

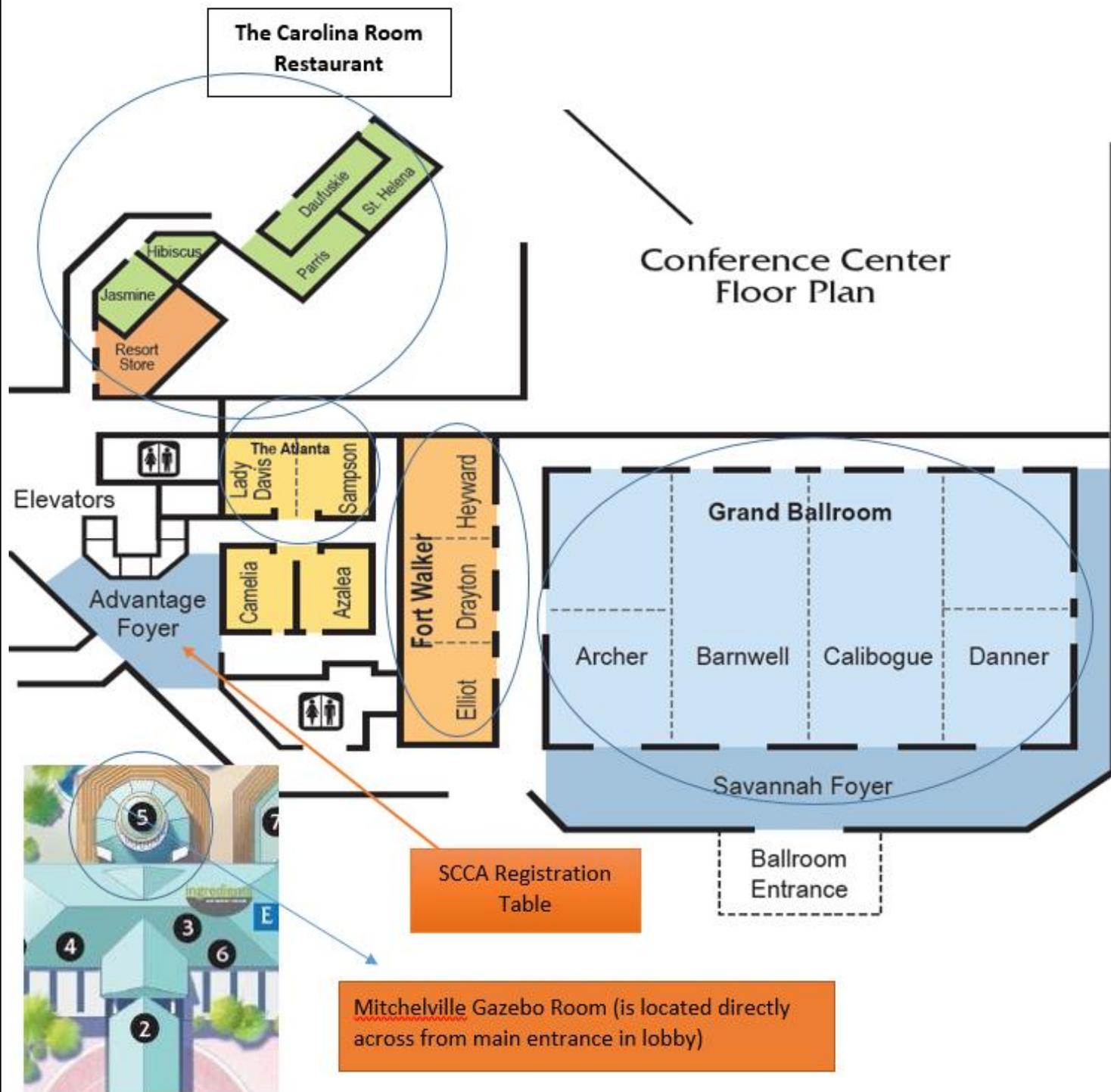


*20/20: Finding our Focus*  
*SCCA 56<sup>th</sup> Annual*  
*Conference*

*Westin Hilton Head Island Resort and Spa*  
*February 20-22, 2020*

*Cover Photo by Toni Wooldridge*

# MAP OF FACILITIES



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# President's Welcome

Hello and welcome to the South Carolina Counseling Association conference! We hope that whether you're here as a new counselor or a veteran in the field, or someone in the midst of a struggle looking for an answer that we'll be able to help.

Founded in 1964, the South Carolina Counseling Association (SCCA) is the official state branch of the American Counseling Association (ACA). We represent professional counselors from all

divisions and specialty areas.

The last few years have been full of hard work and significant changes to our association, but not necessarily the kind of changes that have been noticeable from the outside. Due to the tireless work of our Past President Dr. Tommy Vaughn, we have re-written our constitution and bylaws to receive the approval of the ACA. We have restructured our board in order to guarantee that all those in leadership have been voted into office and that their votes represent the needs of our members. Thanks to the hard work of Executive Council members Norma Colwell, Dr. Jennifer Jordan, and others, we have passed a recent audit of our professional development and continuing education records. This ensures our continued status as CE providers to professional counselors.

Each of these accomplishments represents a stone laid in the foundation of our association. Our early members were key voices in advocating for licensure in our state, as well as the recognition of counselors as professional providers. As President for the 2019-2020 year I have challenged myself and our board with this year's theme; "Finding Our Focus".

Completing the foundational work of the last few years has allowed us to now turn our time and attention to those things we have talked about and wished for but have not been able to bring to fruition. With a renewed focus on our mission and strategic initiatives, we will move forward with transparency and dedication to meeting the needs of our members. Through accessible and affordable continuing education, meaningful opportunities for networking and professional connections, and providing a unified voice for our members and all counselors across the state, we want to serve you with the same level of dedication you provide to those people who walk through your doors every day.

Join us as we move forward, focused on the future and on the needs of our members and those they serve.

Yours in Service,

Justin Brewer,

SCCA President 2019-2020

## EXPO PASS APP Instructions



All attendees must download EXPO PASS on your phone to check into sessions and evaluate them. This system will be used to generate your Continuing Education Certificate.

### APPLICATION: MOBILE

- Download Expo Pass on the [Apple App Store](#) or [Google Play Store](#)
- Create an account using the **same email** you used to register for your event.

*(If you do not use the same email, the system will not recognize you as being a part of the event)*



- Verify your email by entering the 4-digit passcode sent to your email. (Look in your junk or spam folder if you don't receive it!)
- If you still can't find your code, please email [support@expopass.com](mailto:support@expopass.com) or live chat at [www.expopass.com](http://www.expopass.com). When you enter the code, the system will automatically load the appropriate event.
  - Utilize all Expo Pass has to offer both pre-event and on-site.
  - Customize an **Event Schedule** and evaluate all your sessions.
    - View a complete list of all **Sessions** available to you.

**FOR EXPO PASS HELP, PLEASE VISIT  
THE SCCA INFO TABLE BY  
REGISTRATION**

# SCCA COMMITTEES AND CHAIRS

## SCCA EXECUTIVE COUNCIL

**President** –Justin Brewer

**President-Elect** – Charlotte Hamilton

**Past President** –Tommy Vaughn

**Secretary**- Amanda Budd

**Treasurer** – Jennifer Deaton

**Executive Director** – Jennifer Jordan

**Parliamentarian** – Fredric Mau

**Nominations Election Chair**—Tommy Vaughn

## Executive Board Members

Madison Farrell

Aubrey Sejuitt

Gwendolyn Snider

Nikki Vasilas

Anthony Strange

Jerry Dye

## CONFERENCE COMMITTEE

**Conference Coordinator**-Jennifer Jordan

**Registration Coordinators**- Kasey Ennis  
& Alyson Stiles

**Professional Development Chair** –  
Jennifer Jordan

**Program Chair**- Jennifer Jordan

**Volunteer Coordinator Chairs**-

Dominique Roberts

**Technology Chair**-Justin Brewer

**Sponsor and Exhibitor Chair**-Toni  
Wooldridge

## SPECIAL COMMITTEES

**SC Occupational Information System  
(SCOIS) Liaison** - Jimmy Deal

## STANDING COMMITTEES (CHAIRS)

**Awards** – Charlotte Hamilton

**Membership** –Kasey Knight Ennis and  
Alyson Stiles

**Newsletter Editor** – Erin Thompson

**Long Range Planning**-Tony Strange

**Public Relations, Technology, Publicity  
Chair** -Chandler Cox

## Thursday-at-glance

|                        |   |
|------------------------|---|
| 8:00-AM-12:00 PM.....  | CONFERENCE REGISTRATION (ADVANTAGE FOYER)     |
| 9:00 AM -NOON.....     | PRECONFERENCE WORKSHOPS                       |
| 12:00 PM-1: 00 PM..... | LUNCH ON YOUR OWN                             |
| 1:00 PM-4: 00 PM.....  | PRECONFERENCE WORKSHOPS                       |
| 4:30 PM-6: 00 PM.....  | EXECUTIVE COUNCIL MEETING (CAMELIA BOARDROOM) |
| 1:00 PM-6: 00 PM.....  | EXHIBIT SET-UP AND VIEWING                    |
| 1:00 PM-7: 30 PM.....  | CONFERENCE REGISTRATION                       |
| 6:00 PM- 9:00 PM.....  | EVENING SESSION                               |

## Continuing Education Information

NBCC has approved South Carolina Counseling Association (SCCA) as an Approved Continuing Education Provider, ACEP No. 2041. Programs that do not qualify for NBCC credit are clearly identified. SCCA is solely responsible for all aspects of the programs. To obtain your CE's for this year's conference, you need to download the EXPO PASS app explained on page four (4) of this program.

You will notice that each session contains a number indicating which NBCC content area or topic is covered in the session. You will find the definitions of each category at the end of the program.



### Conference 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, the name of event, date, and location of the event, complaint and desired resolution to SCCA Office, 146A Withers, Rock Hill, SC 29733. You will receive a reply in 30 days from the date you submitted the complaint/dispute.

### Conference Cancellation Policy

To receive a full refund, minus a \$10 cancellation fee, registrants must cancel no later than February 1<sup>st</sup>, 2019. Cancellations after February 1, 2019, will only receive half of the registration fees to cover the cost of guaranteed meals/special events. Submit cancellations/refund requests to Jennifer Jordan at [jordanje@winthrop.edu](mailto:jordanje@winthrop.edu). **CONTACT INFORMATION:** Jennifer Jordan, SCCA-146A Withers, Rock Hill, SC 29733, 803-323-2456, Email: [jordanje@winthrop.edu](mailto:jordanje@winthrop.edu); Website: [www.sccounselor.org](http://www.sccounselor.org)

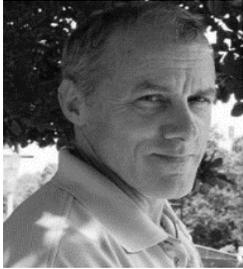
**[CE CERTIFICATES WILL BE EMAILED TO THE ADDRESS IN THE SYSTEM IN APPROXIMATELY 2 WEEKS](#)**

## Preconference Workshops

### THURSDAY PRECONFERENCE

#### MORNING SESSIONS | 9:00-12:00

##### A Map of Couple Counseling: Using EFT to Create Secure Connections



**Presenter:** Craig Cashwell, Ph.D.

**Location:** Elliot

**Program Description:**

This presentation will focus on Emotionally Focused Couple Therapy (EFT) as an evidence-

based approach to working with couples, including an overview of the model.

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

- Articulate the three stages and nine steps of the EFT model.
- Understand how tracking the cycle and validation are critical in early sessions
- Explain how Modern Attachment Theory informs the couple counseling process.

Craig S. Cashwell, Ph.D., LPC, NCC, ACS, is Professor and Chair at The University of North Carolina at Greensboro. He also maintains a part-time private practice.



##### Deep Dive into Ethics Part I

**Presenter(s):** Lynn Linde, Ed.D.

**Location:** Archer West

**Program Description:** Part 1: The 2014 ACA Code of Ethics

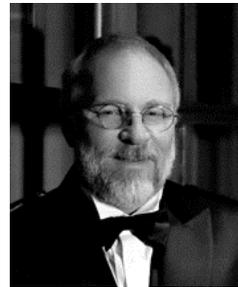
says what? Everything you need to know to practice ethically. As the world continues to become more diverse, and counselors are faced with increasingly complex challenges, knowing the ACA Code of Ethics is more important than

ever. This session will provide foundational information about the sections of the Code as well as explore critical areas such as values-based conflicts, competence and referral, and the use of technology and social media.

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

- Understand the importance of the Code of Ethics and the information contained in the Code.
- Understand how the Code directs and impacts practice; and
- Become knowledgeable about how to make ethical decisions.

##### Ethics of Supervision in Play Therapy



**Presenter:** Charlton Hall, MFT, LMFTS

**Location:** Sampson

**Program Description:** This course will examine some of the areas of potential conflict of interest in play therapy supervision.

Identify and discuss some of the ethical challenges in play therapy supervision and how to resolve them.

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

- Identify when mandated reporting is required.
- Identify when duty to warn is required.

*(You may apply this session as a play therapy, ethics, or supervision CE. Play therapy CE's will be handed out separately).*



**APT Approved Provider- 99-061**

Charlton (Chuck) Hall, MMFT, LMFT/S, RPT-S, CHT is a Licensed Marriage and Family Therapist Supervisor, a Registered Play Therapy Supervisor, a Certified Hypnotherapist, and a board member for SCAPT.

**How Trauma and Technology Impact an Adolescent Brain: A Practical Guide on Neurofeedback in Application**

**Presenter(s):** Diane Kosto, Ed.D.

**Location:** Camelia Boardroom

**Program Description:** This presentation covers the basics of neurofeedback and how this innovative technology can improve trauma and technology impacted youth.

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

1. Analyze if stress, trauma, and technology create brainwave dysregulation.
2. Recognize how neurofeedback enhances the quality of services for those with brainwave dysregulation.
3. Obtain valuable information on how neurofeedback can benefit current services for those experiencing barriers in treatment.

Dianne provides neurofeedback in practice, she has presented to SE NATSAP Oct.2016, CTSS 2019. She will be presenting at Attach Conference 2019 and NATSAP 2019.

**Social & Emotional Learning: Promoting an Inclusive School Climate and Growth Mindset**



**Presenter:** Allison Paolini, Ph.D., NCC

**Location:** Heyward

**Program Description:** This presentation will address the definition of social-emotional learning, SEL core competencies, role of

school counselor in implementing SEL, PBIS in the schools, strategies for creating an inclusive school climate, definition of a growth mindset, strategies for developing a growth mindset, discussion questions, as well as an experiential activity that works to foster a growth mindset.

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

- Demonstrate an understanding of the importance of integrating social-emotional learning into their curricula
- Recognize the core SEL competencies, as well as demonstrate knowledge regarding ways to incorporate SEL into their curricula
- Demonstrate an understanding of defining and developing a growth mindset amongst students, as well as complete an experiential activity in order to foster academic success for all

**THURSDAY PRECONFERENCE  
AFTERNOON SESSIONS | 1:00-4:00**

**An Introduction to Internal Family Systems: Understanding Parts**



**Presenter:** Andrieah Johnson, M.A., LMHC

**Location:** Elliot

**Program Description:** This presentation will provide an overview of the Internal Family

Systems (IFS) theory and therapy. Participants will be able to implement tools into their work with clients and themselves immediately. IFS recognizes that there is a multiplicity of the mind; little subpersonalities. The motto for IFS is that "All Parts Are Welcomed."

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

- Facilitate corrective attachment and emotional independence within their clients through their internal system of parts.
- Understand the basic principles and assumptions of the model.
- Describe and recognize the three types of Parts and Self and their roles within the internal system

Andrieah Johnson is a licensed mental health counselor and owner of Connected Conversations Counseling, L.L.C. in Jacksonville, FL. She works with black women that are struggling with unresolved trauma who want to live wholeheartedly. Over the past 5 years, her training has been focused in Brainspotting (Level 2), Internal Family Systems (Level 1), and as a Certified Daring Way™ Facilitator – Candidate (CDWF-C). Individual, group work, and self-care retreats are the avenues in which she facilitates healing for those that are seeking healthier emotional and mental health well-being.

### **Deep Dive Into Ethics (Part II)**

**Presenter:** Lynn Linde, Ed.D.

**Location:** Archer West

**Program Description:** This session will build on the information presented in the first foundational session on the 2014 ACA Code of Ethics. Topics covered in depth include boundary issues, practice issues, and risk management strategies.



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

- Understand the importance of maintaining boundaries in counseling and other professional relationships;
- Become knowledgeable about the most common practices that lead to ethics complaints; and
- Understand the importance of consultation and supervision in minimizing one's risk.

### **Hands in the Sand: Introduction to Sandtray Play Therapy**



**Presenter:** Carmen Jimenez-Pride, MSW, LCSW, RPT-S

**Location:** Jasmine

**Program Description:** This training will provide a basic understanding of materials needed to set up a sandtray practice, conduct, and process a sandtray as part of a play therapy session. Both directive and non-directive sand trays will be demonstrated, and participants will have an opportunity to experience creating individual and group sandtrays.

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

- Summarize the origin and theory of using sandtray in play therapy.
- Describe how to conduct and process a sandtray within a play therapy session.
- Describe sandtray interventions to incorporate into play therapy with individuals, families, and groups.

*(This session can be submitted as play therapy or professional CE. Play therapy certificates will be handed out separately.)*



**APT Approved Provider- 99-061**

Carmen K. Jimenez-Pride is a Master Level Social Worker, Substance Abuse Professional, Licensed Clinical Social Worker in North Carolina and Georgia. She is also a Licensed Independent Social Worker i

### **Supervision: Back to the Basics**

**Presenter:** Thomas Vaughn, DEdMin, Ph.D., LPC, LPC/S

**Location:** Heyward

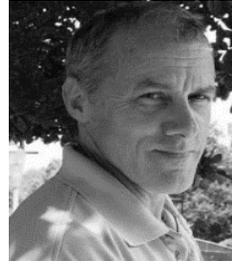
**Program Description:** When new counselors enter our profession of counseling, supervision is their lifeline to conceptualization, interventions, and personal growth. All of these can be provided by a supervisor who is informed of developmental, role, and theory-based models of supervision.

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

- Review theories of supervisor and apply these theories to case studies to take into your own practice and help the growth and development of new counselors joining our profession.
- Review the IDM Model of Supervision, The Discrimination Model of Supervision, and Psychodynamic Supervision. Apply these models of supervision to 2 case studies.
- Utilize these theories in their own supervision practice.

**Understanding and Treating Process**

**Addictions**



**Presenter:** Craig Cashwell, Ph.D.

**Location:** Sampson

The purpose of this training is to expose participants to the neurobiology of

behavioral addictions, specific behavioral addictions, and treatment recommendations.

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

- Distinguish between behavioral addictions and compulsive behaviors
- Classify behavioral addictions included in the DSM and ICD, and those commonly treatment by counselors though not yet in either the DSM or ICD
- Articulate critical aspects in the effective treatment of behavioral addictions

Craig S. Cashwell, Ph.D., LPC, NCC, ACS, is Professor and Chair at The University of North Carolina at Greensboro. He also maintains a part-time private practice.

**THURSDAY PRECONFERENCE  
EVENING SESSION | 6:00-9:00**

**Evening Session- Preventing and Managing  
Vicarious Trauma: What School & Mental  
Health Counselors Need to Know**



**Presenter:**  
Heather  
Trepal, Ph.D.,  
ACA President  
**Location:**  
Archer West  
**Program**  
**Description:**  
Vicarious  
trauma can be

common among mental health professionals who work with students and clients who are survivors of trauma. In this workshop, counselors will learn to explore the concept of vicarious trauma, learn more about identifying and evaluating their own reactions, and discover tools to manage them effectively in order to better serve their students, clients, and organizations.

- Attendees will explore the concept of vicarious trauma.
- Attendees will learn how to identify and manage vicarious trauma reactions effectively.
- Attendees will learn the basic concepts of trauma-informed organizations.

Dr. Heather Trepal is Professor and Coordinator of the Clinical Mental Health Counseling Program in the Department of Counseling. She is a licensed professional counselor and board approved supervisor in the state of Texas. Her research and publications focus on professional advocacy, bilingual counselor training and supervision, relational-cultural theory, gender issues and sexual trauma, supervision in integrated behavioral healthcare settings, and non-suicidal self-injury.

Dr. Trepal currently serves as the project director for the Program for the Integrated Training of Counselors in Behavioral Healthcare (PITCH). This is a 4-year, \$807,000 Federal Health Resources and Services Administration Behavioral Health Workforce Education and Training Grant, which provides specialized training and internship placements for student counselors to gain competence working with clients in rural, vulnerable, and/or medically underserved communities in integrated behavioral healthcare (IBH) settings.

Dr. Trepal has served as President of the Association for Counselor Education and Supervision (ACES) and the Association for Creativity in Counseling (ACC), both divisions of the American Counseling Association. She is the recipient of numerous awards including the Association for Counselor Education and Supervision (ACES) Professional Leadership Award, The Texas Association for Counselor Education and Supervision (TACES) Advocacy Award, the American Counseling Association (ACA) Presidential Award, and the Dwight D. Arnold Outstanding Alumnus Award from Kent State University's Department of Counseling and Human Development Service Program. She is the 2019-2020 President of the American Counseling Association.

## Friday at-a-glance

|                       |                                     |
|-----------------------|-------------------------------------|
| 7:00AM-11:00 AM.....  | CONFERENCE REGISTRATION             |
| 8:00AM-8:55 AM.....   | SESSION I                           |
| 9:10AM-10:05 AM.....  | SESSION II                          |
| 10:15AM-11:10 AM..... | SESSION III                         |
| 11:20AM-12:50 PM..... | AWARDS LUNCHEON AND KEYNOTE SPEAKER |
| 1:00 PM-1:55 PM.....  | SESSION IV                          |
| 2:05 PM- 3:00 PM..... | SESSION V                           |
| 3:05PM-3:25PM.....    | SNACK & POSTER SESSION              |
| 3:35PM-4:30 PM.....   | SESSION VI                          |
| 4:40PM-5:35 PM.....   | SESSION VII                         |
| 5:45PM-6:45 PM.....   | Presidential Reception & Magic Show |

### FRIDAY SESSION I | 8:00-8:55 AM

#### **SOCIAL MEDIA DETOX**

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**Content Area:** Substance abuse /addictions

**Day:** Friday

**Session I**

**Location:** Drayton

**Presenter:** James Deal, M.Ed., CATIII

**Program Description:** Social Media Detox deals with the problem of social media addiction and how to assist your children in finding balance and create healthy relationships while still being connected to social media. This presentation will also provide participants with strategies other parents are using to assist their children who may be headed toward social media addiction. Lastly, participants will be shown how social media can be used positively to create quality family time together.

**At the conclusion of this session, participants will:**

- Recognize that social media is highly addictive and may be used for cyberbullying and other negative activities.

- Evaluate apps and become aware of harmful apps.
- Recognize that social media can have a positive influence on our families.

*(Meets NBCC Content Area(s): 1, 4, & 9)*

#### **BEHIND THE BLUE SHIELD: EXAMINING THE EPIDEMIC OF LAW ENFORCEMENT SUICIDE FROM A CULTURALLY RESPONSIVE PERSPECTIVE**

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**Content Area:** Clinical Mental Health Counseling

**Day:** Friday

**Session I**

**Location:** Parris (Down the hall near the Carolina room Restaurant)

**Presenter(s):** Nikki Vasilas, Ph.D., LPCS  
Janelle Robinson, Ph.D.

**Program Description:** As of August 10, 2019, there was an estimated 130 officer verified suicides. Experts say law enforcement officers are twice as likely to die by their own hand than be killed in the line of duty, and 1 in 4 police officers will have thoughts of suicide at some point in their life. Compared to the general population, law enforcement reports much higher rates of depression, PTSD, burnout, and other anxiety-related mental health conditions. Police officers are a unique subculture that

faces complex, sometimes overwhelming pressures and challenges. To work effectively with cops, mental health professionals need a special set of competencies and a profound understanding of law enforcement culture. This presentation will explore the epidemic and rise of suicides within the law enforcement community and consider the cultural considerations of working with this complex population.

**At the conclusion of this session, participants will:**

- Examine the statistical increase of officer suicides.
- Recognize cultural considerations of working with the law enforcement officer.
- Identify resources to increase skills and competencies to work with this specialized population.

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

#### **APPLYING MINDFULNESS TO PSYCHOTHERAPY**

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**Content Area: Clinical Mental Health Counseling**

**Day:** Friday

**Session I**

**Location:** Sampson (in the registration area to the back left corner)

**Presenter:** Cynthia Gray, M.A., LPC, CGP, FOP, IMP

**Program Description:** Returning to the present moment with acceptance is a shorthand description of mindfulness. When we engage in formal mindfulness, we call it meditation. In meditation, we observe our thoughts, label them, and return to the breath for some specific period. In the process, we become settled and self-aware. We look at our thoughts and upsets rather than out through them. Isn't that the same process that psychotherapy provides? We tell our stories and receive gentle

acceptance from a therapist. But we also begin to look at our stories from a safe distance and gain perspective and are able to self-soothe. Most therapists are well-aware that mindful breathing is an effective skill for coping. So let's examine mindfulness more closely. We will learn simple prompts for a 5-minute meditation, understand the value of presence with patients, help others "sit with" and tolerate their emotions and life changes as part of the grieving process, and learn to accept life as meaningful just as it is.

**At the conclusion of this session, participants will:**

- Conduct a 5-minute meditation session with patients that can be taken to gain self-awareness and tolerance of repetitious thoughts and emotions.
- Explain to patients how returning to the present moment is an intervention for anxiety and depression, not something to struggle with, but something to grow into.
- Explain and demonstrate that mindful acceptance is an intervention for those who question if life is meaningful and worth living.

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

#### **PROFESSIONAL COUNSELORS EMPOWERED AS GROUP WORK AMBASSADORS FOR HEALTH & WHOLENESS**

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**Content Area: School Counseling**

**Day:** Friday

**Session I**

**Location:** Elliot

**Presenter:** George Williams, Ed.D., NCC, LP (MN,CA)

**Program Description:** Session participants will learn activities for facilitating different types of groups with various age groups in schools and community-based settings for health and wholeness. Topics such as dating-violence

prevention, blended families, cultural awareness, and social justice issues will be addressed. Logistical details for conducting meaningful advisory type meetings, engaging after school programs, and providing in-service/professional development training will be included.

**At the conclusion of this session, participants will:**

- Identify the role and function of the professional school counselor and the professional mental health counselor as a group leader in accordance with professional codes of ethics.
- Apply skills for facilitating group counseling sessions, conducting effective group meetings, and providing training sessions for parents/legal guardians, teachers/school staff, administrators, and community members.
- Initiate and implement "Responsive Services" and "System Support," according to the ASCA National Model.

*(Meets NBCC Content Area(s): 4, 8, & 9)*

#### **PSYCHO-SYMBOLIC HEALING: USING THERAPEUTIC RITUALS TO GENERATE CHANGE**

**Content Area: Clinical Mental Health Counseling**

**Day:** Friday

**Session I**

**Location:** Jasmine (Next to the Resort Store)

**Presenter:** Paul Leslie, Ed.D., LPC

**Program Description:** In this presentation, participants will gain insight from such areas as psychotherapy, shamanism, theater, and art in how to effectively apply therapeutic rituals.

**At the conclusion of this session, participants will:**

- Apply three methods of employing therapeutic rituals and tasks.
- Understand the pragmatics of assigning rituals.

*(Meets NBCC Content Area(s): 1)*

#### **FRIDAY SESSION II | 9:10-10:05 AM**

##### **HOW TO INCORPORATE THE LEADER IN ME MODEL INTO AN ELEMENTARY SCHOOL COUNSELING PROGRAM**

**Content Area: School Counseling**

**Day:** Friday

**Session II**

**Location:** St. Helena (Down the hall toward the Carolina Room Restaurant on the Right)

**Presenter(s):** Amanda Budd, M.Ed., Erin Kimbrell, M.Ed., & Andrea Ribelin, M.Ed.

**Program Description:** This presentation will teach school counselors new ideas on how to incorporate leadership into their school counseling program while including the 7+1 Habits of Happy Kids. Leader in Me is an evidence-based, comprehensive-school improvement model—developed in partnership with educators—that empowers students with the leadership and life skills they need to thrive in the 21st century.

**At the conclusion of this session, participants will:**

- Create leadership opportunities within their school to help students succeed.
- Recognize how the 7+1 Habits of Happy Kids can be used in an Elementary School Counseling Program.
- Establish successful leadership development groups within a school.

*(Meets NBCC Content area(s): 3, 7, & 9)*

##### **TECHNOLOGY FOR PERSONS WITH AND WITHOUT DISABILITIES. WHY EVERY COUNSELOR NEEDS TO**

**KNOW THIS AND HOW IT COULD BENEFIT ALL OF YOUR CLIENTS.**

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**Content Area: Clinical Mental Health Counseling**

**Day:** Friday

**Session II**

**Location:** Jasmine (Next to the Resort Store)

**Presenter:** Robert Dawson, Ph.D., CRC

**Program Description:** In this session, participants are encouraged to bring their cell phones, laptops, and tablets. Assistive technology (AT) is defined as any item, piece of equipment, software program, or product system that is used to increase, maintain, or improve the functional capabilities of persons with and without disabilities. The importance of assistive and adaptive technology cannot be understated. Through awareness, counselors can help to increase their client's self-efficacy and empower individuals for school, work, or daily life. The concepts of universal design have long been established, but there has been an increasing trend to make technology products that are user-friendly. Many of the AT accommodations can be provided at minimal or no cost. This presentation will highlight assistive technology applications for tablets, smartphones, and laptops. All applications and programs demonstrated are free for all users. Additional resources will be provided

**At the conclusion of this session, participants will:**

- Enable awareness of low-cost assistive and adaptive technology for persons with and without disabilities.
- Highlight the application of assistive and adaptive technology to aid consumers in school, work, or to live independently.
- Provide resources for application software and websites to empower persons with and without disabilities.

*(Meets NBCC Content Area(s): 2, 3, & 6)*

**ENGAGING FATHERS TOWARD EMPOWERED INVOLVEMENT: AN EXAMINATION OF THEORY AND PRACTICE**

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**Content Area: Marriage and family therapy**

**Day:** Friday

**Session II**

**Location:** Drayton

**Presenter(s):** Jeffrey Boatner, Ph.D., LPC, LMFT, NCC and Holly Johnson, Ph.D., LPCS, NCC

**Program Description:** This session provides both information and skills that will further equip clinicians for increased paternal involvement. Meta-analyses of paternal involvement in children's counseling have consistently found that it makes a positive difference. Participation by fathers is associated with better outcomes and more enduring treatment gains for children. Despite this, the literature indicates that clinicians and other family service workers often fail to engage fathers in services. Reviews of family therapy have found that fathers are less likely than mothers to be involved in children's treatment. The ratio of maternal and paternal involvement ranges from 2:1. Some of this discrepancy may be due to clinicians' failure to solicit paternal involvement.

**At the conclusion of this session, participants will:**

- Recognize the importance of involving fathers in counseling for children and adolescents.
- Identify diversity sensitive and strength-based strategies and best practices for recruiting and retaining fathers in counseling.
- Describe an enriched father-affirming perspective that both promotes and maximizes paternal engagement.

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

## **LEGO BASED PLAY THERAPY GROUPS**

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### **Content Area: Play therapy**

**Day:** Friday

### **Session II**

**Location:** Elliot

**Presenter:** Melissa Kennedy, Ed.S., NCC

**Program Description:** This session will demonstrate core strategies to help children build, strengthen, and inspire children to develop effective relationships with peers. Participants will learn effective play therapy techniques to use with children within the home, school, or office setting. Participants will receive handouts for measures to collect data from teachers, parents, and community members on group effectiveness. Participants will also be eligible to receive a prize at the conclusion of the session.

**At the conclusion of this session, participants will:**

- Identify core play therapy strategies to use with students when doing a play therapy group.
- Recognize and utilize new methods of play therapy techniques with students in a variety of different settings.
- Practice/model one technique used during LEGO-based play therapy groups.

*(Meets NBCC Content Area(s): 2, 4, & 7)*

## **UTILIZING AND INCORPORATING POP CULTURE INTO STRATEGIC EDUCATION AND PREVENTION EVENTS**

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### **Content Area: Clinical Mental Health**

#### **Counseling**

**Day:** Friday

### **Session II**

**Location:** Parris (Down the hall near the Carolina room Restaurant)

**Presenter(s):** Mark Taracuk, MS Ed., NCC

**Program Description:** Barriers to equality and inclusion for minorities can include a variety of factors, including discrimination in educational

and workplace settings. These barriers are established and reinforced by attitudes and beliefs that often derive from the majority culture. Two hundred thirty-three students from a large, Midwestern university were recruited and received an intervention along with pre- and post-testing. The purpose was to investigate potential differences in attitudes and beliefs towards a minority group as well as evaluate if a corresponding willingness to engage in social action occurred. Overall, these findings suggest that the simple intervention, which was a specific episode of television, could alter participants' attitudes and beliefs towards a minority group. The findings suggest a variety of media interventions can be utilized with success. This presentation will discuss how to utilize and incorporate pop culture into prevention efforts, education opportunities, and outreach programming that m...

**At the conclusion of this session, participants will:**

- Identify and recall the purpose and need for social justice.
- Restate research methods and results.
- Identify the rationale for the use of pop culture as an intervention, and formulate new methods of intervention.

*(Meets NBCC Content Area(s): 3)*

## **HELPING WITHOUT HARMING: NAVIGATING WEIGHT BIAS, THE PURSUIT OF WEIGHT LOSS AND THE TREATMENT OF EMOTIONAL AND BINGE EATING**

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### **Content Area: Counselor Education**

**Day:** Friday

**Location:** Sampson (in the registration area to the back left corner)

**Presenter(s):** Erin Risius, M.A., LPC

**Program Description:** For clients who are grappling with weight gain due to eating behaviors, such as emotional overeating and binge eating, they may also be dealing with the

self-imposed and external pressure to focus on weight loss. As a result, clinicians often walk a tightrope between addressing (and not dismissing) the client's desire to lose weight while trying to treat the disordered eating pattern. This presentation reviews how clinicians can help their clients to address issues of weight in a way that supports the effective treatment of disordered eating patterns by shifting from a weight centered focus to the practice of self-care as a springboard for improving health and well-being. Clinicians will also be encouraged to privately explore their own attitudes about weight, and the potential impact on their treatment approach.

**At the conclusion of this session, participants will:**

- Recognize three reasons why a focus on body weight can interfere with the successful treatment of disordered eating.
- Describe five strategies for helping to shift clients' focus from weight and weight-loss centered to the focus on self-care.
- Evaluate the impact a clinician's attitude about weight can have on one's treatment approach and offer ways to combat potential countertransference and/or projection.

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

**UNDIAGNOSED POST TRAUMATIC STRESS DISORDER: IMPLICATIONS FOR AFRICAN AMERICAN COUNSELING STUDENTS**

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**Content Area: Counselor Education**

**Day:** Friday

**Session II**

**Location:** Heyward

**Presenter(s):** Sheila Witherspoon, Ph.D., Professional School Counselor

**Program Description:** This presentation will explore help seeking behaviors of African

American pre-service counseling students who may have experienced and/or are experiencing symptoms of undiagnosed PTSD as defined by the DSM-5. The goal is to examine its potential effects on counseling dispositions, particularly transference and/or countertransference. Discussion on historical events that potentially created a cultural mistrust of helping professionals and the profound stigma of mental health and mental illness among African Americans will be examined within the context of counselor education programs at Historically Black Colleges and/or Universities.

**At the conclusion of this session, participants will:**

- Identify help-seeking behaviors of African American pre-service counseling students at HBCUs.
- Discuss historical events that enhance the stigma of mental illness among African Americans who attend graduate counseling programs at HBCUs.
- Delineate how undiagnosed Post Traumatic Stress Disorder can affect counseling dispositions of African American pre-service counseling students at HBCUs.

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

**FRIDAY SESSION III | 10:15-11:10 AM**

**EVERFI: FREE, ASCA-BASED DIGITAL RESOURCES TO SUPPORT THE WHOLE CHILD**

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**Content Area: School Counseling**

**Day:** Friday

**Session III**

**Location:** Lady Davis (in registration area to the back left corner)

**Presenter(s):** Peter Kelpin, M.Ed.

**Program Description:** EVERFI provides an easy-to-use, free digital platform of resources that address SEL, character development, career awareness and healthy decision making. In this

session, educators gain access to ASCA-based online lessons, corresponding offline lessons and discussions guides, and ongoing tech and implementation support. Lessons include direct instruction, guided activities reinforcing content and true-to-life simulations with offline practice.

**At the conclusion of this session, participants will:**

- Demonstrate how digital resources play a part in building school culture by cultivating a focus on social and emotional learning.
- Identify the four developmental levels for supervisees.
- Create an action plan for implementing digital resources in their school.

*(Meets NBCC Content Area(s): 3, 5, & 9)*

#### **LET'S TALK ABOUT THE ELEPHANT IN THE ROOM: A CREATIVE APPROACH TO SUPPORTIVE SUPERVISION**

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**Content Area: Supervision**

**Day:** Friday

**Session III**

**Location:** Drayton

**Presenter(s):** Claire Campbell, M.A., LPCC-S, ATR

**Program Description:** This session is focused on creative solutions for effective supervision of counselors in training and clinicians in general. This highly interactive workshop will encourage participants to identify the four developmental levels of supervisees as well as the four primary supervision styles. Participants will leave with creative options for developing and sustaining an effective clinical team.

**At the conclusion of this session, participants will:**

- Recognize the four primary supervisory styles and identify skills associated with each.

- Identify the four developmental levels for supervisees.
- Describe the varied creative approaches including self-assessments, journaling and self-care plans to support establishing an effective and healthy clinical team through an intentional supervision project.

*(Meets NBCC Content Area(s): 1, 4, & 8)*

#### **GOOD GRIEF**

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**Content Area: Counselor Education**

**Day:** Friday

**Session III**

**Location:** Heyward

**Presenter(s):** Liz Boyd, Ph.D.  
Brooke Wymer, Ph.D.

**Program Description:** At some point, grief will impact every single one of us. From the loss of a job to the death of a loved one, almost every counselor will work with a client who is experiencing grief. Interestingly, grief is not a subject that is taught in most counseling programs. A significant amount of novice counselors feel uncomfortable working with clients who are grieving because of their lack of training in the area. Come learn and discuss best practices for integrating lessons on grief into the CACREP core curriculum.

**At the conclusion of this session, participants will:**

- Integrate lessons related to grief into each of the CACREP core courses.
- Recognize the importance of training novice counselors in grief work.
- Evaluate students' comfort in working with clients experiencing grief through the practicum and internship experiences, as well as upon graduation.

*(Meets NBCC Content area(s): 2)*

## **UNMASKING DOMESTIC VIOLENCE: A NATIONAL PANDEMIC**

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**Content Area: Clinical Mental Health**

**Counseling**

**Day: Friday**

**Session III**

**Location:** St. Helena (Down the hall toward the Carolina Room Restaurant on the Right)

**Presenter(s):** George Williams, Ed.D., NCC, LP (MN, CA)

Christan Rainey, BS, CEO, M.A.D. USA, Inc.

**Program Description:** This presentation will share the story of how co-presenter Christan Rainey's daily life and purpose for living have been transformed as a result of the unimaginable domestic violence (DV) in his family. Presenters will discuss the role of mental health professionals in the DV cycle and provide strategies to advocate for the prevention of domestic violence.

**At the conclusion of this session, participants will:**

- Describe SC legislation that has been implemented as a result of the passion of Christan Rainey, CEO of M.A.D. USA, Inc. (Men Against Domestic Violence/Abuse)
- Recognize how domestic violence has reached epidemic/pandemic proportions and has been declared "national emergency."
- Define the role of mental health professionals in the domestic violence cycle and develop strategies to advocate for the prevention of domestic violence.

*(Meets NBCC Content area(s): 2, 3 & 9)*

## **MAGIC MOVIES & SMOKE DETECTORS: HYPNOSIS FOR PHOBIA AND PANIC**

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**Content Area: Clinical Mental Health**

**Counseling**

**Day: Friday**

**Session III**

**Location:** Jasmine (Next to the Resort Store)

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

**Program Description:** Panic attacks spring from the limbic system before neocortex processing even takes place. Cognitive therapy processes are then left to clean up the mess after it has happened. Since the brain responds differently in relaxation vs. waking state, hypnotic processes offer a fast, easy way for counselors to get ahead of the game and head off the attack before it happens. This is a simple therapeutic process you can use in your practice, and it will build your skills for more work with these techniques if you decide to add this to your professional toolbox.

**At the conclusion of this session, participants will:**

- Create effective progressive relaxation processes, tailored to the individual client, to relieve phobia and panic attacks.
- Construct a new narrative or story to change the way clients see phobic and panic responses.
- Appraise and expand the use of noncognitive approaches to therapy in clinical practice.

*(Meets NBCC Content area(s): 1)*

## **WORKING WITH CLIENTS DIAGNOSED WITH SEVERE AND PERSISTENT MENTAL ILLNESS**

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**Content Area: Clinical Mental Health**

**Counseling**

**Day: Friday**

**Session III**

**Location:** Parris (Down the hall near the Carolina room Restaurant)

**Presenter(s):** Donna Farrell, M.A., LPCA

**Program Description:** Discussion of the challenges and considerations of working with adults with chronic, persistent mental illness in a group, psychosocial rehabilitative setting.

**At the conclusion of this session, participants will:**

- Recognize primary indicators of schizophrenia and bipolar disorder diagnoses.
- List major challenges of working with chronic, persistent mental illness.
- Identify the limitations of working in a non-profit community based mental health facility.

*(Meets NBCC Content area(s): 1, 3, & 4)*

#### **EATING DISORDERS & PERFECTIONISM: BALANCING THE DESIRE TO ACHIEVE AND SELF-CRITICISM**

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**Content Area: Clinical Mental Health**

**Counseling**

**Day:** Friday

**Session III**

**Location:** Sampson (in registration area to the back left corner)

**Presenter(s):** Andrea Barbian, Ph.D., LPC, NCC

**Program Description:** The focus of this presentation will be on understanding eating disorders and specific treatment strategies focused on the multidimensional constructs seen with perfectionism and disordered eating.

**At the conclusion of this session, participants will:**

- Establish a basic knowledge of eating disorders (symptoms, diagnostic criteria, and etiology) and their comorbidities.
- Establish a basic understanding of perfectionism and its ability to be maladaptive or adaptive in regards to eating disorders.

- Apply treatment modalities and specific interventions aimed at addressing perfectionism and disordered eating.

*(Meets NBCC Content area(s): 1, 6, & 9)*

#### **THE TRANSFORMATIVE POWER OF CULTURE IN THE PLAY THERAPY RELATIONSHIP**

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**Content Area: Play therapy**

**Day:** Friday

**Session III**

**Location:** Elliot

**Presenter(s):** Saundra Penn, Ph.D., LPC, RPT

**Program Description:** In the current socio-cultural climate, there is a tendency to downplay the value of intercultural awareness and intercultural knowledge in the play therapy relationship. However, the play therapy relationship is layered with cultural metaphors, symbols, and intercultural relationship dynamics. Research shows that the minimization of culture devalues the lived experiences of child clients and their families. In addition, it diminishes play therapists' existence as fully cultural beings. In this presentation, the presenter will lecture on play therapy as a culturally vulnerable space and highlight the literature on the impact of culture blindness, culture in the playroom, and the value of metacognition in exploring culture in the playroom. The presenter will guide participants in metacognitive activities designed to promote self-appraisal of interculturalism in the play therapy relationship.

**At the conclusion of this session, participants will:**

- Describe a model for developing intercultural sensitivity.
- Identify the role of assessing metacognition in the relationship with child clients and families.
- Demonstrate strategies for self-assessing their culture-specific thoughts and knowledge about culture in the play therapy relationship.

● *(Meets NBCC Content area(s): 1 & 3)*

## KEYNOTE/AWARDS LUNCHEON | 11:20-12:50 PM

### *Tomorrow's Counselor: Your role in advocacy for our profession*

Presenter: Heather Trepal, Ph.D., ACA President



#### Program

**Description:** Great and continued opportunities await the counseling profession. The increased need for

both licensure portability and parity, defending practice rights, increasing prospects for employment and reimbursement for services, and important social issues and legislation that may impact the profession and our counseling constituents are all advocacy opportunities. This presentation will highlight your role as an advocate for the counseling profession so that we can best support our students, our clients, and our profession. Participants will consider their own vision for the counseling profession and some of the ways in which they will contribute through advocacy.

1. Attendees will explore the concept of professional advocacy.
2. Attendees will identify common barriers relative to professional advocacy.
3. Attendees will learn to identify opportunities for professional advocacy at personal and organizational level. Dr. Heather Trepal is Professor and Coordinator of the Clinical Mental Health Counseling Program in the Department of Counseling. She is a licensed professional counselor and

board-approved supervisor in the state of Texas. Her research and publications focus on professional advocacy, bilingual counselor training and supervision, relational-cultural theory, gender issues and sexual trauma, supervision in integrated behavioral healthcare settings, and non-suicidal self-injury.

Dr. Trepal currently serves as the project director for the Program for the Integrated Training of Counselors in Behavioral Healthcare (PITCH). This is a 4-year, \$807,000 Federal Health Resources and Services Administration Behavioral Health Workforce Education and Training Grant which provides specialized training and internship placements for students counselors to gain competence working with clients in rural, vulnerable, and/or medically underserved communities in integrated behavioral healthcare (IBH) settings.

Dr. Trepal has served as President of the Association for Counselor Education and Supervision (ACES) and the Association for Creativity in Counseling (ACC), both divisions of the American Counseling Association. She is the recipient of numerous awards including the Association for Counselor Education and Supervision (ACES) Professional Leadership Award, The Texas Association for Counselor Education and Supervision (TACES) Advocacy Award, the American Counseling Association (ACA) Presidential Award, and the Dwight D. Arnold Outstanding Alumna Award from Kent State University's Department of Counseling and Human Development Service Program.

She is the 2019-2020 President of the American Counseling Association.

### FRIDAY SESSION IV | 1:00-1:55 PM

**A CLINICIAN'S GUIDE TO TRANSGENDER AND GENDER DIVERSE MENTAL HEALTH**

**Content Area: Clinical Mental Health Counseling**  
**Day: Friday**  
**Session IV**

**Location:** Parris (Down the hall near the Carolina room Restaurant)

**Presenter(s):** Mark Taracuk, MS Ed., NCC

**Program Description:** As issues related to transgender and gender diverse individuals gain more national media attention, professional organizations that promote mental health and LGBTQ+ rights continue to advocate for equality and inclusion. Yet barriers to equality and inclusion for transgender and gender diverse individuals such as discrimination in educational and workplace settings continue to exist in a pervasive manner. As transgender and gender diverse students become more visible, mental health providers serving this population must be aware of the unique needs facing this population in an effort to help create a society that is physically and psychologically safe and secure for all people. In this presentation, participants will learn about key components and best practices related to the mental health of transgender and gender diverse and how to integrate it into effective clinical practice.

**At the conclusion of this session, participants will:**

- Define key terms, summarize concepts, and improve competence in terminology related to transgender and gender diverse individuals
- Identify strategies and resources for creating an affirming environment for transgender and gender diverse clients
- Recite methods for appropriate mental health work with transgender and gender diverse individuals, and develop plans to integrate methods into practice

*(Meets NBCC Content area(s): 1)*

#### **PSYCHOLOGICAL STRESSORS IN COLLEGE STUDENTS: IMPLICATIONS FOR SELF-CARE**

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**Content Area: Counselor Education**

**Day:** Friday

**Session IV**

**Location:** Heyward

**Presenter(s):** Charlotte Redden Hamilton, Ph.D., LPC/S, LPC, LAC, ASC, NCC

**Program Description:** Stress is the body's reaction to a challenge. The right kind of stress can sharpen the mind and reflexes. It might be able to help the body perform better or help you escape.

**At the conclusion of this session, participants will:**

- Recognize physical, cognitive, emotional, and behavioral symptoms of stress.
- Demonstrate and sustain ongoing self-care and improvement.
- Create a happy and stress-free routine for your life.

*(Meets NBCC Content area(s): 2, 8, & 9)*

#### **MINDFULNESS AND YOGA IN CLINICAL PRACTICE**

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**Content Area: Clinical Mental Health  
Counseling**

**Day:** Friday

**Session IV**

**Location:** Sampson (in the registration area to the back left corner)

**Presenter(s):** Holley Mosher, M.Ed., LPCA  
Shannon Berger, M.Ed., LPCA

**Program Description:** Mindfulness and yoga have been proven to increase serotonin and dopamine levels in the brain. This increase contributes to a person's sensation of happiness, relaxation, and overall wellness. Using mindfulness and yoga in clinical practice can reduce symptoms of PTSD, stress, depression, anxiety, etc. There is a common misconception of yoga and mindfulness and how it can be utilized in clinical practice. This presentation will focus on psychoeducation of

how and why these practices are beneficial for clients; as well as, provide tools to utilize in your own clinical work.

**At the conclusion of this session, participants will:**

- Recognize the importance of yoga and mindfulness within their own clinical practice.
- Create interventions utilizing the mindfulness and yoga skills learned.
- Incorporate the skills of mindfulness and yoga into their own practice of self-care.

*(Meets NBCC Content area(s): 1)*

#### **THERAPEUTIC ALCHEMY: CONCEPTS FOR GENERATING TRANSFORMATIONAL SESSIONS**

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**Content Area: Clinical Mental Health Counseling**

**Day:** Friday

**Session IV**

**Location:** Jasmine (Next to the Resort Store)

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

**Program Description:** Learn the factors which contribute to creating alive and inspired therapy sessions regardless of theoretical orientation. Drawing from such diverse sources as indigenous wisdom traditions and modern psychotherapy approaches, this training will demonstrate how clinicians can revitalize and energize therapy sessions by invoking creativity and improvisation.

**At the conclusion of this session, participants will:**

- Describe three processes in opening up interaction in counseling sessions.
- Discuss the use of creative therapeutic applications in diverse settings.
- Describe how to create attuned, synergistic relationships that are unique to each client.

*(Meets NBCC Content area(s): 1)*

#### **CREATIVE TRAUMA-INFORMED INTERVENTIONS WITHIN THE DOMESTIC VIOLENCE POPULATION**

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**Content Area: Clinical Mental Health Counseling**

**Day:** Friday

**Session IV**

**Location:** St. Helena (Down the hall toward the Carolina Room Restaurant on the Right)

**Presenter(s):** Nicki Gaskins, M.Ed., LPCA

**Program Description:** This art therapy presentation will highlight trauma-informed art interventions for use when counseling domestic violence victims and vicarious D.V. victims. An introduction to domestic violence trauma-informed care and art therapy will be given, followed by an interactive demonstration of several art interventions.

**At the conclusion of this session, participants will:**

- Identify research-based information on and the application of creative interventions in trauma-informed care.
- Understand how art therapy techniques and creative interventions are effective in trauma work.
- Apply practical tools to counseling sessions with trauma victims.

*(Meets NBCC Content area(s): 1 & 7)*

#### **HOW COUNSELORS CAN HELP TRAIN FACULTY AND STAFF ON BASIC MENTAL HEALTH INTERVENTIONS IN A SCHOOL SETTING**

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**Content Area: School Counseling**

**Day:** Friday

**Session IV**

**Location:** Elliot

**Presenter(s):** Janani Buford, M.Ed., NCC, LPC  
JG Bailey, MSW

**Program Description:** In a time where mental health conditions are on the rise, teachers need

to have a basic knowledge and understanding of how to intervene to help students. Part 1 of this session will focus on helping those not in the counseling field better understand anxiety, depression, self-harm, panic attacks and more. We will go over simple interventions for all ages.

**At the conclusion of this session, participants will:**

- Create a presentation to use in their workplace that helps colleagues better understand anxiety and depression.
- Evaluate how anxiety and depression look different at different ages.
- Create and share a theme that works with their workplace/colleagues, which gives them steps as to how to help their clientele/students.

*(Meets NBCC Content area(s): 1)*

**BRAIN HACKING, "RESCUING OURSELVES FROM SOCIAL MEDIA ADDICTION" (REVISED AND EXPANDED)**

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**Content Area: Substance abuse /addictions**

**Day:** Friday

**Session IV**

**Location:** Drayton

**Presenter(s):** James Deal, M.Ed., CATIII

**Program Description:** This presentation has been updated to reveal the latest harmful apps, apps to help parents monitor teen's social media activity, and successful strategies parents are using to help their children find a balance with social media and healthy relationships. This presentation will also delve into the link between Snap Chat, Instagram, and human trafficking.

**At the conclusion of this session, participants will:**

- Recognize that social media is highly addictive.

- Identify harmful apps and know which apps can assist in monitoring their children's social media accounts
- Assist their children in developing healthy relationships by balancing social media activity with their everyday life.

*(Meets NBCC Content area(s): 1)*

**FRIDAY SESSION V | 2:05-3:00 PM**

**PREPARING EMERGING LEADERS IN SCCA**

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**Content Area: Leadership**

**Day:** Friday

**Session V**

**Location:** Drayton

**Presenter(s):** Thomas Vaughn, DEdMin, PhD, LPC, LPC/S, Immediate Past President, SCCA

**Program Description:** If you are an emerging leader or have interest in becoming one, this session is for you! The South Carolina Counseling Association (SCCA) holds great expectations for the continued growth of counselors in the State. In order to build toward this future, SCCA offers a leadership development program for emerging leaders in SCCA. This session will provide an overview of the *Emerging Leaders Handbook*, as well as describe the organization of SCCA with opportunities for emerging leaders to pinpoint potential places of service.

**At the conclusion of this session, participants will:**

- Describe the basic structure and organization of SCCA.
- Identify personal leadership strengths and interests.
- Match personal strengths and interests with areas of service in SCCA.

*(Meets NBCC Content area(s): 8)*

**COUNSELING SUPERWOMAN**

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**Content Area: Clinical Mental Health  
Counseling**

**Day:** Friday

**Session V**

**Location:** Parris (Down the hall near the Carolina room Restaurant)

**Presenter(s):** Dee Hann-Morrison, Ph.D., LPC, MAC

**Program Description:** This presentation will discuss a cultural perspective of the 'Strong Black Woman' (SBW) what it is and what it isn't, before addressing how the notion of SBW impacts the delivery of mental health services to women of color. Issues to be addressed include historical trauma; the role of cultural expectations in the management of mental health issues; the African American community's inclusion in Mental Health treatment.

**At the conclusion of this session, participants will:**

- Demonstrate a broadened understanding of cultural nuances that support or detract from SBW's management of mental health challenges.
- Recognize viable community resources to support mental health treatment options for SBW.
- Create culturally sensitive treatment options to support SBW emotional stability and growth.

*(Meets NBCC Content area(s): 3)*

**FREE COLLEGE AND CAREER RESOURCES FROM THE  
FEDERAL RESERVE**

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**Content Area: School Counseling**

**Day:** Friday

**Session V**

**Location:** Elliot

**Presenter(s):** Yolanda Ferguson, M.A.

**Program Description:** "Should I go to college?" "Should I borrow money to pay for my education?" These questions are more

important than ever as both the benefits and costs of postsecondary education have continued to rise. The Federal Reserve System has created a variety of FREE, unbiased resources that can help students evaluate their options to make the right choice and successfully navigate the complicated process of applying to schools and for financial aid. During the session, you will experience these hands-on resources and leave the session with tools you can implement with your students from day one. Featured resources include Invest is What's Next, Navigate, and Making Personal Finance Decisions.

**At the conclusion of this session, participants will:**

- Utilize updated information on the costs and benefits of post-secondary education, including its impact on earning potential and job security, along with the risks of students not completing their education path and student loan burden.
- Analyze unbiased tools for helping students assess their college and career readiness, create a plan for achieving their goals, and gain the knowledge they need to be successful.
- Evaluate free resources that can be used in a variety of counseling settings from one-on-one sessions, small group sessions, or an entire class, and that can be differentiated to different grade-levels or levels of learning.

*(Meets NBCC Content area(s): 5)*

**FRACTURED VALUES: HOW STUDENTS COMING FROM CONSERVATIVE CHRISTIAN BACKGROUNDS RECONCILE THEIR FAITH AND COUNSELOR IDENTITY**

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**Content Area: Ethics**

**Day:** Friday

**Session V**

**Location:** Heyward

**Presenter(s):** Adam Brandt, M.Ed., LPCA

**Program Description:** This is a small qualitative, phenomenological study on how students coming from conservative Christian backgrounds reconcile the tension points that exist between their faith values and counselor identity. Many tension points exist between these two identities. The literature and my interviews suggest the most common points of friction are LGBTQ and abortion concerns. On a more philosophical level, the postmodern underpinning of multiculturalism is also in discord with the conservative Christians' more modernist way of interpreting scripture, which is in essence the conservative Christians' source of truth and reality.

Literature and participant interviews suggest counseling programs do not prepare students for integrating their faith and counselor identities. Professors are often intentionally hesitant or avoid discussing religion and spirituality in class due to fear of marginalization and missed promotion opportunities or risk and taboo from students who may respond negatively.

**At the conclusion of this session, participants will:**

- Identify and understand common value clashes students coming from conservative Christian backgrounds experience as they move through a counseling program.
- Recognize resources these students use to reconcile their counselor identity and faith values.
- Explore better ways to integrate faith development with professional ethics through the counseling program.

*(Meets NBCC Content area(s): 2, 3, & 8)*

**LIMITED SERVICE PROVISION POST-SECONDARY MENTAL HEALTH SERVICES AND ACCOMMODATION SERVICES**

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**Content Area: Clinical Mental Health Counseling**

**Day:** Friday

**Session V**

**Location:** Jasmine

**Presenter(s):** Julie Pickens, Ph.D., CRC  
Lisa Higgins, MA, LPC

**Program Description:** College-age people with a mental health diagnosis are often struggling to find success in college environments due to a lack of appropriate supports. Many college-age students report challenges in utilizing the clinical mental health and/or accommodation services available on their campus. Often a student will attempt to use one support or the other, and when they are not able to access the supports that they feel are appropriate they attempt to access the other support. Also, often students are accessing both, but there is a lack of continuity between the supports. This presentation discusses how support personnel, both college-level clinical mental health counselors and accommodations services personnel, can assist students in acquiring and meshing the services that are available to them to assist them in finding post-secondary success.

**At the conclusion of this session, participants will:**

- Evaluate their own current practice to identify and address areas for improvement in their service provision.
- Enhance and enrich the way that they work with and support college-age students with a mental health diagnosis.
- Build appropriate support plans to ensure that the students they support are accessing the appropriate resources to ensure post-secondary success.

*(Meets NBCC Content area(s): 2, 5, & 9)*

**INTEGRATIVE PSYCHOTHERAPY TO INCREASE CLIENT RESILIENCE, MANAGE STRESS, AND CREATE A HEALTHY ALLIANCE BETWEEN MIND, BODY, AND SPIRIT**

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**Content Area: Clinical Mental Health Counseling**

**Day: Friday**

**Session V**

**Location:** Sampson (in registration area to the back left corner)

**Presenter(s):** Holly Johnson, Ph.D., LPCS, NCC  
Jeffrey Boatner, PhD, LPC, LMFT, NCC

**Program Description:** Integrative psychotherapy considers the unique needs of the client, including preferences, motivation, physical ability, personal characteristics, and spiritual beliefs. This session will impart knowledge and provide insights for managing stress, promoting healthy living, and practicing spirituality in a way that best fits the individual's worldview.

**At the conclusion of this session, participants will:**

- Discuss methods of integrative psychotherapy that focus on client strengths and spiritual perspectives to promote new methods of managing stress and creating strategic life changes toward a more positive future.
- Evaluate the research regarding the importance of integrative psychotherapy, including wellness-based counseling and holistic approaches with a focus on psychosocial and spiritual supports.
- Apply the knowledge of integrative psychotherapy and holistic principles to promote a client's healing on emotional, physical, mental, and spiritual levels.

*(Meets NBCC Content area(s): 1)*

**POSTER SESSION & SNACK BREAK**

**3:05-3:25**

**Location:** Callibogue (Ballroom near exhibitors in the Savannah Foyer)



**PAIN REDUCTION IN PEDIATRIC ONCOLOGY THROUGH PLAY AND ANIMAL-ASSISTED THERAPY**

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**Content Area: Play therapy**

**Day: Friday**

**Poster Session 1**

**Presenter(s):** Zoë Zadoorian, B.A.

**Program Description:** This presentation covers how play therapy and animal-assisted therapy help reduce pain in pediatric oncology. There are various factors that play into pain reduction but letting kids be kids while they still can help reduce pain during, before, and after procedures.

**At the conclusion of this session, participants will:**

- Understand how play therapy and animal-assisted therapy can help reduce pain in pediatric oncology.
- Explain the various factors that play into pain reduction in combination with play and animal-assisted therapy.
- Explain the ways play and animal-assisted therapy can reduce pain and

prepare kids for procedures and give them a holistic treatment.

### **THE FEMINIST APPROACH TO TREATING EATING DISORDERS**

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**Content Area: Clinical Mental Health Counseling**

**Day: Friday**

**Poster Session 2**

**Presenter(s):** Anna Wolljung, B.A.

**Program Description:** The poster will provide a synopsis of Eating Disorders, as well as information on Feminist techniques/strategies for treating eating disorders. The goal of the poster is to offer professionals in the field the opportunity to explore interventions for eating disorders that differ from the widely used CBT approaches. The main topics of conversation will be around: empowerment, voice/power, & connection. It is important to note that the poster information/research is coming from the perspective of working with the female population but has implications in being adapted for males in treating eating disorders and thoughts around food, body image, and eating.

**At the conclusion of this session, participants will:**

- Integrate Feminist techniques/strategies to current methods of treatment for eating disorders.
- Understand how eating disorders can be conceptualized based upon an individual's gender, culture, and societal pressures.
- Recognized the relevance of integrating Feminist techniques/strategies that allow an individual to conceptualize their thoughts on food, body image, and eating from the perspective of their gender, culture, & societal pressures.

### **COLLEGE COUNSELING METHODS**

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**Content Area: Clinical Mental Health Counseling**

**Day: Friday**

**Poster Session 3**

**Presenter(s):** Aaliyah Bond, B.S.

Tanner Shirley, B.A.

**Program Description:** Our presentation will delve into the different counseling methods offered at colleges and universities across the state. Our poster specifically takes a closer look at the comparison of mental health statistics at colleges and universities that limit their counseling services versus those that do not. By looking at success rates for colleges and universities in South Carolina, we will be able to gain a better understanding of what needs to change to improve counseling for college students.

**At the conclusion of this session, participants will:**

- At the conclusion of this session, participants will be able to evaluate potential changes needed to improve counseling services for this population at colleges and universities.
- At the conclusion of the session, participants will be able to compare services offered at colleges and universities across the state.
- At the conclusion of the session, participants will be more informed on what colleges and universities are already doing.

### **PRACTICALITY OF ONLINE COUNSELING**

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**Content Area: Clinical Mental Health Counseling**

**Day: Friday**

**Poster Session 4**

**Presenter(s):** Janie Howland, B.A.

**Program Description:** Technology has had a huge role in the way our society has developed. Many places have turned to online counseling, a platform in which individuals can log onto to connect with a counselor in the comfort of their own home. What implications does this growth have on the counseling field? Since this form of counseling is developing and growing, there are many questions as to how this will benefit both the clients and counselors.

**At the conclusion of this session, participants will:**

- recognize the ethical implications of using the online platform as a way to counsel clients
- understand the pros and cons of using the online counseling platform
- analyze the different training opportunities available for those who want to use the online platform to reach clients

#### **SEXUAL ADDICTION AND ITS EFFECTS ON ROMANTIC AND FAMILIAL RELATIONSHIPS**

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**Content Area: Marriage and family therapy**

**Day: Friday**

**Poster Session 5**

**Presenter(s):** Marissa McNeace, B.A.

**Program Description:** The focus of this poster presentation is to review the literature surrounding sexual addiction and how it effects the social relationships of an individual with this type of addiction. More specifically, the goal is to look at the effects on the romantic and familial relationships of the individual with the addiction. After outlining the findings, implications for counselors treating couples/families with an individual with sexual addiction are addressed.

**At the conclusion of this session, participants will:**

- Recognize the possible effects of sexual addiction on an individual's romantic and familial relationships
- Acknowledge future research possibilities in the area of sexual addiction
- Address important implications for treating individuals with a sexual addiction in a marriage/family setting

#### **MULTICULTURAL EDUCATION AND THE CULTURALLY COMPETENT COUNSELOR**

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**Content Area: School Counseling**

**Day: Friday**

**Poster Session 6**

**Presenter(s):** Demetria Perkins B.A.

Allisondria Durham B.A.

**Program Description:** This presentation will address the need for culturally competent school counselors within the school to create a comprehensive counseling program that integrates multicultural awareness and acceptance into individual, group, classroom, and school-wide programs. This presentation will highlight the role of the counselor and school and what the interventions look like in the school setting.

**At the conclusion of this session, participants will:**

- Recognize the need for multicultural education in schools.
- Demonstrate an understanding of the role of the school counselor in creating a comprehensive counseling program that is culturally responsive.
- Recognize professional development resources for becoming educated about cultural awareness.

#### **DEPRESSION IN AFRICAN AMERICANS**

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**Content Area: Clinical Mental Health**

**Day:** Friday

**Poster Session 7**

**Presenter(s):** Winter Albohaire, B.A.

**Program Description:** The presentation for the conference program will highlight depression in African Americans. The topic will discuss the history behind many causes of depression and a case study about the effects of depression within African American people within the city of New York.

**At the conclusion of this session, participants will:**

- Recognize the need for a broader case study concerning African Americans and depression.
- Identify the services needed for those struggling with depression and societal stigma.
- Recognize specific needs for African Americans diagnosed with depression.

**IN NEED OF A RAINBOW SHIELD: PROTECTIVE FACTORS FOR LGBTQ+ YOUTH**

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**Content Area: Clinical Mental Health**

**Day:** Friday

**Poster Session 8**

**Presenter(s):** Chandler Sally, B.A.

**Program Description:** LGBTQ+ youth in the United States of America are often faced with bullying and rejection from peers, educators, and family members due to their sexual orientation, gender identity, and gender expression. These negative factors contribute to higher rates of risk-taking behavior, homelessness, and suicide among LGBTQ+ youth when compared to their cisgender heterosexual peers. This population has often been invalidated and underserved by educators, medical providers, and mental health professionals, though LGBTQ+ youth greatly need support from allies in these professions. This presentation explores protective factors for

LGBTQ+ youth and how these protective factors contribute to positive outcomes in the lives of LGBTQ+ youth.

**At the conclusion of this session, participants will:**

- Recognize the effects of adult and familial support in the lives of LGBTQ+ youth.
- Identify protective factors and risk factors that affect specific populations within the LGBTQ+ community.
- Evaluate how legal protection and representation serve as protective factors for LGBTQ+ youth.

**INCLUSIVE SEX EDUCATION**

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**Content Area: School Counseling**

**Day:** Friday

**Poster Session 8**

**Presenter(s):** Jennifer Towery, B.A.

**Program Description:** South Carolina is one of the few states in the U.S.A that has a Sex Education program based around abstinence-only. An Inclusive Sex Education program would enable students to become more aware of themselves as well as their personal feelings. This includes exploration through the different flags available for the numerous sexual orientations and working with the 'Genderbread Person.'

**At the conclusion of this session, participants will:**

- Recognize the lack of information in current Sex Education Programs across the U.S.A.
- Advocate for changes to their own Sex Education Programs at their own school.
- Utilize the 'Genderbread Person' to help understand the different components of sexuality.

## FRIDAY SESSION VI | 3:35-4:30 PM

### COUNSELING AND THE LAW ENFORCEMENT OFFICER

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**Content Area: Clinical Mental Health Counseling**

**Day:** Friday

**Session VI**

**Location:** St. Helena (Down the hall toward the Carolina Room Restaurant on the Right)

**Presenter(s):** Nikki Vasilas, Ph.D., LPCS  
Erin Thompson, M.A.

**Program Description:** Law Enforcement Officers in today's climate face intense demands in a difficult and dangerous workplace. The stresses of daily work only intensify the already rigorous and uncertain nature of their jobs. The unique stress that law enforcement personnel and their families are exposed to requires a professional who understands these unique hardships and the reluctance that may come with seeking professional support, even if they recognize the benefits. This presentation will explore the myths law enforcement may have about mental health and discuss ways for the clinician to increase awareness and professional competencies needed to work with this population. population.

**At the conclusion of this session, participants will:**

- Discuss the unique stress of the law enforcement community. Recognize cultural considerations of working with the law enforcement officer.
- Identify the myths law enforcement officers may have about seeking mental health treatment.
- Compare evidence and practice-based interventions needed to develop clinical support for officers.

### COUNSELORS GRIEVE TOO - HOW TO HELP THE BEREAVED COPE WITH THEIR LOSS

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**Content Area: Clinical Mental Health Counseling**

**Day:** Friday

**Session VI**

**Location:** Elliot

**Presenter(s):** Kimberly Richardson, Grief Specialist

**Program Description:** Working in the counseling profession can be very challenging. How do counselors deal with the loss of their loved ones, clients, close friends, or colleagues without getting burned out? There is a need to have a better understanding of empathy development in the counseling profession and more education on how to improve the situation. Counseling the bereaved can put a lot of stress on some counselors and this can be difficult. I would like to educate the counseling industry on how to help their bereaved clients, how to cope with the loss of their clients, loss of their co-workers, loss of their loved ones and more.

**At the conclusion of this session, participants will:**

- Learn helpful tips and skills to help the bereaved cope with their loss.
- Acknowledge and learn how to cope with own loss/es.
- Learn how to keep their clients more engaged and returning.

*(Meets NBCC Content area(s): 1)*

### NETIQUETTE..PROPER USAGE OF SOCIAL MEDIA FOR TEENS.

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**Content Area: Substance abuse /addictions**

**Day:** Friday

**Session VI**

**Location:** Drayton

**Presenter(s):** James Deal, M.Ed., CATIII

**Program Description:** Improper usage of social media platforms such as Facebook, SnapChat, and Instagram could possibly lead a teen to not being accepted to college or landing a

prospective job. Both college admissions offices and human resource professionals are taking a hard look at applicant's social media accounts and profiles. This session will provide the participants with proper netiquette guidelines.

**At the conclusion of this session, participants will:**

- Recognize that improper information on social media could be harmful.
- Analyze their social media profiles and find improper information.
- Develop a professional and meaningful presence on social media.

*(Meets NBCC Content area(s): 1, 4, & 9)*

### **ARE YOU SHOOTING FOR THE BIG CANDY BAR? CREATING A COMPREHENSIVE SCHOOL CAREER PROGRAM PART I**

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**Content Area: School Counseling**

**Day:** Friday

**Session VI**

**Location:** Jasmine (Next to the Resort Store)

**Presenter(s):** Kristen Starcher, M.Ed., M.ED., GCDF, GCDFI

**Program Description:** The presentation will focus on building a comprehensive career program and applicable activities. We will look into career classes, career lunches, field trips, job fairs, job shadow, creating a college and career center and much more. Applicable activities will be shared and demonstrated.

**At the conclusion of this session, participants will:**

- Create a comprehensive career guidance program; Implement a variety of activities for career exploration; learn various career activities and events, encourage students to start early to be prepared for after high school choices.

*(Meets NBCC Content area(s): 5)*

### **HELPING PARENTS HEAL: EXPERIENCES OF POSTTRAUMATIC GROWTH AFTER A MISCARRIAGE**

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**Content Area: Clinical Mental Health**

**Counseling**

**Day:** Friday

**Session VI**

**Location:** Parris (Down the hall near the Carolina room Restaurant)

**Presenter(s):** Liz Boyd, Ph.D.

**Program Description:** Miscarriage is the most common pregnancy complication in the United States, yet minimal research exists related to the growth parents experience in the aftermath. In an effort to better understand posttraumatic growth after a miscarriage, researchers used the posttraumatic growth inventory (PTGI) to assess growth in over 350 parents who experienced a miscarriage. Come learn about the results of this study and discuss demographic and miscarriage related factors that are related to high levels of growth. Join this timely discussion that impacts many parents, and leave with insights and tools you can use with your clients tomorrow.

**At the conclusion of this session, participants will:**

- Demonstrate an understanding of the relationship between posttraumatic growth after a miscarriage.
- Recognize and apply best practices related to working with parents who have experienced a miscarriage to encourage posttraumatic growth.
- Identify ways counselors can use the PTGI in practice to assess clients' growth regarding miscarriage.

*(Meets NBCC Content area(s): 1 & 7)*

### **SURPRISE! YOU ARE GUILTY OF ETHICS AND LEGAL VIOLATIONS PART I**

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**Content Area: Ethics**

**Day:** Friday

### Session VI

**Location:** Heyward

**Presenter(s):** Francis Martin, Ph.D., LPC,  
NCCMHC, ACS, NCC

**Program Description:** This session examines several common but often unrecognized violations of professional ethics and recommends specific actions that will help to protect counselors from unwelcome surprises around ethics violations. The examination includes self-reports from practicing counselors, recent research about professional counselors, reports of ethics violations, and unfortunate lawsuits against counselors. It emphasizes data from these various sources and describes trends and emerging challenges in professional ethics. Apart from the obvious need to protect themselves from surprises, this session aspires to contribute to client-affirmative practices and positive, future-oriented ways of managing clinical work. The session provides several handouts.

**At the conclusion of this session, participants will:**

- Implement several practices that, if implemented, will help participants to avoid ethics violations and legal vulnerability.
- Complete recommended worksheets that, if completed, will improve counselors' skill in maintaining appropriate ethical behavior
- Recognize specific skills that may decrease ethical and/or legal vulnerability.

*(Meets NBCC Content area(s): 1 & 8)*

### FRIDAY SESSION VII | 4:40-5:35 PM

**ARE YOU SHOOTING FOR THE BIG CANDY BAR?  
CREATING A COMPREHENSIVE SCHOOL CAREER  
PROGRAM PART II**

**Content Area: School Counseling**

**Day:** Friday

### Session VII

**Location:** Jasmine (Next to the Resort Store)

**Presenter(s):** Kristen Starcher, M.Ed., GCDF,  
GCDFI

**Program Description:** The presentation will focus on building a comprehensive career program and applicable activities. We will look into career classes, career lunches, field trips, job fairs, job shadow, creating a college and career center and much more. Applicable activities will be shared and demonstrated.

**At the conclusion of this session, participants will:**

- Create a comprehensive career guidance program; Implement a variety of activities for career exploration; learn various career activities and events, encourage students to start early to be prepared for after high school choices.

*(Meets NBCC Content area(s): 5)*

### HEALTHY AND HARMFUL SPIRITUALITY

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**Content Area: Supervision**

**Day:** Friday

### Session VII

**Location:** Drayton

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

**Program Description:** This session will cover the findings of a qualitative research study on how masters level counseling students conceptualized healthy and harmful spirituality.

**At the conclusion of this session, participants will:**

- Discover how counseling students conceptualized healthy and harmful spirituality.
- Utilize the content of the study to initiate conversations with counseling students and LPCI's on the topic.
- Recognize the importance of discussing this topic with counselors-in-training

*(Meets NBCC Content area(s): 1, 2, & 9)*

**HOW COUNSELORS CAN HELP TRAIN FACULTY AND STAFF ON BASIC MENTAL HEALTH INTERVENTIONS IN A SCHOOL SETTING**

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**Content Area:** School Counseling

**Day:** Friday

**Session VII**

**Location:** Elliot

**Presenter(s):** Janani Buford, M.Ed., NCC, LPC  
JG Bailey, MSW, M.S.Ed, CAS

**Program Description:** In Part 2 of the session, we will help participants create a presentation to use in his/her workplace that helps colleagues better understand anxiety and depression. Participants will be able to create and share a “theme” that works with their workplace/colleagues which gives them steps as to how to help their clientele/students.

Example of one that was created at a session:

ASSESS for risk

LISTEN without judgment

REASSURE safety and support

ENCOURAGE appropriate help

**At the conclusion of this session, participants will:**

- Create a presentation to use in their workplace that helps colleagues better understand anxiety and depression.
- Evaluate how anxiety and depression look different at different ages.
- Create and share a theme that works with their workplace/colleagues, which gives them steps as to how to help their clientele/students.

*(Meets NBCC Content area(s): 1)*

**SURPRISE! YOU ARE GUILTY OF ETHICS AND LEGAL VIOLATIONS PART II**

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**Content Area:** Ethics

**Day:** Friday

**Session VII**

**Location:** Heyward

**Presenter(s):** Francis Martin, Ph.D., LPC, NCCMHC, ACS, NCC

**Program Description:** This session includes reports about several recent lawsuits and the specific implications of these lawsuits for practicing counselors. It is based on the assumption that, while these lawsuits are immediately relevant to the work of counselors, most counselors lack the time that would allow them to immerse in these lawsuits. For example, what do recent lawsuits say about privileged communication for clients or duty-to-warn mandates for licensed counselors? The examples raise the familiar statement, “You either knew or should have known about the outcomes of this lawsuit.” Based on recent outcomes of lawsuits and trends in mental health law, this session aims to assist counselors with their need to protect themselves and their clients, with regard to developments in mental health law. The session includes handouts.

**At the conclusion of this session, participants will:**

- Implement several practices that, if implemented, will help participants to avoid ethics violations and legal vulnerability.
- Complete recommended worksheets that, if completed, will improve counselors' skill in maintaining appropriate ethical behavior
- Recognize specific skills that may decrease ethical and/or legal vulnerability.

*(Meets NBCC Content area(s): 1 & 8)*

**BIBLIOTHERAPY IN THE MODERN AGE: CREATIVE USE OF CONTEMPORARY MEDIA TO PROMOTE CLIENT GROWTH**

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**Content Area:** Clinical Mental Health Counseling

**Day:** Friday

## Session VII

**Location:** St. Helena (Down the hall toward the Carolina Room Restaurant on the Right)

**Presenter(s):** Jeffrey Boatner, Ph.D., LPC, LMFT, NCC

Holly Johnson, Ph.D., LPC, NCC

**Program Description:** Bibliotherapy has a rich history within the counseling profession as a means of augmenting or extending client engagement beyond the clinical setting. Because of its relatively low cost, flexibility, and accessibility, bibliotherapy has increasingly been explored as a primary intervention. There is an opportunity to expand the principles of bibliotherapy beyond the printed page. Increasingly, technologies such as podcasts, youtube videos, blogs, movies, and other media have placed a world of information at our fingertips, and the fingertips of our clients. Many of these resources speak directly to the problems or circumstances experienced by clients. Counselors benefit from a greater awareness of these resources and how they can

be deliberately and creatively included in treatment. Because they are engaging, widely available, and expansive in scope, multimedia resources provide a powerful update on the bibliotherapy approach. Implications and opportunities will be explored.

**At the conclusion of this session, participants will:**

- Acquire an understanding of the breadth of multimedia resources available to augment counseling, and recognize how these can best be implemented.
- Acquire a resource list of potential multimedia resources to support counseling.
- Identify clients who might benefit from specific outside resources, along with an understanding of how these can best be presented to the client.

*(Meets NBCC Content area(s): 1, 3, & 8)*

# Evening Reception &



# Magic Show

6:00 PM -9:00 PM

All are welcome  
(Bring your friends  
and family)

Location: Grand Ocean Terrace

(Outside past the pools to the right)

*Join us for drinks, hor d'oeuvres, and magic with a message.*

## SATURDAY PRESIDENTIAL BREAKFAST and BUSINESS MEETING

| 8:00-10:00 AM

Finding our Focus

As counselors we work with our clients to help them develop goals and develop the skills necessary to meet them; we help them to identify the roadblocks on their path to success and then find ways over, around, and through them. Applying those same principles to our own lives (both personal and professional) can be a challenge though. Finding ways to apply them at an organizational level, whether that be at an institution of higher learning, a private practice, within the healthcare system, or a professional organization can be a completely different beast entirely.

We will examine the importance of self-care, prioritization, collaboration, and action as they apply to finding our focus and moving forward in our personal and professional lives.

### SATURDAY SESSION VIII | 10:15-11:45

**COUNSELING BEYOND WORDS: THE SCIENCE AND PRACTICE OF HEALING THROUGH THE EXPRESSIVE ARTS**

**Content Area: Clinical Mental Health Counseling**

**Day: Saturday**

**Session VIII**

**Location: Jasmine (Next to the Resort Store)**

**Presenter(s): Claire Campbell, M.A., LPCC-S, ATR**

**Program Description:** This workshop is designed for clinical and school counselors, teachers, and other mental health professionals who want to gain clinical expertise when working with creativity and healing. While building creative confidence, participants will also acquire critical knowledge about the impact of art and creativity on the brain and its potency on healing, overall health, and well-being. It is quite common to hear that many helpers and clients alike have some reluctance to use art in treatment as many claim "I am not Creative." This hands-on workshop will address

this reluctance and offer expressive based interventions and strategies for clinicians to implement in their day to day work with clients of all ages. The use of art therapy, music, movement, mindfulness practice, yoga, and sensory integration will be incorporated to develop confidence in creative intervention building and implementation.

**At the conclusion of this session, participants will:**

- Demonstrate an understanding of the effects of art therapy and expressive interventions on clients.
- Utilize art therapy media and expressive therapy techniques to address specific symptoms and aid in resolution and ongoing well-being.
- Recognize the basic tenants of art therapy and other expressive therapies, history of expressive therapies, and their development as a clinical therapeutic modalities.

*(Meets NBCC Content area(s): 1)*

### **THE ETHICS OF TRAUMA INFORMED CARE**

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**Content Area:**

**Day:** Saturday

**Session VIII**

**Location:** St. Helena (Down the hall toward the Carolina Room Restaurant on the Right)

**Presenter:** Christine Johnson, M.A., LPC, LPC-S

**Program Description:** The seminar will address the complexities of frequent and fundamental dilemmas in the delivery of trauma informed care. Ethical trauma informed care incorporates principles of safety, trust, collaboration, choice and empowerment. The goal for clinicians is to successfully implement the delivery of high quality and ethical trauma informed care to clients focusing on empowering the client to achieve greater self knowledge, self-sufficiency and attain higher levels of resilience.

**At the conclusion of this session, participants will:**

- Describe the ethical issues that are likely to be evident when working with victims of trauma.
- Apply ethical issues into practice while conducting therapeutic interventions.
- Recognize boundaries when acting in dual roles.

*(Meets NBCC Content area(s): 4, 6, & 8)*

### **USING VIRTUAL REALITY, AUGMENTED REALITY AND 360 VIDEO IN COUNSELING: CLINICAL APPLICATIONS**

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**Content Area: Clinical Mental Health Counseling**

**Day:** Saturday

**Session VIII**

**Location:** Parris (Down the hall near the Carolina room Restaurant)

**Presenter(s):** Robert Dawson, Ph.D., CRC  
Mike Walsh, Ph.D., LPC  
Thomas Jones, B.S.

**Program Description:** Exploring ways to utilize 360 Video, Virtual Reality and Augmented Reality to enhance the client experience and clinical outcomes, the session will consist of a brief review of the empirical research supporting the use of these technologies and will move quickly into hands-on demonstration of the technology, including the use of all three technologies in Clinical settings. Participants will have an opportunity to design their own Augmented Reality products, experience 360 video and Virtual Reality firsthand. We'll explore a wide variety of technology platforms, many of which are free to use. For the modalities that have equipment costs, we'll provide an exploration of the costs associated with some of the platforms, and we'll provide recommendations for technological specs. This will be followed by brainstorming designed to

help participants to apply these models and concepts within their own settings. Participants will walk away with practical and workable strategies for their own

**At the conclusion of this session, participants will:**

- Conceptualize the use of 360, VR and AR in their own clinical settings.
- Describe the empirical basis for the use of 360 video, Virtual reality and Augmented Reality technology in clinical settings
- Use 360 Video, Augmented Reality, and Virtual Reality Technologies to enhance clinical outcomes.

*(Meets NBCC Content area(s): 1)*

### **CREATIVELY COLLABORATING IN "CO-LAND:" CO-FACILITATING, CO-TEACHING, AND CO-PRESENTING**

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**Content Area: Supervision**

**Day:** Saturday

**Session VIII**

**Location:** Lady Davis

**Presenter(s):** Yvette R. "Roxi" Tolbert, Ph.D., LPC-S, LPC, ATR-BC, NCC, ATCS, ACS  
Ashlyn Bordelon B.S.

**Program Description:** This session will be focused on three main types of creative collaboration in the counseling field: co-facilitating groups, co-teaching, and co-presenting. Participants will walk away with knowledge about different styles of leadership and collaboration, common elements that promote effective collaboration, and creative methods for exploring and processing collaboration experiences. An experiential activity will be included so that participants can practice applying concepts from the session before they leave.

**At the conclusion of this session, participants will:**

- Recognize different styles of leadership and collaboration methods.
- Identify and evaluate elements that promote or inhibit effective collaboration.
- Apply concepts via an experiential activity to demonstrate understanding.

*(Meets NBCC Content area(s): 4)*

### **CREATING THE PUZZLE OF SELF: INTERNAL FAMILY SYSTEMS AND THE THERAPEUTIC POWERS OF PLAY THERAPY**

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**Content Area: Play therapy**

**Day:** Saturday

**Session VIII**

**Location:** Elliot

**Presenter:** Carmen Jimenez-Pride, LISW-CP, RPTS

**Program Description:** This experiential workshop is focused on gaining an understanding of the Internal Family System model integrated into Play Therapy.

**At the conclusion of this session, participants will:**

- List the core concepts of the Internal Family System model.
- Discuss the challenges with children and families in relation to Internal Family Systems work within the Play Therapy setting.
- Apply the Internal Family System model to Play Therapy and Expressive Art interventions within the therapeutic setting.

*(Meets NBCC Content area(s): 1)*

### **BRAIN U-TURN: HEAD OFF PROBLEMS BEFORE THEY HAPPEN**

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**Content Area: Clinical Mental Health Counseling**

**Day:** Saturday

**Session VIII**

**Location:** Drayton

**Presenter:** Fredric Mau, D. Min., LPCS

**Program Description:** Emotional reactions by the brain's limbic system happen before cognitive neocortex responses. For this reason, cognitive therapies work to manage reactions that have already happened. Guided imagery, hypnosis, and relaxation processes take advantage of brain reactivity to make a U-Turn and shift emotional responses in a more healthy direction before cognitive processing even comes into play. This approach to therapy allows you to get on the front end and facilitate healthy emotions and behaviors initially and reduces the need for later cognitive management of problems that did not, therefore, happen.

**At the conclusion of this session, participants will:**

- Participants will be able to describe differences in brain response in relaxed vs. waking states.
- Participants will be able to construct different goals for therapy focused on heading off rather than managing dysfunctional behaviors and emotional reactions.
- Participants will be able to create guided imagery processes to use in client therapy.

*(Meets NBCC Content area(s): 1)*

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## **USE OF TECHNOLOGY IN COUNSELOR SUPERVISION**

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**Content Area: Supervision**

**Day:** Saturday

**Session VIII**

**Location:** Sampson (in registration area to the back left corner)

**Presenter(s):** Thomas Vaughn, Ph.D., LPC, LPC-S, NCC, ACS

**Program Description:** The integration of telehealth services into the counseling field has changed the landscape for counseling professionals. Likewise, the application of telehealth technology into supervision offers opportunities for counselor supervisors to expand services to supervisees, as well as serve areas in which supervisory contacts are limited. This training will explore the various technological tools available to supervisors, enumerate the common professional responsibilities for distance supervision, and identify the ethical concerns created within this model of supervision.

**At the conclusion of this session, participants will:**

- Identify various technological tools utilized in distance supervision by observing these tools in practice.
- Enumerate the various professional responsibilities associated with distance supervision.
- Identify ethical concerns specific to the use of technology in supervision.

*(Meets NBCC Content area(s): 8)*

## POST-CONFERENCE WORKSHOP | 1:00-4:00



### MANAGING CRISIS SITUATIONS

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**Content Area:** Professional

**Day:** Saturday

**Post Conference Workshop**

**Location:** Elliot

**Presenter(s):** Barbara Melton, M.Ed., LPC, LPC-S

**Program Description:** This 3 hr workshop encompasses a variety of platforms where crisis management can be incorporated into clinical mental health counseling, including the following areas: Client suicide/Suicide Attempts, Personal threats by clients, Violence in schools, college campuses, Workplace violence, Witnessing disasters and violent events. We will also discuss how to manage angry clients and special techniques for working with psychotic clients. An overview of Psychological First Aid, which is used in disaster mental health, will also be covered. And there will also be discussion of how to volunteer for the Red Cross on the Disaster Mental Health team.

**At the conclusion of this session, participants will:**

- Understand how to incorporate crisis management in a variety of platforms.
- Provide immediate support to people who may be experiencing a crisis.
- Provide immediate support to people who may be experiencing a crisis by using psychological first aid principles.

*(Meets NBCC Content area(s): 1)*



### *CPGA/SCACD/SCCA Past Presidents*

1963 – 64 Dr. Charles  
Cummins

1964 – 65 Mrs. Hazel Gee

1965 – 66 Mrs. Joyce  
Gayden

1966 – 67 Dr. Velma  
Hayden

1968 – 69 Dr. Claude

Cooler

1969 – 70 Mrs. Edith Hipp

1970 – Mrs. Mary Jane  
McDonald

1971 – 72 Dr. John  
Whitacre

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Cromartie

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“Buddy” Edwards

1974 – 75 Dr. Rebecca  
Pennell

1975 – 76 Mr. J. D. Kibler,  
Jr.

1976 – 77 Mr. James A.  
Kiser, Jr.

1977 – 78 Dr. Kathryn  
Altman

1978 – 79 Dr. Melvin  
Haynes

1979 – 80 Dr. David  
Mahrer

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2012 – 13 Dr. Gwendolyn L C Snider  
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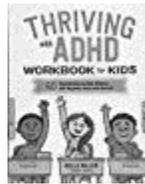
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## NBCC Content Areas and Topics

1. **Counseling Theory/Practice and the Counseling Relationship.** Continuing education programs in this content area provide an advanced understanding of the counseling processes, including, but not limited to, the following topics: Foundational and well-established counseling theories, principles, and techniques of counseling and their application in mental health settings. Diagnosis and treatment of mental disorders. Wellness and prevention within counseling and treatment. Crisis intervention techniques for counselors to use in response to disaster or other rapid onset trauma-causing events, including but not limited to, psychological first aid strategies. Psychophysiological awareness and mindfulness in the counseling process. Distance counseling. Biofeedback used in a mental health setting.
2. **Human Growth and Development.** Continuing education programs in this content area provide an advanced understanding of the nature and needs of individuals at developmental levels, and are relevant to professional counselors and the counseling profession. A Category 1 Presenter is required for all program content related to the counseling and/or treatment of clients. Human Growth and Development topics include, but are not limited to, the following topics.
3. **Social and Cultural Foundations.** Continuing Education programs in this content area provide an understanding of the issues and trends in a multicultural and diverse society that impact professional counselors and the counseling profession. A Category 1 Presenter is required for all program content and information related to the counseling and/or treatment of clients. Social and Cultural Foundations topics include, but are not limited to, the following topics.
4. **Group Dynamics and Counseling.** Continuing education programs in this content area provide an advanced understanding of therapeutic group development, dynamics and counseling theories; and, group counseling methods and skills, including, but not limited to, the following topics.
5. **Career Development and Counseling.** Continuing education programs in this content area provide an advanced understanding of career counseling, development and related life factors. A Category 1 Presenter is required for any program content related to the counseling and/or treatment of clients. Career Development and Counseling topics include, but are not limited to, the following topics.
6. **Assessment.** Continuing education programs in this content area provide an advanced understanding of approaches to assessment and evaluation in counseling practice. A Category 1 Presenter is required for all program content related to the counseling and/or treatment of clients. Assessment topics include, but are not limited to, the following topics.
7. **Research and Program Evaluation.** Continuing education programs in this content area provide an advanced understanding of research methods, statistical analysis, needs assessment and evaluation, and ethical and legal considerations in research. A Category 1 Presenter is required for all program content related to the counseling and/or treatment of clients. Research and Program Evaluation topics include, but are not limited to, the following topics.
8. **Counselor Professional Identity and Practice Issues.** Continuing education programs in this content area provide an understanding of various aspects of professional functioning as graduate-level counselors. A Category 1 Presenter is required for all program content related to the counseling and/or treatment of clients. Counselor Professional Identity and Practice Issues topics include, but are not limited to, the following topics.
9. **Wellness and Prevention.** Continuing education programs in this content area provide psycho-educational information for counselors to enhance their ability to promote optimal wellness related to client mental health. A Category 1 presenter is required for all program content related to the counseling and/or treatment of clients. Wellness and Prevention topics include, but are not limited to, the following topics.

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