



VASGW

The Virginia Association
for Specialists in Group Work

Group-a-Rama
APRIL 13, 2018



Ernst Community Cultural Center
8333 Little River Turnpike
Annandale, VA 22003

8:00-8:45am	Check-In, Breakfast & Coffee, Visit with Vendors, Raffle Tickets for Sale
8:45-8:55am	Opening Remarks
8:55-9:55am	Keynote Speaker: Dr. Morton Sherman, Retired Alexandria City Public Schools Superintendent

The Rising Tide of Mental Health Issues in Our Schools

Dr. Morton Sherman will address the rising tide of mental health issues across our school system and our country. His daughter, Rachel Strasburg, will join him and share a personal story about her struggles in high school, a seemingly good life and yet she attempted suicide. Dr. Sherman will share his perspective as a parent and superintendent of schools. Together they share recommendations on what schools and counselors can do to: acknowledge the existence of mental health needs of our students; provide professional development for all staff to create a positive mental health environment and programs; understand mental illness for the purpose of intervention and referral; stop the stigma and other barriers that keep us from having a candid and honest conversation; and take a leadership role to create a system that encourage positive professional conversations about mental health.

Dr. Morton Sherman has served public education for over 40 years, 25 years as a public school superintendent of schools and is currently the Associate Executive Director for Leadership Services, AASA The School Superintendents Association.

NBCC: Does not count towards NBCC contact hours

- A-1 The Rising Tide of Mental Health Issues: Call to Action
Presenter: Dr. Morton Sherman, keynote
Intended Audience: All
NBCC: Does not count towards NBCC contact hours

Summary: As counselors and educators we are faced with an increasing responsibility to ensure the well-being of our students. This is the first step in providing the proper environment to learn and thrive in school. Dr. Sherman will offer a further discussion on how to identify mental health issues and what we can do to help our students. We need to remove old stigmas that keep families from getting help for their children. Join in the discussion about the opportunity and the responsibility to lead the conversation forward in our schools and communities.
Learning Objectives: Identify the mental health needs of their students. Create positive mental health environments and programs. Understand mental illness for intervention and referral. Remove stigmas and barriers that prevent candid conversations. Take a leadership role to create systems that encourage positive professional conversations about mental health.

- A-2 Beautiful and Progressive Educated Sisters (BAPES) Girls Mentoring Group
Presenter: **Vaughnetta Caldwell**
Intended Audience: ES,MS, HS, Private Practice, General Population, Graduate Students
NBCC: This presentation counts towards One (1) NBCC Contact Hour

Summary: Beautiful and Progressive Educated Sisters (BAPES) is an African American girls mentoring and support group. In BAPES, high school girls are supported by addressing their academic needs, fostering their social/emotional growth and development, and aiding in college and career exploration opportunities. Attendees will be provided with a framework for facilitating a successful mentoring program that assists in closing the achievement gap. In addition, attendees will learn how to help students strive to reach their fullest potential through self-esteem building, peer collaboration, parent engagement, vertical mentoring, influential guest speakers, and exposure to a variety of educational and social experiences beyond the classroom.
Learning Objectives: Attendees will learn how to select candidates for an effective mentoring and support group. Attendees will be provided with a framework for facilitating a successful mentoring program. Attendees will learn about an effective program that will assist with closing the achievement gap. Attendees will learn how to help students strive to reach their fullest potential.

- A-3 Promoting Altruism in Groups Through Mindfulness & Loving-Kindness Meditation
Presenter: **Alex Hilert**
Intended Audience: ES, MS, HS, General Population, Graduate Students
NBCC: This presentation counts towards One (1) NBCC Contact Hour

Summary: Presenter will discuss relevance of recent neuroscience, and counseling research on mindfulness and loving-kindness meditation to the development of altruism in groups. Descriptions and examples of practices will be demonstrated. Techniques to implement meditation in groups will be presented highlighting relevance to improving school climates,

reducing bullying, and interpersonal conflict. Implications will be discussed including how these practices promote well-being, reduce anxiety, improve group cohesion, and reduce intergroup bias. Examples of making practices relevant to clients will be discussed.

Learning Objects: Participants will learn strategies for facilitating mindfulness and loving kindness meditation for groups. Participants will gain knowledge on latest scientific and counseling-related research on meditation.

- A-4 **Managing Stress: Healthy Ways to Relax**
Presenters: **Holly Banner and Melanie Brown, LCSW**
Intended Audience: MS, HS
NBCC: Does not count towards NBCC contact hours

Summary: A six-week group designed to help students identify new strategies/skills in coping with stress and put into practice what they have learned. Topics include: defining stress, time management, reframing thoughts, mindfulness, breathing techniques, and visualization.

Learning Objectives: Be able to identify strategies to effectively deal with stress and how to present these to students in a small group format. Be able to identify the steps to teaching more rational thought processes (CBT) to students in a small group format. Be able to state the rationale for planning a Stress Strategies Group and have the tools for a template at their disposal.

11:10am-12:10pm Session B

- B-1 **Kimochi's**
Presenter: **Marcie Cohen, MSW, LCSW (VA), LCSW-C (MD)**
Intended Audience: ES, Graduate Students
NBCC: This presentation counts towards One (1) NBCC Contact Hour

Summary: Attendees will learn about the Kimochi's Curriculum which is an evidence-based character education program for students between the ages of 5 through 11.

Learning Objectives: Participants will gain an overview regarding the Kimochi's Curriculum. Participants will learn about the Kimochi's 7 Keys to Communication. Participants will become acquainted with the Kimochi's Characters. Participants will find out how to access Kimochi's kits and materials.

- B-2 **Mindsets & Brain Smart Strategies Proven To Engage Cooperation & Success**
Presenter: **Tracey Kretzer**
Intended Audience: ES, General Population, Private Practice, Graduate Students
NBCC: This presentation counts towards One (1) NBCC Contact Hour

Summary: Based on the latest research, there are several, simple, specific strategies that make a significant proven difference in the lives of children - especially those experiencing stress and/or poverty. Toxic stress can be mitigated. The specific strategies of Control, Choice, and Relevancy will be addressed. Detailed handouts and classroom posters will be provided to help ensure buy-in, commitment, and ultimate success.

Learning Objectives: List at least 4 of the 6 DNA hard-wired emotional responses. Understand that every other response must be taught. Name the two primary behavioral responses to

chronic stress and define them. When stressed, what do people crave? When people have control, what do they want? When people have choice why do they need relevancy? Name 3 of 5 strategies for providing Control, Choice, and Relevancy in your classroom. Students from high poverty areas often have more acute and more chronic stressors, and fewer coping strategies. What is an ACE score and how does it relate to this topic? What is behavioral immunization and how does it relate to future behavior and neurochemistry? Make a “hand brain” and name the parts and skills available at each level.

- B-3 Students' Success depends on Good Study Skills: 5 Research-Based Active Techniques
Presenter: Maureen Loftus, Executive Director, LearningRx
Intended Audience: ES, Private Practice, General Population, Graduate Students
NBCC: Does not count towards NBCC contact hours

Summary: Students' Success depends on Good Study Skills: 5 Research-Based Active Study Techniques to teach in small group or the classroom. Study skills are comprised of a range of integrated neurological systems that enhance the efficiency and capability of students' ability to gain, retain, and process information. Study skills must be taught, practiced, and ingrained into habitual use, which in turn improves confidence, work-ethic, inner motivation and test results. Most students use passive study techniques when reviewing material or preparing for tests. Most tests require the application of knowledge, which requires active study techniques. Learn how to identify if a student needs help with their study skills, and how you can help your students to develop successful learning strategies. 5 research-based active study techniques will be presented that you can share with you students in a small group or a classroom setting. Learning Objectives: Learn the differences between passive and active study techniques. Learn strategies to assess a student's study skills. Learn how to help students retain and use information more easily. Learn 5 researched-based study techniques. Learn how to share study techniques in small groups.

- B-4 Using the Expressive Arts Therapies in Group Work for Expression, Processing and Connection
Presenter: **Kim Trapper**
Intended Audience: ES, Private Practice, General Population, Graduate Students
NBCC: Does not count towards NBCC contact hours

Summary: We will discuss the efficacy of and demonstrate some basic tools from the realm of the expressive arts therapies that can be used either for groups of adolescents with disabilities such as autism, down syndrome, traumatic brain injury, etc. or for group work with adolescents with mental health issues such as depression, anxiety and low self-esteem. Learning Objectives: To understand clinical uses of the Expressive Arts Therapies as effective tools for working in groups with adolescents who have disabilities and/or mental health issues. To understand what Expressive Arts Therapy is along with what individual creative arts therapies are such as Music Therapy, Art Therapy, Dance Therapy and Drama Therapy. Learn to structure a group activity in a way that promotes healthy response with an arc of expression and with emotional recovery at completion.

C-1 The Action of Understanding: Empathy in Motion

Presenter: Terri Pilkerton, MAEd, NCC, Resident in Counseling

Intended Audience: ES, MS, HS, Private Practice, General Population, Graduate Students

NBCC: This presentation counts towards One (1) NBCC Contact Hour

Summary: No one has ever become poor by giving - Anne Frank. Current research has shown a 30-year decline in empathy among young people in the United States. As counselors, we are often at a loss for methods to transform the concept of empathy into a meaningful experience which will ultimately become a way of life for the next generation. Together we will explore practical methods within a group counseling setting to help individuals understand and cultivate empathy within the self, the community, and ultimately out into the world.

Learning Objectives: Understand what empathy is and why it is important. Learn how to be empathic toward self and apply in real life situations. Learn how to be empathic toward others to change behavior and build better relationships. Learn practical ways to cultivate empathy to the larger community.

C-2 Recognize, Rate, and Reflect on Group Leadership Skills

Presenter: Justin Silvey, Ed.D.; Jacqueline Wirth, Ph.D., NCC, NCSC & Jeffrey Boatner, Ph.D., LPC, LMFT

Intended Audience: ES, MS, HS, Private Practice, General Population, Graduate Students

NBCC: This presentation counts towards One (1) NBCC Contact Hour

Summary: The purpose of this session is to define, explore, and process through the use of group leadership skills through an experiential group activity. Participants will learn to recognize and reflect on their practice of group leadership skills.

Learning Objectives: Participants will learn to recognize group leadership skills by reviewing the definitions of the skills. Participants will rate their perceived self-efficacy of their implementation of group leadership skills in practice. Participants will reflect on their use of group leadership skills by discussing the 'high' and 'low' perceived self-efficacy ratings.

C-3 Getting Kids Organized and On Track: Teaching Organization for Groups

Presenter: **Ann Dolin**

Intended Audience: ES, MS, HS, Private Practice, General Population, Graduate Students

NBCC: Does not count towards NBCC contact hours

Summary: Disorganized students turn in 12% fewer homework assignments, which results in lower grades and a whole lot less confidence and motivation. Learn best practices to teaching kids to be more organized, not just with their materials, but with time as well.

Learning Objectives: In this session, participants will learn how to structure group sessions to help students not only create an organized system for folders and binders, but to also maintain the system once it's set up. We'll also cover planning ahead, especially for block scheduling, by creating simple to use to-do lists.

C-4 The Program for the Education and Enrichment of Relational Skills (PEERS®)

Presenter: Dr. Brian Razzino

Intended Audience: MS, HS, Graduate Students, Private Practice

NBCC: This presentation counts towards One (1) NBCC Contact Hour

Summary: This session will provide an overview of the treatment methods and evidence base, supporting this social skills intervention among middle and high school students.

Learning Objectives: Attendees will learn about some critical friendship and social difficulties common to adolescents with autism spectrum disorder and other social challenges. Attendees will learn core lessons from this group social skills training for adolescents and their parents. Attendees will become more familiar with the PEERS® Treatment Manual and the research upon which it is founded.

2:15-3:15pm

Session D

D-1 Changing Families Group Presentation

Presenter: **Carolyn Kroeger**

Intended Audience: MS, HS, General Population, Graduate Students

NBCC: Does not count towards NBCC contact hours

Summary: A six week group designed for high school freshmen who have parents that recently divorced.

Learning Objectives: Attendees will have an understanding of the impact divorce may have on students. Attendees will understand the short term and long term goals of running the "Changing Families" group. Attendees will understand how to collect pre and post test data to show effectiveness of the "Changing Families" group. Attendees will participate in at least one major activity incorporated into the group.

D-2 Groups to Increase Cognitive Flexibility

Presenter: **Larisa deGraffenreid**

Intended Audience: ES, Private Practice, General Population, Graduate Students

NBCC: Does not count towards NBCC contact hours

Summary: Being able to shift perspective is an essential social skill for emotional regulation and, therefore the making and keeping of friends. We will explore underlying issues, increasing client motivation for change, and fun group activities to increase flexibility.

Learning Objectives: Briefly explore underlying brain issues that can trigger inflexibility.

Understand the foundation skills necessary for cognitive flexibility. Learn fun group exercises to enhance each of these foundation skills.

D-3 Social Skills Curriculum for Elementary Aged Children

Presenter: **Michele Cole, LCSW**

Intended Audience: ES, Private Practice, General Population, Graduate Students

NBCC: This presentation counts towards One (1) NBCC Contact Hour

Summary: This will be a training on running a 10 week Elementary Boy's Club on Social Skill Training. Goals for the group: Making Connections, How to be a Good Listener, Ending Conversations, Social Signals and Tone of Voice, Mean Teasing - How to Not "take the bait"! And more. Attendees will receive a sample of a 10 week group with topics, practice dialogues and patterning tips to share for each week. Those attending will be able to walk away ready to run a group.

Learning Objectives: Tactics to help manage group dynamics in elementary school boys groups through the group process of storming, norming and forming. Tips for creating cohesion in elementary school boys groups.

D-4 “It’s a Bug’s Life” Using the Movie to Teach Growth Mindset

Presenters: Karen Kayes, Behavior Specialist, Noora Assad, Shannon Bell, Mary Armstrong, Teresa Chapman Professional School Counselors

Intended Audience: ES, Private Practice, General Population, Graduate Students

NBCC: Does not count towards NBCC contact hours

Summary: The support group lessons are divided into the steps of Growth Mindset using clips from “It’s a Bug’s Life”. The lessons include: Embrace Challenges and Persist in the Face of Setbacks, See Effort as the Path to Mastery, Learn from Constructive Criticism, Find Lessons and Inspiration in the Success of Others, and Review Growth Mindset/Celebration.

Learning Objectives: To give to the participants an overview of Carol Dweck’s book, Mindset: The New Psychology of Success. To demonstrate how to use video clips from a popular movie to teach the abstract concept of Growth Mindset to Elementary School Students. To give professionals ready-made small group counseling materials to help close the achievement gap and to strengthen student’s social skills.

3:15-3:30pm Drop Off Evaluations to Receive a Certificate of Participation (5 hours)
& NBCC Verification Form (Documenting up to 4 NBCC contact hours)

- Virginia Counselors Association has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2047. Programs that do not qualify for NBCC credit are clearly identified. Virginia Counselors Association is solely responsible for all aspects of the programs.*
- Complaint Policy:** *If you have a complaint or dispute regarding this event, please write a letter and include the following: Your name, address, telephone number, email, name of event, date and location of the event, complaint and desired resolution to Dr. Terri Mason, VASGW President 10328 Collingham Drive Fairfax, VA 22032 or send an email masonvca@aol.com You will receive a reply in 30 days from the date you submitted the complaint/dispute.*
- Cancellation Policy:** *To receive a full refund, minus a \$15 cancellation fee, registrants must cancel at least 72 hours (3 days) prior to the start of the workshop. Cancellations and/or no shows with less than a 72 hour (3 days) notice will be reviewed after all expenses have been paid, a determination will be made regarding the ability to honor the request minus cost of guaranteed meals/special events.*
- Submit cancellations/refund requests to Vicky Wheeler VCA Director, Member Services & Operations, Virginia Counselors Association, 316 Hodges Cove Road, Yorktown, VA 23692 Main: (757) 766-5466 Toll Free: (800) 225-8103 Fax: (757) 766-5467*



Ernst Community Cultural Center

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www.ernstculturalcenter.com

PARKING at NOVA Annandale: VASGW **FREE** parking is available in Parking Lot B12, B13, & B14.

DIRECTIONS to NOVA Annandale AND AREA INFORMATION:

FROM THE BELTWAY (495): Take 236 West (Little River Turnpike). Turn left at Wakefield Chapel Road. Turn left into the large parking lot behind the college (it is the third left turn).

FROM WEST ON 236: Right turn at the light at Wakefield Chapel Road. Turn left into the large parking lot behind the college (it is the third left turn).

FROM BRADDOCK ROAD: Turn right onto Wakefield Chapel Road. Drive 1.3 miles and turn right into the second entrance of the NOVA Community College parking lot.

ACCOMMODATIONS

VASGW has reserved a block of hotel rooms at Tysons Corner Marriott, located at 8028 Leesburg Pike, Vienna, VA 22182, (703)734-3200. The hotel is 6.9 miles from the NOVA campus and just off Interstate 495.

The Hotel is offering a special group rate of \$179 for the evening of April 12th. The Hotel's room rates are subject to applicable state and local taxes (currently 12%) in effect at the time of check out. The group room rates listed above are net non-commissionable.

If you would like to reserve a room call Marriott Reservations directly at 1(800) 228-9290 or (703) 734-3200 on or before Thursday, March 22, 2018, (the "Cutoff Date") to make your room reservations. Please identify yourself as part of the Virginia Counselors Association SGW group staying at the Tysons Corner Marriott, located at 8028 Leesburg Pike, Vienna, VA 22182-2719.

All reservations must be guaranteed with a major credit card. The hotel will not hold any reservations unless secured by credit card. Individual VASGW conference attendees are to pay all guest room charges including applicable taxes.

Virginia Counselors Association agrees that neither the Group nor attendees of the Event shall be authorized to resell room reservations made pursuant to this offer.

This offer is subject to all applicable federal, state, and local laws, including health and safety codes, alcoholic beverage control laws, disability laws, federal anti-terrorism laws and regulations, and the like. Hotel and Virginia Counselors Association SGW attendees agree to comply with such laws.

Information for the On-Line Registration:

Name:

Email:

Current Work Setting:

Session A Choice:

Session B Choice:

Session C Choice:

Session D Choice:

From March 1 - 28

VASGW Members: \$70

Non-VASGW Members: \$85

Graduate Students: \$55 (please note which school)

Retired Counselors: \$55

From March 29 – April 6

VASGW Members: \$80

Non-VASGW Members: \$95

Graduate Students: \$55 (please note which school)

Retired Counselors: \$55

Breakfast: Pastries, fruit, juice, coffee, and water

Lunch: Firehouse Sub, Chips, Soda/water, and Cookie

Please choose one:

Turkey

Ham

Tuna

Veggie

Please list any dietary restrictions/allergies: