



## South Carolina Counselors: Making The Connections

### SCCA Preconference Workshop Overview February 23, 2012



#### **Behavior Management Strategies that Work (9:00 am-Noon)**

**Presenter: Bradley T. Erford, Ph.D., ACA President**

Hardly a day goes by when a student or client under your charge doesn't present with a behavior problem. Disruptive behaviors are everywhere and learning to channel them into more positive directions can substantially improve the client's quality of life, as well as that of their teachers, parents, spouses, and peers. This workshop is packed with essential information and effective techniques for addressing disruptive behaviors in children, adolescents and adults, including appropriate implementation of token economies, contracts, charts, Premack principle, time-out with contingency delay, response cost and overcorrection.

**Bradley T. Erford, Ph.D., LCPC, NCC, LPC, LP, LSP**, is the 2012-2013 President of the American Counseling Association (ACA) and a professor in the school counseling program of the Education Specialties Department in the School of Education at Loyola University Maryland. He has authored or edited more than 15 books. His research specialization falls primarily in development and technical analysis of psycho-educational tests and outcomes research and has resulted in the publication of several dozen refereed journal articles, more than 100 book chapters, and ten published tests. He has received numerous awards for his scholarship and service to the counseling profession from ACA and the Association for Assessment in Counseling and Education (ACE), organizations within which he has held numerous leadership positions.

#### **Six Hour Preconference Supervision Workshop (9:00am-4:00pm)**

##### **Supervision Journey: Adlerian Psychology and Cognitive Behavior Therapy**



Presenters: Jane Lawther, Ph.D., LPCS and Laura Lee Shaleuly, M.Ed., GCDF, NCC, NBCTC, LPC

Adlerian Psychology and Cognitive Behavior Therapy apply to many different therapeutic situations including counseling and supervision. Thoughts cause feelings and actions--mental mistakes and private logic lead counselees and supervisees down and erroneous path. In this interactive session, experiential adventures will be provided.

Attendees' participation will be encouraged.



*Dr. Jane Lawther is an accomplished facilitator and team builder. She has presented interesting, interactive sessions to professional counseling organizations for over 25 years. She enjoyed retirement almost as much as she loved counseling middle schools students, yet she has returned to the school setting as a part time elementary school counselor in Lexington School District Five. In the recent past, she served as secretary to Keep the Midlands Beautiful Board, received the SCCA Pioneer Award, and helped engineered placing counselors in elementary schools.*

*Laura Lee Shaleuly, M.Ed. earned her Masters in School Counseling from the University of South Carolina, has been a school counselor for over 20 years. She is a SC Licensed Professional Counselor. At present she is a counselor at Pleasant Hill Middle School in Lexington School District One, as well as the 2009-2011 SCSCA Middle School Vice President and SCSCA Board member. Laura is also a board member of Joy in the Mourning, Center for Life Losses. She is a Global Career Development Facilitator and National Board Certified Teacher/Counselor.*

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**February 23, 2012**

**(9:00 am-Noon)**

## **Self Care and How To Be Your Own Counselor**

Presenter: Kathryn Hilgenkamp, Ed. D

Counselors know if they do not take care of themselves, they are not effective. Life roles, responsibilities, and lifestyles all compete for our time and our personal resources. This workshop is for counselors to examine habits, issues, and defense mechanisms that create stress for us. Strategies are presented to help manage time, stress, relationships with significant others, and develop a youthful mind, body, and purposeful life. Dress comfortably so you may participate!



Objectives: Workshop participants will be able to 1)examine various aspects of their life which inhibit "wellness" and "happiness"; 2) set personal goals to have a more balanced lifestyle and better health; 3) experience meditation, mindfulness, yoga, Qigong, Tai Chi, chair exercises, relaxation techniques, and other forms of alternative medicine for self-care; 4) develop a plan to overcome obstacles, replace old activities with new ones, and get started with a healthier lifestyle; and 5) explore other activities that are beneficial that may benefit counselors and their clients. **Casual clothing is best to do relaxation and yoga.**

*Dr. Hilgenkamp received her doctorate from the University of Nebraska-Lincoln. She has taught program development and evaluation for several years at the university level. She is an adjunct associate professor for the counseling program at Webster University. The past four years she has been a career development facilitator for Horry County Schools.*

*Prior to becoming a licensed professional counselor and LPC-Supervisor, Dr. Hilgenkamp was a member of the National Wellness Association for many years. She has been an exercise leader, personal trainer, fitness facility design consultant, and has trained many college students to design and administer wellness programs. She received an award from the Society of Prospective Medicine for her research related to adoption, compliance, and adherence to exercise programs.*



**February 23, 2012**

**(9:00 am-Noon)**

## **Using Child-Centered Play Therapy in Your Practice\***

Presenters: Kaitlyn Orsborn, Ed.S. and Robert Horak, Ph.D.

Play Therapy can be used in a myriad of counseling situations. Through this workshop, the presenters plan to explore the vast uses of Play Therapy and discuss the importance of Play Therapy with clients of all ages. Both School and Marriage, Couples and Family counselors benefit from learning more about how to incorporate Play Therapy into their practice. Using a Client-Centered Play Therapy approach, the presenters plan to provide information and strategies to help attendees understand the benefits of the play therapy for a variety of clients. Resources will be provided and multiple activities demonstrated.



Objectives: The participants will 1) examine the benefit of using Child Centered Play Therapy in a variety of counseling settings including school, mental health, and private practice and 2) explore play therapy approaches to incorporate strategies as School Counselors, Mental Health Counselors, and Marriage and Family Therapists.

Kaitlyn Orsborn holds a B.S. in Middle Childhood Education (Grades 4-9) from the Miami University and an Ed.S. Degree in K-12 School Counseling from the University of South Carolina (USC). Prior to obtaining her Ed.S. she was a fifth grade

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Language Arts and Reading teacher with Mount Vernon City Schools in Mount Vernon, Ohio. During her graduate work at USC she served as the Faculty-Student Liaison for Chi Sigma Iota, Upsilon Sigma Chi. She was a co-presenter for the 47<sup>th</sup> Annual SC Counseling Association Conference in 2011 and a co-presenter at the 5th Annual Counseling Graduate Student Conference sponsored by the Upsilon Sigma Chi Chapter of Chi Sigma Iota at the University of South Carolina in 2011.



Dr. Robert Horak earned his Doctor of Philosophy from the USC, Department of Educational Psychology in Counselor Education. He is an invited consultant and trainer for teaching institutes across the state and has presented at both state and national professional meetings. Dr. Horak is a published author in the field of counseling and development and has served as an adjunct professor teaching courses in Group Counseling, Communication Skills, Helping Middle School Teachers Deal with School Violence, Counseling Foundations, Internship, Human Growth and Development and Professional Orientation and Ethics for the University of South Carolina, Webster University and Coker College. He holds a full-time position as counselor at Heathwood Hall Episcopal School in Columbia, South Carolina. He serves as the president of the South Carolina Association of Play Therapy, and maintains a private practice in Columbia, SC as a Licensed Professional Counselor.

**\*This preconference workshop is co-sponsored by the SCAPT and qualifies for Play Therapy contact hour credits.**

**February 23, 2012**

**1:00 pm-4:00 pm**

### **Anger, Aggression, Bullying and Cyber bullying- What do you do?**

Presenter: Raychelle Cassada Lohmann, M.S., LPC

The hot topics of today are teen anger, aggression, bullying and cyber bullying. As counselors it's important to know how to help teens who face these complex emotions and issues. So, what do you do when you have a teen that's raging mad? What do you do with the teen who's the bully or worse yet the victim of a bully? How do you empower the victim of cyber bullying to take a stance? Relevant issues require proactive prevention and intervention. This interactive session will help you understand the issues of anger, aggression, bullying and cyber bullying and learn strategies that work! The more you know the more you can do to help the angry teen, the bully, the victim, and empower those who fall prey to the cyber bully.



Objectives: The participants will 1) examine resources to help teens recognize the source of their anger; 2) recognize effective strategies to help students work through their anger; 3) identify signs of bullying; 4) analyze the role of the bully and victim; and 5) explore skills to protect students from cyber bullying.

*Raychelle Cassada Lohmann, MS, LPC, is a Professional School Counselor in Beaufort County, SC and the author of "The Anger Workbook for Teens." She has done extensive research on anger and specializes in individual and group counseling for anger management. She is a National Blogger for Psychology Today. Her second book, "Staying Cool...When You're Steaming Mad," is set to be released Fall 2011 by MAR-CO Publications. It is a comprehensive anger management curriculum for professionals working with troubled youth. Additionally, Ms. Lohmann has done research and has published in the domain of career decision making. She received her undergraduate degree in psychology with a concentration in family counseling and a master's of science degree in counselor education from North Carolina State University in Raleigh, North Carolina. Ms. Lohmann has worked as a school counselor at the middle school and high school levels, and has helped hundreds of teens deal with feelings of frustration and anger.*



### **An Experiential Exploration of Multiple Metaphoric Modalities (1:00am-4:00pm)**

Presenter: Jennifer Jordan Ph.D., LPC-S, NCC

This preconference workshop will focus on the use of multiple metaphoric modalities in counseling practice. It will be an experiential session utilizing verbal metaphors, sandtray, art and play therapy techniques. Participants will leave with many hands on activities to immediately incorporate into their counseling practice as well as how to implement a metaphor using several experiential exercises.

Objectives: Participants will 1) identify benefits of using metaphors as a counseling tool; 2) explore different metaphoric modalities: verbal, artistic, sandtray, puppets, etc.; 3) organize how to implement a metaphor after using experiential exercises; and 4) examine how to process a metaphor in a personal and insightful way.

*Jennifer Jordan, Ph.D. is an Associate Professor and Clinical Coordinator of Counseling and Development program at Winthrop University in Rock Hill, South Carolina. Dr. Jordan is a Licensed Professional Counselor Supervisor in South Carolina and a National Certified Counselor. She has been a counselor educator for 13 years and is the current President of the Southern Association for Counselor Education and Supervision. Her specialty areas include working with children and adolescents and using creative modalities in counseling and teaching. Dr. Jordan is a favorite SCCA presenter and a requested speaker from conference participants.*

### **Understanding the Needs of Families in the 21<sup>st</sup> Century (1:00pm-4:00pm)**

Presenter: Helen Elliott Wheeler, M. Ed., LPC, NCC, Director and Founder of Center for Families in Mt. Pleasant, SC

How have the various crises of the 21st Century impacted our children? All crisis share some similar impact on kids, but in most of these situations, the parents are also affected and their ability to support their children through the crisis is impaired. We as counselors need to understand what is going on with the children in order to help them move through these difficulties.



Objectives: At this end of this workshop participants will be able to describe : 1) the similarities that all crises share when looking at outcomes for our clients and their families; 2) the unique outcome from each type of crisis; and 3) the best counseling interventions available each discreet crisis.

*Helen Elliott Wheeler, M.Ed., LPC, LPC/S is the Founder/Director in private practice at The Center for Families. She is a certified public school teacher and a Family Court Mediator. She is a Nationally Certified Parent Coordinator (NCPC) working with high conflict parents to improve cooperation and communication after separation and/or divorce. She is establishing a support group for grandparents either parenting solely or with their children to raise their grandchildren.*

*Mrs. Elliott Wheeler graduated with Distinction in Clinical Counseling from the Citadel. She is a 20-year veteran of the education system as a teacher, school district administrator, and guidance counselor. She is an LPC supervisor, a Family Court Mediator and has received training as a Parent Coordinator working with high conflict, divorcing couples.*

## **Make It or Take It Off the Shelf: Play Therapy Approaches At Your Finger Tips\* (1:00pm-4:00pm)**

Presenters: Lécole Sanders, MSW, LISW and Kaycee F. Carter, MSW, LISW



This workshop gives school counselors and/or therapists creative therapeutic ways to use children's books, workbooks, and games you probably already have, can get inexpensively, or make yourself. During this interactive workshop the presenters hope to inspire participants to explore and think creatively to provide a therapeutic environment. The participants will discover ways to incorporate play therapy into the school or private setting as they face budget cuts. Play Therapy approaches will be explored using basic children's board game, books, free resources, and resources they may already have to therapeutically benefit children with emotional and behavioral difficulties in this theory based workshop.



**Objectives:** The participants will 1) identify ways play therapy approaches benefit children in school and private settings; 2) explore the benefits of using materials they have on hand, make, or can get for little or no money in a creative way; 3) identify useful materials and modify materials to benefit their students or clients; and 4) examine play therapy strategies, books, and games presented to enhance their counseling and therapy with children with emotional and behavioral problems.

*Lécole Sanders is a Licensed Independent Social Worker. This is her seventh year with Florence School District One and her fourth at Lester Elementary. She works with students to help them better function emotionally and behaviorally at school through the use of therapeutic techniques, skill building, play therapy strategies, and consultation with teachers and staff in regards to behavior management in the classroom. Mrs. Sanders is also a contract counselor at Fuller Life Strategies in Florence, SC and serves children, adolescents and adults who are experiencing behavioral and emotional difficulties.*

*Kaycee F. Carter is a Licensed Independent Social Worker-Clinical Practice. This is her sixth year with Dewey L. Carter Elementary School in Florence School District One. She works with students who are experiencing behavioral or emotional difficulties to help them become as successful as possible in the school environment. She utilizes cognitive-behavioral therapy, psycho-education, client-centered therapy and play therapy techniques in her daily interactions with children. She also works closely with teachers, school administrators and other staff members to facilitate and implement behavior and classroom management strategies that best meet student needs. Ms. Carter is also a contract counselor at Palmetto Family Works in Florence, SC and serves children, adolescents and adults who are experiencing behavioral and emotional difficulties.*



**\*This preconference workshop is co-sponsored by the SCAPT and qualifies for Play Therapy contact hour credits.**

**Opening Session Speaker: Duane Halbur, Ph.D. Friday, February 24, 9:00 a.m.**



***Connecting to the Changing Culture of Our Generation: Linking Awareness to Practice***

Do you ever hope you are phat, cool, or hip? Would you feel more comfortable IM'ing a friend using an android or using a rotary phone to call information to obtain a telephone number? Have you ever ended an intimate relationship through the use of Facebook or a simple tweet? What historical day or event defines your generation? Would you have an easier time defining a firewall or the Berlin Wall? These simple questions may help you to identify your generational culture which impacts your communication and therapeutic styles with students, clients and colleagues. This opening session will challenge you to examine your own generation as a component of your culture, briefly understand generational cultural differences and offer suggestions on how to use this information for enhanced connection with clients and students.

Duane Halbur, Ph.D., NCC, LPC, LMHC, is an Associate Professor at Augusta State University. He has been a counselor educator for over a decade and has published and presented on counseling issues such as living in a technologically advancing society, diversity, and philosophical counseling. He has authored three textbooks focusing on cultural competencies and theoretical orientation in counseling. He has served as department chair and been recognized as an outstanding mentor for counseling students. Dr. Halbur honed his clinical and supervision skills while operating a private practice and working in several college counseling centers. Additionally, he has held numerous local, regional and national leadership positions.

***SCCA Lobbyist Report: John (Jack) D. McInnis***

***Keynote Luncheon Speaker: Bradley T. Erford, Ph.D., ACA President-Elect***

***Coming Alive as a Counselor: Managing Stress from the Inside Out***



Clients suffering from overwhelming anger, anxiety, and stress are being encountered more frequently than ever before by counselors. And let's face it, working with stressed-out and behavior-disordered clients takes its toll on us counselors, too! With humor and easy-to-use techniques, Dr. Brad Erford has helped thousands of counselors, students, and clients develop effective strategies to cope with the challenges and stresses of life. This keynote is packed with essential information and effective techniques for battling anger and stress-related symptoms in children, adolescents and adults. But the true focus is on helping counselors reflect, refocus, re-energize, and re-engage

***Presidential Breakfast Speaker: Art Grant, Ph.D.***



Why Are Our Children So Angry? Strategies for Counseling African-American Students Who Act Out, Underachieve and Disappoint”

As a result of rising parental unemployment, divorce, and imprisonment, more and more African American students come to school angry and unprepared for learning. This workshop will explore strategies for effective counseling and intervention.

Dr. Art Grant, a past president of the S.C. Counseling Association, is currently a counselor and intervention specialist with Daniel Morgan Technology Center in Spartanburg. He is also an adjunct instructor with Converse College, Spartanburg, South Carolina.

**11:30A.M.-Noon Business Meeting and Closing Remarks**

## **DEADLINE FOR REGISTRATION IS FEBRUARY 15th FOR THE POST WORKSHOP!**

**SCCA Post Conference Workshop February 25, 2012      1:00 pm-5:00 pm**



### **Foundations of Disaster Mental Health Free Workshop**

Presenter: Barbara Melton, M. Ed., LPC, LPCS

Interested in volunteering for a good cause? Want to help out either locally or on a national level? The American Red Cross can use you! Locally mental health volunteers are needed to assist with working with persons affected by disasters, including things like home fires, tornadoes, hurricanes, chemical spills, etc. in which people are displaced from their homes and/or rescue workers are involved. Helping other volunteers manage their stress is also vital in this capacity. Nationally mental health volunteers are needed to assist in a variety of service areas, including outreach, shelters, supervision, planning, etc. Your time is never mandated but always appreciated. However, to volunteer, you must pass a background check, fill out some paperwork, take a 4 hour course (see below) called **Foundations of Disaster Mental Health** (which includes the **Disaster Services Overview** course) and Chapter Orientation (separately at your local chapter) (1 hr.) These trainings are free and provided by Red Cross instructors. While there is no requirement to volunteer with Red Cross, information will be provided for you to become a Red Cross volunteer in the hopes you will do so.

This course is intended for mental health professionals who plan to work in the DMH (disaster mental health) activity with the Red Cross. Explains the Red Cross Fundamental Principles and mission, the psychological impact of disasters, the role and activities of mental health workers in disasters, the legal implications of disaster mental health work, and how to become involved in disaster work at both the local and national levels. Includes a refresher in Psychological First Aid. **Prerequisite: Current mental health state license, certification in school counseling, or graduate student status.** (NOTE: if licensed in another state, this is also acceptable; unfortunately certification alone is not sufficient, *unless it is in school counseling.*) NOTE: You will probably not learn any new skills from this training, just how to apply the skills you already have within the Red Cross system.

Objectives: The participants will 1) list Red Cross Fundamental Principles and mission; 2) identify the psychological impact of disasters and the role and activities of mental health works in disasters; 3) examine the legal implications of disaster mental health work; and 4) explore ways to become involved in disaster work at both the local and the national levels.