

A top-down view of approximately 15 hands of various skin tones stacked in a circle. Each hand is wearing a blue wristband. The hands are positioned in a way that they all point towards the center, creating a sense of unity and connection. The background is a textured, mottled blue and purple color.

*South Carolina Counseling Association
60th Annual Conference*

Promoting Connection

*Hilton Myrtle Beach Resort
February 21-23, 2024*

Presidents Welcome

Promoting Connection

Welcome! I hope you enjoy this conference. Our conference theme is “Promoting Connection.” I hope you take this time to connect. Throughout the conference, I hope you will connect with yourself, connect with your profession, connect with peers, and learn about even more ways to connect to your clients and students. Let’s live and model connection.

I have a request for you concerning our theme of “promoting connection.” Would you please help make this conference a warm and welcoming experience for your fellow attendees? If yes, here are a few ways you can do that.

- Say “hi” and chat with other attendees
- Meet everyone at your table at the luncheon and breakfast
- Welcome any newcomers you encounter
- Offer encouraging words to graduate students
- Be a pal to someone who might feel out of place
- Find a few people with whom you can stay in touch
- Take time to connect with and attend to yourself (e.g., journal, go for a walk, take a nap, notice your accomplishments, etc.)

It is a privilege to serve with our SCCA board. I am constantly surprised at the scope and quality of work they do. At the Presidential Breakfast, you’ll meet the board members and hear about the progress on our goals. Thanks for coming.

Sincerely,

Guy

Guy Ilagan, PHD, LPC, LPCS, NCC
SCCA President

CONFERENCE SCHEDULE AT-A-GLANCE

Wednesday

8:00 AM - 12:00 PM.....Conference Registration
9:00 AM - 12:00 PM.....Pre-Conference Workshops
12:00 Pm - 1:00 PM.....Lunch On Your Own
1:00 PM - 4:00 PM.....Pre-Conference Workshops
1:00 PM - 6:00 PM.....Exhibit Set-Up And Viewing
1:00 PM - 6:00 PM.....Conference Registration
6:00 PM - 9:00 PM.....Evening Session

Thursday

7:30 AM - 10:00 AM.....Conference Registration
8:00 AM - 8:55 AM.....Session 1
9:10 AM - 10:05 AM.....Session 2
10:15 AM - 11:10 AM.....Session 3
11:20 AM - 12:50 PM.....Awards Luncheon And Keynote
1:00 PM - 1:55 PM.....Session 4
2:05 PM - 3:00 PM.....Session 5
3:05 PM - 3:05 PM.....Graduate Student Poster Showcase
3:35 PM - 4:30 PM.....Session 6
4:40 PM - 5:35 PM.....Session 7
6:00 PM - 7:00 PM.....Executive Council Meeting

Friday

8:00 AM - 9:50 AM..... Presidential Breakfast/Speaker Session
10:00 AM - 11:30 AM.....Session 8
1:00 PM - 2:30 PM..... Session 9
2:45 PM - 4:15 PM.....Session 10

CONTINUING EDUCATION CREDITS

9 C.E. HOURS Wednesday

8 C.E. HOURS Thursday

5.5 C.E. HOURS Friday

After each session, you will be provided with your CE's. We kindly request that you capture a photo of your CEs, as they will not be distributed at a later time.

NBCC has approved the South Carolina Counseling Association (SCCA) as an Approved Continuing Education Provider, ACEP No. 2041. Programs that do not qualify for NBCC credit are clearly identified. SCCA is solely responsible for all aspects of the program C.Es.



Conference Cancellation Policy: To receive a full refund, minus a \$10 cancellation fee, registrants must cancel by February 1, 2024.

Cancellations after February 1 will only receive half of the registration fees to cover the cost of guaranteed meals/special events. Submit cancellations/refund requests to Jennifer Jordan at jordanje@winthrop.edu.

Conference Complaint Policy If you have a complaint or dispute regarding this event, please write a letter and include the following: Your name, address, telephone number, email, the title of the event, date, and location of the event, complaint, and desired resolution to SCCA 1420 Ebenezer Rd, Suite 101, Rock Hill, SC 29732. You will receive a reply within 30 days of submitting the complaint/dispute.

WEDNESDAY, FEBRUARY 21, 2024

Preconference Morning Workshops 9:00 am – 12:00 pm

Building Capacity for Resilience in Self and Others

Content Area: Clinical Mental Health Counseling

Day: Wednesday

Date: 21-Feb

Time: 9:00 AM

Location: Palisades G

Presenter (s): Lisa Laughman, M.A., LMSW

Program Description: This session will introduce participants to a comprehensive model for resilience that integrates emotional resilience, psychological flexibility, mindfulness, self-compassion, and somatic practices. The model includes core principles of healthy human functioning and several evidence-based theories and is presented in the context of social justice education.

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

- Learn how dominant cultural narratives inhibit individual and collective health and well-being.
- Review the four levels of oppression and change: personal, interpersonal, institutional, and cultural.
- Develop a 6-word framework for responding to moments of setback, failure, and trauma with wise, value-guided behavior.
- Learn practical skills for self-awareness, stress mitigation, and becoming a good gatekeeper of your own nervous system.

- Explore the intersections of several evidence-based theories integrated into a model that can be scaled and delivered in various media and learning formats.

Meets NBCC Content Area: 8

Documentation and Treatment Planning in Child-Centered Play Therapy (CCPT)

Content Area: Play therapy

Day: Wednesday

Date: 21-Feb

Time: 9:00 AM

Location: Palisades I

Presenter (s): Jennifer Hall, Ph.D., LPC, LPCS, RPT

Program Description: The presentation will consist of didactic and experiential components. The basic skills of CCPT will be reviewed. Application of skills to current clinical work will be discussed, as well as multicultural considerations. A review of assessment, treatment planning, and documentation of client progress through a CCPT lens will be introduced. Participants will watch videos of CCPT sessions and practice ways to document treatment goals and progress inside and outside the session.

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

- Describe the essential skills of child-centered play therapy and their applications to their setting.
- Accurately create treatment goals with CCPT language.
- Accurately assess treatment progress and create session notes that reflect client progress with CCPT language.

Meets NBCC Content Area: 1, 6

Ethical Considerations Utilizing Bibliotherapy

Content Area: Ethics

Day: Wednesday

Date: 21-Feb

Time: 9:00 AM

Location: Palisades H

Presenter(s): NanDee Walker, M.S., LPC-S, NCC, RPT & Melissa Winterschied, MS, LPC-S, RPT-S

Program Description: This training will explore ethical considerations of diversity, equity, and inclusion within the context of utilizing bibliotherapy. Bibliotherapy is an empirically validated expressive arts therapy encouraging connection through storytelling, narratives, poetry, and the written word.

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

- Evaluate and explore the ethical responsibilities to diversity, equity, and inclusion through a playful creative arts modality.
- Demonstrate intentionality by utilizing the diversity, equity, and inclusion lens.
- Create ways to employ bibliotherapy techniques.

Meets NBCC Content Area: 3, 5,

Preconference Afternoon Workshops
1:00 pm – 4:00 pm

Connecting with Challenging Clients

Content Area: Counselor Education

Day: Wednesday

Date: 21-Feb

Time: 1:00 PM

Location: Palisades H

Presenter (s): Seigel Bartley, Ph.D., LPC-S, CAMS-5

Program Description: Mental health professionals can experience frustration and stress when working with clients who resist attending counseling sessions. The reasons clients present themselves as unmotivated, angry, or defiant to the therapeutic process vary in complexity. This presentation provides mental health professionals, coaches, and service providers with effective strategies, interventions, empirical techniques, and faith-based principles to facilitate a favorable therapeutic outcome when working with difficult clients.

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

- Evaluate predisposing characteristics and reasons clients present with hostile and resistant behavior towards psychotherapy.
- Demonstrate interpersonal and intrapersonal skills to mitigate the client's resistance and use the resistance to enhance the counselor's and client's therapeutic relationship.
- Analyze empirical strategies, techniques, and faith-based principles that support a positive therapeutic outcome for clients who present with a hostile disposition.

Meets NBCC Content Area: 2, 9.

Play Therapy with Clients with Anxious and Depressive Symptoms

Content Area: Play therapy

Day: Wednesday

Date: 21-Feb

Time: 1:00 PM

Location: Palisades F

Presenter (s): Lecole Sanders, LISW-C

Program Description: This interactive workshop supports and inspires therapists to think creatively as they provide services for children and adolescents. The activities discussed will help work with young clients who are being treated for a variety of clinical symptoms such as anxiety, depression, adjustment problems, and trauma. Therapists working with children and adolescents will explore creative play-based techniques using various clinical tools, familiar children's board games, books, free resources, and inexpensive materials. The strategies, games, books, and activities presented in the workshop will support and enhance the delivery of quality therapy.

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

- Identify at least three age-appropriate resources to enhance the delivery of psychoeducation within the cognitive behavioral therapy model to use with children and adolescents.
- Identify three functional materials designed explicitly for cognitive behavioral therapy and ways to modify these materials to help young clients.
- Identify three benefits of using materials they have on hand, can make, or can get creatively for little or no money to enhance service delivery. Identify and explore four useful games or books to use to improve the delivery of cognitive behavioral therapy in their work with children and adolescents.

Meets NBCC Content Area: 1

Understanding the LLR Disciplinary Process: From Filing a Complaint to Adjudication

Content Area: Ethics

Day: Wednesday

Date: 21-Feb

Time: 1:00 PM

Location: Palisades I

Presenter (s): Jennifer Jordan, Ph.D., LPC, LPC-S, Renee Dash, Ervin Bond, & Tanya Williams, LPC, LPCS

Program Description: Navigating a disciplinary action against a counselor or other LLR licensee is vital yet often poorly understood terrain. This session provides a comprehensive overview of South Carolina's LLR (Department of Labor, Licensing and Regulation) complaint resolution process against counselors and other human service professionals overseen by the Board—from incidents triggering potential actions to final determinations. Participants will gain insight into investigation, hearing procedures, and adjudication for substantive complaints while increasing literacy around regulatory processes. Clear guidance empowers both counselors and the public and encourages accountability.

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

- Illuminate common reasons for discipline and categories of complaint allegations against South Carolina counselors and human service licensees overseen by the LLR Board.
- Review process procedures step-by-step, from receipt of initial complaints through final Board orders.
- Unpack frequent misconceptions around misconduct adjudications—the burden of proof, deliberation, and sanctions, among others—to empower complainants and licensees to navigate actions.

Meets NBCC Content Area: 1,7

Evening Preconference Workshop
6:00 pm – 9:00 pm

Creative Interventions for Grief and Loss

Content Area: Clinical Mental Health Counseling

Day: Wednesday

Date: 21-Feb

Time: 6:00 PM

Location: Palisades H/I

Presenter (s): Pamela Wells, Ph.D., & Brandon Hunt, Ph.D.

Program Description: All counselors will have clients dealing with grief and loss. Grief and loss don't exclusively apply to death; many client experiences are part of a grief and loss process. Counselors may feel overwhelmed and need help with how to best work with these clients. In this presentation, we will share creative interventions on how to best work with clients experiencing grief and loss across the lifespan and how to take care of ourselves as counselors. You will leave this presentation with hands-on information you can use in your practice tomorrow- and you will also leave with some specific tips on staying grounded as a counselor.

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

- Demonstrate three creative interventions for working with clients who have experienced grief and loss. analyze their personal reactions and responses to working with clients who have experienced grief and loss, evaluate their self-care when working with clients who have experienced grief and loss

Meets NBCC Content Area: 1, 2, 9



*Take some time to relax and
unwind*

THURSDAY, FEBRUARY 22, 2024

Session 1- Opening Session

From Emotional Baggage to Self-Love Swag: A Humorous Journey Towards Healing

Content Area: Counselor Education

Day: Thursday

Date: 22-Feb

Time: 8:00 AM

Location: Palisades H/I

Presenter (s): Troy Love, M.A., LCSW

Program Description: Join Troy Love on an enlightening expedition of self-discovery. In this captivating session, attendees will delve deep into the profound influence of self-compassion on personal growth and resilience. Through Troy's engaging anecdotes and actionable insights, you'll embark on a transformative journey. Learn to confront past emotional burdens courageously, embrace vulnerability, and skillfully nurture self-compassion. The practical tools and empowering wisdom gained will empower you to navigate life with enhanced emotional well-being and authenticity. This is an unmissable voyage towards self-love and empowerment.

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

- Demonstrate practical techniques for nurturing self-compassion and emotional healing in their own lives.
- Analyze vulnerability's role in emotional healing and self-compassion, recognizing its significance in personal development.
- Appraise and apply practical strategies for addressing past emotional burdens and fostering self-compassion in their daily lives.

Meets NBCC Content Area: 2, 8

Session 2

Sticking the Landing: Successful Transitions from Clinical to Management

Content Area: Supervision

Day: Thursday

Date: 22-Feb

Time: 9:10 AM

Location: Palisades E

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

Program Description: Are you on the management track? Have you wondered about hiring employees in your private practice? Has anyone ever told you what a great clinician you are? If the answer to one or more of these questions is yes, this presentation is for you. This session will explore the qualities that make a great clinician a poor manager, the qualities that make a great clinician a great manager, and the skills needed to transition from clinical work to management successfully.

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

- Describe qualities that help great clinicians become great managers.
- Describe qualities that prevent great clinicians from becoming great managers.
- Identify the skills needed to enter a management role successfully.

Meets NBCC Content Area: 5, 8

Grief Matters

Content Area: Clinical Mental Health Counseling

Day: Thursday

Date: 22-Feb

Time: 9:10 AM

Location: Palisades F

Presenter (s): Shanelle Fields, Ph.D., LPC

Program Description: In this session, participants will explore the complexities of grief. After the last three years of having incredible loss due to COVID-19 and the increase of violence in today's society, it is essential to allow clients and us as therapists to emotionally release, accept our authentic feelings, and understand how death affects our entire being.

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

- Identify the stages of grief and the feelings that accompany each phase.
- Understand and acknowledge the mental, physical, and emotional effects of losing a loved one.
- Live and not exist in a place of sadness after a loss.

Meets NBCC Content Area: 1,3, 9

The Hip-Hop Counseling Toolkit: 10 Ways to Use Hip-Hop in Counseling Settings

Content Area: Clinical Mental Health Counseling

Day: Thursday

Date: 22-Feb

Time: 9:10 AM

Location: Palisades G

Presenter (s): Lanita Jefferson, Ph.D., LPC, LPCS & Lorin Carter, MA, LPCA

Program Description: Presenters will provide a brief discussion on using hip-hop in counseling as well as its therapeutic benefits. Presenters will provide interventions and other clinical hip-hop activities through experiential and observational learning.

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

- Implement some hip-hop interventions in their clinical settings.
- Recognize the benefits of hip-hop in counseling by understanding basic techniques through clinical skills.
- Connect hip-hop with rapport building and emotional identification, have practice with elicit meaning, and training in cultural competencies.

Meets NBCC Content Area: 3, 4, 7

Eating Disorders: Treatment & Barriers as a Recovered Clinician

Content Area: Clinical Mental Health Counseling

Day: Thursday

Date: 22-Feb

Time: 9:10 AM

Location: Palisades H

Presenter (s): Kayla King, M.Ed., LPC-A

Program Description: Eating disorders are highly misunderstood by the community, as well as the mental health field. Though the illness does have a high rate of mortality, as well as relapse, recovery is possible. Part of facilitating recovery as clinicians is learning the barriers to treatment, misunderstandings, and successful interventions for the population.

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

- Challenge past misunderstandings or stereotypes of eating disorders and demonstrate a positive outlook for recovery in their clients.
- Participants will recognize positive interventions and learn practical eating disorder recovery approaches.
- Integrate practical skills for collaborative care for treatment, the importance of a team approach for our clients, and funding options for a higher level of care.

Meets NBCC Content Area: 6, 8, 9

Beyond the Game: Effective Strategies for Improving Athlete Mental Health

Content Area: Clinical Mental Health Counseling

Day: Thursday

Date: 22-Feb

Time: 9:10 AM

Location: Palisades I

Presenter (s): David Schary, Ph.D., LPC-A

Program Description: Approximately 36 million people in the United States participate in organized sports. This substantial participation underscores the need to look beyond the fanfare to understand the mental health needs of athletes. The demands of training, pressures of competition, commercialization, and visibility of their performances can make athletes uniquely susceptible to a variety of mental health issues. This presentation provides counselors valuable insights, evidence-based techniques, and practical strategies for navigating the intricacies of working with athletes of any age. By steadfastly addressing these mental health needs, counselors can help athletes achieve peak performance and optimal mental health.

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

- Identify the psychosocial and cultural factors impacting athlete mental health.
- Understand the importance of adopting a holistic approach to athlete mental health.
- Acquire evidence-based counseling techniques tailored to athletes.

Meets NBCC Content Area: 1, 3

Motivational Interviewing for Victims of Intimate Partner Violence

Content Area: Clinical Mental Health Counseling

Day: Thursday

Date: 22-Feb

Time: 9:10 AM

Location: Palisades D

Presenter (s): Laura Craven, Ph.D., LPC, NCC

Program Description: Intimate partner violence affects 1 in 4 individuals and has significant physical and mental health implications. Therefore, counselors must identify and respond to intimate partner violence appropriately. Motivational interviewing can improve clinicians' responses to clients experiencing intimate partner violence by focusing on the client's individual goals and increasing their self-efficacy. We will present the results of a single case design research study that investigated the use of motivational interviewing with victims of intimate partner violence in South Carolina. Participants will hear about the data collected in the study, implications for future research, and implications for current practice with victims of intimate partner violence.

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

- Understand how motivational interviewing impacted counseling

outcomes for the victims of intimate partner violence who participated in the study.

- Identify ways that motivational interviewing can enhance current counseling practice when working with victims of intimate partner violence.

Meets NBCC Content Area: 1, 7

Session 3

The Ventral Vagal Therapist: the Power of Presence

Content Area: Clinical Mental Health Counseling

Day: Thursday

Date: 22-Feb

Time: 10:15 AM

Location: Palisades D

Presenter (s): Sarah Davis, M.A., LPC & Layton Frost

Program Description: Polyvagal theory offers a roadmap for connecting with our clients in deeper, more meaningful ways. In this session, you will learn how to use mindfulness, breath work (pranayama), and your powerful presence to create an environment that supports co-regulation and healing.

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

- Create a therapeutic environment that supports co-regulation.
- Demonstrate skills to guide clients into a Ventral Vagal state of connection, safety, and attunement.
- Recognize signs and cues to identify when clients are in the Ventral Vagal, sympathetic nervous system, or Dorsal Vagal Shutdown, and identify

ways to help clients move up the hierarchy to the Ventral Vagal.

Meets NBCC Content Area: 1, 9

Can Courageous Conversations Happen Virtually? Establishing a Curriculum for Facilitating Conversations about Race Virtually with Counselors in Training

Content Area: Clinical Mental Health Counseling

Day: Thursday

Date: 22-Feb

Time: 10:15 AM

Location: Palisades E

Presenter (s): Lanita Jefferson, Ph.D., LPC, LPCS, Shaneka Bynum, MA, & Ashley Waddington, Ph.D., LPC, LPCS

Program Description: This presentation will discuss the preliminary results of a Race, Equity, and Inclusion (REI) curriculum infused within a Multicultural Course through an additional virtual format outside university-required materials. Students were asked to voluntarily participate in 'Courageous Conversations' to discover if virtual platforms allow students to participate in race-based conversation more through guided 'threads.' The threads were previously chosen and included current event articles, YouTube videos, social media posts, and more, as well as posed questions to respond to openly together throughout the semester. Discussion of the curriculum, participation, and active demonstration will be discussed during the presentation.

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

- Discuss the importance of infusing REI material within cross-cultural coursework for CITs.
- Evaluate curriculum and activities completed with students in semester-long courses.

- Discuss findings of preliminary results and future directions in working with practicing and counselors in training.

Meets NBCC Content Area: 3,8

Nine Ethical Values of Master Therapists

Content Area: Ethics

Day: Thursday

Date: 22-Feb

Time: 10:15 AM

Location: Palisades F

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

Program Description: Studying best practices can involve studying the best practitioners. A snowball sampling approach was used to identify a group of 10 therapists – holding various licenses – recognized by their professional peers as “master therapists.” This presentation focuses on the ethical commitments of these “best of the best” therapists.

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

- Describe the ethical commitments of master therapists.
- Use insight from these values to enhance their self-care.
- Identify practical ways this ethical perspective improves their working and therapeutic relationship with their clients.

Meets NBCC Content Area: 1, 8

An Untapped Resource: Harnessing Health Behaviors to Improve Mental Health

Content Area: Clinical Mental Health Counseling

Day: Thursday

Date: 22-Feb

Time: 10:15 AM

Location: Palisades G

Presenter (s): David Schary, Ph.D., LPC-A

Program Description: In our dynamic world, mental health and health behaviors are interconnected, influencing each other profoundly. There is a growing body of evidence showing their reciprocal solid relationship. Yet, from the intake to the treatment plan, health behaviors are often minimized in the counseling process, potentially undermining treatment and reducing positive outcomes. This presentation will explore the connection between mental health and health behaviors like exercise, nutrition, sleep, and screen time. Counselors will gain practical strategies to integrate these factors into their treatment plans, unlocking new dimensions of therapeutic success.

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

- Identify the societal and cultural factors negatively influencing health behaviors.
- Understand the relationship between mental health and health behaviors.
- Acquire evidence-based strategies to integrate health behaviors into their counseling practices.

Meets NBCC Content Area: 1, 3, 9

Dialectical Skills Groups in Schools

Content Area: School Counseling

Day: Thursday

Date: 22-Feb

Time: 10:15 AM

Location: Palisades H

Presenter (s): William Schofield, Ed.S., & Joy Schofield, MSW, LMSW

Program Description: Emotional distress negatively impacts students' ability to learn

and educators' ability to perform effectively. Individuals with the necessary skills to remain regulated, participate in healthy relationships, and respond positively to hardships (resilience) are likelier to thrive. The 28,000-student Hall County School District has developed and is utilizing a unique Tier-2 skills-based curriculum and facilitator training program showing encouraging results. Last school year, over 1,100 middle and high school students participated in the groups, and adults within the district are now asking and participating in groups of their own.

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

- Evaluate the potential of providing Tier-2 self-regulation/relationship/resilience (Dialectical Skills Groups) skills groups to their middle and high school students.
- Create a school or district plan for training DSG facilitators and offering Tier-2 skills to their students.
- Evaluate their school's current emotional wellness interventions and determine if they have sufficient support at Tier 2.

Meets NBCC Content Area: 1, 4

Building Multicultural Awareness and Preparation Towards the Application of Diagnosis and Assessment: A Quasi-Experimental Design

Content Area: Supervision

Day: Thursday

Date: 22-Feb

Time: 10:15 AM

Location: Palisades I

Presenter (s): Ashley Waddington, Ph.D., LPCS, LPC

Program Description: This presentation will discuss the preliminary results of two multicultural lessons infused within a Diagnosis and Assessment course to enhance discussion among students and challenge implicit biases of students prior to professional work.

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

- Understand the importance of challenging implicit biases for counselors in training.
- Demonstrate activities with participants to use with counselors in training and staff to challenge implicit biases.
- Discuss findings of preliminary results and future directions in working with practicing and counselors in training.

Meets NBCC Content Area: 1, 3, 6



Keynote and Awards Luncheon Lisa Laughman, LMSW Scaling Resilience Education for Individual Organization and Community Change

Time: 11:20

Location: Palisades A, B, C

Program Description: This session will introduce participants to the Spartan Resilience Training Model used at Michigan State University to harness the vital skill-building people gain in counseling and make it accessible for people across an organization or community. Scaling resilience education creates greater access to life-enhancing skills and reduces the burden on existing care systems.

Session 4

Balancing The Complexity of Social Media in Counselors' Worlds

Content Area: Ethics

Day: Thursday

Date: 22-Feb

Time: 1:00 PM

Location: Palisades D

Presenter (s): Sandra Penn, Ph.D.,
LCMHC, RPT

Program Description: For many people, social media usage consumes a significant portion of their daily life and mental energy. As such, research shows that social media has changed the relational landscape, with many humans actively participating in both virtual and real-world communities. For counselors and counselor trainees, intentional dialogue is needed to explore the socio-cultural impact of social media usage in both the professional and personal domains. To address this evolving technology, the presenters will review the guidance on professional and ethical social media usage for counselors, counselor

trainees, and counselor educators and apply this guidance to case studies and social media trends within the counseling community.

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

- Explore the evolving world of social media, its cultural significance, and ramifications in counselors' world
- Outline two benefits of social media in counselors' and counselor trainees' environments
- Discuss cases and ethical quandaries linked to social media and the counselor's or counselor trainees' method of inquiry

Meets NBCC Content Area: 3, 8

An EFCT-Based Approach to Repairing the Marriage Bond Following Infidelity

Content Area: Marriage and family therapy

Day: Thursday

Date: 22-Feb

Time: 1:00 PM

Location: Palisades E

Presenter (s): Theresa Allen, Ph.D., LPC,
NCC

Program Description: The wound of infidelity to one's perceived secure attachment often leaves both the offending and nonoffending partners dealing with traumatic reactions, including depression, anxiety, hypervigilance, loneliness, shame, and despair. Emotionally Focused Couples Therapy (EFCT) is an empirically based treatment that has demonstrated positive outcomes in repairing attachment injury. This presentation will discuss the efficacy of utilizing EFCT as an effective psychotherapy treatment for couples recovering from infidelity. It will analyze the three stages of EFCT, describe integrated interventions that are value-driven and structured for working with couples, and provide an attachment repair model for a therapist to be clinically sound and spiritually attentive in recovery work with couples.

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

- Acquire statistical data on the domino repercussions of infidelity and analyze the biopsychosocial-spiritual risk factors of infidelity to examine and process the breakdown of marriages.
- Describe the three primary stages of EFCT and recognize the efficacy of utilizing it as an effective treatment for couples recovering from infidelity.
- Utilize a spiritually integrated EFCT-based attachment repair model, including value-driven interventions that can be incorporated into a treatment plan.

Meets NBCC Content Area: 1

Well-being Essentials

Content Area: Clinical Mental Health Counseling

Day: Thursday

Date: 22-Feb

Time: 1:00 PM

Location: Palisades F

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

Program Description: Human flourishing is at the heart of every counselor's work. Research studies demonstrate that experiences of gratitude, awe, social support, flow, and positive emotions effectively increase well-being. In this presentation, counselors will learn the PERMA model for well-being and targeted clinical interventions to improve client flourishing.

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

- Identify a research-based model to improve client well-being.
- Evaluate the multidimensional aspect of well-being.
- Apply techniques that will enhance client growth and flourishing.

Meets NBCC Content Area: 1

Building a Strong Leadership Team, Counselors Included

Content Area: School Counseling

Day: Thursday

Date: 22-Feb

Time: 1:00 PM

Location: Palisades G

Presenter (s): Mark Rhoden, Ed.S., School Administrator

Curwood Dillingham M.Ed.

Program Description: Presenters will share the dynamics of the school leadership team from Indian Land Middle School. We will discuss the importance of including a variety of stakeholders and the roles and responsibilities of each member to ensure every student has the opportunity to be successful.

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

- Analyze the effectiveness of their current school leadership team.
- recognize characteristics of a student-centered leadership team
- Develop strategies to improve their school leadership team

Meets NBCC Content Area: 4

Nurturing Resilience: Empowering Counselors with Self-Care through Breathwork, Yoga, Meditation, and Mindfulness

Content Area: Counselor Education

Day: Thursday

Date: 22-Feb

Time: 1:00 PM

Location: Palisades H

Presenter (s): Malai Roper, Ed.S., RYT, CMT, RMT, LMT

Program Description: This presentation empowers counseling professionals with practical self-care techniques that enhance their well-being and resilience. In the demanding field of counseling, it's crucial to prioritize self-care to maintain a healthy work-life balance and effectively support clients. We will explore the transformative power of breathwork, yoga, meditation, and mindfulness in reducing stress, preventing burnout, and fostering emotional resilience. This session will give attendees valuable insights, actionable strategies, and a renewed sense of purpose to enhance their personal and professional lives. Join us on the journey toward self-care and self-discovery.

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

- incorporate breathwork techniques, practice yoga for physical and mental well-being

- engage in meditation for increased focus and relaxation
- apply mindfulness strategies to manage their self-care effectively

Meets NBCC Content Area: 9

Infusing Creativity and AI in Counseling

Content Area: Clinical Mental Health Counseling

Day: Thursday

Date: 22-Feb

Time: 1:00 PM

Location: Palisades I

Presenter (s): Cat Vincent, Ed.D, LPC, LPCS-S, LMHC & Josh Vincent, MFA

Program Description: The ACA Code of Ethics and our multicultural competencies reinforce counselors' need to have a diversity of theoretical approaches and interventions to meet diverse client needs. Creativity in counseling allows the counselor to individualize case conceptualization and treatment planning. Art in therapy has been found to be applicable to many specialized populations. Participants will engage in two experiential creative interventions infusing art artificial intelligence (AI) as a new therapeutic tool in this presentation.

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

- Analyze their own existing creative counseling practices.
- Explain the benefits of infusing creativity in counseling from a multiculturally attuned framework.
- Share results from quantitative analysis and model used, and discuss future directions of clinical reasoning in the field.

Meets NBCC Content Area: 1, 6, 7

Don't Let Documentation Be a Bully

Content Area: Ethics

Day: Thursday

Date: 22-Feb

Time: 1:00 PM

Location: West Ballroom (2nd floor mezzanine in hotel)

Presenter (s): Beth Wilson

Program Description: This session dispels myths and empowers counselors around documentation best practices focusing on the imperatives of audit compliance. Participants will learn standardized protocols for complete, timely records that stand up to regulatory scrutiny. Expert perspectives on infractions to avoid and exemplars across treatment settings will clearly define policy-congruent note principles while strengthening safeguards for counselors and clients alike.

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

- Attain documentation integrity- Your documentation can prove that you did the work and it's not a forgery- The content of your notes and how this can help in an audit.
- Create collaborative documentation: what this looks like and how it can help you save time on documentation.
- Differentiate between clinical service notes vs. psychotherapy notes: Simplify the process and what you have to share if you receive a record request or subpoena.

Meets NBCC Content Area: 1, 8, 9

Session 5

Trauma-Informed Supervision

Content Area: Supervision

Day: Thursday

Date: 22-Feb

Time: 2:05 PM

Location: Palisades D

Presenter (s): Amanda Brown, M.S., LPC, LPCS, CMHC, NCC, MAC, LAC

Program Description: Clinical Supervision is an essential component of practical training for counselors. This presentation will go over the components of effective trauma-informed supervision as well as how to integrate trauma-informed supervision into other supervision models. This presentation is designed for those who supervise clinicians (students or post-master's).

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

- Identify the core concepts of trauma-informed supervision.
- Understand why a trauma-informed supervision approach is essential for supervisors to learn about.
- Integrate a trauma-informed approach to their supervision with other supervision models.

Meets NBCC Content Area: 1, 8, 9

Integrating Mindfulness with Faith-based Counseling

Content Area: Clinical Mental Health Counseling

Day: Thursday

Date: 22-Feb

Time: 2:05 PM

Location: Palisades E

Presenter (s): Jessica Freeman, Ph.D., LPC

Program Description: Mindfulness is a hot topic these days, and rightfully so. A mindfulness practice is shown to reduce depression and anxiety symptoms in its participants. But what if you or your client comes from a different religious background?

Can you fuse mindfulness within faith-based practice outside of the Buddhist tradition? Yes! During this presentation, we will learn the basic principles of mindfulness and discuss how to blend mindfulness with a faith-based practice.

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

- Recognize the basic concepts of a mindfulness-based practice.
- Evaluate how mindfulness can be incorporated with faith-based counseling outside the Buddhist tradition.
- Demonstrate mindfulness techniques blended with faith-based counseling.

Meets NBCC Content Area: 1

Supporting LGBTQ+ Students in Schools

Content Area: School Counseling

Day: Thursday

Date: 22-Feb

Time: 2:05 PM

Location: Palisades F

Presenter (s): Jennifer Hall, Ph.D., LPC, LPCS, RPT

Program Description: This presentation will discuss current challenges LGBTQ+ students face within the educational system. Research-based interventions and best practices for school counselors to support LGBTQ+ students in school will be discussed along with the ASCA ethical codes. Participants will have the opportunity to share what they are currently doing now to support LGBTQ+ students, given the current political climate in South Carolina. Resources and ideas for supporting this population in the MTSS framework will also be shared.

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

- Discuss challenges and research-based evidence that debunks myths and misconceptions that LGBTQ+ students face
- Discuss ASCA ethical codes and applicable laws that impact supporting LGBTQ+ students,
- Identify at least three interventions they can implement within the MTSS framework to support the academic and emotional growth of LGBTQ+ students.

Meets NBCC Content Area: 3

Addiction Begins with A: The ABCs of SUDs

Content Area: Substance abuse/addictions

Day: Thursday

Date: 22-Feb

Time: 2:05 PM

Location: Palisades G

Presenter (s): NaKendra Kinard, M.S., LISW-CP/S, LPC/S, LAC/S, MAC, CS

Program Description: This presentation will give participants a basic understanding of addiction, the classifications of substances and the criteria for substance use disorders, the stages of change, and its impact on recovery. Participants will also learn how to access resources for individuals struggling with substance misuse.

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

- Examine the DSM-V TR diagnostic criteria for Substance Use Disorders.
- Identify evidence-based practices for working with individuals with substance misuse.
- Determine appropriate resources for individuals seeking treatment for substance use.

Meets NBCC Content Area: 1, 6

Wounded in the Church: Exploring Church Hurt in the Black Church and Its Implication for Counselors

Content Area: Clinical Mental Health Counseling

Day: Thursday

Date: 22-Feb

Time: 2:05 PM

Location: Palisades H

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

Program Description: Church hurt is a religious phenomenon that has gained more acknowledgment and discussion in social media and the church world. Within the past decade, the research has extended to exploring church hurt within the Black church. This presenter will explore the complexity of church hurt, providing a historical context of the Black church. The clinical significance and implications for treating Black clients will be discussed.

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

- Describe the concept of church hurt
- Identify subsets within the Black church that are vulnerable to exploitation and abuse
- Discuss treatment needs for Black clients wounded by their congregation or church leadership.

Meets NBCC Content Area: 3, 9

Playful EMDR

Content Area: Play therapy

Day: Thursday

Date: 22-Feb

Time: 2:05 PM

Location: Palisades I

Presenter (s): Christie Rogers-Larke, Ed.D., LPCS

Program Description: Participants will examine the modification and integration of adaptive strategies for different phases of the EMDR process—a brief examination of autonomic responses and how they can impact EMDR for children and the neurodiverse. Play therapy methods will be shared to increase processing with children.

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

- Be aware of the 8 phases of EMDR and adaptations to children and other specialized populations. Demonstrate at least three different play therapy interventions to work effectively with children.
- Appraise behaviors through a lens of neuro-system activation.

Meets NBCC Content Area: 1, 7, 8

Graduate Student Poster Session (No CE's given)

Neuroscience-Informed Cognitive Behavioral Therapy: A Novel Psychotherapeutic Approach within Counseling

Content Area: Clinical Mental Health Counseling

Day: Thursday

Date: 22-Feb

Time: 3:05 PM

Location: Palisades Hallway

Presenter (s): La Prince Conyers, M.A., CIT

Program Description: Neuroscience-informed Cognitive Behavioral Therapy (n-CBT) is a novel scientific approach that enhances the efficacy of traditional cognitive behavioral therapy (CBT). CBT is a well-

established psychotherapy method that helps individuals modify maladaptive or distressing thoughts. Still, it can often neglect the underlying neuroscience and physiological mechanisms associated with those thoughts. This poster presentation will elucidate the neuroscientific foundations of n-CBT through three objectives: 1. Explaining what n-CBT is and how it differs from traditional CBT, 2—showing evidence for n-CBT's effectiveness in treating disorders such as anxiety and depression, and 3—offering recommendations for mental health counselors on how to implement it in their practice.

Cultivating Clarity: Navigating Cultural Dissonance through Reflection and Conceptual Engagement

Content Area: Clinical Mental Health Counseling

Day: Thursday

Date: 22-Feb

Time: 3:05 PM

Location: Palisades Hallway

Presenter (s): Whitley Floyd, B.S.

Program Description: In their social-cultural course, graduate students encounter the dual challenge of comprehending intricate theoretical frameworks and understanding diverse perspectives. This presentation underscores the pivotal role of self-reflection in unraveling these complexities, urging participants to engage deeply with the material. Central to this exploration is a commitment to respect for diverse viewpoints, cultural richness, and each student's unique journey. Through interactive sessions, including a panel discussion where graduate students share reflections, attendees will embark on a transformative journey of introspection.

Contending with Racial Disparity in the Counseling Field

Content Area: Clinical Mental Health Counseling

Day: Thursday

Date: 22-Feb

Time: 3:05 PM

Location: Palisades Hallway

Presenter (s): Courtney Franklin, B.A.

Program Description: One of the pitfalls in the mental health field is the racial disparities within it. The push for cultural sensitivity/multiculturalism has helped deter this setback, but it still exists in many forms. This presentation will discuss how racial disparities take root in the counseling field, how they affect minority clients, and how they affect the counselor's abilities. It will expand on the benefits of teaching multiculturalism and how to tailor it toward practical skills to work with minority groups.

Internal Family Systems

Content Area: Clinical Mental Health Counseling

Day: Thursday

Date: 22-Feb

Time: 3:05 PM

Location: Palisades Hallway

Presenter (s): Layton Frost

Program Description: I will present a poster board discussing the aspects of IFS and its impact on clients when correctly executed.

The Aversion to Reporting Sexual Victimization of Men Within Correctional Facilities

Content Area: Clinical Mental Health Counseling

Day: Thursday

Date: 22-Feb

Time: 3:05 PM

Location: Palisades Hallway

Presenter (s): Caitlyn Fusco, B.A.

Program Description: The purpose of this poster is to shine a light on a topic in the counseling and psychological world that has been kept in the dark for too long. Whether it be because of the internal biases against offenders that can exist in practicing counselors, or the general hands-off, out of sight out of, mind approach that many take regarding our prison systems, the prison rape epidemic is rampant and in need of attention. This presentation will explore and analyze the current literature regarding the sexual victimization of men in the United States prison systems and the factors contributing to their aversion to reporting.

The Use of Artificial Intelligence Technology in Counseling

Content Area: Clinical Mental Health Counseling

Day: Thursday

Date: 22-Feb

Time: 3:05 PM

Location: Palisades Hallway

Presenter (s): Rachel Hanoka, B.S.

Program Description: Artificial Intelligence Technology (AI) is showing promise as a means of providing counseling services to a broader population. AI can be used to aid in the diagnosis and treatment of mental health disorders. This technology can also be used to provide treatment to otherwise inaccessible populations. What exactly does this mean for the future of counseling? This presentation will discuss how artificial intelligence can be utilized by counselors to benefit clients and highlight the potential concerns associated with the use of AI in the counseling setting.

Opposing Effects of Cannabinoids on Emerging Adult's Mental Health

Content Area: Substance abuse /addictions

Day: Thursday

Date: 22-Feb

Time: 3:05 PM

Location: Palisades Hallway

Presenter (s): Katie McClure, B.A. & Skylar Burch, B.A.

Program Description: Over the past few years, there has been a rise in the number of emerging adults who rely on cannabinoids to act as a replacement SSRI. Some cannabinoids produce effects similar to SSRIs. This can lead to individuals establishing a coping mechanism used to ease the impacts of depression, anxiety, their symptoms, and many more things that SSRIs treat. In our presentation, we will cover the types of cannabinoids, the pros and cons of cannabinoid use, cannabis use disorder, differences in cannabinoids and SSRIs, and other selected topics.

Effectiveness of Harm Reduction Treatment (HaRT-A) on the Homeless Population with Alcohol Use Disorder

Content Area: Substance abuse /addictions

Day: Thursday

Date: 22-Feb

Time: 3:05 PM

Location: Palisades Hallway

Presenter (s): Dustin Simon, B.S.

Program Description: From the beginning of time, individuals have consumed alcohol in small and large quantities. However, with too much consumption, many of these individuals have experienced its adverse effects, proving to be harmful or even deadly. Until recently, studies have shown that one group that has been frequently overlooked is the homeless population. Thankfully, researchers are beginning to take an interest in finding ways to help this group of people. Several studies have been conducted within the past ten years that have focused on a newly developed Harm Reduction Treatment for homeless individuals experiencing Alcohol Use Disorder (HaRT-A). The presented poster will help addiction

counselors understand the results of current research that has been done on Harm Reduction Treatment for homeless individuals, explain the potential limitations and risks of recent HaRT-A studies, and recognize the need for more research in the future.

Session 6

Evidence-Based Practices for First Responders Care

Content Area: Clinical Mental Health Counseling

Day: Thursday

Date: 22-Feb

Time: 3:35 PM

Location: Palisades D

Presenter (s): Samantha Guber, Ed.D., LPC, ACS & Cat Vincent, EdD, LPC, LPC-S, LMHC

Program Description: For the last four years, First Responders have been at the forefront of our care and crises without the opportunity for much respite. First Responders are survivors of critical incidents but are traditionally not categorized as “survivors” due to their role in the event. First Responders have been repeatedly exposed to various complex and traumatic experiences during many COVID variations and unprecedented deaths. COVID aside, historically, First Responders have faced higher rates of PTSD compared to the general population. This presentation will discuss historical, current, and future trauma resilience treatment for first responders.

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

- Analyze historic treatments for first responders who experience trauma and their levels of effectiveness.

- Discuss the latest best practices for applying clinical treatments with first responder clientele.
- Describe current and future research for trauma resilience for first responders.

Meets NBCC Content Area: 1,6

Introduction To Ecosystemic Play Therapy

Content Area: Play therapy

Day: Thursday

Date: 22-Feb

Time: 3:35 PM

Location: Palisades E

Presenter (s): Jerlinda Anderson LPCS, RPT, ACS

Program Description: Ecosystemic play therapy is a seminal theory recognized by the Association for Play Therapy. This presentation will briefly overview Ecosystemic play therapy's history, core tenets, procedure, and logistics.

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

- Describe the history and use of Ecosystemic play therapy.
- Identify the core tenets of Ecosystemic play therapy.
- Identify and demonstrate Ecosystemic play therapy strategies.

Meets NBCC Content Area: 1, 6

Raising the Next Generation

Content Area: Supervision

Day: Thursday

Date: 22-Feb

Time: 3:35 PM

Location: Palisades F

Presenter (s): Katherine DeWitt, Ph.D., LPCA, Mac Caldwell, LPCS, & Aubrey Sejuit, PhD, LMSW

Program Description: This presentation discusses the importance of raising the next generation of counselors into advocacy roles and developing their expertise as clinicians.

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

- Identify the barriers to new clinicians developing confidence in expertise and professional growth.
- Identify tools and resources to support new clinicians' professional development and clinical expertise.
- Identify specific ways to support a new clinician in professional development or how they can grow in their own development.

Meets NBCC Content Area: 8

Counseling Grief and Loss in The Face of Traumatic And Sudden Death Due To Tragic Events

Content Area: Clinical Mental Health Counseling

Day: Thursday

Date: 22-Feb

Time: 3:35 PM

Location: Palisades G

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

Program Description: This session is being presented as an open presentation of ideas on interventions that may be implemented with clients who have experienced sudden and tragic losses due to unexpected and sometimes mass tragedies

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

- Thoroughly define the differences between typical grief and loss and grief and loss resulting from sudden and traumatic events.
- Identify characteristics of clients suffering from symptoms of tragic grief and loss.
- Join in a discussion that highlights and introduces interventions considered most effective when counseling extraordinary types of grief and loss.

Meets NBCC Content Area: 6, 9

From Burnout to Balance: A Toolkit for Increasing Self-compassion, Attachment Security, and Emotion Regulation

Content Area: Clinical Mental Health Counseling

Day: Thursday

Date: 22-Feb

Time: 3:35 PM

Location: Palisades H

Presenter (s): Holly Johnson, Ph.D., LCMHCS; NCC & Anita Knight Kuhnley, PhD, LPC, AAI

Program Description: Counselor burnout is an all-too-common phenomenon, yet balancing clinical work, continuing education, and life responsibilities can be an ongoing challenge. Our research has revealed a practice that may help buffer against the assault of counselor burnout. We have found that as counselors increase their trait-based emotional intelligence, their levels of counselor burnout decrease. We have worked with a team of researchers to develop the Teleological Emotional Intelligence and Self-compassion Training and to measure the impact of this research-based curriculum on counselors in training. In this workshop, we will share a tool kit of activities associated with increased self-compassion, gains in emotional intelligence,

increased attachment security, and decreased burnout.

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

- Identify the link between counselor burnout, emotional intelligence, empathy, self-compassion, and attachment.
- Apply a tool kit of research-based interventions to promote counselor emotional intelligence/emotion regulation.
- Engage in and facilitate for clients an intervention to promote emotion regulation and attachment security.

Meets NBCC Content Area: 1, 7, 9

Working With Diverse Population: LGBTQ+

Content Area: Marriage and family therapy

Day: Thursday

Date: 22-Feb

Time: 3:35 PM

Location: Palisades I

Presenter (s): Stephanie McMillan, Ph.D., LPC

Program Description: Using two treatment modalities, Multidimensional Family Therapy and Play Therapy, will provide a framework for professionals to utilize when working with the LGBTQ+ population.

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

- Promote cultural humility amongst professionals when working with a person who identifies as LGBTQ+. At the conclusion of this session, participants understand the difference between cultural humility and cultural competence.

- Encourage inclusivity of the LGBTQ+ population through more inclusive language and practices. At the conclusion of this session, participants will have an understanding of pronoun usage and other language associated with the LGBTQ+ community.
- Gain an understanding of an integrative approach to working with the LGBTQ+ population using Multidimensional Family Therapy and Play Therapy across the life span. At the conclusion of this session, participants will have a basic framework as a resource to utilize in their own practices.

Meets NBCC Content Area: 1, 2, 3

Essential Skills for Including Parents in Play Therapy

Content Area: Play therapy

Day: Thursday

Date: 22-Feb

Time: 3:35 PM

Location: West Ballroom (2nd floor mezzanine in hotel)

Presenter (s): Corey Riley, M.Ed., LPC

Program Description: This session will provide an overview of Child-Parent Relationship Therapy (CPRT) for use as an alternative to traditional one-on-one play therapy. Essential concepts of CPRT will be discussed in order to equip counselors with the knowledge and skills to use CPRT in working with children and their families.

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

- Implement A CPRT Framework In Individual Counseling With Children And Their Caregivers.

- Articulate The Foundational Concepts Of CPRT To Parents Prior To Treatment.
- Identify Presenting Problems That Are Best Suited For Using CPRT.

Meets NBCC Content Area: 12

Session 7

Coping, Resilience, and Family Resilience within the LGBTQ+ population: Results from a Systematic Review

Content Area: Clinical Mental Health Counseling

Day: Thursday

Date: 22-Feb

Time: 4:40 PM

Location: Palisades D

Presenter (s): Lizzy Combs, M.A.,

Program Description: Despite the overwhelming amount of literature that purports that engaging in strengths-based frameworks for counseling, research, and teaching is important, particularly for disadvantaged minority groups, there is an underwhelming amount of literature on the strengths of the LGBTQ+ population. This systematic review examined the literature from 1978 to 2023 regarding resilience, family resilience, and coping for the LGBTQ+ population. Results suggest that while some studies indicate that concepts such as coping, resilience, and family resilience may be important when looking at factors such as LGBTQ+ health, more studies are needed to fill in the gaps in the literature. Clinical implications will also be discussed.

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

- Articulate The State Of The Current Literature For Coping, Resilience, And

Family Resilience Within The LGBTQ+ Population.

- Identify The Health Implications For Coping, Resilience, And Family Resilience Within The LGBTQ+ Population.
- Create Clinical Strategies Based Upon The Implications Of The Results Of this Systematic Review.

Meets NBCC Content Area: 3, 7

Promoting Therapeutic Alliance Via Advanced Attending Skills

Content Area: Clinical Mental Health Counseling

Day: Thursday

Date: 22-Feb

Time: 4:40 PM

Location: Palisades E

Presenter (s): Guy Ilagan, Ph.D., LPC, LPCS, NCC & Car Noda Joseph

Program Description: Therapeutic alliance is of the utmost importance in our work. Car, Joe, and Guy will offer a primer/refresher on rapport building, featuring practice opportunities and an overview of habits that promote connection. Join us for this lively, upbeat session on the art of active listening and facilitation.

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

- Engage advanced empathy skills to promote therapeutic alliance.
- Demonstrate interpersonal warmth via verbal and non-verbal behavior.
- Use reflection and minimal encouragers to facilitate client disclosures.

Meets NBCC Content Area: 1, 6

Play Therapy and MTSS

Content Area: Play therapy

Day: Thursday

Date: 22-Feb

Time: 4:40 PM

Location: Palisades F

Presenter (s): Jennifer Ramieri, M.Ed., LPCS, LCMHCS, RTPS, NCC, BC-TMH

Program Description: Information about integrating play therapy with MTSS in schools will be presented. Examples for K-12 usage, as well as examples of how counselors in private practice can contribute to overall student success, will be provided. Discussion will be encouraged about how counselors are currently thinking about play therapy in conjunction with school success.

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

- Recognize the benefits of integrating play therapy with MTSS.
- Create play therapy-based activities that will be useful to student success.
- Analyze different play therapy techniques with MTSS in mind.

Meets NBCC Content Area: 2, 4, 7

Using the Conflict and Control Relationship Scale (CCC-RS) in assessing for Intimate Partner Violence

Content Area: Clinical Mental Health Counseling

Day: Thursday

Date: 22-Feb

Time: 4:40 PM

Location: Palisades H

Presenter (s): Annette Skeen, M.A., LPC

Program Description: Intimate Partner Violence (IPV) victims are likely to suffer from mental health conditions, such as

depression, anxiety, substance abuse, post-traumatic stress disorder, and suicidality.

Furthermore, IPV between couples affects the whole family. The Continuum of Conflict and Control-Relationship Scale (CCC-RS) is a 10-item measure in which participants rate their behaviors and those of their partner. Items include behaviors ranging from controlling behaviors to conflict resolution behaviors.

The use of the CCC-RS can assist counselors with the identification of the correct intimate partner typology, leading to the most appropriate and effective treatment of an individual or couple. This session will discuss clinical and training implications of the CCC-RS.

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

- Acquire knowledge about the prevalence of IPV and its negative impacts on individuals, families, and children.
- Acquire knowledge about the Continuum of Conflict and Control-Relationship Scale (CCC-RS) and how to discriminate and measure between typologies of intimate partner violence.
- Use the CCC-RS to inform safe and appropriate treatment for both men and women in counseling settings.

Meets NBCC Content Area: 1, 6, 7

The Contribution Of Self-Efficacy and Counselor Biases Effects on Clinical Reasoning in New Counselors

Content Area: Counselor Education

Day: Thursday

Date: 22-Feb

Time: 4:40 PM

Location: Palisades I

Presenter (s): Ashley Waddington, Ph.D., LPCS, LPC

Program Description: This presentation will share results on the contributing factors of clinical reasoning in mental health diagnosis of counselors in training and how self-efficacy in diagnosis skills, as well as counselor biases, contribute to clinical reasoning processes. A model will be presented and discussed to share the statistical significance of factors that contribute to the clinical reasoning process in CITs.

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

- Introduce the clinical reasoning process to mental health diagnoses as there is a lack of research on contributing factors of new counselors' diagnostic training.
- Examine the relationships between self-efficacy and uncertainty with diagnosis and counselor bias and uncertainty with diagnosis as a clinical reasoning process in new counselors.
- Share results from quantitative analysis and model used, as well as discuss future directions of clinical reasoning in the field.

Meets NBCC Content Area: 6, 7, 8

Ethics in Counseling: Learning from Past and Present Disciplinary Actions

Content Area: Supervision

Day: Thursday

Date: 22-Feb

Time: 4:40 PM

Location: Palisades G

Presenter (s): Tanya Williams, LPC, LPCS, Jennifer Jordan, Ph.D., LPC, LPC-S, Renee Dash, & Ervin Bond

Program Description: In this session, we will delve into real-life case studies of ethical violations and the resulting disciplinary actions in the field of counseling. By examining these cases, we will gain valuable insights and lessons that can inform our own ethical practices. Through a combination of interactive discussions and group activities, participants will have the opportunity to analyze the ethical dilemmas presented in each case and explore alternative courses of action.

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

- Understand the consequences of ethical violations: By studying past disciplinary actions, participants will gain a deeper understanding of the potential consequences of ethical violations in counseling practice. We will explore the impact on both the clients and the professionals involved.
- Identify common ethical challenges: Through the analysis of case studies, participants will identify common ethical challenges faced by counselors. We will discuss issues such as confidentiality breaches, boundary violations, conflicts of interest, and cultural competence.
- Develop strategies for ethical decision-making: Participants will learn practical strategies for navigating ethical dilemmas and making informed decisions. We will explore ethical decision-making models and discuss the importance of consultation and supervision in maintaining ethical standards.

Meets NBCC Content Area: 1, 8, 9

FRIDAY, FEBRUARY 23, 2024

Presidential Breakfast and Business Meeting Mitigating Secondary Traumatic Stress Among Counselors

Time: 8:00 AM

Location: Palisades A, B, C

Presenter (s): Guy Ilagan, Ph.D., LPC, LPCS, NCC

Program Description: Secondary Traumatic Stress (STS) is a serious form of emotional distress that can affect counselors who assist clients with firsthand trauma experiences. The symptoms can appear as fatigue or illness, cynicism, irritability, reduced productivity, feelings of hopelessness, anger, despair, sadness, nightmares, intrusive thoughts about the traumatic events heard, anxiety, and avoidance of people or activities. The good news is that current research shows specific ways counselors can mitigate STS.



Graduate Student Special Sessions:

Getting Licensure in South Carolina: A Step-by-Step Guide with Kasey Ennis and Dr. Jennifer Jordan

Time: 10:00 AM

Location: West Ballroom (2nd floor in hotel)

Exploring Supervisory Styles: Insights from Statewide Supervisors to Help You Find Your Perfect Match

Moderated by Kasey Ennis

Time: 11:15 AM

Location: West Ballroom (2nd floor in hotel)

Time: 10:00 AM

Location: Palisades D

Presenter (s): Michelle Harrison, Ph.D., LPCC-S, LPC, NCC

Program Description: This presentation will provide an overview of human trafficking for clinical counselors. The overview will include identifying the various types of trafficking and where, how, and why it occurs, debunking common myths associated with human trafficking, and highlighting South Carolina law specific to human trafficking. Also, identifying risk factors and recognizing behavioral indications of students at school who are at risk of being trafficked will be covered. Evidence-based clinical practices that aid individuals in healing from being traumatized and victimized by this criminal act will be highlighted. Additional resources to further equip clinical counselors will be provided.

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

Session 8

Human Trafficking: Equipping Clinical Counselors

Content Area: Clinical Mental Health Counseling

Day: Friday

Date: 23-Feb

- Recognize and respond to signs of human trafficking.
- Identify evidence-based clinical practices that may aid individuals who have been trafficked in their healing journey.
- Acquire information about the laws in South Carolina that are specific to human trafficking.

Meets NBCC Content Area: 1, 3

Bending but not Breaking: Healthy Responses to Trauma for Teens

Content Area: Clinical Mental Health Counseling

Day: Friday

Date: 23-Feb

Time: 10:00 AM

Location: Palisades E

Presenter (s): Anthony Hill, Ph.D., LISW-CP
Aubrey L. Sejuitt, PhD, LISW-CP, LCAS, &
Chloe Smith, MSW

Program Description: In response to a surge of teen suicides in the same community, social work faculty and students at Winthrop University developed Project Resilience, a community-based resilience initiative. Project Resilience prepares teens and young adults to tap into inner strengths and family and community resources when exposed to a traumatic event.

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

- Recognize how Project Resilience prepares teens and young adults to tap into their inner strengths and family and community resources after exposure to stress or trauma.
- Analyze the key principles of Project Resilience: Vision, Creativity, Community, and Self-Righting.
- Evaluate Project Resilience training.

Meets NBCC Content Area: 1, 2, 9

The World of Psychedelics and Ketamine

Content Area: Clinical Mental Health Counseling

Day: Friday

Date: 23-Feb

Time: 10:00 AM

Location: Palisades G

Presenter (s): David Pelley, M.A., LPC-A &
Dr. Yevgeniy Gelfand, Ph.D.

Program Description: Various entities throughout the world are now touting the successes of psychedelics for treating and possibly curing tough-to-treat issues and in some cases end of life anxiety. Journey with us as we discuss the use of psychedelics, substances used in clinical trials, and the schedule III drug that has changed the way we look at depression.

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

- Demonstrate a more in-depth understanding of the definition of a psychedelic and how psychedelics are being utilized in psychotherapy.
- Evaluate the effectiveness of the clinical trials and the outcomes thus far for psychedelics.
- Recognize and respond with a measure of knowledge as to what a schedule III drug is, and what drug in the psychedelic class falls under schedule III.

Meets NBCC Content Area: 1, 2, 9

Bullying & Incivility in Higher Education: How to Create an Inclusive Culture within Counselor Education Programs

Content Area: Counselor Education

Day: Friday

Date: 23-Feb

Time: 10:00 AM

Location: Palisades H

Presenter (s): Bitá Rivas, Ed.D., LPC, LPCC, LMFT, ACS, NCC, MAC & Anthony Rivas, Ed.D., LAC

Program Description: Bullying among academics, while one of the highest rates of workplace bullying, remains to be understudied as a topic limiting our understanding of it. It is primarily addressed as interpersonal conflict, as opposed to an experience that is integrated into the culture of an institution. Utilizing a System's Model perspective, we evaluated how the culture and structure of academic departments influenced bullying rates. We noted that culture and structure do have an impact on bullying rates, including how social engagements, relationships, and support determined rates of bullying.

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

- Identify in civil and bullying behaviors and their impact on faculty mental health.
- Analyze the impact of structure and culture and its relationship to bullying and uncivil behaviors.
- Evaluate risk factors for BIPOC faculty and develop skills and tools that foster an inclusive environment by creating a healthy culture.

Meets NBCC Content Area: 1, 7, 9

Family Systems and Family-oriented Theories: A Creative Approach for Advocacy and Social Justice

Content Area: Marriage and family therapy

Day: Friday

Date: 23-Feb

Time: 10:00 AM

Location: Palisades I

Presenter (s): Christine Sacco-Bene, Ph.D., LMHC, NCC, CRC & Michael Walsh, Ph.D., LPC

Program Description: Historically, social systems have relied on the U.S. Census definition of family, which defines a family as a group of two or more people related by birth, marriage, or adoption, and residing together. However, poverty, education, and public policies influence the transitions and the complexity of how more contemporary family structure and organization is defined, as well as how we conceptualize family and individual health and functioning. Drawing on interventions from family systems and family-oriented theories, together presenters and attendees will explore creative ways these theories can be implemented to support advocacy and social justice efforts when working with traditionally marginalized and disadvantaged individuals and families.

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

- Identify the major societal shifts that have contributed to a complex definition of family and how counselors may better assess and intervene within those complex systems.
- Interpret the impact of community and social service systems on families' health and functioning and ways that counselors may help clients and client families to better assess and navigate those systems.
- Describe and apply how family systems and family-oriented approaches provide an inclusive framework that can be used by counselors to support advocacy and social justice when working with diverse populations.

Meets NBCC Content Area: 1, 3

Arts & Crafts in Counseling

Content Area: Clinical Mental Health Counseling

Day: Friday

Date: 23-Feb

Time: 10:00 AM

Location: Palisades F

Presenter (s): Nicki Gaskins, M.Ed., LPC

Program Description: Arts and Crafts in Counseling is an untapped resource for enhancing therapy sessions. Evidence shows creative interventions break communication barriers, build rapport, and empower client decision-making. Clients succeed by harnessing their creative healing power, challenging the part of the brain used less frequently while drawing out emotional responses, and giving language to the parts of the traumatized brain that cannot access verbal communication.

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

- Identify research-based benefits of applying arts and crafts work in counseling.
- Understand how to incorporate art therapy techniques into your practice modalities effectively.
- Learn practical and fun interventions you can start using with clients right away.

Meets NBCC Content Area: 1,4

Session 9

Calling on the Ancestors: Applying Early Civil Rights Models to Modern Social Justice Advocacy and Social Action in Public Mental Health and Counseling Training Programs

Content Area: Clinical Mental Health Counseling

Day: Friday

Date: 23-Feb

Time: 1:00 PM

Location: Palisades D

Presenter (s): Shon Smith, Ed.D., LMHC, LCAS-A, CRC

Program Description: The 1960s were a time of sweeping social change, punctuated by the Civil Rights Movement. A cause whose principles and strategies have proven to be highly adaptable to a variety of other social issues, including modern public mental health advocacy. The era's focus on direct action, strategic organization, legislative advocacy, lobbying, and public education have served as key building blocks in the evolution of advocacy and social justice action agendas in various disciplines. In mental health, professional practitioners and clinicians across the discipline can leverage the strengths of these historical models to better serve marginalized communities who are disproportionately affected by the social determinants of mental health (Brown, 2015; James, 2018).

This presentation aims to explore the utility and application of 1960s civil rights models and action for today's mental health professionals committed to justice, advocacy, and social action.

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

- Analyze the key strategies, methods, and principles behind the Civil Rights Movement of the 1960s and how they relate to public mental health.
- Evaluate the effectiveness of legislative advocacy and lobbying around the social determinants of mental health as a framework for

driving policy change in public mental health.

- Demonstrate how community organizing, strategic partnerships, legal challenges, voting, government, and policy can be effectively integrated into modern public mental health initiatives and counseling training programs.

Meets NBCC Content Area: 3, 4, 8

Interplay of Intergenerational Trauma, Generational Curses and Genetics in the African American Community and Helping Individuals to Cope

Content Area: Clinical Mental Health Counseling

Day: Friday

Date: 23-Feb

Time: 1:00 PM

Location: Palisades E

Presenter (s): Shama Winston-Ford, M.S., LPC-A

Program Description: The interplay between intergenerational trauma, generational curses and genetic factors is a complex multidimensional phenomenon. Intergenerational trauma is defined as transmission of trauma experiences and their effects across generations. This occurs primarily through socialization, learned behavior and passing down of family narratives, beliefs and coping strategies. Generational curses are conceptual across different cultures and belief systems which some believe is passed down through generations due to ancestral transgressions. Recent research in epigenetic finds that individuals who experience trauma may pass down epigenetic changes which can influence gene expression and potentially impact the mental health and stress response to their offspring. The interplay between genetics and trauma transmission is multifaceted and

influenced by various factors, including environmental experiences and individual resilience. To understand this concept requires an interdisciplinary approach.

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

- Create Holistic approaches to break the grip of generational trauma through activism.
- Demonstrate Holistic approaches to break the grip of generational trauma through mind/body therapy.
- Evaluate methods to break the cycle by dispelling shame related to the trauma and integrating it into a narrative that is flexible.

Meets NBCC Content Area: 2, 3, 9

Somatic Integration: Bridging the Gap Between Mind, Body & Ethics

Content Area: Counselor Education

Day: Friday

Date: 23-Feb

Time: 1:00 PM

Location: Palisades F

Presenter (s): Shameka Argo, M.A., LPCS

Program Description: This continuing education course is designed for clinicians and therapists seeking to deepen their understanding of somatic attachment, somatic embodiment, and the ethical integration of bodywork techniques into therapeutic treatment. Participants will explore the role of the fascia in somatic experiences, gain practical skills for working with clients' bodies, and develop a comprehensive approach to fostering attachment and embodiment in therapeutic settings.

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

- Apply the principles of somatic attachment and embodiment to understand and address the mind-body connection in therapeutic contexts.
- Integrate bodywork techniques into their therapeutic practice while adhering to ethical guidelines, ensuring client safety, and maintaining professional boundaries.
- Demonstrate a clear understanding of ethical considerations when incorporating bodywork into therapy and should be equipped with self-care strategies to manage the emotional demands of this specialized therapeutic approach.

Meets NBCC Content Area: 1, 3, 8

A Youth-friendly Approach to Substance Use Issues amongst Unhoused Youth: Keeping Up with the Times

Content Area: Substance abuse /addictions

Day: Friday

Date: 23-Feb

Time: 1:00 PM

Location: Palisades G

Presenter (s): Shauna Ferrese, Ph.D., LPC, LAC, NCC & Paul James, MS

Program Description: Most clinicians who work in substance use treatment are used to navigating an ever-evolving world of designer/synthetic drugs and behaviors associated with use, but perhaps no other population sees more rapidly changing trends in substance use than adolescents. In addition, we saw a rapidly growing population of children and adolescents who were living on the streets or at constant risk of facing homelessness during the pandemic. This presentation examines the clinical, cultural, and community considerations that are crucial in understanding and addressing the unique needs of homeless youth. Attendees will be

introduced to evidence-based practices that embody a youth-friendly approach to treating this high-risk, high-need population.

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

- Identify the unique struggles facing homeless youth and the relationship between homelessness and substance use.
- Discuss the latest trends in substance use amongst homeless youth and gain a better understanding of the impact these substances have on their development and functioning.
- Utilize up-to-date research and youth-friendly interventions to assist them in addressing the unique needs of this population.

Meets NBCC Content Area: 1, 2, 3

Treatment Considerations for Youth and Families Affected by Foster Care and Adoption

Content Area: Clinical Mental Health Counseling

Day: Friday

Date: 23-Feb

Time: 1:00 PM

Location: Palisades H

Presenter (s): Patricia Lonadier, M.A., LPC

Program Description: If your practice involves children and families, you likely work with those who are involved with foster care or who have been adopted. This is a specified population needing specialized treatment and trained clinicians. Unfortunately, many kids and families seek counseling and are left feeling more frustrated. This session will outline the foundation of treatment considerations, guiding principles, and insight into gaining further training and expertise to

better serve those impacted by foster care adoption.

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

- Identify work with foster care/adoption as primarily trauma and grief-focused work.
- Understand the necessity of including and educating caregivers throughout treatment.
- Implement practical strategies and tools to support clients in this population better and understand options to pursue further training.

Meets NBCC Content Area: 1, 2

Medicaid Awareness and Advocacy

Content Area: Clinical Mental Health Counseling

Day: Friday

Date: 23-Feb

Time: 1:00 PM

Location: Palisades I

Presenter (s): Christie Rogers-Larke, Ed.D., LPCS

Program Description: Some of our most vulnerable populations and those with lower socio-economic barriers often have difficulty accessing high-quality therapeutic interventions outside of the state mental health system. Rural providers struggle with barriers due to the economic situations in their counties and navigating the labyrinth of a system created to provide support, which often feels like it is anything but. A brief overview of the Medicaid system, the different HMOs, and ways the changes that have occurred will be discussed. Ethical conflicts related to both Medicaid billing and practice will be explored.

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

- Demonstrate ways to work with this population
- Interact and recognize their own struggles in working with this population.
- Evaluate ethical conflicts in practice and identify ways to become a better advocate for their clients.

Meets NBCC Content Area: 7, 8

Dissociative Confusion and the Creation of Meaning: Sorting out Hypnosis, Mindfulness, Psychedelics, and Such

Content Area: Clinical Mental Health Counseling

Day: Friday

Date: 23-Feb

Time: 1:00 PM

Location: West Ballroom (2nd floor in hotel)

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

Program Description: There are questions to be answered – there seems to be confusion about the distinctions between mindfulness, hypnosis, meditation, and contemplation and about how they are practiced. For example, the use of hypnotic induction in mindfulness exercises occurs with increasing frequency. How should these tools be utilized in clinical practice, and what is the current understanding of how they work? Does psilocybin work by inducing a dissociative phenomenon similar to hypnosis?

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

- Distinguish mindfulness, hypnosis, meditation, and similar seemingly related psychotherapeutic approaches, with a focus on hypnosis and mindfulness.
- Evaluate the possible relationship of psychedelic psychotherapies with the above.

- Evaluate the role of dissociation in the creation of meaning and change thinking.

Meets NBCC Content Area: 1, 6, 9

Session 10

Treating Trauma and Enhancing Resiliency in Trauma Survivors

Content Area: Clinical Mental Health Counseling

Day: Friday

Date: 23-Feb

Time: 2:45 PM

Location: Palisades D

Presenter (s): Holly Johnson, Ph.D., LCMHC, NCC & Jeff Boatner, Ph.D., LMFT, LPC, NCC

Program Description: Enhancing resilience in trauma survivors is an important aspect of trauma recovery. Resilience refers to the ability to bounce back and adapt in the face of adversity. This session will discuss empirically supported interventions for trauma survivors and, provide ways to enhance resilience factors, and provide support for everyday stressors.

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

- Discuss types of trauma, methods of trauma treatments, and the impact of resilience on client success.
- Evaluate and explain clinical and research strategies regarding the relationship of resiliency in trauma treatment and how fostering resilience encourages enhanced well-being.
- Apply the knowledge and provide practical strategies to engage clients to optimize personal resiliency, understand trauma reactions, leverage

protective factors, and use creative strategies for enhancing post-traumatic growth.

Meets NBCC Content Area: 1, 9

Suicide Prevention and Crisis Intervention in Corrections

Content Area: Clinical Mental Health Counseling

Day: Friday

Date: 23-Feb

Time: 2:45 PM

Location: Palisades E

Presenter (s): Liz Labrador, MRC, LPC

Program Description: Overview of suicide prevention and crisis intervention procedures in a correctional setting, including identification of unique risk factors, review of two evidenced-based suicide risk assessments, and standard safety protocol.

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

- Identify suicide risk factors that are unique to patients in a correctional setting.
- Assess suicide risk in patients in a correctional setting.
- Identify interventions appropriate for patients in crisis in a correctional setting.

Meets NBCC Content Area: 1, 3, 6

God Doesn't Make No Junk, But He Sure Made Me: The ADHD Gender Journey

Content Area: School Counseling

Day: Friday

Date: 23-Feb

Time: 2:45 PM

Location: Palisades F

Presenter (s): Christie Rogers-Larke, Ed.D., LPCS

Program Description: ADHD has been getting a lot of attention on social media, and there is an increase in diagnosis. However, statistics show us that as much as 80% of the information is inaccurate. First diagnosed in 1902 as a Kinesthetic Brain Disorder of Youth, there has been a plethora of advances in understanding this element of neurodiversity, including its tendency to overlap with other mental health disorders. Problems with diagnosis will be examined, and effective treatment modalities will be explored, as well as the overlap between ADHD and trauma.

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

- Identify the spectrum of behaviors that may be recognized as traditionally ADHD through the lens of neurosystem development. Strategies that may be effective with this population will also be explored.
- Evaluate the client's symptoms through the lens of neurodiversity and ADHD.
- Demonstrate at least two strategies to work with adults and children with ADHD.

Meets NBCC Content Area: 1, 6, 9

Reconnecting to the Moment: Coping with Medical Trauma for Families and Caregivers

Content Area: Clinical Mental Health Counseling
Day: Friday

Date: 23-Feb

Time: 2:45 PM

Location: Palisades G

Presenter (s): Elizabeth Wofford, Ph.D., LPC, LPC-S

Program Description: Medical Trauma is dramatically different from other types of trauma – it is an enduring threat. The typical approach to trauma work is founded on “safety and stabilization,” but what if you cannot get safe? Research on medical trauma is growing, but the focus on all aspects of medical trauma and its impact on families and caregivers of patients is sorely lacking. Caregivers of medically complex patients cannot find themselves in the mainstream approach to “trauma-informed care.” The medical system focuses mainly on “patient factors”, but it does not take ownership that the system can be a large part of the problem. With a better understanding of medical trauma and its impact on families and caregivers of patients, we can validate the experiences for caregivers and, empower them to understand their reactions, and reclaim their ability to cope through the lens of polyvagal regulation.

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

- Recognize medical trauma and its effects on families and caregivers of patients
- Describe the factors and levels of medical trauma and the medical system
- Plan treatments to help families and caregivers cope with medical trauma through the lens of polyvagal regulation.

Meets NBCC Content Area: 1, 2

CPGA/SCACD/SCCA Past Presidents

1963-64 Dr. Charles Cummins	1983-84 Dr. E. H. "Mike" Robinson, III	2003-04 Dr. Art Grant
1964-65 Mrs. Hazel Gee	1984-85 Dr. Roger Bowersock	2004-05 Ms. Donna Forrest
1965-66 Mrs. Joyce Gayden	1985-86 Dr. Ida E. Wannamaker	2005-07 Ms. Jackie Hoagland
1966-67 Dr. Velma Hayden	1986-87 Dr. Walter Bailey	2007-08 Mr. Anthony Brothers
1968-69 Dr. Claude Cooler	1987-88 Dr. Charlotte Murrow Taylor	2008-09 Mrs. Jan Janarella
1969-70 Mrs. Edith Hipp	1989-90 Dr. Sal Inglese	2009-10 Dr. Philip Scriven
1970-71 Mrs. Mary Jane McDonald	1990-91 Mrs. Sarah Moody	2010-11 Dr. Mary Jane Anderson- Wiley
1971-72 Dr. John Whitacre	1991-92 Dr. Florie J. Frederick	2011-12 Dr. David Scott
1972-73 Mrs. Britтана Cromartie	1992-93 Dr. Charles L. Latimer	2012-13 Dr. Gwendolyn L C Snider
1973-74 Dr. C. A. "Buddy" Edwards	1993-94 Mrs. Patricia D. Rice	2013-14 Dr. Wanda Briggs
1974-75 Dr. Rebecca Pennell	1994-95 Ms. Betty D. Gilliam	2014-15 Mrs. Doris Nelson
1975-76 Mr. J. D. Kibler, Jr.	1995-96 Dr. Sharon V. Balcome	2015-16 Dr. David Scott
1976-77 Mr. James A. Kiser, Jr.	1996-97 Ms. Geraldine Brantley	2016-17 Dr. John Nance
1977-78 Dr. Kathryn Altman	1997-98 Mrs. Fay M. Hart	2017-18 Dr. George Williams
1978-79 Dr. Melvin Haynes	1998-99 Mrs. Alice W. Latimer	2018-19 Dr. Thomas Vaughn
1979-80 Dr. David Mahrer	1999-00 Mrs. Linwood Cox Floyd	2019-2020 Mr. Justin Brewer
1980-81 Dr. Beatrice R. Thompson	2000-01 Dr. Walter Bailey	2020-2021 Dr. Charlotte Hamilton
1981-82 Mr. Gary Lewis	2001-02 Dr. George Williams	2021-2022 Dr. Yvette "Roxi" Tolbert
1982-83 Mrs. Harriet Gardin Fields	2002-03 Mrs. Candice Bates-Quinn	2022-2023 Ms. Chandler Cox
		2023-2024 Dr. Guy Ilagan

EXECUTIVE COUNCIL MEMBERS

President- Guy Ilagan	Ethics Chair	Program Chair-
President-Elect- Madison Farrell	Tina Ferguson	Jennifer Jordan
Past President- Chandler Cox	Graduate Student Committee Chair	Volunteer Coordinator- Dominique Roberts
Secretary- Aubrey Sejuit	Regina Shelton	Technology Chair- Justin Brewer
Treasurer – Katherine DeWitt	Conference Coordinator Jennifer Jordan	Sponsor and Exhibitor Chair- Michelle Voegtle & Kiersten Warfield
Executive Director – Jennifer Jordan	Registration Coordinators – Chloe Wind, Alex Barjona, Kasey Ennis, & Kiersten Warfield	Standing Committee Chairs Awards-Mandy Budd
Parliamentarian – Theresa Allen		Membership- Kasey Knight Ennis
Executive Board Members Twaina Harris Dominique Roberts Kasey Ennis Stephanie McMillan Kiersten Warfield	App Coordinators- Kiersten Warfield & Jennifer Jordan Professional Development Chairs- Kiersten Warfield & Jennifer Jordan	Public Relations, Technology, Publicity Chair- Chandler Cox & Kiersten Warfield

EXHIBITORS & SPONSORS



THE CITADEL

THE MILITARY COLLEGE
OF SOUTH CAROLINA

AREA 62-SOUTH CAROLINA



ALCOHOLICS ANONYMOUS



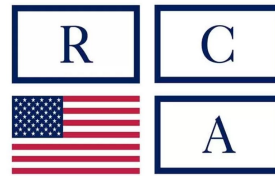
CHARLESTON
SOUTHERN
UNIVERSITY



GARDNER-WEBB
UNIVERSITY



NEW HOPE
TREATMENT CENTERS



Recovery Centers of America



SchoolLinks

