



HCRA'S 2011 ANNUAL SEMINAR
"A MARATHON TO THE CEU FINISH LINE"



Date: Saturday, September 10, 2011

Location: Crowne Plaza Hotel, 2712 Southwest Freeway, Houston, Texas 77098

7:00 – 7:30 Registration/Breakfast

Assorted breakfast tacos, seasonal fruit, orange juice, assorted hot teas, regular and decaf coffee

7:30 – 9:00 Session 1: 1.5 CE hours (Ethics Session)



CRCB Grievances and How to Avoid Them

Take a look at complaints and how to avoid them, the Penalty Matrix, and suggested remedies. An overview of rules governing court reporters and court reporting firms, including the Uniform Format Manual, Chapter 52 Government Code, and "What would you do" scenarios.

Speaker: Janice Eidd-Meadows, Chair of the UFM Committee

9:00 – 10:00 Session 2: 1.0 CE hours (Ethics Session)



Ethics: If the bloke in front of you jumps off the cliff...

We are in an age where ethics has become more of a cliché and the moral compass of business (and consumers) has been allowed to deviate wildly, with the caveat that "everybody does it"... Well, "everybody" does not; and the Better Business Bureau, founded nearly a century ago as the nation's first self-regulatory organization, operates on basic ethical principles that are not only fair but allow for prosperity in even a troubled marketplace.

Speaker: Dan Parsons, President of The Better Business Bureau

10:00 – 10:15 Mid-Morning Break

Assorted granola bars, coffee, tea, assorted soft drinks, and bottled water

10:15 – 12:15 Session 3: 2.0 CE hours



"Did you hear about..." Coping with Emotional Distress: An Occupational Hazard

Court reporters are routinely exposed to testimony about traumatic events ranging from automobile accidents to violent assaults. Listening to such stories can be emotionally stressful, owing to our natural inclination to empathize with others' distress. This workshop is intended to promote and strengthen coping mechanisms by providing education about trauma and encouraging group discussion about helpful ways to cope.

Speaker: Jon Allen, Ph.D., Professor of Psychiatry, Menninger Department of Psychiatry and Behavioral Sciences at the Baylor College of Medicine; Helen Malsin Palley Chair in Mental Health Research Adjunct Faculty, Institute for Religion and Health, Texas Medical Center

12:15 – 1:15 Lunch Break



Your choice:

Chicken Caesar Salad – Crisp Romaine, sliced marinated chicken, croutons, and parmesan cheese

or

Rueben Tomato Flour Tortilla Wrap with Chips and Fresh Fruit

1:15 – 3:15 Session 4: 2.0 CE hours



How to Throw Off the Shackles, Gain Speed and Accuracy, and LOVE Your Job

Are you struggling to keep up? World Speed Champion Mark Kislingbury expounds on his techniques for improving accuracy and speed. By incorporating these tactics, you may gain greater control, thereby increasing your personal satisfaction in what you do most every day: work. So if a new way to strike your keys has been tickling at the edges of your mind, take a gander. You may find something to stroke your fancy.

Speaker: **Mark Kislingbury, Owner Mark Kislingbury Academy of Court Reporting**

3:15 – 3:30 Mid-Afternoon Break

Assorted Brownies, soft pretzels with yellow mustard, assorted soft drinks, assorted tea, and coffee

3:30 – 4:30 Session 5: 1.0 CE hours



Primary Prevention of Coronary Artery Disease

This session will focus primarily on lifestyle management and reduction of risk factors for developing coronary artery disease.

Speaker: **Dr. Tony Tran, Cardiologist**

4:30 – 5:30 Session 6: 1.0 CE hours



Critical Friends

A Critical Friends Group (CFG) is a place to make substantial changes in a professional's practice. We will discuss the definition and concept of "critical friends" and the practical application of a CFG to our profession, both as freelance and official reporters. We'll learn ways to unite as professionals, perform in ways that protect our profession, and provide support to one another in this time of economic uncertainty. Additionally, this program will include: How to identify what motivates us to action, how to identify roadblocks to motivation, and three particularly powerful elements of goal setting. CFG – a powerful tool. Let's learn how to put it in action together.

Speaker: **Cynthia Berry, Official Court Reporter for the 129th District Court**

5:30 – 5:45 Late Afternoon Break

Assorted soft drinks, assorted tea, and coffee

5:45 – 7:15 Session 7: 1.5 CE hours



Official Reporter's Record in Electronic Format and E-filing in Harris County

In accordance with the UFM requirements, Carolyn and Carrie will demonstrate the process of assembling an official reporter's record using Adobe Acrobat, as well as reviewing the steps to e-filing in Harris County.

Speakers: **Carolyn Coronado, Official Court Reporter 151st Civil District Court**
Carrie Logan, Official Court Reporter 185th District Court

Hotel and Parking Information

Room rates at the hotel for Friday and/or Saturday night are \$79.00 per room, not including state and local taxes. You will contact hotel reservations directly at (713) 523-8448 and identify yourself as being with the Houston Court Reporters Association to receive the group rate. Pre-paid self-parking is included with your seminar registration. Bring your parking ticket to get the validation sticker.

CE points have been approved by both the Texas Court Reporters Certification Board and National Court Reporters Association.

Seminar Registration Form

Full Seminar Options:	Please Put an "X" next to your registration choice.	
HCRA CSR Member	\$225	
Non-Member CSR <small>(Includes HCRA membership through 12-31-2012)</small>	\$250	
Non-Member CSR <small>(No Membership)</small>	\$275	
HCRA Student Member	\$50	
Non-Member Student <small>(Includes HCRA membership through 12-31-2012)</small>	\$65	

Ethics-Only Options:	Please Put and "X" next to your registration choice.	
HCRA Member	\$60	
Non-Member CSR <small>(includes HCRA membership through 12-31-2012)</small>	\$95	
Non-Member CSR <small>(No Membership)</small>	\$120	

PAYMENT OPTIONS:

I am enclosing a check or money order in the amount of \$ _____ made payable to HCRA.

To pay by credit card, please go to www.hcrainfo.com and follow directions there to register online and pay through the PayPal.

PLEASE PRINT NEATLY OR TYPE SO WE CAN GET YOUR INFORMATION ACCURATELY.

Name: _____

Texas CSR # _____ Need CEUs for NCRA? Yes No NCRA # _____

Mailing Address: _____

City: _____ State: _____ ZIP: _____

Firm or Court information, if any: _____

Phone Number: _____ Fax Number: _____

E-Mail Address: _____

Signature: _____

I certify that the above information is correct; and if selected above, I hereby make application for membership in HCRA. If accepted for membership, I pledge myself to abide by the requirements of the bylaws of the Association.

To register, please send this registration via mail or e-mail.

Registrations received without payment will not be processed.

Online registration is available at www.hcrainfo.com

Mailing Address: **HCRA, PO Box 2205, Houston, TX 77252** (Please make checks payable to HCRA.)

E-mail Address: hcranewsletter@gmail.com

Cancellations must be received in writing and received no later than 5:00 PM on Thursday, September 1st, 2011.

A cancellation fee of \$35 per registration will be processed. The seminar registration period ends September 1, 2011.