

Spring 2014

The

WMCA Memo

West Michigan Counseling Association



President's Message

By Sarah Gammans

Did you hear that? Can you believe it?

As I pen this final President's Message for our WMCA Spring Newsletter, the innocent, optimistic sounds of a robin's call drifts through the open window as evidence Mother Nature's test of our fortitude is over. Phew!

Not all was dark and gloomy this winter as I remember how we gathered during the deep freeze for one of the best attended Winter Programs yet! It seemed we were due for some quality professional development and networking with friends, old and new. We received positive evaluations from many of you regarding the conference, and topics ranging from laughter to healthy relationships to 21F seemed to be just what you were looking for. Thanks for your feedback! It doesn't seem possible we started the fall just 6 months ago in the cozy studios of WGVU and learned how art could ease the soul—a timely skill that hopefully came in handy during the long, record breaking winter of 2014.

I have learned much as WMCA President regarding the nuts and bolts of collaborating with the executive board and community organizations to pull off two conferences, but the most important thing I've learned is how thoughtful, dedicated and caring the WMCA membership is and how doing what's best for their students and clients is front and center. Thanks for attending the WMCA events and for making our community a better place.

Please join us on **Friday, April 25th for the Spring Banquet** to honor colleagues, community members and area students who, like you, make West Michigan a great place to live and work. There is still time to RSVP for the event, just click on the Evite from WMCA dated March 31st.

Enjoy the longer, warmer days of spring!

Be well.

Are you retiring?

We'd like to honor your service to the Counseling profession at the Spring Banquet on April 25th

If you, or someone you know, is retiring please notify Danelle Scott at scottd@calschools.org *as soon as possible!*





WMCA Winter Conference Sponsors

We want to once more recognize the generous sponsors who provided \$700 in sponsorship money to make our Winter Conference possible!

Gold Plus:

Davenport University
 Ferris State University

Gold:

BRAINS
 Central Michigan University
 Michigan Virtual University

Breakfast generously provided by Forest View Hospital

Contact information for Winter Conference Presenters

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And now for a sneak peek at our keynote speakers for the Spring Banquet on Friday, April 25th!

Please join us at the spring banquet where we have the privilege of hearing from two of Grand Rapids' leaders in health and wellness. Don Kern is the race director for the Grand Rapids Marathon, as well as a Guinness Book of World Record's Holder in the field of marathon running. Francine Robinson is the co-chair of the Helen DeVos Children's Hospital Grand Rapids Kid's Marathon and the leader of the Grand Rapids Running Club Mentor program.

Their efforts at promoting the sport of running for all ages in the greater Grand Rapids area have provided inspiration to many, to reach heights that they never thought were possible. They are a testament to us all in regards to stepping up to the challenges we meet in both our personal and professional lives.

*Sign up now for the Spring Banquet!
 Contact Danelle Scott at
scottd@calschools.org*



Counselor Resources

Mental Health Resources:

About Our Children

Scientifically based website with wide range of information on child mental health disorders and associated parenting issues.

<http://www.aboutourkids.org>

A great book for kids (and adults!) on the perils of feeding our anxiety with worst case scenario thinking—and what happens if we imagine the BEST case scenario! www.whatifmonsters.com

Alateen: www.alateen.org

Anxiety Resource Center:
www.anxietyresourcenter.org

Find More Resources at:
<http://www.wmca1.org>



West Michigan Counseling Association is on Facebook. To connect with West Michigan Counseling Association, join Facebook today!

Mission: The West Michigan Counseling Association (WMCA) is a not-for-profit, professional and educational organization that is dedicated to the growth and enhancement of the counseling profession.

Description: The West Michigan Counseling Association (WMCA) is a not-for-profit, professional and educational organization that is dedicated to the growth and enhancement of the counseling profession. WMCA is one of the state's largest chapters of the Michigan Counseling Association (MCA) www.michigancounselingassociation.com. As a regional chapter of MCA, WMCA locally represents professional counselors in various practice settings.

Website: <http://www.wmca1.com>

Save The Date

WMCA Spring Banquet

Friday, April 25th
11:45 - 2:00 KCTC Café

Celebrate and network with your colleagues over a delicious lunch provided by KCTC students, and help honor our scholarship winners and retiring friends.

Register by emailing Danelle Scott at scott@d@calsschools.org

Forest View Breakfast and Learn

“Current Trends in Drug Use and Abuse” with Anthony Muller, LPC, CAADC

Wednesday, May 14th
8:00 - 10:00, KISD

Learn about the latest drugs of abuse; how they affect individuals; and how personality and life events influence choice of substances used.

Register at
forest.viewevents@uhsinc.com

MMHCA

DSM 5 training with Jack Klott

Friday, May 2nd
Registration 8:00; Program 8:30 - 4:00
Oakland University

The DSM 5 presents some dramatic shifts from previous editions. To remain current and effective, training in the new edition is imperative!

For more information or to register:
mmhca.org

Shame and Self-Loathing in the Treatment of Trauma
with Dr. Janina Fisher
May 3, 2014
Inn at St. John's in Plymouth, MI

Are you stuck trying to help clients who are stuck in shame?

Dear Colleagues,

For the past six months, I have been participating in a training program through the Sensorimotor Psychotherapy Institute. Headquartered in Colorado, SPI offers training around the world to equip mental health professionals and others in the healing profession with skills to work effectively with clients presenting with trauma—whether it was a brief or single event, an ongoing series of events, or the result of developmental deprivation. Most of us were taught various “talk therapy” strategies for trauma work, but research and experience show that talking about trauma may offer temporary relief, but often does not yield lasting results. That is because trauma is stored in the part of the brain that is “immune” to logic and reason—the limbic system, where our “fight or flight” response is located. Trauma is also stored in our bodies, and often clues about how to process and resolve trauma are ignored in favor of “talking it out.” Sadly, while cognitive skills are clearly important, the body remains neglected. SPI teaches professionals how to heal trauma from “the bottom up”—that is, how to access where the trauma is stored (in the “bottom” part of the brain, the limbic system, rather than the “top” part, or frontal cortex) and how to help it resolve more effectively and efficiently.

SPI is gearing up to offer Level I of their program right here in Grand Rapids starting in October 2014, and as a participant of the current Level I training in Ann Arbor I wholeheartedly recommend this program. For those interested in finding out more, you can visit the SPI website at sensorimotorpsychotherapy.org. In addition, Dr. Janina Fisher is going to be in Chicago on May 2nd and in Plymouth, near Ann Arbor on May 3rd to do training on ***Shame and Self-Loathing in the Treatment of Trauma***. Dr. Fisher is a phenomenal presenter in the field of attachment, trauma and body-oriented psychotherapies. She is also a faculty member of the Sensorimotor Psychotherapy Institute. For more information about Dr. Fisher, see www.janinafisher.com.

This training is a great way to find out more about Sensorimotor Psychotherapy, and to get information on the Level 1 training starting in October. Space is limited, so contact studentservices@sensorimotor.org to register! (Note: A portion of the cost of the workshop is credited to your tuition when you sign up for the Level I training....in case you needed further incentive!)

I hope to see you on May 3rd!
Barbara Williams, LPC, Newsletter Editor

2014-2015 WMCA Executive Board

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Graduate Intern: Ashlyn Piecuch



Go to the WMCA website for more WMCA information and resources
<http://wmca1.org/>

Also, if you would like to become more active in WMCA contact any of the board members above to see how.