with lots of growth in Williston area which makes my job very interesting and challenging. The counselors in our district have worked on instilling the 40 Developmental Assets into our counseling curriculum. This has been a wonderful addition and provides a new way to look at the strengths of our students! I've also enjoyed serving on both the NDCA and NDSCA state counseling boards since graduation and have learned so much about the profession as a whole. Both have been a wonderful growing experience.

I love what I do and am so thankful for the friendships, professional connections, and education I received through my gradu-

Jason Baumgartner

Graduation year: 2008

Current job title: Professional school counselor at Carl Ben Eielson Middle School; Fargo, ND

Words of advice for current graduation students: "Jump In", "Every day is a new day", "Chase the dream"



Patricia Bathie

Graduated: 1999

Current Job Title: Professional school counselor at Carl Ben Eielson Middle School; Fargo, ND

Words of advice for current graduation students: Strive for excellence! Don't stop until you are an A.C.E. counselor, and then make your program even better! RAMP it up!

