CDSN MONTHLY MEETING

**Founded in 1978 by Carol Feit Lane as a forum for professional Career Counselors**  board members

**Mailing Address: Judith S. Goldberg, 170 West End Ave. 22N, NYC 10023 Lynn Berger Program Committee**

**Email:** **cdsnny@gmail.com** **Website:** [**http://cdsn-ny.com**](http://cdsn-ny.com) **Aviva Giannotti CEU Manager/Liaison**

**Judith S. Goldberg Membership/Treasurer**

**Lauren Gordon Program Committee**

 **Debra Laks Program Committee**

**Ilana Levitt Program Committee**

**Satya Chheda Patel Program Committee**

 **Heidi Ravis Program Committee**

**Renee Lee Rosenberg Program Committee Donna Sweidan Program Committee**

**Date: Thursday, October 19, 2017**

**Place:** Science, Industry, Business Library (SIBL), 188 Madison Ave, between 34th and 35th Streets. Meeting room is on lower level. Signs will be posted. In order to enter the building before 10AM, tell security guard that you are with CDSN.

**Time:** 9:45AM to 12 PM (Networking and coffee at 9:45AM). The program will begin promptly at 10AM (two hour attendance is mandatory if you wish to receive CEU credits)

**Program: Skills Assessment: An Interactive, Self-Esteem Building Technique**

Clients usually begin career counseling during a period of heightened confusion and shaky self-esteem. Their decision to work with a career counselor may be precipitated by a job loss, intolerable interactions with a toxic boss, or a growing sense of work dissatisfaction. During such times, the individual seeking counseling may be experiencing anxiety and mild depression. As counselors, we often find that it is difficult for clients in this state to articulate and “own” their skills. In fact, they often feel somewhat deflated and lacking a solid sense of their work-related accomplishments.

CDSN member **Debra Laks**, will share her approach to skills assessment, which has evolved over three decades of practice. Beginning with asking the client to list their accomplishments, an approach used by many of us, Debra then engages in an interactive evaluation of the accomplishments with the client. By asking probing questions, and encouraging the client to explain and expand on their “success stories,” she is able to help clients move to a greater sense of confidence about their skill set.

**Please come to the meeting with a list of 8-10 or your own accomplishments, from work or any aspect of your life. We will be working in small groups to get a first-hand experience of this assessment technique. You will leave the meeting having a deeper understanding of what your clients are feeling during skills assessment.**

Please join us for a highly informative presentation and discussion.

**Presenter:**

**Debra Laks**, MSSA, LMHC has been a member of CDSN since 1982 and has served on the Program Planning Committee since 1991.  She began her private practice in 1986 when she founded Career Transition Resources (CTR). Prior to establishing her own firm, Debra served as Director of the Career Counseling Department for FEGS and was Assistant Director of Adult Education at Queens College where she coordinated a post-master’s certificate program in career counselor training.   Debra is a New York State Licensed Mental Health Counselor and a graduate of The National Institute for the Psychotherapies’ one-year program, *Psychodynamic Approaches in Clinical Practice*.

**Questions?** **judy.goldberg@verizon.net**