

# From your President:



Heart of Texas  
Counseling Association  
2009-2010

INSPIRE

## 2009-2010 HOTCA Executive Board

|                         |                   |                          |
|-------------------------|-------------------|--------------------------|
| <u>Past President:</u>  | Amy Ames          | <u>Members-At-Large:</u> |
| <u>President:</u>       | Carroll Bonner    | Lisa Snelling            |
| <u>President-Elect:</u> | Janna York        | Jill Borland             |
| <u>Secretary:</u>       | Cristen McClure   | <u>Membership Chair</u>  |
| <u>Treasurer:</u>       | Pat Weaver        | Angela Torp              |
| <u>Senator:</u>         | Sharon Cunningham |                          |

What a variety of weather patterns we have experienced lately! From windowpane rattling thunderstorms to sunshine-filled clear skies, we have even managed to catch a glimpse or two of a crisp autumn breeze. Now, in Texas changing seasons is a bit different than it is in the New England states with people going on annual fall pilgrimages to experience the beautiful fall colors. We may enjoy a crisp autumn morning and then experience a warm afternoon of 90 degrees, but even in Texas the seasons do change, reminding us that change is a natural part of life.

As we work with our students and clients, helping them adapt to what may be more challenging aspects of change in their lives, I would also encourage you to look at areas of change in your own life. Are you experiencing a positive new change in your life? How does it influence your life? Perhaps you are coping with a difficult change. Look for inspiration to help guide you through this difficult adjustment. What about changes you might want to make? Is there something new you would like to try? Embrace it! Look for those things that may inspire you.

Thank you for your continued support of the Heart of Texas Counseling Association. I hope we can be a source of inspiration to each other during the positive and challenging changes in our lives. Also, don't forget about the Texas Counseling Association Conference in Dallas, November 11-14<sup>th</sup>. Hope to see you there!

Take care,  
Carroll

Heart of Texas  
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*inspire*

**Speaker Profile:**

*Sharon Rollins*

We are so happy to have Sharon Rollins, LPC as our guest speaker on November 3<sup>rd</sup>. She is EMDRIA certified and is also an approved consultant. She will present "What is EMDR? A Basic Introduction on Trauma and EMDR therapy". She currently serves as a Family Counselor at Family Counseling and Children's Services in Waco. She also serves as the current President of the EMDR International Association Board of Directors.

November 2009

Objectives for the November 3<sup>rd</sup> presentation include:

1. Clinicians will be able to describe various types of traumatic response symptoms and will recognize basic symptoms of PTSD.
2. Clinicians will learn the basic neuropsychological principles which are currently thought to underlie EMDR.
3. Clinicians will be able to describe the general protocol and process for EMDR.
4. Clinicians will be aware of EMDR-related research.
5. Clinicians will receive information for EMDR training and resources related to EMDR.

(Taken from the CEU application)

**2009-2010 Calendar of Events**

|                |                                    |
|----------------|------------------------------------|
| November 3     | HOTCA Meeting                      |
| November 11-14 | TCA Professional Growth Conference |
| February 10    | HOTCA Meeting                      |
| April 16       | HOTCA Meeting                      |

***Quarterly Meetings***

The HOTCA will continue to have their meeting at the Crestview Church of Christ Community Center at 7129 Delhi Road. We will offer a time for networking and refreshments. We are implementing some new procedures this year to foster networking, so make a point to arrive early! The HOTCA business meeting will begin at 8:30 a.m. and the continuing education program will follow from 9:00 a.m. to 12:00 p.m. You must be present for the entire presentation in order to receive CEUs. Dues this year will be as follows: \$30 for regular membership, \$20 for retired membership, and \$10 for student membership.

**TCA ANNUAL CONFERENCE**

The 53rd Annual Professional Growth Conference will be held in Dallas from November 11<sup>th</sup>-14<sup>th</sup>, 2009. Conference information can be found at <http://www.txca.org>.



Please remember to turn off your cell phone or switch it to silent during the HOTCA business meetings and CEU presentations. If it is essential for you to take a call during a meeting, please step into the hall before speaking, so as not to interrupt the meeting. Thank you for your courtesy.