



SCCA 57th Annual Conference

2021: Exceeding Our Vision

Hilton Head Island Resort and Spa

To held in person and via Zoom

February 18-21, 2021

The conference will remain on-site as long as the Governor's orders for gatherings remains at 250 people

Conference guest are required to wear a mask at all times, stay six feet apart from each other and are asked not to attend if you are currently experiencing any COVID 19 symptoms

CONFERENCE SCHEDULE

THURSDAY

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
4:15 PM-6: 00 PM.....EXECUTIVE COUNCIL MEETING
1:00 PM-6: 00 PM.....EXHIBIT SET-UP AND VIEWING
1:00 PM-7: 30 PM.....CONFERENCE REGISTRATION
6:00 PM- 7:00 PMOPENING SESSION

FRIDAY

7:15- 8:00 AM..... BREAKFAST ON YOUR OWN
7:30- 10:00 AM..... CONFERENCE REGISTRATION
8:00- 8:55 AM..... SESSION 1
9:10- 10:05 AMSESSION 2
10:15-11:10 AM..... SESSION 3
11:20-12:50 PM..... AWARDS LUNCHEON AND SPEAKER
1:00-1: 55 PMSESSION 4
2:05- 3:00 PM..... SESSION 5
3:05-3:25 PMGRADUATE STUDENT POSTER SHOWCASE
3:35-4:30 PMSESSION 6
4:40-5:35 PMSESSION 7

SATURDAY

8:00- 10:00 AM.....PRESIDENTIAL BREAKFAST AND BUSINESS SESSION
10:15-11:45 PM..... SESSION 8
1:00-3:00 PMFREE POST CONFERENCE WORKSHOP WH BARBARA MELTON, LPCS

PARTICIPANTS CAN EARN UP TO:

7 CE HOURS THURSDAY

8.5 CE HOURS ON FRIDAY

5.5 CE HOURS SATURDAY

TOAL OF 21 CONTINUING EDUCATION HOURS OFFERED

Conference Cancellation Policy To receive a full refund, minus a \$10 cancellation fee, registrants must cancel no later than February 1st, 2021. Cancellations after February 1 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.

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 title of the 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.

Preconference Morning Workshops 9:00 AM-12:00 PM

Theme-Oriented Therapy

Paul Leslie, Ed.D, LPC

Location: Heyward

Program description: Psychotherapy appears to continue to be dominated by linear, reductionist approaches to change.

This program challenges this dominant view of psychotherapy as a structured, reductionist process and, instead, views psychotherapy as an alive, unrehearsed interaction that embraces healing when it is focused on the role of larger “therapeutic themes.” Therapeutic themes are defined as the entrenched frames of reference or contexts from which clients perceive their lives. In this program, participants will learn how to create dynamic, healing interactions by changing clients' distressing themes and into more flexible, empowering themes. Instead of a relentless therapeutic focus on lower-order experiences (clients' behaviors and emotions), healing occurs when the focus of therapy shifts to creatively exploring the role of higher-order experiences (how clients construct themes, how these themes direct their behaviors and emotions, and what new themes can be created).

Objectives:

At the end of this session, participants will:

1. Distinguish between "problem-oriented" themes and "resource-oriented" themes in therapy
2. Recognize the importance of utilization of client emotions and behavior
3. Identify five methods to access resourceful therapeutic themes for successful outcomes

Brief bio of presenter(s): Paul J. Leslie is a psychotherapist, author, and educator in Aiken, South Carolina. He is an instructor of psychology and human services at Aiken Technical College.

NBCC Content Area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling)

Social-Emotional Learning: The Role of the School Counselor in Assisting Students Struggling With Anxiety

Allison Paolini, Ph.D., NCC

Location: Jasmine

Program description: This pre-conference presentation will address the definition of anxiety, causes of anxiety, the impact of anxiety on academic performance, the definition of social-emotional learning and its competencies, the importance of developing a growth mindset, the role of social-emotional learning in combatting anxiety, as well as SEL best practices used to mitigate anxiety in students

Objectives:

At the end of this session, participants will:

1. Understand the Role that SEL Plays in Reducing Anxiety
2. Identify SEL Best Practices for Mitigating Anxiety
3. Understand the Role that SEL Plays in Reducing Students' Anxiety

Brief bio of presenter(s): Assistant Professor of Counselor Education, National Certified Counselor.

NBCC Content Area(s): Professional identity and practice issues (including ethics, licensure, professional organizations, advocacy, private practice, supervision, consulting, self-assessment)

Hanging a Theoretical Hat: Supervision Around Theory Adoption

Thomas Vaughn, Ph.D., LPC, LPC/S, NCC, ACS

Location: Elliot

Program description: Adopting a clinical theory in counseling provides necessary and guiding principles for psychotherapy's professional practice. For most novice counselors, a course in counseling theory during graduate school is the

extent of exposure received regarding counseling and psychotherapy theories. This pattern in training tends to leave supervisees ill-prepared for counseling practice. To assist supervisors in guiding supervisees toward the adoption of a theoretical construct for practice, this presentation will explore professional and ethical requirements for theory adoption, enumerate commonly accepted theoretical models, and identify resources for supervisors to employ with supervisees in “hanging a theoretical hat.”

Objectives:

At the end of this session, participants will:

1. Verbalize the professional and ethical standards regarding theory adoption.
2. List commonly accepted theoretical models of counseling.
3. Employ supervisory resources to assist a supervisee in adopting a counseling theory

Brief bio of presenter(s): Dr. Tommy Vaughn, a former President of SCCA, counselor, organizational leader, and counselor educator, has more than thirty years of experience across various organizations.

NBCC Content Area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Professional identity and practice issues (including ethics, licensure, professional organizations, advocacy, private practice, supervision, consulting, self-assessment)

**Preconference Afternoon
Workshops 1:00-4:00 PM**

Future Now: 300 Milliseconds and the Limits of Cognitive Change

Fredric Mau, D. Min., LPCS

Location: Elliot

Program description: Cognitive processing, the rational mind, exists 300 milliseconds – at least – in the past. At a neurological level, emotional

processing is always happening in the flash future, with cognitive processing trailing. While cognitive processes provide a way to manage problems that have happened, emotional-based therapies can create a truly different future without even a moment’s notice. This presentation explores the cutting edge of change's neurological nature and the advantages of emotion-based approaches versus cognitive change processes.

Objectives:

At the end of this session, participants will:

1. Participants will be able to describe the neurological differences between cognitive and emotional processing.
2. Participants will be able to identify client issues that are most amenable to dynamic change processes.
3. Participants will be able to create emotional change processes to use therapeutically with clients.

Brief bio of presenter(s): Dr. Fredric Mau is an international keynote speaker, our 2019 Outstanding Counselor, and is board certified as a Hypnotherapist. He will model approaches that he uses to engage client change.

NBCC Content Area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Assessment (including diagnosis, ethical practices, psychopharmacological medications, information relevant to medication side effects and how to make appropriate medication referrals), Wellness and prevention (including Complimentary alternative medicine, community-based wellness, conflict resolution, sex education, nutrition, anger management)

Igniting Interest and Collaboration during the Co-Facilitation of Online Groups

Yvette R. “Roxi” Tolbert, Ph.D., LPC-S (SC), LPC (SC), LPCC-S (OH), ATR-BC, NCC, ATCS, ACS

Tanner N. Shirley, BA

Di’Aundrea J. Thomas, BA

Location: Jasmine

Program description: This session will be focused on the navigation of online groups and how co-facilitators can work together to intrigue group members, ignite interest, and instill a sense of community within a virtual space. Participants will enhance their knowledge about different techniques, interventions, and creative flare they can use in the online clinical setting. An experiential activity will be included for participants to experiment with applying session concepts before they leave.

Objectives:

At the end of this session, participants will:

1. Identify issues related explicitly to co-facilitating a counseling group in an online environment.
2. Describe how they can work with co-facilitators to engage group members online in creative ways.
3. Identify three to five interventions and techniques they can use during an online counseling group.

Brief bio of presenter(s): Yvette R. "Roxi" Tolbert is the owner/clinical director of Creative Flame Counseling LLC and teaches part-time at Winthrop University. She enjoys making art and working on her farm when not involved elsewhere.

Tanner N. Shirley is currently a student at Winthrop University, pursuing her master's degree in counseling and development, focusing on clinical mental health.

Di'Aundrea Thomas is a graduate student in the Counseling and Development program at Winthrop University; her focus is mental health counseling. She works as a residential counselor in the Learning Enriched Autism Program (LEAP) at New Hope Carolinas' psychiatric residential treatment facility. She is also a clinical intern under the supervision of Dr. Roxi Tolbert at Creative Flame Counseling.

NBCC Content Area(s): Counseling theory (including theories, diagnosis, wellness, crisis,

trauma, mindfulness, distance counseling), Group work (including advanced understanding of therapeutic group development, dynamics, and theories, leadership styles, stages, methods, and skills), Professional identity and practice issues (including ethics, licensure, professional organizations, advocacy, private practice, supervision, consulting, self-assessment)

Creative Approaches to Supervision

Cathy Sparks, Ed.D, LPC, LPC/S, LMFT, LMFT/S RPT-S

Location: Heyward

Program description: This presentation will provide participants with creative ideas for enhancing the supervision process. Participants will explore ways to use play in both individual and group supervision.

Objectives:

At the end of this session, participants will:

1. Demonstrate creative methods to enhance the supervision process.
2. Practice the concepts of using play in the supervision process.
3. Apply the concepts to a real supervision case.

Brief bio of presenter(s): Dr. Cathy Sparks is Assistant Professor of Child Development and Family Studies at the University of S.C. Upstate. She is an experienced Play Therapist and practices exclusively with children at Middle Tyger Community Center in Lyman, S.C. She has 32 years of experience in the field.

NBCC Content Area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Career Development and Counseling (including theories, principles, techniques, processes, resources, planning, transitions, trends)

Ethics and Supervision

Camilla Bravo, Ph.D., LPC, LPCS

Location: Parris

Program description: In this interactive workshop, we will cover many potential and actual ethical violations, along with the resolution of said violations. Participants will also be asked to create solutions to different ethical dilemmas about individual and group supervision. This will be a lively and interactive workshop sure to ignite some spirited conversation! Several cases will be reviewed, and attendees will take part in deciding if, when, and, or ethical (or other) lines have been crossed.

Objectives:

At the end of this session, participants will:

1. List at least three top factors in being a good supervisor.
2. Discuss the differences found in Telemental Health
3. List at least two examples of Models of Supervision.

Brief bio of presenter(s): Dr. Bravo has been licensed since 2000. Her career is unique in that she has worked in various disciplines across her career, including both state and corporate senior management for the last 10+ years. She has experience teaching on the college level and has worked with children, adolescents, and adults, including adults on the Autism Spectrum. The focus of her practice is clinical supervision and continuing education

NBCC Content Area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Career Development and Counseling (including theories, principles, techniques, processes, resources, planning, transitions, trends)

*Opening Session with
ACA President-Elect
Dr. Kent Butler*

6:00-7:00 PM | Archer East

Session 1 Friday 8:00-8:55 AM

The Ultimate Solution to Verbal & Cyber Bullying

Content Area: Clinical Mental Health Counseling

Day: Friday

Session 1

Location: Archer West

Presenter(s): Jon Beaumont, M.S., LPCS

Program Description: A growing number of people are plagued by verbal and cyberbullies every day, and unfortunately, most of these victims are kids and teens, though adults are not exempt. Furthermore, bullies have seemed to evolve to the point where the old methods of dealing with them (ignoring, telling, fighting back, etc.) do not work and in the past, especially with the advent of cyberbullying. Fortunately, this presentation will introduce providers and practitioners to a unique strategy that can equip children, adolescents, teenagers, and even adults with a more effective way to deal with verbal and cyberbullying. Using the S-T-A strategy, attendees will learn how simple it is to take the bullies' power back. Each step will be explained thoroughly, followed by examples and tips on implementing these techniques in work with clients of all ages.

At the conclusion of this session, participants will:

- More thoroughly understand the mentality of a bully, particularly the motivating factors and goals.
- Utilize new, more effective techniques to combat verbal and cyberbullies.
- Use the tools provided to teach clients how to use the S-T-A method

Meets NBCC Content area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Social and Cultural foundations (including multicultural competencies, societal subgroups, changes and trends, social justice issues, acculturation), Wellness and prevention (including Complimentary alternative medicine, community-based wellness, conflict resolution, sex education, nutrition, anger management)

CIS 360 Career Exploration and Information System

Content Area: School Counseling

Day: Friday

Session 1

Location: Mitchelville

Presenter(s): James Deal, Ed.S.,

Program Description: CIS 360 is a career information system that utilizes the best components of SCOIS all on one launch page. It has numerous career assessments along with learning style and employability assessments. It also contains complete college and university information and can be used as an IGP assist tool.

Complete log in and training information will be shared.

At the conclusion of this session, participants will:

- Create an effective career exploration experience.
- Evaluate colleges, universities, and career centers that will assist their students with their chosen career path.
- Appraise the current job market and align specific jobs with a particular student's interests.

Meets NBCC Content area(s): Social and Cultural foundations (including multicultural competencies, societal subgroups, changes and trends, social justice issues, acculturation), Career Development and Counseling (including theories, principles, techniques, processes, resources, planning, transitions, trends)

Teaching Coping Mechanisms Through Faith-based Group Work

Content Area: Clinical Mental Health Counseling

Day: Friday

Session 1

Location: Danner West

Presenter(s): Jenais Y. Means, M.A., LPC, LCMHCA, NCC

Program Description: Stigma, credibility, and access are a few factors that hinder persons from seeking mental health services. Some persons lean into religious or spiritual beliefs and/or leaders in lieu of professional counseling. While

doing so can be useful, mental health counselors can collaborate with faith-based groups to decrease stigma and provide mental health services. This presentation covers how to establish a relationship with a faith-based community site and facilitate experiential group work with members of the organization. Experiential group work will incorporate adaptive coping mechanisms, measured explicitly with the Coping Strategies Inventory (Tobin, 2001). The presenter will address the selection of assessments, the basics of experiential group work, and how to utilize both to create a faith-based counseling group that addresses adaptive coping strategies.

At the conclusion of this session, participants will:

- Describe the steps for establishing a collaborative relationship with a community site.
- Utilize the Coping Strategies Inventory (Tobin, 2001) to identify measurable adaptive coping scales.
- Create experiential activities for faith-based groups.

Meets NBCC Content area(s): Social and Cultural foundations (including multicultural competencies, societal subgroups, changes and trends, social justice issues, acculturation), Group work (including advanced understanding of therapeutic group development, dynamics, and theories, leadership styles, stages, methods, and skills), Wellness and prevention (including Complimentary alternative medicine, community-based wellness, conflict resolution, sex education, nutrition, anger management)

Wellness Strategies for Counselors: The Ethical Responsibility to Prevent Impairment

Content Area: Ethics

Day: Friday

Session 1

Location: Elliot/Drayton

Presenter(s): Kristy Ford, Ph.D., LMHC-S, NCC
Stacey Lilley

Program Description: Counselors have an ethical responsibility to avoid the professional impairment associated with vicarious trauma and compassion fatigue, which may lessen empathy over time, by focusing on prevention through wellness strategies for prevention. The ACA

Code of Ethics recommends the engagement of self-care activities for overall well-being. This presentation will focus on best practices for counselors, counselor educators, and counselors-in-training to prevent impairment using evidence-based wellness strategies.

At the conclusion of this session, participants will:

- Analyze the research on wellness strategies that help prevent impairment, compassion fatigue, burnout, and vicarious trauma.
- Describe the ethical responsibility as mandated in the ACA code of ethics to avoid professional impairment by engaging in wellness strategies.
- Practice two research-based wellness strategies applicable to counselor education and aimed at preventing impairment: a basic mindfulness exercise and an anchoring activity.

Meets NBCC Content area(s): Professional identity and practice issues (including ethics, licensure, professional organizations, advocacy, private practice, supervision, consulting, self-assessment), Wellness and prevention (including Complimentary alternative medicine, community-based wellness, conflict resolution, sex education, nutrition, anger management)

The Implementation & Management of Teletherapy Services, Part 1

Content Area: Clinical Mental Health Counseling

Day: Friday

Session 1

Location: Danner East

Presenter(s): Tiffany Howard, Ed.S. LPC, BC-TMH

Program Description: This presentation aims to assist college counseling centers and agencies with the full implementation and management of teletherapy services. In this presentation, the full implementation of teletherapy services at a college counseling center will be discussed. The first half of this presentation will outline the steps to implement teletherapy services before and during the COVID-19 pandemic.

At the conclusion of this session, participants will:

- Discuss the implementation process of teletherapy at an agency.

- Explain how to decide what companies to utilize to provide teletherapy services for an agency.
- Share a step-by-step guide for how to implement and manage teletherapy fully.

Meets NBCC Content area(s): Career Development and Counseling (including theories, principles, techniques, processes, resources, planning, transitions, trends), Professional identity and practice issues (including ethics, licensure, professional organizations, advocacy, private practice, supervision, consulting, self-assessment)

Session 2 Friday 9:10-10:05 AM

COVID-19 and Undiagnosed Post Traumatic Stress Disorder: Implications for African American Counseling Students

Content Area: School Counseling

Day: Friday

Session 2

Location: Archer West

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

Program Description: This presentation will explore how COVID-19 has either strengthened or diminished 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 how COVID-19 enhanced or diminished help-seeking behaviors of African American pre-service counseling students at HBCUs.
- Discuss how COVID-19 disproportionately affecting African

Americans is becoming a historical event that can further enhance cultural mistrust of helping professionals and the stigma of mental illness among students enrolled in counseling programs at HBCUs.

- Delineate how undiagnosed Post Traumatic Stress Disorder can affect counseling dispositions of African American pre-service counseling students at HBCUs, especially during the COVID-19 pandemic.

Meets NBCC Content area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Social and Cultural foundations (including multicultural competencies, societal subgroups, changes and trends, social justice issues, acculturation), Wellness and prevention (including Complimentary alternative medicine, community-based wellness, conflict resolution, sex education, nutrition, anger management)

Last Responders: How Counselors Can Help the Funeral Industry Destigmatize Receiving Mental Health Care During COVID-19

Content Area: Clinical Mental Health Counseling

Day: Friday

Session 2

Location: Mitchelville

Presenter(s): Stephanie Mikulec, B.S.,

Program Description: The funeral industry is a stressful environment to work in daily, but funeral directors and other funeral service workers rarely discuss the benefits of taking care of themselves mentally. It is almost taboo to speak about struggling mentally to other funeral co-workers. Thanks to recent media interest in how funeral directors handle the stress of increased deaths due to COVID-19, funeral directors are more freely talking about their struggles with their mental health. This presentation will discuss ways that counselors can help funeral directors take care of themselves mentally and advocate for other funeral service workers to speak openly about the benefits of promoting proper self-care and stress management in the funeral industry.

At the conclusion of this session, participants will:

- Understand why mental health care has always been stigmatized in the funeral industry.

- Explore how COVID-19 has given the funeral industry no choice but to openly discuss the stressors of the job and its toll on employees.
- Identify ways counselors can help funeral service workers continue to openly talk about the industry's occupational stressors and the importance of receiving proper mental health care throughout their careers.

Meets NBCC Content area(s): Social and Cultural foundations (including multicultural competencies, societal subgroups, changes and trends, social justice issues, acculturation), Wellness and prevention (including Complimentary alternative medicine, community-based wellness, conflict resolution, sex education, nutrition, anger management)

Dismantling Stigma Around Sex: Working with Individuals in Sex-Based Professions

Content Area: Clinical Mental Health Counseling

Day: Friday

Session 2

Location: Danner West

Presenter(s): Mark Taracuk, Ph.D., NCC

Program Description: There are many stigmas around sex-based work, and some aspects of the work are not even discussed in society. The stigma and attitudes around sex-based professions can make it difficult for some clients to share their experiences and feelings with individuals outside of the industry, including their therapist. This session will address the stigma of sex-based work, discuss common presenting concerns and issues for individuals in sex-based professions, and discuss clinical approaches for working with individuals in sex-based professions.

At the conclusion of this session, participants will:

- Evaluate and address their own biases toward sex-based work.
- Identify common presenting concerns and issues that individuals face in sex-based work.
- Share common interventions and approaches for supporting clients engaged in sex-based work.

Meets NBCC Content area(s): Social and Cultural foundations (including multicultural competencies, societal subgroups, changes and trends, social justice issues, acculturation)

Reimagine Wellness: Building Resilience After a Pandemic

Content Area: Clinical Mental Health Counseling

Day: Friday

Session 2

Location: Elliot/Drayton

Presenter(s): Holly Johnson, Ph.D., LCMHCS, NCC, Jeffrey Boatner, Ph.D., LPC, LMFT, NCC, Laurel Shaler, Ph.D., NCC, LPC, LCSW, LISW-CP

Program Description: Unprecedented changes in our country's landscape have created adverse impacts on the mental health and well-being of individuals and families. These difficulties and challenges can either diminish our determination or make us stronger. Resilience is the ability to navigate, recover, and adapt after experiencing adverse challenges. Research on post-traumatic growth supports this contention, arguing that it is the individual's reaction to, rather than the experience of, traumatic events that define their experience. This session will impart knowledge and provide insights into post-traumatic growth opportunities, building resilience, and ideas for creating a growth mindset to manage the challenges and courageously face current stressors. Participants will leave with practical resources to help clients navigate and grow through circumstances, adapt to emerging challenges, and cultivate an ability to thrive even when confronted by extreme situations.

At the conclusion of this session, participants will:

- Discuss and define resilience, identify specific types, and examine the differences between a growth and fixed mindset.
- Evaluate and explain clinical and research strategies that foster resilience and encourage a healthy response.
- Apply the knowledge and provide practical strategies to engage clients and cultivate individual, community, and

existential resources to build resilience and thrive.

Meets NBCC Content area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Wellness and prevention (including Complimentary alternative medicine, community-based wellness, conflict resolution, sex education, nutrition, anger management)

Art Therapy Interventions in Counseling Victims of Child Sexual Assault Part 1

Content Area: Clinical Mental Health Counseling

Day: Friday

Session 2

Location: Archer East

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

Program Description: This presentation will teach clinically appropriate creative interventions for victims of childhood sexual assault in individual and group work. Introductions to trauma-informed care and art therapy will be given, with interactive demonstrations and group participation to follow. Participants will obtain practical experience in executing art interventions when working with trauma victims.

At the conclusion of this session, participants will:

- Identify research-based benefits of applying art therapy to trauma-informed care, particularly sexual assault.
- Understand how to effectively incorporate art therapy techniques into trauma work with victims of child sexual assault.
- Apply art therapy activities to their counseling sessions with victims of child sexual assault.

Meets NBCC Content area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Group work (including advanced understanding of therapeutic group development, dynamics, and theories, leadership styles, stages, methods, and skills)

The Implementation & Management of Teletherapy Services, Part 2

Content Area: Clinical Mental Health Counseling

Day: Friday

Session 1

Location: Danner East

Presenter(s): Tiffany Howard, Ed.S. LPC, BC-TMH

Program Description: This presentation aims to assist college counseling centers and agencies with the full implementation and management of teletherapy services. In this presentation, the full implementation of teletherapy services at a college counseling center will be discussed. The second half of this presentation will focus on questions that other agencies should ask themselves when implementing these services. Who? What? How? This presentation will aim to answer each of these questions and will further show how we answered them at a large institution. This presentation is appropriate for anyone in the field and within any agency or in private practice.

At the conclusion of this session, participants will:

- Discuss the implementation process of teletherapy at an agency.
- Explain how to decide what companies to utilize to provide teletherapy services for an agency.
- Share a step-by-step guide for how to implement and manage teletherapy fully.

Meets NBCC Content area(s): Career Development and Counseling (including theories, principles, techniques, processes, resources, planning, transitions, trends), Professional identity and practice issues (including ethics, licensure, professional organizations, advocacy, private practice, supervision, consulting, self-assessment)

Session 3 Friday 10:15-11:10 AM

Teacher's Perceptions of Mindfulness Boxes

Content Area: School Counseling

Day: Friday

Session 3

Location: Danner East

Presenter(s): Carrie Caudill, Ph.D., LPC & Aurbrey Guyton, HS

Program Description: This session will review the purpose and benefits of mindfulness boxes. A recent study on teacher's perception of the impact of mindfulness toolboxes in class will be explored.

At the conclusion of this session, participants will:

- Demonstrate how to construct an age-appropriate mindfulness box for class use.
- Evaluate the effectiveness of mindfulness practices and class behavior for diverse populations.
- Review resources and rationale needed for creating a mindfulness toolbox appropriate for a diverse student population.

Meets NBCC Content area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Human growth and development (including lifespan and end of life issues, developmental crisis, disabilities, factors affecting behavior), Wellness and prevention (including Complimentary alternative medicine, community-based wellness, conflict resolution, sex education, nutrition, anger management)

Fitting it All Together, Supporting Social-Emotional Learning at Every Tier

Content Area: School Counseling

Day: Friday

Session 3

Location: Mitchelville

Presenter(s): Heather Anderson, M.Ed., Jennifer Sanderlin, BA Ed, K-12

Program Description: This year, schools have prioritized Social-emotional learning (SEL) as a part of the big picture of education like never before. However, as we continue to navigate re-imagining school and learning in 2020-21, creating a school- or district-wide SEL plan that serves all students' social and emotional needs as a foundation of learning is no easy task. Join this session to hear about how Charleston County Schools uses critical data, the MTSS framework, targeted professional development with ongoing staff support, and robust evidence-based curricula/strategies to support students at every tier. Come share ideas, connect with others, and leave with concrete examples, tools, and resources you can use right away.

At the conclusion of this session, participants will:

- Understand key components of a comprehensive social-emotional learning

plan and how these efforts are foundational to student learning.

- Assess their current SEL programming and identify areas of opportunity to strengthen, expand, or connect to frameworks/systems in their school/district or community.
- Create and share 1-2 next steps or goals to support SEL at all three tiers in their school or district

Meets NBCC Content area(s): Human growth and development (including lifespan and end of life issues, developmental crisis, disabilities, factors affecting behavior), Social and Cultural foundations (including multicultural competencies, societal subgroups, changes and trends, social justice issues, acculturation), Wellness and prevention (including Complimentary alternative medicine, community-based wellness, conflict resolution, sex education, nutrition, anger management)

Embodying Inner Resources to Prevent Counselor Burnout in the Covid-19 Era

Content Area: Clinical Mental Health Counseling

Day: Friday

Session 3

Location: Danner West

Presenter(s): Holly Johnson, Ph.D., LCMHCS, NCC, Laurel Shaler, Ph.D., NCC, LPC, LCSW, LISW-CP Jeffrey Boatner, Ph.D., LPC, LMFT, NCC

Program Description: In the Covid-19 era, unprecedented changes have caused counselors to struggle to maintain work boundaries and foster their emotional health and well-being. Many counselors find it challenging to face the same anxiety, uncertainty, and stressors as those seeking their services. This session provides insights, knowledge, and practical tools for understanding, responding to, and preventing compassion fatigue, secondary trauma, and burnout in helping professionals. It provides strategies for finding hope in hopeless situations. The workshop is lively and experiential and will leave participants with optimism and an ability to experience their work as fulfilling and effective as they reconcile what they experience with their work's value.

At the conclusion of this session, participants will:

- Develop an awareness of compassion fatigue, secondary trauma, and burnout and examine its effects on clinical practice during the Covid-19 era.
- Evaluate and explain clinical and research strategies to understand Covid-19 compassion fatigue's relationship to work contexts, professional activities, and personal lives.
- Apply the knowledge and provide strategies to support counselors' health and well-being during unprecedented times and provide creative strategies for optimizing personal resiliency and positive self-care practices.

Meets NBCC Content area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Wellness and prevention (including Complimentary alternative medicine, community-based wellness, conflict resolution, sex education, nutrition, anger management)

Art Therapy Interventions in Counseling Victims of Child Sexual Assault Part 2

Content Area: Clinical Mental Health Counseling

Day: Friday

Session 3

Location: Elliot/Drayton

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

Program Description: Introductions to trauma-informed care and art therapy will be given, with interactive demonstrations and group participation to follow. Participants will obtain practical experience in executing art interventions when working with trauma victims.

At the conclusion of this session, participants will:

- Identify research-based benefits of applying art therapy to trauma-informed care, particularly sexual assault.
- Understand how to effectively incorporate art therapy techniques into trauma work with victims of child sexual assault.
- Apply art therapy activities to their counseling sessions with victims of child sexual assault.

Meets NBCC Content area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Group work (including advanced understanding of therapeutic group development, dynamics, and theories, leadership styles, stages, methods, and skills)

Hoodoo Therapy: What I Learned About Psychotherapy from Studying Low Country Root Doctors

Content Area: Clinical Mental Health Counseling

Day: Friday

Session 3

Location: Archer East.

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

Program Description: This session will educate counselors on the rich history and functionality of the art of hoodoo/conjure as practiced in the low country areas of South Carolina and Georgia. Conjure will be examined as a tool for physical and emotional healing, spiritual development, and socio-cultural control. In addition, the surprising similarities between the practices of root doctors and creative psychotherapists will be explored.

At the conclusion of this session, participants will:

- Appreciation for diverse folk healing traditions
- Application of creative therapeutic interventions in diverse settings
- Recognition of similarities between folk healing and psychotherapy applications

Meets NBCC Content area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Social and Cultural foundations (including multicultural competencies, societal subgroups, changes and trends, social justice issues, acculturation)

Session 4 Friday 1:00-1:55 PM

Sex Positivity and Sexual Liberation: Sexuality as a Competency Within the Profession

Content Area: Clinical Mental Health Counseling

Day: Friday

Session 4

Location: Archer West

Presenter(s): Mark Taracuk, Ph.D., NCC

Program Description: Let's talk about sex. No, really, let's talk about sex. It is an essential component of human development, but it can be difficult to talk about, as our views and opinions can come heavily into play. When it comes to clinical work, how do we discuss sex with clients? Do clients know they can talk about sex in session? Are we truly creating a space where this integral aspect of human development is welcomed? Through the lens of sex positivity and sexual liberation, this session will talk about how we can best serve our clients across their lifespan as we increase our competency by integrating this vital aspect of human development into our work.

At the conclusion of this session, participants will:

- Recognize the core tenets of sex positivity and sexual liberation as it relates to counseling work.
- Appraise and evaluate the benefits of positive integration of sexuality into counseling work.
- Identify at least three ways to implement sex-positive techniques into their counseling work.

Meets NBCC Content area(s): Human growth and development (including lifespan and end of life issues, developmental crisis, disabilities, factors affecting behavior), Social and Cultural foundations (including multicultural competencies, societal subgroups, changes and trends, social justice issues, acculturation), Wellness and prevention (including Complimentary alternative medicine, community-based wellness, conflict resolution, sex education, nutrition, anger management)

Counselors Grieve Too - How to Help the Bereaved Cope with Their Loss

Content Area: Counselor Education

Day: Friday

Session 4

Location: Archer East

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

Program Description: There have been so many losses due to COVID-19. 2020 has been a tough year for so many people, ESPECIALLY for those that have lost loved ones! I want to encourage those who have lost loved ones,

clients, friends, and co-workers during the pandemic. How do counselors counsel while dealing with losing their loved ones, clients, close friends, or colleagues without getting burned out? Working in the counseling profession can be very difficult and even more challenging while grieving. There is a need to understand better 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 want to educate the counseling industry on how to help with the loss of their clients, the loss of their co-workers, the 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 their own loss/es.
- Learn how to demonstrate empathy for their bereaved clients so that they are engaged.

Meets NBCC Content area(s): Wellness and prevention (including Complimentary alternative medicine, community-based wellness, conflict resolution, sex education, nutrition, anger management)

Best Practices of Group Work as a Hybrid in a Virtual World

Content Area: School Counseling

Day: Friday

Session 4

Location: Danner West

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

Program Description: How professional counselors facilitate effective group work in schools, and community-based settings require focused consideration of the type of groups (e.g., task/work, psychoeducational, counseling, psychotherapy, etc.), age population, and cultural factors to ensure positive outcomes. A resilient design includes a combination of face-to-face and virtual meetings addressing logistical details for conducting meaningful, engaging group discussions for advisory/training meetings,

children before/after-school programs, parents/community members, and in-service school staff professional development. Topics such as cultural awareness, blended families, dating-violence prevention, and professional counselor self-care will be addressed.

At the conclusion of this session, participants will:

- Recognize best practices for group work leaders while functioning as professional school counselors and mental health counselors during both face-to-face and virtual group meetings following professional codes of ethics.
- Apply skills for facilitating practical psychoeducational and counseling group sessions.
- Create effective group meeting designs, including training sessions for parents/legal guardians, teachers/school staff, administrators, and community members.

Meets NBCC Content area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Group work (including advanced understanding of therapeutic group development, dynamics, and theories, leadership styles, stages, methods, and skills), Wellness and prevention (including Complimentary alternative medicine, community-based wellness, conflict resolution, sex education, nutrition, anger management)

The Client's Vision: Clarifying, Motivating, Powerful Part 1

Content Area: Clinical Mental Health Counseling

Day: Friday

Session 4

Location: Elliot/Drayton

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

Program Description: Hope is a powerful tool, but it involves much more than cognition - emotions drive behavior, and stories frame emotion and create meaning. Postmodern treatment approaches use stories to engage in new a new vision of the future. This is critical for approaches like Motivational Interviewing and Solution-Focused Brief Therapy. Using your client's language to cultivate new meanings is a powerful tool. This workshop, which will consist

mostly of demonstration, models ways to create powerful guided imagery or hypnotic processes to help your clients experience a new reality, different from the one they brought in your door, with a view toward a much brighter future of their own making.

At the conclusion of this session, participants will:

- Participants will be able to elicit and identify critical emotional language used by clients.
- Participants will be able to use demonstrated techniques with clients in their clinical practice.
- Participants will be able to distinguish solution-focused approaches to therapy from problem-focused strategies.

Meets NBCC Content area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Wellness and prevention (including Complimentary alternative medicine, community-based wellness, conflict resolution, sex education, nutrition, anger management)

Brain Hacking Revised and Expanded COVID 19 Version Part 1

Content Area: Counselor Education

Day: Friday

Session 4

Location: Mitchelville

Presenter(s): James Deal, Ed.S.,

Program Description: Brain Hacking, Revised and Expanded COVID 19 Version discusses the addictive tendencies of social media and the latest apps and gaming devices that are harmful to children. This presentation will also discuss strategies to assist parents who may have children addicted to gaming and other forms of social media. The latest apps to track social media usage will be shared, and the positive usage of technology during COVID19.

At the conclusion of this session, participants will:

- Recognize the harmful and addictive tendencies of social media.
- Create specific useful and healthy strategies to assist their children or family with proper and beneficial social media usage.

- Demonstrate how social media can be used to give peace and comfort during a pandemic.

Meets NBCC Content area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Human growth and development (including lifespan and end of life issues, developmental crisis, disabilities, factors affecting behavior), Wellness and prevention (including Complimentary alternative medicine, community-based wellness, conflict resolution, sex education, nutrition, anger management)

Challenging Racism in the Counseling Profession One Course at a Time

Content Area: Counselor Education

Day: Friday

Session 4

Location: Danner East

Presenter(s): Rebecca George, Ph.D., LPCS, LAC

Dr. Alexanderia T. Smith, LPC, NCC, LAC Dr. Muthoni Musangali, LPC, NCC Dr. Diane O'Brien, LPCS, LAC, NCC

Program Description: As we deal with the pandemic of COVID-19, we also deal with the ever-present pandemic of racism and social injustice. As counselor educators, we have a unique platform to effect social change; we have the class. The purpose of the presentation is to discuss how we, as counselor educators, can affect social justice within our class and ultimately change the world. Each presenter will share the methods used to infuse social justice competencies into the specific courses they teach, from foundations of counseling to lifestyle & career development. Each core course offers a unique way to reach the next generation of counselors to fight the good fight for social justice.

At the conclusion of this session, participants will:

- Each participant will learn about social justice and its impact on the counseling profession.
- Each participant will learn creative ways to dialogue about social justice issues.
- Each participant will develop action steps to effect social justice in their classrooms & make meaningful connections between

social justice and the counseling curriculum.

Meets NBCC Content area(s): Social and Cultural foundations (including multicultural competencies, societal subgroups, changes and trends, social justice issues, acculturation), Professional identity and practice issues (including ethics, licensure, professional organizations, advocacy, private practice, supervision, consulting, self-assessment), Wellness and prevention (including Complimentary alternative medicine, community-based wellness, conflict resolution, sex education, nutrition, anger management)

Session 5 Friday 2:05-3:00 PM

Graduate School Reimagined: Surviving and Thriving during COVID-19

Content Area: Clinical Mental Health Counseling

Day: Friday

Session 5

Location: Danner East

Presenter(s): La Prince Conyers, M.A., LPC-IT
Erica Whitaker, B.A, LPC-IT & Rebecca George, PhD., LPC

Program Description: The COVID-19 pandemic had radically limited face-to-face classroom instruction between the faculty and graduate students within higher education. Graduate school students whose education reception was once optional had to adjust to the newly mandated participation in distance education offered by most colleges. The personal life and academic performance of those who chose to receive that graduate school education via distance education were positively impacted. What's more is the student's success in their graduate school program was contingent on other factors consequential of the pandemic to include financial factors, psychological trauma, and societal factors.

At the conclusion of this session, participants will:

- Know and understand the issues that graduate school students face resultant of the COVID-19 pandemic.
- Know the ways graduate schools acclimatized to the COVID-19 pandemic.

- Identify the ways professors helped graduate students ensure academic success.

Meets NBCC Content area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Wellness and prevention (including Complimentary alternative medicine, community-based wellness, conflict resolution, sex education, nutrition, anger management)

Supporting Resilience in Homeless Populations

Content Area: Clinical Mental Health Counseling

Day: Friday

Session 5

Location: Archer East

Presenter(s): Mac Caldwell, M.A., LPC, LAC

Program Description: The American homeless experience is defined by complexity. Complex systems. Complex needs. Complex traumas. This session will explore the complex needs that challenge homeless persons and help participants create a clinical framework for response. This framework will rely on evidence-based practice and supportive relationships as the foundation upon which resilience is built. This foundation will help providers, advocates, families, and friends recognize the internal and external barriers preventing individuals from exiting homelessness. Culturally appropriate responses will be investigated and discussed to reinforce the development and sustainability of resilience in homeless persons.

At the conclusion of this session, participants will:

- Understand the complex needs of persons experiencing homelessness.
- Develop a clinical framework for responding to co-occurring disorders among persons experiencing homelessness.
- Increase cultural competency when working with those who have co-occurring disorders and are experiencing homelessness.

Meets NBCC Content area(s): Social and Cultural foundations (including multicultural competencies, societal subgroups, changes and trends, social justice issues, acculturation), Research and program evaluation (including critical findings and clinical implications, development of measurable counseling interventions,

design and methods, evaluation of findings), Professional identity and practice issues (including ethics, licensure, professional organizations, advocacy, private practice, supervision, consulting, self-assessment)

Country as Client: Promoting Multicultural Humility and Self-Awareness through Study Abroad

Content Area: Counselor Education

Day: Friday

Session 5

Location: Danner West

Presenter(s): Jeffrey Boatner, Ph.D., LPC, MFT, NCC, Kristy Ford, Ph.D., LMHC-S, NCC, Jama Davis, Ph.D., LMHC, LPC, NCC

Program Description: Benefits of multicultural experiences are numerous and include: increased self-awareness, cultural humility, and improved cultural competency. For these reasons, such incidents can be highly beneficial for counselors and counseling students. In this presentation, the “country as client” framework will be discussed to promote multicultural sensitivity during cross-cultural experiences, enabling counselors to set aside preconceptions and biases and consider how the world is understood and experienced by their client(s).

At the conclusion of this session, participants will:

- Articulate an understanding of the potential benefits of study abroad experiences on experiential learning and increased self-awareness for counselors and counseling students.
- Develop an understanding of cultural humility and how this can be enhanced through multicultural experiences.
- Learn and practice two specific techniques for utilizing the “country as client” model to promote increased self-awareness in multicultural counseling and spiritual integration in counseling.

Meets NBCC Content area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Social and Cultural foundations (including multicultural competencies, societal subgroups, changes and trends, social justice issues, acculturation), Professional identity and practice issues (including ethics, licensure, professional organizations, advocacy, private practice, supervision, consulting, self-assessment)

The Client’s Vision: Clarifying, Motivating, Powerful Part 2

Content Area: Clinical Mental Health Counseling

Day: Friday

Session 5

Location: Archer West

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

Program Description: Hope is a powerful tool, but it involves much more than cognition - emotions drive behavior, and stories frame emotion and create meaning. Postmodern treatment approaches use stories to engage in new a new vision of the future. This is critical for techniques like Motivational Interviewing and Solution-Focused Brief Therapy. Using your client’s language to cultivate new meanings is a powerful tool. This workshop, which will consist mostly of demonstration, models ways to create powerful guided imagery or hypnotic processes to help your clients experience a new reality, different from the one they brought in your door, with a view toward a much brighter future of their own making.

At the conclusion of this session, participants will:

- Participants will be able to elicit and identify critical emotional language used by clients.
- Participants will be able to use demonstrated techniques with clients in their clinical practice.
- Participants will be able to distinguish solution-focused approaches to therapy from problem-focused practices.

Meets NBCC Content area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Wellness and prevention (including Complimentary alternative medicine, community-based wellness, conflict resolution, sex education, nutrition, anger management)

Brain Hacking Revised and Expanded COVID 19 Version Part 2

Content Area: Counselor Education

Day: Friday

Session 5

Location: Mitchelville

Presenter(s): James Deal, Ed.S.,

Program Description: Brain Hacking, Revised and Expanded COVID 19 Version discusses the addictive tendencies of social media and the latest apps and gaming devices that are harmful to children. This presentation will also discuss strategies to assist parents who may have children addicted to gaming and other forms of social media. The latest apps to track social media usage will be shared, and the positive use of technology during COVID19.

At the conclusion of this session, participants will:

- Recognize the harmful and addictive tendencies of social media.
- Create specific useful and healthy strategies to assist their children or family with proper and beneficial social media usage.
- Demonstrate how social media can be used to give peace and comfort during a pandemic.

Meets NBCC Content area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Human growth and development (including lifespan and end of life issues, developmental crisis, disabilities, factors affecting behavior), Wellness and prevention (including Complimentary alternative medicine, community-based wellness, conflict resolution, sex education, nutrition, anger management)

Poster Session & Snack Break

3:05-3:25 PM Savannah Foyer

(For onsite attendees)

No Continuing education credit is given for the poster sessions

Dissociative Disorders in Adolescents and Young Adults

Day Friday

Location: Savannah Foyer

Presenter(s): Blake Gronowski, & B.A., Katrina Sutton, B.A.

Content Area: Clinical Mental Health Counseling

Description: Early childhood and adolescence can be challenging for most children, but some

kids may experience trauma or a prolonged period of stress in their youth. Research shows that dissociation is a common maladaptive coping mechanism to deal with trauma and stress, and kids may rely on dissociating to manage their suffering. This leads to a considerable risk of developing a dissociative disorder that causes adults to struggle to handle an active life. Catching these signs early through parents, guardians, older siblings, teachers, and school counselors would be a vast improvement in lessening the harmful effects of trauma. Helping kids early with these stressors could alleviate the risk of developing dissociative disorders.

How Feminist Therapist Can Work To Dismantle Patriarchal Barriers Within Communities

Content Area: Clinical Mental Health Counseling

Day: Friday

Poster Session

Location: Savannah Foyer

Presenter(s): Jessica Nettles, B.A., CDF

Program Description: Over the past couple of years, this country has been exposed for its lack of regard for women. As a result, assault, rape, and other crimes against women have been on the rise. As feminist therapists, we must aid feminist activists in their fight to create an empowering and safe world for women present and women to come. I hope this presentation will demonstrate an understanding of patriarchy and its impact, analyze theories and competencies needed to address patriarchy, and create standards, instruments, and campaigns for dismantling the patriarchy.

BIPOC: Our Culture Pandemic

Day Friday

Location: Savannah Foyer

Presenter: Lintiya McCleary, Tyquandria Wright, BA, Katherine DeWitt, PhD

Content Area: Clinical Mental Health Counseling

Description: This presentation will cover the new modern segregation, discrimination, and mental

trauma against Black Indigenous People of Color (BIPOC). This presentation will explore the effects of cultural trauma, prejudice, and racism within the education system, the health care system (including the impacts of COVID-19), and interactions with law enforcement. This presentation will also explore ways for BIPOC men and women to become unapologetic about their mental health and race. Lastly, this presentation will present ideas on how to advocate and help restore the BIPOC community.

Benefits of Acceptance and Commitment Therapy When Working With Marginalized Populations

Day Friday

Location: Savannah Foyer

Presenter: Chloe Wind

Content Area: Clinical Mental Health Counseling

Description: Acceptance and Commitment Therapy (ACT) is a useful therapeutic strategy implemented to increase clients' mindfulness, acceptance, and commitment to behavioral adjustments in the face of adversity. This presentation will focus on the benefits this therapy has on populations that suffer from unique problems based on circumstance and discrimination, the theory of ACT as a means of achieving mindfulness and cognitive defusion, and the ethics of multicultural competency in counseling self-assessment.

Body Image Among Student-Athletes

Day Friday

Location: Savannah Foyer

Presenter: Melanie Maddox, B.A., & Demi Henschel, B.A.

Content Area: Clinical Mental Health Counseling

Description: There is a lack of awareness of body shaming and insecurities among student-athletes (more commonly seen in females). Coaches, parents, teammates, etc., place an expectation on an athlete to look a certain way or maintain a certain weight. This causes psychological distress

and emotional disturbances on the athlete. Even more importantly, the athlete could develop an eating disorder. There is not enough support or awareness for student-athletes who experience these pressures. This session will provide the participants with more understanding of the issue and some suggestions for improving student-athletes' mental health.

The Use of Canine Assistance for Veterans with PTSD

Day Friday

Location: Savannah Foyer

Presenter: Shelbie Broach

Content Area: Clinical Mental Health Counseling

Description: The mental health of our veterans is an important area that needs our attention. With mental health issues, specifically, PTSD, being so common among our veterans, new areas are being explored to offer more help to those who need it. The use of canine assistance to aid in treating veterans with PTSD is a relatively new research area, leaving much to be still investigated and determined. This presentation aims to explore what we know surrounding canine assistance and highlight areas for potential further research.

Cognitive Behavioral Therapy and Depressive Disorders Treatment

Day Friday

Location: Savannah Foyer

Presenter: Ignacio Bidegain

Content Area: Clinical Mental Health Counseling

Description: Taking into consideration how depressive disorders are one of the most pervasive disorders of the modern world and that cognitive-behavioral psychotherapy (CBT) has been one of the most successful methods used for its treatment, this presentation will focus on describing the application and efficiency of CBT on individuals suffering from depressive disorders.

Expressing Emotional Intelligence in Young Children Through Play and Role Playing

Day: Friday

Location: Savannah Foyer

Presenter: Qua'taja Hinson,

Content Area: Play therapy

Description: This presentation covers how play therapy and role-playing help express emotional intelligence in younger children. This will enable children to become more aware of their feelings and communicate and understand emotions.

Session 6 Friday 3:35-4:30 PM

The Ultimate Solution to Verbal & Cyber Bullying

Content Area: Clinical Mental Health Counseling

Day: Friday

Session 6

Location: Danner west

Presenter(s): Jon Beaumont, M.S., LPCS

Program Description: A growing number of people are plagued by verbal and cyberbullies every day, and unfortunately, most of these victims are kids and teens, though adults are not exempt. Furthermore, bullies have seemed to evolve to the point where the old methods of dealing with them (ignoring, telling, fighting back, etc.) do not work and in the past, especially with the advent of cyberbullying. Fortunately, a new, unique strategy can equip children, adolescents, teenagers, and even adults with a more effective way to deal with verbal and cyberbullying. Using the S-T-A strategy, attendees will learn how simple it is to take the bullies' power back. Each step will be explained thoroughly, followed by examples and tips on implementing these techniques in work with clients of all ages that are struggling with being bullied or picked on.

At the conclusion of this session, participants will:

- more thoroughly understand the mind of a bully, particularly the motivating factors and goals.

- utilize new, more effective techniques to combat verbal and cyberbullies.
- teach these techniques to clients of any age that are being bullied.

Meets NBCC Content area(s): Social and Cultural foundations (including multicultural competencies, societal subgroups, changes and trends, social justice issues, acculturation), Wellness and prevention (including Complimentary alternative medicine, community-based wellness, conflict resolution, sex education, nutrition, anger management)

Antiracist Practices and Implications in Assessment in Counseling

Content Area: Ethics

Day: Friday

Session 6

Location: Archer East

Presenter(s): Jennifer Deaton, Ph.D., LCMHC
LaReine Meinersmann, MS, NCC, LAPC

Program Description: Assessment and evaluation have a long, rooted history of racism and white supremacy. This presentation explores the painful history of assessment use among black and indigenous people of color and how these roots remain in our work today. This presentation will deliver strategies and implication considerations that move beyond multicultural considerations and support antiracist practices in counseling assessment.

At the conclusion of this session, participants will:

- Recognize racial context and microaggressions in counseling assessment tools based on historical practices of instrument development and assessment in counseling.
- Evaluate assessments for racial context and microaggressions to deliver culturally competent assessment results and treatment planning.
- Implement strategies to facilitate antiracist and culturally competent assessment and appraisal.

Meets NBCC Content area(s): Assessment (including diagnosis, ethical practices, psychopharmacological medications, information relevant to medication side effects and how to make appropriate medication referrals), Professional identity and practice issues

(including ethics, licensure, professional organizations, advocacy, private practice, supervision, consulting, self-assessment)

Understanding Bipolar Disorder of Children/Adolescents and Young Adults

Content Area: Clinical Mental Health Counseling

Day: Friday

Session 6

Location: Elliot/Drayton

Presenter(s): Aubrey Sejuit, Ph.D., LMSW, LCAS, MEd, CASAC-2, CCSP

Jessica DeBolt, M.S. (Clinical Mental Health Counseling M.A. Candidate)

Program Description: Bipolar Disorder can affect different aspects of the lives of children/adolescents and young adults. When working with children/adolescents and young adults, it is important to understand the Bipolar Disorder diagnosis's current criteria. Therapeutic techniques used to deal with this diagnosis will be discussed. To reduce episodes of Bipolar Disorder, earlier detection is key. This presentation will look at how family psychoeducation and early detection can benefit children/adolescents and young adults with Bipolar Disorder.

At the conclusion of this session, participants will:

- Participants will understand the current criteria for child/adolescent diagnosis of Bipolar Disorder.
- Participants will recognize the best therapy techniques to use with children, adolescents, and young adults. Participants will then learn about family psychoeducation programs regarding Bipolar Disorder.
- Participants will understand how an earlier diagnosis of Bipolar Disorder could reduce episodes.

Meets NBCC Content area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Human growth and development (including lifespan and end of life issues, developmental crisis, disabilities, factors affecting behavior), Assessment (including diagnosis, ethical practices, psychopharmacological medications, information relevant to medication side effects and how to make appropriate medication referrals)

Fostering a Growth Mindset in Generation-Z through Group Counseling Part 1

Content Area: Clinical Mental Health Counseling

Day: Friday

Session 6

Location: Danner East

Presenter(s): Jenny Wagstaff, Ph.D., LCMHC-S, NCC, ACS

Kristen Wagner-Hilt, B.S., Graduate Student in M.A. Clinical Mental Health Counseling

program Beth Vincent, Ph.D., LCMHC, NCC

Program Description: This breakout session will introduce participants to Generation-Z's mental health needs and provide an in-depth description of how Group Therapy with a focus on how a Growth Mindset can serve as an important therapeutic intervention to meet the needs of this population. Although this generation shares many traits with the Millennial Generation, they also exhibit new patterns of behavior. In addition to discussing Gen-Z's characteristics, the presenters will also address how group therapy with a focus on growth mindset can play an important role in addressing the mental health needs of Gen-Z. The priority will be given to the impact group therapy has on developing communication skills, enhancing socialization, and fostering self-efficacy. This session will conclude with a group discussion about incorporating growth mindset exercises into your group therapy sessions to effectively reach this generation.

At the conclusion of this session, participants will:

- Explain how Generation Z is not merely an extension of the millennial generation by describing their unique characteristics.
- Recognize the basic tenets and barriers of growth mindset as they relate specifically to working with Generation Z.
- Discover a minimum of three group therapy techniques and strategies that are effective when working with Generation Z.

Meets NBCC Content area(s): Human growth and development (including lifespan and end of life issues, developmental crisis, disabilities, factors affecting behavior), Group work (including advanced understanding of therapeutic group development,

dynamics, and theories, leadership styles, stages, methods, and skills)

Positive and Beneficial Uses of Social Media during COVID 19

Content Area: Counselor Education

Day: Friday

Session 6

Location: Mitchelville

Presenter(s): James Deal, Ed.S.,

Program Description: Often, we discuss the harmful and addictive tendencies of social media and technology, but we must admit that during the pandemic, social media and apps such Zoom and Microsoft Teams enhanced our stay at home adventure. During this presentation, we will see how schools, corporations, and even our favorite musicians utilized various forms of technology to function and to give us some peace and comfort during this crisis.

At the conclusion of this session, participants will:

- Recognize the positive aspects and uses of technology.
- Evaluate their current technology usage and incorporate beneficial and time-saving habits.
- Create a positive and comforting technology environment.

Meets NBCC Content area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Wellness and prevention (including Complimentary alternative medicine, community-based wellness, conflict resolution, sex education, nutrition, anger management)

Session 7 Friday 4:40-5:35 PM

ASD, Asperger's and Adulthood: Working with Individuals with an Autism Spectrum Disorder

Content Area: Clinical Mental Health Counseling

Day: Friday

Session 7

Location: Danner West

Presenter(s): Mark Taracuk, Ph.D., NCC

Program Description: This presentation will discuss some of the common concerns,

presenting issues, and frequent experiences adults with autism spectrum disorder might face in life. Statistics regarding risk factors and comorbidities of persons with ASD will be reviewed, including the higher prevalence rates of anxiety and depression. Methods and strategies for best practices in counseling and psychotherapy services will be reviewed and discussed, as well as strategies and methods to provide unique support to this population.

At the conclusion of this session, participants will:

- Recognize the unique counseling and psychotherapy needs of adults with an autism spectrum disorder.
- Recognize the prevalence of co-morbid disorders for individuals with an autism spectrum disorder.
- Recognize at least three specific interventions you can use with individuals with an autism spectrum disorder.

Meets NBCC Content area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Social and Cultural foundations (including multicultural competencies, societal subgroups, changes and trends, social justice issues, acculturation)

Social Media Detox

Content Area: Counselor Education

Day: Friday

Session 7

Location: Mitchelville

Presenter(s): James Deal, Ed.S.,

Program Description: In this presentation, we will discuss proven strategies that will not only assist parents with children who have gaming addictions but the parents themselves who may have addictions to social media or technology in general. We will also discuss the latest apps which assist parents in tracking their social media usage. An interactive question and answer will follow the presentation.

At the conclusion of this session, participants will:

- Recognize the addictive tendencies of social media.
- Evaluate our habits to gravitate toward technology during times of stress.

- Create healthy activities to use as coping mechanisms to help balance social media in our lives.

Meets NBCC Content area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Group work (including advanced understanding of therapeutic group development, dynamics, and theories, leadership styles, stages, methods, and skills)

Teacher's Perceptions of Mindfulness Boxes

Content Area: School Counseling

Day: Friday

Session 7

Location: Archer East

Presenter(s): Carrie Caudill, Ph.D., LPC, NCC & Aubrey Guyton

Program Description: This session will review the purpose and benefits of mindfulness boxes. A recent study on teachers' perception of the impact of mindfulness toolboxes in the classroom will be discussed. Mindfulness tools appropriate for classroom use will be reviewed.

At the conclusion of this session, participants will:

- Evaluate how to implement mindfulness toolboxes in classLocation: or guidance settings appropriately.
- Create a mindfulness toolbox appropriate for a diverse student population.
- Recognize recent findings on how teachers perceive mindfulness toolboxes.

Meets NBCC Content area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Wellness and prevention (including Complimentary alternative medicine, community-based wellness, conflict resolution, sex education, nutrition, anger management)

Crash Course in TeleEducation: Successfully Managing the Ups and Downs of Graduate School During a Pandemic

Content Area: Counselor Education

Day: Friday

Session 7

Location: Elliot/Drayton

Presenter(s): Anna Ruggiero, M.Ed.,

Angela Kearns, B.S. Conner McElheny, B.A. Hope Byrd, B.A., Le Ann Torres, B.S. Zoryana Kakhnovets M.D.

Program Description: Counselor Education Programs have had to show a great deal of flexibility during the global COVID- 19 pandemic. This presentation will cover the challenges and benefits of using an online format for the program's students. We will also examine barriers to success and concrete examples of ways to enhance the learning environment.

At the conclusion of this session, participants will:

- Recognize and evaluate the positives and negatives of a virtual master's program in counseling for its students.
- Identify specific barriers to virtual education during a pandemic.
- Create elements of a positive learning environment at home/ remotely for the students during a pandemic.

Meets NBCC Content area(s): Professional identity and practice issues (including ethics, licensure, professional organizations, advocacy, private practice, supervision, consulting, self-assessment)

An Introduction to Substance Use Disorders (SUDs)

Content Area: Substance abuse /addictions

Day: Friday

Session 7

Location: Archer West

Presenter(s): Aubrey Sejuit, Ph.D., LMSW, LCAS, MEd, CASAC-2, CCSP Danelle Magalit, MSW, LMSW

Program Description: With COVID-19, we saw a rise in mental health issues, emphasizing alcohol, and drugs. Drug addiction continues to plague our society. As mental health practitioners, it is crucial to understand the addictions community's culture, along with a better understanding of substance use disorder (SUD) diagnosis. This presentation will explore some of the jargon used in the addictions field while looking at the difference in diagnosis from the DSM-IV to the DSM-5 concerning addictions. Participants will also learn warning signs of alcohol or drug use.

Finally, they will be introduced to some drug and alcohol trends.

At the conclusion of this session, participants will:

- Learn the culture of the addictions community (lingo, sayings, etc.).
- Understand the diagnosis of substance use disorders (SUDs) in the DSM-5.
- Recognize commonly used drugs and their street names while being introduced to drug and alcohol trends.

Meets NBCC Content area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Human growth and development (including lifespan and end of life issues, developmental crisis, disabilities, factors affecting behavior), Assessment (including diagnosis, ethical practices, psychopharmacological medications, information relevant to medication side effects and how to make appropriate medication referrals)

Fostering a Growth Mindset in Generation-Z through Group Counseling Part 2

Content Area: Clinical Mental Health Counseling

Day: Friday

Session 7

Location: Danner East

Presenter(s): Jenny Wagstaff, Ph.D., LCMHC-S, NCC, ACS

Kristen Wagner-Hilt, B.S., Graduate Student in M.A. Clinical Mental Health Counseling program Beth Vincent, Ph.D., LCMHC, NCC

Program Description: This breakout session will introduce participants to Generation-Z's mental health needs and provide an in-depth description of how Group Therapy focuses on how a Growth Mindset can serve as an essential therapeutic intervention to meet the needs of this population. Although this generation shares many traits with the Millennial Generation, they also exhibit new patterns of behavior. In addition to discussing Gen-Z's characteristics, the presenters will also address how group therapy focusing on growth mindset can play an essential role in addressing the mental health needs of Gen-Z. The focus will be given to the impact group therapy has on developing communication skills, enhancing socialization, and fostering self-efficacy. This session will conclude with a group discussion

about incorporating growth mindset exercises into your group therapy sessions to effectively reach this generation.

At the conclusion of this session, participants will:

- Explain how Generation Z is not merely an extension of the millennial generation by describing their unique characteristics.
- Recognize the basic tenets and barriers of growth mindset as they relate specifically to working with Generation Z.
- Discover a minimum of three group therapy techniques and strategies that are effective when working with Generation Z.

Meets NBCC Content area(s): Human growth and development (including lifespan and end of life issues, developmental crisis, disabilities, factors affecting behavior), Group work (including advanced understanding of therapeutic group development, dynamics, and theories, leadership styles, stages, methods, and skills)

*Presidential Breakfast &
Business Meeting with Dr.
Charlotte Hamilton 8:00-10:00
AM Archer Ball Location:*

Session 8 Saturday 10:15-11:45 AM

Attitude Therapy

Content Area: Clinical Mental Health Counseling

Day: Saturday

Session 8

Location: Danner West

Presenter(s): Deb Copeland, M.A.,

Program Description: Why attitude counts... attitude isn't about what's happening to you but rather how you respond to what is occurring, examining your attitude and deciding to change,

make a plan - do a check-up from the neck up and stop that stinkin thinkin!

At the conclusion of this session, participants will:

- Recognize poor attitudes and the cost of such on one's health.
- Analyze their patients more empathically and offer holistic solutions to mindfulness.
- Measure and calculate the role attitude plays in one's mental health.

Meets NBCC Content area(s): Human growth and development (including lifespan and end of life issues, developmental crisis, disabilities, factors affecting behavior), Wellness and prevention (including Complimentary alternative medicine, community-based wellness, conflict resolution, sex education, nutrition, anger management)

Motivational Interviewing

Content Area: Clinical Mental Health Counseling

Day: Saturday

Session 8

Location: Mitchelville

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

Program Description: Motivational Interviewing is a collaborative, person-centered approach to psychotherapy designed to elicit behavior change by helping clients explore and resolve ambivalence. The process pays particular attention to communication dynamics and the language of change and is designed to strengthen an individual's motivation for and movement toward change. In addition to broader uses as a form of psychotherapy, it is also used in medical settings to improve patient engagement and encourage treatment compliance. Clients experience a tension between current behaviors, which often feel out of control, and a desire for change, which may feel impossible. More than a technique, Motivational Interviewing is an empirically-based approach to psychotherapy designed to maintain this tension and build the emotional power to create change.

At the conclusion of this session, participants will:

- Participants will be able to describe the core principles of Motivational Interviewing.

- Participants will understand how to use pacing and leading approaches to create emotional rapport with clients.
- Participants will use critical Motivational Interviewing techniques and reframes to help clients create new life meanings.

Meets NBCC Content area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Wellness and prevention (including Complimentary alternative medicine, community-based wellness, conflict resolution, sex education, nutrition, anger management)

Concomitant Healing During the COVID Pandemic: Imaginal Tools to Reduce Burnout

Content Area: Clinical Mental Health Counseling

Day: Saturday

Session 8

Location: Elliot/Drayton

Presenter(s): Laura Zeisler, M.A., LISW-CP, ATR-BC

Program Description: The Coronavirus pandemic has formed concomitant grief amongst counselors, clients, and students. Everyone has been affected by excessive losses and a distinct mode of complicated grief. Discover this unrecognized form of bereavement and its capacity to reconstruct meaning in your professional identity and practice. By sourcing the wisdom of September 11, Hurricane Katrina survivors, and grandmothers raising AIDS orphans, let's create new paradigms that focus on the notion of us rather than creating others. (The in-person format will provide essential art and writing tools to recode our sensory feelings as we build sustainable relationships.)

At the conclusion of this session, participants will:

- Articulate the definition of concomitant grief and its interrelationship to complicated bereavement.
- Identify two resiliency strategies for overcoming obstacles to reduce emotional burnout.
- Identify three goals to re-energize your sense of purpose and reconstruct meaning in your practice and everyday life.

Meets NBCC Content area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Professional identity and practice issues (including ethics, licensure, professional organizations, advocacy, private practice, supervision, consulting, self-assessment)

Adapting Couple and Family Therapy Training To Our Virtual World

Content Area: Marriage and family therapy

Day: Saturday

Session 8

Location: Danner East

Presenter(s): Annika Karlsen, Ph.D., PhD, CFLE, Morgan Strickland, PhD, LMFT Julie Dillon, EdS, LMFT-S, RPT-S M. Evan Thomas, PhD, LMFTA

Program Description: Adapting COAMFTE accredited couples and family therapy training to an increasingly virtual world has come with unique challenges, ongoing uncertainty, and several unexpected benefits. From the perspectives of four Core Faculty members from the Marriage and Family Therapy Program at Converse College, this panel discussion provides an overview of (a) adaptive supervision practices, (b) virtual learning at the graduate level, (c) teaching best practices for telehealth with children and adults in rural communities. Demonstrations of select interventions and teaching tools will be provided.

At the conclusion of this session, participants will:

- Support clinicians in training by adapting systemic supervision and logistics to include student therapists who are joining supervision virtually and conducting virtual therapy sessions.
- Understand and incorporate classroom modifications to accommodate students participating in unique hybrid learning classrooms.
- Analyze and modify therapeutic interventions for online use with children and adults in rural communities.

Meets NBCC Content area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Social and Cultural foundations (including multicultural competencies, societal subgroups, changes and trends, social justice issues, acculturation), Professional identity and practice issues

(including ethics, licensure, professional organizations, advocacy, private practice, supervision, consulting, self-assessment)

From Toddlers to Teens: Play Therapy Techniques and Activities.

Content Area: Play therapy

Day: Saturday

Session 8

Location: Archer East

Presenter(s): Cathy Sparks, Ed.D, LPC, LPC/S, LMFT, LMFT/S, RPT-S

Tina Gaudiano, M.A, LPC, LPC/S

Program Description: Presenters will explore the challenges of work with children from 2 - 18. Parents often complain that their teen is acting like a two-year-old. Working with children and teens can be challenging but also creative and fun. Play Therapy techniques and activities will be demonstrated that help practitioners successfully engage with young people and children.

At the conclusion of this session, participants will:

- 1. Describe specific issues associated with engaging young children and adolescents in therapy.
- 2. Demonstrate particular techniques and activities appropriate for a variety of child and teen issues.
- 3. Implement various techniques and strategies to improve the therapeutic relationship with the child or teen.

Meets NBCC Content area(s): Counseling theory (including theories, diagnosis, wellness, crisis, trauma, mindfulness, distance counseling), Career Development and Counseling (including theories, principles, techniques, processes, resources, planning, transitions, trends)

SUPERVISING CLINICIANS WHO WORK WITH AGGRESSIVE CLIENTS

Barbara Melton, LPC

1:00 PM- 3:00 PM/ Elliot/Drayton

Clients report anger problems are often the root of why they are referred to therapy, whether they are mandated or self-referred. It is important that we as supervisors make sure that our supervisees have tools available to them to handle aggressive, angry and/or difficult clients. Tips will be shared on helping clients understand how/why they get so angry, as well as specific techniques for working with these clients. Transference and countertransference will also be covered, *especially* involving clients getting angry at their clinicians!

Objectives: Upon completion of this program, the participant will be able to:

- 1) List various sources of client anger
- 2) Understand links between anger and disrupted attachment, grief/loss and/or trauma history
- 3) Share tips/techniques for anger management with clients
- 4) Identify transference/countertransference in sessions
- 5) Use conflict resolution skills to manage client anger in session
- 6) Identify safety issues that may be employed

About the Instructor/Presenter: Barbara Melton is an LPC, LPC Supervisor and Licensed Addictions Counselor in Private Practice in Summerville, SC. She specializes in working with clients who self-injure, trauma/loss, conflict resolution/anger management, anxiety and depression.