

A Chapter of the Texas Counseling Association  
**CHAPTER NOTES**  
**A LITTLE FOOD, A LITTLE MUSIC, AND A LOTTA  
LAUGHS END THE YEAR!!!**

*The Use of Humor in Counseling* is our topic for the last meeting of the year, Monday, May 2, at La Playa Maya on North Main. Ginger Robinson, Fort Worth Country Day School counselor, promises to bring a smile to your face, and you'll even learn something, too!

Sometimes "Intensity" describes the life of a counselor, whatever the setting. A typical day involves stress, often resulting from hearing about students/adult's personal emotional pain, stress, frustration, anger, and/or sadness. It can become overwhelming at times, for both the student/client AND the counselor. We have a job to validate feelings and provide perspective and give guidance. So, after feelings, validation and guidance . . . sometimes it helps to just "lighten up" the situation. Humor is our best resource to do just that! Join Ginger for some ideas about how to incorporate a "lighter feeling" in the counseling office so that in the midst of a crisis or anger, someone can have a chuckle. After all, it's just life, and "we won't get out of it alive!" Ginger promises the two L's: Learning . . . and of course, Laughter!

Also on the program: installation of new officers, awarding of our scholarship and awards.

If you plan to eat, please arrive no later than 5:30 in order to limit interruptions during the program. We hope to have everyone served by 6:00, when the program begins. We will order from the menu and a small gratuity will be added to each check. La Playa Maya is graciously allowing us to meet downstairs and please consider adding a little extra to the gratuity.

Please try to make this last meeting until September. Treat yourself to an evening of fun, food and networking with fellow counselors! We hope to see you there!!!

The board meets from 5-6 pm; program from 6-8. Two CEU's awarded. No charge for members; \$10 charge for non-members wanting CEU's.

Directions to La Playa Maya can be found on the website or Call MaryAnn Maryol at 817/ 737-9102 or 925-1588 for directions

## NOTES FROM THE PRESIDENT

Claudia Roberts [crobe@charter.net](mailto:crobe@charter.net)

### Dear NCTCA Members:

One year ago I had no idea schools were going to be put through such a tremendous period of stress. I had no idea the legislature would be faced with so many vital decisions. I had no idea money would be in such short supply for all our mental health support. I did realize I was about to become the president of a wonderful organization called North Central Texas Counseling Association. As we have all struggled, become advocates, and gotten more involved with the political aspects of our profession. I have watched an amazing occurrence. Each of you picked up the gauntlet and stood up for what we believe is right. I am so proud of each of you. Each person got involved in their own way. Some people went to Austin. Some people started an amazing letter and phone campaign. Some of our members did everything and took our message out into the community for everyone to hear. I know, as an organization, we are stronger and definitely more involved with our profession. I am so proud of us! All in all, this has been an amazing year and it is now time to celebrate. Please plan to attend our last meeting for this year. We will have a jam packed evening which will include a speaker and ordination of the officers for next year. Also, attend to find out who the lucky person is that gets to spend the night at the Stockyards Hotel. I am humbled to have been your president for one year and also ecstatic to be passing the leadership of this great organization into the capable hands of President Elect Betty Grimes. Thank you for a wonderful year!

## A NOTE FROM LIBERTY HOUSE

Thank you for your donation to the adult clients in the Liberty House Program. Your generosity is greatly appreciated and had a huge impact on the lives of our veterans. Please consider this letter as receipt of your donation with our gratitude.

Sincerely,  
Lenny Welpman  
Program Manager  
Liberty House  
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No one is useless in the world who lightens the burden of it for anyone else.

*Charles Dickens*  
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## 2010-2011 PROGRAMS

May 2: The Role of Humor in Counseling,  
Ginger Robinson  
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## STILL LOOKING FOR VOLUNTEERS FOR THE 2011 TCA CONFERENCE

Fort Worth is hosting the 2011 Texas Counseling Association's Professional Growth Conference. We need your help! We particularly need volunteers to facilitate the sectional meetings, but there are also many other ways you can help even if you can't attend the conference.

Contact MaryAnnMaryol: 817/737-9102 /  
mmaryol@nolancatholics.org