



NDCA Annual Conference Schedule at a Glance

Saturday, February 14, 2026	
NDSCA Preconference @ Delta Marriot, Fargo ND (8:00 a.m. – 5:00 p.m.)	
8:00 a.m.- 12:00 p.m. 12:00 p.m. - 1:00 p.m. 1:00 p.m. - 5:00 p.m.	Dr. Jen Rafferty, Founder of Empowered Educator, part 1 LUNCH on OWN Dr. Jen Rafferty, Founder of Empowered Educator, part 2
NDMHCA Preconference @ Delta Marriot, Fargo, ND (9:00 a.m. – 4:00 p.m.)	
9:00 a.m. - 12:00 p.m. 12:00 p.m. - 1:00 p.m. 1:00 p.m. - 4:00 p.m.	Polyvagal Theory LUNCH on OWN Internal Family Systems
NDCA Registration & Meetings (4:00 - 8:30)	
4:00 p.m. – 7:00 p.m.	Registration Open (Crystal Ballroom)
5:30 p.m. – 7:00 p.m.	North Dakota Counseling Association (NDCA) Executive Council Meeting (Sonata 1)
7:00 p.m. – 8:30 p.m.	North Dakota Counseling Association (NDCA) Governing Council Meeting (Sonata 1)
Sunday, February 15, 2026	
8:30 a.m. – 10:00 a.m.	NDSCA Governing Board Meeting (Sonata 1)
10:00 a.m. – 11:00 a.m.	First-Timers Session (Brahms)
10:00 a.m. – 12:00 p.m.	Registration Open (Crystal Ballroom)
11:00 a.m. – 12:15 p.m.	NDSCA Advisory Luncheon: University Student Advisors–School Counseling (Mozart 1 & 2)
12:30 p.m. – 12:45 p.m.	Welcome and Announcements (Crystal Ballroom 1)
12:45 p.m – 2:00 p.m.	Opening Keynote – Dr. LaTonya Summers, Associate Professor & Department Chair at Jacksonville University
2:15 p.m. – 3:15 p.m.	Session 1
3:30 p.m. – 4:30 p.m.	Session 2



4:30 p.m. – 5:30 p. m.	NDSCA General Membership Meeting (Crystal Ballroom 3)
5:30 p.m.	Snack Social (Patterson)
Monday, February 16, 2026	
8:00 a.m. – 8:30 a.m.	<i>Breakfast available (Crystal Ballroom)</i>
8:30 a.m. – 9:30 a.m.	Session 1
9:45 – 10:45 a.m.	Session 2
11:00 a.m. – 12:00 p.m.	Session 3
12:15p.m. – 1:30 p.m.	<i>Awards Program and Luncheon (Crystal Ballroom)</i>
1:45 p.m. – 2:45 p.m.	Session 4
3:00 p.m. – 4:00 p.m.	Session 5 DACAC Council Meeting (Overture)
4:00 p.m. – 5:00 p.m.	NDMHA General Membership Meeting–All Division Members are Invited (Overture)
5:00 p.m. – 6:00 p.m.	NDCDA General Membership Meeting–All Division Members are Invited (Brahms)
Tuesday, February 17, 2026	
7:30 a.m. – 8:00 a.m.	<i>Breakfast Available (Crystal Ballroom)</i>
8:00 a.m. – 8:45 a.m.	NDCA Business Meeting–All Members are Invited (Crystal Ballroom)
9:00 a.m. – 10:00 a.m.	Session 1
10:15 a.m. – 11:15 a.m.	Session 2
11:30 a.m. – 12:45 p.m.	Closing Keynote – Dr. Clark D. Austoos, Assistant Professor at Oakland University

Tentative Breakout Sessions

*The following provides a glimpse of some of the breakout sessions that may be offered at the conference.
Schedule to be determined.*

1. Suicide Prevention Efforts for LGBTQ+ Youth in North Dakota
2. A Call to Action: Empowering School and Mental Health Counselors to Address Non-suicidal Self-Injury (NSSI) in Elementary Schools
3. North Dakota Scholarship Updates



4. Documenting Ethical Decisions for Social Justice in Clinical Practice
5. Addressing Social Justice in Clinical Supervision: The Supervisory Contract
6. Elementary Sharing Session
7. Secondary Sharing Session
8. Empowering Clients During Group Counseling
9. Clinical Documentation as Client Advocacy: Ethical, Accurate, & Empowered Records
10. Treatment Concerns and Techniques in the Field of Aviation
11. Career Connection
12. Defining the Line: Establishing a School Counseling Scope of Practice
13. Private Practice Considerations: Reflections on Starting a Private Practice
14. Creative Drama with Groups
15. Shifting the Focus: From Deficits to Strengths of Indigenous Resilience
16. Improving Confidence, Connection, & Climate: What Works for Girls
17. Why Can't I be the Main Character? The Depictions of Eating Disorders in Films from 2000-2020
18. Unheard Cries: A Call to Action in Addressing Intimate Partner Violence through the Counselor's Lens
19. Advocating for Diverse Perspectives: Creating A Book Club
20. Rebuilding Trust to Prevent Suicide: Addressing the Legacy of Historical Trauma in Indigenous Engagement across Various Settings
21. Using the Solution-Focused Approach to Help Clients Build Hope and Address Suicidal Ideation
22. Brain, Body & Solutions: Infusing Creative Multisensory Activities and Neuroscience into SFBT
23. School Counselor Advocacy: Educating to Enhance Student & School Outcomes
24. What Happens When You Dial 988: Behind the Scenes of Suicide Prevention & Crisis Support
25. Counseling the Anxious Generation
26. Answering the Call: Prioritizing Self-Care in a Helping Profession
27. Endometriosis and Mental Health Echoes: Unraveling the Silent Struggles
28. Supporting Student Mental Health Before a Crisis: Solving the Tier 2 Puzzle
29. Invisible Currents: Power, Presence, and Presence in Clinical Supervision
30. The University of North Dakota's School Health Hub
31. Meeting North Dakota School-Based Mental Health Needs, Workforce Development: School Counselor Training, Professional Development, and Provisionally Credentialed School Counselor Supervision
32. The Missing Link? Exploring the Gut-Brain-Microbiome Axis in Mental Health
33. Ethical Integration of Artificial Intelligence in Counseling: A Call to Action for Social Justice and Advocacy
34. Reviving the Counselor's Creative Voice: An Experiential Approach to Bibliotherapy & Imaginative Therapy
35. Advocating for Increased Awareness of Clients' Cancer Experience
36. Ethics on the Record
37. Intersecting Gender and Sexuality: A Counselor's Role in the Co-transitioning Process



38. The People Project: Health through Happiness
39. DBT for Every Human
40. Central Concepts for understanding Consensual Non-Monogamy, How to work with CNM Clients and How to Use CNM Skills for Monogamous Clients
41. Introduction to Behavior Solutions
42. Emotional Agility 101
43. Foundations of the Gottman Method: Building Stronger Relationships
44. Supporting Parents and Guardians of Neurodivergent Children
45. A Trauma Informed Approach to Managing Critical Incidents in Schools
46. Empathic Strain: Tools to Build Resilience
47. What is Going Right in Supervision? A Solution-Focused Approach
48. Experiences of Professional School Counseling Students in High Needs K-12 Public School Settings
49. ASCA National Model 5th Edition Updates
50. Understanding the Military Domestic Violence & Sexual Assault Programs
51. Magi United: A Model for a School-Wide Community Service Day Event
52. Understanding and Addressing Early Psychosis: Innovations in Detection and Intervention
53. How Can Students Prepare for College? How Might Colleges Prepare for Students?
54. Ethics on the Edge: Dilemmas That Make Us Think Twice