

Saturday, November 22, 2014

PC A (8:30-9:45)

Not All Uniforms are Alike: Using a Multicultural Approach to Counseling the Military Client
William J. Davis, Jr. PhD Associate Professor, U.S. Army Command and General Staff College
GI
Allegheny Room C

The military community is not a unitary culture; it provides a confusing collage of cultural nuance to the military neophyte. This program will give you the information necessary to effectively understand the various subcultures of the military and thus enable you to serve this community more effectively.

Tips for Beginning Counselors in Community Agencies
Madeline Clark-Kesler, MEd, NCC, Doctoral Student, Old Dominion University
Kriston Nixon, MEd, NCC Family Therapist ForKids
PP/AC, GS, GI, *Professional Issues
Patriot Room B

Many beginning counselors will start their residencies working in community mental health agencies. This presentation will explore common experiences, what to expect in your first years as a counselor, and strategies for dealing with changes and for maintaining wellness.

PC A (8:30-9:45)/ PC B (10-11:30)

Supervising Counselors-in-Training in Best Practices, Ethical Considerations, and Monitoring Potential Value Conflicts when Working with LGBT Clients
Hannah B. Bayne, PhD, NCC, Visiting Assistant Professor, Virginia Tech
Anita A. Neuer Colburn, PhD, LPC (VA), LPCS (NC), NCC, ACS Assistant Professor, Regent University
Contributing Faculty, Walden University
PP/AC, CE/S, GS, *Ethics, *Supervision
Allegheny A

In this session, presenters will focus on best practices and ethical considerations for supervising counselors who work with LGBTQ clients. Questions of counselor competency, the 2014 ACA ethical code, the impact of the counselor's values, and treatment recommendations will be addressed. Presenters will share case examples to facilitate group discussion.

Cooperative Parenting: Building Bridges
Jeanne Brooks PhD LPC, Associate Professor, Liberty University
PP/AC, CE/S, GS, GI
Allegheny Room B

Participants will learn the emotional and physical effects that high conflict divorce has on the development of a child. Effective therapeutic skills will be taught to equip participants tools to

incorporate into their practices while also addressing the ethical pitfalls associated with working in high conflict divorce cases.

The Mindful Path to Kindness, Compassion and Love

Alan Forrest, Ed.D., LPC, LMFT, Professor, Radford University

GI

Piedmont A

Too often the domains of kindness, compassion, and love are either minimized or ignored as a part of the therapeutic process. This interactive program will examine how each of these areas can be integrated into your work with clients, and used for your own personal growth.

Counseling Multiracial Children: Creative Activities for Exploring Identity

Kimberlee Ratliff, Ed.D., NCC, NCSC Program Director/Associate Professor M.Ed. School Counseling, American Public University System

ESC, MSC, GS

Piedmont Room B

Review multiracial identity development models and explore the use of individual and small group counseling in identity development. Participants will learn to use art, games, music, and other media to address common themes and experiences of multiracial/multiethnic students. Activities are designed for elementary and middle school students. Handouts will be provided.

Dialectical Behavior Therapy (DBT): A Theoretical Treatment Approach for Adolescent Addiction

David Savisky, Ph.D., LPC, LMFT, CSAC, ACS, Assistant Professor, Regent University

PP/AC, HSC, CE/S, GS

Piedmont Room C

Treatment of adolescent addiction has been a challenge for the treatment professional. Dialectical Behavior Therapy offers an evidence-based treatment approach that adapts to adolescent substance abuse. This training focuses on how DBT works within the context of substance abusing behavior, parenting effectiveness, and utilizing behavioral approaches to reduce substance abuse.

Colorful and Connected: A Documentary about the Journey of Being a Woman

Juliana Mills Morris, PhD, LPC, LMFT Kelly W Franzone, MS, LPC

PP/AC

Tidewater Room B

Women experience unique celebrations and face distinct challenges in the journey of becoming a woman. Although the details vary, we share commonalities as we travel the pathway of womanhood. The commonalities are connected and our individual stories are colorful. Along the way, our experiences weave together to create the collective journey of womanhood. Excerpts of the documentary will be shown and discussion will follow.

Compassion Fatigue and Burnout: The Cost of Caring

J. Patrick Slifka, LCSW Director of Training, National Counseling Group, Inc.

GI
Tidewater Room C

This workshop defines and discusses compassion fatigue and burnout as they relate to those who serve in "helping" roles. The training presents an overview of the causes and consequences of these conditions and offers specific strategies for prevention and intervention. The material offered in this session goes beyond traditional "self-care" skills and provides strategies to identify and challenge some of the more salient stresses/triggers that emerge in this line of work.

Learning to Live Mindfully: Tools for the Counselor

**Suzan K. Thompson, Ph.D., LPC, Private Practice, Virginia Beach, VA Janet Weintraub, M.S.Ed.
School Counselor Norfolk Collegiate School**

GI
Tidewater Room D

Mindful approaches to living are becoming more popular. Counselors can easily learn and incorporate a variety of tools and practices into their lives. This experiential, retreat-style workshop will provide an opportunity for counselors to learn and use tools for daily practices at home, on the go and at work.

PC B (10-11:30)

Digital Ethics and the Law: The Evolution of Clinical Practice Due to HIPAA-HITECH and the 2014 ACA Code of Ethics

**Ryan D. Foster, Ph.D., LPC, NCC, Assistant Professor, Marymount University Ioana Boie, Ph.D., LPC,
NCC Assistant Professor Marymount University**

PP/AC, CE/S, GS, *Ethics
Allegheny Room C

We will provide attendees with an overview of common issues in using technology; understanding of ethical concerns arising from them; application of the 2014 ACA ethics and HIPAA HITECH to uses of technology in counseling practice. We will cover records retention, use of email, social media, texting, and electronic communication.

Cracking Invisible Barriers: A Focus on Mental Health Service Use among Immigrant Latinos in the United States

Evenor Aleman, M.A/Ed.S

PP/AC, CE/S, GS, GI
Patriot Room A

Overview of common barriers immigrant Latinos face when seeking mental health services in the United States.

The Social Experience of Internet Gamers

Kristy L. Carlisle, M.A., NCC Chuck Carrington, B.S. B.A.Th.M, M.A.

PP/AC, MSC, HSC, CE/S, GS, GI
Patriot Room B

The session will discuss results of a phenomenological pilot study on the lived social experience of Internet gamers. The impact of Internet gaming on social interactions, social functioning, and social identity will be addressed. Presenters will facilitate discussion on elements of addiction prevalent in the findings and implications for counseling professionals.

PC C (1-2:15)

Sexual Trauma and the Power of Art Therapy Techniques

**Jordan Gustin, B.A., Student at Regent University. Nicole Taylor, B.A., Student at Regent University
Dr. Sherry Todd, B.A., M.S., Ph.D., LPC, Board Certified Registered Art Therapist, and Certified
Trauma, Professor Regent University**

PP/AC, MSC, HSC, GS, GI
Allegheny Room A

This presentation is intended for Licensed Professional Counselors, School Counselors, Licensed Clinical Social Workers, and Master's level counseling students who assist clients with sexual trauma and wish to gain knowledge and insight on the effects of art therapy techniques with this specific population.

Enhancing Assertiveness In Your Practice

Angela Anderson Stroop, MA LPC, Director of Counseling Services, Serenity Counseling Center

GI
Allegheny Room C

In this session, we will explore four main communication styles by looking at the way we communicate verbally and non-verbally in each style. We will learn how to effectively communicate increasing our assertiveness to better serve ourselves, clients, students and colleagues.

Infertility and Counseling

Juliana Mills Morris, Ph.D, LMFT, LPCKelly W. Franzone, M.S., LPC

PP/AC
Patriot Room A

Infertility is a growing medical diagnosis. With a sharp rise in infertility diagnosis and subsequent infertility treatment, the need for mental health counseling for women and partners is a growing rapidly. We will explore some of the physical and mental processes women face after an infertility diagnoses, hear stories of women who experienced infertility treatment and discuss the mental health needs of women, with and without partners, who are going through infertility treatment.

The Use of Criminal Background Checks by Counselor Education Programs

**Kevin Doyle, Ed.D., LPC, LSATP, Assistant Professor, Longwood University Joanne Paek, Master's
Student, Longwood University**

CE/S
Patriot Room B

Criminal background checks of counselor education students lack consistent implementation across programs. In some instances, checks at the point of admission, others at the internship point, and some not at all. The presenters will discuss implications and present preliminary data from a national study of this issue.

LGBTQ Intimate Partner Violence

April Cordell, B.A. Psychology, Student Regent University's Master of Arts in Community Mental Health and Counseling

PP/AC

Tidewater Room A

This presentation will focus on an exploration of intimate partner violence in the LGBTQ community to include statistics, characteristics, resources, and suggestions on treatment.

Private Practice: Making the Transition (or Taking the Leap!)

Andrea Cooper, Ed.D., LCPC, LPC, NCCJoanne Jefferson, Ed.D., LCPC, LPC, NCC Dr. Jefferson is self-employed

PP/AC, GS, GI

Tidewater Room B

The transition to private practice can be an exciting change for agency counselors and those working in higher education. Learn from our experiences about taking and managing risks, developing a client base, and managing your private practice. Presenters are private practice counselors, one also a small business owner, who will share their paths into private practice. Share a day in our private practice work!

Motivational Interviewing and the Emerging Adult: Engaging College Students on Sensitive Topics

Margaret Edwards, LPC, NCC, Trauma Counselor, UVA Women's CenterCharlotte Chapman, LPC, NCC Director, Counseling Services UVA Women's Center

PP/AC, GS, GI

Tidewater Room C

This session focuses on how to use motivational interviewing to create a safe, trusting psychological environment in which to engage emerging adult clients while discussing sensitive topics such as sexuality, relationships, eating issues and alcohol use. This evidence-based approach facilitates client engagement, helps the counselor collaborate with compassion, and increases motivation for change.

Working with Childhood Trauma in Trauma-Sensitive Schools

Jon Winder, LPC, LSATP, Clinical Director, The Madeline Centre

GI

Tidewater Room D

There are increasing demands on teachers to manage children who are disruptive, argumentative, non-cooperative and even aggressive. Many of these children are the victims of trauma and a new non-punitive approach is needed to help them. This workshop presents how to understand childhood trauma and a unique way to help them via trauma sensitive schools.

PC C (1-2:15) / PC D (2:30-4p)

Helping Adolescents and Young Adults Achieve Balance and Benefit from Social Media While Avoiding the Pitfalls

Craig Windham Ph.D., L.C.P.C. Counselor, Rathbone & Associates, Bethesda, Md.
Reporter/News caster, NPR Adjunct faculty member, The George Washington University
PP/AC, MSC, HSC, CE/S, GS, GI
Allegheny Room B

Young people are adept at social messaging, but they often have trouble balancing their use of social media with challenges such as academic work and the development of genuine friendships and relationships. Counselors will leave this presentation with practical approaches for helping teenagers and young adults achieve that balance.

The Use of Visualization, Taijiquan and Qigong to Enhance Mindfulness and Health

Stan Rockwell, PsyD, LPC Counselor and Certified Taijiquan and Qigong Instructor Private Practice, Self Employed
GI
Piedmont Room A

Visualization and somatic practices such as taijiquan and qigong can be very powerful in changing behavior, relieving pain, and in increasing mindfulness. Participants will learn about and participate in these practices.

Trends in Adolescent Substance Use

Tony Roman, LCSW, CSAC
PP/AC, MSC, HSC, CE/S
Piedmont Room B

Substance abuse patterns evolve and cycle frequently within the adolescent population. In turn, this often presents difficulties for professionals in the human service field to identify needs and provide adequate service arrangements. This presentation reviews trends in adolescent substance using behaviors, with a particular focus on prescription drugs, heroin abuse and synthetic substances: to include origination, pharmacology, abuse patterns and treatment options.

Neuroscience and Narrative in Trauma Treatment

William "Wally" Scott, Ph.D., LPC, LMFT Assistant Professor Radford University
GI
Piedmont Room C

New developments in the trauma treatment field continue to dramatically expand and inform our work. While verbal processing in trauma treatment remains an important aspect of this work, advances in neuroscience point to the need for a "bottom-up" approach that addresses traumatic experiences in the body, and affect regulation.

PC D (2:30-4p)

A Qualitative Study Examining Disordered Eating Experiences Among Sorority Members

Andrea J Kirk-Jenkins, MEd, NCC, PhD Graduate Student, Old Dominion University

GI

Allegheny Room A

This presentation will explore disordered eating experiences among female sorority members. The presenter will discuss themes that emerged from pilot interview data regarding the potential influences of sorority membership on body image and how one experiences eating.

Pet Loss and Grief Counseling

Maggie Breitenbach Graduate Student Radford University Alan Forrest, Ed.D., LPC, LMFT

Professor Radford University

GI

Allegheny Room C

There is a tendency for pets to become integral members of their family's lives. After the death of a pet, this attachment can result in a loss response. This program will examine the attachments and relationship between pet and owner, different types of pet loss, how pet loss affects the grieving process, and effective counseling strategies.

Spiritual Awareness and Influences of Men and Women in Midlife

Deeba Khumar-Chadha, MA, NCC Doctoral Student (CES), Argosy University, VA Anita A. Neuer

Colburn, PhD, LPC-S, ACS, NCC Assistant Professor of Counseling, Regent University School of Psychology and Counseling

CE/S

Patriot Room A

Research suggests that having a strong sense of meaning in life results in better physical and mental health outcomes, as well as improved quality of life and subjective well-being. This search for life-meaning is influential for spiritual experiences and expressions, particularly as one ages and confronts various realities associated with mid life. This progression changes the nature of meaning making from provisional, everyday meaning to larger life-meaning. The purpose of the session will be to share the literature on men and women experiences of spiritual awareness and influences in midlife.

Supervision Perceptions and Preferences of Supervisees in the Millennial Generation

Sharon Kim M.S. in School Counseling Doctoral student at the College of William and Mary, Pamela

Harris M.S. in School Counseling Doctoral student at the College of William and Mary

GI, *Supervision

Patriot Room B

Supervisees from the Millennial generation may need additional styles of supervision to match their perceptions, strengths, and shortcomings of being graduate student counselors-in-training. This session discusses specific supervision techniques for Millennial students for the hope of increasing flexibility, openness, and empathy in counseling roles.

“Marijuana - God put it there, isn't it?” Treating Clients with Marijuana Use

**Olya Zaporozhets, Ph.D., LPC (VA), LPCC (OH), LCDC-III (OH), Assistant Professor Regent
University Nick Piazza, Ph.D. LPCC-S & Psychologist (OH), Professor of Counselor Education &
Supervision**

PP/AC, MSC, HSC, CE/S, GS, GI
Tidewater Room A

Symptoms, withdrawal, and problems associated with marijuana use will be discussed. Attention will be given to the research and myths of marijuana use as a medication, including the overview of FDA medication criteria and medical studies results. Effective research based techniques of treating clients with marijuana use will be presented.

**The Collegiate Recovery Community: A Growing Model for Supporting College Students with
Substance Use Disorders**

Laura Hamlette, Counselor Education Graduate Student, Longwood University
HSC, CE/S, GS
Tidewater Room C

The Collegiate Recovery Community program is a growing model for supporting college students in early recovery, (or those considering making a change to their use), from substance use disorders. The presenter will discuss how this model is being implemented at Longwood University, as well as other universities.