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The

WMCA Memo

West Michigan Counseling Association

WMCA President's Message

Deana Pienta

The WMCA Executive Board would like to thank all of you who attended the WMCA Fall Conference at Davenport University. We are truly blessed to have so many resources available, and are grateful for those who share their expertise. We are currently planning for the winter conference, so mark your calendars for **Thursday, February 5, 2015**, at the Kent Intermediate School District. We have a fabulous list of presenters booked.

I am honored to have the opportunity to hold a position that so many outstanding people have held before me. There is so much knowledge, experience, and expertise from those who serve on the board, that it makes my job easy. I am enjoying my experience and am learning quite a bit. It's definitely a personal challenge for me to take on such a leadership role. I enjoy working behind the scenes, rather than being in front of the curtain.

I hope you enjoy this holiday season and find time to relax.

See you in February,

Deana Pienta



Fall 2014 Conference Recap

Approximately 100 WMCA members came together for the Fall Conference on October 3rd. The reviews were very positive! Everyone enjoyed the gracious hospitality of Davenport University, as well as chance to reconnect with our colleagues over lunch. Thanks Davenport!

Below is a list of presenters and their contact information for those who might want to contact them directly:

Keynote:

Jesilee Bonifiglio, MSW, LMSW
Grand Rapids Therapy
<http://www.grandrapidstherapy.com/>

Breakout Sessions:

Gary Watson, MSW, LMSW
Turning Point Therapy
<http://turningpointtherapy.net/>

Amanda Shaneberger, MA, LPC, LLP
Pine Rest Northwest Clinic
<http://www.pinerest.org/northwest-clinic>

Jesilee Bonifiglio, MSW, LMSW
Grand Rapids Therapy
<http://www.grandrapidstherapy.com/>



Roundtable Presenters:

Anxiety Resource Center, <http://www.anxietyresourcecenter.org/>

Ele's Place – <http://www.elesplace.org/>

Hispanic Center of Western Michigan – <http://www.elesplace.org/>

Lakeshore Ethnic Diversity Alliance <http://www.ethnicdiversity.org/>

Adoptive Family Support Network - <http://www.afsn.org/>

Forest View Hospital, <http://www.forestviewhospital.com/>

Current Events and Counselor Resources!

Emotional Intelligence Network:

Six Seconds

<http://www.6seconds.org>

Mindfulness:

<http://greatergood.berkeley.edu/topic/mindfulness/definition>

Resiliency:

American Psychological Association

<http://www.apa.org/helpcenter/road-resilience.aspx>

Trauma Therapy:

Sensorimotor Psychotherapy Institute

<https://www.sensorimotorpsychotherapy.org/home/index.html>

Find more resources at:

<http://www.wmca1.org>



Calling all members!

Do you have a favorite resource, a “go-to” website or materials that you would like to share? Let us know what works for you, and we’ll share it with the WMCA members in future editions of the newsletter!

In the meantime, check out these amazing websites for information on the latest trends and most up-to-date tips and tools.

And don’t forget, if you haven’t renewed your WMCA membership, it’s not too late! Visit our website at wmca1.org, or email our Membership Chair, Kelly Farkas, at kfarkas@kvilleps.org for a current membership form.

Save The Date

WMCA Winter Conference
At KISD

February 5, 2015

Make plans now to attend our winter conference! Details on topics and presenters coming soon.

Mental Health First Aid Training from
The Mental Health Foundation

December 3, 2014

Kent ISD and The Mental Health Foundation are offering Youth Mental Health First Aid Workshops! Enrollment form for the upcoming workshops is attached. SCECHs and SW-CE available! For more info contact JulieMushing@kentisd.org

Forest View Hospital
Breakfast and Learn

December 10, 2014

Combat PTSD/TBI/DSM-V. Meeting the mental health needs of veterans.: Best practices of collaboration between mental health service providers and the V.A. Mark Kane, PhD & Elena Bridges. RSVP @ 616-940-0251

MCA UPDATE: One More *Great* MCA Resource!

Michigan Counseling Association Membership provides many important resources for professional counselors in West Michigan. From opportunities that cultivate our career growth, giving us a strong voice in the state legislation, network connections, to accessing the latest developments in our fields.

One of the great resources membership provides is access to MCA's very own journal. The Michigan Journal of Counseling Research, Theory and Practice is published twice a year. The latest volume offers the reader three professional articles. Titles include:

*The Relationship between Racial Identify and Acculturative Stress among African American Students in Counselor Training Programs by *Tiffany A. Stewart, Delila Owens, John E. Queener, and Cynthia A. Reynolds*

*School Counselors' Activities in Predominantly African American Urban Schools; An Exploratory Study by *Lacretia Dye*

*Outlining a Crisis Management Plan for a Community; Crisis Planning in Michigan by *Nicholaus Erber*

Go to MichiganCounselingAssociation.com today and join our parent organization and begin benefiting from the readings and so much more!

WMCA Executive Board 2014-2015

President: Deana Pienta

President Elect: Shanna Bell

Past President: Sarah Gammans

Treasurer: Dave Witucki

Secretary: Phyllis Powers-Fata

Membership Chair: Kelly Farkas

Newsletter: Barbara Williams

High School Reps: Cara Price/Renee Hartman

Middle School Reps: Katie Erikson/Kelly Green

Elementary Rep: Judy Bouley/Collin DeVos

Rep at Large: Matt Johnson/Lee Chasse

Marketing & MCA Rep: Becky Telzerow

Website/Historian: Shawn Bultsma

Conference Committee Chair: Sarah Van't Hoff

Partnerships & Programs Rep: Cindy Urban



WE NEED YOU!

Go to the WMCA website to
download our
2014-2015 WMCA Membership Form.

<http://wmca1.org/>

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