

Thursday, November 12, 2020

KEY FOR SESSION CATEGORIES:

GC - GENERAL CONVENTION

AS - ADVANCED SKILLS

CC - COMMUNITY

CEC - COUNSELOR EDUCATION/CAREER

CSE - CLINICAL SUPERVISION/ETHICS

SH - SCHOOL

SP - SPECIAL POPULATIONS

Session 1

8:00 - 9:00 am

GC

Morning Mindfulness Practice Group - Alan Forrest, LPC, LMFT,

Mindfulness is the art of conscious living and being in the present moment; that is, the intentional attending to what is happening right now without judgment or reactivity. The purpose of the morning practice group is to provide an opportunity for participants to have a place to begin their day in stillness and silence. The structure of the 30-45 minute practice group will consist of a welcome, lightly guided period, and silent sitting practice. We are all each other's teachers; therefore, we will conclude with an optional open discussion. Beginners are welcome. This is a gentle way to begin your day.

All participants will: Experience mindfulness practice; Learn how to integrate it into their personal lives.

8:30 - 10:15 am

Opening Welcome & Awards Ceremony: VCA President – Dr. Cyrus Williams

Session 2

10:15 - 11:15 am

GC

KEYNOTE SPEAKER: Samuel T. Gladding, Ph.D., LPC, CCMHC

All Dogs Have Read Carl Rogers: Moving Through the Pills and Ills of Society to Prevention through Counseling

This keynote will address how counseling can constructively address the ills of society, (e.g., systemic racism, climate change, addiction, the coronavirus, and polarization) with a focus on prevention. It will also emphasize what counseling can contribute to systematically promoting positive mental health.

Learning Objective #1: Attendees will examine anew how remediation and piecemeal strategies to promote mental health, such as the overuse of prescriptions, is not enough to make a society healthy.

Learning Objective #2: Attendees will learn what counselors and the profession of counseling can do to become leaders in promoting a healthy society through taking preventive strategies and evidence-based treatments to the public through various interpersonal means, e.g. advocacy, social media, public service announcements, podcast, etc.

Learning Objective #3: Attendees will be introduced to the idea of counseling becoming a public health specialty as well as a helping profession and why advocacy for mental health becoming a year round activity, rather than a special occasion day or month, can make a difference

Session 3

11:30 am - 12:30 pm

AS

Self-Care in the New Normal: Effective Stress Management Strategies for Counselors - Elias Moitinho, Ph.D. LPC (VA), LPC-S (TX), LMFT (TX), Denise Moitinho, Ph.D.

Counselors are living in a new normal created by the COVID-19 crisis. This new normal has created unique stressors and challenges for counselors, which in turn may create chronic stress and potentially lead to burnout. Unfortunately, burnout is a reality for a high number of counselors. Therefore, self-care has become absolutely essential for counselors to maintain control of their lives and thrive in the counseling profession.

Participants will: 1. Identify unique stressors and challenges counselors are facing in the new normal 2. Describe physical, mental, relational, and spiritual stress management strategies for counselors 3. Explore and create a customized self-care plan to manage stress and thrive in the counseling profession

CC

Grief Counseling: The Helpless Role of Companioning the Bereaved - Jennifer Blake BSN, MS, RN

Working with a client experiencing grief can be a difficult process for counselors-in-training, their teachers, and their supervisors. This presentation will explore the grieving process, clients'™ grief experiences, ways to work with bereaved individuals, training strategies to use with students counseling the bereaved, and effective supervision strategies for the process.

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

Identify theories of grief counseling and ways these may manifest in practice. Discuss areas of particular discomfort within the context of assisting a bereaved individual as well as ways in which these might be mitigated. Describe ways in which the supervisor of a counselor working with a bereaved individual might actively support the counselor through this process.

CEC

Promoting Student Voice in Counselor Education: Lessons Learned from a Program Evaluation of Multicultural Competence and Climate - Rachel A. Regal, MS, NCC

Student-led listening sessions that evaluate the cultural climate and preparation of multicultural competent practitioners in counselor education programs promote student voice and advocacy. This program will review a model and share lessons learned from the process at one program, along with shared discussion for how sessions might be adapted in other educational settings.

1. Identify the clinical utility and role of promoting student voice in counselor education programs
2. Develop an understanding of one model for conducting student listening sessions
3. Review lessons learned and tips from one program's experience with student listening sessions
4. Provide a start-up kit to host sessions including flyers, online survey, and facilitator guide
5. Discuss how student listening sessions might be adapted to fit different programs

CSE

Social Justice & Leadership: The Intersection - Sue E. Pressman, PhD, LPC, NCC, NCCC, CCC, GCDFI, BCC, President of ACA; Dr. Judy Daniels, CRC

How do counselors put their leadership skills to work or perhaps most importantly how do we make sure there is social justice and opportunity for us to lead? Our overarching goal is for you to be empowered with the leadership tools needed to address racism, deal effectively with the crisis of pandemics, and be able to respond swiftly, timely, and effectively. Because of this, there has never been a more important time for counselors to demonstrate leadership through problem solving and creative solutions. We welcome thought and engagement on the topic because counselors as leaders make people, organizations, and communities strong. That is what we envision for you, and VCA, its Chapters and Divisions and ACA.

1. Examine the history of social justice within the counseling profession and increase your knowledge of how to lead with a social justice mindset.
2. Review Maslow's Hierarchy of Needs as it relates to leadership development and self actualization.
3. Increase knowledge between the connection of leadership and ethical practices.
4. Learn strategies for how counselors can become more involved in counseling leadership.
5. Take away new tools and techniques to effectively and creatively lead others.

Session sponsored by: VCDA

SH

Sowing Suicide Postvention Seeds in K-12 Schools - Rita Schellenberg, PhD Counselor Ed & Supervision; Licensed School Counselor (VA); LPC (VA); LCP-S (VA), ACA, NCC, NCSC, NCMHC; Justin Silvey: Doctorate Counseling; Licensed School Counselor

Postvention versus prevention? Why postvention? Presenters examine these constructs, looking specifically at postvention as it relates to the role of school counselor, working with suicide survivors "those left behind, grieving the loss of a significant other due to suicide in K-12 schools. Warning signs and postvention strategies are highlighted by both a professional counselor and school counselor.

- 1) Attendees will be able to define postvention and its role in promoting positive mental health.
- 2) Attendees will be able to identify postvention strategies for suicide survivors in the aftermath of suicide in K-12 schools.
- 3) Attendees will be able to develop postvention plans for inclusion in school crisis management programs.

SP

Physically Distant, Emotionally Connected: Helping Children and Families Navigate Separation - Kelly Atwood, PsyD, LCP, LPC

Attachment theory provides a framework to understand capacity for emotional and behavioral regulation in the context of unique experiences and challenges faced by families during periods of separation, including the COVID-19 Pandemic. Implications of culture and trauma will be explored. Possible interventions, including interprofessional intervention, are identified and examined.

1. Participants will be able to explain the implications of family separation through the attachment theory framework.
2. Participants will be able to describe trauma-informed care as it relates to family separation.
3. Participants will be able to identify two unique challenges presented by

the COVID-19 Pandemic. 4. Participants will be able to identify two cultural considerations related to family separation.

12:35 - 1:30 pm *Poster Sessions, Live Social Justice RoundTable, Meetups*

Poster Sessions: Psychological Distress Among Victims of Stalking - Kelly Eikenberg, B.S., QMHP-C

Stalking. We are all familiar with the word, but do we know the extent of the psychological distress that its victims endure? This poster examines the mental health symptoms and the behavioral and personality changes in victims who have experienced stalking.

1. The attendees will assess the demographics that characterize the qualities of individuals who engage in stalking and victims of stalking. 2. The attendees will examine the psychological effects and behavioral shift that occur for victims of stalking. 3. The attendees will co-construct ideas for raising awareness and participating in advocacy to support clients of this population.

Community Uprisings: A Crisis Response and Activism Model - Carrie Lynn Bailey, PhD, NCC, LPC

Minneapolis, Charlottesville, Baltimore, Ferguson. Communities are experiencing collective trauma in what seems a never-ending cycle. How do counselors respond to the pain of those impacted by these events and how do we increase resilience and advocate for change in the process? This presentation outlines a culturally responsive disaster-intervention model.

1 - Understand precursors to racially charged events such as institutionalized racism that implicitly support discrimination. 2 - Gain knowledge of innovative counseling tools and interventions that can be implemented with clinical populations in response to specific crisis and/or uprising situations. 3 - Gain knowledge of information that can inform teaching activities to be implemented in counselor education curriculum to address clinical response to specific crisis situations. 4 - Explore/expand upon the ACA Disaster Impact Recovery Model to facilitate sustained social change & prevention efforts.

Perspectives of Young Adolescent African American Middle School Females Using Social Media - Christa A. Benton, Ph.D., LPC, NCC

This poster session explores the experiences of African American adolescent females use of social media. It will address what they do, who they communicate with, and the purpose and impact social networking sites have on their online and offline relationships.

1 - Understand the perceptions of a group underrepresented in literature and their use of social media. 2 - Understand social media's impact on young adolescent African American females' quality of life.

Bandaging Wounds: Figurative Language in Therapy - David Comer, B.S.

Our presentation will examine the use of figurative language in counseling. Topics will include the benefits of using analogies and metaphors in clinical work, areas in which figurative language can be useful, and ways to use these tools to develop rapport with a wide range of clients.

Clinicians will understand the benefits of using figurative language in clinical work Clinicians will be able to identify different areas in which metaphors can be useful Clinicians will understand how to use figurative language with a diverse range of clients and presentations.

Preparing CITs to Address Social Determinants of Health in Practice
- Alexandra Gantt, M.A., NCC

Counselor competence to address social determinants of health (SDOH) remains an under-explored area of counselor development. Internship serves as the pedagogical environment for equipping counselors in training to navigate the diverse SDOH client needs that impact mental health. This session will examine the significance of addressing SDOH in counselor training.

Provide a general understanding of social determinants of health (SDOH) Discuss results from a qualitative study to further promote understanding of the counselor's role in addressing SDOH. Provide implications and directions for CITs in preparation for assessing and addressing SDOH in practice. Discuss and provide notable frameworks for addressing SDOH. Provide implications for counselor educators in preparing CITs to assess for and address SDOH in practice

Session 4

1:30 pm - 2:30 pm

AS

Planting Seeds of Growth: Authoring Stories of Resilience - William "Wally" Scott, PhD, LPC, LMFT

The collaborative, relational counselor as an audience to clients stories empowers them to become author-ities, and more involved in the construction of their own stories. In this workshop guidelines for a therapeutic stance, that plants seeds for re-authored stories will be presented, while participants are invited to explore additional resiliencies.

1. To utilize systemic, solution-focused and social constructionist ideas in the construction of useful guidelines for therapy.
2. To introduce ideas which will stimulate the evolution of new techniques in therapy and empower therapists to utilize and apply their creativity in such situations.
3. To generate therapist interest in use-of-self, the introduction of uncertainty to our therapist constructions, and a willingness to take a reflecting position to ourselves and our work.
4. Participants will feel that the principles they have evolved for effective practice can fit into this model.

CC

Introduction to Counseling via Telehealth - Kevin Doyle, Ed.D., LPC, LSATP, Associate Professor, Longwood University; John Rogers, MA/Ed.S., NCC, Resident in Counseling, Doctoral Candidate, James Madison University

This session will present the basic considerations for counseling, considering or learning how to use telehealth to provide services. Ethical issues, licensure implications, training, and technology will be covered, as well as advantages and disadvantages of using telehealth in our work with clients.

1. Attendees will learn basic skills of counseling via telehealth
2. Attendees will be able to identify advantages of counseling via telehealth.
3. Attendees will be able to identify disadvantages of counseling via telehealth
4. Attendees will have an enhanced understanding of ethical issues of counseling via telehealth.
5. Attendees will learn about potential platforms for telehealth delivery and additional resources.

CEC

A Guide on how to overextend yourself and burn the candle at both ends You got this but not for long - Torre Boyd, MS, NCC Resident In Counseling,

In a world of productivity goals, competitiveness, and side hustles we have created a guide on how to overextend yourself and burn the candle at both ends. You got this but not for long will be a new guide on self-compassion and rest.

Upon completing this course participants will be able to:

- Articulate at least two risk when overextending
- Recognize symptoms of burnout
- Be able to mitigate burning the candle at both ends
- Summarize Hustle Culture

CSE

Cultivating Evaluation for Case Conceptualization in a Clinical Setting: Using a Critical Thinking Framework - Brandi Chamberlin, PhD, NCC, Eric Camden, PhD, LPC, NCC, ACS; Robyn Trippany-Simmons, PhD, LPC; Brandon Waggoner, LPC, NCC

This session will challenge counselors to grow in their case conceptualization skills by evaluating cases and applying de Bono's six hats of critical thinking in creative ways. Two additional hats will be utilized to provide a comprehensive evaluative framework for case conceptualization.

- 1) Present an innovative strategy for conceptualizing client cases
- 2) Expand understanding of the 6 hats to include a hat for cultural responsiveness in case conceptualization
- 3) Expand understanding of the 6 hats to include a hat for theoretical in case conceptualization
- 4) Examine implications for development of case conceptualization skills for graduate students and new clinicians
- 5) Demonstrate application of the 8 hats approach

SH

Digging Deeper to Plant Seeds for Holistic Wellness and Life Satisfaction in K-12 Students - Rita Schellenberg, PhD Counselor Ed & Supervision; Licensed School Counselor (VA); LPC (VA); LCP-S (VA), ACA, NCC, NCSC, NCMHC, Justin Silvey; Doctorate Counseling; Licensed School Counselor

Grab your shovel as we dig deep into the fertile soil of human development. Would you like guidance in cultivating the spiritual/religious needs of students in a manner that is legal, ethical, culturally sensitive, and aligned with the ASCA National Model? Presenters will provide seeds and sowing skills to grow students'™ holistic development.

Objective 1: Attendees will gain a greater understanding of the positive correlation that exists between spiritual/religious belief systems, and wellness. Objective 2: Attendees will gain a greater understanding of the culture and ethics related to actively seeking to include students spiritual/religious beliefs in the practice of school counseling as critical aspects of human development inseparable from virtually all aspects of life. Objective 3: Attendees will be given published, expert-reviewed Spiritual and Religious Standards and integration approaches for use in school counselor programming and practices.

SP

From Mr. Roger's Neighborhood to the Counseling Office: Using earned- secure attachment to impact emotional regulation in trauma survivors - Anita Kuhnley, PhD, LPC, Lisa Compton, Ph.D., LCSW, CTTS

Trauma, attachment relationships, and emotional intelligence intersect on the pathway to well-being. Particularly for survivors of developmental trauma, earned-secure attachment can dramatically increase emotional regulation. This workshop will use the emotionally intelligent attachment figure of Mr. Rogers as a model for counselor self-development and client therapeutic healing.

1. Describe the link between attachment relationships and emotion regulation. 2. Analyze the impact of trauma on tolerance of unpleasant emotions 3. Apply secure base/safe haven lessons from Mister Rogers cultural figure 4. Develop counseling skills for emotion regulation & attachment security

Session 5

2:45 - 3:45 pm

AS

Art it Out: Engaging Adolescents with Expressive Art via Tele-Counseling - Susana Solomon, APC, MA, MS

Art is a form of language, when combined with verbal dialogue, fuses together capacities to more effectively resolve difficulties or conflicts. This presentation will address the importance of the therapeutic alliance with adolescence and the effective use of expressive art via teletherapy to maintain engagement and promote positive treatment outcomes.

Consider how the therapeutic alliance with adolescents and potential challenges that may impede the formation of an effective alliance. Identify and discuss key themes identified by adolescents as important when developing a therapeutic alliance. Identify how to foster client

engagement via teletherapy. Understand what art therapy is and summarize the benefits of its use & Develop a plan to introduce art into teletherapy. Consider the ethical implications and clinical limitations of using art therapy in clinical practice.

CC

Trust the Process: Humanism in Addictions Counseling - Justin Jordan LPC CSAC; Kelly Eikenberg

Humanistic approaches have influenced the work of professional counselors since the establishment of our profession. Addictions counseling often involves more prescriptive approaches in educating clients about lifestyle changes conducive to recovery. This session will focus on the importance of integrating humanistic counseling skills in addictions treatment.

Attendees will compare and contrast humanistic approaches and traditional addictions counseling approaches. Attendees will assess the value of humanistic counseling approaches in treating addictions. Attendees will examine how humanistic approaches are being utilized in a variety of addiction treatment settings. Attendees will co-construct ideas for integrating humanistic counseling throughout the healing journey of clients with addictions.

CEC

CSE

Promoting Student Wellness and Counselor Self-Efficacy through Mindfulness - Dr. Laura Daniel, Ph.D., LPC

The presenter will review a research project exploring the integration of mindfulness practice into clinical supervision of Practicum students. The relationship between student wellness and outcomes in counselor training will be addressed as well as the use of mindfulness practice as one coping strategy within a larger student wellness plan.

1. Define the concepts of student wellness and mindfulness
2. Understand the research in support of the usefulness of mindfulness and counselor training
3. Understand the research related to the benefits of mindfulness on mental health and in the counseling relationship
4. Review results of a research project integrating mindfulness into clinical supervision for Practicum

SH

Career Development for the Future Workforce - Melissa Wheeler, PhD, NCC, ACS, Janelle Bettis Cox, EdD, LCPC, NCC, ACS

The fourth industrial revolution has changed how we look for work, the type of work we do, and the skills needed to be successful in the future workforce. Researchers have predicted increased job polarization in the next decade and the need for workers to be agile, flexible, and able to handle multiple tasks at one time. This presentation will discuss the skills needed for success in the future workforce and career development theories that can frame interventions.

Participants will discuss the changing world of work and skills predicted to be essential for the future. Participants will explore career theories that help clients prepare for an unpredictable job landscape. Participants will develop a list of strategies and considerations for working with the career issues of the future workforce.

SP

Adverse and Protective Childhood Experiences: From results to treatment - Rachel A. Regal, MS, NCC

Adverse childhood experience (ACE) screening is becoming more common in schools and clinics, yet careful attention must be paid to how results inform treatment. This session will review screening instruments for ACE and protective childhood experiences, and recommendations to ensure a culturally-sensitive process and rigorous and ethical use of results.

1. Develop understanding of adverse childhood experience (ACE) and protective childhood experience (PCE) scales and empirical base. 2. Identify ACE and PCE instrument options, including scoring 3. Identify and apply recommendations for culturally-sensitive administration 4.. Review and discuss how practitioners can use ACE scores in a rigorous and ethical manner, including common misunderstandings and practices that could be potentially harmful

Session 6

4:00 pm - 5:00 pm

AS

Meaning Making in Troubled Times: Co-Construction Strategies for Thriving - Lennis Echterling, Ph.D.

In troubled times, people are confronted with a crisis of meaning. The purpose of this session is to highlight how counselors can promote meaning making. Using co-construction strategies, counselors help

clients transform crisis narratives into survival stories, achieve a greater resolve, and set the stage for thriving in their lives.

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

- Describe the power of narrative in creating meaning;
- List examples of transcendence in troubled times;
- Summarize co-construction strategies for meaning making; and
- Demonstrate techniques for transforming crisis narratives into survival stories.

CC

So, your favorite therapist is..... a horse? - Elizabeth Armstrong PhD

A phenomenological paper looking at programs that include Equine Assisted Mental Health practice. Includes specific examples of how EAMH is used with different diagnoses, and compares programs, as well as describing experiential data from one program.

To inform therapists about programs available for training.

To inform therapists about EAMH use

CEC

**It's Not My Job to Stay Quiet So You Can Stay Comfortable:
Narrative Group Counseling with Survivors of Complex Trauma -**
Jennifer M. Apperson, PhD, LCP; Erin Lessin Mahone, QIDP, QMHP-e,
Counseling Intern; 2020 Pete Warren Fellow

Individuals with complex trauma often believe they must hide their painful stories to shield others from the discomfort of their truths. Silence deepens the cycle of isolation, shame and fear. The use of Narrative Group Counseling allows clients to move past the pain toward healing.

1. Participants will learn about the general theoretical basis of narrative therapy. 2. Participants will learn the nature of complex trauma and how it differs from non-complex trauma. 3. Participants will learn how narrative therapy can be incorporated into group counseling. 4. Participants will learn how a culminating storytelling performance can be a powerful healing last group session.

CSE

Duty to Warn and Duty to Protect: Ethical & Legal Responsibilities with Non-Clients - Deborah Braboy, PhD, LPC-S-TA, NCC, Yulanda

Tyre, PhD, LPC-S, NCC; Jama Davis, PhD, LMHC, LPC, NCC, BCPC; David R. Brown, PhD, LPCC-S, LCDC-III, NCC, ACS

All states have mandatory reporting of abuse of vulnerable populations for clinicians. However, the procedures are clear only when working with the client and having direct knowledge and information of the situation. This session will explore professional responsibilities with no direct knowledge of the situation or identifiable information.

Individuals attending this presentation will 1. Explore the challenges and limitations of reporting laws regarding abuse and neglect of minors, including the difference between mandatory and permissive requirements. 2. Analyze various rationales for and against reporting a child abuse/neglect situation for which no direct information is known. 3. Select and utilize an ethical decision-making process to determine a clinician's responsibility to report a situation of which they have no direct knowledge or identifiable information.

SH

Remote Academic Counseling for High Performing Students During a Global Health Crisis - Dan St John, PhD, Katie St John, M.Ed.

This session focuses on providing counseling services to high achieving students during a global health crisis. COVID-19 altered the experience of all students during a time that was already most academically stressful. This session highlights the remote utilization of brief techniques, attachment theory, and growth mindset interventions by academic counselors.

At the conclusion of this presentation, attendees will be able to:

1) Identify 2 unique challenges facing high achieving students due to the global health crisis. 2) Identify 3 specific interventions and/or theoretical approaches utilized by academic counselors in order to best address the needs of those students. 3) Construct 1 potential solution moving forward to take back to their institution and apply it to their students.

SP

Providing Counseling to Boys and Men of Color: Culturally Sensitive Theory and Practice - Dr. Lakesha Roney, Ed.D. LPC, James Harris, M.S. Resident in Counseling

This session will focus on the difference in boys and men of color seeking services, explore cultural challenges acknowledging mental health, and examine theories and techniques that could address other underlying issues. Counselors will increase awareness of challenges

while enhancing their toolbox of culturally competent interventions to use with these populations.

Identify why gender is a critical determinant on mental health and mental illness. Understand cultural reasons with boys and men of color acknowledging and coping with mental health concerns. Identify applicable theoretical approaches and techniques to use with boys and men of color. Learn and/or enhance learning of best practices and ethical standards when working with boys and men of color.

5:00 pm

Silent Auction begins

5:00 - 6:00 pm

LIVE Business Meeting and Awards Program

6:00 - 8:00 pm

Speed Mentoring

6:00 - 8:00 pm

LIVE Chapter and Division Social Hours

Friday, November 13, 2020

Session 7

8:00 am - 9:00 am

GC

Morning Mindfulness Practice Group - Alan Forrest, LPC, LMFT,

Mindfulness is the art of conscious living and being in the present moment; that is, the intentional attending to what is happening right now without judgment or reactivity. The purpose of the morning practice group is to provide an opportunity for participants to have a place to begin their day in stillness and silence. The structure of the 30-45 minute practice group will consist of a welcome, lightly guided period, and silent sitting practice. We are all each other's teachers; therefore we will conclude with an optional open discussion. Beginners are welcome. This is a gentle way to begin your day.

All participants will: 1. Experience mindfulness practice; and 2. Learn how to integrate it into their personal lives.

Session 8

9:00 am - 10:00 am

AS

What is trauma? How can RTM clear it completely? - Janell Royster, Ph.D. LMHP-R in Virginia (Pending LPC in North Carolina), Dr. Martha Corvea, Ph.D., Dan Jarvis

What is Trauma? How does it occur? Have you ever experienced memory lapses after an incredibly stressful time? The reconsolidation of traumatic memories is a protocol used to clear trauma in way that is non-invasive, non- traumatizing and without retelling their trauma and feeling those emotions associated with that experience.

Participants will learn about trauma, how it develops, and how to clear it. Participants will learn a soldier's story and how RTM changed his life. Participants will learn about RTM and how it works 92% of the individuals. Participants will learn where to attend the rtm certification and practitioner training.

CC

Am I Racist? How can walking in each other's shoes influence change and encourage healing? - Melvin E. Pride, PhD, NCC, LPC, LCPC, Mark Myers, PhD

An exploration of race, and a path to healing. Using Relational Cultural Theory as a framework, these two diverse individuals (African American man raised in the south during the Jim Crow era @ rural Midwestern white man raised in poverty) explore dangerous topics including Blackface, Police, and raising their grandchildren.

Participants will 1. Learn to apply Relational Cultural Theory to cross cultural relationships 2. Explore the effects of a vulnerable posture on cross-cultural relationships. 3. Increase awareness of biases in race relations 4. Increase awareness of intra-personal resistance to cross cultural connections

CEC

Residency Rewind: Tips and Tricks from Our First Year on the Job - Brittany Trexler, MS, Licensed Resident in Counseling, Ann Marie Xia, MS, Licensed Resident in Counseling

This session will explore lessons learned from the first year of residency by two current residents in counseling. Based on feedback from other residents and experiences of the presenters, students will prepare for beginning their careers. Topics will include interviewing for residency positions, supervision, tackling imposter syndrome, and more.

1) Attendees will learn about unique challenges for first year residents in counseling 2) Attendees will feel practice finding and interview for beginning residency positions 3) Attendees will be able to identify a minimum of 3 skills they can use to avoid burnout and balance work and life as a resident in counseling

CSE

VCA Ethics Committee - 2020 Updates and Contemporary Ethical Considerations - Robert J Froehlich Ed.D. , LPC, CRC, Kathleen McCleskey, Ph.D., NCC , Aimee Brickner, Ph.D., LPC

VCA Ethics Committee members will describe the structure, roles, and functions of this newly reconfigured Committee. Ethics Committee members will apply the ACA Code to ethical challenges and dilemmas counselors face in the counseling profession and work setting, including, but not limited to COVID-19.

Learn about the VCA Ethics Committee, including the newly endorsed format, as well as the roles and functions of the Committee. Increase awareness of ways to collaborate with the new VCA Ethics Committee. Discuss using the ACA Code as a tool to address newly emerging ethical dilemmas especially as they pertain to tele-mental health practices. Engage in a question and answer session among session participants and Ethics Committee Members

SH

Sowing Seeds for the Sweet 16...Career Clusters! - Emily Fielder, M.A.T.

Delving into the 16 Career Clusters can feel intimidating: Where do you begin? How do you start? Discover creative ways to introduce and explore the 16 Career Clusters through ready-made resources including presentations, games, and activities. A resource toolkit is included in this hands-on session!

Identify current challenges in presenting career information. Build career development resources. Design grade-specific career lessons. Set manageable goals for presenting career development information. Choose resources that work for your school setting and students.

SP

Intuitive Eating, an Alternative to Destructive Diet Culture - Anne Beverly Chow, Resident in Counseling

Psychoeducation on Intuitive Eating as an alternative to dieting and diet culture. Diets have a 95% failure rate and lead feelings of shame, guilt, and feeling not good enough. We need to broaden our definition of what it means to have a "beautiful body," making room for more diversity of all kinds.

1. Reject society's narrow definition of beauty. What if we could open the door for more body neutral thinking?
2. Learn about the Principles of Intuitive Eating as an alternative paradigm when discussing dieting with clients.
3. Think about our own eating habits (e.g. Honoring our hunger, not overly relying on food to deal with difficult emotions).
4. Tie in

techniques from DBT to reinforce emotional regulation and distress tolerance.

Session 9

10:15 am - 11:15 am

CC

"Mile Markers": Spiritual Symbolism, Resilience, and Change - Makenna Sands, BS, William "Wally" Scott, PhD, LPC, LMFT

This presentation explores the exploration and honoring of a client's spiritual "mile markers" in a client's life to promote resilience and change in mental health counseling. Promotes use of narrative and solution-focused theory with a spiritual lens.

1. To discuss the use of narrative and solution-focused approaches with clients. 2. To consider ways counselors may ethically and empathically hear and honor a client's spiritual invitations. 3. To contemplate a method for exploring a client's spiritual "Mile Markers" and associated significant life events to promote resilience and change.

CEC

Female Faculty: Factors for Success in Christian and Non-Christian Institutions. - Dr. Nivischi N. Edwards, PhD, LMHC, LPC, NCC, BC-TMH, Dr. Patti Hinkley, Ed.D, LPC, LMFT, NCC; Dr. Melvin E. Pride, PHD, LPC, LCPC, NCC; Katie Askren, MA, LACMH, NCC

Female faculty members often report feeling pressured and challenged to successfully balance their scholarship and academic duties with their home responsibilities. This session will provide the results of an original research study where the female faculty members from both Christian and non-Christian universities were surveyed regarding their definition of success.

1) learn how female faculty define success 2) recognize correlations between ones definition of success and interpretation of how successful they are 3) understand implications of these findings with regard to recruiting and retaining female faculty members and the value of being aware of one's personal definition of success.

CSE

Ethics of Spiritual Integration - Elizabeth Hunter, LPC

Historically, the counseling profession has largely ignored the spiritual orientation of clients. However, ignoring their spirituality is to ignore an integral part of many of our clients lives. This presentation provides training in the ethical considerations of spiritual integration, including recommendations and guidelines for various scenarios.

Understanding ethics regarding spiritual integration.

SH

School Counselor Intern Preparedness: The COVID-19 Internship Experience - Nicole Kyser, PhD, CRC LPC-IL, Denelle Wallace, PhD and Monika McGhee, MA

This panel discussion examines the impact of the pandemic through the eyes of a school counselor experiencing COVID-19 as an intern through a dialog between school counselors and counselor educators. Participants will have a better understanding of lessons learned, effective ways to stay connected to meet student needs, and the development of virtual counseling techniques.

1. Describe an experience going through school internship through the COVID-19 pandemic. 2. Explain technology's role in preparing school interns to stay connected to students virtually. 3. Demonstrate two to three technological tools to effectively stay virtually connected. 4. Identify ways Counselor Educators can prepare school interns for the "new normal" that will be present due to COVID-19.

SP

Beyond the Binary: Understanding Non-binary and Gender Non-conforming Identities - Jordan Pearce, M.A.

Led by a non-binary counselor, this workshop seeks to expose counselors to non-binary and gender non-conforming transgender identities. Terminology will be explained, the unique mental health challenges of this community will be discussed, and best practices for clinical work with this community will be shared.

1. Attendees will learn about the spectrum of non-binary and gender non-conforming transgender identities, including terminology and symbology used by this community. 2. Attendees will explore best practices for increasing competency for working with this community and will learn ways to make clinical practice more open and affirming for clients who identify as non-binary or gender non-conforming. 3. Attendees will learn about the unique mental health challenges of the non-binary and gender non-conforming community and will be provided with resources related to working with this community.

Session 10

11:30 am - 12:30 pm

AS

Increasing Your Effectiveness in Treating Trauma with Parallel Process - Lisa Compton, PhD, CTTS, CFE, Pensiri Kongkaw, MA, NCC, LMHCA

Now more than ever, clients are entering counseling with significant trauma histories. This workshop is essential for both seasoned and novice counselors to navigate the parallel processes that occur during counseling sessions. Participants will have the opportunity to process a case study from their own practice during this interactive workshop.

1. Use self-reflective practice to explore several parallel processes in trauma work
2. Apply the awareness of parallel process to the skill of immediacy with clients
3. Create a plan to use parallel process in personal compassion fatigue prevention

CC

Perspectives in Suicide: Researcher, Clinician, Educator, Family Survivor - Keesha Kerns, Ph.D, LPC, LCMHC, NCC, ACS, Melendez Byrd, Ph.D, PSC

The presentation will approach suicide from the perspectives of researcher, clinician, educator and family survivor. It will review current research on the statistics of suicide and discuss prevention and intervention strategies used by clinicians. The presenters will address the postvention as family and friends survivors of individual that committed suicide.

Participants will learn the current research trends in suicidality. Participants will learn clinician interventions used with suicidal clients. Participants will learn what counselor education programs are teaching candidates about suicide. Participants will learn postvention strategies for suicide survivors meaning family and friends of suicide attempters and completers.

CEC

Process addictions: A missing piece of counselor education - Andreas Bienert, Ph.D., LPC, NCC, CSAC

The etiology, prevalence, treatment, and consequences of substance addictions have been given significant attention during the past several decades. Yet process addictions, also referred to as behavioral addictions, have only recently gained attention within the public and scientific community. The distinguishing feature of process addictions is that they do not typically involve a substance.

The purpose of this session is to: 1) Introduce current prevalence rates related to process addictions and addictive behaviors, and proposed process addictions 2) Discuss the Reward Deficiency Syndrome (RDS; Blum, 2014) 3) Explain the Four Cs of Addiction (ASAM, 2011) and discuss the Neuroscience of process addictions 4) Apply Neuroadaptations to process addictions 5) Introduce commonly used psychological assessment tools to assess for process addictions

CSE

Navigating Ethical Best Practices and Unique Legal Issues Amidst COVID-19 - Suzanne Davis, LPC, RPT

During the unprecedented time and uncertainty created by COVID-19, counselors were forced to navigate the unfamiliar territories of telehealth bound by ethical standards and legal restrictions. Despite the “relaxing” of HIPAA regulations, ethics do not change when there is a global pandemic.

1. Participants will identify the ethical best practices as outlined by the 2014 ACA Code of Ethics regarding telehealth (ACA, Section H, Section A.12.).
2. Participants will identify ambiguities between the 2014 ACA Code of Ethics, and Virginia statutory law and federal laws (ACA, Section I).
3. Participants will learn the ABC’s of an ethical and legal decision-making model and will apply this model to ethical and legal dilemmas for potential resolutions (ACA, Section I.1.b., I.1.c.).
4. Participants will analyze common case scenarios when working with minors in child custody cases (ACA, Section B.5.).
5. Participants will learn how to navigate and respond to subpoenas (ACA, Section B.2.d.).

SH

Mind Body Connection: Helping Students with Body Dysregulation as a Result of Trauma - Decca Knight, LPC, LPSC, NCC, CTP-C

In this session, participants will learn how the Polyvagal Theory and sensory integration systems have an impact on the emotional and behavioral presentation of students affected by trauma. Individual and classroom interventions that calm down and integrate these systems will be discussed and experienced.

1. At the conclusion of this session, participants will be able to describe the Polyvagal Theory and sensory integration systems.
2. At the conclusion of this session, participants will be able to recognize when children are out of their “Window of Tolerance” and experiencing sensory integration issues.
3. At the conclusion of this session, participants will be able to identify individual and classroom

interventions that help children come back into their “Social Engagement System” and fully integrate their senses and brains. 4. At the conclusion of this session, participants will have experienced multiple interventions that integrate the sensory and autonomic nervous systems.

SP

“What Are You” Considerations for Counseling Racially Ambiguous Clients - Mike Takacs, PhD, LPC-S, Krista Kirk, PhD, LPC, Mariah Waller, MA, Resident, Haley Rose, BS

This presentation sheds light on the pressure that multi-racial individuals face when they are coerced to identify themselves in a way that answers the commonly asked question “What are you?” The presenters will discuss how to become more cognizant and empathetic of racial ambiguous people through education and enlightenment.

1. Participants will understand the ways that racial ambiguity impacts both those who identify as multi-racial and those who must decipher the race of said individual 2. Participants will develop an awareness of the current literature surrounding the challenges of navigating social interactions with racially-ambiguous individuals 3. Participants will identify common themes related to interracial interactions and the consequential impacts upon the racially-ambiguous individual’s mental health 4. Participants will collaborate on identifying, developing, and examining innovative ways of promoting positive interactions with racially-ambiguous others

12:30 pm - 1:30 pm *Poster Sessions, LIVE Advocacy round table, Meetups*

Poster Sessions **Bridging the Gap Between Sessions: Assigning Clients Meaningful Homework** - Nathaniel Mason, M.Ed. NCC

While psychotherapy is found to be effective, there is a limit to how much can be accomplished. The literature contains recommendations from practitioners and researchers regarding the benefits of meaningful assignments and exercises for clients between sessions. Recommendations for counselors will be made in light of the literature. Implications for theoretical approaches and therapeutic relationships will also be discussed.

Attendees will become familiar with current literature citing the benefits of assigning clients homework outside of session. Attendees will learn about the theoretical underpinnings supporting the use of practicing exercises, including coping strategies, and ways to identify patterns of behavior, outside of sessions. Attendees will come from the presentation with a working knowledge of examples of homework that often benefits clients. Attendees will be able to discuss what they have learned by

engaging with a case illustration to illuminate their current knowledge of this clinical practice.

Enhancing Counselor Wellness and Building Workplace Resilience -
Renee Staton, Ph.D., LPC

School and clinical counselors encounter frequent stressors, including responsibility/power imbalances, intense workloads, and complex client considerations. However, research regarding mindfulness, vicarious resilience, and resilient work spaces suggests methods for protecting against fatigue and burnout. This session offers an overview of counselor wellness practices and strategies for developing resilient work environments.

Through a combination of didactic presentation and experiential opportunities, participants will: 1) gain greater understanding of personally relevant wellness practices; 2) work thorough at least one guided practice for strengthening personal wellness; and 3) develop an individualized plan for assessing and enhancing workplace resilience.

EmPOWER Lifting: Strength Training and its Holistic Effect on Mind, Body, and Soul - Sonia Gupte, B.A. Psychology, Minor Sociology; NASM Certified Personal Trainer

I will be speaking about the effects of strength training past the physical body. I will speak on how strength training leads to positive cognitive shifts in areas of behavior change, habit formation, self-esteem, stress relief, and body positivity. Next, I will lead a short but powerful group resistance based workout.

Seeds of Growth: Hurricane Katrina Mississippi Women Survivors Resilience & Recovery - Dr. Ophera A. Davis

This session highlights the experiences of obscured Hurricane Katrina Mississippi women survivors' resilience and recovery to give counselors practical examples of the ways in which they can assist students of color in academic or private counseling settings. The women's narratives are courageous, ingenuous, and heartwarming.

Participants will learn about new narratives about a group of Hurricane Katrina Mississippi women survivors

Participants will learn about some of the survival strategies of the women of color which can assist counselors in their work with students of color according to the ACA multicultural counseling standards.

Participants will learn about some of the resilient strategies of these Hurricane Katrina Mississippi women survivors that can assist counselors effectiveness with students of color in accordance with the ACA multicultural counseling guidelines.

Session 11

1:30 pm - 2:30 pm

AS

Mental Health Counselors' Perceptions on Preparedness in Integrated Behavioral Healthcare in Underserved Areas - Kyulee Park, PhD, Resident in Counseling,

This phenomenological study examined the gap in interprofessional and counselor education by identifying the lived experiences and perceptions of mental health professionals serving historically marginalized populations in integrated behavioral healthcare settings. Research results, clinical implications, and considerations for future research will be discussed.

Attendees will gain a better understanding of: (1) key elements and foundations of successful integration of behavioral and primary healthcare, (2) mental health counselors' roles in integrated behavioral healthcare practices in rural, medically underserved, and healthcare provider shortage areas, (3) results of the presented research study including the participants' lived experiences and perceptions on preparedness regarding their CACREP education, (4) clinical implications of integrated behavioral healthcare including counselor professional identity development and equitable access to mental healthcare in medically underserved areas, and (5) considerations for counselor education regarding interprofessional collaboration efforts and advocacy for increased healthcare equity and quality

CC

Increasing Multicultural Competence Through Social Justice Work - Katie Askren, MA, LACMH, NCC

Many graduates of counseling programs reported the relationship between social justice awareness and multicultural competence was unclear. Moreover, research indicates in-class learning and traditional educational practices fail to adequately prepare counselors. This presentation will provide an overview of current research and discuss empirically supported methods for increasing competencies in counselors.

1) Better understand the connection between social justice awareness and multicultural competence, 2) Recognize the importance of specific skills

training, 3) Identify effective methods of increasing social justice awareness and multicultural competence.

CEC

Assessing Multicultural Orientation in Graduate Counseling Students through Study Abroad Experiences - David R. Brown, PhD, LPCC-S, LCDC-III, NCC, ACS, Jama Davis, PhD, LMHC, LPC, NCC, BCPCC; Jerry Vuncannon, PhD, LCMHC, NCC; Charity Frazier, MA, LPCC

As study abroad and cultural immersion experiences grow in popularity, counselor education programs should consider the benefits of these experiences for student development, retention, and overall satisfaction. This presentation will address how multicultural development and faith integration can be embedded within diverse immersion experiences.

Explore research-supported criteria for developing transformative and integrative learning opportunities within immersive cultural experiences and service learning activities. Discuss the benefits of immersion and service learning experiences to students, faculty, and the communities in which they are embedded. Analyze cultural humility, cultural opportunities, cultural comfort, and the expansion of student self-knowledge within cultural immersion experiences and service learning.

CSE

Vicarious Trauma: What Supervisors Need to Know - Stacey Lilley, Ph.D., LPC-S, Robyn Trippany Simmons, Ed.D., LPC-S (AL), NCC, RPT-S

In this presentation, the need for trauma sensitive-supervision will be discussed to better assist our pre-licensed counselor from experiencing vicarious trauma, countertransference, and burnout. In lieu of our world pandemic, more and more counselors need to unpack their trauma work in a clinical setting. Helpful strategies exploring the theoretical model, spiritual belief system, and ethics issues will be attended to through presentation and discussion. This work is imperative for the supervisor, counselor, and will ultimately affect our clients.

1) Identify the impact of trauma work on the mental health counselor 2) Discuss elements of trauma-sensitive supervision 3) Demonstrate creative methods of supervision to aid in promoting post-traumatic growth

SH

Advancing Career Development and Promoting SEL Through Service Learning - Steven Myers, LPC, NCC, GCDF, CCSP,

Service learning engages individuals in providing service to their communities. This session will help participants learn how to apply service learning methods to advance career development while promoting social and emotional learning (SEL). Participants will also reflect on their own counseling work and roles in serving their community.

1) Participants will define Career Development, Social/Emotional Learning (SEL), and Service Learning while learning the connections between all three concepts. 2) Participants will examine how Service Learning can support both career development and SEL in the K-12 educational setting and beyond (including higher education and working with adult populations). 3) Participants will learn what resources are available to assist with service learning initiatives. 4) Participants will have the opportunity to reflect on their own work and communities to formulate their own service learning action plan.

SP

Counseling Implications for Police Officers and Their Romantic Partners - Paul Delaughter, M.A.Ed.

Career-related stress, along with the tenets of police culture, all have an influence on the relational discord of police officers and their romantic partners. This presentation will provide insight into common issues reported by police couples and how counselors can provide culturally competent therapeutic interventions aimed to improve relational wellness.

Attendees will be able to examine unique sources of stress for police officers and their romantic partners. Attendees will be able to explore tenets of police culture and how they effect the relationships between police officers and their partners. Attendees will be able to apply culturally appropriate therapeutic approaches in their work with police officers and their partners.

Session 12

2:45 - 3:45 pm

AS

The Eyes & Ears of Therapy (Comparing and Contrasting Eye Movement Desensitization and Reprocessing to other Therapeutic Modalities) - Joan Monahan, LPC, ACS

During this session the presenter will explore why clinicians and clients become overwhelmed throughout the therapy relationship. Exploring specific therapeutic modalities and the effectiveness of each in the therapy relationship. Participants will be given the opportunity to explore

blocks, resistance, and complexities with presenting cases.

- 1.) Clinicians will be offered several descriptions of various modalities. A comparison and contrast of each therapeutic modality will be examined.
- 2.) Identify and explore ways to overcome challenges with clients whom are resistant to change.
- 3.) Understanding effective interventions to use when the therapy seems to be "blocked".
- 4.) Reviewing the Eight Phase Model and the Adaptive Information Processing Model of Eye Movement Desensitization and Reprocessing.
- 5.) Understanding the necessity for safety and stability when working with resistant clients.

CC

The Action of Allyship: Effective Strategies for Advocacy in Communities of Color - Dr. A'tasha Christian, Dr. Eunice Humphrey, Dr. Julio Orozco

Allyship is not often discussed in counseling programs. Instead, social justice is often presented as a broad concept with minimal instruction on how to implement it. This presentation will teach intentional strategies to become allies for communities of color.

1. Attendees will learn to define advocacy and allyship as two constructs.
2. Attendees will engage in interactive activities to teach intentional allyship through case studies.
3. Attendees will develop individual action items to implement within communities of color.

CEC

A Preliminary Exploration of the Effects of Emotional Intelligence and Collective Cultural Identity of Hispanics and Latinos on Supervision Experiences in Counselor Training - Michelle Colon, LPC, Ashley Bauman, LPC

In this educational session, we will explore the preliminary findings of a research study looking at the effects of emotional intelligence and collective cultural identity of Hispanics and Latinos on supervision experiences in counselor training. In reviewing the preliminary findings, the presenters hope to increase awareness of multicultural supervision dynamics.

1. Attendees will explore the constructs of emotional intelligence, collective self-esteem, and supervision conflict styles.
2. Attendees will review the preliminary findings of the quantitative research study.
3. Attendees will become aware of potential implications of the preliminary findings for counselor educators and supervisors.

CSE

Culturally-Sensitive Mentorship through the Lens of Acceptance and Commitment Therapy - Bianca R. Augustine, MA, CCTP, Resident in Counseling, Jordan Pearce, M.A.

Acceptance and commitment therapy (ACT) focuses on maintaining effectiveness in the presence of uncomfortable thoughts and emotions, both of which marginalized groups are at greater risk of experiencing. This presentation will examine ways in which ACT can be used to foster culturally sensitive mentorship through mindfulness and values-based work.

1. Attendees will learn how Acceptance and Commitment Therapy (ACT) can be used as a foundational strategy for mentorship of marginalized and minoritized mentees in a variety of multidisciplinary settings, from education to healthcare to community engagement to private practice. 2. Attendees will explore the impact that the marginalized and minoritized status of the mentee has on the mentoring relationship, specifically when the mentor possesses more social capital than the mentee, and discover ways to honor and navigate the cultural and social divides between mentor and mentee. 3. Attendees will learn practical interventions based on ACT they can apply in their current mentorship roles, with time allotted for experiential practice and discussion.

SH

School Counselors & Administrators: Partners in School Crises - Keesha Kerns, Ph.D, LPC, LCMHC, NCC, ACS, Angela Goodloe, EdD

Presentation will cover collaborative efforts between the school counselor and administrators in a multitude of school crises. It will include how the school counselor and the administrator are key in a school crisis, necessary to the recovery of students, faculty and the community at large.

Participants will discuss current research on various types of school crises. Participants will learn the components of a school crisis and how the school counselor and the administrator collaborative efforts are key to recovery of students, faculty and the community. Participants will learn what schools are currently doing in the wake of the recent school crisis to help the students and community recover. Participants will learn resiliency building measures at the school level.

SP

The Rainbow of Recovery: Counseling LGBTQ+ Clients with Substance Use Struggles - Justin Jordan LPC CSAC, Roberto Martinez M.Ed.

Substance use counselors must be aware of the needs of clients who are gender expansive and of diverse sexual/affectional orientations by providing affirming and effective services. This session will focus on enhancing counseling practice considerations and the importance of knowledge, humility, and comfort for treating addictions with LGBTQ+ clients.

Develop an overview of key issues surrounding LGBTQ+ clients with substance use disorders. Illustrate exemplary program adaptations and highlight the importance of advocacy for LGBTQ+ individuals in substance use counseling. Identify systemic barriers impacting utilization and access to addictions counseling for the LGBTQ+ population. Establish the importance of consulting and appropriate referral of clients and families.

Session 13

4:00 - 5:00 pm

AS

Choosing Stillness in the Midst of Chaos: Practicing Mindfulness in Times of Uncertainty - Alan Forrest LPC, LMFT, Angela Cardenas

If we're not mindful of our fear, we can become overwhelmed by it. When we face something threatening, it's normal to be afraid; our brains are hard-wired to scan for danger. Whenever fear and uncertainty arise, whether triggered by a mysterious virus or not, we can stop, and with curiosity, investigate it. When fear is mindfully observed it becomes workable and provides the wisdom to inform our next steps. Feeling into the discomfort of uncertainty can create new perspectives. This program will examine and provide mindful approaches for how counselors can serve as islands of calm in the midst of chaos, fear, anxiety, and uncertainty.

Provide and explore a basic understanding of mindfulness; Discover how mindfulness can help skillfully manage the fear, stress, anxiety that arises with uncertainty; Actively practice effective mindfulness practices; and Learn how mindfulness can be integrated into everyday life.

CC

Jim Crow Poverty and Covid-19: Different Results of the Same Disparities - Walter P Anderson Jr PhD, Retired

As counseling professionals, we try to use our knowledge of racial disparities to increase counselor empathy and advocate more effectively for others. The current presentation can help us do both more effectively by better understanding the connection between Jim Crow poverty and Covid-19.

Counseling professionals who attend the proposed session will: 1. Better understand the racial disparities of income and wealth in their historical context 2. Better understand how the same two disparities have contributed to consequences as different as long-run poverty during Jim Crow and the mortality rates of Covid-19 3. Consider the implications of recent research suggesting that most people overestimate the income and wealth of Black people 4. Consider what counseling professionals can do in response to 1-3 above

CEC

Co-teaching in Counselor Education: Effectively Preparing Future Instructors - Judith Wambui Preston LPC, NCC, ACS, CSAC, Radha Horton-Parker, Ph.D., NCC, NCSC

Co-teaching in counselor education programs, the process of preparing doctoral students for future teaching, will be the focus of this presentation. The presenters will highlight three recommended co-teaching structures and address implications for counselor education programs. The participants will also engage in a discussion about their co-teaching experiences.

Participants will: (1) Identify and examine the application of three co-teaching structures in the preparation of doctoral students as they become future counselor educators. (2) Learn about implications and recommendations made for counselor education programs and how they could enhance the development of teaching practice and skills. (3) Enhance learning by participating in a discussion about experiences related to co-teaching.

CSE

Gatekeeping is a Team Sport - Cynthia Miller, Ph.D., LPC

Who should intervene when a counseling intern presents with deficiencies in clinical or professional skills the supervisor or the training program? This session discusses the challenges both parties face when trying to work such students and the need for a collaborative approach to maximize odds of a successful intervention.

1) Discuss the ethical duty of supervisors to engage in gatekeeping 2) Discuss the phenomenon of gateslipping 3) Identify the ethical and legal obligations of university faculty which allow students with potential deficiencies to proceed to practicum and internship despite faculty concerns 4) Identify the competing ethical and legal concerns of site supervisors when working with a counseling intern who has deficiencies

5) Identify steps that both site supervisors and university faculty can take to increase the chances of successful intervention with students with deficiencies

SH

The impact of frequent relocations on military children, a retrospective study - Michelle Weed MRC, CRC, Adrienne Backer M.Ed, Nathaniel Mason M.ED, NCC

Looking back, how do adults, who were military dependents as children, view their experience of relocation during high school? How has it impacted their present lives? Adaptability and transitions, connectedness and family cohesion, uncertainty and anxiety, academic impacts, and 9/11 effects are themes for us to understand as counselors.

1. Identify the social and emotional impact relocation as on military teens. 2. Discover ways in which school counselors can assist in supporting teens to transfer. 3. Conceptualize the impact frequent relocations has on attachment.

SP

Metaphors, Marriage, and Counseling: Helping Couples Succeed - Elias Moitinho, Ph.D. LPC (VA), LPC-S (TX), LMFT (TX), Denise Moitinho, Ph.D.

Counseling work and therapy is accomplished by using language. Counselors often use metaphors in marriage counseling sessions to bring about therapeutic change. This workshop presents a review of the research literature on the effectiveness of using metaphors in counseling. It examines multiple creative metaphors about marriage and it covers practical strategies to use metaphors effectively in marriage counseling.

Participants will: 1. Identify various metaphors couples use to describe their relationship 2. Explore how to use metaphors in counseling to help couples gain insights into their marriage dynamics 3. Describe specific metaphors to use strategically in marriage counseling to help couples reconnect

Session 14
7:00 pm

LIVE VCA Anti-Racism and Diversity Task Force Panel with LIVE Q&A

Saturday, November 14, 2020

Session 15
8:00 - 9:00 am

GC

Morning Mindfulness Practice Group - Alan Forrest, LPC, LMFT,

Mindfulness is the art of conscious living and being in the present moment; that is, the intentional attending to what is happening right now without judgment or reactivity. The purpose of the morning practice group is to provide an opportunity for participants to have a place to begin their day in stillness and silence. The structure of the 30-45 minute practice group will consist of a welcome, lightly guided period, and silent sitting practice. We are all each other's teachers; therefore we will conclude with an optional open discussion. Beginners are welcome. This is a gentle way to begin your day.

All participants will: 1. Experience mindfulness practice; and 2. Learn how to integrate it into their personal lives.

Session 16

9:00 - 10:15 am

VASC Panel: A Leader's Journey to Social Justice Advocacy

Darius Greene, PhD, NCC, VAMCD Secretary; Delila Owens, PhD, CSJ President- Elect; Laura Farmer, PhD, LPC, CSAC, ACS, VA-Saige Past President, SAIGE Board Trustee; Elizabeth O'Brien, PhD, LPC-MHSP, ASERVIC Past President & Governing Counseling Representative

This panel will hear stories from leaders in the field on their journey to social justice advocacy. The panel will consist of leaders in AMCD, SAIGE, ASERVIC and CSJ. Panelists will discuss their work as advocates, the meaningful moments that led them to a place of advocacy and provide participants tangible ways to engage in advocacy work.

1. Gain an understanding of the personal impact social justice advocacy has on the advocate
2. Gain knowledge and strategies as to how one can engage in advocacy work
3. Increase one's knowledge about the contributions our field is making

Session 17

9:00 - 10:00 am

AS

Generation Zoomers: Blending Technique and Technology to Serve Clients with Evolving Expectations and Needs - Dr. Daniel Hall, Ph.D., NCC, LPC, Program Director and Associate Professor, University of Lynchburg; Baylee Worth, 2020 VCAF Pete Warren Fellow

Generation Z prefers things that are quick, easy, and painless, all of which counseling is not. How, then, do we as counselors meet their needs? This presentation will focus on using technology to meet this

challenge in providing the best support for a generation facing a turbulent world coupled with contradictory expectations.

Understand the current use of technology within the field. Learn characteristics and existing research regarding the post-millennial (Gen Z, iGen, Zoomer, etc) generation. Examine the positive areas and areas of growth/concern for utilizing technology. Consider projections for future generations and what their counseling needs may appear to be or are trending to become. Discover new, technologically savvy, ways of connecting and intervening with clients.

CC

We Can Help: Social Justice on Campus - Connie Elkins MS, LPC, NCC, Todd Stanley, MS, LPC

This session discusses the role of college counselors in promoting social justice on campus. The structure includes a review of pertinent ACA Codes of Ethics and Multicultural and Social Justice Competencies along with strategies for providing student and faculty support and increasing campus awareness.

Participants of this session will: Understand the implications of providing counseling support from a multicultural lens Learn how to apply multicultural and social justice competencies for increased effectiveness of counseling services Explore ways to support faculty in creating a culturally sensitive classroom Explore strategies for promoting social justice awareness on campus

CEC

Growing as a Professional: Avoiding Burnout - Felicia Pressley, PhD, LCPC

This session will focus on the professional ethics of maintaining self-care. We should be practicing what we are teaching our clients to establish, develop and maintain healthy boundaries. Healthy family, work, clinical and emotional boundaries.

Review the ethics of self-care and self-monitoring and to develop professional standards.

CSE

We Matter: Navigating Life as a Counselor Educator of Color - Marsha L. Rutledge, PhD, NCC, Tameka O. Grimes, PhD, NCC

In this presentation, participants will engage in a dialogue about lived experiences as counselor educators of color. Participants will leave with

tried and true strategies to help successfully navigate higher education and possibly circumvent some challenges and barriers known to impede productivity and career satisfaction.

1. To gain an understanding of lived experiences of counselor educators of color. 2. To identify strategies to successfully navigate higher education to hopefully result in increased productivity and job satisfaction.

SP

Sibling Sexual Abuse: How to Help Families Confronting America's Silent Epidemic - Brad Watts, LPC, CSOTP

The session is based on presenter's book "Sibling Sexual Abuse: A Guide for Families Confronting America's Silent Epidemic", and will focus on how to work with families experiencing the common, but unspoken news of sibling sexual abuse. The session will define sibling sexual abuse and discuss the problems that result in families that keep disclosures from occurring and discuss how the help families heal from this traumatic event.

The learning objectives from presentation are:

1.-To understand sibling sexual abuse and why this is such a vast problem in America today that affects all cultures and races. 2-How to identify when Sibling sexual abuse is taking place 3-How to help families through the lengthy process of healing. 4. The successful treatment of sibling sexual abuse offenders 5. The causes of sibling sexual abuse and how to get involved

Session 18

10:15 - 11:15 am

AS

Couples vs. Relational? The Need for an Inclusive Rebrand of Relational Counseling Programs - Allison Dukes, M.Ed, NCC, Esther Benoit, PhD, LPC, NCC

With an influx of LGBTQ+ research surfacing, we must understand how our profession's labels influence safety perceptions. One aspect of working with LGBTQ+ identifying individuals is understanding consensual non-monogamy, an overlooked relationship style. This presentation will work to illustrate the need for a rebranding from couples work to relational work.

1. Participants will discuss their initial reactions to consensual non-monogamy. 2. Participants will learn about currently existing literature surrounding work with this population. 3. Participants will learn about

the importance of inclusion in counseling to decrease social stigma, increasing the quality of care provided to polyamorous identifying individuals.

CC

Race-based Trauma: Approaches and Implications for Counselors -
Darius Green, Ph.D., NCC

People of Color may experience race-based trauma due to exposure to race-related stressors. Participants of this session will review the impact of race-based trauma on People of Color, analyze clinical approaches to fostering resilience among client populations, and develop strategies for advocating on behalf of vulnerable communities.

As a result of attending this session, participants will: 1) Identify the mental health impact of race-based trauma on People of Color. 2) Examine culturally attuned clinical implications for supporting People of Color. 3) Discuss advocacy strategies for supporting clients impacted by race-based trauma.

CEC

CSE

The Ethical Behavior of Counselors: Personally and Professionally -
Jennifer Gobble, LPC, Michele Dowdy Award Winner

This session will explore the role and importance of gatekeeping and how this is strengthened through counselor educators, supervisors, mentors. A clear definition and overview of professional behaviors and how this affects a counselor's ability to provide ethical, moral and competent treatment is presented along with assistance with developing self-awareness skills in students to assist with monitoring how behaviors affect professionalism.

Learning Objective 1: Participants will review research on gatekeeping and it's importance and be able to assist students with developing professional self-awareness to assist with understanding how attitudes and behaviors affect service delivery and performance. Learning Objective 2: Participants will understand what personal professional boundaries in the community and with colleagues looks like. Learning Objective 3: Participants will understand what professional interpersonal

and social behavior is in the workplace and how this affects their ability to provide ethical and competent services to clients.

SH **Purposeful School Counseling Site Supervision** - Adrienne Backer, M.Ed., Jennifer Niles, MA, NCC

School counselors are rarely trained in supervision, yet are often called upon to serve as site supervisors for school counseling graduate students. This session will provide an overview of the developmental characteristics and needs of supervisees; present various school counseling supervision models; and provide supervision interventions, strategies, and resources for supporting school counseling students' professional growth.

Participants will: 1. Recognize supervisee developmental characteristics 2. Understand various school counseling supervision models 3. Share supervision interventions and resources

SP **The Cultural Implication of Transgenerational Trauma : The Misdiagnosis of African American Youth** - LaConda Fanning, PsyD, LPC

Just over a quarter of children in the U.S will witness or experience a traumatic event during early childhood. These statistics are even more dire for African American youth who may experience consequences of transgenerational trauma that often go unrecognized or misdiagnosed, resulting in the least effective intervention implementation.

The attendees will learn how developmental/transgenerational trauma is a unique childhood experience. The attendees will learn how children and adolescents experience developmental/transgenerational trauma. The attendees will learn how to appropriately respond to developmental/transgenerational trauma.

Session 19
11:30 am - 12:30 pm

AS **Sacred Serotonin** - Dr. Wendy Eckenrod, Associate Professor

The alarming rate of Americans, one in six, prescribed antidepressants warrants a deeper understanding of how serotonin is manufactured, the raw materials needed for serotonin productions, and how lifestyle and diet decisions can increase our clients' well-being. It is critical to understand how serotonin and SSRI's impact well-being in an effort to

help our clients lead high quality lives. Long-term SSRI use and counseling implications will also be discussed.

The following Learning objectives will be covered:

Participants will: 1. Know where and how serotonin is manufactured in the body? 2. Understand how SSRI's function in the body 3. Know important demographic information related to SSRI usage (e.g., frequency/percentage, race, and gender) 4. Know counseling implications

CC

Examining the Impact of Intergenerational Trauma on Black Family Functioning - Briana Gaines, MA, LAC, NCC, Aiesha Lee, MA, LAC, NCC

Trauma can be described as being a “little t” trauma or a “big T” trauma. Epigenetics has shown that “big T” traumas can be passed down through generations. This presentation will address the intergenerational trauma within Black families beginning with Post-Traumatic Slave Syndrome (PTSS) to present day traumatic experiences. It will examine the impact of PTSS on Black individuals today and how intergenerational trauma has affected the black family. The presenters will discuss how to encourage growth and healing in black clients and families using relational cultural theory as well as examining ways of reconceptualizing current family theories to include these phenomena.

1) Explain epigenetics and intergenerational trauma 2) Define and explore Post Traumatic Slave Syndrome 3) Provide interventions that encourage growth and healing for black individuals and families.

CEC

Developing Professional Behavior of counselors and mental health clinicians from the classroom to the workplace - Jennifer Gobble, LPC

This session will review research on professional identity development and how this is integrated into one’s personal leadership philosophy. Participants will identify professional behaviors outside the counseling room that may impact or affect ethical and competent services and treatment to clients.

Learning Objective 1: Participants will understand the importance of instilling professional attitudes, values and behaviors in students and be introduced to ways that this can be accomplished
Learning Objective 2: Participants will understand the variables affecting the development of

leadership in students early and will be able to assist students with implementing a personal leadership philosophy and plan early in their Masters or Phd program. Learning Objective 3: Participants will understand what professional behaviors are, both personally and professionally, outside the counseling room and how they affect the individual's leadership ability and professionalism.

CSE

Virginia Board of Counseling Supervisors' Summit - Johnston Brendel, EdD, LPC, LMFT, Kevin Doyle, EdD, LPC, LSATP, Jaime Hoyle, Esq

This session will focus on current issues under consideration by the Virginia Board of Counseling, as well as recent actions. Co-facilitated by the Board Chair and the Executive Director, the session will also include an opportunity for questions and discussion about the Board's role and activities.

Attendees will understand the primary purpose of the Board of Counseling in Virginia. Attendees learn about recent activities of the Board including modifications that have been made due to the pandemic. Attendees will gain an understanding of upcoming challenges and initiatives facing the regulation of professional counseling in Virginia.

SH

You Matter! Using the School Counseling Professional Standards and Competencies to Plant Seeds of Growth - Justin Silvey, Ed.D., Licensed School Counselor, Rita Schellenberg, Ph.D., LPC, ACS, NCSC, NCC, NCMHC

The ASCA National Model provides School Counseling Professional Standards to serve as guidelines for practicing self-development; however, these competencies are rarely emphasized as a means of on-going personal assessment or reflection. This session will provide a review, opportunity for personal rating, and reflection on the competencies for personal growth.

1) Review the ASCA School Counselor Professional Standards and Competencies. 2) Discuss how the ASCA School Counselor Professional Standards and Competencies can be implemented into a Comprehensive School Counseling program. 3) Provide a Social and Emotional Learning (SEL) framework to continued personal growth. 4) Rate and reflect on the use of the ASCA School Counselor Professional Standards and Competencies in practice using activities framed with SEL.

SP

**Discussing Weight in a Therapeutic Setting - Michelle O'Brien, MA
NCC LPC**

Given the ubiquity of weight management efforts in the general population, it is appropriate that counselors be knowledgeable about aspects of weight that may be present and relevant in a therapeutic setting. This presentation examines the culture around weight and identifies factors that potentially affect the therapeutic relationship and outcome.

Increase counselors working knowledge in their clinical practice through education on the current science around weight management, its causes, and clinical correlates. Improve counselors competencies in treating patients with high BMIs and related behavioral medicine concerns, by training counselors in the use of counseling skills so that they may better serve the large percentage of the public that is overweight and contribute to the profession of professional counseling. Enhance counselors awareness of their own biases and identification of weight bias as it impacts the therapeutic relationship; and increase understanding of intersectionality as it applies to body image, the treatment of patients with eating disorders, and related behavioral medicine concerns through education on the culturally sensitive application of empirically-supported interventions.

1:00 pm

Closing Remarks, Silent Auction Ends: Winners will be contacted by email