

Washington Community and Technical College Counselor Association
Spring 2007 Conference

**“Counseling: Continuing a Conversation About Who We Are
and What We Do”**

**April 23 & 24, 2007 @ Rainbow Lodge Retreat Center
North Bend, WA**

Welcome to the WCTCCA Spring Conference!

The steering committee has done a great job of putting together another conference full of professional development and social activities. We will again be at Rainbow Lodge in North Bend and the theme of this conference is “Counseling: Continuing a Conversation about Who We Are and What We Do”. I cannot think of a better theme given our fall workgroup focus on counselor tasks and responsibilities (which we will continue to discuss) and current proposals in the state legislature related to counselor registration.

I also look forward to taking some time to relax and talk informally with all of you. Perhaps nothing defines us more than “who” we are. And when I think of who we are, I think of polyester leisure suits, platform shoes, flared collars, feathered hair, big afros...I know you all agree with me! So get into your closet and pull out those old clothes. It’s time to get down and disco! Yes, the theme selected for the social hour is a *tour de farce* through the disco era.

Ahem...please excuse my idiosyncratic tendencies. My point is that this conference will be fun and informative. I look forward to catching up with all of you, so see you in North Bend.

Stephen Coates-White
WCTCCA President
Counselor – South Seattle Community College

Conference Steering Committee

Sheryl Copeland – Edmonds Community College
Danie Eagleton-Barrell – Lake Washington Technical College
Yolanda Machado – South Puget Sound Community College
Elizabeth McKinney – Green River Community College
Theophilus Mungen – Tacoma Community College
Brian Shook – Grays Harbor College
Kathleen Waldron – Clark College
Dale Zeretzke – Seattle Central Community College

For **conference and registration information**, contact
Sheryl Copeland @ (425) 640-1797 or
sheryl.copeland@edcc.edu.

Conference Highlights, Details, and Information...

Conference Schedule

(Subject to change)

Monday, April 23, 2007

Check In

10:30 am – 11:45 am

Lunch/Opening Remarks

12:00 – 12:45 pm

Presentation – Cal Crow

1:00 – 2:30 pm

Break

2:30 – 3:00 pm

Presentation – Earl Martin

3:00 – 4:30 pm

Break

4:30 – 5:15 pm

Social

5:15 – 6:00 pm

Dinner

6:00 – 6:45 pm

Presentation – Office Yoga

7:00 – 7:45 pm

Discussion in the Round

8:00 - ??? pm

Tuesday, April 24, 2007

Breakfast/Check-Out

7:30 am

Presentation – Al Souma

8:30 – 10:00 am

Break

10:00 – 10:15 am

Business Meeting

10:15 am – 11:30 am

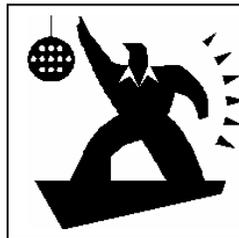
Conference Fees

- | | |
|---|------|
| <input type="checkbox"/> Yearly Dues | \$10 |
| (06/07) | |
| <input type="checkbox"/> Conference Fee | \$20 |
| <input type="checkbox"/> Room/Meals | |
| Double | \$63 |

Fees include lodging, materials, lunch, social, dinner and breakfast.

Do's and Don'ts...

- Bring own towels and personal items.** Bedding is provided.
- Alcohol policy: beer and wine only.
- Room linens to be removed from each room by guests during check out or you will be charged.**
- Park at the front of the lodge only while unloading your car -- then move it to the parking area.**
- No smoking or candle/incense burning permitted inside lodge. Outside covered areas provided for smoking.
- No pets.



It's time to get down and disco!

Wear your favorite Disco attire to the conference Social! Vote on best costume and see who wins a fun prize! **All are encouraged to participate!!**

Prizes Fun Social Music Snacks People

Lodging Information/Directions...

Rainbow Lodge Retreat Center

46820 SE Mount Si Road
North Bend, WA 98045
(425) 888-4181

Rainbow Lodge is a few minutes from Exit #32 off Interstate 90.

- Take I-90 east from Seattle, west from Ellensburg to exit #32 (436th Ave.).
- From Seattle, take a left on 436th, back over freeway to stop sign. From east of mountains, take a right on 436th. Follow 436th until you come to a "T".
- Turn left onto North Bend Way.
- Take the first right - SE Mount Si Road.
- Drive three miles (on a very windy road) - Rainbow Lodge is on the left.

Conference Topics and Presenters

“Helping Individuals Increase Self-Efficacy, Raise Outcome Expectancy, and Expand their Identities”

CAL CROW, Ph.D.
Program Director – Center for Learning Connections
Highline Community College

Three important predictors of success in education and employment are self-efficacy (our belief in our ability to perform), outcome expectancy (our belief that our efforts will result in a successful outcome), and identity (how we think about and describe ourselves). Participants in this interactive workshop will acquire ideas to help individuals expand their beliefs and self-descriptions, and create options they had not considered before.

Biography

Cal Crow is a co-founder and Program Director at the Center for Learning Connections, located at Highline Community College. He has been a high school teacher and counselor, a community college program coordinator and instructor, a university lecturer, a counselor in private practice, a trainer and a consultant. He holds a Ph. D. in Counselor Education from Arizona State University. A number of his former students are now part of the Washington State Community and Technical College system.

Cal's major interests are in career and workforce development, student engagement and retention, and helping individuals identify and maximize their potential. He was one of three individuals selected to revise the National Career Development Guidelines, a project funded by the U.S. Department of Education. He is currently working on projects with the Washington State WorkFirst System; the Oregon Department of Education; the New York State Office of Mental Health; the Yonkers, NY School District; ex-offender programs at LaGuardia and Bronx Community Colleges, and the Rikers Island Correctional Facility in New York City. Cal has designed and conducted training in forty states, five territories, Australia, Jamaica and Canada on a variety of topics. He has received numerous awards for his contributions to education, counseling, and workforce development. His ideas and materials are being used throughout the United States and elsewhere.

“Continuing the Conversation: Fall Workshop 2006”

DR. EARL MARTIN, A.A., B.A., B.S., M.S., Ed.D.
Director - Counseling, Advising, and Career Center
Everett Community College

Our Fall 2006 Workshop opened a conversation about reviewing current language in the Washington State Student Services Manual describing best practices in community college Counseling Programs. Dr. Martin will lead counselors in a continuation of this conversation. We will also hear from the subcommittee formed at the Fall workshop to review the Counseling Programs section of the Student Services Manual.

Biography

Dr. Earl Martin has been a counselor at Everett Community College since 1990. Since 1999 he has been the Director of the Counseling, Advising and Career Center. He has been an active member of WCTCCA and has served two terms as President.

His educational background includes an Ed.D. in Educational Leadership and Policy Studies (2004, UW); M.S. in Counseling Psychology (1990, CWU); B.S. in Pedagogical Studies (1991, CWU); B.A. in Psychology (1986, CWU). He is also a proud graduate of our system with an A.A. degree from Highline CC in 1984.

Dr. Martin wrote his doctoral dissertation on "An Analysis of Staffing Issues Related to Counselors and Advisors in the Washington State Community and Technical College System" and will share the findings of his research and analysis in his presentation.

“Office Yoga”

JEFF POWNEY, BScPT, RYT
Physical Therapist - Steamboat Physical Therapy
Owner - Off the Mat Yoga

What is yoga and what place does it have in the office? Yoga is a way of life that teaches us how to be present in the moment in our minds and in our bodies. How many times a day are you really aware of your posture, your breathing, and where your thoughts are? Yoga can teach you how to improve your posture, spinal alignment, breathing, circulation, strength, balance, body awareness, mind-body connection, flexibility, and mental clarity. One of the most common conditions treated is postural dysfunction. We sit behind our desks, computers, and steering wheels so much of the day for hours at a time. This session will help you come up with some strategies to help prevent or even treat postural dysfunction and give you more energy at home and work.

Biography

Jeff Powney is a licensed physical therapist who received his degree at the University of Alberta in 1996. His background consists of myofascial release, joint mobilization, muscle energy technique, cranial sacral therapy, neurodevelopment technique, strain counterstrain, unwinding, Reiki, breathing management, and therapeutic exercise. He has been a certified weight trainer for 8 years and a certified yoga teacher for 4 1/2 years. He has had his own yoga practice for nine years.

His yoga training is through Integrative Yoga Therapy School and continues to advance his training with various schools of yoga including Anusara, Iyengar, Shadow, Yin Yoga, and Forrest Yoga. Jeff integrates the scientific knowledge of body and breath mechanics he has learned as a manual therapist with the ancient wisdom of the mind-body connection he has learned as a yoga teacher.

“Delivering Support Services for Students with Psychiatric Disabilities (PD) in the Community College Setting”

AL SOUMA, M.A.
Counselor – Disability Services
Seattle Central Community College

Al speaks nationally on the topic of “Accommodating Students with Psychiatric Disabilities in the Classroom”. His presentation to faculty and administrators offers suggestions on how colleges may serve students with mental health issues more effectively. His presentation will include:

- A look at the data showing the growing number of students with P.D. on college campuses
- Most common types of PD on campus
- Issues students with PD present to the college community
- Use of Disability Support Services and Counseling Offices
- Systemic strategies for dealing with PD on campus

Biography

Al Souma M.A. is a Rehabilitation Counselor coordinating Disability Support Services since 1991 at Seattle Central Community College in Seattle, Washington. In addition, he worked as a Rehabilitation Counselor at an inpatient psychiatric setting in Madison, Wisconsin and outpatient work in Santa Barbara, California for a total of 14 years. Al has presented over 30 workshops across the country as well as seminars for national organizations such as ACPA, NASPA and AHEAD. Recently, Al participated in a seminar in Segovia, Spain to examine accommodation issues related to those students traveling abroad. Al is the 2002 recipient of the Association of Higher Education and Disability’s (AHEAD) *Professional Recognition Award* as well as the *Meritorious Service Award* presented by the Washington Association on Post Secondary Education and Disability.

NEW THIS YEAR!!!

WCTCCA has applied for 4.5 NBCC certified Continuing Education Credits for your involvement in this professional association meeting.

If approved, the fee for Continuing Education Credits (or CEU’s) will be \$15, to be paid at the time of the conference.

TO BRING WITH YOU...

- College catalogs to share with your colleagues
- College name tag (Paper name tags will be provided if you do not have a name tag)

WCTCCA 2007 CONFERENCE REGISTRATION

Please Print

Name _____

College _____

Mailing Address _____

City _____ State _____ Zip _____

Work Phone (_____) _____ Email _____

Accommodations _____

Food Restrictions/Allergies/Dietary Needs _____

Fees

Conference Fees - \$20.00 WCTCCA Annual Dues (2006-07) - \$10.00

Double Room (includes all meals) - \$63.00 Prefer to Room With _____

If not staying over night:

- \$7/day Day Use Fee 4/23 4/24 (Specify Day/s)
 \$9 Lunch (4/23)
 \$10 Dinner (4/23)
 \$8 Breakfast (4/24)

Payment Method/Information

Please make checks **payable to WCTCCA**. Not able to accept cash or credit card payment.

Full payment **MUST** be received by **March 16, 2007** or registration **WILL NOT BE** processed.

Total Amount Enclosed: \$ _____ Check College Purchase Order # _____

Mail Registration Form and Payment To:

Sheryl Copeland
Edmonds Community College
TRiO Student Support Services
20000 68th Ave. W
Lynnwood, WA 98036
425.640.1797
sheryl.copeland@edcc.edu