

# WMCA NEWS

October 2015 Newsletter of the West Michigan Counseling Association

## Save The Date

Please join us on February 4th, 2016 for the WMCA Winter Conference held at the Kent Intermediate School District.

## Membership Information

Please contact Renee Hartman RHartman@grcs.org for membership inquiries. Yearly membership cost is only \$30.00.

## Thank You

Our gratitude and appreciation is extended to ITT Technical Institute, Forest View, our guest speakers, roundtable presenters CHADD, Children's Assessment Center, Cherry Health Services, Kent ISD, and *all the members* for making our Fall 2015 Fall Conference a success.

Feedback on the conference can be emailed to the email address in the upper right portion of the front of this news letter.



## Conference Highlights

A great time was had by all this year at the West Michigan Counseling Association's 2015 Fall Conference. With over 90 members in attendance we had a fantastic turn out. Below are some of the highlights from the conference speakers.

### *Suicide Awareness and Empathic Listening*

Jim Bottenhorn, from Forest View Hospital presented WMCA members with an excellent overview and refresher of the many facets of suicide. The keynote address highlighted the necessary awareness of our own approach, attitudes, and management of the reactions we as clinicians have when we help those contemplating or having attempted suicide. Additional points of his presentation included managing risk of the suicidal client in having accurate information, making accurate assessments, and having a plan for safety and recovery.

## 2015 Fall Conference Presenter contact information

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Our presenters for the conference have graciously allowed us to list their contact information for any further questions or requests for information for them.

### Keynote Speaker

Jim Bottenhorn  
[jamesj101@sbcglobal.net](mailto:jamesj101@sbcglobal.net)

### Grand Rapids Center for Mindfulness

Cheryl Blackington  
[teensjustbreathe@gmail.com](mailto:teensjustbreathe@gmail.com)

### Neurofit Center for Human Potential

Molly Raaymakers  
[molly@getneurofit.com](mailto:molly@getneurofit.com)



## Information Update

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The WMCA Board is currently evaluating the best way to share information with members. We ask for your flexibility with us as we request information from members and provide quality information that is easily accessible.



### Mindfulness

Cheryl Blackington, from the Grand Rapids Center for Mindfulness, shared with attendees several powerful mindfulness based tools to help clients manage their stress, take responsibility for their own health, and increase their general sense of well being. She was

demonstrated several techniques used in the mindfulness approach with WMCA members such as practicing being present, diaphragmatic breathing, and verbally . Blackington discussed spending time on a silent retreat out east, the benefits of her personal practice of mindfulness, and the impact this has on our busy lives. She brought attention to how mindfulness and tending to the present can benefit many aspects of whole-person-health rather the negative side effects common to being stuck dwelling in the past and worrying about the future.

<http://grandrapidscenterformindfulness.com/>

### Neurofit

Molly Raaymakers, from Neurofit Center for Human Potential, highlighted the benefits and advantages of using neurofeedback to help children through adults reach their full potential. As a

neurofeedback practitioner Molly described the benefits of regulating the nervous system and how it has become a cutting edge tool to help others re-discover how they can function more effortlessly. <http://getneurofit.com>

