

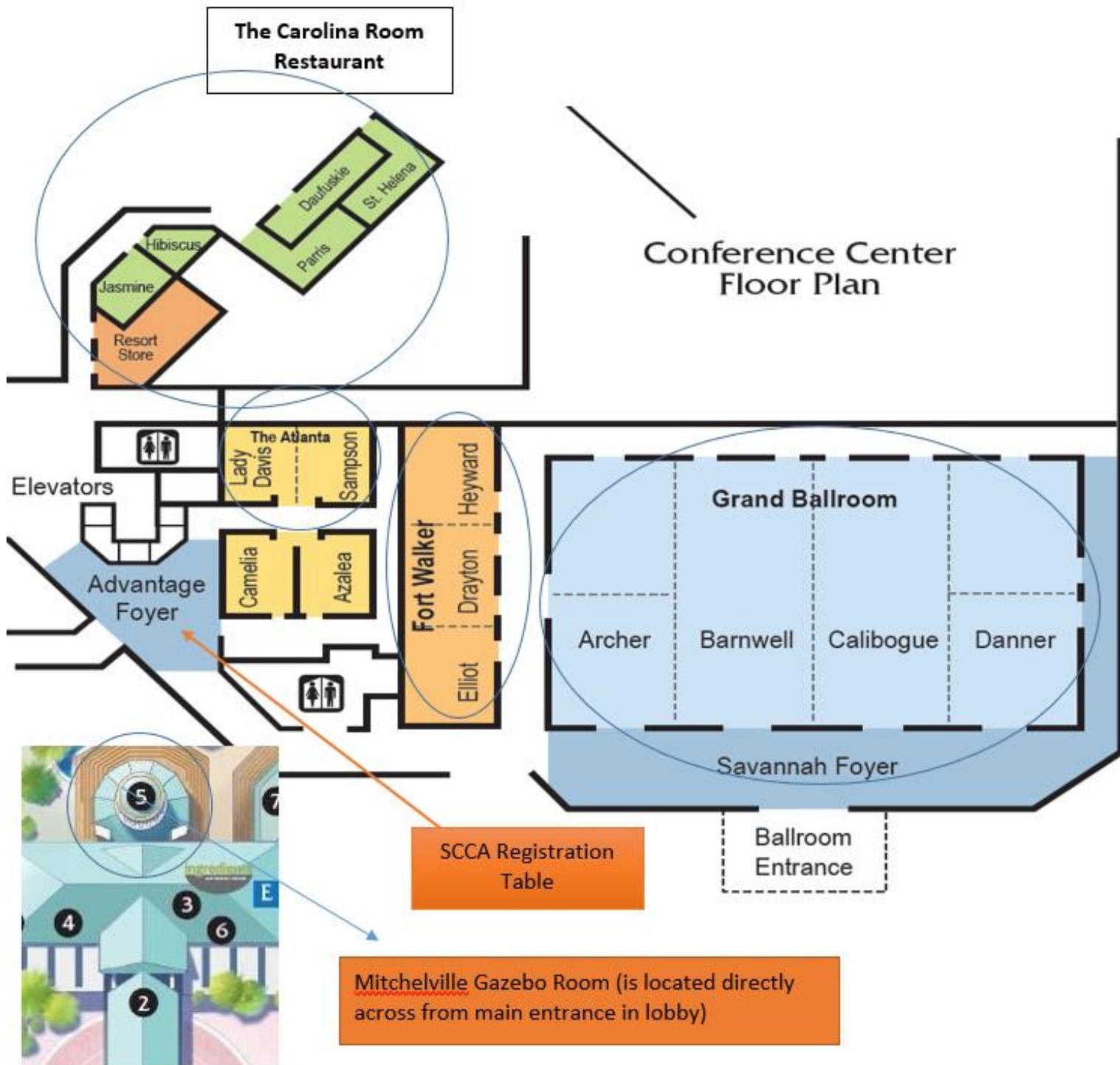
**55th Annual
SCCA
&
SC School Counseling Association
Conference**



**Counselors:
Ambassadors
of Health
&
Wholeness**

**February 21-23, 2019
Hilton Head Island, SC**

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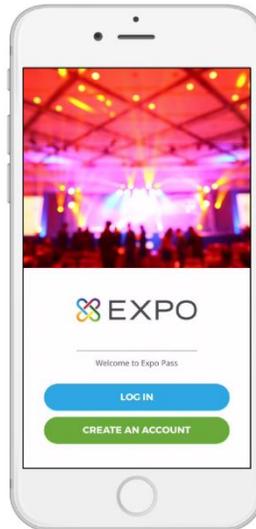


EXPO PASS APP

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

APPLICATION: MOBILE

1. Download Expo Pass on the [Apple App Store](#) or [Google Play Store](#)
2. Create an account using the **same email** you used to register for your event with
 - If you do not use the same email, the system will not recognize you as being a part of that specific event



3. Verify your email by entering the 4-digit passcode sent to the email you registered with
 - This sometimes sneaks to your spam folder, don't forget to check there if you don't receive it
 - If you still can't find your code, please email us at support@expopass.com or live chat with us at www.expopass.com
4. When you enter the code, the system will automatically load the appropriate event:
5. Utilize all Expo Pass has to offer both pre-event and on-site:
 - Customize an **Event Schedule** that includes the **Sessions** you're signed up for
 - View a complete list of all **Sessions** available to you

President's Welcome



What a joy it is for me to welcome you to Hilton Head and the 55th Annual Conference of the South Carolina Counseling Association (SCCA). The theme of our conference this year, “Counselors: Ambassadors of Health and Wholeness” captures the essence of our esteemed profession. As counseling professionals, we are conduits for health and wholeness in the lives of those we encounter in our daily work. But health and wholeness is not merely about the needs of those with whom we work; this same theme must be lived out in our daily walk as well. This conference sets out to fulfill both of these challenges as we gather to learn how to serve better those we encounter and better care for ourselves.

In his textbook on counseling and psychotherapy, Gerald Corey captures this notion well, “If we are willing to look at our lives and make the changes we want, we can model that process by the way we reveal ourselves and respond to our clients. If we are inauthentic, our clients will probably pick that up and be discouraged by it.” This is the challenge of the proverbial saying, “Practice what you preach!” This seems to be an arduous task, and that it has been, as the Conference Committee, led by our Executive Director, Dr. Jennifer Jordan has worked tirelessly to plan, promote, and present this 55th Annual Conference. Yet, we believe this conference will meet all those expectations and more!

In these pages, you will find the outline for our conference including pre-conference presentations, highly respected keynote speakers, insightful breakout sessions, student research, and ample opportunities to join in meaningful networking and fellowship with your peers.

Thank you for joining us as we celebrate fifty-five years of professional service to the State of South Carolina. May we always be “Ambassadors of Health and Wholeness” in the lives we touch, the way we live, and places we tread!

I am looking forward to a great time with fifty-five!

Tommy Vaughn

G. Thomas Vaughn, SCCA President 2018-19

Thank you to our Silver Sponsor



SCCA COMMITTEES AND CHAIRS

SCCA EXECUTIVE COUNCIL

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STANDING COMMITTEES (CHAIRS)

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Newsletter Editor – Erin Thompson

Long Range Planning-Tony Strange

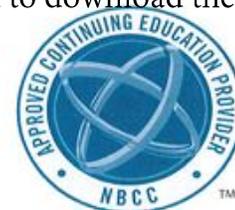
Public Policy Legislation Chair –

Public Relations, Technology, Publicity Chair -Chandler Cox



NBCC Continuing Education Information

South Carolina Counseling Association (SCCA) has been approved by NBCC 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 on page

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

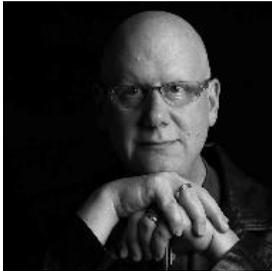
To receive a full refund, minus a \$10 cancellation fee, registrants must cancel no later than February 1st, 2019. Cancellations after February 1, 2019, will only receive half of the registration fees to cover the cost of guaranteed meals/special events. Submit cancellations/refund requests to Jennifer Jordan at jordanje@winthrop.edu.

CONTACT INFORMATION: Jennifer Jordan, SCCA-146A Withers, Rock Hill, SC 29733, 803-323-2456, Email: jordanje@winthrop.edu; Website: www.sccounselor.org

Thursday at-a-glance

8:00- AM-12:00 PM.....	CONFERENCE REGISTRATION (ADVANTAGE FOYER)
9:00AM-NOON.....	PRECONFERENCE WORKSHOPS
12:00 PM-1: 00 PM.....	LUNCH ON YOUR OWN
12:30 PM-1: 30 PM.....	CONFERENCE REGISTRATION (ADVANTAGE FOYER)
1:00 PM-4: 00 PM.....	PRECONFERENCE WORKSHOPS
4:15 PM-6: 00 PM.....	EXECUTIVE COUNCIL MEETING (DAUFUSKIE)
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 WORKSHOP

Certification Training



Relaxation-Based Pain Relief Certification Workshop Part I (You must have pre-registered to attend)

(Note: The NBCC approves this activity for CE clock hours, NBCC approval number SP-3046).

Time: 9:00AM

Location: Elliot

Presenter(s): Fredric Mau, D.Min., M.A., M.Div., LPCS, NCC, DCC

Program description: This is part I of the Certification Workshop for Relaxation Based Pain Relief. You must be registered to attend this training. Pain relief medications provide tremendous benefits for patients and clients in clinical care. However, the huge societal problems we face with opioid addiction, as well as other considerations including drug contraindications and allergic reactions, demonstrate the obvious need for pain relief without drugs. Empirical neuroimaging support for relaxation-based relief processes is extremely strong. Competent professional use of these techniques in clinical settings requires a solid understanding of how these processes operate and the development of the skill necessary for real-world use with clients. Certification in Relaxation-Based Pain Relief provides this knowledge and practical skills for licensed mental health and medical practitioners.

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

1. Describe the neurological basis for Relaxation-Based Pain Relief.
2. Demonstrate RBPR skills during the workshop, and will be able to incorporate these processes in appropriate clinical settings.
3. Describe ethical and diagnostic considerations in utilizing RBPR.

Fredric Mau, D.Min., M.A., M.Div., LPCS, NCC, DCC, is a popular keynote speaker and international speaker on hypnosis and counseling. He was awarded the Hypnotism Research Award in 2016 by the National Guild of Hypnotists and the HypnoScience Award in 2013 by the International Hypnosekongress in Zurich, Switzerland. He is the author of three books and developer of Relaxation-Based Pain Relief.

Preconference Workshops

**Morning Preconference's 9:00 AM-
12:00 PM**

Preconference 1



**Social Emotional Learning:
Integrating SEL into Practice to
Mitigate Cyberbullying and Gun
Violence**

Date: 21-Feb

Day: Thursday

Time: 9:00AM

Location: Heyward

Presenter(s): Allison Paolini, Ph.D.

Program description: This presentation will address cyberbullying, as well as gun violence and the impact that social-emotional learning has on mitigating both. The definition of social-emotional learning, social-emotional competencies, the definition of cyberbullying,

forms of cyberbullying, cyberbullying statistics, consequences of cyberbullying, and social-emotional learning techniques that can be used to mitigate cyberbullying will be discussed. Additionally, the definition of gun violence in schools, gun violence statistics, warning signs of perpetrators, and the role of the counselor in regards to using social-emotional learning best practices to mitigate gun violence in the schools will be addressed. Participants will also respond to discussion questions, as well as complete experiential activities addressing both topics.

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

1. Summarize statistics regarding cyberbullying and gun violence in the school setting.
2. Identify the consequences of cyberbullying and gun violence in school settings.
3. Apply SEL best practices to mitigate cyberbullying and gun violence in the school setting.

Meets NBCC Content Area(s): 3 & 9

About the Presenter: Dr. Allison Paolini is an Assistant Professor of Counseling and Development, as well as the Field Placement Coordinator at Winthrop University in Rock Hill, South Carolina. Prior to working as an Assistant Professor, Dr. Paolini was an elementary school counselor in Tampa, Florida at a Title I school. At Winthrop University, Dr. Paolini teaches Internship, Practicum, Foundations and Ethics of School Counseling, Diagnosis and Treatment, School Counseling Planning, Consultation, and Supervision, and Group Counseling. Dr. Paolini's areas of research interest include best practices for mitigating bullying and cyberbullying, school counselors' role in mitigating school violence, impact of social-emotional learning and soft skills on post-secondary success, the school counselor's role

in promoting college and career readiness, as well as best practices for mitigating substance usage amongst students.

Preconference 2

Creative Approaches to Supervision



*Sponsor: SC Association for Play Therapy

Date: 21-Feb

Day: Thursday

Time: 9:00AM

Location: Jasmine



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

Program description: This workshop will be an interactive time of presenting creative ways to make supervision more meaningful for students and interns using play therapy techniques. A range of methods will be presented to assist the supervisor in playful and creative approaches to use in play therapy supervision and supervision rather than just the standard supervision method.

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

1. Describe the essential components of play therapy supervision in training counselors and therapists.
2. Identify ways to use symbolic communication.
3. Apply play therapy interventions to develop a positive alliance with supervisees.

Meets NBCC Content Area(s): 8

**Attendees will receive a CE certificate immediately following this session.*

About the Presenters: Dr. Sparks is Assistant Professor of Child Development and Family Studies at USC Upstate. She is Director of Continuing Education at Emerge Family Therapy

in Spartanburg, SC. She has over 30 years experience in the field as well as 20 years experience as a supervisor for Professional Counselors, Marriage and Family Therapists and Registered Play Therapists. Dr. Sparks is a past SCAPT Director and APT-SCAPT member.

Ms. Dillon is the Program Director of Emerge Family Therapy and an adjunct Professor at Converse College in the Marriage and Family Therapy degree program.

Preconference 3



You've Got Mail: The Creative Art of Combining Play Therapy With Narrative Therapy to Design and Construct Therapeutic Letters

*Sponsor: SC Association for Play Therapy

Date: 21-Feb

Day: Thursday

Time: 9:00AM

Location: Drayton

Presenter(s): Dawn White, M.A., LPC, RPT

Program description: Handwritten letters, embellished creatively and mailed with therapeutic intentions summarize a client's work and can magnify the therapeutic process. Participants will discover the implicit value of this form of narrative play therapy and create playful stationery to enhance the therapeutic process.

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

1. Describe how narrative play therapy, through the use of therapeutic letters, helps children and adults make meaning of their experiences, resolve conflicts, and prepare for the future.
2. Assess the use of therapeutic letter writing as a play therapy technique for

working with a wide range of cultural backgrounds and problems.

3. Assess the use of therapeutic letter writing as a play therapy technique for working with a wide range of cultural backgrounds and problems.

Meets NBCC Content Area(s): 1 & 2

About the Presenter: Dawn White is a licensed professional counselor, registered play therapist, and an emotionally focused therapist. She taught school for 24 years before beginning a second master's degree. Helping individuals and families become more confident with themselves and in relationships drives her work in Chesterfield County, SC. She is also the President-Elect of the SC Association for Play Therapy.

Preconference 4



Seven Key Elements for Transformative and Magical Psychotherapy

Date: 21-Feb

Day: Thursday

Time: 9:00AM

Location: Sampson

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

Program description: In this training, you will learn seven key factors that aid in creating generative and transformational therapy sessions. By exploring the common threads for healing shared by modern therapy and indigenous wisdom traditions, participants will discover how to set the stage for inspired and magical moments in psychotherapy, regardless of theoretical orientation.

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

1. Describe three processes in awakening and opening up interaction in counseling sessions.

2. Discuss the use of improvisational and creative therapeutic applications in diverse settings.
3. Describe how to create attuned, synergistic relationships that are unique to each client.

Meets NBCC Content Area(s): 1

About the Presenter: Paul J. Leslie, Ed.D., is a psychotherapist in private practice and an instructor in psychology and human services at Aiken Technical College in South Carolina. His doctorate is in Counseling Psychology. He is the author of several books on psychotherapy, indigenous healing traditions, and personal development. Paul has been featured as an expert on creative and resource-directed therapy approaches and trains mental health professionals nationally.

Preconference 5

Integrated Adlerian Counseling: Practicing as a Therapeutic Chameleon Part I



Date: 21-Feb
Day: Thursday
Time: 9:00AM
Location: Hibiscus
Presenter(s): Jim Holder, MA, LPC, LPCS, MAC

Program description: This presentation will emphasize the application of Adlerian theory. You will walk away with immediate knowledge of how to apply the theory with your clients and get to practice several techniques to add to your skill set. Via discussion, demonstration, and practice, this workshop is designed to provide attendees with an understanding of Adlerian therapy techniques, and selected techniques from closely related counseling approaches, and an understanding of when, where and how these procedures best fit in the counseling process according to the phases of

Adlerian counseling and the Client Stages of Change Model by Prochaska and Norcross.

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

1. Explain the content of each technique addressed.
2. Apply each technique addressed.
3. Determine where the technique best fits within the phases of Adlerian counseling and the Stages of Change Model.

Meets NBCC Content Area(s): 1

About the Presenter: Jim is a counselor, author, consultant and trainer in private practice. Until 2013, he was the Coordinator of Substance Abuse Services with McLeod Regional Medical Center. He has 40 years of experience in the delivery and development of treatment and prevention services. He has lately researched his publications, which include the book, Perceptual Adjustment Therapy, the workbook, Sobriety Enhancement, and the pamphlet, The FACE Screening. In the past few years his international trainings have been with ICASSI in Ireland, England, The Netherlands, and in Romania, where his book and DVD's have been translated into Romanian, and with the SC Society of Adlerian Psychology. His most recent training, "The science of therapy, the science of change", was with AHEC, McLeod Regional Medical Center, Florence, SC. Jim and Rosie were invited to Bangkok, Thailand by The Colombo Plan International Center for Credentialing and Education of Addiction Professionals for their conference in July. He trained counselors on the levels of care for Co-occurring Disorders while sitting on a panel with four other writers working on the Universal Treatment Curriculum. Jim also sat on the Expert Advisory Group while planning for the advanced Universal Treatment Curriculums. He is a graduate of the Masters Counseling Program at West Virginia University, Morgantown, WV.

**Afternoon Preconference's
1:00 PM to 4:00 PM**

Preconference 6



***Utilizing a Holistic Approach
for Treatment of
Emotional/Compulsive
Overeating and Binge Eating
Disorder***

Date: 21-Feb
Day: Thursday
Time: 1:00PM
Location: Heyward
Presenter(s): Erin Risius, M.A., LPC
Program description: Binge Eating Disorder (BED) is widely misunderstood and undertreated in the eating disorder field. Treatment of BED is often grouped with other ED treatment (i.e., anorexia and bulimia). However, a unique approach to effective BED treatment integrates healthy movement, appetite awareness training, mindfulness and an understanding of the pervasive impact of weight stigma on recovery from this disorder. This workshop will explore the integral components of effective BED treatment utilizing a permission-based lifestyle approach for helping people to overcome BED, emotional or compulsive overeating and feelings of food addiction. Workshop participants will walk away with a solid understanding of how to work with their clients in a way that empowers them to shift the focus from the tunnel vision of weight loss that often accompanies these disordered eating patterns to the broader focus of learning how to prioritize and practice self-care.

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

1. Describe the contributors to BED and emotional/compulsive overeating and

- how to cultivate a holistic treatment plan for recovery.
2. List the components that are necessary for cultivating body awareness around attuned eating and healthy movement.
3. Discuss the impact a clinician's relationship with food, body image, and weight can have on one's treatment approach and offer ways to combat potential countertransference and/or projection.

Meets NBCC Content Area(s): 6 & 8

About the Presenter: Erin Risius, MA, LPC, has been helping people to heal their relationship with food and their bodies for more than 20 years. She is a Licensed Professional Counselor who specializes in eating psychology with an emphasis on treating emotional and compulsive overeating and binge eating disorder (BED). Erin is an experienced Wellness Counselor, and Health Educator for Hilton Head Health, a health retreat for men and women, and her counseling and teaching approach are rooted in a Health at Every Size philosophy. Because emotional, compulsive and binge eating are commonly seen in people who seek treatment for weight loss, she is well versed in the causes and treatment of these eating patterns and has deep insight into how struggles with weight complicate this issue as well as how to help a person move beyond weight to wellness.

Preconference 7



***Supervision: Ethics and
Outcomes***

Date: 21-Feb
Day: Thursday
Time: 1:00PM
Location: Jasmine
Presenter(s): Joshua Magruder, Ph.D., LPCS

Program description: This presentation will cover the relevant ethical standards of supervision while providing a framework for ethical and Evidence-Based Practice. Meta-analytic research of supervision outcomes will be reviewed to ensure participants have the most up to date knowledge of supervision practices.

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

1. Discuss relevant ethical codes of supervision.
2. Identify evidence based supervision practices.
3. Apply outcome-based supervision techniques.

Meets NBCC Content Area(s): 7 & 8

About the Presenter: Dr. Magruder has worked at The University of Mississippi for the past four years training graduate counselors. He has been the director of the COPE Training clinic and is currently the Clinical Director of The Wellness Center of Oxford. Dr. Magruder's research interest include technology in counseling, ethics, supervision, and Individual Psychology.

Preconference 8



***Facilitating Dream Groups:
Working Together to Go Within***

Date: 21-Feb
Day: Thursday
Time: 1:00PM

Location: Sampson

Presenter(s): Justina Lasley, M.A.

Program description: Participants will explore the process of organizing and leading dream groups and acquire new tools for group leadership and dream work. A dream group will be formed as a template for group work.

Participants will work with their dreams while learning new techniques for innovative leadership. The importance of exploring energy and emotions will be examined, as well as the skills for leading members toward personal growth and individuation.

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

1. Acquire new tools for organizing and leading dream groups.
2. Understand the psychological methods and techniques used in uncovering the spiritual message of dreams.
3. Explore the impact of emotions, beliefs, and character study in dream work.

Meets NBCC Content Area(s): 1

About the Presenter: Justina Lasley, M.A. is founder and director of the Institute for Dream Studies, an internationally recognized program that promotes the understanding and value of dreams to help people reclaim their authenticity. Justina shares with clients her enthusiasm, keen insight, and talent for relating to others, facilitating their rapid movement toward a more authentic, spiritual, and fulfilling life. Justina is the author of several books on dreams including her new book *Wake Up to Your Dreams: Transform Your Relationships, Career, and Health While You Sleep*. She has been featured on television, radio and in numerous newspaper and magazine articles. Justina's more than twenty years of study, and practical experience makes her an in-demand speaker, trainer, and coach throughout the US and abroad at such venues as Omega Institute and the NY Open Center.

Preconference 9



Family Play Therapy

*Sponsor: SC Association for Play Therapy

Date: 21-Feb

Day: Thursday

Time: 1:00PM

Location: Drayton

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

Program description: This presentation will be an interactive experience sharing skill for using play therapy with children and their families. Basic principles of play therapy and play therapy skills will be discussed, and techniques and strategies for working with diverse populations will be shared. Participants should come prepared to play!

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

1. Discuss basic principles of the importance of play in the life of a child and list strategies to incorporate play therapy into the family play therapy session.
2. Review and practice assessment techniques for family play therapy sessions.
3. Identify play therapy applications for special populations in play therapy such as divorce, grief, or behavioral disorders.

Meets NBCC Content Area(s): 1

About the Presenters: Dr. Sparks is Assistant Professor of Child Development and Family Studies at USC Upstate. She is Director of Continuing Education at Emerge Family Therapy in Spartanburg, SC. She has over 30 years experience in the field as well as 20 years experience as a supervisor for Professional Counselors, Marriage and Family Therapists and Registered Play Therapists. Dr. Sparks is a past SCAPT Director and APT-SCAPT member.

Ms. Dillon is the Program Director of Emerge Family Therapy and an adjunct Professor at Converse College in the Marriage and Family Therapy degree program.

Preconference 10

Integrated Adlerian Counseling: Practicing as a Therapeutic Chameleon Part II



Date: 21-Feb

Day: Thursday

Time: 1:00PM

Location: Hibiscus

Presenter(s): Jim Holder, MA, LPC, LPCS, MAC

Program description: This presentation will emphasize the application of Adlerian theory. You will walk away with immediate knowledge of how to apply the theory with your clients and get to practice several techniques to add to your skill set. Via discussion, demonstration, and practice, this workshop is designed to provide attendees with an understanding of Adlerian therapy techniques, and selected techniques from closely related counseling approaches and an understanding of when, where, and how these procedures best fit in the counseling process according to the phases of Adlerian counseling and the Clients Stages of Change Model by Prochaska and Norcross.

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

1. Explain the contents of each technique addressed.
2. Apply each technique addressed.
3. Explain where the technique best fits within the phases of Adlerian counseling and the Stages of Change Model.

Meets NBCC Content Area(s): 1

**Evening Preconference
6:00 PM to 9:00 PM**



***When Religion Hurts:
Understanding and Treating
Religious Abuse***

Date: 21-Feb

Day: Thursday

Time: 6:00PM

Location: Archer



Presenter(s): Paula Swindle,
Ph.D., LPCS & Craig Cashwell,
Ph.D., LPC, NCC, ACS, CSAT-S

Program description: In this session, participants will learn about the different types of religious abuse, common themes among the experiences of religious abuse, and techniques counselors can employ with clients who report these experiences. Participants will also be provided the opportunity to explore their own reactions and potential bias surrounding the topic of religious abuse.

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

1. Identify and understand the different types of religious abuse.
2. Identify the appropriate counseling techniques to use with clients who present with a history of religious abuse.
3. Explore their own bias around the topic of religious abuse to avoid this bias impacting the therapeutic process with

clients who have experienced religious abuse.

Meets NBCC Content Area(s): 1 & 8

About the Presenters: Dr. Paula J. Swindle is an Assistant Professor of Counseling at Lenoir-Rhyne University. She has over 20 years of experience in the counseling profession including Youth and Family Therapy, Inpatient Behavioral Health, Crisis Assessments, and developing mental health programming in medical settings such as cardiac, pulmonary, and oncology departments. Her research interests include counseling and spirituality and counseling in medical settings.

Dr. Cashwell is a Licensed Professional Counselor, National Certified Counselor, Approved Clinical Supervisor, and Certified Sex Addiction Therapist Supervisor. He focuses his scholarship on behavioral addictions and the competent and ethical integration of spirituality and religion into counseling. Dr. Cashwell maintains a part-time private practice focusing on couples counseling and addictions counseling. He has over 125 publications and has received numerous awards for teaching, research, service, and mentoring. Dr. Cashwell is a Fellow in the American Counseling Association. He is a Past-Chair of the Council for Accreditation of Counseling and Related Educational Programs (CACREP) and has served as the Association for Counselor Education and Supervision (ACES) Governing Council Representative to ACA and President of Chi Sigma Iota, the international honor society for the counseling profession.

Friday at-a-glance

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

OPENING SESSION

The Power of Imperfection



8: 00 AM to 9:00 AM

Location: Calibogue

Presenter: Josh Magruder Ph.D., LPC-S, NCC

Program description:

All therapist and counselors feel ill-equipped with some clients, on certain days, or even overall. We all have a need to find a way to incorporate the power of our imperfection. Our imperfection makes ideal individuals to do therapy. Let's take some time and remind ourselves of the power of our imperfections with reflections on Carl Rogers' teachings and principles.

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

1. Review Rogers' 6 necessary and sufficient conditions for a therapeutic relationship
2. Incorporate current research with Rogers' core principles of the psyche
3. Understand the relationship of imperfect counselors and their clients based on current research

Meets NBCC Content Area(s): 1

About the Presenter: Dr. Magruder has worked at The University of Mississippi for the past four years training graduate counselors. He has been the director of the COPE Training clinic and is currently the Clinical Director of The Wellness Center of Oxford. Dr. Magruder's research interest include technology in counseling, ethics, supervision, and Individual Psychology.

Session I | 9:10 AM to 10:05 AM

Trauma-Focused Cognitive Behavioral Therapy as a Form of Treatment for Children of Sexual and Physical Abuse

Date: 22-Feb

Day: Friday

Time: 9:10AM

Location: Elliot

Presenter(s): Aubrey Sejuit, Ph.D., LMSW, MEd, CASAC-2/ CSAC, GCDF, LMSW, MEd, CASAC-2/ CSAC, GCDF, Megan Kovach, B.S., & Bethany Martin, B.A.

Program description: This presentation will provide information of Trauma-Focused Cognitive Behavioral Therapy(TF-CBT) as a successful method of treatment for children who have experienced sexual and physical abuse. Participants will learn what TF-CBT is and the populations that TF-CBT serves, how TF-CBT is used to treat children of sexual and physical abuse, and the effects TF-CBT has on children of sexual and physical abuse.

At the conclusion of this session, participants will be able to: 1. Define what TF-CBT is and populations that TF-CBT best serves. 2. Identify how TF-CBT is used to treat children of child sexual and physical abuse 3. Assess the effects TF-CBT has on children of sexual and physical abuse.

Meets NBCC Content Area(s): 1 & 2

Filling your Play Therapy Toolbox: Focus on Feelings

Date: 22-Feb

Day: Friday

Time: 9:10AM

Location: Heyward

Presenter(s): Carmen Jimenez-Pride, M.S., LCSW, LISW-CP, SAP, RYT-200, RPTS

Program description: This workshop is an introduction to the importance of educating children on their feelings and emotions by utilizing psycho-education within the therapy setting. Participants will learn how to

incorporate ten core feelings/emotions in their work to help children be more aware of their feelings and behaviors.

At the conclusion of this session, participants will be able to: 1. Summarize the benefit of Play Therapy in therapeutic settings with children. 2. Recognize the importance of psychoeducation in the play therapy setting. 3. Identify the ten foundation feelings and emotions of Focus on Feelings.

**Presenters will receive a CE certificate directly following this session form the presenter.*

Meets NBCC Content Area(s): 1

Developing A District-Wide School Counseling Curriculum

Date: 22-Feb

Day: Friday

Time: 9:10AM

Location: Lady Davis

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

Program description: In this session, you will learn how to write a district-wide school counseling curriculum. You will be able to implement all the standards from the state of South Carolina as well as the South Carolina health standards. We will discuss and view a lesson bank used district-wide designed for school counselors to apply topics required to teach throughout the school year.

At the conclusion of this session, participants will be able to: 1. Develop a district-wide elementary school counseling curriculum. 2. Apply the South Carolina State Standards in your school counseling program. 3. Use technology to share lessons within your school district.

Meets NBCC Content Area(s): 8

Incorporating Nature and Mindfulness into the Clinical Practice

Date: 22-Feb

Day: Friday

Time: 9:10AM

Location: Jasmine

Presenter(s): Carrie Caudill, Ph.D., LPC

Program description: This presentation will focus on specific interventions and applications that can be used to help clients experience the healing effects of nature and to increase their coping skills. Studies reveal that nature is uniquely designed to restore mental functioning and decrease levels of anxiety and depressive symptoms in most populations.

At the conclusion of this session, participants will be able to: 1. Explain the process of preparing clients for mindfulness nature-based therapy. 2. Discuss the risks and benefits of non-traditional counseling modalities. 3. Demonstrate clinical interventions that incorporate mindfulness in a natural environment.

Meets NBCC Content Area(s): 1

Professional Counselors Empowered as Ambassadors for Group Work in a Variety of Settings

Date: 22-Feb

Day: Friday

Time: 9:10AM

Location: Mitchelville

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

Program description: This program will "zoom" into professional codes of ethics regarding group work and discuss skills needed for group work in facilitating sessions, conducting meetings, and providing in-service training sessions for group members (clients/students), parents/legal guardians, teachers/school staff, administrators, and the community.

At the conclusion of this session, participants will be able to: 1. Review 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. 2. Apply skills for facilitating group counseling sessions, conducting effective group

meetings, and providing in-service group training sessions for parents/legal guardians, teachers/school staff, administrators, and community members. 3. Initiate and implement "Responsive Services" and "System Support."

Meets NBCC Content Area(s): 4 & 8

Neuroception: Using Neurophysiology to Increase Safety and Presence in the Counseling Relationship

Date: 22-Feb

Day: Friday

Time: 9:10AM

Location: Hibiscus

Presenter(s): Laura Marinn Pierce, Ph.D.

Program description: In this session participants will review their own patterns of self-regulation and co-regulation and learn skills to increase accurate neuroception (neurophysiological assessment of risk in the social environment) in the counseling relationship. Additionally, the presenter and participants will review the signs of dysregulation in clients and review skills and techniques counselors can use with individuals across the lifespan to support them in increasing self-regulation and creating safe, attuned social engagement outside of the counseling relationship.

At the conclusion of this session, participants will be able to: 1. Describe the neurophysiology of the counseling relationship. 2. Assess the neurophysiological implications for their own work with clients and students and develop skills to address their neurophysiological regulation in session. 3. Identify key indicators of dysregulation in clients and determine appropriate skills and interventions to increase client regulation and safety in session.

Meets NBCC Content Area(s): 1 & 2

Shifting Contexts: How Moving Out of Pathology Focused Frames Initiate Generative Change

Date: 22-Feb

Day: Friday

Time: 9:10AM

Location: Sampson

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

Program description: In this session participants will learn to focus on client strengths and resources by avoiding excessive attention paid to client pathology and, instead, begin to shift focus to resourceful and empowering contexts. Through this lens therapy sessions can become more alive, dynamic and healing interactions.

At the conclusion of this session, participants will be able to: 1. Distinguish between "problem focused" contexts and "resource focused" contexts. 2. Identify five methods to access client resources for successful therapeutic outcomes. 3. Recognize the importance of utilization of client emotions and behaviors.

Meets NBCC Content Area(s): 1

Session II | 10:15 AM to 11:10 AM

Career & Lifestyle Balance: Making a Case for Self-Care

Date: 22-Feb

Day: Friday

Time: 10:15AM

Location: Elliot

Presenter(s): Cynthia Doney, Ph.D., LPC

Program description: In this session participants will learn to recognize personal symptoms related to secondary traumatic stress/compassion fatigue, burnout, and distress, that lead to impaired professional competence. Additionally, counselors will learn how to intentionally engage in self-care to maintain and promote emotional, physical, mental, and spiritual well-being so that they may meet their professional responsibilities.

At the conclusion of this session, participants will be able to: 1. Refer to existing evidence-based research that illustrates the need for increased professional and personal self-care. 2.

Recognize personal symptoms of secondary traumatic stress/compassion fatigue, burnout, and distress, that lead to impaired professional competence. 3. Conceptualize innovative approaches to implementing self-care strategies for themselves.

Removing the Family Curse: Epigenetics as a Message of Hope

Date: 22-Feb

Day: Friday

Time: 10:15AM

Location: Heyward

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

Program description: This presentation will focus on the research published in 2004 supporting biochemists evidence that emotional memory can be inherited not genetically, but chemically thus establishing the new science of behavioral epigenetics. Epigenetic inheritance is different from genetics, in that it can be changed! Participants will learn how to help clients construct more healthy ways to understand family history. By providing an accurate, empirically based scientific understanding clients are given a profound message of hope which becomes a catalyst for client change.

At the conclusion of this session, participants will be able to: 1. Describe the process of epigenetic methylation, which is a chemical, non-genetic means of transmitting emotional memory to offspring. This is cutting edge science. 2. Help clients construct more healthy ways to understand their personal family histories. 3. Assist clients to see a new path forward for themselves and their children.

Meets NBCC Content Area(s): 1

Alternate Route to Licensure and Certification: Impact on the Practice of Counselor Education

Date: 22-Feb

Day: Friday

Time: 10:15AM

Location: Lady Davis

Presenter(s): Kimberly Poole-Sykes, Ph.D., NCC

Program description: This presentation explains the impact that states have on licensure and the process by which to maintain a professional counseling identity. The impact that state licensing bodies have when counselor identity is dissimilar to traditional counseling programs will be discussed.

At the conclusion of this session, participants will be able to: 1. Differentiate between professional counseling identities and the transformative process it takes to be successful in many traditional Counselor Education program. 2. Discuss the impact that some state licensing bodies have when counselor identity is dissimilar to traditional counseling programs. 3. Understand the preparation process for becoming licensed in mental health.

Meets NBCC Content Area(s): 8

Avoid Misdiagnosing Common Child/Adolescent Disorders

Date: 22-Feb

Day: Friday

Time: 10:15AM

Location: Jasmine

Presenter(s): Lisa Giovannelli, Ph.D., LPC & Robert Clapp, Ph.D., LPCC-S

Program description: This presentation will provide current research related to specific reasons children and adolescents are misdiagnosed as well as the repercussions of misdiagnosis. Participants will learn essential skills to accurately diagnose common childhood and adolescent disorders.

At the conclusion of this session, participants will be able to: 1. Identify inaccurate assessing/diagnosing in children/adolescents and possible repercussions to the children. 2. Increase counselor's knowledge to more accurately assess children/adolescents. 3. Increase knowledge to more accurately

diagnose common childhood and adolescent disorders.

Meets NBCC Content Area(s): 1 & 3

Get Your Drive Back: Steering Yourself and Others to Optimal Well-Being and Success

Date: 22-Feb

Day: Friday

Time: 10:15AM

Location: Mitchelville

Presenter(s): Rachel Carter, M.S., LPC

Program description: This session will provide counselors a unique car analogy approach to empowering self and others to get into the driver's seat of their lives and accelerate toward optimal well-being and success. Common areas in which people find themselves stuck in park on the road of life, as well as creative ways to shift into drive will be discussed. The presenter will share material from her client-inspired book entitled, "Drive Yourself Successful: 11 Inner States to Personal Empowerment."

At the conclusion of this session, participants will be able to: 1. Assist self and others in cleaning out items stored in your trunk that keep you from moving forward. 2. Identify ways to give yourself tune-ups and engage in regular maintenance to enhance your overall performance. 3. Discover how to shift your mindset to reframe detours as opportunities.

Meets NBCC Content Area(s): 1

Is Social Media Raising Our Kids? Part I

Date: 22-Feb

Day: Friday

Time: 10:15AM

Location: Sampson

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

Program description: Part I of this presentation explains how social media, virtual reality, and artificial intelligence is directing the thoughts, intent, and decisions children are making as well as affecting them physically. Additionally,

the imbalance of social medias impact on forming an addiciton will be discussed.

At the conclusion of this session, participants will be able to: 1. Recognize how social media affects the user physically. 2. Describe how the imbalance of social media in our lives can form an addiction. 3. Assist in helping children find balance and substance in their life and still enjoy technology.

Meets NBCC Content Area(s): 1 & 3

Human Trafficking in South Carolina: What Counselors Can Do to Help

Date: 22-Feb

Day: Friday

Time: 10:15AM

Location: Drayton

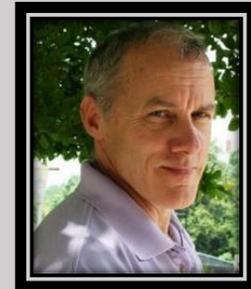
Presenter(s): Alexis Scurry, MSW, Sommer Blair, B.A., & Emma Rush, B.A.

Program description: Human trafficking is not a far-off issue. In 2017, 118 human trafficking cases were reported within the state of South Carolina; 34 of those cases involved children. Counselors must know how to identify possible victims, the importance of trauma-informed care, and ways to support survivors. Change begins with education and awareness. This knowledge drives transformation within this state and will help lead an end to this heinous crime that is modern day slavery.

At the conclusion of this session, participants will be able to: 1. Identify possible victims. 2. Recognize the importance of trauma-informed care with trafficking victims. 3. Discover effective ways to support survivors.

Meets NBCC Content Area(s): 1 & 3

**Awards Luncheon
11:20 AM to 12:50 PM
Archer/Barnwell**



The Spirit of Counseling

Presenter: Craig Cashwell, Ph.D.

Program description: When counselors speak of integrating spirituality into counseling, they often speak of working with client *beliefs* and how this mitigates or exacerbates client symptoms and presenting issues. This focus on content is but fails to account for the spirit of the counseling *process*. This presentation will focus on vital process dimensions of the counseling relationship and how to work with intention and focus in these key process dimensions.

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

1. Identify key aspects of the spiritual process of counseling, including relational depth, nonjudgment, compassion, mindfulness, grounding, and centering.
2. Understand how spiritually oriented counselors use their spirituality to positively impact the counseling process.
3. Describe the vital components of their personal spirituality and how this informs and impacts their counseling work.

About the Presenter: Dr. Cashwell is a Licensed Professional Counselor, National Certified Counselor, Approved Clinical Supervisor, and Certified Sex Addiction Therapist Supervisor. He focuses his scholarship on behavioral addictions and the competent and ethical integration of spirituality and religion into counseling. Dr. Cashwell maintains a part-time private practice focusing on couple counseling and addictions counseling. He has over 125 publications and has received numerous awards for teaching, research, service, and mentoring. Dr. Cashwell is a Fellow in the American Counseling Association. He is a Past-Chair of the Council for Accreditation of Counseling and Related Educational Programs (CACREP) and has served as the Association for Counselor Education and Supervision (ACES) Governing Council Representative to ACA and President of Chi Sigma Iota, the international honor society for the counseling profession.

Meets NBCC Content Area(s): 1

Session III | 1:00 PM to 1:55 PM

Why Don't College Students Seek Counseling?

Date: 22-Feb

Day: Friday

Time: 1:00PM

Location: Elliot

Presenter(s): Laurel Shaler, Ph.D, NCC, LCSW, LISW-CP., Steve Johnson, Ph.D., & Jeff Boatner, Ph.D., LPC, LMFT, NCC

Program description: This presentation will detail results of a qualitative study conducted to determine why college students who perceive they need counseling do not seek it.

Participants will gain tools to apply data collected with the goal of helping to reduce barriers and increase college student participation in counseling so that they may experience an increase in emotional well-being and an improvement in academic performance.

At the conclusion of this session, participants will be able to: 1. Summarize the qualitative research process and results for this study. 2. Apply the research results to their college and university settings in order to help reduce barriers and increase college student

participation in counseling. 3. Define the benefits of counseling for college students on their academic performance and emotional well-being.

Meets NBCC Content Area(s): 7

Using Yoga and Mindfulness Techniques in Everyday Practice

Date: 22-Feb

Day: Friday

Time: 1:00PM

Location: Heyward

Presenter(s): Carmen Jimenez-Pride, M.S., LCSW, LISW-CP, SAP, RYT-200, RPTS

Program description: This workshop will focus on how utilizing yoga concepts and mindfulness practices in the therapy setting can help decrease client symptoms and increase self-care for the helping professional. We will be discussing practices that can be used with children, adolescents, and adults to help decrease daily stress, anxiety, and other disorders that affect daily functioning.

At the conclusion of this session, participants will be able to: 1. Explain the benefits of yoga and mindfulness practices. 2. Identify how mindfulness practices can decrease client's

symptoms. 3. Recognize the importance of self-care for the helping professional.

Meets NBCC Content Area(s): 1

Moral Injury or PTSD

Date: 22-Feb

Day: Friday

Time: 1:00PM

Location: Lady Davis

Presenter(s): Nikki Vasilas, Ph.D. LPCs, Erin Thompson, B.S., and Aubrey Sejuit, Ph.D., LMSW, MEd, CASAC-2/ CSAC, GCDF, LMSW, CASAC-2, CSAC, GCDF

Program description: This presentation will explore the differences between moral injury and PTSD and discuss the importance of collaborative care. Research will be discussed which suggest the psychological distress experienced by many soldiers labeled as PTSD does not fully account for and address the depths of dealing with the ethical and moral challenges of war. The concept of moral injury will be reviewed to best understand and treat the soldier and the complexities of service.

At the conclusion of this session, participants will be able to: 1. Define the differences between PTSD and moral injury as it relates to veterans. 2. Provide examples of moral injury in war and discuss the consequences of the injury. 3. Discuss the intersection for psychological and spiritual care as it relates to moral injury.

Meets NBCC Content Area(s): 1, 3 & 7

Using Fiction to Teach Interprofessionalism in the Classroom

Date: 22-Feb

Day: Friday

Time: 1:00PM

Location: Jasmine

Presenter(s): Sandra Penn, Ph.D., LPC

Program description: This presentation highlights the presenter's experience teaching students about collaborative models and describes the implementation of a simulated interdisciplinary team meetings based on the characters in the book *Three Little Words: A*

Memoir. Attendees will also explore application of this teaching technique in other clinical settings.

At the conclusion of this session, participants will be able to: 1. State current research trends on interprofessional collaboration in the helping relationship. 2. Identify two collaborative models for engaging with clients and stakeholders. 3. Describe the process for organizing and implementing a simulated interdisciplinary team meeting using fictional characters.

Meets NBCC Content Area(s): 1 & 8

Using an Idiographic Approach for Clients with Health Anxiety

Date: 22-Feb

Day: Friday

Time: 1:00PM

Location: Mitchelville

Presenter(s): Scott Peters, Ph.D., LPCS

Program description: Clients with health anxiety can be very complex, and their concerns often go beyond symptoms. Clients with health anxiety are heterogeneous, and ideographic approaches lead to more individualized and holistic care. The presenter will share the Five Ps approach to address clients with health anxiety that is more individualized and allows for greater flexibility than traditional approaches.

At the conclusion of this session, participants will be able to: 1. Understand the complexity and challenges of clients with health anxiety. 2. Identify the five Ps, and its utility with health anxious clients. 3. Apply the Five Ps to a hypothetical client.

Meets NBCC Content Area(s): 1 & 9

Life After High School: What's Next?

Date: 22-Feb

Day: Friday

Time: 1:00PM

Location: Hibiscus

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

Program description: In this interactive session participants will log on to “WhatsNext” with their own devices to receive a guided tour through the course framework, learning objectives, and interactive components. The tour will focus on how the interactions guide students through a series of questions about their interests and lifestyle preferences, career and education choices, and budgeting decisions all building toward a future actionable plan.

At the conclusion of this session, participants will be able to: 1. Use the What'sNext mini-course with students. 2. Identify academic choices and extracurricular activities that will enhance their student's college applications, and explore types of financial aid and educational assistance. 3. Help students visualize the ins and outs of college and forecast financial aid needs with the FAFSA4caster calculator.

Meets NBCC Content Area(s): 5

Is Social Media Raising Our Kids? Part II

Date: 22-Feb

Day: Friday

Time: 1:00PM

Location: Sampson

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

Program description: In Part II of this presentation the presenter will discuss how social media can become highly addictive and may ruin relationships. Additionally, participants will learn how to help children find balance and substance in their life while still enjoying technology.

At the conclusion of this session, participants will be able to: 1. Recognize how social media affects the user physically. 2. Describe how the imbalance of social media in our lives can form an addiction. 3. Assist in helping children find balance and substance in their life and still enjoy technology.

Meets NBCC Content Area(s): 1 & 3

Supervisors in Dual Roles and Benefits of External Supervision: Considerations for Supervision

Date: 22-Feb

Day: Friday

Time: 1:00PM

Location: Drayton

Presenter(s): Andrea Fleming, M.A., LPC, MAC, CACII

Program description: This presentation is designed to foster discussion around and further explore (a) the potential role conflicts that can occur when clinical supervision is offered by the administrative supervisor within the workplace, (b) the range of experiences from supervisees with this common model and (c) considering the benefits of utilizing an external clinical supervisor to create a clear delineation for the clinical supervision process.

At the conclusion of this session, participants will be able to: 1. Differentiate between the roles and responsibilities of a dual role supervisor and an external supervisor. 2. Identify the range of experiences of supervisees with this common model and discuss the potential ethical issues that can arise from dual role supervisors providing clinical supervision. 3. Identify the potential benefits of utilizing an external clinical supervisor to create a clear delineation for the clinical supervision process.

Meets NBCC Content Area(s): 8

Session IV | 2:05 to 3:00 PM

Clinical Goals for Families Affected by Addiction

Date: 22-Feb

Day: Friday

Time: 2:05PM

Location: Elliot

Presenter(s): Dennie Kuppinger, M.S., LPC

Program description: This session will explore how to help families who are bewildered and

hopeless due to the Opioid Crisis. The CRAFT method developed by Robert Myers will be discussed as an intervention for clinicians to provide realistic expectations for families in recovery.

At the conclusion of this session, participants will be able to: 1. Describe the CRAFT method developed by Robert J. Myers, Ph.D. 2. Apply interventions which will guide clinicians to work with families dealing with the Opioid crisis. 3. Provide realistic expectations for family recovery.

Meets NBCC Content Area(s): 1 & 3

Strategies to Facilitate Post Traumatic Growth Among Trauma Counselors During Supervision

Date: 22-Feb

Day: Friday

Time: 2:05PM

Location: Heyward

Presenter(s): Jennifer Deaton, M.Ed.

Program description: This presentation draws from existing trauma literature to deliver strategies to facilitate Post Traumatic Growth (PTG) among counselors experiencing vicarious trauma (VT) during the supervision process. These supervision strategies address VT using empirically supported PTG indicators; meaning-making, social interests, social support and empathy.

At the conclusion of this session, participants will be able to: 1. Identify indicators of posttraumatic growth among counselors experiencing VT. 2. Facilitate discussion on supervision guidelines and ethical practices when supporting counselors experiencing VT. 3. Implement techniques to facilitate PTG based on empirically supported predictors and indicators.

Meets NBCC Content Area(s): 1 & 8

Understanding and Developing your Professional Identity as a Novice School Counselor

Date: 22-Feb

Day: Friday

Time: 2:05PM

Location: Lady Davis

Presenter(s): Kimberly Nelson, Ph.D.

Program description: This presentation will provide school counselors with helpful strategies gathered from a research study investigating how exemplar novice high school counselors described the development of their professional identities. The presenter will discuss how counselor educators and supervisors will be able to better prepare school counselors in training and help them to understand and develop a professional identity.

At the conclusion of this session, participants will be able to: 1. Identify eight strategies in developing professional identities. 2. Recognize what contributes to their own professional identity and growth in the profession. 3. Apply the eight strategies from the study to their own professional growth.

Meets NBCC Content Area(s): 7 & 8

Ethics of Self-Care and Gatekeeping

Date: 22-Feb

Day: Friday

Time: 2:05PM

Location: Jasmine

Presenter(s): Thommi Lawson, Ph.D., LPC & Nikki Vasilas, Ph.D., LPCS

Program description: This session will explore the ethics of self-care and gatekeeping, and its challenges, and practices that foster and impede the growth of counseling professionals. Utilizing the ACA Code of Ethics, this conceptual discussion will provide the foundation for developing a gatekeeping framework. Experiential activities including case scenarios will be incorporated to facilitate introspection.

At the conclusion of this session, participants will be able to: 1. Recognize the role of gatekeeping as defined by the 2014 ACA Code of Ethics. 2. Identify three factors that influence

gatekeeping practices. 3. Describe the intersection of gatekeeping and self-care.

Meets NBCC Content Area(s): 8

Diversity in Play Therapy: Using the Cultural-Formulation-Interview in Play Therapy

Date: 22-Feb

Day: Friday

Time: 2:05PM

Location: Mitchelville

Presenter(s): Ashley Garrett, Ed.S., LPCS

Program description: Part I of this presentation will provide hands-on experiential learning experiences where participants can explore the significance of cultural diversity within the counseling relationship. Presenters will discuss the advantages of using the DSM-5 Cultural Formulation Interview (CFI).

At the conclusion of this session, participants will be able to: 1. Discuss the advantages of using the DSM-5 Cultural Formulation Interview (CFI). 2. Incorporate bibliotherapy and collaborative story-telling to ensure counseling is multicultural focused. 3. Complete the DSM-5 Cultural Formulation Interview (CFI) using Play Therapy techniques to process subtopics.

**Presenters will receive a CE certificate directly following this session from the presenter.*

Meets NBCC Content Area(s): 1, 3 & 6

Collaborative Care: Coordinating Services with Community Partners to Promote Client Wellness

Date: 22-Feb

Day: Friday

Time: 2:05PM

Location: Sampson

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

Program description: This presentation provides attendees with information and strategies to promote a collaborative,

multiculturally sensitive approach to client wellness. The presenters will engage attendees in an exploration of their own skills and experiences with collaborative care to offer a more empowering, wellness-based, multiculturally sensitive counseling approach.

At the conclusion of this session, participants will be able to: 1. Cite the current literature related to a client empowering, wellness-based, multiculturally sensitive counseling approach. 2. Link clients with supportive community services. 3. Use new tools as they support the holistic wellness of their clients.

Meets NBCC Content Area(s): 1 & 3

Experiential Teaching Techniques in Counselor Education

Date: 22-Feb

Day: Friday

Time: 2:05PM

Location: Drayton

Presenter(s): Jennifer Jordan, Ph.D., LPC, LPCS, NCC, Alyson Stiles, B.A., Holley Mosher, B.A., & Tara Stangler, B.A.

Program description: Presenters will share experiential teaching techniques used in counselor education programs across the country. Presenters are all authors of techniques used in the book. Please come ready to share some of your own experiential teaching activities.

At the conclusion of this session, participants will be able to: 1. Apply experiential teaching techniques learned. 2. Identify which techniques can be used to align with CACREP standards. 3. Energize their teaching pedagogy.

Meets NBCC Content Area(s): 1

Poster Session and Snack Break | 3:05
PM to 3:25 PM
Room: Calibogue

No CE's will be offered for the Poster Session

The Inner Turmoil of Eating Disorders: How Emotions Foster Chaos and Perpetuate Unhealthy Coping Mechanisms

Date: 22-Feb

Day: Friday

Time: 3:05PM

Location: Calibogue Table 1

Presenter(s): Allyssa Resech, B.S.

Program description: This presentation illuminates the internal factors that can contribute to and enable an eating disorder. There is evidence of a physiological relationship between food and emotions, and when one of those factors is disturbed, the relationship becomes unstable. Theories and treatment approaches that best target how an individual conceptualizes emotion and how to alter their behavior will be identified.

It is not just Postpartum Depression - A look at Childbirth-Related PTSD

Date: 22-Feb

Day: Friday

Time: 3:05PM

Location: Calibogue Table 2

Presenter(s): Angela Hathaway, B.A., B.S.

Program description: Learn how common childbirth experiences can cause trauma for the mother, how social norms contribute to symptoms, and how to recognize when the commonly diagnosed postpartum depression is really a symptom of childbirth-related PTSD.

Human Trafficking: Counseling the Coerced

Date: 22-Feb

Day: Friday

Time: 3:05PM

Location: Calibogue Table 3

Presenter(s): Ashya Kennedy, B.S. & Breanna Johnson, B.A.

Program description: This presentation focuses on warning signs and risk factors for human trafficking, the effects on the counseling relationship, and treatment modalities. We

factor in statistics of human trafficking in the United States and highlight the prevalence in South Carolina.

Online Counseling

Date: 22-Feb

Day: Friday

Time: 3:05PM

Location: Calibogue Table 4

Presenter(s): Brooke Smith, B.S. & Taylor Richardson, B.S.

Program description: This presentation explores definitions, populations, benefits, concerns, and potential future research related to online counseling.

Kids Serve, Too! The Mental and Emotional Effects of Parental Deployment on Military Children

Date: 22-Feb

Day: Friday

Time: 3:05PM

Location: Calibogue Table 5

Presenter(s): Danielle Winters, M.Ed.

Program description: This poster will outline the stressors faced by military kids during each stage of the deployment cycle, and stage-by-stage interventions will be offered that can benefit anyone who might come in contact with MilKids.

McKinney-Vento: Working with Homeless & Unaccompanied Youth

Date: 22-Feb

Day: Friday

Time: 3:05PM

Location: Calibogue Table 6

Presenter(s): Dominique Roberts, B.S., Aubrey Sejuitt, Ph.D., LMSW, MEd, CASAC-2/ CSAC, GCDF, LMSW, CASAC-2, CSAC, GCDF, & Nikki Vasilas, Ph.D., LPCS

Program description: In this presentation, the adverse effects of homelessness such as maleficence to/on the academic, affective,

cognitive, and social/emotional domains of development will be explored. Participants will learn to identify students while maintaining confidentiality, that are encompassed in this demographic, and utilize the appropriate actions and protocols to begin to rectify this growing epidemic within their respective setting(s).

Divorce and its Effects on Adult Children

Date: 22-Feb

Day: Friday

Time: 3:05PM

Location: Calibogue Table 7

Presenter(s): Jordan Kennington, B.A.

Program description: This presentation explores how divorce affects grown children and seeks to answer if it affects grown children differently than young children. Suggestions will indicate how counselors can best serve this population.

College and Career Readiness

Date: 22-Feb

Day: Friday

Time: 3:05PM

Location: Calibogue Table 8

Presenter(s): Kara Lauro, B.A. & Jaclyn Rose, B.A.

Program description: This presentation will focus on resources and tools that school counselors can use with their students to get them to start thinking about their college or career plans after high school. We will give a list of helpful tools such as O*Net or the Myers Briggs Type Indicator and give a brief summary of each.

Benefits of Play Therapy for Children with Autism

Date: 22-Feb

Day: Friday

Time: 3:05PM

Location: Calibogue Table 9

Presenter(s): Katie Southern, B.S.

Program description: This poster will show the benefits of play therapy for children with autism and identify how play therapy can help some children with autism learn to communicate better. The use of play therapy across the autism spectrum will also be presented in terms of benefits and limitations.

Art Therapy and its Effectiveness on Brain Injuries and Degenerative Diseases

Date: 22-Feb

Day: Friday

Time: 3:05PM

Location: Calibogue Table 10

Presenter(s): Kiersten Warfield, B.A.

Program description: This presentation will provide current research in the field of Art Therapy and how using this form of therapy may be helpful for individuals with brain injuries and degenerative diseases.

The Implementation of Erin's Law: What Counselors Need to Know

Date: 22-Feb

Day: Friday

Time: 3:05PM

Location: Calibogue Table 11

Presenter(s): Megan Kovach, B.S., Bethany Marti,n B.S., & Aubrey Sejuitt, Ph.D., LMSW, MEd, CASAC-2/ CSAC, GCDF, LMSW, CASAC-2, CSAC, GCDF

Program description: This presentation will provide information on Erin's Law serving as a preventative program for child sexual abuse. How counselors can implement Erin's Law working with children and the impacts Erin's Law serves in the counseling field will be discussed. Participants will learn about Erin's Law, where and how Erin's Law is implemented, and what this means for counselors and the counseling field.

Understanding how Trauma Affects Young Adults

Date: 22-Feb

Day: Friday

Time: 3:05PM

Location: Calibogue Table 12

Presenter(s): Rachel Bailey, B.A., Laurie Capps, B.S., & Aubrey Sejuit, Ph.D., LMSW, MEd, CASAC-2/ CSAC, GCDF, LMSW, CASAC-2, CSAC, GCDF

Program description: This presentation will explore the ways trauma affects young adults and explores interventions designed to alleviate repercussions associated with trauma such as high-risk behaviors.

Medication Assisted Treatment and its Impact on the Opioid Epidemic

Date: 22-Feb

Day: Friday

Time: 3:05PM

Location: Calibogue Table 13

Presenter(s): Adrien Wamboldt, B.S. & Aubrey Sejuit, Ph.D., LMSW, MEd, CASAC-2/ CSAC, GCDF, LMSW, CASAC-2, CSAC, GCDF

Program description: This presentation will explore the benefits of Medication Assisted Treatment (MAT) and its impact on the Opioid Epidemic, as well as the controversies MAT has brought to the traditional 12-step recovery communities.

Being a Single Parent in America: The Effects on Children

Date: 22-Feb

Day: Friday

Time: 3:05PM

Location: Calibogue Table 14

Presenter(s): Alexa Williams, B.A. & Aubrey Sejuit, Ph.D., LMSW, MEd, CASAC-2/ CSAC, GCDF, LMSW, CASAC-2, CSAC, GCDF

Program description: This presentation will explore the ways in which single-parenthood

can both positively and negatively affect a child's individual growth, self-perception, and values/beliefs.

Creating Wellness for Military Service Members using Equine Assisted Therapy

Date: 22-Feb

Day: Friday

Time: 3:05PM

Location: Calibogue Table 15

Presenter(s): Shannon Berger, B.S., Leah Young, B.A., & MacKenzie Huffman, B.A.

Program description: The use of Equine-assisted therapy will be critiqued in regards to applications with helping military service members adopt healthier habits, adapt appropriate coping mechanisms, and find overall wellness.

Suicide and Suicide Attempts in Adolescents and Young Adults

Date: 22-Feb

Day: Friday

Time: 3:05PM

Location: Calibogue Table 16

Presenter(s): Timothy Hughes, M.Ed.

Program description: The presentation will give an overview of the nature and prevalence of suicide in our nation and state. The program will focus specifically with the data around adolescents and young adults and identify patterns and trends mental health professionals see when assessing for suicidal ideations.

Childhood Trauma: Paving the Way to Alcohol and Other Drugs

Date: 22-Feb

Day: Friday

Time: 3:05PM

Location: Calibogue Table 17

Presenter(s): Jessica H. Brooks, B.A.

Program description: This presentation aims to educate participants about the prevalence of substance misuse in individuals having suffered

childhood trauma. There is a multitude of substantial evidence to indicate that early childhood trauma, such as abuse, neglect, and/or maltreatment significantly correlated with substance misuse and substance disorders later in life.

Session V | 3:35 PM to 4:30 PM

Why Data? A Closer Look at the ASCA National Model

Date: 22-Feb

Day: Friday

Time: 3:35 PM

Location: Elliot

Presenter(s): Leonis Wright, Ph.D.

Program description: This workshop highlights the ASCA model to explain the "why" and "how" of data. Participants will learn about different types of data (i.e. process, perception, outcome, etc.), and will walk away not only knowing how to use data to create programs but also how to provide evidence of their program's effectiveness in making a difference.

At the conclusion of this session, participants will be able to: 1. Differentiate between the various types of data and its uses. 2. Understand how data can be used to create equity promoting programs. 3. Analyze data to develop closing the gap and to evaluate their school counseling program's effectiveness.

Meets NBCC Content Area(s): 1 & 7

Taking Time to Attend to Our Wellness

Date: 22-Feb

Day: Friday

Time: 3:35 PM

Location: Heyward

Presenter(s): Pamela Robinson, M.Ed.

Program description: Professional school counselors are on the front lines of addressing student's needs, yet may struggle with personal wellness due to staggering caseloads, role confusion, and lack of administrative support.

Presenters will explore the impact of school counselor's personal wellness on student outcomes and consider practices to help maintain personal wellness in this demanding profession.

At the conclusion of this session, participants will be able to: 1. Describe the impact of personal wellness on student/client outcomes. 2. Identify methods to assess personal wellness. 3. Develop an initial personal wellness plan.

Meets NBCC Content Area(s): 1 & 8

Training Advocacy: Understanding Parental Adjustment Experiences in Late-Child Adoption

Date: 22-Feb

Day: Friday

Time: 3:35 PM

Location: Lady Davis

Presenter(s): Cynthia Doney Ph.D., LPC & Laurel Shaler Ph.D., NCC, LCSW, LISW-CP

Program description: This presentation explains parental adoption adjustment experiences, specifically with older children. The discussion promotes advocacy for greater counselor awareness and training, so professionals are better equipped for effectiveness in therapeutic settings. To advance these goals, methods of integrating relevant innovations and technologies are suggested.

At the conclusion of this session, participants will be able to: 1. Differentiate the unique symptoms of parents suffering from adoption adjustment crises from other forms of adjustment issues. 2. Identify existing evidence-based approaches to adoption adjustment treatments. 3. Conceptualize potential innovative approaches to the treatment of individuals and families suffering from adoption adjustment.

Meets NBCC Content Area(s): 1 & 2

Ethics in Actions: Helping our Students Analyze Ethical Dilemmas in Real Time

Date: 22-Feb

Day: Friday

Time: 3:35 PM

Location: Jasmine

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

Program description: This presentation presents counselor educators with an interactive way to engage counseling students and help them internalize the spirit behind professional values and ethical guidelines. The presenter will explore the need for intentional and safe practice space for counseling students to reflect on their personal values and professional ethics before the formal helping relationship ensues.

At the conclusion of this session, participants will be able to: 1. Describe two interactive applied ethics activities used in counselor education. 2. Identify the steps in implementing an ethics bowl. 3. Process their experience participating in an ethics bowl.

Meets NBCC Content Area(s): 3, 6 & 8

Diversity in Play Therapy: Using the Cultural-Formulation-Interview in Play Therapy Part II

Date: 22-Feb

Day: Friday

Time: 3:35 PM

Location: Mitchelville

Presenter(s): Ashley Garrett, Ed.S., LPCS

Program description: Part II of this presentation will provide clinicians with a foundational knowledge of how to use the DSM-5 Cultural Formulation Interview (CFI) through interactive play therapy as a means to provide services that are more aligned with the culture of the people they serve.

At the conclusion of this session, participants will be able to: 1. Discuss the advantages of using the DSM-5 Cultural Formulation Interview (CFI). 2. Incorporate bibliotherapy and collaborative story-telling to ensure counseling is multicultural focused. 3. Complete the DSM-5 Cultural Formulation

Interview (CFI) using Play Therapy techniques to process subtopics.

**Presenters will receive a CE certificate directly following this session from the presenter.*

Meets NBCC Content Area(s): 1, 3 & 6

The Complexity of Treating Eating Disorders

Date: 22-Feb

Day: Friday

Time: 3:35 PM

Location: Hibiscus

Presenter(s): Andrea Barbian-Shimberg, Ph.D.

Program description: This presentation will begin with examining different types of eating disorders and their diagnostic criteria. Furthermore, participants will increase their understanding of the etiology of eating disorders. Attention will be given to treatment including: different levels of care, various evidence-based practices for treating eating disorders and their comorbidities, as well as, understanding the importance of the therapeutic alliance in therapy.

At the conclusion of this session, participants will be able to: 1. Differentiate between the types of eating disorders and their diagnostic criteria. 2. Summarize the etiology of eating disorders. 3. Classify different levels of care for eating disorder treatment and explore various evidence-based practices for treating eating disorders and their comorbidities.

Meets NBCC Content Area(s): 1, 2 & 6

Growing Through Grief

Date: 22-Feb

Day: Friday

Time: 3:35 PM

Location: Sampson

Presenter(s): Yvette "Roxi" Tolbert, Ph.D., LPCS, Hannah Abercrombie, B.A., Kelly Edens, B.A., & Tara Stangler B.A.

Program description: Presenters will offer information about different elements of grief, grief processes, and griefwork interventions for

use in groups and with individuals. Participants will be able to experiment with one intervention during the presentation.

At the conclusion of this session, participants will be able to: 1. Identify at least five processes/elements of grief. 2. Identify at least three components of groupwork. 3. Develop and/or explore at least one griefwork intervention.

Meets NBCC Content Area(s): 1

Clinical Interventions for Counseling Children and Adolescents: A Toolbox for School-Based Therapists and School Counselors

Date: 22-Feb

Day: Friday

Time: 3:35 PM

Location: Drayton

Presenter(s): Jennifer Jordan, Ph.D., LPC, LPCS, Kasey Knight Ennis, B.A., Leah Young, B.A. & Caylee King, B.A.

Program description: This presentation will introduce participants to the book *Clinical Interventions for Counseling Children and Adolescents: A Toolbox for School-Based Therapists and School Counselors*. Presenters will share their favorite interventions for working with a variety of clinical issues and special populations.

At the conclusion of this session, participants will be able to: 1. Identify strategies appropriate for a variety of clinical issues. 2. Recognize some of the limitations counselors have working in schools and address ways to overcome them. 3. Apply the interventions discussed.

Meets NBCC Content Area(s): 1

Session VI | 4:40 PM to 5:35 PM

Helping Them Fly: Challenges and Strategies for Working with Transition-Age Foster Care Youth

Date: 22-Feb

Day: Friday

Time: 4:40 PM

Location: Elliot

Presenter(s): Amber Baughman, Ph.D. & Terri Pope, MSW

Program description: This session aims to better prepare counselors to promote the well-being of youth by introducing results from the National Youth in Transition Database (NYTD). Practice-based strategies from a trauma-informed perspective will be shared to enhance the skills of counselors working with foster youth of all ages.

At the conclusion of this session, participants will be able to: 1. Demonstrate greater awareness of the unique challenges facing youth in foster care in South Carolina and in educational and clinical settings. 2. Identify evidence-based strategies most effective in working with foster youth. 3. Describe how a trauma-informed perspective is appropriate and effective in working with foster youth in various settings.

Meets NBCC Content Area(s): 1

Healing Wounds of the Soul

Date: 22-Feb

Day: Friday

Time: 4:40 PM

Location: Heyward

Presenter(s): Angel Onley-Livingston, M.A., NCC

Program description: Participants will learn skills to help children, youth, adolescents, adults, and families heal through connecting through play and experiential techniques such as grounding, building community, mindfulness, archetypes, cultural, and spiritual practices. To cultivate the expression of feelings and emotions of their life journey.

At the conclusion of this session, participants will be able to: 1. Apply nonverbal therapeutic skills. 2. Build therapeutic rapport and build

trust between client and counselor. 3. Treat clients from their view of the world.

Meets NBCC Content Area(s): 1

Tracking the Adult with Autism Trajectory and Evaluating and Describing Effective Counseling Interventions

Date: 22-Feb

Day: Friday

Time: 4:40 PM

Location: Lady Davis

Presenter(s): David Leamer, M.A., LPC

Program description: This session will present current research on the adult Autism Spectrum Disorder population and review of current gold-standard treatment interventions and emerging therapies with encouraging outcomes.

Application of numerous behaviorally based approaches consistent with Acceptance and Commitment Therapy (ACT) will be discussed and demonstrated as well as a review of ongoing assessment that have proven effective for treatment monitoring.

At the conclusion of this session, participants

will be able to: 1. Accurately review current Behavioral Science Research on etiology, maturational challenges, and life-course outcomes for Adults with Autism Spectrum Disorder. 2. Describe three of the most effective current treatment modalities for supporting Adults with Autism Spectrum Disorder. 3. Apply two principles of ACT to their Counseling skills when working with Adults with Autism Spectrum Disorder.

Meets NBCC Content Area(s): 1, & 7

Shifting from Body Hatred to Body Neutral: Helping Clients to Unhook from Weight Bias and Negative Self-Talk

Date: 22-Feb

Day: Friday

Time: 4:40 PM

Location: Jasmine

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

Program description: This interactive presentation will explore weight stigma which is one of the primary contributors to negative self-talk and body image issues, and can fuel the inner and outer chatter that perpetuates body loathing. Presenters will share a 3-step process for shifting clients from body hatred self-talk to at least body neutral self-talk both in the moment and long term.

At the conclusion of this session, participants

will be able to: 1. Define weight stigma and recognize how body hatred and weight stigma are intertwined. 2. Describe the science of self-directed neuroplasticity and the process of how to re-wire the brain based on progressive affirmations. 3. Apply the 3-step process for shifting from body hatred self-talk to at least body neutral for lessening negative self-talk both in the moment and long term.

Meets NBCC Content Area(s): 1 & 2

Unmasking Domestic Violence: A National Emergency

Date: 22-Feb

Day: Friday

Time: 4:40 PM

Location: Mitchelville

Presenter(s): George Williams, Ed.D., NCC, & Christan Rainey, B.A.

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 in his family. Presenters will discuss the role of mental health professionals in the domestic violence cycle and provide strategies to advocate for the prevention of domestic violence.

At the conclusion of this session, participants

will be able to: 1. Identify connections between substance abuse, mental health, and intimate partner violence. 2. Recognize how domestic violence has reached epidemic proportions and been declared a "national emergency." 3.

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): 1 & 3

Millennial Mindset: Engaging Millennials in Therapy with Technology

Date: 22-Feb

Day: Friday

Time: 4:40 PM

Location: Hibiscus

Presenter(s): Marquita Johnson, M.S., LPC

Program description: This presentation hypothesizes the impact the internet, and social media has on clients. Presenters explore the mindset of millennials and how they are impacted in therapy with an emphasis on utilizing technology including but not limited to: cellphones, social media, applications, webinars, YouTube, etc.

At the conclusion of this session, participants will be able to: 1. Recognize the mindset of millennials and how they are impacted in therapy with an emphasis on utilizing technology including but not limited to: cell phones, social media, applications, webinars, YouTube, etc. 2. Describe how technology can be ethically utilized as a beneficial tool for mental health providers. 3. Identify tele-mental health platforms that are HIPAA compliant.

Meets NBCC Content Area(s): 1 & 2

The Counselor and Moral Wounds

Date: 22-Feb

Day: Friday

Time: 4:40PM

Location: Sampson

Presenter(s): Nikki Vasilas, Ph.D., LPCS & Paula Swindle, Ph.D., LPCS

Program description: This session will explore the concept and professional response to the moral wounds of the counseling professional. Presenters will define the ethical mandates of gatekeeping when students or colleagues demonstrate signs of moral wounds.

At the conclusion of this session, participants will be able to: 1. Discuss moral wounds as it pertains to the professional counselor experience. 2. Identify implications of moral wounds present in professional counselors. 3. Define the ethical mandates of gatekeeping when we or a colleague demonstrate signs of moral wounds.

Meets NBCC Content Area(s): 1 & 8

Presidential Reception

6:00–7:00 pm

Location: Daufuskie

(Near the Carolina Room Restaurant)



Diverse and Strong or Different and Divided?

Presenter(s): Tommy Vaughn, Ph.D., D.Ed. Min, Ph.D., LPC, LPC/S, NCC, ACS
President, SCCA 2018-19

Program description: Competencies related to multicultural counseling, social justice, and the notion of strength through diversity has been a mainstay of the counseling profession. Upholding these competencies is integral to professional and ethical practice in counseling. To assure the consistent development of these competencies, counselors will be challenged to remember the importance of respect for diverse people, as well as cautioned to avoid allowing differences to divide.

Following this presentation, counselors will be able to 1) identify basic multicultural and social justice competencies, 2) engage in personal reflection on best practices in the profession, and 3) establish a personal plan for continuing the development of multicultural counseling and social justice competencies.

About the Presenter: Dr. Tommy Vaughn serves as President of the South Carolina Counseling Association (SCCA) for 2018-19 where he has been instrumental in guiding the reorganization of SCCA. With more than thirty years of clinical, leadership, and teaching experience, Tommy has served children, youth, adults, couples, and families as a counselor, as well as provided executive leadership to a variety of human service organizations. As an educator and supervisor, Tommy actively contributes to the development of the next generation of counselors. Tommy currently leads his church in Union, SC as Senior Minister. Tommy holds master's degrees in clinical psychology and Christian education, a doctorate in educational leadership, and a PhD in counseling. He is licensed in SC as an LPC, LPC/S, as well as nationally certified as a counselor (NCC) and approved supervisor (ACS).

Meets NBCC Content Area(s): 1 & 3

Certification Training | 10:15 AM to 5:00 PM

(You must have signed up for this session and attended part I to join this session)

Relaxation-Based Pain Relief Certification Workshop Part II (Note: This activity is approved by the NBCC for CE clock hours, NBCC approval number SP-3046.)

Date: 23-Feb

Day: Saturday

Time: 10:15AM

Location: Elliot

Presenter(s): Fredric Mau, D.Min., M.A., M.Div., LPCS, NCC, DCC

Program description: This is a continuation of the Relaxation Based Pain Relief Certification Workshop. You must be registered to attend this training. Pain relief medications provide tremendous benefits for patients and clients in clinical care. However, the huge societal problems we face with opioid addiction, as well as other considerations including drug contraindications and allergic reactions, demonstrate the obvious need for pain relief without drugs. Empirical neuroimaging support for relaxation-based relief processes is extremely strong. Competent professional use of these techniques in clinical settings requires a solid understanding of how these processes operate and the development of the skill necessary for real-world use with clients. Certification in Relaxation-Based Pain Relief provides this knowledge and practical skills for licensed mental health and medical practitioners.

At the conclusion of this session, participants will be able to: 1. Describe the neurological basis for Relaxation-Based Pain Relief. 2. Demonstrate RBPR skills during the workshop, and will be able to incorporate these processes in appropriate clinical settings. 3. Describe ethical and diagnostic considerations in utilizing RBPR.

Meets NBCC Content Area(s): 1

Session VII | 10:15 AM to 11:45 AM

Creative Approaches to Counseling: A Role for Music in the Early Stages of Group Development

Date: 23-Feb

Day: Saturday

Time: 10:15AM

Location: Sampson

Presenter(s): Amy Massingill, M.Ed., LPCS & Rachel Edwards, B.S.

Program description: Presenters will facilitate a collaborative discussion on how music listening in the early stages of group psychotherapy may catalyze group development by fostering connection, empathy, and support among diverse clients. Counselors will learn how this

music listening approach provides a space for new group members to focus on their present experience of music, in turn normalizing a here-and-now approach to counseling throughout all stages of group development.

At the conclusion of this session, participants will be able to: 1. Reference how music listening in the early stages of group psychotherapy may foster connection, empathy, and support among members. 2. Challenge members to be present in the moment as they listen to music. 3. Guide group members in understanding how external stimuli (in this case the music they hear in the group) can reinforce, challenge, or change current emotions.

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

Ruck Up: Understanding the Needs of Student Veterans

Date: 23-Feb

Day: Saturday

Time: 10:15AM

Location: Heyward

Presenter(s): Aubrey Sejuitt, Ph.D., LMSW, MEd, CASAC-2/ CSAC, GCDF & Emily McGarity, B.S., RBT, CHA

Program description: This presentation is based on a research study that looked at what challenges are faced when working specifically veterans determining to apply to college after serving on active duty. This presentation will explore the unique needs, issues, and concerns of student veterans in a higher education setting.

At the conclusion of this session, participants will be able to: 1. List different military branches and understand the military lingo used. 2. Increase understanding and awareness of veteran and military issues. 3. Better assist student veterans in an academic setting.

Meets NBCC Content Area(s): 2, 3 & 5

Creating Balance: A toolkit for Sustaining Health and Wellness

Date: 23-Feb

Day: Saturday

Time: 10:15AM

Location: Lady Davis

Presenter(s): L. Claire Campbell, M.A., LPCS

Program description: This workshop will help participants identify triggers and symptoms of compassion fatigue and offer exercises and valuable tools for creating a path to ongoing wellness and energy building. Yoga, mindfulness, breathing exercises, journaling, and expressive arts will be offered as toolkit material.

At the conclusion of this session, participants will be able to: 1. Identify the differences and connections between PTSD symptoms, vicarious

trauma, compassion fatigue, and burnout. 2. Reflect on what it means to work from a present-centered and mindfulness-based perspective. 3. Identify the ways that sustainable wellness practice is necessary to facilitate best practice interventions with clients eliminating potential ethical violations.

Meets NBCC Content Area(s): 1 & 8

Creative Interventions in Addiction Group Counseling

Date: 23-Feb

Day: Saturday

Time: 10:15AM

Location: Hibiscus

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

Program description: This presentation will outline group interventions that use creative techniques to benefit patients in partial hospitalization programs. An overview of interventions will be given, and a sample of techniques will be facilitated in the last 30 minutes of the presentation.

At the conclusion of this session, participants will be able to: 1. Identify research-based applications of creative interventions in Addictions Counseling. 2. Understand how group work in a partial hospitalization settings is enhanced with art therapy techniques. 3. Apply practical tools to apply to their group work in addictions counseling.

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

Planning, Appraisal, and Remediation in Supervision

Date: 23-Feb

Day: Saturday

Time: 10:15AM

Location: Drayton

Presenter(s): Thomas Vaughn, Ph.D., D.Ed. Min, Ph.D., LPC, LPC/S, NCC, ACS

Program description: This workshop is intended to support gatekeepers in maintaining skills in planning, appraisal, and remediation in

counselor education and supervision. Participants will explore strategies for remediating clinical deficits with supervisees. **At the conclusion of this session, participants will be able to:** 1. Practice developing effective goals and objectives for supervisees. 2. Formulate adequate appraisal and evaluation constructs for providing feedback to supervisees. 3. Identify strategies for remediating clinical deficits with supervisees. **Meets NBCC Content Area(s): 8**

Disrupting the Trauma Cycle Through Informed Care

Date: 23-Feb
Day: Saturday
Time: 10:15AM
Location: Jasmine
Presenter(s): Benjamin Hearn, M.A., NCC
Program description: This presentation approaches trauma from a wider perspective through the lens of trauma-informed care (TIC). The presenter will review how provisions of TIC informs a facilities knowledge, values and attitudes, communication, practice, organization and systems, and communities as described by the South Carolina Joint Council on Children and Adolescents. Participants will also be shown tools that can be used to assess their own organization's needs and strengths concerning TIC.

At the conclusion of this session, participants will be able to: 1. Identify the six domains of trauma-informed care. 2. Describe how trauma-informed care promotes wellness at the client, clinician, and facility levels. 3. Assess their organization or practices' needs, and strengths concerning trauma-informed care. **Meets NBCC Content Area(s): 1 & 6**

Regulation updates on the Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists, Addiction Counselors and Psycho-Educational Specialist

Date: 23-Feb
Day: Saturday
Time: 10:15AM
Location: Mitchelville
Presenter(s): Jennifer Jordan, Ph.D., LPCS, NCC and Danny Garnett, M.Div, LPCS, LMFTs
Program description: This session will summarize the changes implemented to the licensure statues and regulations in 2018 and the proposed regulation changes for 2019. Proposed requirements for Licensed Addiction Counselors will be addressed as well as specific proposed educational changes, supervision requirements, and Continuing Education updates. Board members will be happy to answer any questions you may have regarding the regulations, statues, or board procedures. **At the conclusion of this session, participants will be able to:** 1. Discuss the statute and regulation changes implemented in 2018. 2. Assess the proposed regulation changes for 2019. 3. Identify new regulation requirements for Licensed Addictions Counselors. **Meets NBCC Content Area(s): 8**





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PSYCHOLOGICAL FIRST AID: HELPING OTHERS IN TIMES OF STRESS

Presenter: Barbara Melton, M. Ed., LPC, LPCS



This three-hour training is a basic level course that provides a framework for understanding the factors that affect stress responses in disaster relief workers and the clients they serve. The course introduces the principles of psychological first aid. Participants engage in practice exercises and a review of the course content.

Learning Objectives: Upon completion of this training, participants will be able to: 1. Recognize the signs of stress in clients, co-workers, and themselves. 2. Provide immediate support to people who may be experiencing stress by using psychological first aid principles. 3. Obtain Disaster Mental Health support for clients, co-workers, and themselves, when needed.

Presenter Bio: Barbara Melton, LPC is the Disaster Mental Health Lead for the Lowcountry Chapter in South Carolina. She has volunteered with the Red Cross since 1991 and been on a number of deployments nationally as a Mental Health Supervisor with the Red Cross as well as with Substance Abuse Mental Health Services Administration as a team leader across Louisiana after Hurricane Katrina. She is also President of the SC Assn for LPCs and has a private practice in the Charleston area.

Meets NBCC Content Area(s): 1



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at breakfast must be present to win, one prize per person)*

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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