

# OKLAHOMA COUNSELING ASSOCIATION

## PRE-CONFERENCE

March 1, 2012- *Thursday*

*Location: Biltmore Hotel-Oklahoma City*

8:00 AM – 8:30 AM **Registration** – Hotel Lobby (South Conference Building)

8:30 AM – 8:45 AM -- **Welcome and Introductions:**  
OCA President: Dr. Ben Noah

8:45 AM -10:15 AM -- **“Life Scripts and Why We Live Them”**  
Presenter—Dr. Ray Quiett

**Objective:** This conference will focus on understanding the many ways we engage in self-sabotage; it will also include a look at how our early life decisions affect our behavior with others and those messy relationships that we all dread. We will explore those pesky habits that we all say we are going to change. This time, however, participants will leave with a hard and fast plan to change the ones they don't like. We will examine the games we get into with the people that we care the most about. We will learn how to change those “dark days” into bright ones. We will do a self-analysis and leave with a plan to make our lives better and more exciting.

10:15 AM – 10:30 AM –**Break**

1 0:30 AM -12:00 PM – **Dr. Ray Quiett** (continue)

12:00 PM -1:00 PM -- Lunch on your own

1:00 PM – 2:30 PM -- **Dr. Ray Quiett** (continue)

2:30 PM – 2:45 PM -- **Break**

2:45 PM – 4:15 PM -- **Dr. Ray Quiett** (continue)

Adjourn

6.0 CEU's Approval for LPC-LMFT-LADC