

**HOTCA Newsletter**  
February Issue, 2007  
By Lynn Wisely, President

**See Ya' Tuesday!!**

Thanks to a grant from the Texas Counseling Association, we welcome Nancy and Jack Dees on February 27, 2007 from 9 AM to 12 Noon for our third seminar of the 2006-2007 school year. Their topic is *Choice Theory, Reality Therapy & The heart and aCTion of forgiveness,*” based on the work of William Glasser. Ms. Dees is a provocative presenter and promises to be both personally and professionally inspiring. There is power in forgiveness and we can effect change in behavior.

**Since Last November...**

I was fortunate to attend the Texas Counseling Association's Secondary School Counselor's Conference in Austin, Texas where I saw many of my HOTCA colleagues. It was an excellent conference and I would encourage those in elementary schools to consider the upcoming conference in April. We were reminded by our keynote speaker to “Keep Our Chin Up.” A practicing psychologist (who could pass for a stand-up comedian), “Dr. Dave,” reminded us that how we view our situation influences not only our minds, but also our emotions and dispositions; it even affects us physically. How we comport ourselves influences how we think; it is symbiotic. Unfortunately, we all know this, but it is hard to put it into practice. Professional development conferences help to encourage us to practice what we preach. Kudos to TCA for a great conference.

One of the highlights for me at the conference was a three-hour session lead by Kelly Kozlowski from the Ft. Worth ISD. She is a junior high counselor, and in conjunction with an 8<sup>th</sup> grade English teacher, they came up with a curriculum integrating guidance goals and objectives with English curriculum goals and objectives. They used the Odyssey and Odysseus' journey as a template for what makes a character/hero. There are twelve lessons mirroring the 12 monsters that Odysseus faces (really the personification of the evils we each face...pride, power, etc.) complete with clips from contemporary movies that our culture prizes (Lord of the Rings, Lion King, Harry Potter, Helen Keller, etc.). Students create their own two sided clock, one side with the positives and the other side with the negatives of their personality over the twelve lessons. It was powerful and Kelly wants any and all to use it and offers the curriculum for free, no strings attached. She hopes ultimately to use it with the Indian population on reservations who are affected by alcohol and drug abuse. If you are interested, please let me know. It is highly adaptable from 7<sup>th</sup> grade through high school. I'm even thinking of doing a series in my church for adult Sunday School. Perhaps we could ask her to speak to us next year if people are interested?

**Membership**

Janna York has been updating our materials as new members join. She is also following up on a recommendation that came from our Executive meeting in November to put an advertisement in the Waco Tribune-Herald regarding our meetings. Perhaps there are counselors in the paper's reach who might enjoy our meetings? Please spread the word

among your colleagues and to anyone who might be interested in professional development through HOTCA, and look for the newspaper ad.

The much anticipated Directories are here!! Nolan Garrett has the membership books in hand, complete with by-laws which were updated last summer. A copy will be available to each HOTCA member at the February meeting next week.

### **Awards**

In an effort to nominate and select award recipients in time to submit those names to the state chapter of TCA for recognition, we have recently solicited nominations from our membership and plan to make presentations at our February meeting this year (versus April). Amy Ames, our Member-at-Large, has solicited member feedback and is serving as Chair of that committee. Award presentations will be made at our February 27<sup>th</sup> business meeting between 8:30 AM to 9:00 AM. Thank you to all who nominated, and thank you to Amy and her committee for their work in recognizing those who excel within our midst.

### **Next Year's Leadership**

Rebecca Bilz, our past president, has also been busy soliciting nominations for the officer slate for 2007-2008. Rebecca will present us with a slate to vote on during our February business meeting. Newly elected officers will be announced at the April meeting and will begin their office positions effective July 2007. Thank you, Rebecca for your important work.

### **What's Next?**

Save the date of April 27 when we welcome Dr. Juan A. Mercado-Almodovar, Ed.D., LPC. He is an instructor (Psychology Behavioral Sciences Department) from MCC. He will lead us in a discussion on ethics. The meeting will be our last of the year and after the 9:00 AM to 12:00 PM session, we will gather as a membership for lunch. Our lunch will be catered by Fazzoli's. We will begin collecting payment and reservations at our February meeting.

### **A Final Note...**

We have been fortunate to have door prizes each meeting that have been donated to us. They have come from Fazzoli's Restaurant, Blanek's Catering and Casa de Castillo. A very big thanks to these local businesses for supporting the counseling profession in this way.

...respectfully submitted, Lynn Wisely