

A Chapter of the Texas Counseling Association  
**CHAPTER NOTES**  
**HOT TOPIC, BULLYING, SET FOR**  
**FEBRUARY 21 MEETING**

Is it teasing or is it bullying? Sometimes it is hard to distinguish but what we do know is that lessons on bullying begin early on through parents. Join us for an interactive discussion about understanding the current bullying epidemic, knowing how to identify a bully and other risks associated with bullying behavior. Discover proactive steps for protecting children from bullying and being a bully while increasing their empathy and emotional intelligence. Learn practical solutions for the bully, victim, parents, and schools to apply. This is a great program for counselors, school personnel and parents.

Program objectives:

- To understand who is affected by bullying & sexual harassment
  - To gain a better understanding of how bullying affects children
  - To understand and identify the difference between bullying & teasing
  - To identify the characteristics of victims & bullies
  - To identify strategies & resources for minimizing and/or resolving bullying
- Our speaker, Angie Walston, is a Family Life Educator at The Parenting Center in Fort Worth with over eight years of experience in working with children and families. She also serves as Adjunct faculty at TCU and UNT. Her passions are training parents and students in child development, introducing proactive strategies for healthy families and facilitating a deeper compassion and insight toward children and their unique perspectives on the world.

#### NCTCA NEWSLETTER GOING ELECTRONIC!

Unless you notify us that you wish to continue receiving your North Central newsletter through the mail, newsletters will soon be sent via e-mail. Some school districts block mass emails, so if this applies to you, please be sure we have your home email address.

It's nomination time for next year's officers. There will be three different ways to nominate candidates this year.

- 1) Reply back to the newsletter email, or send email to [nctca.web@gmail.com](mailto:nctca.web@gmail.com)
- 2) Bring filled out nomination form to next meeting
- 3) Mail nomination form to Debbie Gardner. See Page 4 for address.

The board meets from 5-6 pm; program from 6-8 pm at the Mental Health Assn. of Tarrant County, 3136 W. 4th (see page 3 for directions). Two CEU's awarded. No charge for members; \$10 charge for non-members wanting CEU's.

## NOTES FROM THE PRESIDENT

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

### Dear NCTCA Members:

At our January meeting, John Shirley and Janie Metzinger provided instructions on how to become a more effective advocate for the counseling profession and for our clients and students. I hope each of you has become familiar with their senators and representatives and has started the advocacy building process. Michael Davidson, our Legislative Chair, will often be sending email and posting information on the NCTCA website. You can be an effective force for our profession and never have to leave home. It is easy to become an observer of events but we must take action during this legislative session. If you are interested in becoming more involved, you can email Michael or me. We all need to work together!

Our February meeting will be addressing the issue of bullying. This topic has been making the news far too regularly. As counselors, we address this topic every day. On February 21, Angie Walston from the Parenting Center, will present the topic of Bullying and Sexual Harassment. Please plan to attend.

See you in February!

*A program note: John Shirley, last month's speaker, generously donated his \$50 stipend to the Bobby Bragan Youth Foundation in memory of Chase Davidson, Michael's son. What a wonderful gesture!*

## NCTCA SCHOLARSHIP

Do you have a son or daughter attending college next year? A scholarship is awarded to an offspring of a NCTCA member each year, one of the great benefits of being a North Central member! High school seniors, along with current college students, are eligible, but the parent must be a member by November 1 of the year applying. An application is included in this newsletter. It is not a large scholarship, but every amount helps! For more information, contact Catherine Lauterbach at 817/921-5497 or [clauterbach@eisd.org](mailto:clauterbach@eisd.org). Applications are due by April 1.

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### 2010-2011 PROGRAMS

Feb. 21: Bullying & Sexual Harassment,  
Angie Walston, Parenting Center

April 2: Ethics Spring Workshop

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](mailto:mmaryol@nolancatholics.org)

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## Counselor Awards

We are now accepting nominations for Counselor Awards. Don't miss the opportunity to honor a colleague. Please fill out the form below and give to Lola Nelson at the meeting or call, mail or email your nomination. (Info. below). Nominees must be members of NCTCA with the exception of the Layperson Award. Nominations are due by March 11.

### NCTCA Awards

### Previous Recipients (last 4 years)

Elementary Counselor of the Year	Catherine Lauterbach, Julie Mullender, Nancy Champion, Leita Mae Blair, Deborah Gardner, Connie Massey
Middle Level Counselor	Nina Nelson, Ella Starnes, Nikki Morgan, Juliandra Dear
High School Counselor of the Year	Julianne Cochran, Mary Ann Maryol, Sandra Dear, Claudia Roberts
Post Secondary Counselor of the Year	Ralph Willingham, Seldon Mapel, David Brownlie, Alan Siebenthall
Howard Meyers Caring Award	Cassie Gordan, Betty Grimes, Mary Ann Maryol, Michael Davidson, Janie Fox
Layperson Award	Yesenia Ayala, Charles Gardner, Deryl Fox, Sue Webb, Cathy McCann
Counselor of the Year	Debbie Gardner, Connie Massey, Judy Williams

Please mail to: **Lola Kay Nelson**  
**1225 Oakgrove Lane**  
**Bedford, Texas 76021**

or email: [nelsonl@hebisd.edu](mailto:nelsonl@hebisd.edu)  
**817-996-6420 - cell**  
**817-399-3070 – work**

## Nomination Form

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Name of Nominee \_\_\_\_\_

Current Position \_\_\_\_\_

Category: (Circle One)

Elementary  
Middle Level  
High School

Post Secondary  
Howard Meyer Caring  
Layperson

Counselor of the Year

Describe why you believe your nominee should be recognized

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Name and phone number of person submitting the nomination:

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