

WSCA Pre-conference Thursday February 25th, 2010

Pre-conference 1- "Enhancing Intrinsic Motivation to Change and Achieve" Dr. Gene Eakin and Dr Kathy Biles

Pre-conference 2- "When Grief and Trauma Come to School" Mel Erickson BA, RC, CT

Pre-conference 3- "We Hate Sarah: Games, Activities, and Discussion on Creating Emotionally Safe Schools" Peggy Rubens-Ellis

Pre-conference 4- "From Government Cheese to PhD' Developing Strategies for Breaking Barriers for Students and Families in Poverty" Mary Amanda Graham

Pre-conference 5- "Contemporary Child Abuse issues" Manivong J. Ratts, Ph.D., N.C.C.

Pre-conference 1 "Enhancing Intrinsic Motivation to Change and Achieve" Dr. Gene Eakin and Dr Kathy Biles

Counselors' efforts to assist clients with change in any of the three domains requires they be able to enhance clients' intrinsic motivation to change and achieve their new goals whether they be personal/social, academic, or career. Counselors' efforts to effect system change or program change or self-care change requires they be able to enhance others' or self motivation to change.

Enhancing Intrinsic Motivation to Change and Achieve will provide practical strategies. Participants will leave this workshop having practiced these strategies and having developed their plan to begin utilizing the strategies in their work with their students. Participants also benefit from learning about how people and organizations change and how they can use these strategies to motivate themselves to accomplish personal and professional goals.

Learning Objectives:

- Examine the listening characteristics and counselor qualities required to motivate students to change and achieve.
- Learn to ask open-ended questions to elicit "willing to change" talk, "able to change" talk and "ready to change" talk.
- Review how to reflect, affirm and summarize change talk.
- Focus on using readiness rulers, confidence rulers and the decisional balance worksheet in eliciting change talk.
- Address strategies for working with resistance.

Enhancing Intrinsic Motivation to Change and Achieve (EIMCA) has been presented to over 1400 school counselors at presentations/classes including three American School Counselor Association Pre-Conferences – Denver (07), Atlanta (08), Dallas (09) – and three Washington School Counselor Association Conferences – Vancouver Pre-Conference (07), Spokane (08), Seattle (09). Gene and Kathy are ASCA Site-Based Trainers and have been contracted to provide trainings at Collins Hill H.S. in Suwanee, GA (8/07) and Chambersburg S.D., PA (1/09).

Pre-conference 2 "When Grief and Trauma Come to School" Mel Erickson BA, RC, CT

The two part workshop will explore the grieving process of children and teens, as well as look at the impact of trauma on grief, in addition to offering tools and activities to facilitate the healthy mourning process in children and teens.

The two fold purpose of this workshop is 1) to offer school personnel the most current academic understanding of how grief and trauma impact children and teens and 2) to give workshop participants understanding, and tools that will assist them in supporting grieving students. The ideas and activities to be shared have been proven effective in working with students individually, in the classroom, or in groups. The morning session will provide an overview of the grieving process in youth, strategies for breaking bad news, and emotional first aid at the time of a crisis. The entire afternoon will be interactive – experiencing and practicing "grief work" tools and activities in a small group setting.

Mel Erickson is known for her compassionate care and effective healing tools. These grow out of her personal losses, her education and her 25 years in social work. Mel helps people of all ages understand and experience the natural healing process of grief. She also trains professionals and volunteers, equipping them to further serve the

bereaved. Mel is a registered counselor and certified thanatologist. She and Nanette Flynn are the co-founders of GriefWorks and co authors of *Teen Talk*, an 8 week curriculum for grieving teens (which has been adapted for all ages). Mel is also the creator of Our Story, a workbook for grieving children.

**Pre-conference 3 “We Hate Sarah: Games, Activities, and Discussion on Creating Emotionally Safe Schools”
Peggy Rubens-Ellis**

In this full day workshop learn how to empower pre-teen girls to make healthy choices around friendship problems. We will spend a third of the day looking at current research, exploring our feelings towards relational aggression (RA), understanding the impact that RA has on a community, and what we can do to help create an emotionally safe school. A third of the day will be spent learning and playing activities that engage higher-level thinking skills around the issue of RA. All the activities presented in this workshop are easy to facilitate, do not require a lot of materials, and fit in with the current research in the field. The final third of the workshop will be spent on discussion and goal-setting for your school setting.

Wear comfortable clothing and come prepared to play, participate and share your valuable insights.

You will leave with a grab-bag of engaging activities that you can use right away and ideas and inspiration for creating an emotionally safe school.

Peggy Rubens-Ellis is the founder of Creative Crossings and a practicing Elementary School Counselor. She is committed to and passionate about helping girls emerge from the adolescent years with a strong voice, high self-respect, and a positive relationship with their female elders and peers. She earned a B.A. from Dickinson College and a M.Ed. from Seattle Pacific University in K-12 Guidance Counseling. She has presented to educators at the Association of Experiential College, Washington School Counselor Association, Pacific Northwest Association of Independent Schools, American School Counselor Association, and the Mean Girls Conference. Peggy has presented her program for girls in collaboration with the YWCA, YMCA, the Girl Scouts, The Oregon Girls Summit, Big Brothers/Big Sisters and other schools and organizations in Washington and Oregon. She was featured in the May 2006 edition of the National Education Association magazine and in the August 2009 edition of the Seattle Women’s magazine. She is also the proud mother of a four month old girl and understands in a new way the fierce desire of a mother to protect your child from harm and create a culture that is free from relational aggression.

Pre-conference 4 “From Government Cheese to PhD’ Developing Strategies for Breaking Barriers for Students and Families in Poverty”, Mary Amanda Graham

This presentation is intended for school counselors who work with students and families from poverty. The presenter will discuss her own background and experience growing up in generational poverty as well as her experiences working with low-income first generation students and families. Presented will be strategies school counselors can use with students and families from generational poverty in assisting them in navigating school systems and overcoming barriers to academic success. Strategies for teaching students and families in poverty self-advocacy skills will be provided.

Dr. Mary Amanda Graham is an Assistant Professor at Seattle University in the counseling department. She is a certified school counselor in the State of Washington and has worked with elementary, middle and high school students. Mary has been the Director of Upward Bound and Talent Search; two programs serving first generation, low income students.

Pre-conference 5- “Contemporary Child Abuse issues” Manivong J. Ratts, Ph.D., N.C.C.

Contemporary Child Abuse issues: A full day workshop exploring types of child abuse, mandatory reporting requirements, teacher consultation, Sexual Predators, CPS, and Civil/Criminal system as they relate to Child Abuse. This workshop meets the requirement for Washington State Continuing ESA School Counselor certification. Completion of an exit exam is required prior to receiving the 10 clock hours for this workshop.

Dr. Manivong J. Ratts is Assistant Professor and School Counseling Program Director in the Department of Counseling and School Psychology at Seattle University. He received his Ph.D. in Counselor Education and Supervision from Oregon State University. He also holds an associates degree from Yakima Valley Community College, a bachelor's degree in psychology from Western Washington University, and a master's degree in counseling from OSU. He is a national certified counselor, a licensed school counselor and serves on the editorial board of the Journal of Counseling and Development and the Journal of Social Action. Dr. Ratts' writing and research is in the area of social justice, multicultural and advocacy competence, and school counseling. Specifically, his teaching, scholarship and service are focused on advancing social justice counseling as the “fifth force” among counseling paradigms.