

Heart of Texas Counseling Association  
Vol. 1 Issue 2  
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**November 7<sup>th</sup>.** As leaves turn color and display the brilliance of creation, and as students grow weary of academic demands, counselors in the Waco area get to attend a professional development session on November 7, 2006 with our own Dr. John Baughman. John will teach us about Meridian Tapping as a technique to enrich our counseling. The session is from 9 AM to 12 Noon. Please mark your calendar and plan to join other colleagues in the midst of the hectic fall season. The business meeting will take place from 8:30 AM to 9:00 AM. Both the business meeting as well as the professional development session will be held at the Crestview Church of Christ at 7129 Delhi Road. From I 35 N

or S, take Hwy 6 towards Meridian (West); take Sanger Exit and cross over Hwy 6 on the Sanger Bridge. Sanger becomes Delhi at the Londonderry light. Continue on Delhi (Sanger) about two blocks. The church will be on your right – the meeting is in the athletic center.

**Did you know** that the science of educational psychology is only about 100 years old? Both psychology and educational psychology grew out of philosophy at the turn of the century. Between 1890 and 1920, not only did we see the first airplane, the automobile and the first x-ray, but it was also when tea bags, peanut butter and popcorn made the scene (Zimmerman & Schunk,

*Educational Psychology*, p. 4). Immigration, urbanization and of course, WWI and then WWII have brought opportunities and challenges to the counseling profession. The digital age, microwave, IPOD, again immigration, and the fact that there are more adults not married than married for the first time in the USA, are current issues. Standardized testing, something that from time to time is front page news, literally dictates access to some colleges and universities. How do we counsel in these times? How can we support, encourage, and direct in light of all these changes, and in light of the fact that many more changes will be experienced by the generation that follows?

I believe the answer to those questions can be found in professional development. Staying abreast of what is happening in our local, national and international world is essential. Continuing to learn about methods or techniques that might enhance our work is another way. As we form connections with others in our field and in related fields, we build a network. We can pick up the phone, or jot an email, to ask for advice and opinions. We take time after a TCA session at the conference to compare notes on a difficult case. We read journal articles, and we go back to our old school notes. The counseling profession is a dynamic one; we work with a moving target. We believe in the human spirit and the ability to change.

Lynn W. Wisely  
President

**HOT College Night** on October 30, 2006 was a huge success. Thank you to all who organized, staffed and hosted the

event (Carol Sedberry and Cindy Graves chief among them). Over 100 colleges and universities from inside and outside the state were represented and students visited and kept the representatives busy from 7 PM through to 8:30 PM. I heard comments afterward from several students that they learned about new places where they might apply, re-met representatives with whom they are forming connections and had opportunities to ask questions about financial aid.

LWW

**Directory in the Works!** We hope to distribute to all present on Tuesday, Nov. 7 a hard copy of the 2006-2007 Heart of Texas Counseling Association Directory. In it will be the current roster of the Executive Board, a listing of past presidents, our by-laws, duties of committees and, of course, the directory of all current members. If you were not able to get your membership check and registration information in by October 31<sup>st</sup> in order to be included in this hard copy, please do not fret. We will periodically distribute an electronic version of the directory throughout the year as new names are added. Thank you to Nolan Garrett, Janna York and Pamela Hunter for seeing this project through to completion.

LWW

**We Won!** We applied for a TCA Grant to help defray expenses involved in bringing Ms. Nancy Dees to us for our February 27<sup>th</sup> meeting to speak about Choice Theory/Reality Therapy. TCA awarded us \$200 which has been deposited into our HOTCA account. Yeah for us!

## TCA: Texas Counseling Association

HOTCA is a chapter of a larger organization, TCA, the Texas Counseling Association. Many HOTCA members are already members of TCA, but for those of you who are not, or who have let your membership lapse, please consider joining. Membership is \$90 for one year, and \$45 if you are a student. TCA is, among other things, our lobbying body for our profession. Jan Friese, the executive director, spends much time on the hill advocating for counselors in the legislature. TCA also hosts a large counseling conference once per year. This year, the dates are

November 29 through December 2 in San Antonio, TX. Over 190 high-quality workshops are offered over the three-day conference. Discounted registration fees apply to members. Register no later than November 1 for the best rates. Please consider putting this conference on your professional growth list this year. You can join TCA, as well as register for the conference by going to [www.txca.org](http://www.txca.org)

Tell your friends about HOTCA. Plan to attend and make new friends and professional contacts. Tap your potential, and through our CEU sessions, learn how you can improve what you do.

Lynn W. Wisely

## Membership Chair Report Janna York

The HOTCA 06-07 membership is currently at 99. Additional members are expected to join at our second meeting on November 7.

The HOTCA 05-06 directory was sent electronically in September. The current 06-07 directory is being readied for electronic delivery as well as looking into the possibility of a printed version. As members join during the year, the electronic version will be updated.

Please e-mail [janna.york@midwayisd.org](mailto:janna.york@midwayisd.org) if you have any corrections or new information to be included in the 06-07 electronic directory.

## President-Elect Report Nick Galvan

Dr. John Baughman will be our speaker on November 7, 2006. He is an LPC in private practice and a member of our organization. Dr. Baughman's topic will be "Energy Psychology: Practical Application for Counseling Professionals."

## Treasurer Report Garla Neal-Gonzales

Since the last financial report I have written checks for \$385.55 for the audit, speaker honorarium, reimbursement for refreshments and the fee for the meeting room, and have I deposited \$1120.00 from membership dues.

A full report will be given at the November 7 business meeting.

TCA Senator Report  
Sharon Cunningham

Remember the upcoming TCA 50th Anniversary Conference in San Antonio on Nov. 30 and Dec. 1. Go online to [www.txca.org](http://www.txca.org) to register for the conference which looks to be a good one.

Please remember to vote in the upcoming election. YOUR vote can make a difference!!