



UNIVERSALITY

SCCA 61st Annual Conference

DRAFT

February 26-28, 2025

Myrtle Beach, SC

WEDNESDAY, FEBRUARY 26

MORNING LEARNING INSTITUTES

Ethically Navigating the Byzantine Labyrinth of Medicaid

Content Area: Ethics

Day: Wednesday, February 26

Time: 9:00:00 AM

Location: Palisades D

Presenter(s): Christie Rogers-Larke, Ed.D. LPC-S
Katherine Foster

Program Description: Participants will understand Medicaid's expectations, especially regarding credentialing and paperwork.

At the conclusion of this session, participants will be able to:

- Identify the elements needed to maintain Medicaid paperwork
- Appraise their documents to ensure they are meeting requirements
- Write a note that meets Medicaid requirements

Meets NBCC Content Area(s): 8

Building Safe Spaces through The SafeZone Project

Content Area: Counselor Education
Counselor Education

Day: Wednesday, February 26

Time: 9:00:00 AM

Location: Palisades E

Presenter(s): Allyson Brown, Ed.D. NA
Ronnie McCarrell M.S. LPC, LPC-S, LAC

Program Description: The queer community is currently under attack through an increasing wave of new laws that restrict queer people from living a full life. As a result, members of

the queer community are pushed further into the margins of American society. This learning summit is designed to introduce, explore, and engage with topics impacting the LGBTQ+ (or queer) community using SafeZone Project materials and additional resources. Engaging activities will be used to reflect on personal/professional positionality, learn inclusive language, and identify gaps of inequities that exist within the clinical counseling profession and society at large. Attendees will engage with the workshop by completing a SafeZone Workshop Guide and a Resource Template for idea sharing on improving safe counseling spaces for the queer community. This learning summit is segmented into three sections: a) introduction, b) pressing issues and exploring challenges, and c) engagement with the LGBTQ+ community.

At the conclusion of this session, participants will be able to:

- Identify new terminology pertinent to the LGBTQ+ community
- Demonstrate empathy through engagement activities
- Discuss the challenges of the LGBTQ+ community from an informed perspective

Meets NBCC Content Area(s): 1, 2, 3

Better Together: Building Parent Engagement within Child-Centered Treatment

Content Area: Play Therapy
Play Therapy

Day: Wednesday, February 26

Time: 9:00:00 AM

Location: Palisades F

Presenter(s): Sara Lynn Calderon, Ed.S. LPC, RPT

Program Description: Working with children means working with parents. Join this discussion-hybrid session to explore factors that can improve clinical outcomes through effectively integrating parents into the treatment process. Identify common barriers and brainstorm solutions through sharing insights and suggestions. Discuss cultural factors that contribute to unique family needs and address personal biases. Integrate your wisdom with the collective strengths of the counseling community to add a few more tools to your toolbelt when working with families. This session is designed to kindle your passion for working with parents as a core element of a child's treatment.

At the conclusion of this session, participants will be able to:

- Analyze at least three barriers that can limit parental involvement and articulate a plan to remedy these barriers in future sessions
- Explore a minimum of 5 new techniques or interventions to increase parental participation in child-centered treatment
- Identify ten cultural factors that influence family systems and impact clinical outcomes for child clients

Meets NBCC Content Area(s): 1, 2, 3

This Is How We Do It: Applied Approaches to Clinical Supervision

Content Area: Supervision
Supervision

Day: Wednesday, February 26

Time: 9:00:00 AM

Location: Palisades G

Presenter(s): Craig Cashwell, Ph.D. LPC, NCC, ACS
Tommy Vaughn, Ph.D. LPC, NCC, ACS

Program Description: While models and theories of supervision are important, the bridge to the practice of clinical supervision can be challenging. In this presentation, presenters with a combined experience of over 50 years of clinical supervision will share their tried and true "go-to" supervision interventions to foster supervisee development and

At the conclusion of this session, participants will be able to:

- Assess core developmental needs of supervisees
- Identify experiential supervision interventions
- Analyze interventions to match the supervisee's developmental needs

Meets NBCC Content Area(s): 1, 8

AFTERNOON LEARNING INSTITUTES

Navigating Medical Trauma: Empowering Counselors to Support Clients and Families

Content Area: Clinical Mental Health Counseling

Clinical Mental Health Counseling

Day: Wednesday, February 26

Time: 1:00:00 PM

Location: Palisades D

Presenter(s): Elizabeth Wofford, Ph.D. LPC, LPCS

Viki Kelchner, Ph.D. LPC, LPCS

Program Description: Medical Trauma is dramatically different from other types of trauma – it is an enduring threat. The typical approach to trauma work is founded on

“safety and stabilization,” but what if you cannot get safe? Despite increasing research, there is still a significant gap in comprehensively addressing the impact of medical trauma on both patients and their family system. Often, the medical system focuses primarily on "patient factors," overlooking its role in contributing to trauma.

This workshop delves into the multifaceted nature of medical trauma beyond patient factors, examining its effects on individuals and exploring strategies to help clients cope. It also highlights the profound impact on the family system, especially those caring for medically complex children for whom clear treatment approaches are lacking. Using real-life case examples, participants will learn to apply a two-part model of trauma processing and grief work. By deepening our understanding of medical trauma and its ripple effects, we can validate caregiver experiences and empower them to manage their reactions better and reclaim their coping abilities.

At the conclusion of this session, participants will be able to:

- Identify the Unique Aspects and Effects of Medical Trauma on clients and their families
- Apply Theories of Ambiguous Loss, Chronic Sorrow, and Non-Finite Grief to case conceptualization for clients who have experienced medical trauma
- Create treatment plans for client cases with a two-part model of trauma processing and grief work.

Meets NBCC Content Area(s): 1, 2, 9

ACTivate Your Supervision: Enhancing Supervision with the ACT Matrix

Content Area: Supervision

Supervision

Day: Wednesday, February 26

Time: 1:00:00 PM

Location: Palisades E

Presenter(s): Robert Burdine, M.Ed. LPC

Program Description: This workshop introduces an innovative Acceptance and Commitment Therapy (ACT)-informed supervision model that integrates the ACT Matrix with Bernard's Discrimination Model. Designed for supervisors working with counselors of any theoretical orientation, developmental stage, or setting, this approach offers versatile tools to address the challenges that arise in the supervisory process. Participants will engage in practical exercises designed to sharpen their supervisory skills, enabling them to provide more effective guidance to counselors and improve outcomes. By incorporating the ACT Matrix into their supervisory practices, supervisors will build stronger supervisory relationships, enhance wellness, and develop competent, values-driven, and engaged counselors. Attendees will leave the workshop with refined skills, a fresh approach to supervision, and the ability to apply the ACT Matrix across diverse therapeutic contexts, ultimately contributing to their supervisees' long-term professional growth and resilience and enhancing client well-being.

At the conclusion of this session, participants will be able to:

- Describe the components of the ACT Matrix and Bernard's Discrimination Model and how they can be integrated in a supervisory context.
- Demonstrate the application of the ACT Matrix in various supervision contexts, including peer supervision exercises conducted during the workshop.

- Apply the ACT Matrix to their supervision practice, culminating in developing personalized action plans for implementation.

Meets NBCC Content Area(s): 8, 9

Private Practice Toolkit - What You Should Know!

Content Area: Clinical Mental Health Counseling

Clinical Mental Health Counseling

Day: Wednesday, February 26

Time: 1:00:00 PM

Location: Palisades F

Presenter(s): Ashley Waddington, Ph.D. LPCS, LPC

Janita Jefferson, Ph.D. LPCS, LPC

Program Description: Private practice start-ups and creation are a massive part of our field; however, they are not discussed in the core curriculum within master's level programs. This presentation will review how to start a private practice in South Carolina, review the lived experiences of the presenters within owning a group and individual practice and constructing an ideal business plan with the assistance of our expertise and knowledge.

At the conclusion of this session, participants will be able to:

- Demonstrate knowledge and understanding of starting, owning, and running a private practice in South Carolina.
- Establish effective ways to find support, resources, and other helpful business tips.
- Create and develop a business plan for their future use in private practice.

Meets NBCC Content Area(s): 5, 8, 9

Custody Conflict: Ethical Standards & Best Practices for Mental Health Professionals

Content Area: Clinical Mental Health

Day: Wednesday, February 26

Time: 1:00:00 PM

Location: Palisades G

Presenter(s): Tom Black, Ph.D. LPC, LMHC

Program Description: This workshop provides licensed mental health professionals with comprehensive training on navigating the complex dynamics of custody disputes. This 3.5-hour workshop explores the ethical considerations and best practices involved in working with families, attorneys, and the courts in high-conflict custody cases. Participants will gain an understanding of ethical standards based on ACA, AMHCA, APA, and South Carolina ethics codes and learn how to apply these standards in real-world custody conflicts. Additionally, professionals will be equipped with practical strategies for maintaining impartiality, managing dual roles, and protecting client confidentiality while ensuring the child's best interests are prioritized.

At the conclusion of this session, participants will be able to:

- Understand ethical responsibilities as they pertain to custody disputes based on ACA, AMHCA, and South Carolina ethics codes.
- Learn best practices for conducting custody evaluations and managing high-conflict situations with parents and families.
- Develop strategies for maintaining impartiality and professionalism when interacting with courts, attorneys, and other legal professionals.
- Recognize and address ethical dilemmas, including conflicts of

interest, dual relationships, and issues surrounding confidentiality in custody cases.

- Enhance skills in providing ethical testimony, accurate documentation, and clear communication with all parties involved in custody conflict.

Meets NBCC Content Area(s):

EVENING LEARNING INSTITUTES

Navigating the Ethics of Gender-Affirming Care Bans

Content Area: Ethics

Ethics

Day: Wednesday, February 26

Time: 6:00:00 PM

Location: Palisades D

Presenter(s): Jen Bennett, M.A. LPC

Program Description: Currently, the ethical codes of conduct governing counselor provision of services and state law are at odds. This session will provide counselors with current ethical codes of conduct and state law and a discussion of how to navigate the space between them.

At the conclusion of this session, participants will be able to:

- Identify and locate state, national, and international ethical codes governing transgender care.
- Evaluate how to move forward in the provision of care for transgender clients.
- Defend gender-affirming care as both ethical and scientifically supported.

Meets NBCC Content Area(s): 3, 8

Legal and Ethical Tips for Homicidal Risk Reduction and Practice Effectiveness

Content Area:

Day: Wednesday, February 26

Time: 6:00:00 PM

Location: Palisades G

Presenter(s): Robert Moore, Ph.D., Ed.D. LPC (MHSP-S)

Program Description:

While some attention is given to suicide, assessment and prevention, and counselor, education, and continuing education, insufficient attention is given to homicide/harm assessment, prevention, and reduction. This session will review the ACA code of ethics, provide research findings, and review practical ways to improve practice effectiveness while reducing risk/liability by ensuring that specific areas are addressed in Counseling.

At the conclusion of this session, participants will be able to:

- Assess an address, homicide, and harm, and counseling practice.
- Recognize and respond effectively to situations involving potential harm to self or others.
- Understand the importance of addressing homicide/harm assessment, prevention, and reduction in practice.

Meets NBCC Content Area(s): 8

THURSDAY, FEBRUARY 27

SESSION 1

Human Trafficking: An Overview with Implications for School and Clinical Counselors

Content Area: Clinical Mental Health

Counseling

Clinical Mental Health Counseling

Day: Thursday, February 27

Time: 8:00:00 AM

Location: Palisades D

Presenter(s): Michelle Harrison, Ph.D. LCP, LPC-S

Claudia Seth, Ph.D. LPC, LSC

Program Description: The first portion of this presentation will provide an overview of human trafficking for service providers. The overview will include how to recognize and respond to signs of trafficking and debunk common myths associated with human trafficking. The second portion will focus on identifying and responding to trafficking in the schools. Resources for developing school protocols and additional training to enhance prevention and response to human trafficking will be discussed. Evidence-based therapeutic approaches and interventions will be highlighted when working with clients and students.

At the conclusion of this session, participants will be able to:

- Identify signs of human trafficking and know how to respond.
- Recognize and respond to trafficking in the school setting.
- Identify therapeutic approaches and have an increased understanding of clinical considerations when working with clients and students who have been trafficked.

Meets NBCC Content Area(s): 1, 3, 8

How Executive Function Coaching Can Prepare Your Child for Success

Content Area: Counselor Education
Counselor Education

Day: Thursday, February 27

Time: 8:00:00 AM

Location: Palisades E

Presenter(s): James Deal, Ed.S. School Counselor, CATIII

Program Description: This presentation will cover the six stages of executive functioning and how they apply to specific applications. Attendees will also be given tools to assist their clients who may be having problems with procrastination, task initiation, project management, and prioritization.

At the conclusion of this session, participants will be able to:

- Recognize the six stages of executive functioning.
- Evaluate the priorities in an executive function session.
- Analyze and implement effective strategies in dealing with executive function limitations.

Meets NBCC Content Area(s): 1, 2

Brain Hacking- Rescuing Our Teens and Ourselves from Social Media Part 1

Content Area: Substance Abuse/Addictions
Substance Abuse/Addictions

Day: Thursday, February 27

Time: 8:00:00 AM

Location: Palisades F

Presenter(s): James Deal, Ed.S. School Counselor, CATIII
No

Program Description: This presentation will cover how social media becomes addictive, the consequences, and helpful strategies for parents who may have teens they feel are addicted to their devices and or social media.

At the conclusion of this session, participants will be able to:

- Recognize how addictive social media is and what can be done to assist teens with this addiction.
- Evaluate and develop strategies to assist with social media addiction.
- Analyze and detect the various harmful apps that may be disguised as being beneficial.

Meets NBCC Content Area(s): 1, 2, 4

Brain Hacking- Rescuing Our Teens and Ourselves from Social Media Part 2

Content Area: Substance Abuse/Addictions
Substance Abuse/Addictions

Day: Thursday, February 27

Time: 8:00:00 AM

Location: Palisades G

Presenter(s): James Deal, Ed.S. School Counselor, CATIII

Program Description: This presentation will cover how social media becomes addictive, the consequences, and helpful strategies for parents who may have teens they feel are addicted to their devices and or social media.

At the conclusion of this session, participants will be able to:

- Recognize how addictive social media is and what can be done to assist teens with this addiction.
- Evaluate and develop strategies to assist with social media addiction.
- Analyze and detect the various harmful apps that may be disguised as being beneficial.

Meets NBCC Content Area(s): 1, 2, 4

Trauma-informed Leadership

Content Area: Clinical Mental Health Counseling

Clinical Mental Health Counseling

Day: Thursday, February 27

Time: 8:00:00 AM

Location: Palisades H

Presenter(s): Nicki Gaskins, M.Ed. LPCS

Program Description: This captivating workshop examines the intersectionality of trauma and how people perform their work functions. This training is particularly applicable for counselors and interns working with clients and students and navigating difficulties at work. It is especially appropriate for attendees who currently, or plan to, lead or supervise others and want to be the best at it.

At the conclusion of this session, participants will be able to:

- Define trauma-informed leadership and its core principles.
- Identify why the individual trauma of our clients, students, and team members and its intersections with workplace performance and career fulfillment is a highly relevant issue for consideration.
- Learn & apply proven skills that will help our clients and our team members improve workplace performance and

Meets NBCC Content Area(s): 1, 2, 5

Pushing P for Student Athletes and Mental Health

Content Area: Clinical Mental Health Counseling

Clinical Mental Health Counseling

Day: Thursday, February 27

Time: 8:00:00 AM

Location: Palisades I

Presenter(s): Aubrey L. Sejuitt, Ph.D. LISW-CP, LPC-A, LCAS
Sam Weber, Ph.D. LAT
Brittany J. Mack, B.S.

Program Description: What do you get when you bring together a counselor, athletic trainer, and student-athlete/ now graduate student? You get a chance to “push the p” for student-athletes and mental health. Acting with integrity and style while maintaining and displaying the success of mental health initiatives (pushing the p), presenters will discuss the NCAA policies and procedures related to mental health. They will explain the process for referring student-athletes with mental wellness concerns to clinicians on a college campus and then provide participants with information as to how they can best support this particular population.

At the conclusion of this session, participants will be able to:

- Discuss the current mental health policy and procedure recommendations within the NCAA
- Describe the counseling referral process of Athletic Trainers (ATs) for their athletes
- Compare and discuss mental health concerns reported to both ATs and Counselors on campus

Meets NBCC Content Area(s): 1, 3, 9

Ready, Willing & Differently-Abled

Content Area: Supervision
Supervision

Day: Thursday, February 27

Time: 8:00:00 AM

Location: Mulligans (Mezzanine level in hotel)

Presenter(s): Sabrina Wannamaker, Ph.D.
LPCS, LPC, EAS-C

Program Description: This session is designed for counselors and supervisors who identify as having a disability. Focusing on promoting wellness and enhancing self-awareness, participants will explore how to maintain their well-being, develop self-awareness regarding the unique challenges they may face, and leverage supervision as a tool for success to promote professional and personal growth.

At the conclusion of this session, participants will be able to:

- Design a self-awareness plan identifying the personal needs, strengths, and challenges of a counselor living with a disability.
- Identify ways to advocate for their needs in the supervisory relationship effectively
- Discuss the role of supervision in supporting their professional development and personal well-being

Meets NBCC Content Area(s): 2, 8, 9

SESSION 2

Vibes and Vision: Classroom Counseling Lessons in Middle School

Content Area: School Counseling
School Counseling

Day: Thursday, February 27

Time: 9:05:00 AM

Location: Palisades D

Presenter(s): Shandra James, Ed.S. LPC

Program Description: The primary focus of this presentation is to show school counselors effective ways to implement classroom counseling lessons at the secondary level, primarily middle school while ensuring that we implement a comprehensive counseling program in our schools.

At the conclusion of this session, participants will be able to:

- Create and facilitate developmentally appropriate classroom counseling lessons.
- Create an annual calendar to help guide their counseling lessons throughout the year.
- Implement a comprehensive counseling program within their building.

Meets NBCC Content Area(s): 1 9

Blurred Lines: Recognizing and Preventing Common Ethical Violations in Counseling

Content Area:

Day: Thursday, February 27

Time: 9:05:00 AM

Location: Palisades E

Presenter(s): Markesha Miller, Ph.D., LPC, LPCS
Jennifer Jordan, Ph.D. LPC, LPCS

Program Description: This is an engaging and interactive presentation focused on the complexities of ethical practice in the field of counseling, particularly within the context of South Carolina and the American Counseling Association (ACA) guidelines. Participants will explore real-world scenarios and case studies that illustrate common ethical dilemmas faced by counselors. This program aims to enhance counselors' understanding of ethical standards, promote awareness of potential pitfalls, and equip attendees with practical strategies to navigate challenging situations while upholding the integrity of the profession.

At the conclusion of this session, participants will be able to:

- Understand the American Counseling Association's ethical guidelines, emphasizing their application within the state of South Carolina.
- Identify common ethical violations in counseling practices, including dual relationships and confidentiality breaches, and the potential impacts of these violations on clients and the therapeutic relationship.
- Apply practical tools and techniques to prevent ethical violations, including effective supervision, ongoing education, and self-reflection practices that foster ethical decision-making in their professional practice.

Meets NBCC Content Area(s):

Building Psychological Flexibility through Acceptance and Commitment Therapy (ACT)

Content Area: Clinical Mental Health Counseling

Clinical Mental Health Counseling

Day: Thursday, February 27

Time: 9:05:00 AM

Location: Palisades F

Presenter(s): David Schary, Ph.D. LPC-A

Program Description: Psychological flexibility is the ability to adapt to changing circumstances, maintain balance in the face of challenges, and stay committed to personal values. This presentation will explain the core components of ACT that foster psychological flexibility, including acceptance, cognitive defusion, mindfulness, values clarification, self-as-context, and committed action. Participants will learn how to apply these principles to help clients navigate life's difficulties, reduce psychological distress, and enhance overall well-being. Additionally, the presentation explores how to integrate ACT with other therapeutic approaches to create a

comprehensive and effective treatment plan. Through interactive exercises and case studies, attendees will gain practical skills to incorporate ACT into their counseling practice, promoting resilience and adaptability in their clients.

At the conclusion of this session, participants will be able to:

- Explain the six core components of psychological flexibility.
- Demonstrate ACT strategies and techniques to promote psychological flexibility.
- Integrate ACT with other therapeutic approaches.

Meets NBCC Content Area(s): 1

When the Solution Becomes the Problem: Using Creative Strategic Therapy with Unique and Challenging Cases

Content Area: Clinical Mental Health Counseling

Clinical Mental Health Counseling

Day: Thursday, February 27

Time: 9:05:00 AM

Location: Palisades G

Presenter(s): Paul J. Leslie, Ed.D. LPC

Program Description: Clients' problems often persist due to their attempted solutions to change their distressing situations. These well-meaning attempted solutions can frequently reinforce the dysfunctional patterns that clients are trying to change. The essence of a Creative Strategic Therapy approach is not to get clients to do something but rather to get clients to stop what they have been doing about the problem. Paradoxically, it is allowing problems to dissipate rather than exerting efforts to overcome them that leads to client transformation. By offering creative, alternative actions which block clients'

attempted solutions, therapists can help generate surprising and effective outcomes for their clients.

At the conclusion of this session, participants will be able to:

- Identify five methods to alter problematic patterns
- Evaluate therapy cases from a Strategic perspective
- Recognize when attempted solutions are maintaining problems

Meets NBCC Content Area(s): 1

Healing from PTSD with Cognitive Processing Therapy

Content Area: Clinical Mental Health Counseling

Clinical Mental Health Counseling

Day: Thursday, February 27

Time: 9:05:00 AM

Location: Palisades H

Presenter(s): Lorraine Holeman, M.Ed. LPC, LPC-S

Laura Tolbert Ed.S. LPC

Samantha Turner, EdS, LPC

Program Description: We will give an overview of Cognitive Processing Therapy (CPT) as an evidence-based modality to treat PTSD to, include a review of PTSD symptoms, how to use the PLC-5 as a screening tool for PTSD, goals of CPT, specific interventions, how to access training certification and data that shows the success of our clients with this highly effective structured therapy option.

At the conclusion of this session, participants will be able to:

- Identify the symptoms of PTSD resulting from a wide range of traumatic experiences.
- Explain the positive clinical outcomes for clients with PTSD associated with Cognitive Processing Therapy as a treatment modality.
- Identify how to access formal training for Cognitive Processing Therapy and how to engage with other local clinicians who use CPT through supportive consultation.

Meets NBCC Content Area(s): 16, Research and Program Evaluation (critical findings and clinical implications, development of measurable counseling interventions, design and methods, evaluation of findings)

How Culture Shapes African American Male's Willingness to Disclose Military Sexual Trauma and How to Overcome the Stigma

Content Area: Clinical Mental Health Counseling
 Clinical Mental Health Counseling
Day: Thursday, February 27
Time: 9:05:00 AM
Location: Palisades I

Presenter(s): Christine James, Psy.D. LPC

Program Description: This presentation will review the history of African American males in the military and how this history, along with current military and societal stigma associated with sexual trauma. Then, we will discuss how to utilize this information in clinical settings to provide safe spaces for disclosure.

At the conclusion of this session, participants will be able to:

- Describe cultural touchstones for African Americans in the military.

- Demonstrate knowledge of military sexual trauma (MST) as it relates to African American Males
- Utilize their knowledge to amend intake and psychological interview practices to include procedures aimed at more accurately and compassionately identifying African American males who have experienced MST

Meets NBCC Content Area(s): 3

Cultivating Self-Esteem in African American Adolescent Females Through Counseling

Content Area: Clinical Mental Health Counseling
 Clinical Mental Health Counseling
Day: Thursday, February 27
Time: 9:05:00 AM
Location: Mulligans 2

Presenter(s): Jessica Barnes, M.A. NCC

Program Description: This presentation will explore ways that counselors can provide effective counseling to African American adolescent girls to help cultivate and increase their self-esteem. Multicultural feminist therapy is utilized as the conceptual framework. The presenter will offer practical strategies and suggestions for counseling African American adolescent girls. The presenter will also discuss limitations, implications, and suggestions for future research in the poster presentation.

At the conclusion of this session, participants will be able to:

- Utilize strategies to build rapport and establish comfort with African American adolescent girls while cultivating a safe space to increase self-esteem during sessions.

- Identify situational circumstances that lead many African American adolescent females to counseling.
- Describe key concepts of the conceptual framework of Multicultural Feminist Therapy.

Meets NBCC Content Area(s): 2, 3

SESSION 3

Career Development as a Lifelong Journey: Insights from Constructivist Career Theory

Content Area: School Counseling
School Counseling

Day: Thursday, February 27

Time: 10:10:00 AM

Location: Palisades D

Presenter(s): Samantha Turner, M.Ed.
Certified School Counselor, LPC, NCC
Laura Craven, Ph.D.

Program Description: This session explores how Constructivist Career Theory views career development as an ongoing, personal journey shaped by individual experiences and meanings. The theory emphasizes that career decisions are not linear or fixed but constructed through a dynamic process of self-reflection, narrative building, and adaptation to life changes. By focusing on how individuals create and interpret their career stories, this approach empowers clients to take ownership of their career paths. The poster highlights how Constructivist Career Theory is useful in all stages of a person's career development, offering practical insights into constructing meaningful, future-oriented career narratives.

At the conclusion of this session, participants will be able to:

- Explore how Constructivist Career Theory highlights the role of personal narratives in career development for students and clients.
- Recognize the value of career stories in guiding decisions across all stages of career development for diverse populations.
- Apply insights from Constructivist Career Theory to support students and clients in constructing meaningful, adaptable career paths.

Meets NBCC Content Area(s): 2, 5

Using Rapid Hypnotic Induction to Treat Functional Neurological Syndrome Disorders

Content Area: Clinical Mental Health Counseling
Clinical Mental Health Counseling

Day: Thursday, February 27

Time: 10:10:00 AM

Location: Palisades E

Presenter(s): Fredric Mau, D.Min. LPC,
LPCS

Program Description: Your client has a medical symptom, but physicians have ruled out a medical cause. Good news: hypnosis is a great neurological fit for treating that, with a goal of mitigating rather than managing symptoms. More interesting: Rapid hypnotic induction actually helps! We will explore how hypnosis works in the brain, how this relates to specific treatments, and how to perform and use rapid induction.

At the conclusion of this session, participants will be able to:

- Describe how hypnosis operates in the brain.

- Apply this to the treatment of disorders, particularly functional neurological syndrome disorders.
- Describe how rapid induction is helpful in clinical practice.

Meets NBCC Content Area(s): 1, 9

The Story Behind the Eating Disorder: Using Narrative Approaches to Dive Deeper Into the Client's Story Influencing Disordered Eating Patterns

Content Area: Clinical Mental Health Counseling

Clinical Mental Health Counseling

Day: Thursday, February 27

Time: 10:10:00 AM

Location: Palisades F

Presenter(s): Tiffany Spisak, M.S., LPC

Program Description: In this educational session, the attendees will learn how to apply a holistic, narrative worldview to case conceptualizations of eating disorder presentations. The session will address the complex cultural, wellness, and individual client factors that work to influence patterns of disordered eating to arise as a method of coping. The session will provide information from the counseling literature related to the effective and beneficial uses of narrative therapy modalities and techniques as they apply to a diverse range of eating disorder symptoms. The presentation will also provide attendees with the opportunity to participate in an interactive narrative-based activity that can be applied to their clinician work with clients who report thoughts, feelings, and behaviors congruent with disordered eating patterns. A narrative, constructionistic view of eating disorder presentations will be addressed to provide a holistic conceptualization of this type of diagnosis while working to decrease stigma and debunk myths surrounding eating disorder symptoms.

At the conclusion of this session, participants will be able to:

- Demonstrate understanding of eating disorder symptoms from a narrative, holistic conceptualization that views the client's story as unique and multilayered.
- Identify narrative therapy techniques and interventions that are useful and effective in decreasing various eating disorder symptoms among diverse clients.
- Discuss the use of narrative story construction and externalization to represent eating disorder symptoms as separate story elements distinct from the client's identity.

Meets NBCC Content Area(s): 1, 3, 9

Social Health: How to Empower Clients in Building Their Social Support Networks

Content Area: Clinical Mental Health Counseling

Clinical Mental Health Counseling

Day: Thursday, February 27

Time: 10:10:00 AM

Location: Palisades G

Presenter(s): Carrie Caudill, Ph.D., LPC

Program Description: We all know clients who are lonely and struggling to connect meaningfully with others. Since social health is a vital component of overall well-being, counselors need evidence-based tools to assess and enhance clients' social well-being. Recent advancements in positive psychology emphasize the profound impact of social connections on mental health outcomes, offering valuable insights for clinical practice. This presentation will explore the critical role of social health, highlighting empirical

evidence and practical strategies for integrating social health into therapeutic interventions.

At the conclusion of this session, participants will be able to:

- Evaluate how strong social bonds contribute to resilience, lower levels of anxiety and depression, and improved recovery outcomes for clinical clients.
- Recognize the interplay between social health and psychological well-being.
- Implement actionable insights to foster stronger social connections in their clinical practice.

Meets NBCC Content Area(s): 1, 9

The Importance of Understanding Trauma-Informed Care

Content Area: Clinical Mental Health Counseling

Clinical Mental Health Counseling

Day: Thursday, February 27

Time: 10:10:00 AM

Location: Palisades H

Presenter(s): Cynthia Doney, Ph.D., LPC

Program Description: Participants will be educated in recognizing and understanding the impact of childhood trauma on general functioning and learning, relating to daily life skills. Research-based interventions will be discussed for working with clients suffering from childhood trauma. Culturally-responsive strategies will also be addressed in order to create trauma-sensitive clinics for this population.

At the conclusion of this session, participants will be able to:

- Recognize and understand the impact of chronic childhood trauma on

general functioning and learning in relation to life skills.

- Identify the common symptomology of those suffering from chronic trauma.
- Synthesize culturally responsive strategies to create trauma-sensitive settings for the population.

Meets NBCC Content Area(s): 12, 3

Supervision Made Simple

Content Area: Supervision

Supervision

Day: Thursday, February 27

Time: 10:10:00 AM

Location: Palisades I

Presenter(s): Steve Johnson, Ph.D. LMFT, LPC, AAMFT approved supervisor, ACS
Jeff Boatner Ph.D. LPC, LMFT, NCC
Kevin Van Wynsberg, Laurel Shaler, Holly Johnson

Program Description: Supervision has been recognized as the signature pedagogy of the mental health field. The CREATE model is offered as an orienting device that provides supervisors and supervisees with a big-picture perspective and is designed to simplify the counseling and supervision process. This model is used as an educational tool assisting counselors-in-training (CIT) in recognizing the infrastructure of counseling sessions regardless of their preferred theoretical orientation. The CREATE model provides the CIT with clarity as to the “location,” rationale, and importance of their theoretical lens to the counseling journey. The CREATE acronym is based on common factors research formulated as an adaptation from the Contextual model of counseling and applied to supervision as an instructional device.

At the conclusion of this session, participants will be able to:

- Explain the CREATE supervision model and how this framework helps the counselor-in-training (CIT) make sense of their selected theory in the counseling setting.
- Describe the counseling common factors presented in the CREATE framework, which makes this model a useful orienting device applicable to all counseling theories.
- Apply the CREATE model to a current supervisory situation to demonstrate how this orienting device helps the CIT maintain a sense of “location” in the counseling process.

Meets NBCC Content Area(s): 1, 3, 6

AWARDS LUNCHEON AND KEYNOTE

Title: *My Suicide Prevention Story*

Presenter: Dennis Gillian, Chandler Cox, M.A., LPC

Time: 11:10:00 AM

Location: Palisades A, B, C

Keynote Presentation

3 - 2 - 1 Powerful Story

In this talk, Dennis takes your audience on a rollercoaster ride of emotions as he explains how he recovered from the suicide deaths of both of his brothers. Following the latest guidelines on speaking about suicide and suicide prevention, Dennis will discuss the warning signs of mental distress, the benefits of therapy, and how he found peace in sobriety.

Dennis has a unique presentation style and will use humor to help this message land. In the end, the message is real and relatable for all who attend.

SESSION 4

Crisis Management and Intervention: The School Counselor’s Role in Mental Health Emergencies

Content Area: School Counseling
School Counseling

Day: Thursday, February 27

Time: 1:00:00 PM

Location: Palisades D

Presenter(s): Madison Williams, Ed.S. LPC-A

Program Description: During this presentation, we'll explore how school counselors respond to crises like bullying, suicide, grief, and natural disasters and provide strategies for effective intervention.

At the conclusion of this session, participants will be able to:

- Identify key signs and symptoms of students in crisis (bullying, suicide, grief, and natural disasters) to enhance early detection and provide appropriate interventions.
- Implement crisis response protocols and counseling interventions designed to address both the immediate and long-term needs of students affected by critical incidents.
- Collaborate with school staff, parents, and community mental health professionals to establish a comprehensive support system for students experiencing crises and to promote a unified recovery approach.

Meets NBCC Content Area(s): 1, 2, 3

Demystifying Your Client's Brain

Content Area: Clinical Mental Health Counseling
Clinical Mental Health Counseling

Day: Thursday, February 27

Time: 1:00:00 PM
Location: Palisades E

Presenter(s): Jon Beaumont, M.S. LPCS

Program Description: Understanding the brain and its functions can be overwhelming, even to us as counselors. Clients, especially those with a diagnosed disorder, can often feel helpless when it seems as though their brain is acting on its own volition. This presentation will provide proven explanations, stories, analogies, etc., in simple terms that counselors can use to help clients understand what is happening in their brains. Furthermore, brain-based justifications (in layman's terms) for several of the most effective treatments, techniques, strategies, etc., will also be covered. Armed with this knowledge, counselors, and thereby clients, can feel empowered to take on the amazing, but sometimes frightening, powerhouse known as the human brain.

At the conclusion of this session, participants will be able to:

- Explain the brain processes behind at least 3 of the most common diagnoses in simpler terms.
- Describe a brain-based rationale for at least three effective techniques for improved mood and behavior.
- List at least five things anyone can do to improve brain health/function.

Meets NBCC Content Area(s): 2, 5, 9

What is Art Therapy? Understanding the Field of Creative Arts Therapies and How You Can Utilize Creative Approaches in Counseling Practice

Content Area: Counselor Education
Counselor Education
Day: Thursday, February 27
Time: 1:00:00 PM

Location: Palisades F

Presenter(s): Carly Schug, M.A. ATR-BC, LPC

Program Description: Art Therapy has a long and nuanced history as an intervention in psychological wellness and development. In the U.S., Art Therapy is a regulated title overseen by the Art Therapy Credentials Board, where they have received a Master's degree and specialized training in the field. Afterward, they take a qualifying board exam and complete 1,000+ post-graduate supervised hours of clinical work before becoming eligible for credentialing. In recent years, there has been an exciting boom of professionals wanting to incorporate more creative interventions into their practice; art therapists can assist in providing these professionals with the proper education and understanding of how to utilize art materials and directives properly. In this program, I will explore art therapy's history, how to use art materials appropriately, and give some beneficial activities that counselors can implement in their counseling practice.

At the conclusion of this session, participants will be able to:

- Understand the scope of practice for art therapists vs. counselors
- Identify art materials appropriate for different populations.
- Apply various ways they can still ethically incorporate creativity into their practice.

Meets NBCC Content Area(s): 1, 5, 8

Enter into the mind of a Law Enforcement Officer

Content Area: Clinical Mental Health
Counseling
Clinical Mental Health Counseling

Day: Thursday, February 27

Time: 1:00:00 PM

Location: Palisades G

Presenter(s): Kimberly Kiefer, D.Min.

Program Description: This presentation will provide insights into a Law Enforcement Officer's mindset on and off the job.

Information will be shared to help counselors have a basic understanding of the impact this career has on them as a person and their families. Discussions will include resources that exist to better prepare the counselor to provide officers and their families with effective support and referrals.

At the conclusion of this session, participants will be able to:

- Explain hypervigilance and its effects on the law enforcement officer.
- Describe the traits of a good cop and how it can make them a "bad" family member.
- Discuss the effects of law enforcement officers being unable to display emotions and the possible impact it can have on them and their relationships (i.e. human robot).

Meets NBCC Content Area(s): 3, 8, 9

EMDR for Traumatic Brain Injuries

Content Area: Clinical Mental Health Counseling

Clinical Mental Health Counseling

Day: Thursday, February 27

Time: 1:00:00 PM

Location: Palisades H

Presenter(s): Carrie Grahan, M.A., LPC, LPC-S

Program Description: EMDR is shown to be effective in the treatment of a variety of

different issues, including trauma, anxiety, and depression. EMDR can also be an effective way to reduce the impact of Traumatic Brain Injuries, including post-concussive syndrome. There are several modifications and considerations when using EMDR and other therapeutic modalities in the treatment of traumatic brain injuries.

At the conclusion of this session, participants will be able to:

- Recognize symptoms related to mild to moderate traumatic brain injury
- Demonstrate an understanding of different treatment options, including EMDR, to reduce the impact of traumatic brain injury.
- Identify the need for modifications to standard treatment options when working with individuals with traumatic brain injuries and what those modifications are.

Meets NBCC Content Area(s): 1, 9

Helping Counselors develop their therapeutic relationship skills to be employed with individual and with Couples, Marriage, and Family Clients

Content Area: Couples and Family Therapy
Couples and Family Therapy

Day: Thursday, February 27

Time: 1:00:00 PM

Location: Palisades I

Presenter(s): Carrie Hunt, M.S. MFT
Taylor Baldwin M.A. LPC
Tae Joon Kim

Program Description: This session will cover research and suggested practices for counselors seeking to intentionally and deliberately develop their therapeutic presence and alliance with individual, couple, and marriage and family counseling settings.

At the conclusion of this session, participants will be able to:

- Explain 2-3 relevant research findings related to the client outcomes accounted for by the therapeutic relationship and alliance for individuals, couples, and family clients.
- Identify two intentional practices related to the continuing development of their therapeutic presence and the therapeutic relationship.
- Demonstrate specific skills to be employed in building alliance with all members in CFT, therapeutic alliance repair, collaborative goal setting, and split alliance in CFT

Meets NBCC Content Area(s): 5

SESSION 5

Impact of Domestic Violence on Children

Content Area: Couples and Family Therapy

Couples and Family Therapy

Day: Thursday, February 27

Time: 2:05:00 PM

Location: Palisades D

Presenter(s): Chloe Smith, B.S.
Aubrey Sejuitt, Ph.D. LISW-CP, LPC-A,
LCAS

Program Description: The increasing awareness of the impact of domestic violence continues to grow but still has a stigma surrounding the survivors, oppressing the population. Not only are the survivors affected, but their children are as well. The purpose of this presentation is to highlight the impact of domestic violence on children. By providing information and statistics on this population, this presentation will emphasize their social disparities and inequalities while

providing various empowerment practices to support the children and survivors.

At the conclusion of this session, participants will be able to:

- Recognize the social outcomes and impact this vulnerable population can face if there are limited resources and interventions around them.
- Analyze the empowerment practices discussed in the presentation and be able to use practices in participant's agencies/organizations
- Analyze a brief overview of domestic violence resources throughout history

Meets NBCC Content Area(s): 5, 9

Building Bridges: Fostering Peer Support in the Digital Age

Content Area: Graduate Students

Graduate Students

Day: Thursday, February 27

Time: 2:05:00 PM

Location: Palisades E

Presenter(s): Rebecca George, Ph.D. LPCS,
LAC
Megan Hinds B.S.
Shayla Mayes, BA

Program Description: As mental health professionals navigate an increasingly interconnected world, the importance of peer support has never been more critical. This workshop explores innovative strategies for creating and maintaining supportive communities among mental health professionals, particularly in virtual settings.

At the conclusion of this session, participants will be able to:

- Enhance participants' understanding of the benefits and challenges of

building online peer support communities.

- Equip participants with practical tools for fostering a sense of belonging and trust in virtual spaces.
- Explore strategies for creating and maintaining peer support networks across geographic boundaries.

Meets NBCC Content Area(s): 5, 8, 9

Using CBT to Address Social Media-Induced Body Dysmorphia

Content Area: Clinical Mental Health Counseling
Clinical Mental Health Counseling
Day: Thursday, February 27
Time: 2:05:00 PM
Location: Palisades F

Presenter(s): Regin Dean, M.A. N/A

Program Description: Body image formation occurs early on developmentally and can impact an array of factors, including one's self-esteem and perception of worth. Lack of alignment with bodily ideals can lead to diagnoses or symptoms of Body Dysmorphic Disorder (BDD). Individuals with BDD diagnoses are likely to engage in extreme dieting, body modification, and eating disorders. This presentation will review how these may be remedied by addressing problematic social media use through Cognitive Behavioral Therapy.

At the conclusion of this session, participants will be able to:

- Understand the relationship between social media engagement and body dysmorphic disorder symptomology and diagnoses in women
- Recognize the potential merit of implementing CBT techniques to

address and combat poor perceptions of body image through the regulation of maladaptive social media engagement

- Identify specific recommendations for CBT implementation and techniques

Meets NBCC Content Area(s): 1, 9

Get Your Drive Back: 11 Inner States to Personal Empowerment

Content Area: Clinical Mental Health Counseling
Clinical Mental Health Counseling
Day: Thursday, February 27
Time: 2:05:00 PM
Location: Palisades G

Presenter(s): Rachel Carter, M.S. LPC

Program Description: This presentation will take participants on the "inner states" of cleaning out their emotional trunk, using the right fuel, giving themselves mental "tune-ups," igniting their spark, developing a clear vision, recognizing detours as opportunities, staying in their lane, adjusting their emotional frequency, and making "You Turns" on the road of life. This session will foster growth in participants both personally and professionally. It will provide a unique car analogy approach to steering self and others into the driver's seat of life to promote emotional well-being and success.

At the conclusion of this session, participants will be able to:

- Identify what is stored in their trunk that is creating mental distress and preventing them from moving forward in life
- Learn how to utilize the car analogy approach to better serve clients mental health and well-being

- Recognize ways to transform detours into opportunities

Meets NBCC Content Area(s): 2

Against Empathy

Content Area: Clinical Mental Health Counseling
Clinical Mental Health Counseling

Day: Thursday, February 27

Time: 2:05:00 PM

Location: Palisades H

Presenter(s): Ethan Taylor, M.A. LPC-A

Program Description: This presentation will discuss the radical and counterintuitive idea that empathy should not be the goal of the therapist, nor the means of therapeutic change (and in most cases, is an impediment to it). When the therapist is focused on offering empathy, they are unable to truly hear what the patient is saying. When one is listening empathetically, one is only able to compare her own experiences to those of the patient. While empathy is a necessary quality for those in the mental health field to possess, using it as a therapeutic tool negates the particularities of the patient's unique experience, ultimately halting the production of creativity and free thought. Empathy is primarily an expression of our desire to be loved, not one of giving our love to the patient.

At the conclusion of this session, participants will be able to:

- Evaluate the potential drawbacks of using empathy as the primary therapeutic tool in therapy sessions.
- Analyze how focusing on empathy can hinder a therapist's ability to truly understand and address the patient's unique experiences.
- Recognize alternative therapeutic approaches that promote creativity

and free thought without relying primarily on empathy.

Meets NBCC Content Area(s): 1

The Interstate Counseling Compact: The Privilege to Practice in Other States

Content Area: Ethics

Ethics

Day: Thursday, February 27

Time: 2:05:00 PM

Location: Palisades I

Presenter(s): Greg Searls, B.S. LFSP

Program Description: This presentation will cover a brief history of the compact and how the commission operates. I will also cover the process for applying for privileges to practice and provide an update on when privileges will start being issued. Finally, I will cover some ethical considerations counselors should consider before applying for a privilege to practice.

At the conclusion of this session, participants will be able to:

- Describe what the compact is and how it operates.
- Identify what states are members of the Counseling Compact.
- Explain ethical considerations for practicing across state lines under the privilege to practice.

Meets NBCC Content Area(s): 8

SESSION 6

Loving Adopted Children Well

Content Area: Couples and Family Therapy
Couples and Family Therapy

Day: Thursday, February 27

Time: 3:10:00 PM

Location: Palisades D

Presenter(s): Laurel Shaler, Ph.D. LPC, NCC, LMFT, LISW-CP/S, LCSW

Program Description: Adoption brings unique challenges. There can be emotional distress, frustration, and disappointment. This presentation will share how The 5 Love Languages® provide concrete steps to infusing love, hope, and attachment in the family unit. In addition to diving into the love languages—Service, Gifts, Physical Touch, Quality Time, and Words of Affirmation—this presentation will cover other topics, including What to do When You Don’t “Feel the Love”, Getting Spouses on the Same Page, Help for Single Parents, Stopping Sibling Rivalry, Support—Why it’s Needed and Where to Find It. This presentation will help counselors help clients who are personally connected to adoption.

At the conclusion of this session, participants will be able to:

- Demonstrate knowledge of the five love languages and their practical application with adoptive families.
- Recognize the unique challenges and needs that adoptive families face.
- Evaluate various avenues for helping families who have been touched by adoption.

Meets NBCC Content Area(s): 2, 3

Bytes and Breakthroughs: Managing Risk in Addiction Counseling with Digital Tools

Content Area: Substance Abuse/Addictions

Substance Abuse/Addictions

Day: Thursday, February 27

Time: 3:10:00 PM

Location: Palisades E

Presenter(s): Michelle Voegtle, M.Ed. LPC

Program Description: This session will explore the role of digital health technology in helping clinicians better assess and manage risks associated with addiction. As the opioid crisis and other forms of substance use continue to challenge mental health professionals, innovative tools are needed to enhance clinical decision-making, improve client outcomes, and ensure timely interventions.

This presentation will highlight how real-time data collection and analysis can enhance the detection of relapse risks, increase client engagement, and promote proactive care coordination.

At the conclusion of this session, participants will be able to:

- Understand how digital health tools can enhance addiction counseling risk identification, wellness, and crisis management.
- Learn how data-driven approaches can enhance client behavior assessment, care management, and communication between clinicians, clients, and support teams to predict and prevent relapse.
- Identify practical strategies for integrating these technologies into their clinical practices.

Meets NBCC Content Area(s): 1, 2, 6

Spiritually-Integrated Acceptance and Commitment Therapy for Treatment-Resistant Depression

Content Area: Clinical Mental Health Counseling

Clinical Mental Health Counseling

Day: Thursday, February 27

Time: 3:10:00 PM

Location: Palisades F

Presenter(s): Theresa Allen, Ph.D. LPC

Program Description: Depression can occur at any time. While there may be numerous reasons for its onset, including organic issues, circumstances of life, and interpersonal struggles, negative rumination, and emotional distress are common denominators for its lived experience. Cognitive Behavioral Therapy (CBT) has often been regarded as the gold standard treatment for depression due to its emphasis on self-awareness, cognitive restructuring, and challenging core beliefs. Many empirically based third-wave treatment modalities have emerged from the CBT therapeutic model. One such model is Acceptance and Commitment Therapy (ACT). ACT utilizes many of the key principles of CBT and then goes a step further. It teaches the client to accept and build tolerance for pain and suffering. The principles of ACT parallel with many spiritually based tenets, such as suffering is an unavoidable part of the human condition, negative mental scripts must be challenged, hope-focused thoughts should be rehearsed, management of the mind and emotions are intentional practices, and developing congruent values and behaviors are necessary to ameliorate cognitive dissonance. Additionally, ACT addresses metaphysical transcendence and self-as-context, which are key concepts grounded in the sacred. Studies have elucidated the impact that existential contemplations have on depression, such as “Is God mad at me?” or “Is God really good?” As such, spiritual struggles have been correlated with psychological distress and other depressive symptoms. This proposed presentation will discuss the efficacy of utilizing ACT as a spiritually integrated psychotherapy treatment for depressed clients, particularly Christian clients who may struggle with a crisis of faith during depressive episodes. It will analyze the six principles of ACT, describe integrated interventions that

are value-driven and structured for working with faith-based clients, and provide instructional strategies for a therapist to be both clinically sound and spiritually attentive when working with clients.

At the conclusion of this session, participants will be able to:

- Discuss the empirical research on the benefits of integrating spirituality into the therapeutic process and apply the six principles of Acceptance and Commitment Therapy to treatment-resistant depression in clients.
- Explore strategies for a therapist to be both clinically sound and spiritually attentive when utilizing a spiritually integrated approach to psychotherapy for depressed clients.
- Describe integrated interventions to help clients better manage their depressed thoughts, emotions, and behaviors.

Meets NBCC Content Area(s): 1 Human Growth and Development (lifespan, end of life issues, developmental crisis, disabilities, factors affecting behavior)

From Provider to Patient: An Inside Look at Mental Health Treatment

Content Area: Counselor Education
Counselor Education

Day: Thursday, February 27

Time: 3:10:00 PM

Location: Palisades G

Presenter(s): Amber Cheney, M.Ed. LPC

Program Description: During a personal mental health crisis in 2023, Amber Cheney found herself reaching out to a community resource that she had referred hundreds of clients to throughout the years. What she experiences left her distraught and discouraged. This open and vulnerable session aims to call for clinicians to assess the societal

and personal bias around mental health services for providers, shed awareness of what is happening behind closed doors (aka the lack of mental health resources available for clients in crisis), and to discuss different techniques to support clients in crisis outside of safety planning and referrals.

At the conclusion of this session, participants will be able to:

- Discuss societal bias and assess personal bias towards mental health treatment for providers
- Discuss mental health deficiencies in the realm of mental health treatment facilities
- Identify unique techniques that can be utilized when working with clients in crisis

Meets NBCC Content Area(s): 8

Imposter Syndrome and College Transition

Content Area: Graduate Students
Graduate Students

Day: Thursday, February 27

Time: 3:10:00 PM

Location: Palisades H

Presenter(s): D'Arion Johnston, Ed.S. Ed.S, LPCA
Laura Craven, Ph.D.

Program Description: As you embark on your college journey, it's common for thoughts to arise questioning your readiness, your capacity for success, and your uniqueness compared to your peers. You might find yourself pondering, "What sets me apart from others?" or "Is this stress truly worth it?" Join D'Arion Johnston and Laura Craven to explore how to build your self-belief and effectively combat imposter

syndrome during this transformative period as you work towards becoming your best self!

At the conclusion of this session, participants will be able to:

- Recognize irrational beliefs as they are transitioning to college.
- Evaluate how imposter syndrome may impact their motivation and readiness to go to college.
- Recognize various interventions that can be useful to reframe irrational beliefs.

Meets NBCC Content Area(s): 5, 9

The Ethics of Designing and Sustaining Your Wellness

Content Area: Ethics

Ethics

Day: Thursday, February 27

Time: 3:10:00 PM

Location: Palisades I

Presenter(s): Nicole Arcuri-Sanders, Ph.D. PhD, ACS, LPC-S, LCMHC-S, BC-TMH, NCC, SAC
Chelsey Simmons Ph.D. LPES, TF-CBT

Program Description: Self-care is not a new concept for mental health providers; it is an ethical imperative. Self-care practice is necessary for counselors who desire to be effective with their clients and experience career longevity. The nature of a counselor's work often involves listening to and supporting individuals through difficult and emotionally charged situations, which can lead to compassion fatigue, burnout, and secondary traumatic stress. Despite creating treatment plans for clients, these plans do not account for their counselor's humanness. Counselors need to be prepared to address the realities of their lived experiences to successfully sustain and flourish in the field.

This session invites participants to examine their personal lives while developing realistic self-care plans that account for work-life balance. Emphasis will include counseling interventions and technology strategies to support well-being and address professional hurdles such as compassion fatigue.

At the conclusion of this session, participants will be able to:

- Identify personal and professional resources and stressors.
- Prioritize self-care interests in alignment with personal supports and barriers realistically with professional demands
- Develop an individualized counselor welfare plan.

Meets NBCC Content Area(s): 8, 9

SESSION 5

Understanding Fertility Concerns of Partners Supporting Child-rearing Practices

Content Area: Clinical Mental Health Counseling

Clinical Mental Health Counseling

Day: Thursday, February 27

Time: 4:15:00 PM

Location: Palisades D

Presenter(s): Ashley Waddington, Ph.D. LPCS, LPC

Program Description: This presentation will review the partners' side of fertility concerns of their child-rearing partners in supporting infertility diagnoses and ongoing treatments necessary for child-rearing. The little research that has been completed on fertility issues within counselor education focuses on female professors in academia while giving little mention to supporting partnerships also going

through fertility concerns. While we know that fertility issues affect one in every six couples and individuals, it's essential to understand how partners can be supported in supporting themselves and their child-rearing partners, which is what this presentation will allude to and provide additional feedback on.

At the conclusion of this session, participants will be able to:

- Understand more about the prevalence and likelihood of fertility concerns among individuals, couples, and families.
- Analyze direct information from the supporting partners and their needs in supporting the child-rearing individual(s).
- Create a tangible list of ways to acknowledge and support partners and families of those going through fertility concerns.

Meets NBCC Content Area(s): 1, 2, 9

Navigating Recovery in the 21st Century: the Pros and Cons of Social Media

Content Area: Substance Abuse/Addictions

Substance Abuse/Addictions

Day: Thursday, February 27

Time: 4:15:00 PM

Location: Palisades E

Presenter(s): Shauna Ferrese, Ph.D. LPC-S, LAC

Tori Faciane M.S. LPC-A

Samantha Maietta, LPC-A

Program Description: Recovery from addiction in 2024 looks very different than it did in the days of Bill and Dr. Bob, and clinicians need the knowledge and skills to help clients navigate the recovery process in the modern world. The session will explore the potential benefits and risks associated with

engaging with social media as a person in recovery. Content will cover how individuals in early recovery should take caution in engaging with certain types of social media, as content can potentially trigger and present opportunities to engage with risky “people, places, and things.” We will also cover apps and social networking platforms that could help support someone in recovery and provide a safe social support system in the digital world.

At the conclusion of this session, participants will be able to:

- Describe how individuals in recovery engage with social media and why it is important for clinicians to be knowledgeable about their clients’ digital environments.
- Evaluate potential triggers and risky “people, places, and things” found on social media, thus mitigating relapse risk.
- Utilize and integrate recovery-oriented apps and social media platforms that can bolster individuals’ success in recovery and provide a safe space to commune with peers in recovery.

Meets NBCC Content Area(s): 1, 3, 9

Healing Church Hurt through ACT

Content Area: Clinical Mental Health Counseling

Clinical Mental Health Counseling

Day: Thursday, February 27

Time: 4:15:00 PM

Location: Palisades F

Presenter(s): Jordan Kennington, M.Ed. LPC

Program Description: This presentation will teach professionals how they can utilize techniques from Acceptance and

Commitment Therapy to help clients process religious trauma and church hurt. I will use the six principles of ACT (acceptance, cognitive defusion, self as context, being present, value, and commitment) and go through how each can help clients process religious trauma and harmful core beliefs. The presenter will address the spectrum of church-related trauma, including the challenges of escaping cult-like environments and emotional abuse, as well as the pain experienced by LGBTQ+ individuals and the shame and fear stemming from rigid teachings that clients have been subjected to.

At the conclusion of this session, participants will be able to:

- Recognize parts of the client's shame and trauma that come from religious backgrounds and upbringings.
- When exploring clients ' church hurt, utilize the language of values, commitment, and acceptance.
- Demonstrate how to use ACT to help clients discover old and new values involving religion and commit to pursuing the values clients want to keep.

Meets NBCC Content Area(s): 1, 3, 5

Do we have an ethical responsibility to prevent PTSD?

Content Area: Ethics

Ethics

Day: Thursday, February 27

Time: 4:15:00 PM

Location: Palisades G

Presenter(s): Fredric Mau, D.Min., LPC

Program Description: Behavioral and genetic research now exists, which indicates that an inexpensive and currently available genetic test may be able to determine which

individuals are more likely to exhibit clinical responses to traumatic events, as well as an increased likelihood to experience chronic pain following injury.

If this can be validated, do we as a society have an ethical responsibility to screen applicants for jobs where trauma is likely (such as the military or first responders)? If so, how should the information be handled? Or do we even have a right to do this? Or liability if we don't?

At the conclusion of this session, participants will be able to:

- Describe behavioral assessments which show a correlation between high hypnotizability and clinical posttraumatic disorders.
- Identify a genetic test that shows a genomic profile for individuals who are highly hypnotizable and who also typically exhibit higher clinical pain, more negative affective components of pain, and less efficacy from opioid treatment.
- Evaluate the ethical implications of these strands of research.

Meets NBCC Content Area(s): 3, 7, 9

Mental Health vs. Mental Performance: Understanding the Overlap and Distinctions

Content Area: Clinical Mental Health Counseling

Clinical Mental Health Counseling

Day: Thursday, February 27

Time: 4:15:00 PM

Location: Palisades H

Presenter(s): David Schary, Ph.D., LPC-A

Program Description: Mental health and mental performance are distinct yet interconnected aspects of well-being,

especially in performance-oriented fields. This presentation will clarify their differences and similarities, illustrating how they influence each other along a continuum. By addressing both aspects, attendees will learn to support individuals in various fields, such as sports, performing arts, education, medicine, and business. Through interactive exercises and case studies, attendees will explore therapeutic approaches like Acceptance and Commitment Therapy (ACT) and Cognitive Behavioral Therapy (CBT) to address mental health and performance concerns. Finally, attendees will develop practical strategies to integrate these concepts into their practice, fostering resilience and peak client performance.

At the conclusion of this session, participants will be able to:

- Explain the differences and similarities between mental health and mental performance.
- Demonstrate how therapeutic approaches can improve both mental health and mental performance.
- Develop strategies to support individuals in various performance-oriented fields by integrating mental health and mental performance concepts.

Meets NBCC Content Area(s): 1, 8, 9

Prepare to Launch: Meeting the Mental Health Needs of Emerging Adults

Content Area: Clinical Mental Health Counseling

Clinical Mental Health Counseling

Day: Thursday, February 27

Time: 4:15:00 PM

Location: Palisades I

Presenter(s): Robert Burdine, M.Ed., LPC

Program Description: Emerging adults aged 18-29 encounter significant challenges that extend beyond developmental transitions, often finding themselves without the support they need during this pivotal stage of life. This workshop equips counselors with practical strategies to address the specific mental health needs of this population. Participants will also explore how to advocate for emerging adults across systemic, interpersonal, and intrapersonal levels. Through interactive discussions and activities, counselors will gain actionable strategies to meet both the counseling and advocacy needs of emerging adults.

At the conclusion of this session, participants will be able to:

- Describe the mental health and other challenges commonly faced by emerging adults.
- Implement counseling strategies that address the unique needs of emerging adults.
- Advocate for emerging adults within clinical settings and in broader contexts.

Meets NBCC Content Area(s): 1, 2, 9

Graduate Student Poster Showcase and Afternoon Reception

(light snacks and drinks will be served)

Join us to celebrate the innovative ideas of our emerging professionals as they compete in a spirited poster contest. Please help us honor their hard work with awards and academic cords for our student members.

Time: 5:10 PM

Location: Conference Center Patio

Let's cheer on the future leaders of our field!

Poster 1

Overcoming Imposter Syndrome as a Counselor of Color

Presenter(s): Alexis Wideman, B.A., CPht

Program Description: This presentation elaborates on how people of color overcome imposter syndrome as a counselor within the field. We live in a society where equal opportunity, treatment, and recognition are not given to many individuals from marginalized communities. The presenter, who is a person of color herself, has learned throughout her life how emotionally draining it is to have others doubt you just because of the color of your skin. Therefore, the presenter will go into how racism can influence the views of people of color within the counseling profession. Also, the presentation will discuss the stages that a person of color goes through to overcome imposter syndrome and what that specifically looks like for them working within a therapeutic setting. Furthermore, this presentation will provide data on how this syndrome affects many counselors of color across many cultures in the U.S. In addition, the discussion will go into the steps counselors of color can take to overcome imposter syndrome and which tasks have proven effective. Lastly, see how the counseling profession can support counselors of color in overcoming their imposter syndrome and what that process should look like.

Overall, the goal of this discussion is to push further the realities of racism and how it can emotionally affect people of color within a professional setting. Pushing this issue would allow the field to see how racism can affect counselors of color and their abilities to prosper within the profession, hence, why the presenter will also include the importance of multiculturalism and how the principles underlying this concept can be used to support counselors of color within the workplace. Counselor education emphasizes

the importance of advocating for our clients of color but not how the profession advocates for their counselors of color. Therefore, the presentation will provide the resources and ways counselors of color can be supported within the field. It also provides ways that people of color can effectively overcome or even navigate through their imposter syndrome as they work in a therapeutic setting.

Poster 2

Empowering Change: Addressing Socioeconomic Oppression in Latinx Communities through Social Work Advocacy

Presenter(s): Chloe Hallahan, B.A.
Emily Spangler B.A.

Program Description: This poster will explore the oppressive layers the Latinx population faces, with heavy emphasis placed on those of low socioeconomic status nationally. Through the usage of statistics, there is a clear indication that the Latinx who are of low socioeconomic status are at a clear disadvantage when it comes to education, jobs, wages, housing, etc. Due to the disadvantages, social workers play an apparent role on three levels: micro, mezzo, and macro. Within the various levels, social workers adopt the role of supporting, empowering, connecting, and advocating for the low socioeconomic status of the Latinx population. With such empowerment highlighted through programs used as a support system, individuals can be directed or enrich themselves through self-help. Such programs include the Supplemental Nutrition Assistance Program (SNAP), En Camino a Mi Casa, MANA, and Latino Health and Wellness.

Poster 3

Shadows of Innocence: Unraveling the Lasting Impact of Childhood Trauma

Presenter(s): Dionne Edmond Dunn, B.S.
Dorissa Thompson B.S.

Program Description: Childhood trauma casts long shadows, shaping emotional struggles and relationship challenges that can last a lifetime. From anxiety and depression to physical health issues, the impacts are profound and far-reaching. However, resources like therapy, support groups, and educational programs offer pathways to healing, empowering survivors to reclaim their lives and find resilience.

Poster 4

U.S. Veteran Substance Use: PTSD as a Risk Factor

Presenter(s): Emilee Laenen, B.S.

Program Description: Substance use is on the rise in the veteran population, including alcohol, nicotine, opioids, and cannabis. Many of the veterans believe their substance use is not a problem, instead seeing it as a coping mechanism for an underlying issue. Substance use disorders (SUDS) and mental illness are highly comorbid, particularly among the veteran population. This review paper examines the research regarding PTSD as a risk factor for substance use disorder in veterans. Symptoms of PTSD, including intrusive symptoms, avoidance, hyperarousal, and alterations in cognition and mood, have been linked to an increased risk for substance use disorder. It is important to note that while the veteran population is majority 55 or older, white males, the population demographics are changing to include females and younger veterans, so these findings cannot be generalized.

Further research is needed to fully understand the dynamic of the two illnesses in this changing population of veterans.

Understanding this relationship as a counselor could be the difference between a veteran receiving treatment for their mental illness and not. It is understood that comorbid

PTSD and SUD is a more complex clinical course when compared to either disorder alone and can interfere with many other aspects of the veteran's life, including physical health, social functioning, and legal issues. Considering the clinical treatment alone, many individuals with comorbid PTSD and SUD will have poor treatment adherence and see less improvement during treatment. It will provide empathetic understanding around the maintenance of symptoms such as violent behavior, homelessness, and suicidal ideation and attempts.

Poster 5
Work Stress, Accessibility, and Drinking Culture: An Analysis of Contributing Factors for Substance Use Disorder Amongst Food Service Workers

Location: Patio

Presenter(s): Erica DeJesus, B.A.

Program Description: This poster analyzes the multifaceted components contributing to food service workers' high-risk behaviors influencing chronic substance use. This examination aims to observe the complex relationships between work stress, job satisfaction, employee turnover, easy access to alcohol and illicit drugs, drinking culture, and ineffective coping strategies, equally contributing to a broader understanding of addiction development and mechanisms. Extensive research on treatments and interventions have been exhausted for addictive behaviors and substance use disorders with a lack of adaptation to food service workers' distinctive needs. Potential intervention adaptations for restaurant workers are explored, examining the efficacy of resilience, self-awareness, social support, change exploration, and personalized coping skills.

Poster 6

"Tell me Your Story." Using Narrative Therapy in Trauma Recovery

Presenter(s): Haley Inman, M.S.

Program Description: Narrative therapy influences various brain regions and processes related to memory, emotion, self-perception, and social connection contributing to its effectiveness in promoting healing and resilience.

Poster 7
How intergenerational trauma as it relates to black women in college impacts stress

Presenter(s): Hannah Simmons, B.A.
Briaunna Sturdivant B.A.
Natalie Jacewicz

Program Description: This poster will explore the impact of intergenerational trauma on stress experienced by Black women in college, with a focus on how historical and cultural trauma influences their mental health and academic success. Drawing from current research and case studies, this poster will highlight how trauma is passed down through generations and its specific manifestations in higher education settings. Participants will gain a deeper understanding of how intergenerational trauma contributes to heightened stress levels, affects coping mechanisms, and challenges overall well-being. The session will also equip counselors with culturally responsive strategies to effectively support Black female students navigating these complex stressors.

Poster 8
Book Your Bliss: A Counselor Trainee's Exploration of Self-Care in Graduate School

Presenter(s): Kayla Cordero, B.S.
Francesca Salamone B.A.
Raija Haughn, Rebecca George

Program Description: The demands of graduate counseling programs can be overwhelming, often leading to burnout, compassion fatigue, and decreased well-being. This poster aims to address this critical issue by exploring practical self-care strategies specifically tailored to the unique challenges faced by counselor trainees. By prioritizing self-care, trainees can enhance their resilience, academic performance, and overall job satisfaction.

Poster 9
Therapeutic Approaches for African Americans Facing the Legacy of Slavery and Structural Racism

Presenter(s): Makala Irby, B.A.

Program Description: This poster presentation will highlight the significance of cultural competence and the application of effective therapeutic techniques in counseling African American clients. It will explore the historical factors influencing African American mental health, examine current challenges faced by this community, and discuss the advantages of utilizing narrative therapy and community programs as valuable resources for support.

Poster 10
Comparison is the Thief of Joy: The Influence of Social Comparison on Disordered Eating

Presenter(s): Marissa Daley, B.S.

Program Description: In a world of social comparison, maximized by the influence of social media, dissatisfaction with body image has increased, leading to disordered eating. This poster presentation will delve into the impact of social comparison on disordered eating. This poster will include eating habits, exercise habits, and disordered eating thoughts and behaviors as they relate to social

comparison. Also, I will look at the influence of body positivity and how more realistic body ideals in the media may minimize disordered eating.

Poster 11
Understanding Intersectionality when Counseling LGBTQIA+ Clients

Presenter(s): Molly Myers, B.S.

Program Description: I believe understanding multiculturalism is pivotal to being an effective counselor. I identify with the LGBTQIA+ community and desire to work with this community in the future. However, I understand as a cisgender white woman, I have privilege that a lot of people within my community do not have. I cannot fully comprehend the struggles of people of color or transgender folks, so it is essential to educate and immerse myself within those communities. I will cover the best ways to learn and prepare for working with LGBTQIA+ clients of all genders, religions, races, ethnicities, and cultural backgrounds. I will discuss intersectionality and how it ties into counseling. I will also talk about how a lack of understanding in this area can damage the client.

Poster 12
Stuttering and the Mental Health Counselor

Presenter(s): Ryan Connolly, B.S.
Julia Schildberg, BHS

Program Description: This poster describes a project that aimed to (a) Develop referral relationships with mental health (MH) counselors with competence in treating people who stutter (PWS) and (b) provide training for MH counselors who wish to increase their competence in treating PWS, to establish a network of local MH counselors well versed in treating PWS. We will describe the procedures we followed to identify and

contact local MH counselors, how we assessed MH counselors' competence in treating PWS via a survey, the development of training materials shared with MH counselors, and lessons learned throughout this initiative.

Poster 13
Counseling Theories: Trauma and Applying Theories to Crisis Counseling

Presenter(s): Yolanda Christian, B.S.

Program Description: This presentation will focus on utilizing psychological theories to mitigate trauma, providing individuals with practical strategies to manage their experiences more constructively. By exploring various therapeutic approaches and evidence-based practices, I aim to empower participants to develop healthier coping mechanisms,

foster resilience, and ultimately enhance their overall well-being. Together, we will examine the impact of trauma on mental health and discuss practical tools for creating a more positive trajectory toward recovery and personal growth.

FRIDAY, FEBRUARY 27

PRESIDENTIAL BREAKFAST

Time: 8:00:00 AM

Location: Palisades: A, B, C

Presenter(s): TBD

SESSION 8

From Crisis to Recovery: Counseling for Resilience and Healing in Post-Disaster Communities

Content Area: Clinical Mental Health Counseling

Clinical Mental Health Counseling

Day: Friday, February 28

Time: 10:00:00 AM

Location: Palisades D

Presenter(s): Holly Johnson, Ph.D.
LCMHCS, CCTP, NCC
Jeffrey Boatner, Ph.D. LPC, LMFT NCC
Kevin Van Wynsberg, Laurel Shaler, Steve Johnson

Program Description: This presentation delves into the heart of rebuilding lives after catastrophe. It highlights innovative, culturally sensitive approaches to counseling that empower individuals and communities to rise from the ashes of trauma. Through practical insights and transformative strategies, participants will explore how mental health professionals can be the cornerstone of resilience, guiding the journey from crisis to lasting recovery.

At the conclusion of this session, participants will be able to:

- Apply a range of counseling theories and approaches—such as crisis and trauma interventions, mindfulness techniques, and distance counseling—while incorporating creative interventions like expressive arts therapy and narrative storytelling to support individuals and communities in post-disaster recovery.
- Enhance multicultural competencies by understanding and responding to

the needs of diverse societal subgroups affected by disasters, using creative approaches such as individualized cultural exploration, one-on-one counseling, and personalized therapeutic techniques to foster culturally responsive care and support acculturation during recovery.

- Integrate wellness and prevention strategies, including community-based wellness programs, with creative interventions such as therapeutic gardening, movement-based therapies, and mindfulness workshops to promote resilience and holistic healing in post-disaster populations while addressing conflict resolution, anger management, and nutritional needs.

Meets NBCC Content Area(s): 1, 3, 9

Resolving Shame in Black Clients

Content Area: Counselor Education
Counselor Education
Day: Friday, February 28
Time: 10:00:00 AM
Location: Palisades E

Presenter(s): Telvin Peterson, M.S. LPC,
LACA, CAMS-I AADC

Program Description: The presentation will cover how to resolve shame in black clients. It will give historical context around shame, how clinicians can contribute to shame, how to recognize "clinical positioning," and different approaches to managing shame through things like self-compassion and CBT.

At the conclusion of this session, participants will be able to:

- Recognize the Impact of Personal Biases: Identify and define personal biases, including examples specific to therapeutic settings.

- Understand the Cultural Context of Shame among Black Clients by gaining insights into how historical, societal, and familial factors contribute to experiences of shame in Black communities
- Enhance clinicians' ability to approach Black clients with sensitivity, respect, and understanding of cultural nuances, including language and therapeutic techniques that resonate with the Black experience.

Meets NBCC Content Area(s): 1, 3, 9

Walking Away from the Christian Faith: Understanding Deconversion Stories

Content Area: Clinical Mental Health
Counseling
Clinical Mental Health Counseling
Day: Friday, February 28
Time: 10:00:00 AM
Location: Palisades F

Presenter(s): Jason Neill, Ph.D. LPC

Program Description: Record numbers of individuals who once identified as Christians are deconverting from the faith and identifying as unbelievers. Counselors will likely, at some point, work with someone with this struggle. Understanding the data and the stories behind them will provide a fuller picture of the person's departure.

At the conclusion of this session, participants will be able to:

- Recognize the phenomenon of deconversion and be able to empathize with those who leave the Christian faith.
- Describe common concerns for those in the process of questioning their faith.

- Identify how they might assist these clients as they struggle with their spirituality.

Meets NBCC Content Area(s): 1, 2, 3

Dam Emotions: Using a Dam and Reservoir Analogy to Teach Emotional Intelligence in Counseling

Content Area: Clinical Mental Health Counseling

Clinical Mental Health Counseling

Day: Friday, February 28

Time: 10:00:00 AM

Location: Palisades G

Presenter(s): Seth Scott, Ph.D. LPC, LPC-S, NCC, C-DBT

Program Description: Self-awareness and emotional intelligence influence emotional insight, regulation, and expression, but as abstract concepts, they can be challenging to teach in clinical settings to the very people needing these skills and trainings. By using the analogy of a reservoir and dam, therapists can provide concrete metaphors to teach the content, skills, and practices for developing the emotional intelligence skills of awareness, regulation, and expression to children, adolescents, and adults.

At the conclusion of this session, participants will be able to:

- Identify the component parts of emotional intelligence and explain the tools for emotional insight, regulation, and expression
- Demonstrate a model for teaching emotional intelligence to clients of all ages.
- Develop a treatment process for teaching, training, and tracking growth in awareness, regulation, and behavior of emotions with clients.

Meets NBCC Content Area(s): 1, 2, 9

Helping the Client Recover from Narcissistic Abuse, Gaslighting, and Codependency.

Content Area: Clinical Mental Health Counseling

Clinical Mental Health Counseling

Day: Friday, February 28

Time: 10:00:00 AM

Location: Palisades H

Presenter(s): Robin Reynolds, M.A. LPC; LPC/S; BC-TMH

Program Description: The presentation will aid the participants in identifying the effects of narcissistic abuse and gaslighting on clients. It will provide evidence-based interventions to assist the client in healing from trauma and codependency. The presentation will help clients break the cycle of abuse and start to recover by obtaining a new sense of self and freedom from abuse.

At the conclusion of this session, participants will be able to:

- Assist clients in recognizing and stopping narcissist abuse, gaslighting, and toxic relationships.
- Aid clients in processing trauma, as well as feelings of shame and guilt.
- Understand the impact of narcissist abuse and how to better serve clients with it.

Meets NBCC Content Area(s): 1

Talk Therapy Alone is Not Enough: Creative Practices for Trauma Treatment

Content Area: Clinical Mental Health Counseling

Clinical Mental Health Counseling

Day: Friday, February 28

Time: 10:00:00 AM

Location: Palisades I

Presenter(s): Dorothy Adamson Holley, Ph.D. LCSW-C

Program Description: This presentation describes why talk therapy alone does not work with trauma survivors. It outlines key concepts and principles for working with trauma survivors and focuses on those that extend beyond the six basic principles of trauma-informed care. This presentation offers concrete, no to low-cost creative practices that can be used immediately to support talk therapy. Participants will have opportunities to participate in creative healing practices during this presentation and are encouraged to wear loose, comfortable clothing.

At the conclusion of this session, participants will be able to:

- Describe why talk therapy alone does not work with trauma survivors.
- Identify key concepts and principles for working with trauma survivors.
- Identify creative practices that complement talk therapy.

Meets NBCC Content Area(s): 1, 9

SESSION 9

Traversing the Supervisory Relationship

Content Area: Supervision
Supervision

Day: Friday, February 28

Time: 1:00:00 PM

Location: Palisades D

Presenter(s): Mac Caldwell, M.A. LPC, LPCS, LAC, LACS
Ethan Taylor M.A. LPC

Program Description: This presentation will explore the dynamics occurring within the supervisory relationship from the perspective of both supervisor and supervisee. The presenters will identify the three distinct phases of the supervisory relationship: the development of professional character, confidence, and competency. Attendees will be exposed to the significance of grounding supervision in theory, not just the technical application of therapeutic modalities.

At the conclusion of this session, participants will be able to:

- Identify the three phases of the supervisory relationship.
- Analyze two benefits of a developmental approach to supervision.
- Discern two strategies for navigating differing theoretical approaches in the supervisory relationship.

Meets NBCC Content Area(s): 1, 5, 8

Stewardship of Self: Development of a Spiritually Informed Model of Self-Care

Content Area: Counselor Education
Counselor Education

Day: Friday, February 28

Time: 1:00:00 PM

Location: Palisades E

Presenter(s): Jeffrey Boatner, Ph.D. LPC, LMFT, NCC
Holly Johnson, Ph.D. LCMHCS, CCTP, NCC
Kevin Van Wynsberg, Laurel Shaler, Steve Johnson

Program Description: Self-care is a common theme for those engaged in counseling and other care-related work. Because these professions expose workers to pervasive and often entrenched needs on the part of clients,

patients, and consumers, they present a genuine risk of vicarious trauma, compassion fatigue, and, ultimately burnout. To mitigate these risks, workers are encouraged to maintain a healthy life balance that attends to multiple domains of personal functioning. Such efforts form the traditional understanding of self-care, and related practices form the basis of such care. While this understanding is helpful, it is limited. Spiritual traditions offer a deeper and more vibrant expression of wellness that envisions work as a vocational calling, enacted through responsible management of the self, and ultimately, an expression of spiritual meaning and purpose. This presentation provides an overview of the importance of “stewardship of self” and practical tools to help develop healthy and sustainable self-care practices.

At the conclusion of this session, participants will be able to:

- Explain the spiritual framework underlying the principle of self-stewardship and how this specifically applies to counselors.
- Describe the eight domains of wellness and their relevance to a vibrant and sustainable counseling career.
- Apply the knowledge presented in this presentation by providing strategies to support the health and well-being of counseling professionals to optimize personal resiliency and positive self-care practices.

Meets NBCC Content Area(s): 5, 8, 9

Fostering Multicultural Competency in Counselor Education: Best Practices for Counselor Educators

Content Area: Counselor Education
Counselor Education
Day: Friday, February 28

Time: 1:00:00 PM
Location: Palisades F

Presenter(s): Brittany Sandonato, Ed.S. LPC-A
Jessica Barnes M.A.

Program Description: The major focus of this presentation is to highlight the importance of integrating multicultural aspects into counselor education courses through productive discussion addressing the need for more multicultural awareness in the counselor education curriculum.

At the conclusion of this session, participants will be able to:

- Identify the importance of integrating multicultural competencies into a counselor education classroom
- List common barriers to incorporating multicultural concepts into a counselor education classroom.
- Discuss methods to integrate multicultural competencies into the counselor education curriculum

Meets NBCC Content Area(s): 3

Digital Delivery Ethical Implications for Training, Supervision, and Clinical Practice

Content Area: Supervision/Ethics
Day: Friday, February 28
Time: 1:00:00 PM
Location: Palisades G

Presenter(s): Nicole Arcuri-Sanders, Ph.D. PhD, ACS, LPC-S, LCMHC-S, BC-TMH, NCC, SAC
Alisha Davis, Ph.D. LCMHC-S, LMHC

Program Description: Telehealth has emerged as a significant client need and preference in the aftermath of the pandemic.

Counselor accreditation is now even requiring counselor education programs to evidence abilities with digital delivery to support counselor development while also preparing students to effectively demonstrate telehealth practices. Digital delivery standards mirror telehealth practices, which now have the ability to model effective telehealth practices. Hence, current clinicians must be prepared to meet society's demands and ensure they are practicing ethically and legally. Furthermore, understanding digital delivery components and telehealth ethical and legal practices is essential if providing supervision to counseling students, license-seeking, or even supervisor credential-seeking supervises not only for the provider (i.e., clinician, supervisor, or educator) but also for the consumer (i.e., student and supervisee). Understanding digital delivery parameters along with telehealth implications for the counseling field is relevant and essential for students, supervisees, and counselor educators and supervisors.

At the conclusion of this session, participants will be able to:

- Examine digital delivery trainee and supervisee expectations.
- Compare and contrast digital delivery standards, HIPAA regulations, and counseling professional codes of ethics related to supervisory ethical and legal telehealth practices.
- Identify ethical and legal telehealth practices for clinical counseling (e.g., individuals, families/couples, and group counseling), counselor training, and counselor supervision practices.

Meets NBCC Content Area(s): 1, 8

Redefining Recovery: Navigating the Complexities of Substance Use Disorders

Content Area: Substance Abuse/Addictions
Substance Abuse/Addictions

Day: Friday, February 28

Time: 1:00:00 PM

Location: Palisades H

Presenter(s): Dr. Simone McIntyre, Ph.D.
LPCS, LACS, CCM, MAC

Program Description: The objective of this presentation is to critically examine and redefine conventional approaches to recovery from substance use disorders (SUDs). By exploring the complexities of SUDs and highlighting the limitations of traditional models. By the end of this presentation, participants will gain a deeper understanding of the evolving landscape of substance use disorder recovery and be equipped with insights to advocate for and implement more effective, individualized recovery strategies.

At the conclusion of this session, participants will be able to:

- Provide a comprehensive overview of how substance use disorders affect individuals and communities, emphasizing the diverse and multifaceted nature of these conditions.
- Critically assess the effectiveness and limitations of established recovery methods, identifying areas where they may fall short in addressing contemporary challenges.
- Explore how motivations related to avoiding pain and seeking pleasure influence recovery, and discuss strategies to harness these motivations for more effective treatment outcomes.

Meets NBCC Content Area(s): 1, 3, 4

SESSION 10

Healing Beyond the Pulpit: The Fusion of Therapy and Faith in the Black Church

Content Area: Clinical Mental Health
Counseling
Clinical Mental Health Counseling

Day: Friday, February 28

Time: 2:45:00 PM

Location: Palisades D

Presenter(s): Dr. Simone McIntyre, Ph.D.
LPCS, LACS, CCM, MAC

Program Description: This proposal aims to explore and promote the integration of mental health therapy within Black church communities, addressing the vital intersection of faith and psychological well-being. "Healing Beyond the Pulpit" seeks to bridge the gap between spiritual guidance and therapeutic support, recognizing the unique challenges and strengths within the Black church context. By fostering a collaborative environment where faith and therapy complement each other, this initiative aims to enhance the holistic well-being of individuals and strengthen the support systems within Black church communities.

At the conclusion of this session, participants will be able to:

- Offer training for church leaders and members on how to incorporate mental health practices into spiritual care, including identifying mental health issues and understanding therapeutic interventions.
- Develop partnerships between mental health professionals and churches to create supportive programs that blend spiritual and psychological support.
- Implement systems to assess the effectiveness of these integrated approaches and gather feedback from participants to continuously improve the program.

Meets NBCC Content Area(s): 1, 3, 8

Creative Healing: Integrating Creativity in Grief Work with Children and Groups

Content Area: Clinical Mental Health
Counseling
Clinical Mental Health Counseling

Day: Friday, February 28

Time: 2:45:00 PM

Location: Palisades E

Presenter(s): Maria Morris, M.S. LPCA
Mark Wright M.S. LPCA
Lelle Toth, Wendy Wardlaw

Program Description: Grief can be especially challenging for children and groups who may struggle to express their emotions verbally. In this hands-on workshop, we will explore creative approaches to help children and community groups process loss in a safe, supportive, and empowering environment. Attendees will gain practical tools and resources to integrate into their grief work, fostering emotional expression and healing through creative outlets.

At the conclusion of this session, participants will be able to:

- Integrate art, storytelling, and role play into grief sessions to facilitate emotional expression and processing for children and groups.
- Implement trauma-informed creative strategies to help clients navigate grief emotions in a safe and supportive environment.
- Tailor group dynamics and creative exercises to foster resilience, build connection, and promote healing in grieving clients.

Meets NBCC Content Area(s): 2, 4, 5

A Call to Serve: Promoting Resiliency and Healing in African American Communities

Content Area: Clinical Mental Health
Counseling

Clinical Mental Health Counseling

Day: Friday, February 28

Time: 2:45:00 PM

Location: Palisades F

Presenter(s): Sherita Davis, Ph.D. LPC,
LPCS, LCMHC

Nishawn Jones B.A.

Jailah Layton, Hannah Sawyer

Program Description: Early childhood traumatic experiences and systematic challenges in the African American community have a significant impact on the mental well-being of African Americans. In the field of mental health, early traumatic experiences identified as Adverse Childhood Experiences are fundamental to trauma assessments. However, other traumas, such as educational trauma and workplace discrimination, are often overlooked when assessing traumatic experiences in the African American Community. This continuing education session aims to identify and highlight the impact of traumatic experiences on the African American community. In addition, participants will gain strategies that promote resiliency and healing to mitigate the consequences of trauma in the African American community.

At the conclusion of this session, participants will be able to:

- Utilize the bio-psycho-social lens to identify and understand the influence of trauma on African American communities.
- Apply culturally appropriate strategies and interventions to build resiliency and promote healing in African American communities.
- Identify traumatic experiences present in African American communities

beyond experiences classified as adverse childhood experiences.

Meets NBCC Content Area(s): 3

Reporting Assessment Results to Marginalized Groups

Content Area: Counselor Education
Counselor Education

Day: Friday, February 28

Time: 2:45:00 PM

Location: Palisades G

Presenter(s): Chelsey Simmons, Ph.D. LPES,
TF-CBT

Nicole Arcuri-Sanders Ph.D. ACS, LPC-S,
LCMHC-S, BC-TMH, NCC, SAC

Program Description: This presentation offers an exploration of the process of presenting clinical assessment results to marginalized groups. Recognizing the multifaceted challenges inherent to reporting assessment results to clients, the session provides insights and strategies to navigate the complexities of effectively presenting results to marginalized groups or individuals. Central to the discussion is the importance of communication that goes beyond data dissemination, emphasizing clarity, accessibility, and cultural sensitivity. Participants will learn techniques to tailor delivering results to diverse audiences, ensuring that assessment findings are understandable and relatable within the context of their unique experiences and perspectives. Both verbal and visual strategies will also be reviewed to foster client understanding. Furthermore, the presentation delves into the intricacies of engaging marginalized communities in the assessment process, fostering active participation, and empowering individuals to voice their concerns and feelings. Strategies for building trust and establishing rapport will be explored to create a conducive environment for meaningful dialogue and collaboration. The

presentation also underscores the importance of promoting inclusivity in the dissemination of assessment findings. This entails ensuring accessibility in terms of language and format. The presentation draws upon real-world examples and best practices to provide a holistic approach to presenting clinical assessment results.

At the conclusion of this session, participants will be able to:

- Identify at least two differing strategies for presenting assessment results to marginalized groups.
- Identify at least two visual strategies to utilize when presenting assessment results to marginalized groups.
- Select and utilize language that is easily comprehensible when explaining assessment results to marginalized groups.

Meets NBCC Content Area(s): 3, 6, 8

When Colleagues Become Supervisees

Content Area: Supervision

Supervision

Day: Friday, February 28

Time: 2:45:00 PM

Location: Palisades H

Presenter(s): Nicole Arcuri-Sanders, Ph.D. PhD, ACS, LPC-S, LCMHC-S, BC-TMH, NCC, SAC
Lashia Bowers, Ph.D. LPC, LPCS

Program Description: Navigating boundaries between supervisors and supervisees can be challenging when once collegial in some manner. In areas lacking mental health services and/or accessibility to supervisors, this dilemma can be common for many. In South Carolina, counselors must navigate this obstacle throughout their experience of seeking their supervisor credential; current licensed counselors seeking

supervision to become a licensed counselor supervisor. Utilizing ethical codes can help establish parameters, but having those difficult conversations about what your relationship is now in either a new or differing capacity while maintaining objectivity can be challenging. Realistic examples and strategies will be offered to navigate these dynamics to support both supervisees and supervisors managing roles when their paths cross in the supervision capacity.

At the conclusion of this session, participants will be able to:

- Apply ethical codes to navigate supervisory roles and boundaries.
- Identify South Carolina counseling supervisory regulations.
- Develop collegial supervisory plans.

Meets NBCC Content Area(s): 8