How to Thrive in Changing Times

Shilah Mirgain, PhD

Keynote Speaker
Session: 2  Day: Friday

Workshop Title: Effect of Child-Parent Relationship Therapy (CPRT) with Parents of Preadolescents

Lead Presenter: Alyssa Swan, PhD

Co-Presenters: None

Synopsis:

This single group pilot study explored the effect of Child-Parent Relationship Therapy (CPRT) for adoptive parents of preadolescents who reported attachment related concerns, stress in the parent-child relationship, and child behavior problems. All child participants were adopted out of foster care. Results indicated that prior to receiving CPRT (baseline to pretest), parents demonstrated no change or worsening in functioning across all variables, whereas during the CPRT intervention phase, findings showed a large treatment effect for parental empathy, a medium effect for parenting stress, and a small effect for child behavior problems. Findings from this pilot study support CPRT as a promising mental health intervention for parents and preadolescent children. Examples and research of CPRT as a counseling intervention and clinical recommendations for working with parents and preadolescents will be presented.

Goal:

The goal of this program is to provide counselors working with parents and preadolescents with clinical examples, research findings, and handouts/resources for using Child-Parent Relationship Therapy (CPRT) in their practice.

Objectives:

Participants will learn clinical rationale for using CPRT with parents and preadolescents with attachment concerns. Participants will learn the research/evidence base for CPRT as a counseling intervention. Participants will receive clinical examples, handouts, and clinical resources for practice.
Session: 2  
Day: Friday

Workshop Title: You are More Powerful than You Think: Social Change through Action

Lead Presenter: Azizi Marshall, LCPC, RDT/BCT, REAT

Co-Presenters: None

Synopsis:

Today, more than ever, we need to stop, look, and listen to directly confront social inequality. As clinicians, we can do more than confront issues: we can be a critical catalyst for change. In this workshop, we will introduce participants to a wide range of creative strategies and interventions for confronting social and political injustice as an introduction to teaching about social change. Then, participants will engage in a mini creative arts project that is a direct response to a social issue that concerns them both as individuals and as a group. Enhance and refine your skills and competencies to create greater inclusion. Adams, Bell and Griffin (1997) define social justice as both a process and a goal. "The goal of social justice education is full and equal participation of all groups in a society that is mutually shaped to meet their needs. Social justice includes a vision of society that is equitable and all members are physically and psychologically safe and secure."

Goal:

To provide practitioners with an intensive laboratory experience where they can focus on their own learning and development to increase their multicultural competencies as social justice supporters and educators.

Objectives:

1. To deepen understanding of the dynamics of oppression at the individual, group, cultural, and systems levels through the lens of race and racism.
2. To explore dominant and subordinated group dynamics within the system of racism.
3. To explore how to manage ourselves during real to life scenarios to explore child and family dynamics.
4. Learning how to know your stuff and sell your knowledge.
5. Debunking common stereotypes when working with children and families.

Including inclusion in the expert testimony "triggering" events.
Session: 2  Day: Friday

Workshop Title: Trauma in the Courtroom - Expert Witness Conceptualization in Practice

Lead Presenter: Benton Johnson II, PhD, LCPC, LMHC, NCC, CCMHC, DCC, CTBHP, DT

Co-Presenters: None

Synopsis:

This training will center on the role of a counselor in the courtroom when being an expert witness concerning parental visitation, parental alienation syndrome, and other child concerns. Participants will journey with this trainer in times in which you may be called upon to give an expert testimony on whether or not a child should be granted overnight stays or determine a length of visitation based upon children's behaviors, subsequent visitations. This training will also actively, through discussion and exciting activities explore other requirements placed on parents in issues of guardianship, custodial and other challenges in courtroom dynamics. This is NOT legal advice but is an exploration of the intricate and complex assertions and misdiagnosis that can commonly be made by therapists when dealing with trauma, children and families from diverse communities.

Goal:

Explore the many facets in which counselors are called upon in the courtroom when working with children and families and how to holistically conceptualize the family and units therein.

Objectives:

1. Give real to life scenarios to explore 2. Examine the child and family dynamics 3. Learn how to know your stuff and sell your knowledge 4. Debunk common stereotypes when working with children and families 5. Include inclusion in the expert testimony
Session: 2 Day: Friday

Workshop Title: Self-Hypnosis and Neurolinguistic Programming (NLP) Techniques: Clinical Applications for Rapid Success

Lead Presenter: Christina Matthews, LCPC, CCHI

Co-Presenters: None

Synopsis:

NeuroLinguistic Programming NLP was developed in the 70s by Richard Bandler and John Grinder. They studied highly successful people to learn what characteristics made them that way. Their goal was to teach others how to make the same types of personal changes. Knowing everyone can learn, they developed methods focused on solutions not problems. They demonstrated that effective changes happen rapidly when the subconscious mind is accessed. Basic techniques of NLP and self-hypnosis can help create new neural pathways in the brain. Clients learn to change mood states, control physiological responses, generate confidence and self-esteem, reframe limiting beliefs, avoid procrastination, change perspective, and develop a self-hypnosis resource state that can be generated at any time. Basic framework techniques are covered. NLP and hypnosis have been clinically researched around the world for decades and have demonstrated their relevance to modern neuroscience as treatment modalities.

Goal:

Create awareness and skills for highly successful, research-based techniques whose efficacy have been demonstrated for decades, yet not embraced by the mainstream in clinical counseling. NLP and self-hypnosis are neuroscientific in nature, decrease time in therapy, and increase positive outcomes.

Objectives:

1. Introduce highly effective neuroscientific methods of therapy that have historically not been widely accepted or used. 2. Teach clinicians methods that can improve their own personal lives 3. Teach clinicians tools their clients can easily learn to make rapid changes
Session: 2  Day: Friday

Workshop Title: #MeToo, Lolita

Lead Presenter: Sarah French, MA, M Ed

Co-Presenters: None

Synopsis:

Any adult who has spent time in a teacher's lounge or with adolescents is probably aware of the degree to which some teachers cross, at least verbal, sexual boundaries with students. There are always a few teachers who make jokes both about and to students that carry sexual innuendoes and teachers or coaches who touch too much or for too long. Most girls in a high school can tell you which teachers you might not want to be alone with. Boys are less likely to speak about these things, but it doesn't mean they don't know. This presentation will provide an introduction to the topic of educator sexual abuse and misconduct through a combination of personal narrative, case study, presentation and small group discussion.

Goal:

Participants will have the opportunity to learn about the characteristics of offenders and targets, potential short and long-term effects on targeted students, and to ponder what kinds of real-world changes are needed to prevent the exploitation of children in school.

Objectives:

After attending this program, participants should be able to name several characteristics of offenders, describe 3 grooming behaviors, name two red flag behaviors of and long term effects on targeted children, and name one way society contributes to their maintenance of educator sexual misconduct.
Session: 2  
Day: Friday

Workshop Title: Changing Intimate Relationships Through Conscious Connecting

Lead Presenter: Tony Victor, DMin, LCPC

Co-Presenters: None

Synopsis:
Several approaches to couple's therapies are now presenting themselves as Attachment based approaches to couples counseling. This workshop will explore the essence of Attachment theory developed by John Bowlby and expanded by Mary Ainsworth in the 1960's and 1970's. Then this workshop will compare and contrast the Ontology of Connection with the Psychology of Attachment. Thirdly this workshop will present a view that couples work from an Imago perspective which includes the psychology of attachment theory and the ontology of conscious connecting. This workshop will demonstrate that Imago Relationship Theory is a connection-based, research based theory of ontology. Dr. Tony will lead an exploration comparing the sources, the goals, and the energetic/characterological differences between the ontology of connection and the psychology of attachment. This break out session will employ interactive lecture, and practical exercises demonstrating these principals.

Goal:
The goal of this breakout session is to provide attendees with a research based theoretical understanding of Imago Relationship Theory and with practical tools to use in couples counseling.

Objectives:
Describe the energetic difference between "Attachment Seeking/Avoiding Behaviors" and "Conscious Connecting Behaviors." Teach Conscious Connecting Behaviors to the clients. Teach Conscious Connecting dialogue to explore and envision the possibilities for growth in the relationships.
Session: 2  Day: Friday

Workshop Title: Competencies for Counseling Military Populations

Lead Presenter: Katherine M. Atkins, PhD

Co-Presenters: None

Synopsis:

There are nearly 26 million Veterans, active duty, Reservists, and National Guard service members in the U.S. (SAMHSA, 2014). Carrola and Corbin-Burdick (2015) cited several areas in which military-connected clients may experience unique physical and mental health needs. SAMHSA (2014) specifically listed concerns such as suicide, trauma, and substance use. Counselors are newly included in more opportunities to serve military-connected clients; however, as the newest members to the table, there is a need for continued developing knowledge on how counselors can best serve military affiliated clients. For example, researchers have proposed military members be included as a cultural group in counseling program diversity coursework (Price, Stickley, & Prosek, 2015; Wix, 2015) and purported the counseling profession create their own ethical guidelines associated with counseling military clients (Prosek & Holm, 2014).

Goal:

Counselors who are interested in working with military-connected clients, or who are currently practicing in military settings may be the most interested in this presentation, given it is the release of the first-ever, counselor-specific competencies.

Objectives:

1. attendees are provided a transparent review on the developmental process of the competency document. 2. Attendees learn how to navigate the CCMP document for clinical and ethical use, as well as a tool for educational purposes 3. Attendees may be exposed to new knowledge regarding core areas
Workshop Title: CHANGE DON'T CHANGE! Counseling Opposite Personality Roles

Lead Presenter: Janis Clark Johnston, EdD

Co-Presenters: None

Synopsis:

Richard Schwartz Internal Family Systems (IFS) evidenced-based psychotherapy is well suited to help clients name and transform opposing personality parts or roles. Drawing a Personality Map can highlight a path forward when a client feels "stuck" in opposing emotional roles. A hand-drawn map offers concrete directions for change by providing a simple mirror of "who am I" now. Adults, as well as children/adolescents, may feel as if they are back at the original scene of personal calamity over and over. By naming personality roles it is possible to calm emotional circuitry in the brain. As psychiatrist Daniel Siegel recommends, "Name it to tame it!" Conscious processing of emotions helps clients discover new behaviors when they train their brain to be aware of present moments. In addition to the mapping technique, participants will learn about the importance of dream journals and mindful meditation in creating a present-focus counseling process.

Goal:

Learn how to utilize the counseling technique of Personality Maps. Clients can feel "stuck" due to their focus on rehashing their past or fixing their future. These past or future thoughts often convey CHANGE/DON'T CHANGE opposition. This experiential workshop builds upon Richard Schwartz' Internal

Objectives:

1. Introduce Internal Family Systems (IFS) through Personality Mapping as a therapeutic counseling technique. 2. Draw Personality Maps as an experiential exercise and integrate the mapping exercise with brain research. 3. Describe the benefits of dream journals and mindful medita
Session: 3  
Day: Friday  

Workshop Title: Gatekeeping in an Online Counselor Education Program: What works  

Lead Presenter: Stephanee Standefer, PhD, LCPC  

Co-Presenters: Scott A. Wickman, PhD, PEL  

Synopsis:  
The world of counselor education is changing rapidly. Online counselor education has increased access to education. We will present findings from a grounded theory study that identified effective gatekeeping strategies in an online counselor education program. Participants will have an opportunity to hear about and discuss their own best practices and apply these strategies to their programs.  

Goal:  
To share current strategies for effective gatekeeping in an online counselor education program.  

Objectives:  
Participants will learn about current best practices in online counselor education gatekeeping.
Session: 3  
Day: Friday

Workshop Title: The Unchartered Territory of Retirement: Baby Boomers and their Career and Life Transition

Lead Presenter: Susan Ackley, LCPC, CADC, DCC, CRC

Co-Presenters: None

Synopsis:

Baby Boomers have changed every development stage they have gone through and retirement is no exception. For many Baby Boomers, who are now retiring in great numbers, retirement can be a frightening, difficult and stressful evolution that may not quite fit the mold of the usual transition we often see in our practices, especially if coupled with an increased life expectancy of up to 30 or more years. Many counselors who consider themselves well versed in helping clients navigate transitions can become stumped by how to help soon-to-retire or recent retirees who may present with non-clinical or lifestyle factors. Join Susan Ackley, LCPC, CADC, Retirement Activist and Certified Retirement Coach, to learn about the five benefits of work, the stressors on retirees, and ideas for working with this cohort.

Goal:

To provide attendees with information and education on retirement factors affecting soon-to-retire or recent retiree Baby Boomer clients in working with this population to navigate the major life and career transition.

Objectives:

Identify Baby Boomer retirement demographics. Recognize how retirement can be a difficult and transition for many and why. Learn the five benefits of work and how helping clients find ways to replace these can move Baby Boomer clients towards greater retirement fulfillment.
Session: 3        Day: Friday

Workshop Title: Shifting Paradigms in Family Law

Lead Presenter: Gwendolyn J. Sterk, Esq

Co-Presenters: None

Synopsis:

Family law attorney Gwendolyn J. Sterk will present to provide professionals with an understanding of the evolutions in Illinois family law. The presentation will include a modeling of parenting time and parental responsibilities (now including changes with responsibilities for companion animals), modeling of shared income assets during the dissolution of marriage and the consequences of same in various family situations. The purpose will to be enlighten and educate mental health professionals on recent changes which may surface with their patients/clients.

Goal:

To educate professionals on the new changes in Illinois family law.

Objectives:

Review basic major changes in recent years within Illinois family law. Changes include parental responsibilities (including pets),
Session: 3  Day: Friday

Workshop Title:  Creative Gestalt Approaches to Benefit Children & Adolescents

Lead Presenter:  Theo Stripling, LPC

Co-Presenters:  None

Synopsis:

Ever worked with a child who refused to speak to you? Experiential therapies are occasionally overlooked as effective approaches with clients. Gestalt approaches have great efficacy with children and adolescents, particularly reticent ones. In this session, participants will review current literature highlighting the benefits of using Gestalt techniques with children, then review and participate in creative Gestalt techniques developed from Dr. Violet Oaklander's "Windows to Our Children: A Gestalt Therapy Approach to Children and Adolescents."

Goal:

The goal for this session is for participants to develop understanding, practice skills, and identify effective populations, for creative Gestalt techniques.

Objectives:

There are two objectives for this session. First, participants will develop an understanding for current research supporting the effectiveness for Gestalt therapy. Second, participants will participate and learn one creative Gestalt approach for therapeutic work with children.
Session: 3  Day: Friday

Workshop Title: Distinguishing the Baby Blues from a Perinatal Mental Health Disorder

Lead Presenter: Brooke Laufer, PsyD

Co-Presenters: None

Synopsis:

Most women, about 80%, experience changes to their moods during pregnancy or after the birth of their baby, this includes tearfulness, exhaustion, irritability, peaks of anxiety, and sadness. For a smaller population of women, who typically have a history of trauma, mental health issues, poor support and resources, but who may have no identifiable risk factors at all, a perinatal mood or anxiety disorder will surface within the first days of bringing home a new baby. These women experience intrusive thoughts, debilitating depression, dissociative periods and even psychosis, and yet this topic is still not readily discussed. Experiencing anything but 100% excitement and love toward a new baby is still considered taboo in our society and women are expected to relish and bond with a new baby immediately, but often this is not the case. This is a women's health issue that often gets swept under the rug, and yet is a major impediment to healthy parenting experience.

Goal:

Clearly outline the perinatal mental health experiences that many women face and how it is different than a typical postpartum experience.

Objectives:

Participants can walk away being able to identify a perinatal mood and anxiety disorder, different from proportionate stress response. Participants can point to several treatment options for perinatal mood and anxiety disorders.
Session: 3  
Day: Friday

Workshop Title: Dealing with Difficult People: Why and What to Do!

Lead Presenter: Norm Dasenbrook, LCPC

Co-Presenters: None

Synopsis:

Why are some people just so difficult to deal with? How can some people, no matter what, be so aggravating? There is no escaping conflict or confrontation, whether in the office, boardroom, or family room. At times it seems that we just float from one conflicted situation to another. Most people AVOID conflict and confrontation, or save up conflicts and cash them in when they reach the final straw. This presentation will show how to use a CBT framework to understand the dynamics and detail the 5 conflict styles to manage difficult people. Moreover, positive confrontation and problem solving techniques that attempt to solve problems without damaging the on-going relationship will be explored.

Goal:

Gain a better understanding of why some people are difficult and learn strategies to deal more effectively with them, especially in an on-going relationship.

Objectives:

Application of CBT to understanding difficult people. Learn 5 conflict management styles. Learn principals of "needs based" problem solving.
Session: 3  Day: Friday

Workshop Title: Group Work's Constant Circle in a Changing World

Lead Presenter: Anna Marie Yates, PhD, NCC, LPC, PEL

Co-Presenters: None

Synopsis:

The circle in group work is a powerful tool. Counselors lead a variety of groups using the circular concept. Application of theoretical perspectives clarify the "round", chain-linked", and "ball-like" forms that enhance the process and dynamics of the group journey. This session will provide participants with tools and techniques to lead, inspire, and promote group cohesion and growth.

Goal:

To understand the foundations and perspectives of group work and utilize therapeutic techniques that contribute to group effectiveness.

Objectives:

Provide participants with opportunities to develop group leadership knowledge and skills in order to 1. utilize various group activities and techniques; and 2. learn self reflection exercises which prompt self awareness.
Session: 3		Day: Friday

Workshop Title: A Partnership between Elementary Schools and a Counseling Agency

Lead Presenter: Carolyn Khan, LCPC, CDVP

Co-Presenters: Sandre Lukashevich, LCPC, NCC, CDVP; Tamara Fitzgerald, LPC; Karen Olalde, LCPC, CDVP

Synopsis:

9 years ago, Bridges to a New Day and a local elementary school formed a partnership that changed the lives of children. For the last 9 years, we have served about 40 children per year for a total of over 350 children who were not eligible for IEPs. Every year, we do 2 sessions of 10 weeks social/emotional groups. The success of this program is due to the working relationship that has been developed between the school staff and agency staff. While this would be a remarkable achievement, in 2017 we received a grant to expand the program. In the 2017 school year, we went to 6 different schools to do short term groups and group presentation. Not only do the schools see the benefit of our program but they want us back next year for longer group sessions. This presentation will focus on the ways that the partnership was developed, things that we learned on the way, group activities and other aspects of the program.

Goal:

To share with other counselors how we developed effective school partnerships and the problems along the way.

Objectives:

To teach aspect of developing effective school partnerships. To teach ways to conduct school groups that focus on bullying, self-esteem, making friends and other social/emotional groups.
Session: 4    Day: Friday

Workshop Title: Trans*gender 101

Lead Presenter: David Gasper, MA, NCC

Co-Presenters: None

Synopsis:

This program will cover necessary background, history and language to begin to develop competencies for working with trans*gender clients, including non-binary and gender non-conforming clients. This background will provide some history of the community in the United States, a discussion of language and the reasoning behind some language choices. Then using the ALGBITC Transgender Competencies, a plan for further developing competency will be addressed. Finally, we will look at how to adjust clinical setting, paperwork, and individual techniques to be more trans* affirming.

Goal:

Develop a basic understanding of the transgender community, improve clinician competency in specific areas, and learn to adapt techniques and clinical context to be trans* affirming.

Objectives:

1) Develop basic understanding of the trans*gender community. 2) Develop a plan for clinician competency in specific areas of Transgender Competencies 3) Learn to adapt techniques to be trans* affirming 4) Learn to adapt environment and paperwork to be trans* affirming
Session: 4  
Day: Friday  

Workshop Title: Somatic Experiencing Through the Trauma Timeline  

Lead Presenter: Azizi Marshall, LCPC, RDT/BCT, REAT  

Co-Presenters: None  

Synopsis:  
Though many people who experience traumatic events recover completely, for those who do not, unresolved trauma can lead to larger mental and physical health concerns, such as post-traumatic stress (PTSD), sleep problems, mood swings, or immune system problems. Somatic Experiencing (SE) aims to restore the body's ability to self-regulate in order to achieve balance and integrity. Participants will explore SE through the clinically structured Trauma Timeline and the observation of a client's physical responses to its material, such as shallow breathing or a shift in posture and recording somatic sensations that may be imperceptible to the client, such as feelings of heaviness, tightness, or dizziness. A key component to enhancing one's ability to self-regulate is the practice of alternating, or "pendulating," between the sensations associated with trauma and those that are a source of strength and comfort. Help your client find places of safety, in the mind as well as the body.  

Goal:  
Discover how Somatic Experiencing varies from traditional talk therapy in focusing on the somatic response to trauma; the trapped survival energy connected to the trauma; rather than the dialogue about the trauma itself. Learn how to help your client understand how their body regulates stress.  

Objectives:  
1. Identify Dr. Peter Levine's various types of trauma, developmental trauma and shock trauma vs. obvious and subtle traumas. 2. Identify five symptoms of unresolved trauma (psychological and physiological). 3. Name five key concepts of SE. 4. Identify and recreate the Trauma Timeline.
Session: 4  Day: Friday

Workshop Title: Exploring Social Media Feelings and Preparedness in a Youth-Focused Learning Community: A Discussion

Lead Presenter: Kelly L Page, PhD

Co-Presenters: Kevin Kusy, LCPC

Synopsis:
Mediated social technology is pervasive today with implications for people's emotional and social well-being. This is felt acutely in our schools and colleges, especially those serving youth aged 14 to 18 years. Students, staff, educators, and managers, especially school counselors, increasingly navigate a myriad of incidents of social media conflict, cyberbullying, fake news, sexting and grooming. Despite reported benefits of social media, studies on youth well-being have identified that social media activity can harm youth mental health. While the CS/CT movement encourages everyone to learn to code and the DML/CL fields focus on developing digital literacies, absent is a discussion on navigating social media and well-being. In this discussion, we share the methodology and insights from an exploratory study conducted in a three-year residential public academy serving youth aged 14-18 years, on how social media makes people feel and their perceptions of social media preparedness.

Goal:
The goal is to share with attendees emerging ways to explore social media activity and emotional and social well-being in youth-focused learning communities; and perceptions of preparedness to navigate social media challenges faced by both youth and adults, across personal/professional settings.

Objectives:
Attendees will demonstrate an understanding of ways of exploring social media emotional well-being, and preparedness in youth-focused learning communities; develop ways to navigate social media challenges and community well-being.
Workshop Title: Pre K-12 Social Emotional Learning school integration supporting school/community partnerships

Lead Presenter: Kevin McClure, LCPC, PEL

Co-Presenters: None

Synopsis:

Participants will gain knowledge of the Illinois State Board of Education’s student SEL standards including developmentally appropriate behavioral expectations for self awareness and self regulation, social awareness and relationship maintenance, and positive decision making. Participants will engage with discussions supporting how SEL language can help link school/family/community services coordination and patient care.

Goal:

Increasing clinical awareness of community/school partnership opportunities through shared language for community based interventions.

Objectives:

Participants will analyze how the SEL language supports school/family/community services care coordination. Participants will walk away with an increased understanding of the Illinois State Board of Education SEL requirements for schools and students.
Session: 4  Day: Friday

Workshop Title: Relapse and Prevention

Lead Presenter: Serena Wadhwa, PsyD, LCPC, CADC, RYT

Co-Presenters: None

Synopsis:

This presentation focuses on the process of relapse and the interventions to interrupt the process within substance use disorders. We explore the components of the relapse process, various tools for each component and explore relapse and prevention from a DBT, ACT and mindfulness perspective. This workshop is complemented with case studies, discussions, interactive activities and questions. All activities are voluntary.

Goal:

To disseminate information and tools to assist in relapse prevention.

Objectives:

1. Identify the components of relapse 2. Identify effective strategies 3. Identify the challenges in recovery
Session: 4  Day: Friday

Workshop Title: Addressing Race-Based Traumatic Stress in Undocumented Youth

Lead Presenter: Marianny Arribas, LPC, NCC

Co-Presenters: Kashunda McGriff, EdD, LPC, NCC

Synopsis:

According to the race-based traumatic stress model, psychological trauma can occur among racial and ethnic minorities who have experienced excessive discrimination during particular developmental periods (Carter, 2007). Undocumented youth are systematically targeted with racial and/or ethnic discrimination, which may increase their risk for psychological trauma (Pieterse, Carter, Evans, & Walter, 2010). While these individuals are exposed to stressors that make them vulnerable to social, emotional, and academic problems, they also have limited access to mental health support systems (Garcini et al., 2017). Culturally appropriate counseling is necessary to support the undocumented youth with effective interventions and programs that promote mental health and foster awareness of race-based traumatic stress.

Goal:

Attendees will be introduced to Carter's (2007) concept of race-based traumatic stress in the context of the undocumented youth experience of migration and discrimination.

Objectives:

Attendees of this 90 minute workshop will: Examine the raced-based traumatic stressors faced by undocumented youth; identify how youth respond, cope, and adapt to traumatic experiences; explore best practices strategies for working with this population using the race-based traumatic stress model.
Session: 4  Day: Friday

Workshop Title: The Narcissistically Damaged Relationship (NDR)

Lead Presenter: Keith Bjorge, PsyD

Co-Presenters: None

Synopsis:

This workshop will address how pathological narcissism impacts an intimate partner relationship (e.g. marriage). It will review likely patterns of negative interactions of an NDR, as well as note the conceivable adverse effects of narcissism upon a partner. Emotionally Focused Couple Therapy (EFT) will be proposed as a model for assessing problematic patterns of the NDR, as well as identifying contraindications for couple counseling. Further, EFT is proposed as model to confront and treat the NDR.

Goal:

That participants will be able to identify a narcissistically damaged relationship (NDR), note how EFT can rule out contraindications for couple counseling and present a feasible model to treat the NDR.

Objectives:

1. That participants will be able to identify the damaging affects of narcissism on intimate relationships.
2. That participants will be able to identify the types of relationship patterns that often occur between a narcissist and intimate partner.
3. Participants will examine Emotionally Focused
Fostering AHA Moments in a Changing World

Joe Sanok, LCPC

Keynote Speaker
Session: 6  
Day: Saturday

Workshop Title: The Disordered Couple: Selected Chapters from Upcoming Book

Lead Presenter: Katherine Helm, PhD

Co-Presenters: Kimberly Duris, Lisa Brown, Emily Petkus

Synopsis:

The Disordered Couple (Len Sperry, Katherine Helm, & Jon Carlson, Eds), 2nd edition, will be coming out in August 2018. This book explores how to work with couples where one member of the couple has a disorder (mood disorder, sexual addiction, etc.). Selected chapter authors will discuss working with clients who have internet addictions, domestic violence, trauma, PTSD and sexual addiction issues. Treatment options and specific approaches will be provided for working with couples and case studies will be explored. Each chapter author will provide an overview of their chapter, treatment strategies and assessment recommendations for couples. Workshop attendees will be provided opportunities to practice the skills they learn in dyads and receive feedback from presenters on how to implement strategies they have learned in the workshop. This workshop is both didactic and experiential.

Goal:

The goal of this program is to provide practitioners with practical strategies and treatment approaches to working with couples who experience a disorder and the impact it has on their relationship

Objectives:

Practitioners and counselor educators will leave this workshop with a solid understanding on how to apply effective therapeutic strategies to couples where one individual struggles with a psychological disorder.
Session: 6  Day: Saturday

Workshop Title: Counseling Across Cultures: A Panel Discussion

Lead Presenter: Kimberly K. Asner-Self, EdD, LCPC, NCC

Co-Presenters: Aimee Kathleen, MS; Jungsun Lee, MA; Farah Nazzal, MA

Synopsis:

Over 43.7 million immigrants and 2 million sojourners (e.g. migrant workers, international students), over 14% of the U.S. population, live in the U.S. (Dept. of Homeland Security, 2015; 2016). In Illinois, 14.3% and 12.6% of the population are immigrants or children of immigrants respectively. In Chicagoland, 20% of business owners are immigrants. Many counselor do or will counsel people from other cultures. Counseling across cultures requires flexibility, humility, and respectful curiosity. In many trainings/workshops, U.S. counselors learn broad generalizations about particular populations (e.g. Arabs, Hmong, Indians, Mexicans, Philipinos, Polish, Serbo-Croatians, etc.). In this panel discussion, four counselors from four countries (Lebanon, Pakistan, S. Korea, and the U.S.) discuss similarities and differences in how each approaches clients from cultures other than their own. Is there one general approach? Let’s talk. Participation encouraged. Handouts provided.

Goal:

To have a rich discussion about counseling across cultures in this changing world.

Objectives:

After this program, participants will have: 1. Learned how counselors from 4 countries have approached counseling across cultures. 2. Considered the similarities and differences in these 4 and their own approaches. 3. Discussed universal versus cultural specific considerations.
Workshop Title: Discover Yourself: Engaging Adolescents in an Adventure Therapy Group at a Community Counseling Agency

Lead Presenter: Timothy "T.J." Schoonover, MSEd, LPC, NCC

Co-Presenters: Shannon Dean, LCPC; Sara Hannan, MHP, BS; Jennifer Bubrick, MHP, BA/BS

Synopsis:

Adventure therapy is "the use of games, activities, initiatives, and peak experiences to facilitate the development of group process, interpersonal relationships, personal growth and therapeutic gain" (Ashby, et al., 2008, p. 1). Adventure therapy gives adolescents the opportunity to get out, be active, and use some of their energy in a therapeutic setting (Ashby, et al., 2008). This presentation will discuss an eight-week Adventure therapy group for adolescents, that was implemented at a large community based counseling agency in Northern Illinois. This presentation will cover the history and effectiveness of Adventure therapy, the creation/implementation of the group, and will engage presentation participants in experiential activities that were completed during the group.

Goal:

To explain Adventure therapy and discuss interventions that were utilized in an eight-week Adventure therapy group for adolescents at a community based counseling agency.

Objectives:

1. Participants will gain an understanding of the history and effectiveness of Adventure therapy. 2. Participants will learn how to create an Adventure therapy group at a community based counseling agency. 3. Participants will be shown and given effective Adventure therapy group interventions.
Session: 6  Day: Saturday

Workshop Title: Create Trauma Heroes rather than Trauma Survivors

Lead Presenter: Kent B Provost, PhD

Co-Presenters: None

Synopsis:

Van Der Kolk's (2006) has conducted extensive research on trauma and its effects on the brain development and visceral responses. From Van Der Kolk's research, and after working with clients suffering from childhood and other past trauma experiences, this presenter has integrated Giles' (1982) The Safe Place Trauma Model, a counseling intervention tool, of manageable emotions into his counseling and supervision practices with client-reported positive outcomes. This unique approach can augment Cognitive-Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT). It can be implemented with clients in multiple settings. This intervention model is used in several western region treatment facilities and private practices with reported positive outcomes. This model specifically relates to van Der Kolk's (2006) intervention suggestions by assisting clients (and supervisees) to process their emotional responses in conjunction to activating situations and thought patterns.

Goal:

Attendees will receive current information related to Van Der Kolk's (2006) research related to how trauma affects brain development and automated response mechanisms. Morgan's (undated) Cottonwood Trauma intervention model will be discussed and briefly practiced during the session.

Objectives:

1. Hear and understand research in how the brain is affected by trauma. 2. Participate in an experiential activity related to understanding resiliency. 3. Learn an unique Emotional-Regulation-focused intervention model easily integrated with other counseling and supervision theoretical models.
Session: 6  Day: Saturday

Workshop Title: Pornography Addiction and Mental Health

Lead Presenter: Daniel W. Bishop, LCPC, PsyD

Co-Presenters: Lisa Schultz

Synopsis:

Pornography accessibility and use has increased dramatically due to technology, resulting in significant problems to users that have never existed in prior generations. With the ability to access porn from anyplace, anytime and with a buffet of genres to choose from, people on both ends of the development spectrum, the youth and the elderly, are being called in to this electronic siren call. This workshop will introduce attendees to the research on pornography use and the problems it may cause on the client and stress the importance of discussing porn use with all clients.

Goal:

Increase awareness of the use of pornography and the consequences of its use and overindulgence on a persons social, emotional and behavioral domains.

Objectives:

Attendees will be able to verbalize impact of changes in the delivery of pornography and risk associated with current pornography use. Members will develop an appreciation of the impact of porn use on participants on the impact it may be having on various life domains.
Session: 6  
Day: Saturday

Workshop Title: Using Superheroes and Pop Culture in Therapy with Children and Adults

Lead Presenter: Sophia Ansari, LPCC

Co-Presenters: None

Synopsis:
We all have memories of using a blanket as a makeshift cape, jumping off the couch and imagining as if we were flying high up in the sky amongst the clouds. Superheroes have been such an integral part of our childhood. The themes in our favorite comic books can be used to help children and adults with the struggles we all encounter at some point in our lives (losing a loved one, being bullied, making poor choices). The stories may be stories of fantasy but what makes them all relatable is that the characters and narratives are grounded in human emotion. Superhero/Comic book play therapy has been gaining popularity in mainstream psychology. The creative counselor can incorporate superheroes with evidence based modalities such as play therapy, cognitive behavioral therapy, bibliotherapy, acceptance and commitment therapy, positive psychology and many, many others. It is through the filter of fiction that we can help our clients find their own superpowers!

Goal:

To emphasize the importance of speaking our clients' language. As clinicians it is imperative that we build strong therapeutic bonds. In order to engage our clients in the therapeutic relationship and to make any real emotional or behavioral change we must be willing to learn their interests.

Objectives:

1. Describe the history of superhero play therapy, its pioneers and its effectiveness in the treatment of children, adolescents and adults.  
2. Apply valuable resources (web sites, books) to enhance your "geek therapy" knowledge.  
Session: 6  Day: Saturday

Workshop Title: Male Sexual Abuse: A Life Span Developmental Perspective

Lead Presenter: Vince Sperduto, PhD, LPC

Co-Presenters: None

Synopsis:

This victim-survivor of Catholic clergy sexual abuse by three perpetrators over a five-year period will capture the impact of traumatic events applying life span development. Herman (1997) states, "Resolution of the trauma is never final; recovery is never complete. The impact of a traumatic event continues to reverberate through the survivor's life-cycle. Issues that were sufficiently resolved at one stage of recovery may be reawakened as the survivor reaches new milestones." This victim-survivor will discuss: Erickson's stages of psycho-social development and the consequences when the developmental tasks are not completed in a stage-salient way; how attachment bonds are disrupted through neglect and abuse and the effects; how the long-term consequences and comorbidities of Adverse Childhood Experiences (ACEs) affect individuals across their entire life span; the shattered impact of SELF; and lastly, how this victim-survivor makes meaning from the first-person point of view.

Goal:

The goal of this presentation is to enable the participants to understand the long-term effects of childhood and adolescent sexual abuse on an individual throughout their life span.

Objectives:

Participants will acquire competence on the impact of childhood sexual abuse. They will identify how the 4-types of attachment styles play out in trauma. They will gain knowledge and understanding of the effects of trauma on multiple levels of development, health, and how complex trauma impairs the
Session: 6  Day: Saturday

Workshop Title: A Changing World: The Cost of Racism to White Students

Lead Presenter: Darrick Tovar-Murray, PhD

Co-Presenters: Michaela Sacra EdD, Pamela Nehrke, BA, Amanda Torchio, BA

Synopsis:

Previous research has attempted to understand the cost of racism on minority students well-being and career aspirations. An area of research that has yet to be focused on is understanding the impact racism has on White, majority students. The costs of racism to Whites is a new and emerging psychological construct. We will be presenting findings from a study primarily surveying White students experiences from an urban, college setting. White students psychosocial cost of racism, awareness of their White privilege, experiences of White guilt, levels of self-esteem overall life satisfaction, and career aspirations will be assessed.

Goal:

In line with the changing world in which we live, our goal is to address racism from a different lens. We hope to explain White guilt and White privilege impacts on urban, university students psychosocial cost of racism, life satisfaction, career aspirations, and self-esteem.

Objectives:

Our program objective is to start a conversation to begin to expand knowledge regarding definitions of White guilt and White privilege relating to the majority group. To align with this changing world, we will begin to assess this construct looking at research done with White, university students.
Session: 7          Day: Saturday

Workshop Title: Practicing what we Preach: Pronouns and the Privilege of Naming

Lead Presenter: Meg Seth, Counseling Student

Co-Presenters: None

Synopsis:

Names have power. As a society, we routinely disempower and oppress others by how we name them. In working with clients that are gender non-conforming (GNC), non-binary (NB), or transgender, names and pronouns are important pieces of identity-affirmation and client empowerment. As counselors, we are positioned in such a way that we can and must challenge identity-based discrimination both in counseling relationships and within our institutions. When we don't examine our power, we are primed to commit microaggressions in our practice as counselors. In this workshop, we will practice ways to support trans/GNC/NB clients. The program will start with a discussion of ways for practitioners to use inclusive language and implications for practice with trans/GNC/NB clients. Following this discussion, we will participate in role play exercises to develop practical skills in using pronouns and honoring client names. We will conclude with a discussion about strategies for systemic advocacy.

Goal:

The goal of this program is to increase knowledge of trans/GNC/NB issues in counseling. Participants will have the opportunity to practice strategies for how and when to ask about pronouns, gain tools for bolstering gender-affirming counseling environments, and learn basic systemic advocacy skills.

Objectives:

Program Objectives: Examine how names, pronouns, and identities shape the power dynamic in counseling relationships; Recognize their privilege or oppression around names, pronouns, and identity; Practice using correct names and pronouns; and Learn basic skills for systemic advocacy.
Workshop Title: Current Trends of Integrating Spirituality and Religiosity in Multicultural Counseling: Eastern and Western Countries perspective

Lead Presenter: Aimee Kathleen, MS

Co-Presenters: Kimberly Asner Self, EdD, LCPC, NCC

Synopsis:

Topics like spirituality and religiosity in counseling are sensitive and sometimes complex, and always important. Increased research in counseling as well as in healthcare policy across the globe has emerged from increased access to various cultures and religions within a global sphere. This is particularly apparent in Western Society in terms of diverting away from institutionalized religion towards, more individualized type religion, and thus focusing more on a personal search for meaning, a sense of self and heightened connection with others' indeed spirituality. Indeed, over the past two decades, with US involvement in Iraq and Afghanistan, curiosity about spirituality and religiosity has heightened. In this program, we will look at the research on spirituality and religiosity in both Western and Middle Eastern countries in terms of clients' meaning in life, self-esteem, wellbeing, hope and depression.

Goal:

1) To give clinicians a chance to brainstorm ideas about how to effectively address spiritual concerns in assessment and treatment. 2) To incorporate discussions on developing training programs about how to work with values as a part of the therapeutic process.

Objectives:

To evaluate how much religiosity and spirituality is a part of multicultural counseling in today's world. To facilitate clinician's awareness of personal values and meaning accredited to spiritual, and religious experiences, in order to articulate a personal worldview that encompasses spirituality
Session: 7  Day: Saturday

Workshop Title: When Mental Health Services and Divorce Collide for Couples: What to Know and How to Help

Lead Presenter: Erin Birt, JD, CADC

Co-Presenters: None

Synopsis:

When Mental Health Services and divorce collide for couples, there are many ramifications for the patient/client as well as the provider. Learn about the impact of Mental Health Services on divorce, how to respond to subpoenas, request information, and how your practice can help change the future of divorce. We will review and discuss the legal issues that impact a patient/client’s divorce process. Take home form documents to help respond to requests for information or how to participate in an evaluation process, and discuss how you can provide collaborative divorce services to positively improve the divorce process for our patient/clients.

Goal:

Learn about the impact of Mental Health Services on divorce, how to respond to subpoenas and requests for information, and how your practice can help change the future of divorce.

Objectives:

Understand the impact of mental health on the divorce process, review and obtain form documents to help respond to requests for information or to participate in evaluation process, obtain resources for providing collaborative divorce services as divorce coach to improve the divorce process.
Session: 7  
Day: Saturday

Workshop Title: Enhancing Cultural Intentionality in Counseling Practice: A Qualitative Inquiry into Counseling Values as they are Experienced Among a Variety of Cultural Contexts

Lead Presenter: Nate C.D. Perron, PhD, LCPC, NCC, ACS

Co-Presenters: Ariel Rock & Kerryn Ansell

Synopsis:

Counseling research and practice maintains the full professional obligation for cultural competence in the counseling relationship, and a need for creativity when engaging diverse populations around the world. In order to address the need for both counseling values and cultural values within the counseling profession, further exploration is essential. This qualitative study takes a phenomenological approach to understanding how counseling professional values are experienced in different cultures, by counseling professionals connected through international counseling associations. In this study, counseling professional values will be identified as the common values, standards, and policies that outline ethical theory and practice of the counseling profession based on professional ethical codes.

Goal:

As a result of the research conducted through this study, more accurate identification of counseling values will ultimately allow for a higher quality counseling services provided to couples, families, and individuals around the world.

Objectives:

1. Understand cross-cultural values that informs counseling education and practice, 2. Recognize cultural perceptions that influence acceptance of counseling education and practice around the world, and 3. Identify the counseling/mental health needs commonly reflected around the world
Session: 7  Day: Saturday

Workshop Title: Creative Arts Strategies in a Changing World of Counseling and Supervision

Lead Presenter: Oksoon Cho, PhD, LPC, NCC, ACS

Co-Presenters: Scott A. Wickman, PhD, PEL; Toni R. Tollerud, PhD, LCPC, PEL, ACS

Synopsis:

Incorporating creative arts into counselor preparation and supervision can facilitate counselor adaptation to meet changing clients, student, and supervisee needs by tapping into a form of expression that might not otherwise be available. In this workshop, we present findings from a grounded theory study on the benefits of incorporating creative and expressive arts techniques in counselor preparation and supervision to meet the needs of diverse clients, students, and supervisees in an often unpredictable and always changing world. Participants will learn hands-on strategies for incorporating creative expression into their supervision and counseling practices, such as drawing, coloring, making, and painting, music, journal writing, and play/sandtray.

Goal:

Participants will learn how to use creative arts to prepare students and supervise practicing counselors through findings of a grounded theory study and participating in a live demonstration of how to apply a creative arts intervention to their supervision and counseling practice.

Objectives:

1. Participants will learn and apply in the workshop various creative arts strategies for counseling and supervision. 2. Participants will learn new forms of expression in counseling and supervision. 3. Participants will learn findings from a grounded theory study on how creative arts strategies h
Session: 7  Day: Saturday

Workshop Title: Changing Assumptions About Human Sexuality: Addressing Sexual Normativity in Clinical Settings

Lead Presenter: Elisa M Woodruff, MSEd, LPC, NCC

Co-Presenters: None

Synopsis:

Sexual normativity is the pervasive cultural assumption that all people experience sexual feelings. It privileges those that do and sets apart as deviant those who do not (Carrigan, 2011; Chasin, 2011; Haefner & Plante, 2015). This assumption leads to stigma, discrimination, and erasure toward individuals experiencing sexual dysfunction, partners experiencing mis-matched libidos, and asexual-identified clients. It is also expressed in assumptions about those who are older; people with disabilities; those who are single; and in issues related to race, ethnicity, religion, and gender role. In this workshop, the presenter will familiarize participants with assumptions underlying sexual normativity and its cultural expressions. Attention will be paid to diagnosis, case conceptualization, and supervision and clinical training, including discussion of sexual normativity in the DSM-5. Case studies will be discussed, and participants will receive a list of resources for further training, client

Goal:

To shed light on a cultural assumption that is so pervasive that many do not realize it exists and harms many clients.

Objectives:

Participants will: be able to discuss sexual normativity and its cultural expressions; learn systemic and interpersonal ways that sexual normativity can harm clients; apply practices that dispel these assumptions in conceptualization/diagnosis; learn valuable resources for future use.
Session: 7  
Day: Saturday

Workshop Title: The Couple that Plays Together Stays Together: Using Play to Enhance Couple Relationships

Lead Presenter: LaToya Flowers-Roe, LPC, NCC

Co-Presenters: None

Synopsis:

Half of all first marriages still end in divorce. Couple therapy, for those who do eventually seek counseling, is plagued by distressingly high rates of premature termination. Nevertheless, the research has shown couple therapy does work. This fun, interactive session will explore integrating play into couple therapy to reduce premature termination, improve treatment outcomes, increase relationship satisfaction, and induce positive affect among couples. Participants will walk away with an in-depth understanding of the many psychosocial-emotional benefits of adult play and a host of play therapy interventions that work well with the leading systems theories. Couple play is an innovative approach perfectly suited for counseling in and for a changing world.

Goal:

The goal of the session is to introduce participants to the value of play therapy in couple's counseling, by sharing the current research and demonstrating play therapy interventions that work well with the leading systems theories.

Objectives:

1. Explore the current research regarding the many psychosocial and emotional benefits of adult playfulness and couple play. 2. Present specific couple play therapy interventions compatible with Emotion Focused Couple Therapy, Gottman Method Couples Therapy, and Solution Focused Couples Therapy.
Session: 7  Day: Saturday

Workshop Title: Rising Above: A Multicultural Approach to Mentoring Women Toward Successful Careers in Counseling and Psychology

Lead Presenter: Kasia Wereszczynska, LCPC, RYT

Co-Presenters: None

Synopsis:

With all the competition in today's marketplace it is easy to become discouraged. Tack on being a female from a minority culture, and it may seem impossible to attain that dream job. This workshop will serve to empower women to pursue higher-level positions through its educational, skills-training, and resource-sharing components. Although legislation has made some advances toward equal opportunity employment, the reality is that what we see in the United States is anything but. For instance, a study conducted by ABC's 20/20 (2012) posted identical resumes on a career website using the "Blackest" and "Whitest" names as determined by the book Freakonomics to reveal that resumes with the "Whitest" name were downloaded nearly 20% more than their Black counterparts. Such odds not only complicate the process of being interviewed and hired but also significantly compromise the self-esteem of women seeking higher-level positions.

Goal:

The purpose of this presentation is to empower women, particularly those from cultural minorities, to not only rise up against the odds stacked against them but to become mentors for others with similar struggles.

Objectives:

Participants will be educated regarding the truths of this dichotomy and what they should look out for in their career search and pursuit of advancement and they will learn ways to stand out above others through branding themselves and increasing the value of their work.
Session: 7  Day: Saturday

Workshop Title: The Role of Neuroscience in Training Crisis and Trauma Counselors

Lead Presenter: Shedeh Tavakoli, PhD, LCPC

Co-Presenters: None

Synopsis:

The counselor supervisee's ability to remain emotionally regulated in a counseling session is imperative for the therapeutic relationship and assisting clients to work through traumatic experiences. A successful supervision includes emotionally available supervisor, working on parallel processes, countertransference, and emotion regulation. This presentation will address the application of essential elements of neuroscience in supervising counselor supervisees working with survivors of trauma.

Goal:

increase awareness about the neuroscience behind supervision. For example, the interpersonal dynamics between the counselor-clients can trigger certain neurological processes in the supervised, hindering the therapeutic process. Discuss supervision techniques to address these possible issues.

Objectives:

1. New developments in the field of supervision and the role of neuroscience in training counselors
2. Learn about neuroscience-based supervision interventions via examples demonstrated by presenter
3. Application of these interventions in case examples and role-play activities
Session: 8                  Day: Saturday

Workshop Title: Caregiving: An Unknown Territory for Many and How Counselors Can Help

Lead Presenter: Kathy M. Bonnar, EdD, NCC, LPC

Co-Presenters: None

Synopsis:

The need for caregivers continues to increase each year. There are no classes or degrees that can prepare an individual to take on this job of caregiving. In many cases, it is family members who one day had their typical life and the next day became a caregiver charting unknown waters with little or no preparation. How can we as counselors help these caregivers identify their place as a caregiver as well as the importance of self-care while providing services to others?

Goal:

The goal of this program is to provide a venue where counselors can begin to identify and share their role in helping caregivers through their servicing others and the challenges that helpers have in accepting and acquiring help.

Objectives:

* Provide counselors with a better understanding of caregiving and the caregiver. * Analyze and discuss the options of servicing caregivers as counselors. * Review how we as counselors can have an impact on society in helping caregivers through their journey of helping others.
Session: 8  Day: Saturday

Workshop Title: Women and Islam: My Body, My Choice?

Lead Presenter: Kimberly K. Asner-Self, EdD, LCPC, NCC

Co-Presenters: Farah Nazzal, MS

Synopsis:

In the Qur’an, Muslim women are encouraged to dress modestly with an eye toward decency (24:30). Decency is explained to include covering private parts, avoiding premarital sex, and avoiding looking with lust at anyone other than one's husband. In the US, many people who are not Muslim wonder why a woman would wear the hijab (a hair covering) and/or other coverings (abbayah, burka, niqab). They maintain these women have been brainwashed, oppressed by a misogynistic religion, and need to be rescued from their own internalized marginalization (Grech, 2014). Western counselors are no exception. Counselors work their life-times on self-awareness, knowledge and abilities in terms of multiculturalism and social justice (eg. Ratts, Singh, Nassar-McMillan, Butler, & McCullough, 2015). In this program, we discuss women and Islam to increase knowledge and self-awareness to enhance our ability to meet our clients in a warm, non-judgement space to grow. Handouts provided, discussion expected.

Goal:

To educate counselors about the complexities of gender, Islam, and culture and to offer a safe place to increase knowledge about Islam and gender as well as unpack our own unrecognized & internalized assumptions about Muslim women that may increase microaggressions with Muslim clients.

Objectives:

At the end of this program, participants will have: 1. Been exposed to the five pillars of Islam, 2. Learned about what the Qur’an says about a dress code for its adherents, 3. Discussed their own understanding of Islam and women outside the counseling setting and what they might bring in
Session: 8  Day: Saturday

Workshop Title: Nourishing Body and Soul: Using Mindful Eating to Enhance Eating Disorder Treatment

Lead Presenter: Jennifer S. Rogers, LPC, NCC

Co-Presenters: None

Synopsis:
Threshold and subthreshold eating disorders are pernicious, often chronic, illnesses that result in serious physical and emotional problems (Stice, Marti, & Durant, 2011). Eating disorders are among the top 10 causes of disability among young women. Of all mental illnesses, anorexia nervosa has the highest mortality rate (Streigel-Moore & Bulik, 2007). Even highly motivated clients often have difficulty changing disordered eating behaviors, leaving them feeling trapped in a cycle of food restriction, binge eating, and compensatory behaviors. To address the treatment needs of clients with eating disorders, clinicians can incorporate mindful eating into session. In this presentation, participants will learn how to facilitate experiential eating activities in group and individual sessions, help clients eat mindfully, and rate their levels of hunger and satiety. Snacks will be provided for the experiential eating activity during the presentation.

Goal:
Participants will develop skills to help clients change disordered eating behaviors.

Objectives:
Participants will learn how to define mindful eating, accurately rate hunger and satiety levels, and incorporate experiential eating activities in group and individual sessions.
Session: 8  
Day: Saturday

Workshop Title: Building a Safe Place for Traumatized LGBTQ Youth, Teens and Young Adults

Lead Presenter: Beryl J Armstrong, LCPC

Co-Presenters: None

Synopsis:

More and more today youth, teens, and young adults are identifying themselves as lesbian gay, bisexual, transgender, queer or openly questioning their sexual and gender identity (LGBTQ). As a result this vulnerable population is experiencing various forms of trauma and stressors including family rejection, bullying, school harassment, physical and sexual abuse, emotional abuse and intimate partner abuse. These negative experiences increase the risk of homelessness, suicide, substance abuse, HIV/STD, exposure to hate crimes, and sexual exploitation. LGBTQ need a safe place free from judgment and bias where they can be heard, strengthened, and helped.

Goal:

The training aims to build cultural and clinical competency in a world where LGBTQ is becoming more prevalent.

Objectives:

Session: 8  Day: Saturday

Workshop Title:  The Current Status and Potential of Psychedelic-Assisted Therapy

Lead Presenter:  Geoff Bathje, PhD

Co-Presenters:  Stephen Kotsiris, BS

Synopsis:

We will provide an overview of the most current research on psychedelic-assisted therapy. MDMA and Psilocybin are both entering phase III FDA clinical trials, the last step toward legalization as medicines. MDMA has additionally received Breakthrough Therapy designation for demonstrating effectiveness in treating PTSD above and beyond current treatments. MDMA may be available via expanded access as soon as 2019, and Ketamine therapy is already legal and increasingly available. Psychedelics are proving capable of increasing the pace and outcome of counseling for a range of difficult to treat conditions, including substance use disorders, OCD, Depression, Bipolar Disorder, end-of-life distress, and PTSD. Due to the time-intensive sessions, counselors, rather than PhD level practitioners are likely to provide most of the counseling services, providing a potential major increase in career opportunities. Risks and screening considerations for clients will be discussed.

Goal:

We will inform attendees about the current status of psychedelic-assisted therapy research, laws and policies regarding practice and research with psychedelics, and emerging possibilities for practice.

Objectives:

Describe current uses and best practices in psychedelic-assisted therapy, including collaboration with medical professionals. Demonstrate knowledge of current laws and policies relevant to psychedelics, along with pending changes. Understand career opportunities and the role of counselors.
Session: 8
Day: Saturday

Workshop Title: The Psychology of Success: Principles for Personal & Professional Wellness

Lead Presenter: Joyce Marter, LCPC

Co-Presenters: None

Synopsis:

In this dynamic and popular presentation given for Fortune 500 companies as well as therapists, Marter reviews wellness principals to create the best life for yourself, as well as your clients. Practices such as mindfulness, cognitive behavioral strategies, assertive communication, healthy boundaries, and how to harness the powers of intention, visualization and gratitude are all explored. Case examples are drawn from over 20 years of practice, as well as personal examples from Marter’s own professional journey. Participants will leave with a road map for achieving success with work/life balance.

Goal:

Leave counselors feeling motivated and inspired to live a greater life with work/life balance and to have new tools and techniques to share with clients to do the same.

Objectives:

Didactic presentation, case examples, exercises and lively discussion to develop new skills for personal and professional success.
Session:  8     Day:  Saturday

Workshop Title:  An Internal Family Systems Therapy Guide to Recovery From Eating Disorders: Healing Part by Part

Lead Presenter:  Amy Y Grabowski, LCPC, ATR

Co-Presenters:  None

Synopsis:

Eating Disorders (ED's) have the highest relapse rate of all the mental illnesses and can be very frustrating for clinicians. Amy Y Grabowski (Author of "An Internal Family Systems Therapy Guide to Recovery From Eating Disorders: Healing Part by Part") has a theory that most therapeutic models do not resolve the core issues which originally led to the ED's. Ms Grabowski believes that ED's result from the sacrifice of the Self usually as a result of Trauma. Participants will learn about accessing the client's Self energy and helping the client's "Parts" become more in balance. Videos of the use of IFS therapy with clients will be viewed and discussed.

Goal:

Participants will have a deeper understanding of Eating Disorders and Trauma and the Internal Family Systems Therapy model.

Objectives:

Participants will -be able to identify the 3 main groups of Parts of the IFS therapy system -understand ED's can be seen as a subset of Anxiety Disorders, especially with Trauma survivors -understand the difference between Big T/little t Trauma and how they effect the sense of Self
Session: 8  Day: Saturday

Workshop Title: Complexity and Intersectionality of Racial Trauma, Interpersonal Violence, and Crisis in Counseling People of African Descent

Lead Presenter: Malik Raheem, EdD, NCC

Co-Presenters: Kimberly Hart

Synopsis:

When truly implementing Multicultural Counseling Competence and Social Justice advocacy, we need to understand communities of African Descent face crisis, racial traumatic events, and interpersonal violence daily and can make services complex. In order to truly understand the paradigms of the community, a counselor needs to understand culture, identity issues and dynamics, and SES variables a counselor would need to be aware of when counseling this community. The presenters will give strategies to facilitate multicultural and social justice competence and advocacy.

Goal:

To understand how intergenerational traumatic psychosocial racial events impact the well-being and mental Health of communities of African descent.

Objectives:

Participants will be able to identify the most common crisis and traumatic issues affecting communities of African descent. Participants will be able to have a clear understanding and appreciation of culture and will have a sense of cultural humility when counseling communities of African descent.
Session:  
Day: Saturday

Workshop Title: Fostering AHA Moments in a Changing World (Expanded workshop)

Lead Presenter: Joe Sanok, LCPC

Co-Presenters: None

Synopsis:

What do Apple, Star Wars, and a rhinoceros have in common? Where does clinical experience meet and fight with technology? Where do ideas come from and how can we foster them in ourselves and our clients? The world has changed and the field of counseling usually lags behind. Opportunities abound for counselors to move beyond traditional counseling. With podcasting, e-courses, and apps, it's easy to get overwhelmed with the possibilities. Usually we get paralyzed by doing it perfect. But there is another way to think about this changing world.

This is an expanded version of Mr. Sanok’s keynote address.