Governor Pat McCrory appointed Dr. Aldona Zofia Wos to serve as Secretary of the North Carolina Department of Health and Human Services (DHHS), effective January 5, 2013.

Dr. Wos was born in Warsaw, Poland. She earned her medical degree at the Warsaw Medical Academy, and completed her internship and residency in Internal Medicine and a fellowship in Pulmonary Medicine in New York.

Her experiences include time as a physician in private practice, corporate medicine, attending physician duties, clinical care, teaching and consulting for both hospitals and private industry.

2013 Annual NCCA Conference:
Empowering Visionary Counselors for 2020 and Beyond
February 20-22, 2013

Keynote Speakers:
- Dr. Scott Hinkle
  Thursday, February 21st
  11:45—1:30

- Dr. Aldona Wos
  Friday, February 22nd
  9:00—9:50

Conference Program Topics:
- Trauma
- Ethics
- Cultural Competency
- Supervision
- School Counseling
- Substance Abuse
- Careers
- Counseling Education
- Mindfulness
- Grad Student Leadership

Location:
Grandover Resort & Conference Center — Greensboro, NC
Dear NCCA members,

The annual conference is fast approaching! Have you registered? Is your room booked? If not, I encourage you to do so quickly. This is a conference you do not want to miss....

Just as NCCA is inclusive of ALL counselors, so is this conference! There is literally something for everyone! Pre-conference trainings on Wednesday are sure to please. For example, Art Terrazas, ACA Grassroots Advocacy Coordinator, will conduct a training on public policy and advocacy while Dr. Edward Moody holds a Leadership Institute for graduate students.

Educational sessions focusing on ethics, substance abuse, school counseling, trauma, mindfulness, career development, clinical supervision, and more are planned for Thursday and Friday. A business luncheon is scheduled for Thursday including an awards ceremony and keynote address by Dr. Scott Hinkle (NBCC).

Friday offers a keynote address by Dr. Aldona Wos, the newly appointed Secretary of the NC Department of Health and Human Services. Her address is sure to be enlightening! Friday also includes a state-wide meeting of NC CSI Chapters and a networking lunch.

What more could a counselor want? CEUs?? Yes, you can earn those too for every training and educational session attended.

As you may be able to tell, I'm excited about the conference and hope you are too. Spread the word, share the news; this conference is slated to be the best one yet.

I look forward to seeing you there!

Jeff Warren
NCCA President
The goal of a conference is to LEARN and to CONNECT with people.

To start, that means actively listening and learning from your seat in the audience. The goal is to make a good impression, to learn something about and/or show you know something about the topic and get permission to follow up. The goal of a conference is to learn and connect.

Read up on all the speakers.

You should have an idea what you'd say ask to each if you get the chance to say hello.

Get there early.

Show up early, but at least show up on time. I know someone who started a 30-year relationship because they both showed up on time for a conference and were the first and only ones in the room.

Sit in the Front Row.

There is ALWAYS a seat in the front row, and you should walk right up to the front and take it. If you arrive late, you should walk past all the people standing around the wall in the back barely listening and head right up to the front. Sitting up there forces you to pay attention and makes you less likely to get buried in your iPhone.

Don't get buried in your iPhone

Be in the present, and be actively looking for opportunities to connect with people – that’s the reason you're there.

Ask a question from the audience – basic

Most conference sessions have a Q&A section at the end, and most of the time there is silence for a few moments before the first question. Assume there will be Q&A and have a great question ready, and state your name and affiliation so that other attendees know you're there too.

Tips for Working a Conference:

(1) The goal of a conference is to LEARN and to CONNECT with people.

(2) Read up on all the speakers.

(3) Get there early.

(4) Sit in the Front Row.

(5) Don’t get buried in your iPhone

(6) Stand where people pass by.

(7) Asking a question from the audience – basic.

Adapted from How to Work a Conference (1/27/2013), by Chris Fralic (Chris can be followed at www.linkedin.com/in/chrisfralic/)
On January 16, 2013, President Barack Obama released a set of proposals to reduce the impact of gun violence, following the tragic shootings at Sandy Hook Elementary School in Newtown, Connecticut. In addition to provisions to restrict access to certain weapons and ammunition, the president’s proposal includes several initiatives to improve school safety and increase access to mental health services.

One of these includes something that has long been recommended by ACA: increasing the number of school counselors available to students. The president’s initiative calls for $150 million for helping school districts and law enforcement agencies hire 1,000 new staff, including school counselors, school social workers, school psychologists, and “school resource officers.” The initiative also calls for $50 million to help train counselors, social workers, psychologists, and other mental health professionals.

These are only two of the many components of the proposal that could impact school counselors and mental health counselors. The full text of the proposal can be found here, and presidential memoranda issued as part of the initiative can be found here.

ACA applauds the president’s focus on school safety and climate, as well as mental health access and service delivery. We will work with both the Administration and Congress in these areas. We welcome your involvement in this effort. To share your thoughts or learn how you can help promote counseling services as part of the response to the recent shootings, send an email to publicpolicy@counseling.org.

DSM-V

DSM-V is scheduled to be released in May 2013.

In order to help counselor educators and professional counselors understand and implement the new DSM-V conceptualizations and diagnoses, ACA is working on a number of professional development opportunities, including:

- A six-segment webinar on DSM-V
- DSM-V updates in Counseling Today and Counseling Today Online
- An ACA DSM-V workbook

“ACA APPLAUDS THE PRESIDENT’S FOCUS ON SCHOOL SAFETY AND CLIMATE, AS WELL AS MENTAL HEALTH ACCESS AND SERVICE DELIVERY.”
Domestic violence remains a pressing public health problem in virtually every community across the world. For example, the US Center for Disease Control and Prevention’s 2010 National Intimate Partner and Sexual Violence Survey showed that nearly 36% of women and 29% of men in the United States experienced physical or sexual assault and/or stalking within an intimate relationship at some point in their lives. Rates of psychological abuse are even higher, affecting nearly one-half of all women and men.

Although domestic violence is so widespread, victims and survivors continue to experience many forms of stigma and various challenges even after their abusive relationships have ended. “Many domestic violence victims are blamed and stigmatized by their abusive partners, their own friends and family members, and even by some of the professionals from whom they seek help,” says Christine Murray, Associate Professor in the UNCG Department of Counseling and Educational Development and the Director of the Program to Advance Community Responses to Violence Against Women in the UNCG Center for Women’s Health and Wellness.

To learn about this stigma and how victims overcame their experiences of abuse, Murray and Allison Crowe, Assistant Professor of Counselor Education at East Carolina University, conducted two studies with over 230 survivors of battering who had been out of any abusive relationships for at least two years. Crowe said, “The stories from survivors were incredibly poignant. We heard about stigma from not only friends and family, but also those who our participants called on for professional help – law enforcement, medical doctors, attorneys, and mental health professionals. As difficult as it was to hear about the stigma, we knew it was important to get these stories out to a wide audience. As challenging as their situations were, still participants had managed to overcome and achieve triumph in so many ways. We want to share this resource with professional counselors who can pass this along to their clients who might be in need of a resource.”

Murray and Crowe have launched the “See the Triumph” social media campaign to share the empowering messages and stories shared by the participants in their studies. “By using these social media channels, we hope to be able to disseminate the findings of our research more directly to the people who these messages impact, survivors and the professionals who work with them, than we could ever do through more traditional avenues of sharing research findings, such as in peer-reviewed journals.

The participants in our studies wanted their stories to help others, and we feel this is one great avenue for doing so.”


These three resources will highlight study participants’ stories and inspirational messages, as well as stories about other programs and resources that promote messages that people can overcome their abuse and create positive, nonviolent lives.

“As challenging as their situations were, still participants had managed to overcome and achieve triumph in so many ways.”

“I left to save myself.”
- Domestic Violence Survivor
“IT’S A DIFFERENT CULTURE HERE IN THE SOUTH, AND I HAVE COME TO LOVE IT.”

Carolina Counselor

A Reflection on Networking
By Katie Smith
Career Advising Fellow at Elon University

As a recent North Carolina transplant from western New York, I have found this area and its institutions to be wonderfully welcoming. I no longer need to keep a full-size shovel in my car in the event that it snows incessantly throughout the workday, and if I ask for tea, it will probably be sweet. It’s a different culture here in the South, and I have come to love it.

My position as a career advising fellow at Elon University is unique. It is shared with another recent graduate with a master’s degree in Higher Education Administration who, like me, has an interest in career counseling. At Elon we have been provided the opportunity to learn from our career services colleagues and to hone our own skills in advising undergraduate students and alumni as they prepare for internships, jobs, and other professional opportunities. Our positions are 10 months long and encompass 1 academic year. As we are already halfway through our time at Elon, thinking about the next step in our own careers is imperative.

When meeting with students, many career personnel preach a simple concept: networking and informational interviews. How can an undergraduate student know for certain what he or she wants to do? How can students understand the opportunities within a given field without talking to someone who performs those jobs and functions regularly? How can a student understand a new city without conferring with someone who has been in his or her shoes?

As I approach the next stage in my career, I decided to take my own career advice. Over the past 4 weeks I have had the opportunity to sit down with and speak to nearly 20 career counselors in higher education settings within North Carolina, from staff at large community colleges to those at small, selective institutions.

The insight offered was invaluable. Each professional shared his or her career path; some narratives were purposeful and direct, while others were circumstantial and circuitous. Many folks started with their own education, answering the same questions that we ask students and clients every day. What do you like to do? What are you good at? What do you find fulfilling?

As professionals, it is rare that we have these meaningful conversations with colleagues, and making the effort was worth the reward. Not only did I come away with an enhanced understanding of career counseling and related services and opportunities within our region, but I now have a new network of professionals with whom I can consult, share ideas, and collaborate. The possibilities continue to grow.

These purposeful conversations, in addition to joining NCCDA and attending the annual conference at High Point University, have further allowed me to connect with others in the field, opening opportunities for heightened cooperation, learning, and a better understanding of my profession. I look forward to the NCCA Conference for the same reasons and encourage each of you to reach out to other professionals to have meaningful conversations. In doing so, you will enhance your own knowledge and network, and you will come away inspired by the work and perspectives of your peers. I look forward to meeting you at the conference.
Meet Dr. Angel Dowden who currently resides in Raleigh, NC. Dr. Dowden is 34 years old and holds a Doctoral degree in Counselor Education and Supervision. She cites "contributing to the counseling profession" as her greatest professional accomplishment. Her biggest professional challenge is finding and maintaining a life-work balance.

Dr. Dowden's favorite counseling related resource is “Counseling the Culturally Diverse: Theory and Practice” (Sue & Sue, 2008). She believes that self-awareness is the cornerstone of counseling and adds that her self-awareness journey has assisted in both her personal and professional growth.

Dr. Dowden's advice for students is to reach for the stars and don't be afraid to land on the moon!

Call For NC Perspectives Manuscripts

NCCA Members are cordially invited to submit manuscripts for publication in the North Carolina Counseling Association Journal. We are particularly interested in papers focusing upon best practices in clinical work, ethics, and creative and innovative research practices.

All manuscripts should be submitted electronically to Dr. H. L. Harris at hharris2@uncc.edu. Guidelines for authorship may be found on the NCCA website: http://nccounselingassociation.org/

Respectfully,

H. L. Harris, Ph.D., LPC

NCCA to Launch New Website

NCCA will soon be launching the new association website as of February 1st 2013! The new web address is: www.nccounselingassociation.org

The new official website of NCCA offers up-to-date information, division pages, publications, event listings, a government relations page, and more—all in an easy-to-navigate format.

NCCA Members are encouraged to direct any questions, concerns, or ideas for additional web resources to Kathryn Kelly at: nccounselingassociationweb@gmail.com
NORTH CAROLINA COUNSELING ASSOCIATION
- MEMBERSHIP APPLICATION -
JULY 2012 - JUNE 2013
Toll free: 888.308.NCCA
Web Site: www.nccounseling.org

(PLEASE PRINT)
☐ Miss  ☐ Ms.  ☐ Mrs.  ☐ Mr.  ☐ Dr.
Name:__________________________

Last       First       Middle Initial
Mailing Address:__________________________

No. & Street       City         State & Zip
Telephone: (H) (____)________________(O) (____)________________ E-Mail:__________________________

Employer/School:__________________________

Primary Position: ☐ Counselor
☐ Counselor Educator
☐ Student
☐ K-12 School
☐ Other ______________________
Setting: ☐ Agency
☐ Community College
☐ Private Practice
☐ University
☐ Other ______________________

☐ Please DO NOT include my name in a directory of NC Counselors.  ☐ Please send paper newsletter INSTEAD of an electronic one.
Please note: Your contact information may be shared with other professional organizations for the purpose of professional development.
☐ Please DO NOT share my contact information with other professional organizations.

ANNUAL NCCA MEMBERSHIP DUES
(Required for enrollment in any division)
☐ Professional $60.00
☐ Regular $60.00
☐ Emeritus $15.00
☐ Student ** $15.00

ANNUAL NCCA DIVISION AND INTEREST GROUP DUES
NC Association for Counselor Education and Supervision NCACES 10.00
NC Career Development Association NCCDA 10.00
NC Association for Humanistic Education & Development NCAHEAD 5.00
NC Association for Assessment in Counseling NCAAC 2.00
NC Association for Multicultural Counseling & Development NCAMCD 5.00
NC Association for Spiritual, Religious & Value Issues in Counseling NCASERVIC 3.00
NC Association for Specialist in Group Work NCASGW 5.00
NC Addiction & Offenders Counselor Association NCAOCA 12.00
NC Mental Health Counselor Association NCMHCA 15.00
NC College Counseling Association NCCCA 10.00
Association for Gay, Lesbian and Bisexual Issues in Counseling of NC AGLBIC of NC 5.00
NC Association of Marriage and Family Counselors NCAMFC 10.00
NC Association of Adult Development and Aging NCADAA 10.00
Association for Professional Counseling in Schools of NC APCSNC 10.00
NC Graduate Students Association NCGSA 5.00

TOTAL ENCLOSED $________________

☐ Check payable to: NCCA MEMBERSHIP
☐ VISA ☐ MasterCard ☐ American Express ☐ Discover
Expires Security Code

Signature ____________________________

(Required to process if paying by credit card)  Date

MAIL TO: NCCA, P.O. Box 20875, Raleigh, NC 27619  CREDIT CARDS MAY BE FAXED TO: 919.782.9470

Note: Professional dues may or may not be deductible in full or part. Please check with your tax preparer. Approximately 10% of your NCCA dues are allocable to nondeductible lobbying efforts on behalf of the counseling profession in the state.

** Graduate Students: (Students are intended to be full time and memberships are granted at the discretion of NCCA)
Please have your counselor education faculty member sign the following statement.
“I hereby certify that the applicant is engaged in counseling studies during the current academic year.”

Signature of professor and University/College Name ____________________________ Date __________

I am aware that I may be dropped from membership in the association for conduct that is contrary to or destructive of its mission according to its Bylaws and the Code of Ethics for the American Counseling Association.
The NC Counseling Association invites you to **REGISTER NOW** for the many exciting sessions planned for this conference.

**North Carolina Counseling Association 2013 Annual Conference**

**Empowering Visionary Counselors for 20/20 and Beyond**

February 20-22, 2013 - Grandover Resort - Greensboro, NC

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**PRE-CONFERENCE TRAINING**

February 20, 2013

(Not included in full conference fee)  *(Lunch on your own)*

Pre-Conference selections may be added to early registration for the full conference.

Please check one per time block:

- [ ] Grass Roots Advocacy: What NC Counselors Need to Know and Do
- [ ] Experiential Activities for Group Counseling: Get Moving, Start Processing
- [ ] Emerging Leaders Training (By Invitation Only)
- [ ] Heterosexism, Homophobia, and Disclosure of Sexual Orientation to the Family-of-Origin: Competent and Ethical Counseling
- [ ] Play Therapy Across the Lifespan
- [ ] USERS BEWARE: Ethics and Technology

**REGISTRATION CONTACT INFORMATION**

*Please Print*

**Name:**

**Primary Position:**

- [ ] Conference Attendee
- [ ] Conference Presenter
- [ ] Poster Presenter
- [ ] Other

**Setting:**

- [ ] Agency
- [ ] Community College
- [ ] K-12 School
- [ ] Private Practice
- [ ] University
- [ ] Other

**Mailing Address:**

**City:**

**State:**

**Zip:**

**Email:**

**Phone:**

**Fax:**

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**FULL CONFERENCE RATE**

Two Day Registration

February 21st & 22nd *(Lunch is included both days)*

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**ONE DAY CONFERENCE RATE**

*(Lunch is included)*

Please check one:  

- [ ] Thursday, Feb. 21
- [ ] Friday, Feb. 22

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**PAYMENT OPTIONS**

Payment Amount: $_________

- [ ] My check is enclosed (Make checks payable to NCCA)
  - Check No. ____________
- [ ] Visa
- [ ] Master Card (check one)

**Account #**

**Expiration Date:**

**Security Code:**

**Name (as it appears on card):**

**Mailing Address (if different than above):**

**City:**

**State:**

**Zip:**

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**ACCOMMODATIONS**

Grandover Resort & Conference Center
One Thousand Club Road (336) 294-1800; (800) 472-6301
Greensboro, NC 27407 www.grandover.com

NCCA Rate: $153

NCCA Group Code: NCCNC

Hotel Block reserved until 01/18/2013

Questions? Please call the NCCA office: 919-256-2521

Toll Free: 888-308-NCCA (6222)

There is no charge for CEU, LPC, NBCC or other credits. A registration name badge is required for entry into all functions. In the event a participant needs to cancel, written notice is required. All refunds will be charged a $25 processing fee to cover materials and administration cost. No refund will be honored after February 4, 2013. Substitutions will be accepted in most cases. Written notification of a substitution is required. Payment in full must be included with form. (Over, please)
The North Carolina Counseling Association represents diverse interests of its membership through an Executive Council, geographically located members, specialty organizations, and committees.

The fundamental purposes of the North Carolina Counseling Association shall be:

- To provide a united organization through which all persons engaged or interested in any phase of the counseling profession can exchange ideas, seek solutions to common problems, and stimulate their professional growth.
- To promote professional standards and advocacy for the counseling profession.
- To promote high standards of professional conduct among counselors.
- To promote the acceptance and value of individual differences and the well-being of all individuals.
- To conduct professional, educational, and scientific meetings and conferences for counselors.
- To encourage scientific research and creative activity in the field of counseling.
- To become an effective voice for professional counseling by disseminating information on, and promoting legislation affecting counseling.
- To encourage and support divisions and chapters.

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