



2026 SDCA SPRING CONFERENCE
"Celebrating Each Other Together"

April 23-25, Double Tree by Hilton & Rapid City Downtown Convention Center, Rapid City, SD

Name: _____

Address: _____
Street/PO Box City State Zip

Email: _____

PRE CONFERENCE REGISTRATION: Please note, SDSCA and SDMHCA are holding **SEPARATE** pre conference events this year. See page 2 & 3 for more information.

	SDSCA See Page 2 (6 CE's)	SDMHCA See Page 3 (6 CE's)	_____ Total
Professional Member of SDSCA or SDMHCA	\$60	\$60	
Retired or Student Member of SDSCA or SDMHCA	\$60	\$60	
Non Member	\$75	\$85	

SDCA CONFERENCE REGISTRATION:

(Registration includes the Friday Area of Specialty Luncheon and the Friday Awards Banquet)

Annual Membership Dues: Our membership year runs annually. You **MUST** be a SDCA Member to register for the conference at the member price. See third page for membership information. (If you are unsure if your SDCA membership is current, contact SDCA.)

	All Conference	Friday Only	Sat Only
Professional Member of SDCA	\$250.00	\$175.00	\$110.00
Retired or Student Member of SDCA	\$130.00	\$90.00	\$65.00
Non SDCA Member	\$325.00	\$275.00	\$130.00
Group Rate This rate is for 5 individuals	\$1200.00	\$1000.00	\$600.00

Please indicate which luncheon you will be attending _____ SDSCA _____ SDMHCA _____ I am not attending a luncheon
 Will you be attending the Awards Banquet _____ Yes _____ No

Preconference Registration Fees	
SDCA Conference Registration Fees	
SDCA Membership Dues (if applicable-see second page for membership information)	
Guest Meals (if applicable) \$25 for Luncheon \$35 for Banquet	
Credit Card #:	
Expiration Date:	CVV:
Card Billing Address:	

Please make checks payable to: SDCA **(NO Purchase Orders Please)**. Complete this form and mail with payment to: SDCA, PO Box 38, Platte SD 57369

TOTAL: _____

SDSCA Preconference Workshop



Support Grieving Students

presented by Genevieve Nelson, LPC, NCC, Certified School Counselor

Thursday April 23, 2026

Time: 9:00 to 12:00 pm MT

12:00 to 1:00pm MT Lunch On Own

1:00 to 4:00pm MT

6.0 Contact Hours

Synopsis of Presentation:

It is estimated that more than 6.4 million U.S. children are bereaved. More than 200,000 children have lost parents or caregivers to COVID-19 alone. One in 11 children will experience the death of a parent or caregiver by the age of 18. Such loss can destroy a child's sense of safety, upend any sense of normalcy and completely reconfigure their understanding of the world. As school counselors, how are we serving our grieving students? Dive deeper into understanding grief and all of its complications in today's world. Through an overview of new and former grief work theories, understand the needs of the bereaved, while examining the societal stigmas and barriers many grievers experience.

Learning Objectives for Workshop:

After attending this workshop, participants should be able to:

- Discuss the varied signs and symptoms of grief
- Use preferred terminology surrounding death
- Identify and explain secondary losses
- Reduce discomfort and ambiguity surrounding grief work
- Adapt provided tools and resources to use with grieving students
- Strategize how to work appropriately with grieving students both individually and in small group settings.

Cost:

SDSCA or SDMHCA Member- \$60

SDSCA or SDMHCA Student or Retired Member- \$60

Non-Member- \$75

Speaker Information:

Gen Nelson is a licensed professional counselor specializing in grief work and is adjunct faculty in the Missouri State University counseling department. Previously, Gen worked as both a school counselor for nine years and a grief counselor for six years in the group and individual settings at Lost & Found Grief Center in Springfield, Mo. She served on the ASCA Board of Directors and as assistant chair for the Missouri School Counselor Association's Board of Directors. She has provided many presentations for school counselors, at both the state and national levels, on how to work effectively with grieving students and their families.

SDMHCA Preconference Workshop



Being Funny Makes Life Easier: Using Humor, Somatic Movement, CBT, and REBT Techniques to Improve Resilience and Emotional Regulation

presented by Krista Arnold, MsEd, LMHCA

Thursday, April 23, 2026

Time: 9:00 am to 12:00 MT

12:00 to 1:30 MT Lunch On Own

1:30pm to 4:30pm MT

6.0 Contact Hours

Synopsis of Presentation:

This keynote explores the intentional use of humor as a clinically sound tool for emotional regulation, nervous system stabilization, and cognitive flexibility. Drawing from Cognitive Behavioral Therapy (CBT), Rational Emotive Behavior Therapy (REBT), somatic psychology, and the neuroscience of humor, participants will learn how humor—when used ethically and intentionally—can reduce stress responses, increase psychological resilience, and improve client engagement.

The presentation integrates psychoeducation with experiential components, including gentle somatic movement, rhythm-based regulation techniques, and cognitive reframing exercises. Participants will examine how humor impacts the nervous system, supports cognitive restructuring, and helps clients

tolerate distress without minimizing pain. Practical applications will be provided for clinicians, educators, and helping professionals seeking evidence-informed tools to support emotional regulation, burnout prevention, and therapeutic rapport.

Learning Objectives for Workshop:

After attending this workshop, participants should be able to:

- Identify the neurobiological mechanisms through which humor and movement support emotional regulation and nervous system calming.
- Apply basic CBT and REBT principles to reframe maladaptive beliefs using humor as a cognitive flexibility tool.
- Demonstrate at least one somatic or movement-based technique to reduce stress and activate the parasympathetic nervous system.
- Differentiate between ethical, therapeutic humor and humor that may invalidate client experiences.
- Integrate humor-based and somatic strategies into clinical, educational, or professional settings to enhance engagement and resilience.

Cost:

SDSCA or SDMHCA Member- \$60

SDSCA or SDMHCA Student or Retired Member- \$60

Non-Member- \$85

Speaker Information:

Krista Arnold is a Master’s-level mental health counselor with extensive training and experience in Cognitive Behavioral Therapy (CBT), Rational Emotive Behavior Therapy (REBT), and somatic-based interventions. She has worked in clinical and school-based mental health settings and regularly provides psychoeducation on emotional regulation, stress management, and resilience.

ANNUAL MEMBERSHIP DUES:

Our memberships run annually. If you are unsure if your SDCA membership is current, contact SDCA at sdca.counseling@gmail.com

SDCA Professional Member	\$80
SDCA New Professional Member	\$45
SDCA Retired Member	\$30
SDCA Student Member	\$30

Area of Specialty Membership

SD Mental Health Counseling Association (SDMHCA)	Professional- \$30	Retired/Student- \$10
SD School Counseling Association (SDSCA)	Professional- \$30	Retired/Student- \$10
SD Native American Counseling Association (SDNACA)	Professional- \$20	Retired/Student-\$10

_____ **Total**

LODGING INFORMATION

SDCA has reserved a block of rooms at the Double Tree by Hilton at the rate of \$99.00 standard room per night, \$129.00 Plaza Suite, \$109.00 Two Queen Executive, or \$99.00 King Leisure subject to 9%tax and \$2.00 city occupancy tax (or current rates) and \$3.50 downtown improvement levy. Make your

reservations directly at 605-248-4000. Guests must specify they are with the South Dakota Counseling Association to receive the group rate.

The hotel block will be released on March 25, 2026, and this rate cannot be guaranteed after that time.

Cancellation/Refund Policy for 2026 SDCA Conference:

- Cancellation requests received prior to Feb 15, 2026 – Entire registration fee less 10% for processing.
- Cancellation requests received between Feb 15-March 15, 2026 – Entire registration fee less 20% for processing.
- **NO REFUND** for cancellations made after March 15, 2026.

Requests for cancellations and refunds must be made in writing by mail or email

Mail requests: SDCA PO Box 38 Platte SD 57369

Email requests: sdca.counseling@gmail.com

If your company/school paid your fees, the check will be sent back to them.