

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
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From your
President:



As I was preparing to write my first words for the newsletter, I spent some time thinking about our theme this year: inspire. I chose this theme because I believe it applies to our lives as counselors in multiple ways. First of all, I think having balance in our lives includes making sure that those things that inspire us are part of our day to day experience. I have included the picture above as a personal tribute to my friends, who inspire me every day. The two pictured here to my left and right are Cristen McClure (our HOTCA secretary) and Sarah Howie Torres. I met both of these incredible women through my counseling master's program. My friends inspire me in the way they reach out and care for others. In that way, I think all of us as counselors can serve to inspire each other. I think it is important to look for inspiration in others and around us to develop balance in our lives.

We must also seek to inspire our clients. Now, I will be the first to say that the students I work with at Baylor inspire me daily, but I know that it is important for me to look for ways I can inspire each person I interact with in some way. I hope through this year we will discover ways we can be an inspiration to others and also discover what inspires us on our journeys. I'm so thrilled that our first session will be about art therapy because I think art is a gift that can inspire us in unique ways. I'm looking forward to this journey together.

Carroll

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Speaker Profile:

Phylis Tomlinson

We are thrilled to have Phylis Tomlinson, M.Ed., LPC, LMFT, ATR-BC as our presenter for our September 18th meeting. She will present “Art Works! Beginnings in Art Therapy”. Please take time to explore her website: www.PhylisTomlinson.com for more information.



Objectives for the
September 18th
presentation include:

- to inform of historical beginnings and rationale for use of art as therapy in the U.S.
- to educate and enlighten with hands-on activities using art materials
- to provide examples, samples and practical experiences using art techniques in various settings (i.e. schools, private practice, hospitals)
- to provide hands on activities participants can use to enhance and compliment their work with clients
- to inform and encourage further study with hand-outs, bibliography, resources for continued study

(Taken from the CEU application)

September 2009

2009-2010 Calendar of Events

September 13-15	Directors of Guidance Conference
September 18	HOTCA Meeting
October 6	College Night
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 11th-14th, 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.