

The North Dakota School Counselors Association Presents

The 2019 Pre-Conference

{Saturday, February 9, 2019} {8:30 am - 4:00 pm} {Bismarck Career Academy}

Open to all professionals
that work with adolescents!



Presented by Julia V. Taylor, Ph.D.

<http://www.juliavtaylor.com>

Cost:

NDSCA Member (before 1/15/19) \$60.00

Non Member (before 1/15/19) \$80.00

NDSCA Member (after 1/15/19) \$70.00

Non Member (after 1/15/19) \$90.00

To register, please visit:
ndcounseling.org or sign-up when
you register for MidWinter.

Lunch is included!

Morning Session:

Self-Harm, Suicide & Social Media: Helping Students Ask for Help

Students who self-harm and complete suicide have often showed warning signs or disclosed their intent on social media. This presentation will focus on helping students prevent, intervene, and break the code of silence regarding self-injurious and suicidal behavior. Participants will gain insight into the darker side of social media, including sensitive self-disclosures and anonymous communities of support, along with school-wide strategies to encourage students to reach out for real-time help.

Afternoon Session:

Strengthening Sisterhood: Empowering Girls to Resist Societal Pressures, Fight Unrealistic Media Standards, and Develop a Healthy Body Image

Today's standards of beauty are unrealistic and unattainable. It's not a coincidence that body image disturbances are widespread, contagious, and toxic. Girls are inundated with confusing messages that often interfere with their ability to learn, lead, and develop authentic relationships. This session will address these important issues, with a focus on helping girls develop leadership skills to combat and revive a generation that has become exhausted by body bashing, social media saturation, and the myth of perfection.

Approved for 7.0 CEHs by the NDBCE and NDBSWE.

Please contact Becky Meidinger
at bmeidinger88@gmail.com with questions